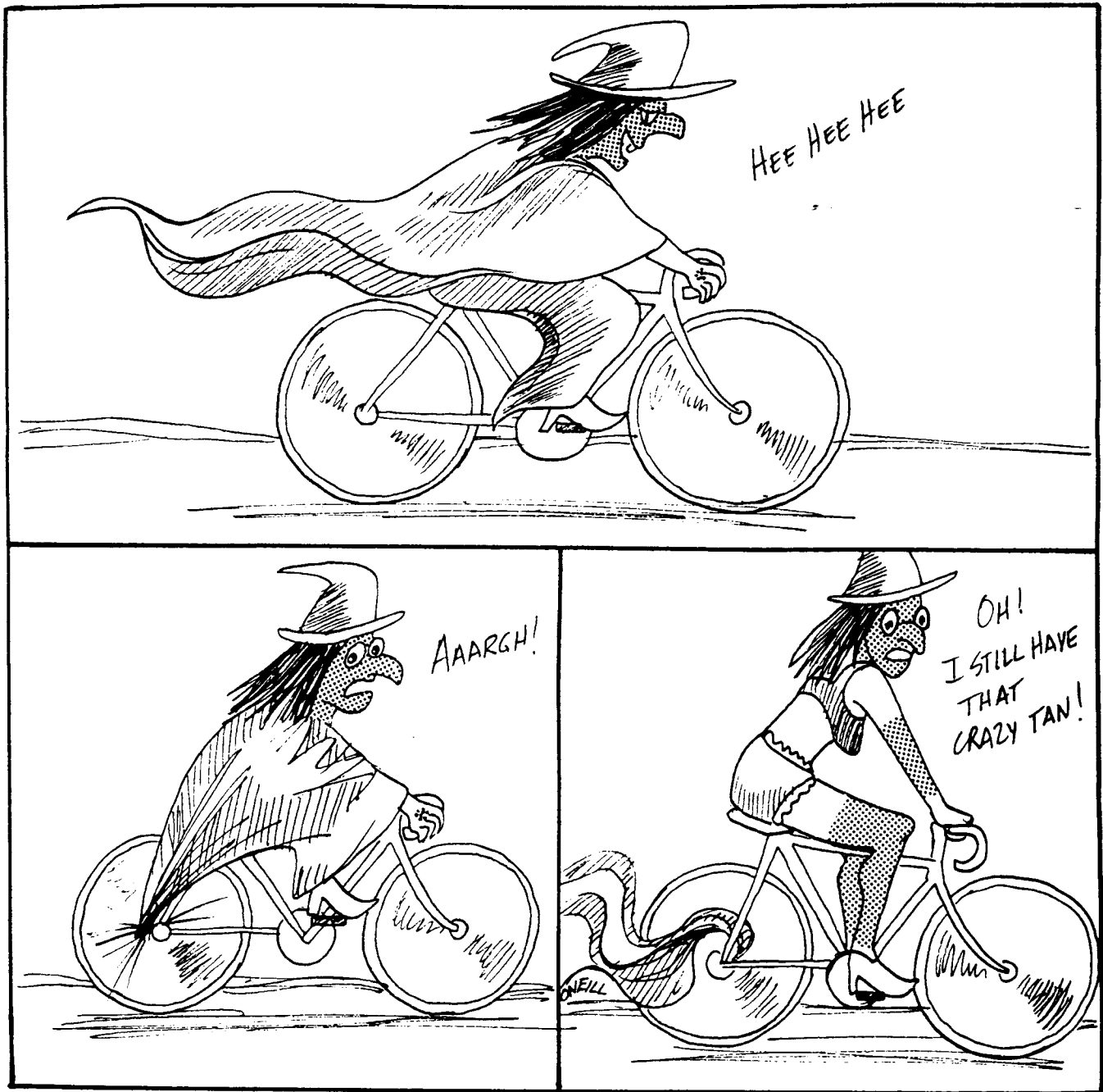


October
1989

NYCC Bulletin

OCTOBER • 1989



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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for drawing specifications. Submission is contributor's warranty that material is in no way an infringement upon the rights of others and that the material may be published without additional approval. Enclose a SASE if you want your material returned. Classified ads and regular ads must also be submitted by the first Tuesday of the month prior to publication. Ad rates: Classified-

two classified ads per member per year are free (6 lines, 25 characters each, maximum); after that, \$1.00 per 25 character line. Other ads - \$200, full page; \$125, half page; \$60, quarter page; \$30, eighth page. Publication of material is determined by available space, which varies with the length of ride listings, and we cannot guarantee

that all submissions will be published. The BULLETIN is mailed free to all NYCC members. Price of membership is \$12 per year for individuals, \$15 for couples residing at the same address and receiving one copy of the BULLETIN. If you do not receive your BULLETIN, contact the circulation manager.

Production: Larry Hobson

Cover: Eileen O'Neill

Sat.Sept. 30 **A RIDE WITH A VIEW.** Leaders: Joe Furman/A+ (201-692-9635); Donna Slattery/A (718-680-0664), Brian B/B+/A/A+ (718-634-1742) and Dick Goldberg/B (212-874-2008). Meet at Palmer Square, Princeton, directly across from the University on Nassau Street at 9:00 a.m. We leave at 9:30 a.m. sharp. Ride through the picturesque farmlands and enchanting forests of Bucks, Mercer and Hunterdon counties. Full of colonial charm and history; abundant with waterfalls and wildlife, this ride remains a favorite to many and is well worth the 1 1/2 hour drive from the city. We have invited the members of the Richmond Area Bicycling Association (Virginia) to join us. A moderately hilly ride, you should already be comfortable with a B pace or better. Maps are available. Picnic lunch in Lambertville. RAIN DATE: Sunday, Oct. 1.

Sat.Sept. 30 **BIG 30TH BIRTHDAY BIKE BONANZA.** Leader: Lisa Halle (212-319-6097). From the Boathouse. Help me celebrate my 30th birthday by joining me on a lovely ride through Westchester. Hills will be kept to a minimum...but it is Westchester. A good time is guaranteed. Rain, hurricanes, snow cancels.

Sat.Sept. 30 **DIAL-A-"B"-RIDE.** (718-634-1742). Brian's back. Phone him to learn of California's quakes and of other possible "B" rides today.

Sat.Sept. 30 **GREAT NECK, NASSAU CO.** Leader: John Mulcare (718-672-5272). From the Burger King parking lot at 179 St. & Hillside Ave., Queens (last stop on the "F" train, not the "E" train). Carry your lunch or buy it at a deli stop on the way. We eat in a nice park. Those who have been on this trip before may be pleasantly surprised, as was one rider on the last two trips here, by the new return route we adopted to avoid the heavy traffic usually encountered on the return trip. The foliage should be of particular interest this time of year. Rain cancels. Call John before 8:00 a.m. if the weather is questionable. RAIN DATE: Sunday, Oct. 1, 9:30 EDST.

Sun.Oct. 1 **BEDFORD REVISITED.** Leader: Maxim Vickers (718-728-7179). From the Boathouse. An annual foliage preview raid of the Connecticut borderline and the middle Westchester manorlands. Scenery guaranteed; cooperative peloton skills expected; gearing recommended. (There will be a stretch of unmetalled roadway.) Breakfast at the Flagship; lunch in Briarcliff.

Sun.Oct. 1 **MAMARONECK HARBOR.** Leaders: Carlos Cardona (212-581-2858) & Ken Sorrentino (914-969-6690). From the Boathouse. From Manhattan Island to Harbor Island Park. Passing every golf course in the world. Rain at start cancels.

Sun.Oct. 1 **NORTH BY NORTHWEST.** Leader: Alex von Braun (212-757-7837). From the Boathouse at 9:15 a.m. OR 179 St. and Ft. Washington Avenue at 10:00 a.m. Cary granted that even he didn't know the route, so it's TBA. Is Northern New Jersey specific enough? This ride's goals are two-fold: enjoy scenery; and avoid red traffic lights.

Fri.-Mon. **CATSKILL COLORS.** Leader: Martha Ramos (718-858-9142). Call for details. Please note: this year Oct. 6-9 Columbus Day falls on Yom Kippur.

Sat.Oct. 7 **ROCK ROCK ROCKLAND LAKE.** Leader: David Regen (212-533-5183). From the Boathouse. Some up hills, some down hills (sound familiar?). But good roads anyway. Foliage should be at its peak, so bring those little cameras if you have one. Lunch or whatever in Nyack. Nasty rain cancels.

Sat.Oct. 7 **LEADERLESS "B" RIDE.** Meet at the Boathouse; destination to be determined by the participants.

Sat.Oct. 7 **BAGELS IN SYOSSET.** Leader: John Mulcare (718-672-5272). From the Burger King parking lot at 179th St. & Hillside Ave., Queens (last stop on the "F" train, not the "E" train). This replaces the Aug. 13 ride to the same destination which had to be canceled because of reports of flooding on the roads. We'll be traveling over some of the Long Island roads most frequently used by the big wheels in the Club, but we won't let that faze us. Call John before 7:30 a.m. if the weather is questionable. Rain date: Sun., Oct. 8.

Sun.Oct. 8 **RIDGEFIELD FALL FOLIAGE CENTURY.** Leader: Maxim Vickers (718-728-7179). From the Boathouse. An updated revival of the longstanding annual classic. Enjoy miles upon miles of peak autumn color along the lakes and rivers of Upper Westchester and Connecticut. Scenery guaranteed; cooperative peloton skills stressed; gearing recommended. Breakfast in Ossining, deli stops in Ridgefield and White Plains. Downpour cancels (see Nov. '81 NYCC Bulletin for reference).

Sun.Oct. 8 **LEADERLESS "B" RIDE.** Meet at the Boathouse; destination to be determined by the participants.

- Sun.Oct. 8 **DINGMAN'S FERRY.** Leader: Ken Weissman (212-222-5527). Help Ken explore and map the Oct. 22nd ride at Dingman's Ferry. Nice easy "C" pace, lots of shmoozing (in the car and on the bike). Call Ken in advance for travel details, etc.
C/C+
30-40 mi.
- Mon.Oct. 9 **COLUMBUS DAY TREAT.** Leader: Beth Herman (212-689-7778). From the Boathouse. For those lucky enough to have the day off, meet at the Boathouse for a weekday ride to Nyack. Rain cancels.
A
9:00 a.m.
60 mi.
- Sat.Oct. 14 **NORTH GREENWICH FOR A WONDERFUL LUNCH.** Leader: Marty Wolf (212-935-1460). Meet at the Boathouse for a scenic ride to North Greenwich. Lunch will be at the corner of Riversville and John Streets--a church bazaar that we just happened upon last year. Great food (I recommend the hot apple crisp a la mode!) and a chance for some early holiday shopping if you're so inclined. Any precipitation cancels.
A/A-
8:30 a.m.
75 mi.
- Sat.Oct. 14 **SLEEPY HOLLOW TOUR.** Leader: Herb Dershowitz (212-929-0787). From 242nd St. & B'way (last stop on #1 train). A beautiful rolling tour through Washington Irving country, during full fall foliage. A schmoozy "B" ride. Rain cancels.
B
9:00 a.m.
50+/- mi.
- Sat.Oct. 14 **LIBERTY STATE PARK, N.J.** Leader: John Mulcare (718-672-5272). From the Coliseum (s.w. corner of 60th St. & Broadway) at 9:30 a.m., or the Staten Island Ferry (Manhattan side, street level) at 10:20 a.m. Inquire at toll booth as to whether a ticket (\$.25) is presently required. If so, obtain one immediately. 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: Sun., Oct. 15.
C-/C
9:30/10:20
18/25 mi.
- Sun.Oct. 15 **GREENWOOD LAKE.** Leader: Rich Bernardi (w., 212-830-5634; h., 212-874-1348). From the Boathouse. The original hilly ride: Gate Hill Road, Hogback Mtn.; Skyline Drive; panoramic views from the Ramapos. Relatively flat thereafter. Check it out! Rain cancels.
A
7:30 a.m.
110 mi.
- Sun.Oct. 15 **NEW PALTZ EXTRAVAGANZA, VERSION III--THE RESERVOIR TO RESERVOIR RIDE.** Leaders: Franziska Rauch (718-278-6241) & John G. Waffenschmidt (718-476-0888). From the corner of Rtes. 299, 208, and 32 North (near the Post Office) in New Paltz, NY. The third in the series, and we believe the best, this ride takes us far afield and could best be termed an adventure. Come with that thought in mind and be prepared to experience the best of rural Ulster County cycling.
A
8:00 a.m.
85 mi.
- Sun.Oct. 15 **CONNECTICUT TRAIN/TOP CAR/TOP.** Leaders: Karen Reich (212-874-7923) & Paul Leibowitz (212-799-0161). From Grand Central at 8:07 a.m. sharp, or the New Canaan Railroad Station at 9:12 a.m. Fall foliage in the Fairfield foothills. Join us for a scenic ride through the backroads of Fairfield and Westchester counties. Lunch stop in Bedford. If you take the train, don't forget to change in Stamford. Cancellation conditions: rain, earthquake or derailment.
B+
50+ mi.
- Sun.Oct. 15 **PATTERSON RAMBLE.** Leader: Steve Lancet (201-795-1902). From Manhattan side of the GWB, church at 179th St. G.W. Bridge, along waterfront to Hoboken, then to Patterson for a picnic lunch (great falls). Make sure bike is in good condition. 50% chance of rain at 8:30 a.m. cancels.
B-/C+
9:30 a.m.
50-55 mi.
- Fri.-Sun.
Oct. 20-22 **DINGMAN'S FERRY-COLOURFEST WEEKEND.** Leader: Joe Furman (201-692-9635). Stay overnight in the tiny Moravian village of Hope, NJ. Cycle, canoe and hike options for Saturday or just relax and stroll through the village with its many National Historic landmarks. Meet other club members on Sunday for the ride listed below. The number of rooms are limited, so reserve early.
- Sat.Oct. 21 **RETOUR DE FRANCE.** Leaders: Dan Schwartzman (h., 212-362-5493; w., 212-206-6101) & Tony Cheh (h., 212-675-2876; w., 212-751-7700). From the Boathouse. As Dan has just returned from le Pays de Loire, join us to compare suburban American housing to that of les bourgeois Francais. Experience breathtaking scenic views rivaling or surpassing the French countryside (just ignore the New Jersey license plates). No knowledge of French required; however, ability to comment in French at "gauche" architecture and "mauvais goute" earns extra drafting time. Two deli stops, but advisable to bring pocket food. Rain cancels.
A/A-
8:30 a.m.
80+/- mi.
- Sat.Oct. 21 **WESTCHESTER PICNIC.** Leader: Jeremy Herman (212-543-6472). From 242nd St. & B'way (last stop on #1 train). Medium-length and time, but a good workout (some tough hills). Beautiful country views (farms, estates, Hudson River, NJ Palisades), fall foliage, 30 challenging miles before lunch at Kingsland Point Park (beautiful, uncrowded on the bank of the Hudson River), and an easy, social ride back to the city. Rain at start cancels.
B/B+
10:00 a.m.
45 mi.

- Sat.Oct. 21 **RIVER VIEW PARK, WEST NEW YORK, N.J.** Leader: John Mulcare (718-672-5272). From the Coliseum (s.w. corner of 60th St. & Broadway) at 10:00 a.m. or the GWB Bus Terminal, 178th St. & Ft. Washington Ave. ("A" train to 175th St. station) at 10:30 a.m. We'll see the Hudson from both sides, ride south on Jersey's River Road, ride or walk up the Palisades, and enjoy our lunch (buy or bring) in one of Jersey's nice parks overlooking the Hudson. Call John before 9 a.m. if the weather is questionable. Rain date: Sun., Oct. 22.
C-/C
10:00/10:30
35 mi.
- Sun.Oct. 22 **DINGMAN'S FERRY-COLOURFEST.** Leaders: Joe Furman/A (201-692-9635); Brian McCaffrey/B+ (718-634-1742); Loraine Gruber/B (212-989-5915); & Ken Weissman/C+ (212-222-5527). Car caravan from Tavern on the Green at 7:00 a.m. Ride starts at Stokes State Forest at 9:00 a.m. Enjoy one vivid fall foliage display after another as we ride along the ridges and valleys of the Delaware Water Gap Recreation Area. Picnic lunch alongside the beautiful waterfalls at Dingman's Ferry. Deli stop is 2 miles from the falls. Moderately hilly. Maps provided. Call appropriate leader if you need or can offer transportation.
A/B+/B/C+
7:00/9:00
60/50/30 mi.
- Sun.Oct.22 **GIVE 'EM HILL, GIVE 'EM DELL.** Leader: Bob Moulder (212-682-5669). From the Boathouse. River Road to 9W, over Bradley/Tweed Hill. Breakfast in Nyack and quickly back via 340 and 501. These hills aren't tough and the route back is flat. Great view of the Hudson from Tweed. Greater than 30% chance of rain cancels.
A
8:30 a.m.
63 mi.
- Sun.Oct. 22 **FALL FOLIAGE AND PATERSON WATERFALLS.** Leader: Irv Weisman (w., 212-241-4783; h., 212-562-7298). Meet 9 a.m. on the World Trade Center mezzanine, at the top of the PATH escalators, for the 9:25 train to Newark (fare: \$1 coin or bill). We'll ride as a group through Branch Brook Park, beautiful Montclair suburbs dressed in autumn colors, and visit the waterfalls which Alexander Hamilton predicted would become a great industrial center. Two major food/snack stops. Return to G.W. Bridge by 5 p.m., climbing several hills enroute. Low gears necessary. 60% chance of rain cancels.
B -
9:00 a.m.
50 mi.
- Sun.Oct. 22 **FROM THE ARCTIC TO ANTARCTIC AND MODERATE ZONES IN-BETWEEN.** Leaders: Sherman Cohen & Lorraine Gewirtz (212-832-9073). Meet in City Hall Park opposite Brooklyn Bridge. Meander northwesterly along Battery Park City's breathtaking promenade and the new Financial Center. Forge past the formidable Intrepid before arriving at the Central Park Zoo (\$1) where we'll cool down with penguins and polar bears. After lunch at the Boathouse, cycle to three East River Islands, returning to Manhattan via Roosevelt Island tramway (\$1). 50% chance of rain cancels.
C
9:00 a.m.
25 mi.
- Sat.Oct. 28 **WITCHES' BREW.** Leaders: Caryl Hudson & Steve Baron (212-595-7010). From the Boathouse. A Halloween ramble through Bergen and Rockland Counties past where Major Andre was hanged and whatever cemeteries we can find on our way to lunch at The Coven in Nyack. Please call/leave message if you're coming so we can advise the friendly witches how many will be eating from their cauldron. Dress: black and orange. Lunch: about \$10. Cancellation conditions: a spell of rainy weather from the Wicked Witch of the East.
A
9:00 a.m.
65 mi.
- Sat.Oct. 28 **WESTCHESTER FOLIAGE.** Leader: Gerhard Meilen (212-724-8622). From Jerome Ave. & Woodland, Bronx (last stop on the #4 IRT). Rolling Westchester with beautiful fall colors on the way up to the SUNY campus at Purchase and then back to a picnic lunch at Silver Lake Park.
B/B+
9:15 a.m.
60+/- mi.
- Sat.Oct. 28 **FORT TRYON PARK, 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 it at a deli we stop at on our way to the lawn of the Cloisters. Pay as you like for admission to the Cloisters. Wave Hill is \$2 (\$1 for seniors). You'll need a lock there. Call John before 9:00 a.m. if the weather is uncertain. Rain date: Sun., Oct. 29.
C-/C
10:00 a.m.
30 mi.
- Sun.Oct. 29 **YE MERRIE LEAVES OF GLEN COVE.** Leader: Maxim Vickers (718-728-7179). From the Boathouse. It peaks later on Long Island, wherefore this annual inspection of choice foliage and mansionry is heading. Breakfast in Roslyn, bagels in Syosset.
A
8:00 a.m.
90 mi.
- Sun.Oct. 29 **BAYVILLE TRICK OR TREAT.** Leader: Irv Schacter (212-758-5738). From 2nd Ave. & 59th St. (entrance to Roosevelt Island Tramway). Fall foliage and mansions are in store for today's ride. It will be a treat. 50% chance of rain cancels.
A/A-
9:00 a.m.
75 mi.
- Sun.Oct. 29 **JOCKEY HOLLOW.** Leaders: Judy Goldberg and Dick Goldberg (212-874-2008). From the WTC, corner of Church and Vesey Sts. Follow the Roy Lawrence route from Newark via PATH, through the suburbs to Jockey Hollow Morristown Historical Park. Be prepared to carry lunch about two miles. 50% chance of rain at 8 a.m. cancels.
B-/C+
8:00 a.m.
50 mi.

- Sat. Nov. 4 **NEW PALTZ.** Leader: Karl Dittebrandt (212-477-1387). From the Boathouse. Take it up to New Paltz, through West Point, Storm King, to New Paltz, and back to Beacon for the train ride home. There will be some hills. First stop, 102 mi., so bring some pocket food and your Metro-North pass. Rain cancels.
A
6:45 a.m.
120+ mi.
- Sat. Nov. 4 **LEADERLESS "A" RIDE.** If you do not want to do a very long ride today, meet at the Boathouse for a leaderless ride. Destination to be determined by the group.
A
9:00 a.m.
- Sat. Nov. 4 **WESTCHESTER PICNIC.** Leader: Jeremy Herman (212-543-6472). From 242nd St. & B'way (last stop on B/B+ #1 train). Medium-length and time, but a good workout (some tough hills). Beautiful country views (farms, estates, Hudson River, NJ Palisades), fall foliage, 30 challenging miles before lunch at Kingsland Point Park (beautiful, uncrowded on the bank of the Hudson River), and an easy, social ride back to the city. Rain at start cancels.
B/B+
10:00 a.m.
45 mi.
- Sun. Nov. 5 **NOT THE NYC MARATHON.** Leaders: Caryl Hudson & Steve Baron (212-595-7010). From the Boathouse. We may have stopped running it, but we haven't stopped cheering for our marathoning friends. We'll ride to Scarsdale for a little carbo-loading, then meet the leaders at the end of the Grand Concourse. Bring lots of enthusiasm, a good set of vocal cords, and some extra Carbo Fuel to give your friends a lift. Wear your NYCC jersey or running club jersey. The usual will cancel the ride, but we'll cheer our friends on anyway at the 103rd St. entrance to Central Park.
A
8:15 a.m.
50+/- mi.
- Sun. Nov. 5 **BRUNCH AT PIERMONT.** Leader: Janet Schumacher (718-857-6871). From the Brooklyn side of the Brooklyn Bridge at 9 a.m. or the NY side of the G.W. Bridge at 10:15 a.m. Will River Road be open to bikes this fall? If not, we'll take Irv Weisman's circuitous, but beautiful, route to an indoor lunch (brunch) at The Turning Point in Piermont. Helmets required on River Road.
B/B+
9:00/10:15
60 mi.

Previews

- Nov. 18 Latvia's Independence Day. Leader: Maxim Vickers (718-728-7179). Class: A; Miles: 75. A yearly opportunity to display your latest red-white-red riding togs.

ULTRAMARATHON CYCLING

Jeff Vogel and Charles Lamb

The second run of the Boston-Montreal-Boston (BMB) bicycle randonnee (a fast, long distance tour in which riders are self-sufficient) was held on August 10th through 13th, this summer. Following in the footsteps of the quadrennial Paris-Brest-Paris event which is popular with retired professional racers, BMB was conceived as a North American counterpart to be run during the "in between" years of PBP. With 32 participants and 26 finishers, the 750 mile/90 hour individual challenge recorded a 50 percent increase in starters and an equivalent decrease in drops over the inaugural ride, last year. This strong showing raises expectations for future BMB rides and highlights the growing popularity of endurance and randonneur cycling on this side of the Atlantic.

Two days of pleasant summer weather allowed the riders to set a fast pace through Massachusetts, New Hampshire, Vermont, and Quebec up to Montreal and back down to the U.S./Canadian border at the top of Lake Champlain. During the second night, rain set in and followed the increasingly exhausted cyclists as they retraced their route. The riders remained within a few hours of each other until the third night of the event, when James Brennan of the Century Road Club Association and Jim Greene of the New York Cycle Club rode on through the rain to become the first finishers

of the 1989 BMB in 75 hours 20 minutes. The remainder of the riders spent the night in southern Vermont and returned to Boston on the following day. The top ten finishers are:

James Brennan, New York, N.Y., CRCA, 75:20
Jim Greene, New York, N.Y., NYCC, 75:20
Ron Grossman, New York, N.Y., NYCC, 80:10
Jeff Vogel, New York, N.Y., NYCC, 81:25
Gordon Bisaro, Vancouver BC, BC Randonneurs, 81:58
Bill Kuell, Newport, R.I., Newport Velo Club, 83:00
Nancy Raposo, Newport, R.I., NVC, 83:00
Chris Tompsett, Newport, R.I., NVC, 83:00
Dave Pollack, New York, N.Y., CRCA, 83:32
Gary Smith, Lewisville, Texas, 83:32

Other New York finishers are: Karl Dittebrandt, Regge Life, Carl MacDonald, Linda Rock, and Matt Soper.

Many of this year's participants used BMB as preparation for the next Paris-Brest-Paris, to be held in 1991. Veterans of both events unanimously agree that the BMB route, laced with several major climbs, including Terrible Mountain, Mt. Killington, and Middlebury Gap in the Green Mountains, is tougher than its French counterpart. It is the hope of the organizers that this event will help produce a higher finish rate in the European event. Next year's BMB is tentatively scheduled for August 9-12, 1990.

THE RACING FRONT

Jim Boyd

For about 10 years I have enjoyed day trips with the NYCC, and I'm pleased to have the opportunity to thank the many people I've met on those rides.

In 1980 I went on long trips with the club: Montauk, Bear Mountain, Princeton. It was the first year I had ever traveled such distances, and I had never known such fatigue or thirst.

I was in awe of the "big boys" - the guys and girls who dropped back to ask if I was all right. They weren't sweating, they didn't seem tired as they accelerated to catch up with the leaders. Barbara Bates, among others, encouraged me when I struggled to keep up.

In 1981 I joined the CRCA. I could not resist the excitement of going fast in a group. A CRCA elder, Willie Rodriguez, said that if I could do a 20-minute lap in Central Park, then I could keep up with the C group. In my first race on the first lap, I got dropped going downhill at Lasker Pool. It had never occurred to me to pedal going down a hill.

In the second and third races I was dropped going up the 110th Street hill - touring had taught me to downshift and spin on a hill, to spread out my effort over the distance.

Racing gives a focus to other riding, and that was when I came to appreciate the NYCC rides most. Training for racing is often, well, boring. There are intervals, sprints, and you have to put in the miles. It's serious business and I missed talking with other people while riding.

The A and A+ rides are good training for racing and there are strong riders in the NYCC who, if they raced, would certainly not get dropped in a C race. If a rider feels strong in a club ride, he or she heads the paceline for a longer period, or jams the hills. When there's a turn onto another road, the leader waits for others to catch up. At food stops, most riders are friendly and helpful.

There was an especially good ride in May of this year that comes to mind. The destination was the Dynasty Diner where I got to meet Phillipe, the Frenchman, and became better acquainted with Angel Rivera. I ate a big breakfast and it felt as though I had thrown out the anchor as the group started back to the GW Bridge. I nearly got dropped during the fast pace east to Piermont.

The climbers jammed the short hill leading to 9W, and what had been a group of 40 became a thin line of riders with lots of space in between. Starting from way back I couldn't reach the leaders. Fortunately I got behind a time trialer and drafted him until we reached the bottom of the State Line hill and caught the lead group.

There were 10 or 12 at the bottom, and Angel led us up at a furious pace. The time trialer wasn't as able on the hill, and I passed him. I had to maintain contact with that front group! There were six of us at the top. To my left I saw Fred Mengoni make a U-turn on 9W; now we were seven. Fred is 65 and president of the US Professional

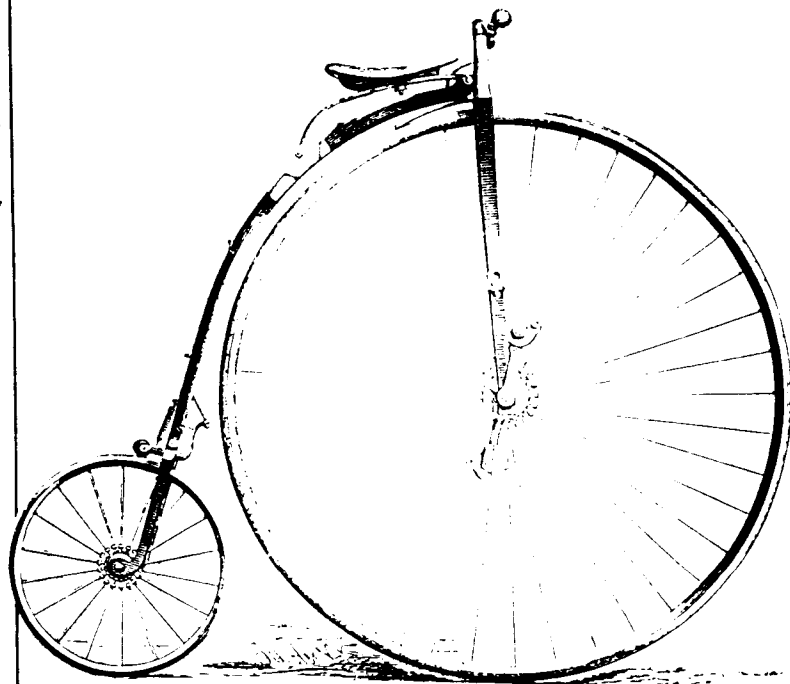
Cycling Federation. You may remember him as the white-haired gentleman standing next to Greg LeMond at the conclusion of the Tour de France. On that day of excitement Greg cautioned Fred not to get too excited.

Six of us took turns pulling, with Fred onboard the whole way. Pat O'Donohue was there with a determined look on his face, and I knew it would be a fast ride to the Bridge.

I took short pulls but I still found myself out of the saddle to catch the end of the paceline. Others were tiring too, as we sprinted up the last long rise, the gas station on the right.

We regrouped on the Jersey side of the Bridge, smiling and exhilarated. And to me, that's what riding with the NYCC is all about. As a bonus, I got in my race training for the day.

Jim Boyd, editor of the CRCA Newsletter and a strong racer, is willing to write an occasional column for the BULLETIN. So is CRCA president and NYCC member, Chris Mailing. Incidentally, CRCA is actively recruiting woman members. Contact Chris if you're a woman interested in racing.



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MINUTES

NEW YORK CYCLE CLUB BOARD MEETING,
1 AUGUST 1989, O'HARA'S RESTAURANT

Present: Debbie Bell, Janet Kronstadt,
Holly Gray, Christy Guzzetta, Simone Smith,
Ken Weissman, Arlene Ellner

Absent: Hannah Holland, Richard Rosen-
thal, Brian McCaffrey, Beth Herman, Martha Ramos

June Board Meeting minutes approved.

Announcement of policy changes affecting
AYH club membership received. New require-
ments will make it burdensome for NYCC to
continue its affiliation after January 1,
1990. Issue to be reviewed before end of year.

Janet proposed lengthening BULLETIN to
include additional articles, and raising
dues if necessary, to do it. Because of bud-
get constraints it was decided to review the
proposal at year's end.

Alex Von Bruan will be acting C-Rides
Coordinator for August, during Ken's absence.

Central Park Friday evening closing to
traffic changed from 7 to 8 p.m..

Meeting adjourned 8 p.m..

Respectfully submitted,

Arlene Ellner

MEMBERSHIP DUES INCREASE IN 1990

Debbie Bell, Treasurer

NYCC dues have not increased since 1984.
The club's expenses--postage, printing, etc.--
have. This year the club also enrolled in the
League of American Wheelmen's new liability
insurance program. For the first time, our
officers, ride leaders, and individual members
have liability coverage while engaged in club
activities.

Neither insurance premiums nor inflation
come free-of-charge. This year we project a
\$2,500 operating deficit, reducing the club's
assets by thirty-three percent. The issue be-
fore the Board of Directors has been not whether
dues should be increased, but rather how large
an increase was necessary to assure liability
protection, cover increased operating costs,
and to respond to an anticipated postal rate
increase. At the September Board meeting,
the participants voted unanimously to recom-
mend 1990 dues of \$17 for individuals and
\$23 for couples.

The November election ballot will include
a by-laws amendment to accomplish this. The
Board solicits your support, and also your
questions or suggestions. Please feel free to
contact any of us. Our names and telephone
numbers appear at the front of this Bulletin.

QUICK RELEASES

News Flash: Christy Guzzetta managed to
keep his clothes on at this year's nude beach
ride. This was not true of about half the
25 riders who participated: 12-1/2 people,
about an equal number of men and women, gamely
disrobed.

Nor was it true of fourth-place BMB
finisher, Jeff Vogel: Jeff decided to squander
a few minutes in favor of shedding weight, and
abandoned his ahem, cycling shorts, about 25
miles short of the finish line so he could
finish in what he has blushinglly described as
a "moon" mode. Jim Greene who presumably kept
his pants on, won the race, along with James
Brennan of CRCA.

Of course, most NYCC members are staid
and mature individuals with no interest in
nudity, and these people are skimming this
article in a state of total disinterest/embar-
rassment/boredom. On the more conventional
front, Peter Meitzler has moved to L.A., in
hot pursuit of Roberta Pollack; Peter, the
CITY CYCLIST advocate, is now working for an
L.A. lawfirm and is hoping to promote environ-
ment protection interests in the nation's
most smog-ridden town. Bill and Judith
Richards have a new addition to their family -
Sarah Leslie was born on August 31st. Tom
Lowenthal is recovering well from a broken
collarbone, an injury suffered during an
accident in early August.

The annual Morts' Beanery ride - also
known as Putnam Pleasures - was fast-paced
and a great success this year, led mightily
by Don Ketteler who claims he was out of
shape though this was impossible to determine
by those who struggled to keep up with him.
The food at Morts' Beanery was better than
ever - if that's even conceivable to those
who ate at the Morts last year.

CONSUMER REPORTS is testing helmets that
were worn in accidents, in order to more accurate-
ly rate helmets in a spring issue. If you are
willing to send your crashed helmet to Consumers
Union, Project Leader Don Mays will have it
tested and return it to you. Send your helmet,
along with your name, phone number, and a brief
description of your accident. Don cautions that
as everyone knows, a crashed helmet - of any
type, even a hardshell one - must be replaced,
so this testing is not for the purpose of telling
you that your helmet is all right so you can
wear it again. Again: Don will return your
helmet, but keep it only if you want a souvenir
of your crash...

Don Mays

Senior Project Leader

Consumers Union

256 Washington Street

Mount Vernon, New York 10553

It's your opportunity to aid in a
top-quality CONSUMER REPORT study, which
will help us all to purchase and wear
SAFE helmets in the future.

JK

THE PERSON WITH THE MOST TOYS WINS, SOMETIMES

Steve Baron

After biking to work in this city for the past 20 years or so, I'm not sure if I should be quoting Coleridge ("Rhyme of the Ancient Mariner"), Tennyson ("Charge of the Light Brigade") or Bachrach ("Raindrops Keep Falling on My Head"). I've been knocked on my butt a couple of times, doored, taxied, plated and robbed. Once someone even jogged into me in Central Park.

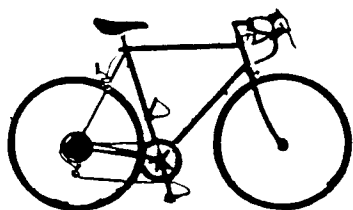
I know they are illegal, but I usually ride with a whistle in my mouth and I use it to create holes in the swarms of people crossing against the light. Most of the time it works, and when it doesn't I'm usually riding slowly enough that no one (especially me, I guess) gets hurt.

Last week, for the very first time in all those years, I hit a pedestrian. I was just accelerating from one of those clogged intersections when she stepped out between two parked cars into my path. She paid no attention to my whistle nor to my presence. Then it was too late and we both went down. She was young, thin and Oriental - and attractive - and had circumstances been different... Her white stocking was torn, her knee skinned, her white shoe scuffed with black. In an instant the corner fruit cart person had a chair under the hapless young woman, and I picked myself up to be sure we were both okay.

Once it was clear that neither of us was injured, I offered to walk her to her destination. She declined. I wanted to leave. By then a crowd had gathered, including one very large muscular guy, who might be described as a bully. He wanted to take my bike "out of the way," and I wouldn't allow for that, believing that once out of my sight, the bike would be gone. The crowd was perhaps 20 people, now in a tight circle, with the bully, the vendor, the "injured" woman, my bike and me, in the center. By this time the bully was demanding money, and I was about to panic as the crowd tightened and the sounds and gestures got more threatening.

Then I heard someone say, "Let the police settle it!" A squad car pulled up, and two bullies got out and began to bully the bully. The guys in blue won, and finally I whispered - I don't think I was capable of speech anymore - "Is it okay if I go? Would you clear a small path?"

I stopped for all the red lights that morning, even when there were no cars or people.



Nominations for the 1990 New York Cycle Club Board of Directors were accepted at our September membership meeting. The process will be completed during our October membership meeting. You can still run for office. Voting will take place during November. The candidates nominated thus far are:

PRESIDENT
Sara Flowers
Christy Guzzetta
Maxim Vickers
Jeff Vogel

V.P. PROGRAMS
Tony Nappi
Richard Rosenthal
Amy Sackman

V.P. RIDES
Charlie Morris
Simone Smith

SECRETARY
Art Allgauer
Robert Foss
Marilyn Merlob
Karen Reich

TREASURER
Debbie Bell

PUBLIC RELATIONS
Carlos Cardona
Janet Klutch
Martha Ramos
Ken Weissman

EDITOR
Janet Kronstadt

MEMBERSHIP
Arlene Ellner
Beth Herman
Jeremy Herman
Alan Leener
Neal Spitzer

CIRCULATION
Carlos Cardona
Hannah Holland
Paul Minkoff
Josh Rubin

A RIDES COORDINATOR
Alex Bekkerman
Lisa Halle
Tom Lowenthal
Bob Moulder
Tony Nappi
Jeff Vogel

B RIDES COORDINATOR
Dick Goldberg
Jeremy Herman
Joan Mayer
Gerhard Meilen
Joe Vaccaro

C RIDES COORDINATOR
Dave Lutz
Alex Von Braun



CLASSIFIEDS

FOR SALE: Nike CC-X shoes, size 8, LOOK-compatible cleats, virtually new, \$35.

- Bob Tamiso
212/223-4500

FOR SALE: Bottecchia, 61cm, Columbus Aelle tretubi. Mostly Campy Nuovo Gran Sport, Modolo Speedy brakes, red, excellent condition. 1988 model. \$450.

- Ben, 212/691-8539 (h)
212/598-8818 (w)

FOR SALE: Miyata 12 speed. 52 cm with Shimano index shifting and components, Zefal pump, computer, water bottle. Excellent condition. \$175
Margery: Days (212) 633-0074

NO-TECH TIPS

Bob Moulder

Before switching to 7-speed freewheels a few months ago, I wrestled constantly with the problem of finding gearing combinations suitable for the fast recreational riding I usually do. While doing a little pre-switch research, I discovered that the usual 7-speed setup doesn't seem to offer much improvement, and that a bit more grappling would be necessary before an investment in new hardware could be made.

This idea is not mine. Gear freaks will instantly recognize the gearing pattern suggested here, and many will remember seeing it listed in a magazine somewhere as a gear arrangement professionals might choose for hilly courses. A good idea is a good idea, so let's recycle a good one.

For those not familiar, the "gear inches" referred to from here on are arrived at by means of the simple formula used to calculate gear "sizes" for 27-inch and 700c (or tubular) wheels alike, which is as follows:

$$\frac{(\text{number of chainring teeth})}{(\text{number of freewheel teeth})} \times 27 = \text{gear inches}$$

When a gear chart is not handy we use expressions such as "42 X 15" or "52 X 19", referring to the chainring/freewheel cog combinations, though these won't really tell you which is a bigger gear. (As you can see from the first chart, 42 X 15 is actually about 1.7 inches "bigger," a difference that can hardly be felt when peddling.)

For me and for some other recreational riders with whom I've discussed the matter, the "problem" with the stock gearing is the size of the jumps in gear inches from one cog to the next, particularly those jumps between the small cogs of 17 teeth and under. For example, in the case of the ubiquitous 13-15-17-19-21-24 6-speed freewheel combination, shifting from a 52 X 17 to a 52 X 15 yields an 11-inch leap in gearing, and is usually followed by a downshift back to 52 X 17. The jump is just too big.

What is needed here, obviously, is an intermediate 52 X 16, which would provide a modest increase of about five gear inches. This is why racing cyclists, performing near their anaerobic thresholds, use "straight block" freewheels; a 5-inch increase will take them closer to the edge, while 11 inches might push them over. Although most of us don't need or want to use a 12-13-14-15-16-17-19 close-ratio racing setup, we can still benefit from the logic behind it, and modify it to suit our needs. While no gearing arrangement is appropriate for every person and for all kinds of terrain, there are some very good alternatives available for the performance sport rider for whom the "standard issue" 42/52 chainring and 13-24 freewheel do not seem adequate.

Simply switching from a standard 6-speed or 8-speed may not solve the problem. When bicycle manufacturers went to 7-speed gearing systems after six became passe, they usually chose component packages which included a freewheel with a 14-tooth cog stuck between the 13 and 15.

How often do you use a 52 X 15? A 52 X 14? Or a 52 X 13? Little, less, and only downhill if you're like most of us, and in the meantime there's still that big jump from the 17 to the 15.

But there is a way to get the close-ratio gearing you want without giving up the 51 X 13 or the comfort of having a low "hill gear" equivalent to a 42 X 24. As you've probably already guessed by looking at the two gear charts, the way you can "have it all" is to switch to a 39-tooth small chainring and a freewheel that is almost a straight block with a 13-14-15-16-17-19-22 pattern. This provides close-ratio gearing where it is really needed, while preserving a "hill" gear of 47.9 inches.

Some people have argued that this combination requires a lot more double shifts, but this has not been my experience. The most common double shift with the 39/52 setup is from 39 X 15 to 52 X 19, a pattern which is easily learned. Even with the 42/52 chainrings double shifts are necessary, and the search for that perfect intermediate gear is frequently futile because there just aren't any intermediate gears there.

Another advantage with the 39/52 and 13-22 arrangement is that there is less duplication of gear ratios. (This also accounts for some of the "missing" midrange gears.) A glance at the first gear chart reveals that 42 X 14 and 52 X 17 are duplicates (less than two gear inches apart), as are 42 X 15 and 52 X 19, as well as 42 X 17 and 52 X 21. With the close-ratio setup, only 39 X 14 and 52 X 17 are duplicates.

If you decide to convert to this gearing method, my suggestion is to buy a 13-21 7-speed freewheel and replace the 21-tooth sprocket with a 22, or try the 21 for awhile to see if the resultant gear is low enough for you. If you are using a 6-speed freewheel a compromise will be necessary: I recommend using a 14-tooth small cog (just pedal a little faster downhill) which will give you the same gearing as above, minus the least-frequently-used 13-sprocket. Switching the 6-speed will also be more difficult because very few manufacturers sell stock freewheels with a 14-tooth small cog these days, and those who do won't have the 14-22 combination presented here. As above, try the 21 to see if it will work for you. Freehub cassettes will pose a similar problem because the stock combinations are fixed units whose sprockets cannot be changed individually, except for the one or two smallest cogs.

Your favorite shop will be glad to change cogs and chainrings for you, although they may have to special order them. The cost should be substantial, so find out beforehand what the charge will be to help decide if it's worth it for you to try this experiment.

If you do your own work remember that Shimano 105, Ultegra 600 and Dura-Ace chainrings are interchangeable, and that Suntour Superbe Pro chainrings fit Shimano cranksets as well. Campagnolo's beautifully produced cranksets seem to change specifications every time a new line is developed, so be careful, and good luck. When you buy individual cogs for the freewheel gear modification, make sure you get the proper cog for the proper position on the freewheel body. A 17-tooth sprocket in the third position may or may not fit the fourth position, or a 19 in the 5th spot might not fit the sixth, and so on.

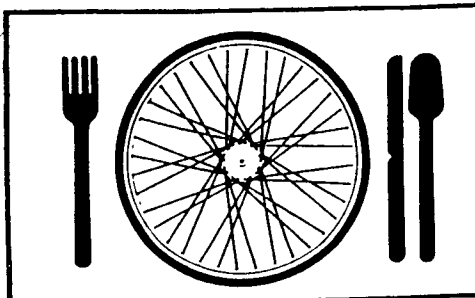
NEXT MONTH: Cheapskate.

MONTHLY CLUB MEETING

(Open to all members and non-members.)

NEW YORK CYCLE CLUB
Tuesday, October 10

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.

CYCLING THE SOVIET UNION

A talk and slide show by John Dowlin.

Special Guests: Four members of the Leningrad Cycling Club.

John Dowlin is one of cycling's Great Presences. He's a regional director of the League of American Wheelmen, is a director of The Bicycle Network, which sponsors people-to-people diplomacy through cycling with our supposed enemies, heads the Bicycle Parking Foundation, and has taught a course on urban cycling at Temple University.

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.

PRESIDENT'S MESSAGE

Christy Guzzetta

I have reached a very simple conclusion: the Board of Directors of the New York Cycle Club is a miracle. I am still amazed. Each and every month, I go to my mailbox and there it is, my precious - beautiful - BULLETIN. Three, four, five and more rides to choose from each and every Saturday and Sunday. Unbelievable. A program planned for every single membership meeting. New members, printers, stamps, cash-flow, insurance, politics, an endless list of tasks and responsibilities that create each seemingly simple ride.

This Board of Directors does it all. Each year, each month, each and every ride. It's a miracle. Of ideas, of time, of volunteers. All of it aimed at one goal - making it so very easy for you to enjoy a ride.

There are always new ideas, new issues, new energy. And now, at our very next membership meeting on October 10th, we will finalize the nominations for next year's Board of Directors.

Got an idea? Got some energy? Got an interest? Then run for an office. Your ideas are best. Your energy is needed, your interest is welcome. Contended elections, every position, we deserve choices, we want an exciting election.

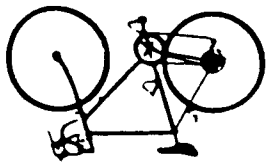
If you've got any questions, you're invited to call me. If you don't have any questions - run for office! It's a wonderful experience to sit on this particular Board, to be a part of the heartbeat of the New York Cycle Club.

1990 - a new year, a new decade, a new Board of Directors. Be a part of it.

Safety tip of the month: BE VISIBLE

In the Fall, we find ourselves on beautiful sun-dappled roads passing back and forth from light to shade. We ride more at dusk when we, as well as motorists, are half blinded by the setting sun.

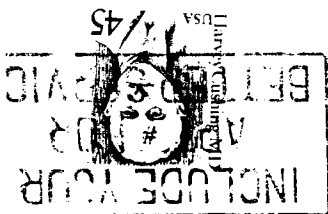
Be seen. Wear bright colors, day-glo even, and reflective materials.



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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