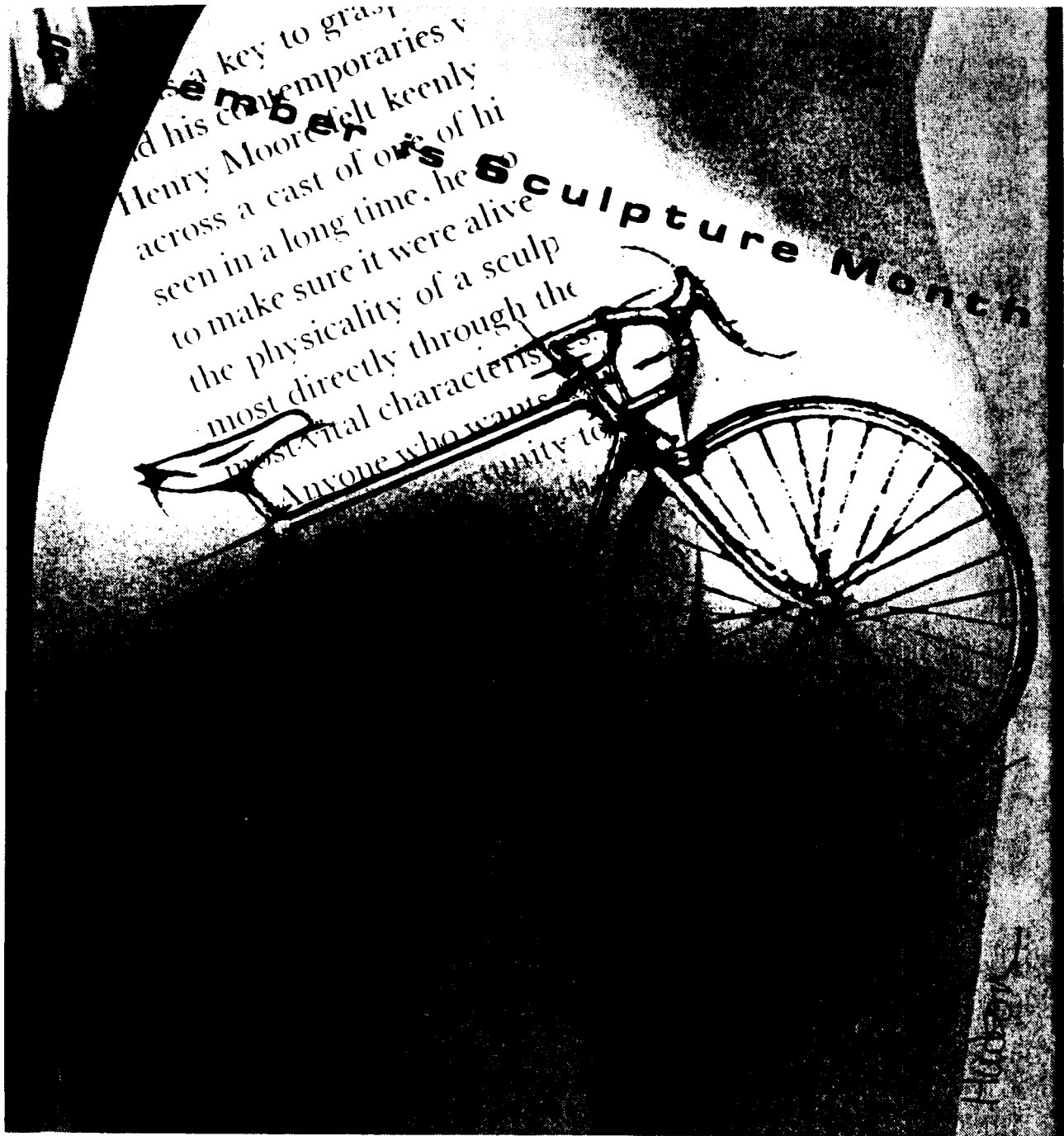


September
1989

NYCC Bulletin

S E P T E M B E R • 1 9 8 9



GUIDELINES FOR CLUB RIDES

NYCC rides are friendly group rides by individuals of similar riding abilities. Our leaders are volunteers. In addition to setting the pace and choosing the route, they may require or recommend specific equipment (helmets, locks, etc.) in their ride descriptions. Unless otherwise stated, rain (snow, sleet) at the starting time cancels the ride. Many rides meet at the Boathouse on Central Park's East Drive, north of 72nd Street.

Please be sure that your bike is in good working condition. Bring a pump, spare tube(s), patch kit, tire irons, water, pocket food, and medical I.D. Optional items include a lock, maps, bike permits for the commuter rail systems, and additional tools. Helmets are strongly recommended. Headphones are not.

Club rides generally approximate the speeds and characteristics listed below. You can assess your abilities by riding, at a comfortable pace, four laps around Central Park. The northern end of the park can be dangerous; ride with other cyclists or runners. Be sure to measure the time it takes you to complete the four laps, and not your average speed. In selecting your first club ride, be conservative. Choose an easier ride, and call the leader if you have any questions.

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

PRESIDENT

Christy Guzzetta
49 West 75 Street
New York, NY 10023
212/595-3674

V.P. PROGRAMS

Richard Rosenthal
245 East 63 Street
New York, NY 10021
212/888-6088

V.P. RIDES

Simone Smith
20 Agate Avenue
Ossining, NY 10562
914/941-5013

SECRETARY

Arlene Ellner
101 East 16 Street 1G
New York, NY 10003
212/677-3306

TREASURER

Debbie Bell
526 West 113 Street
New York, NY 10025
212/864-5153

PUBLIC RELATIONS DIRECTOR

Martha Ramos
75 Henry Street 23E
Brooklyn, NY 11201
718/858-9142

MEMBERSHIP DIRECTOR

Holly Gray
131 South Broadway
South Nyack, NY 10960
914/358-7244

CIRCULATION MANAGER

Hannah Holland
211 West 106 Street 8C
New York, NY 10025
212/666-2162

A-RIDES COORDINATOR

Beth Herman
245 East 24th St. #12C
New York, NY 10010
212/689-7778

B-RIDES COORDINATOR

Brian McCaffrey
237 Beach 121 Street
Belle Harbor, NY 11694
718/634-1742

C-RIDES COORDINATOR

Ken Weissman
710 West End Avenue 7E
New York, NY 10025
212/222-5527

BULLETIN EDITOR

Janet Kronstadt
250 West 91 Street 6N
New York, NY 10024
212/595-7483

The BULLETIN is published 12 times a year by the New York Cycle Club, P.O. Box 120877, Brooklyn, NY 11202-0019, 212/242-3900, Christy Guzzetta, president. Editorial and art contributions: copy/art must be received by the first Tuesday in the month prior to publication. All written material must be typed. Call editor for article guidelines and/or advance approval, and

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.

Cover: Caryl Hudson
Production: Larry Hobson

- Weekdays B/B+** **WEEKDAY MORNING "B" RIDES.** Leader: Jeremy Herman (212-543-6472). My flexible work schedule gives me most mornings off. You too? Give me a call and we can get a few hours of "B"-paced riding in before work.
- Fri.-Mon. Sept. 1-4 Class-Less** **PENN DUTCH HOLIDAY.** Leader: Martha Ramos (718-858-9142). Rolling hills and farm country make this a unique kind of Labor Day biking experience. Enjoy Amish culture and food. Cost is \$160.00 and includes hotel, registration fee, wine and cheese get together and departure luncheon. Cancellation fee of \$5 if leader is notified before August 18th. Make checks payable to Martha Ramos and mail to 75 Henry St., #23E, Brooklyn, NY 11201.
- Sat. Sept. 2 AA** **L.I. DOUBLE CENTURY.** Leader: Alex Bekkerman (w., 212-460-2220). The purpose of this ride is high sustained speed. This is the same ride as I led in June. Since that one was a success for parties present and absent, I decided to run it again. We will ride a 50-mile loop (my RAAM training loop) 4 times, starting in East Patchogue, proceeding to Grumman Complex and back. South part is flat like a blueberry pancake which John Waff sat on; northern - rolling hills like a gentle breeze blowing across a placid lake. Estimated total time: 9 1/2 hours to 10 hours. I will enforce cooperative, safe and intelligent riding. This is a car-top ride.
- Sat. Sept. 2 A-** **PEPSICO SCULPTURE GARDEN, PURCHASE, NY.** Leaders: Jody Sayler (212-627-4863) & Christy Guzzetta (212-595-3674). From the Boathouse. The NYCC proclaims September as Sculpture Month. Who says an "A-" ride can't include a little culture? Distance will depend on which devious route we choose to/from our destination. Possible antidote on return route at a motorcycle hangout in Valhalla. Packable footwear recommended for ambling through the garden paths in comfort. Rain, snow, sleet, hail or dark of night cancels. Fog, too.
- Sat. Sept. 2 10:00 a.m. B/B** **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), 30 challenging miles before lunch at Kingsland Point Park (beautiful, quiet, uncrowded on the bank of the Hudson River), and an easy, social ride back to the city. Rain at start cancels. RAIN DATE: Sept. 3.
- Sat. Sept. 2 C-/C** **DEMAREST DUCK POND.** Leader: John Mulcare (718-672-5272). From the Coliseum (S.W. corner of 60th St. and B'dwy) at 10:00 a.m. or at the GWB Bus Terminal, 178th St. and Ft. Washington Avenue ("A" train to 175th St.) at 10:45 a.m. Bring or buy lunch, but in any case, try to bring along some stale bread for the ducks - they love it. We'll practice overcoming the usual steep hills encountered when returning from most rides in New Jersey by tackling them in a few stages. Rain cancels. Call John before 9:00 a.m. if the weather is questionable. RAIN DATE: Sunday, September 3.
- Sun. Sept. 3 A** **LONG ISLAND.** Leader: Atilio Patino (212-777-8217). From the Boathouse. Call leader for details.
- Sun. Sept. 3 B+** **WESTCHESTER HILLS.** Leader: Brian McCaffrey (718-634-1742). From 242nd St. and B'way. (last stop on #1 train). The last time I was to lead this ride I was still in Crested Butte, Colorado (oops...sorry!). Let's try again. Strong "B" riders welcome on this hilly ride.
- Sun. Sept. 3 C+** **NEW YORK, NEW JERSEY, ETC.** Leader: Alex von Braun (212-757-7837). From 179th St. and Ft. Washington Ave., ("A" train to 175th Street). Enjoy River Road's final days (probably closes Labor Day) on ramble to the State Line and points north. Destination: Piermont picnicking; Tallman Pool if weather warrants. Helmets required.
- Sun. Sept. 3 C-/C** **ROCKAWAY BEACH RIDE AND SWIM.** Leader: Don Passantino (718-446-9025). From 75th St. & Roosevelt Ave., Queens ("E", "F" or #7 train to Jackson Heights/Roosevelt Ave.) We'll make a stop at the Jamaica Bay Wildlife Refuge, then stop at a deli (bring or buy your lunch). Of course, if you want to swim, you'll need a swim suit, towel, sandals?, and suntan lotion in addition to the usual water bottle or two. [This will mark the 200th time the leader has ridden to the Rockaways.] Rain cancels. Call Don before 9:00 a.m. if the weather is questionable. RAIN DATE: Monday, Sept. 4.
- Mon. Sept. 4** **LEADERLESS "A" RIDE.** From the Boathouse at 9:00 a.m.
- Mon. Sept. 4** **LEADERLESS "B" RIDE.** See Sept. 2.
- Sat.-Sun. Sept. 9-10 A** **WEST POINT/STORM KING.** Leaders: Jody Sayler (212-627-4863) & Christy Guzzetta (212-595-3674). From the Boathouse. We are leading an overnight ride to the West Point/Storm King area. On Saturday we'll ride 75 miles north to the spectacular sculpture gardens at Storm King. We'll stay overnight at the Hotel Thayer on the grounds of West Point overlooking the Hudson River. Sunday, 90 beautiful miles home along the eastern side of the Hudson - plenty of bail-out points (via Metro North) along the way home. This is an "A" ride but accommodations are being made for "B" riders. Cost of weekend: \$55 per person (based on double occupancy) and includes room, all you can eat dinner and all you can eat breakfast. Advanced sign-up required. Space is limited, first come, first served. Send check payable to Christy Guzzetta, 49 West 75th St., NY, NY 10023 ASAP.

- Sat. Sept. 9
A-/B/C+
9:00/10:00 am
50+/50/28 mi.
- BIKE TO BEETHOVEN.** Leader: Paul Minkoff (Day: 212-532-9000; Eve., 718-937-6171; Weekends: 516-466-2692) and Lorraine Gruber/"B" (212-989-5915). A beautiful but hilly ride along the North Shore to the Planting Fields Arboretum for the annual Beethoven Festival. "A-" and "B" rides to start to the Burger King at 179th and Hillside (end of the F line) at 9 a.m. "C+" ride to start at the Great Neck LIRR Station at 10:00 a.m. LIRR train to Great Neck leaves Penn Station at 9:20, Woodside at 9:30 and arrives in Great Neck at 9:54. 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 the concerts, if you plan to attend them. A group discount is available; please call leader in advance for price info. Optional loop to Bayville Beach for the tone deaf - or the stone deaf. Hey, this is the Beethoven Festival.) Trains leaving Roslyn at 4:43 and Great Neck at 4:49 arrive in Penn Station at 5:31 and 5:21 respectively. Joint NYCC/AMC/LIBC. RAIN DATE: Sept. 10.
- Sat. Sept. 9
A
8:30 a.m.
77 mi.
- CURT'S RIDE.** Leader: John G. Waffenschmidt (h., 718-476-0888; w., 516-683-5400). From near the Boathouse. To Nyack via Paul River's vestibule. In the morning, Uncle Curty broadcasts sports for WNEW. In real life, he's an engineer of sorts and a good guy. Anyway, this ride is for him and puts him under a significant moral obligation to attend. Temp. above 90F at 7 a.m., show, hail, sleet or rain cancels ride.
- Sat. Sept. 9
B/B+
9:00 a.m.
75 +/- mi.
- CAUMSET STATE PARK.** Leader: Steve Antioian (718-651-3807). From the Statue of Civic Virtue (E/F train to Union Turnpike stop). Join on this hilly ride to one of Long Island's best kept secrets (a beautiful park just north of Huntington). Be prepared to carry lunch a few miles.
- Sat. Sept. 9
C-/C
10:30/11:00
28 mi.
- CONEY ISLAND.** Leaders: John Mulcare (718-672-5272) & Carol Smith (718-693-7183). From the front of City Hall, Manhattan (one block south of Chambers Street) at 10:30 a.m. OR at about 11:00 a.m. from the other end of the Brooklyn Bridge for the convenience of Brooklyn residents. We'll ride along the waterfront, stop at Nathan's for you know what, check out any remaining bathing beauties from the boardwalk, and return to Manhattan via Ocean Parkway, Prospect Park, Union St., Clinton St., etc. Rain cancels. Call John before 9:15 a.m. if the weather of questionable. RAIN DATE: Sunday, Sept. 10.
- Sun. Sept. 10
A/B/C
- GOLDEN APPLE CENTURY - WESTCHESTER.** A popular rally sponsored by the Country Cycle Club. It features a choice of marked routes ranging from 25 to 125 miles. Maps, cue sheets and snacks will be provided. The ride starts at the Franklin D. Roosevelt State Park in Yorktown Heights, NY. NOTE THE NEW STARTING LOCATION. The 125 and 100 mile rides start at 7 a.m. and the 62 and 25 mile rides start at 8 a.m. Helmets are required and there is an \$8 registration fee. For further information contact Morty Marks at 914-664-7930. [In past years, Maggie Clarke (212-567-8272) and Irv Weisman (w., 212-241-4783) have biked to the starting location and proceeded to take part in the event. Call to find out what their plans are this year.] RAIN DATE: Sunday, September 17.
- Sun. Sept. 10
A
- LEADERLESS "A" RIDE.** If you are not interested in the Golden Apple, then meet at the Boathouse at 9 a.m. for a ride to Nyack or wherever the leaderless group wants to go.
- Sun. Sept. 10
B/B+
9:15 a.m.
65 mi.
- DISCOVER THE NEW JERSEY.** Leader: Leslie Tierstein (201-388-5127 days). From Westfield, NJ. This is a car-top starting in western Union County going through the suburbs, farmlands and woodlands of Middlesex and Somerset Counties. Terrain will be mostly flat, some rolling and one long glorious climb up Sourland Mountain. An equally glorious descent will bring us to lunch in historic Hopewell Boro. Contact leader for directions and ride share info. 50% chance of rain at 8 a.m. cancels.
- Sun. Sept. 10
B-
9:30 a.m.
60 mi.
- ARMONK.** Leader: Maggie Clarke (212-567-8272). From the Dyckman Triangle, (200 St. stop on "A" train). From the manicured lawns of the Westchester 'burbs to the Armonk Duck Pond for lunch. Back along the Kensico Reservoir. 70% chance of rain at 8 a.m. cancels.
- Sun. Sept. 10
C/C+
9:30 a.m.
38-55 mi.
- KENSICO ESCAPE.** Leader: Ken Weissman (212-222-5527). From Woodlawn/Jerome (last stop on #4 train). Past Sarah Lawrence College, along a pretty, tree-shaded bike path to Kensico Dam, with a seven-mile stretch of car(e) free Bronx River Parkway. Picnic lunch. Helmets required.
- Sat.-Sun.
Sept. 16-17
A/B
225+ mi.
- BOSTON WEEKEND.** Leaders: Larry Hobson (212-795-1227) & Lisa Norton (212-799-0147). Ride from New York to Boston with Lisa and Larry. We'll take the traditional club route: Out L.I. to Orient Point, then the ferry across to New London, CT, where we'll spend Saturday night. On Sunday, we'll continue on to Boston where we'll catch the air shuttle back to LaGuardia. This is a beautiful, but moderately hilly ride and, since the days will be shorter in Sept., participants should be able to complete a century ride at a steady "B" pace or better. Approximate cost, including motel, food and airfare for yourself and your bike: \$225.
- Sat. Sept. 16
A-
8:00 a.m.
~ 90 mi.
- ARCHITECTS ARE SCULPTORS TOO.** Leaders: Caryl Hudson and Steve Baron (212-595-7010). From the Boathouse. Continuing September's cultural theme up into Westchester, will try to spot a Frank Lloyd Wright house nestled in the scenery north of Kensico. Maybe we will hit a fabulous 1920s Chinese pagoda hot dog stand on the return. The usual cancels.
- Sat. Sept. 16
B
9:30 a.m. / 55 +/- mi.
- TALLMAN PARK.** Leader: Pete Panico (212-794-3684). From the Boathouse. Over hill and dale to a picnic lunch in Tallman State Park (via Bradley Hill and Piermont).

- Sat. Sept. 16 **JAMAICA BAY WILDLIFE REFUGE/ROCKAWAY BEACH LUNCH AND WADING.** Leader: John Mulcare (718-672-5272). From Broadway and 75th St., Queens (E, F or No. 7 train to Roosevelt Ave., Jackson Heights station). 9:00 a.m. We'll stop briefly at the Refuge to see what's left of the migrating birds, then continue on our way to a deli in Rockaway 33 mi. for those who don't carry their lunch. Then on to the beach for those who may want to do a little wading for the last time this year. Rain cancels. Call John before 8:00 a.m. if weather is questionable. RAIN DATE: Sunday, Sept. 17.
- Sun. Sept. 17 **HI-POINT HUNDRED - LONG ISLAND.** Another popular and long-standing event sponsored by the Paumonok Bicycle Clubs. It features a choice of marked routes ranging from 25 to 125 miles. Maps, cue sheets, etc. will be provided. The ride starts at the North parking lot of the Syosset Railroad station, off of Cold Spring Harbor Road. The 125 miler starts at 6:30 a.m., the century at 7 a.m., the 65 miler at 8 a.m., 50 miler at 9 a.m. and the 25 mile ride at 10 a.m. Helmets are required and there is a \$7 registration fee. For further information, call 516-842-4699.
- Sun. Sept. 17 **CARMEL/COLD SPRING ADVENTURE.** Leader: Rich Bernardi (h., 212-874-1348, w., 212-830-5634). From the Boathouse. Hilly ride through White Plains/Greenwich/Bedford to breakfast at Carmel (first stop approx. 65 miles). 7:30 a.m. Through county via 301 to Cold Spring and down 9D to Peekskill. Then back to NYC. Bail-out via Metro North 135 mi. available anywhere after Cold Spring. One or two deli stops as required. This will be fun! Intense rain cancels.
- Sun. Sept. 17 **LATE VISIT TO PLAYLAND.** Leader: Jody Sayler (212-627-4863). From the Boathouse. We will go to Rye Beach A via Greenwich. Nice weather permitting, we'll take a picnic to the beach and meet Christy's "B" ride. 8:45 a.m. / 80 mi.
- Sun. Sept. 17 **PLAYLAND.** Leaders: Christy Guzzetta (212-595-3674) & Gail Page (212-666-6945). From Columbus Circle entrance to B Central Park at 8:30 a.m. OR Jerome Ave. & Woodland (last stop on the #4 IRT) at 9:30 a.m. We'll schmooze on up to Rye 8:30/9:30 a.m. Beach Playland for a summer visit. If the rides are operating, we'll take turns on the roller coaster. If not, the deserted park 66/44 mi. sure looks magical. Rain at start cancels.
- Sun. Sept. 17 **VALHALLA OR BEST RIDE BY A DAM SITE.** Leader: Sandy Gold (212-222-4076). From 242 St. (last stop on #1 train C+ at 10:00 a.m.. OR Jerome Avenue (last stop on #4 train) at 10:20 a.m. A bucolic ride via bike paths to the Kensico Dam and 10:00/10:20 lunch under the trees at Valhalla. Return via a different route and will include some hills. Rain cancels. 40+ mi.
- Sept. 22-24 **TOUR DE TICK.** Leader: Paul Minkoff (Day 212-532-9000, Eve., 718-937-6171). Stay in Old Lyme, CT. Cycling to and around Mystic Harbor, CT. Cycling options from 40 to 90 miles. \$50 deposit needed by September meeting. Upscale accommodations and fantastic food. Call leader for more information.
- Sat. Sept. 23 **JODY'S BIRTHDAY RIDE.** Leader: Christy Guzzetta (212-595-3674). From the Boathouse. Pretty ride over the A Kensico Dam (Jody's favorite) on the way to the Thornwood Diner. Over breakfast, Christy promises to present 8:30 a.m. a very revealing gift to his sweetheart. Then, we'll head home over Route 448 and south on Route 9. Early return 67 mi. to the Boathouse. In the event of rain-meet at Ruppert's Restaurant, Columbus Ave. between 72nd & 73rd at 11 a.m. for a B-Day brunch. All welcome.
- Sat. Sept. 23 **WESTCHESTER PICNIC.** Leader: Jeremy Herman (212-543-6472). From 242nd St. & B'way (last stop on #1 train). 10:00 a.m. Medium-length and time, but a good workout (some tough hills). Beautiful country views (farms, estates, Hudson River, B/B+ NJ Palisades), 30 challenging miles before lunch at Kingsland Point Park (beautiful, quiet, uncrowded on the bank of 45 miles the Hudson River), and an easy, social ride back to the city. Rain at start cancels.
- Sat. Sept. 23 **EISENHOWER PARK.** Leader: John Mulcare (718-672-5272). From the Burger King parking lot at 179th St. and Hill-side Ave., Queens (last stop on "F" train (not the "E" train). Carry your lunch or buy it at a deli stop on the way. Our gung-ho 9:00 a.m. riders may ride as fast as is safe on a long stretch of the L.I.E. service road provided they wait for the rest of us at Post Road (or Ave.) on the right. Our main interest will be the change in season reflected in the abundant foliage we'll come across. Rain 40 mi. cancels. Call John before 8:00 a.m. if the weather is questionable.
- *****
- Sun. Sept. 24 **BILL BAUMGARTEN MEMORIAL ALL-CLASS CLUB RIDE TO KINGSLAND POINT PARK.** Join one of the rides listed below or follow the signs from Route 9 in Tarrytown to the Park for lunch at 1 p.m. and our final all-class ride in 1989. Wear your club jersey for this event.
- A Leader: Karl Dittebrandt (212-477-1387). From the Boathouse. A scenic ride through Pleasantville, Briarcliff 8:00 a.m. Manor, Sleepy Hollow and environs on the way to the picnic. 85 mi.
- A- Leaders: Amy Sackman (212-645-2949) and Lance Leener (212-947-9392). From the Boathouse. To Kingsland 8:30 a.m. for lunch we go. Over hill and dale (this is Westchester, you know). We guarantee to get you there. 70 mi.
- B-/B/+ Leader: Dick Goldberg (212-874-2008). 9:00 a.m. from the Boathouse OR 10 a.m. from Jerome and Woodlawn 9:00/10:00 (last stop on #4 train). To Kingsland Point via the Sleepy Hollow countryside. 65 mi.

C/C
10:00/10:45
35-40 mi. **Leader: Ken Weissman (212-222-5527).** The "C" riders will meet at 10 a.m. at the Coliseum (SW corner of 60th St. and Broadway) and go from there to meet the "C-" riders at 10:45 a.m. at the church at 179th St. and Ft. Washington Avenue. Come prepared for some steep hills. We stop at a deli a few miles before the park. The Club has traditionally formed a "mass ride" back to the city. Any optimistic "C" riders who want to try a faster pace on the way back are welcome to do so, but be assured that there will be a group who returns at a more leisurely pace.

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. & C/C 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. 9:30 **E.D.S.T.** 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 October 1, 9:30 E.D.S.T.**

Sun. Oct. 1 **BEDFORD REVISITED.** Leader: Maxim Vickers (718-728-7179). From the Boathouse. An annual foliage preview A 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 8:00 a.m. Flagship; lunch in Briarcliff. 90 mi.

Sun. Oct. 1 **MAMARONECK HARBOR.** Leaders: Carlos Cardona (212-581-2858) & Ken Sorrentino (914-969-6690). From the B/B- Boathouse. From Manhattan Island to Harbor Island Park. Passing every golf course in the world. Rain at start 9:30 a.m. cancels. 50 mi.

Sun. Oct. 1 **NORTH BY NORTHWEST.** Leader: Alex von Braun (212-757-7837). From the Boathouse at 9:15 a.m. OR 179 St. C+ 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. 9:15/10:00 50-60 mi.

Previews

Oct. 6-9 **Catskill Colors.** Leader: Martha Ramos (718-858-9142). Class-Less. Call for details. Please note: this year Columbus Day falls on Yom Kippur.

Oct. 8 **Ridgefield Fall Foliage Century.** Leader: Maxim Vickers (718-728-7179). Class: A; Miles 110. The revival of a classic under new management.

Oct. 15 **New Paltz Extravaganza Version III-The Reservoir to Reservoir Ride.** Leaders: Franziska Rauch (718-278-6241) & John G. Waffenschmidt (718-476-0888). Class: A; Miles: 85. An adventure - coming in the October bulletin.

Oct. 22 **Dingman's Ferry - Colourfest.** Leaders: Joe Furman (201-692-9635) ("A"); Brian McCaffrey (718-634-1742) ("B+"); Loraine Gruber (212-989-5915) ("B") & Ken Weissman (212-222-5527) ("C+"). Car-top ride to view the fall foliage of the Delaware Water Gap Recreation Area. 60, 50 or 30 miles. Full listing in October bulletin.

Fri.-Sun. **Dingman's Ferry-Colourfest Weekend.** Leader: Joe Furman (201-692-9635). Overnight stay in Hope, NJ. Cycle, Oct. 20-22 canoe and hike options for Saturday. Meet other club members on Sunday for the above-listed ride. The number of rooms are limited so reserve early. Full listing in October bulletin.

Oct. 29 **Ye Merrie Leaves of Glen Cove.** Leader: Maxim Vickers (718-728-7179). Class: A; Miles: 90. Seventh straight year of choice North Shore foliage and mansionry galore.

SIG - CONCLUSION!

Christy Guzzetta

It rained this spring. And rained and rained and rained. We missed rides, rerouted them, and found it quite a challenge just to get out on our bikes.

Nevertheless, weather aside the calendar ticked, and June 24th arrived. We were to go on the regularly scheduled Club A Ride co-lead by Alex Bekkerman (ultramarathon champion, RAAM competitor) and Lance Leener (one of the fastest bikes in the club, arguably the best-conditioned athlete among us). Four months ago we struggled to make four laps of the Park in under two hours. Today we're going for a ride with these two guys. And that racer from France, he showed up; and the one from Columbia, him too; and a bunch from CRC as well.

We had scheduled 17 rides for the series, but the rain allowed us only 12 or 13. The early rides had a tremendous turnout, 40 or more bikes were not unusual. By Montauk in mid-May our group was down to 14. Back in March it would have seemed impossible, but to Montauk we cruised at 21 MPH, steady, smooth, in a double paceline for 115 miles. We worked together and rode together so that we could arrive together. And this we did at 12:40 p.m., pulling in together... as one.

The A Ride on June 24 would be different: faster, less structured, more intense. We bombed up 9W hitting 23 MPH - I saw 30 MPH! A Riders were grumbling, racers were bitching: This is much too fast for 100-plus miles. We just rode, keeping it going through Saddle River and into West Nyack. We were fast, we were strong, we were not getting dropped. And we didn't get dropped. At the end of the day it was clear that nine people could - for the first time - ride on A Rides. They were: Judy Cohen, Brenda Eaton, Lisa Halle, Beth Hulleberg, Padraic Kennedy, Jane Grant Leener, Neal Spitzer, Monica Stevenson, Robert Tamiso.

Congratulations! They received their certificates of accomplishment at the August membership meeting.

Many thanks to all who helped with this year's SIG: Herb Dershowitz was great, as were Donna Slattery, Angel Rivera, Alan Leener, Simone Smith, Amy Sackman, and Beth Herman. And a special thanks to Alex Bekkerman and Lance Leener who brought us up to A-paced speeds we never imagined could be possible.

Join us for some of the finest
cycling in the Northeast!

Breakaway Vacations

(212) 722-4221

FAMILY CYCLING

Lance Leener

Last weekend I mounted the Merckx and climbed my way over 390 miles. What made the challenge unique was that I rode my first double century. What made it special was that I did it with my dad.

I have been blessed with a father whose zest for life and the outdoors is matched only by his enthusiasm for sport. He works hard to maintain his fitness, to which those who have seen this 52-year-old climb hills on a bicycle can attest.

Having the opportunity to ride with my father all those miles was a joy. He powered his way, at times pushing himself to the brink. Sharing that experience as a son was thrilling.

I encourage all children of able-bodied parents to give it a try. All you need are two functional bikes. You don't have to ride far, and you don't have to ride fast. Just do it!

And to you parents, I say get involved with your kids. They'll love you for it. Family cycling, whether it be with my wife or my dad, makes it all that much better.

QUICK RELEASES

Richard Rosenthal put together another terrific program for the August membership meeting: Tom Kellogg, racer and master framebuilder (of those pricey titanium frames) showed up with two of his frames, one of which he was even willing to pass around (it was light enough to pass easily and strong enough to withstand potential jarring, greasy fingerprints, whatever). Tom presented an animated talk on such issues as why titanium (as light as aluminum but more flexible, with steel-like strength) and why does it cost so much (titanium is culled from sand, spun to crystal state, at great effort... to mention one excuse). He inspired great confidence as well as desire for titanium frames in the club membership, so if you weren't at the meeting but you, too, would like to think about titanium frames, contact Spectrum Cycle in Breinigsville, PA, 215/398-1986 and ask them to send their literature.

And for other "bargains": Caryl Hudson and Marty Wolf report that the new REI store in New Rochelle is the friendliest place to buy bike equipment and outdoor gear: The REI clerks even invited Caryl and Marty to come inside with their bikes. The store is located at 500 Main Street, 914/632-9222.

Don't forget to read this month's President's Message, on the issue of wearing your helmet: faithfully and always. The author of this column, having recently been in a serious bike wreck that would have been less serious had she been wearing her helmet properly (see Bob Moulder's hints in "No-Tech Tips" on how to adjust yours properly), can only affirm what Christy has to say: Helmets are essential.

continued on page 8

QUICK RELEASES continued

Formerly a somewhat shy and generally quiet person (so I'm told), I underwent a personality change following my head injury which takes the form of my accosting non-helmet-wearers as they sail down the street, with loudly shouted ephitets like, "Get a helmet!" One male friend told me that if I ever did that again he would stop walking down streets with me. Oh well. But get your helmet adjusted and wear it. It could save your life.

Other club news: Beth Herman tied for third place in her first CRC race; Donna Slattery got the cast off her wrist (broken in an earlier race) and is recovering well; Bob Moulder is riding without his finger splint (acquired following a cycling fall - what else?); Paul Mort married Suzanne in a beautiful, bike-friendly setting near Delaware Water Gap to which location Maxim Vickers will lead the ever-popular leg-splitting ride two weeks later. John Waffenschmidt took off for a climb up Mt. Rainier in early August to prepare for his winter hiking series, which will be announced in future BULLETIN issues. Roberta Pollock, happily settled into L.A. although undoubtedly missing all of us and New York, joined an L.A. cycle club and took her first outing with it: down the gorgeous Pacific Coast Highway to San Diego. Ocean views of this grandeur will get you over New York nostalgia in a hurry. Alan Leener is recovering from a minor injury following a collision with a careless skateboard athlete, which sadly left Alan unable to do Boston-Montreal-Boston after qualifying for it in an unprecedentedly short time: We all sympathize with your disappointment, Alan. But: next year!

And please do keep calling in items for "Quick Releases." Thanks!

JK

MINUTES

NYCC BOARD MEETING, 6 JULY 1989, O'HARA'S

Present: Richard Rosenthal, Ken Weissman, Christy Guzzetta, Simone Smith, Debbie Bell, Holly Gray, Hannah Holland, Arlene Ellner.

Absent: Beth Herman, Brian McCaffrey, Janet Kronstadt, Martha Ramos.

June minutes approved.

Ride-pace complaints received; ride coordinators will reinforce need for leaders to maintain advertised pace.

Debbie announced LAW volunteers: Irv Weisman, NYCC Representative; Herb Dershowitz, Touring Information Specialist; Martha Ramos, Government Relations Advocate.

Discussion regarding missing pages from July BULLETIN: It was decided to inform printer of deletion, mail missing pages on request, and have supply at membership meeting.

Richard reported 40 copies of Peter Nye's book purchased at June membership meeting. October meeting will host four members of the Leningrad Bicycle Club who will offer stories and slides of Soviet cycling.

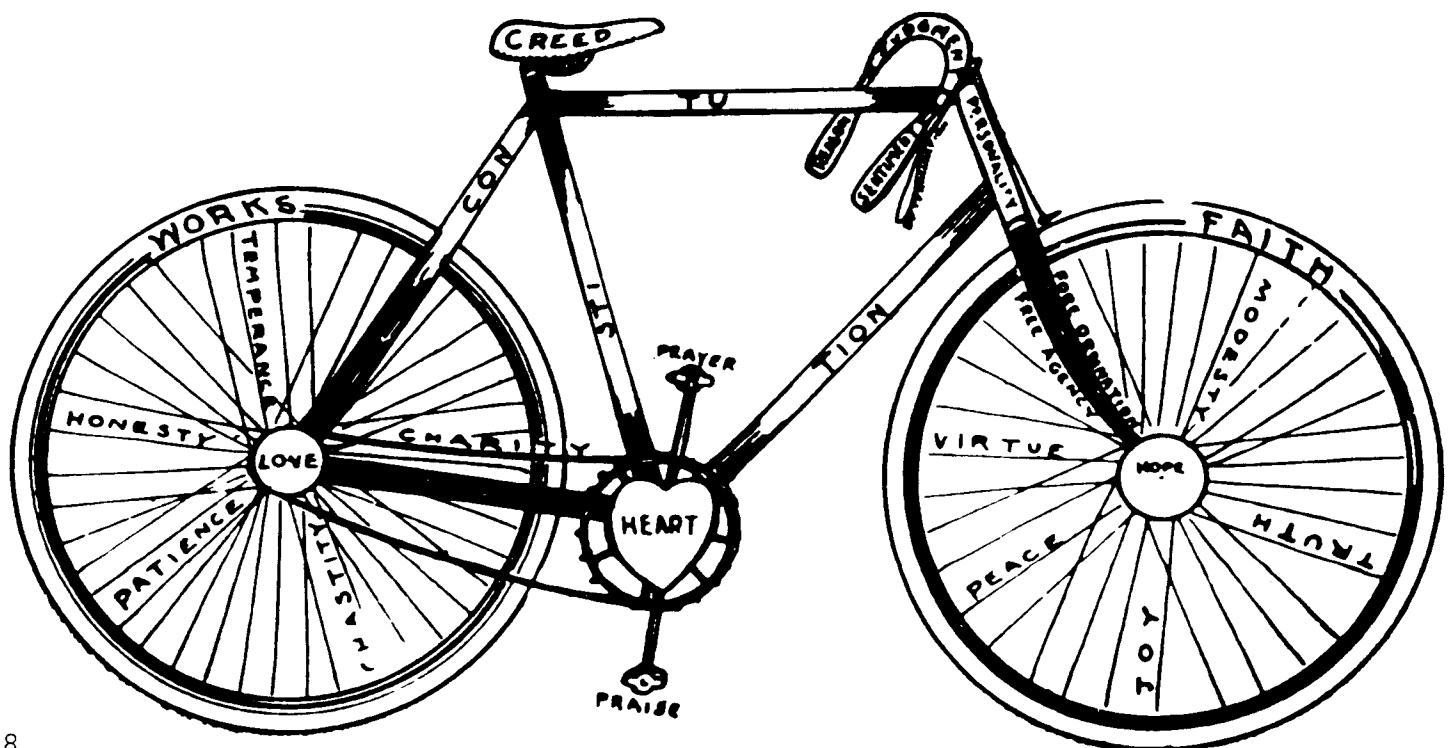
Permit requirement for River Road dropped. Richard Rosenthal and Jay Rosen will handle scheduling for NYCC's volunteers to hand out information sheets on July 29th and 30th.

Discussion regarding continuing review/preview of rides at membership meeting because of length of time required. Decided: to continue ride reviews, and previews listed in BULLETIN will be given second priority.

Meeting adjourned 8:15 p.m..

Respectfully submitted,

Adrian Gilman



ULTRAMARATHON CYCLING

Jeff Vogel

As we've been going longer distances, riders complain that these trips are a pain in the ass (or a pain in the hands or feet). So this month we'll discuss cures for pain associated with contact points (those parts of the body that make contact with the bicycle).

All the solutions mentioned here are based on the assumption that your frame fits properly. If it doesn't, that could very well be much of the problem. And if it doesn't, implementing the changes below will only transfers your problems to other parts of your body.

The easiest problem to cure is pain or numbness in the hands. First, make sure you change hand position often. Second, remember to keep your elbows bent and to grip the handlebars lightly. This way you'll allow your arms and upper body to absorb road shocks, instead of letting shocks be absorbed by your hands and shoulders alone. Lastly, using any type of padded handlebar tape can't hurt.

The main cause of foot pain and hot foot is improperly fitted shoes. Shoes that are too loose will allow your foot to slide back and forth with every pedal stroke, thus creating friction and heat. Shoes that are too tight will constrict blood flow and create pressure points, which are painful. You should be able to wiggle your toes slightly in a properly fitted shoe. It is also possible, as shoes get older, that perspiration is eating away at the insoles so that they are no longer smooth.

A shoe that fits well on a short ride may not be the perfect shoe for a long ride. The longer the ride, the softer the shoe should be. This applies to the sole, too. Super stiff soles may be great for sprinting but can cause severe pain on double centuries. The same thing holds true for the toe box. If that is too stiff, your toes will hurt on long rides.

The tradeoff between a stiff, power-efficient shoe and a soft, comfortable one may not be as great as you think. Many accomplished ultramarathoners, including Pete Penseyres, have successfully used touring shoes on their long rides. So, go in the closet and dig out those old touring shoes that you haven't used in years.

If you feel your shoes fit properly, there are other things you can do. Try putting a little Vaseline around your toes, on the balls of your feet, and on any other parts of your feet that hurt. This may enable your feet to slide just enough to relieve pressure, yet not enough to cause friction.

Authorities on proper bicycle fit say that the ball of your foot should be over the pedal spindle. However, many long distance cyclists move their cleats further back on their shoes, thus putting their feet further forward on the pedals. Since most

shoes have an inch or so of play in terms of cleat position, it should be no problem to move the cleat as far back as possible.

If none of this works, or if you have ever had foot problems in other sports, I would recommend that you see a podiatrist. That is the safest way to make sure you aren't causing any permanent damage. If you do have a physical problem, a podiatrist can fit you with an orthotic to alleviate the pain.

Finally, the last problem area is that where you make contact with the saddle. I left this for last because I couldn't decide what term to use: derriere, butt, ass, etc.. I took a poll, and butt won.

If the problem is only that your butt hurts when you sit in the saddle for hours, the solution is to ride more! The tissue between bone and skin gets tougher the more you ride. It just takes time to get used to long distances. You can also try making minor adjustments in saddle position. You can tilt the saddle slightly up or down, or you can change its fore and aft position (never more than a half inch at a time). If you do change the saddle position, remember to bring the necessary tools on your next ride, in case this adjustment causes other problems. That way, you can change it back.

Another problem associated with saddle contact is chafing and sores. The idea here is to reduce friction and eliminate bacteria. First of all, clean shorts are an absolute must. Next, there are a variety of creams and ointments available: Vaseline, A&D, Bag Balm, etc.. Try a few until you find one that works well for you. And use a lot of it. This is one case where if a little is good, a lot is better. You will also need a saddle cover. Because whatever you put on your butt will work its way through your shorts and may damage your saddle.

Now that we've solved the problems with your butt, get your ass on the bike and ride.



CLASSIFIEDS

Carlton Workshop (pre-Raleigh) 77 cm (22-1/4") road bike, 531, original 2-tone lavender paint, ornate fleur-de-lis hand-cut lugs. A 60s classic with rare Williams cotterless cranks, Altenberger brakes, gold anodyne QR hubs, tubular rims, Ambr'o adjustable stem, randonneur bars and levers, Campagnolo rear derailleur, headset, pedals. \$800. Call,

- Winifer 212/315-3742

TOOL KIT FOUND: I found a black bicycle tool kit on the bus back from Montauk after the Montauk ride. If you're missing such an item call,

- David Cowan
718/387-6587 (h)
212/745-3239 (w)

NO-TECH TIPS

Bob Moulder

Now that the two-part installment on rear derailleur adjustment is finished, let's take a breather with a few simple one-shots I'll call "The Seven Dwarfs."

Happy... If you've made the wise decision to wear a helmet, go all the way by wearing it properly. A well-fitted helmet should rest snugly on the head, not cocked back to expose the forehead. And the strap should be tight enough under the chin to hold the helmet firmly in place. The straps that run behind the ears to the back of the helmet should have no slack in them. Once all the straps are correctly snug, SEW THEM IN PLACE, so you don't have to readjust them every time you put the helmet on. The stitching doesn't need to be neat: I crudely tacked my straps together with a needle and thread intended for tubular tire repair, and it works just fine. If you don't think you can do this, take your helmet to a tailor who will probably charge \$3.00 or so to do it for you.

Grumpy... You can "sonic clean" your chain by removing it with a chain rivet tool, putting it in a small container (I use a covered plastic soup bowl from a Chinese take-out restaurant), adding four ounces of your favorite solvent, and shaking like hell for two minutes. Take the chain out, empty the dirty solvent, and repeat two more times. Reinstall chain and lubricate. I don't use paraffin (wax) for chain lubrication because when it dries (cools, actually) it becomes a solid, and once it is displaced by metal-to-metal contact it does not migrate back to the contact areas, just where it is needed. (This will cause controversy, no doubt. How 'bout it, engineers?)

Sleepy... On rides of 75 miles or more carry pocket food, even if you don't think you'll need it. For me, Fig Newtons or other similar fig bars are perfect. Carry them in a Ziploc bag (the thick freezer kind), and if you don't eat them, put them in the freezer for the next time. Even people who claim to disdain these little shortbread confections will, when facing the dreaded bonk, begin to eye your Newtons like starving Tasmanian convicts.

Sneezy... People who carry spare spokes usually carry those that fit the freewheel side of the rear wheel, because these are the ones apt to break. But on small flange hubs replacing these spokes is nearly impossible without pulling the freewheel, the tools for which most of us don't normally carry. If I carried spare spokes (I usually don't), I'd carry hook-end spokes that can be threaded from the inside of the hub flange. These spokes are usually bladed (hence the hook-ends, so they can be threaded without slotting the hubs), and they can't be "properly" laced, but none of this matters; the idea is to get home. Just make sure the spoke threading matches the spoke nipple threads on your wheels. These spokes are made by Hoshi, among others, and a similar spoke of unknown origin can be mail-ordered through the Performance catalogue.

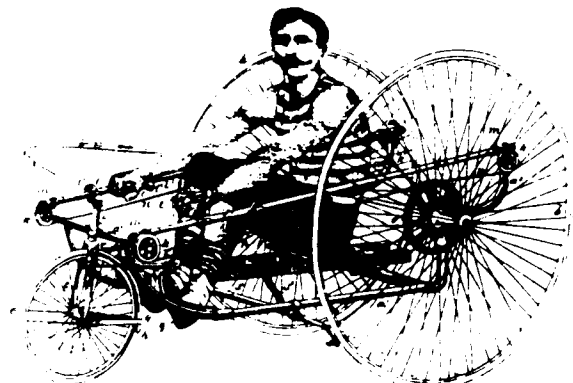
Son of Sneezy (Say it ain't so, Snow)... If you break a lot of spokes, fire your wheel builder.

Dopey... If you install a new seat (saddle?) be sure to check the seat height and fore/aft position on the rails, especially if you buy a different brand. Even if you buy the same brand, check closely because, as it is written, "specifications are subject to change without prior notice." Depending on the brand used and the new brand, the height discrepancy could be as much as three or four centimeters. Ouch!

Bashful... If you have a flat, you'll have to replace the tube and reinflate the tire. On several occasions I have personally witnessed cyclists breaking the valve stems off tubes as they pumped the tires back up. The reason these break is that they are bearing the full force of the pump stroke, and break under the stress. Don't, as many people do, grasp the tire/rim/pump head/valve stem in one handful and begin pumping. Do this: after sliding the pump head over the valve stem, hold the pump near the pump head in one hand, and the needle in the other, allowing the wheel to dangle or stand freely. Squat down with one knee touching the ground and your forearm braced against your thigh as you pump. If you're right-handed, your right knee should touch the ground; if you're left-handed, your left knee should touch. You'll get just as much (if not more) leverage without risking snapping off the valve stem.

Doc... Small shards of glass in tire treads don't always cause instant flats. Sometimes it takes several hundred miles for shards to work their way through rubber, nylon, Kevlar, cotton and silk (\$\$\$). If you're really interested in getting out virtually all foreign objects, after your next ride try this: let all air out of your tires, then pinch the tread between index finger and thumb, working your way around the tire. By pinching in this manner, you force the tiny slits to open up completely, exposing the future little gremlins for easy removal. I did this recently and removed 37 pieces of glass of varying sizes from the rear tire, 22 from the front. I ♥ NY.

NEXT MONTH: A one, and a two, and a three, and...



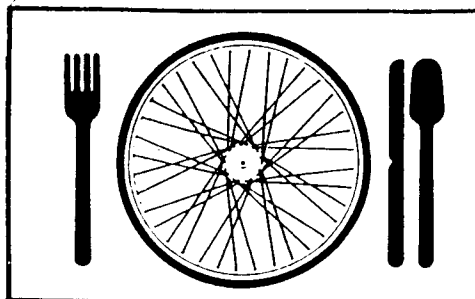
MONTHLY CLUB MEETING

(Open to all members and non-members.)

NEW YORK CYCLE CLUB

Tuesday, September 12

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.

'89 RAAM REPORT: LOS ANGELES TO NEW YORK IN 4 3/4 DAYS--BY BIKE!

A talk and slide show by Nathan Dean.

Maybe you've seen Nathan working as just another bike mechanic at Bicycle Habitat in SoHo. But what you don't know about him is that one of the bikes he designed and built hangs in the Smithsonian, the first bike to exceed 60MPH for 200 meters unaided. As I write this two weeks before it begins, another bike of his is the likely winner of the first HPV (human powered vehicle) race within RAAM. (Oh, perhaps I should say here four riders alternate(d).)

Our private dining room is one flight up from the bar. If you bring your bike you can bring it indoors and leave it ● 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 never used to wear a helmet; it was just too uncomfortable. On every ride, people used to ask me why. Not only did they ask, they honked at me, yelled at me, and bothered me to no end. And at the conclusion of each ride, I had a headache from all the scorching; my stomach ached from all the aggravation: I would be truly ill from the countless jeers, criticisms, and barbs. "You should set an example," people said. "Stop being a jerk," they said. "I won't ride with you," Jody said.

Then one day, it was a "Helmets Required" ride. You know the kind: they tend to occur more and more nowadays. The USCF requires helmets; many clubs require them; River Road requires them; I hear they'll even be required on the prestigious European race circuit starting next year. Anyway, I borrowed a helmet for the Helmets Required ride... and wore it. "Now handsome you look," people said. "Run for president," they said. "Marry me," Jody begged. Hmm. In an instant, I became one of the most popular guys in town - all because of my helmet. Furthermore, no headache today, no stomach ache after the ride. I never would have guessed how comfortable - how good - wearing a helmet could make me feel.

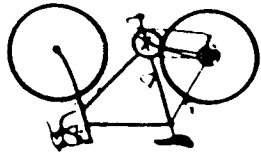
To all those people who taunted me about wearing a helmet, thank you for your determination. You probed to be the leaders, the revolutionaries of our sport. Your concern for my safety, my health, my wellbeing... thank you for caring so much. Thank you for caring about all of us as much as you do.



Safety tip of the month: OBEY THE LAW

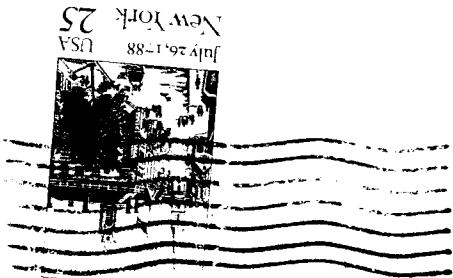
This is hard advice. Most of us have made it a habit of excusing ourselves from the requirement to stop for red lights or stop signs.

I recall my embarrassment several years ago while cycling in France. Three cyclists in the distance...racing to catch them...just reaching them. They had stopped for a pedestrian in the crosswalk. I fell over at the unexpected stop.



First Class

176-177
ARLENE BRIMER MAILING
CHRIS MAILING
110-30 MYRTLE AVE
RICHMOND HILL, NY
11418



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