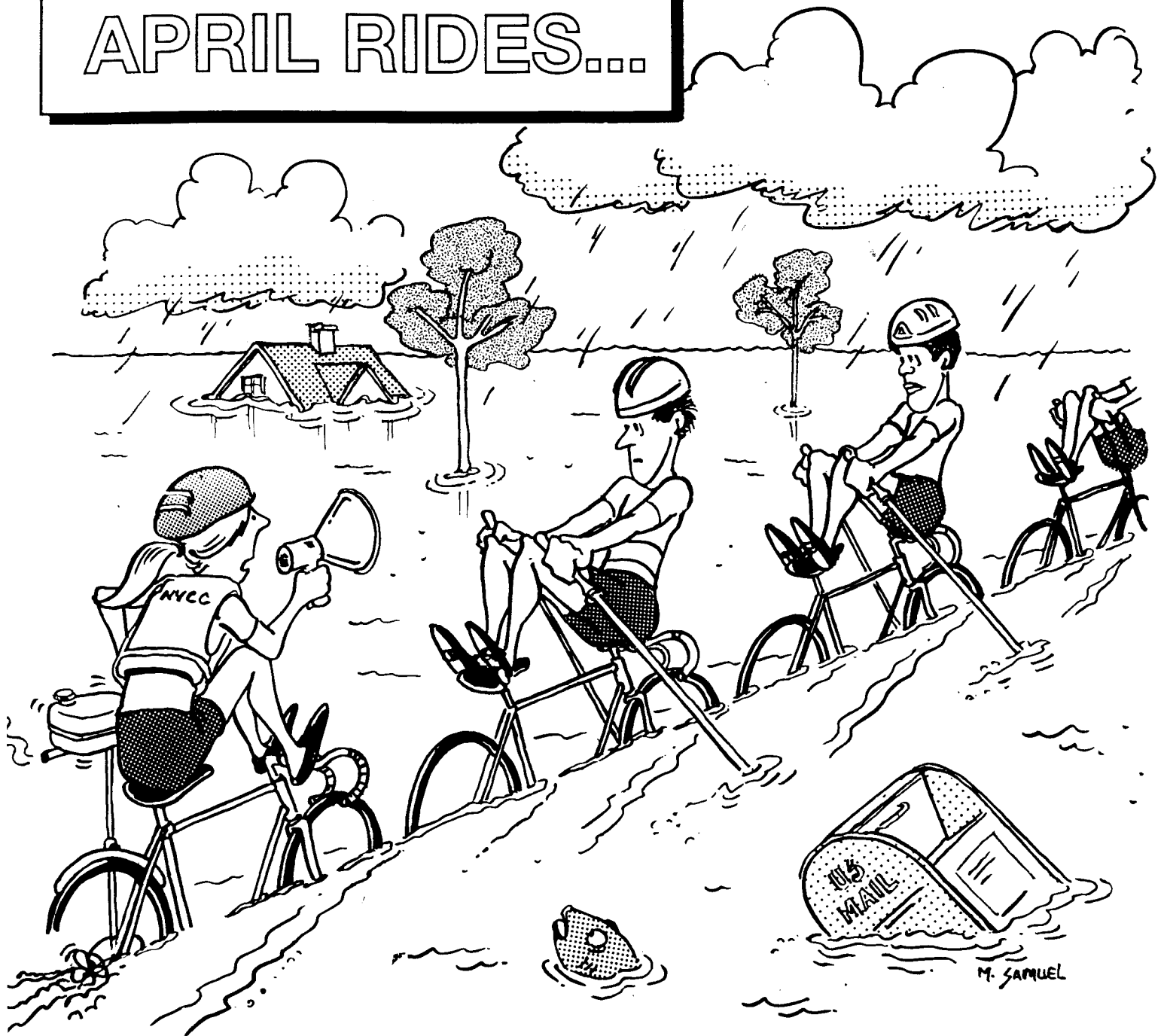


April  
1990

# NYCC Bulletin

APRIL 1990

## APRIL RIDES...



*"Stroke! Stroke! Stroke!"*

# NYCC Bulletin

The *NYCC Bulletin* is published monthly by the New York Cycle Club, a non-profit educational and recreational organization for bicycle enthusiasts in New York City. The opinions expressed in the *NYCC Bulletin* are those of the authors and do not necessarily reflect the official position of the New York Cycle Club.

**Address.** Send correspondence to Editor, *NYCC Bulletin*, 111 Fourth Avenue - Apt 7A, New York, NY 10003.

**Deadline.** The deadline for all submissions and advertising is the first Tuesday of the month prior to publication.

**Submission Guidelines.** All submissions may be edited for length and clarity. 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. Submission is contributor's warranty that material is in no way an infringement on the rights of another that the material may be published without additional approval. Call editor for article guidelines and/or advance approval.

Please submit articles on an IBM format (5.25 or 3.5 inch) diskette if possible. Or, submit typed copy and use a 45 character line length. Include a self-addressed, stamped envelope if you wish material returned to you.

**Display Advertising.** Only bicycle related advertising is accepted. Rates are for camera-ready copy, page size is 7 by 10 inches. One-time rates: Full page, \$200; Half-page, \$110; Quarter-page, \$60; Eighth-page, \$30.

**Classifieds.** Two classified ads per member per year are free, additional ads are \$1.00 per 25 character line.

**Receiving the NYCC Bulletin.** The *NYCC Bulletin* is mailed free to all NYCC members. Membership is \$17 per year for individuals, \$23 per year for couples. An application is printed in this issue. If you don't receive your *Bulletin* contact the Circulation Manager.

**Production Notes.** This issue composed on an IBM PC with WordPerfect 5.1 and printed on an HP LaserJet IIP. Rides listing composed on an Apple Macintosh.

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Cover Artist: Mike Samuel

**Deadline for May issue is April 3.**



# New York Cycle Club

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## Guidelines for Club Rides

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

Please be sure that your bike is in good working condition. Bring a pump, spare tube(s), patch kit, tire irons, water, pocket food, and medical I.D. Optional items include a lock, maps, commuter rail bike permits, 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. 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 (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.	< 1:10
A+	16 - 17	20 - 22		1:10 - 1:16
A	15 - 16	18.5 - 20	Stops every two hours or so.	1:16 - 1:23
A-	14 - 15	17 - 18.5		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	Stops every hour or two.	1:38 - 1:48
B-	11 - 12	14 - 15		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		2:30 >

**Clif Notes:** This month's *Bulletin* has a new look. The body type is slightly smaller, but clearer and we think you'll find it easier to read. "Ultra Marathon Rambling" is on hiatus until after taxes. The first "Bicycle Writing" appears this month. Members contributions to this series, about independent or organized trips, are welcome.

- Sat. Mar. 31 **"A" TRAINING RIDE #8.** Leaders: Joe Furman (201-692-8306) and Jody Sayler (212-799-8293). From the Boathouse at 9:00 a.m. A/A- OR the N.J. side of the GWB at 9:45 a.m. March goes out like a lamb, but after today's ride, we'll all be lions! Big cats catch their prey by using extraordinary bursts of power-packed speed and precision. Today we work on our pouncing skills with hopes of never going hungry. We feast at the Park Ridge Diner after pursuing challenging game. Then a relaxing paceline return to the lair. Unkind weather conditions cancel.  
9:00/9:45 am  
50-60 mi.
- Sat. Mar. 31 **SIG-PROGRESSIVE "A" RIDE SERIES #5.** Leaders: Lisa Halle (212-319-6097) and Lance Leener (212-947-9392). From the Boathouse. To Long Island we will venture! And we're learning one new skill today: alternating position in a paceline. We'll --> A take last week's skill and add one to it. Last week, riding a wheel, single file. This week: again single file and changing 9:00 a.m. positions. Along the L.I.E. service road-it's flat, wide and perfect for paceline riding! RAIN DATE: Sun., Apr. 1 (no fooling!) 65 mi.
- Sat. Mar. 31 **MARCH TO TALLMAN.** Leader: Alex von Braun (718-965-3552). From the Boathouse at 10:00 a.m. OR the New York side of C the GWB at 10:50 a.m. Check out early Spring in Tallman Park on the Hudson. River Road return. In or outdoor lunch, 10:00/10:50 weather will determine. Helmets required. 50% chance of rain, temp. below 50F cancels. RAIN DATE: Sunday, April 1. 40-50 mi.
- Sun. Apr. 1 **"A" TRAINING RIDE #9.** Leaders: Bob Trestman (212-928-8456) and Doug Blackburn (212-563-7067). From the Boathouse. We'll spend the morning on River Road practicing different hill climbing techniques (spinning versus pounding; sprinting, A/A- sitting versus standing, etc.) , and the afternoon in Bergen/Rockland trying them out to see what works...and what doesn't. 9:00 a.m. 8 a.m. temp. below 30F, rain or snow cancels. 70-80 mi.
- Sun. Apr. 1 **SAME SWAMP, DIFFERENT LEADER.** Leader: Leslie Tierstein (h., 201-388-5127; w., 201-290-0090). Take the 9:30 a.m. PATH B from the World Trade Center to Newark and the leader will meet you in front of Newark's Penn Station, west side of building. A 9:15 a.m. wonderful ride, with a new route to the Great Swamp in Morris County, NJ. The ride will go through suburbs ranging from o.k. to 45 mi. ritzy and include two of the leader's favorite hills across the Watchung Mountains. The terrain is 2/3 level, 1/3 rolling (including the hills). The swamp and mountains are gorgeous any time of year and Spring should be no exception.
- Sun. Apr. 1 **PROGRESSIVE "B" TRAINING RIDE #4.** Leader: David C. Miller (h., 212-794-9365; w., 212-594-5269). From the Boathouse. Ride #4 is to Piermont again, but on a different route, with a few hills so you can check out your low gears and see if they still B work. Lunch will be at the "Turning Point". Snow, rain, temp. below 32F may cancel, call leader if questionable. 9:00 a.m./50 mi.
- Sat. Apr. 7 **"A" TRAINING RIDE #10.** Leaders: Herb Dershowitz (212-929-0787) and Angel Rivera (212-889-9346). From the Boathouse. Food at the Flagship, then north to Pepsico, race back to White Plains via Route 22 and back to the Boathouse. Precip. cancels. A/A- 9:00 a.m./65 mi.
- Sat. Apr. 7 **SIG-PROGRESSIVE "A" RIDE SERIES #6.** Leaders: Lance Leener (212-947-9392) and Alan Leener (718-797-0972). From the Boathouse. Look at the start time! Yes dudes, the early hour means increased mileage. We're beginning to look like one "mean" --> A "rad" and "narley" group. Today's skill is double pacelines. This is a skill which requires precision and finesse. You'll have 8:00 a.m. a wheel in front, in back, and to your side - all only inches away! We're jamm'n out to Saddle River. Get totally revved up! The 73.2 mi. ride is cancelled if the Soviet Union becomes the 51st state. RAIN DATE: Sunday, April 8.
- Sat. Apr. 7 **BAYVILLE-SAGAMORE HILL.** Leader: Gerhard Meilen (h., 212-724-8622, w., 212-697-1420). From the Statue of Civic Virtue B+ (Queens Blvd. and Union Turnpike; E or F subway to Union Turnpike station). The usual club routes, with a few interesting 9:30 a.m. variations if desired. Bathing in the Sound at this time of year is strictly optional. Rain, snow, sleet and prevailing temp. 65+ mi. below 32F (if expected to persist) cancels ride.
- Sat. Apr. 7 **TOUR DE MANHATTAN.** Leader: George Kaplan (212-989-0883). From Castle Clinton, Battery Park. Warm up for the Five C Boro by passing under or over 150 bridges and tunnels which connect Manhattan to the mainland and other islands. Lunch at the 9:00 a.m./40 mi. Cloisters (bring or buy it). Temp. below 32F, rain, high winds cancels. Joint AYH.
- Sun. Apr. 8 **"A" TRAINING RIDE #11.** Leaders: Christy Guzzetta (212-595-3674) and Jody Sayler (212-799-8293). From the Boathouse. We'll A/A- bomb up to the Flagship in White Plains for breakfast. Then a new road or two on the way to Greenwich. We'll come through 9:00 am/85-90 mi. Portchester, Rye, Scarsdale on home. Somewhere - we'll make a second stop.
- Sun. Apr. 8 **THE PERFECT ALIBI.** Leaders: Loraine Gruber (212-989-5915) and Ellen Weber (718-392-3310). From Woodlawn and Jerome B Aves., last stop on #4 subway. We'll ride through Westchester, skirting Rye Lake and the Kensico Reservoir before stopping 9:30 a.m./50 mi. for lunch in Chappaqua then it's back home via Tarrytown. Rain, temp. below 40F cancels ride.
- Sun. Apr. 8 **PROGRESSIVE "B" TRAINING RIDE #5.** Leader: David C. Miller (h., 212-794-9365; w., 212-594-5269). From the Boathouse. Ride #5 will be to Nyack. Going up, we will take River Road. You must wear a helmet to ride on River Road. Lunch will be B 9:00 a.m./62 mi. at the Skylark Diner in Nyack. Snow, rain, temp. below 32F may cancel. Call leader if questionable.
- Sat. Apr. 14 **"A" TRAINING RIDE #12.** Leaders: Don Ketteler (212-645-0894) and Jim Greene (212-674-1631). From the Boathouse. Heading A/A- north to Rockland and an old favorite - South Mountain Road. Perhaps a stop at the Rockland Psychiatric Center on the way back 8:00 a.m./80ish mi. if any of us qualify.
- Sat. Apr. 14 **SIG-PROGRESSIVE "A" RIDE SERIES #7.** Leaders: Bob Moulder (212-682-5669) and Christy Guzzetta (212-595-3674). From the Boathouse. Today we put it all together as we sizzle in sublime synchronicity along the L.I.E. service road in a double rotating --> A paceline. We'll make a deli stop at Oyster Bay, lunch near the beach, then do some more double pacelining home. The usual 9:00 a.m. 70 mi. cancels.
- Sat. Apr. 14 **LEADERLESS "B" RIDE.** Meet at the Boathouse. Distance and destination to be determined by the participants. B/9:00 a.m.
- Sun. Apr. 15 **"A" TRAINING RIDE #13.** Leaders: Lisa Halle (212-319-6097) and Marty Wolf (212-935-1460). From the Boathouse. We'll A/A- ride into Westchester to Bedford Village, a relatively long, very hilly ride. We're testing our endurance so bring pocket 8:30 am/100 mi. food. Lunch will be at the turn-around point (50 miles).

- Sun. Apr. 15 **15th ANNUAL CHERRY BLOSSOM RIDE.** Leaders: Irv Weisman (w., 212-241-4783), Maggie Clarke (h., 212-567-8272) and Alex von Braun (718-965-3552). From Columbus Circle (B'way & 60th St.) at 9:30 a.m. and ride down to the World Trade Center OR 10:10 a.m. at the WTC escalators leading to PATH trains. We take the 10:25 train to Newark. After a short leisurely ride through blooming (we hope) Branch Brook Park, we picnic (bring or buy), enjoy the foliage, and do some people watching. We'll return to the GWB by 4:30 p.m., encountering some steep hills enroute. Low gears necessary. 60% chance of rain, or predicted high less than 40F cancels.
- Sun. Apr. 15 **BIKE TO THE FUTURE.** Leader: Dave Lutz (718-624-0346). From Grand Army Plaza, Brooklyn. Explore the future Greenway C while it's being built. We'll ride between Prospect Park and Long Island Sound, mostly through park corridors in Queens, 10 a.m./35 mi. with an occasional woods. Bring patch kit, spare tube and tires with some tread remaining. Joint AYH. Rain cancels.
- Sat. Apr. 21 **EVE OF EARTH DAY.** Leader: John G. Waffenschmidt (h., 718-476-0888, w., 516-683-5400). From near the Boathouse. Ride will be preparation for the historical 20th by traversing beautiful lands and discussing earth issues. While I have no set route in mind, my fall back is the full package Perkins. In light of broader left-oriented views, the ride will be cooperative, helpful, and respectful of the full range of pro-earth political positions. 7 a.m. temp. below 28F or over 80F, rain or other precip cancels. Up to 116 mi.
- Sat. Apr. 21 **BAYVILLE EXPRESS.** Leader: Holly Gruskay (212-534-1156). From the Boathouse at 9:00 a.m. OR the Statue of Civic Virtue A- at 9:30 a.m. We'll cruise to Bayville, practicing our paceline on the LIE service road. Helmets suggested. Bring muses (or musettes) for possible picnic lunch. Rain cancels. 9:00/9:30 am/60-70 mi.
- Sat. Apr. 21 **SIG-PROGRESSIVE "A" RIDE SERIES #8.** Leaders: Alan Leener (718-797-0972) and Lisa Halle (212-319-6097). From the Boathouse. We're going faster, closer, and best of all, we are doing it together. It's the day we all take our pulls with no one --> A slowing down at the front, and we are doing it for the longest ride yet. Be prepared to get it on! Bring pocket food, bagels, gorp 9:00 a.m. (new word), fig newtons, etc. Will be in the saddle for a few miles before lunch. Rain, sleet, snow cancels. 80+ mi.
- Sat. Apr. 21 **LEADERLESS "B" RIDE.** Meet at the Boathouse. Distance and destination to be determined by the participants. B/9:00 a.m.
- Sat. Apr. 21 **THE CLOISTERS AND WAVE HILL.** Leader: John Mulcare (718-672-5272). From the Coliseum, S.W. corner of 60th St. and B'dwy. Bring lunch or buy and carry it from a deli we stop at on our way to the lawn of the Cloisters. Pay whatever you like for admission to the Cloisters, admission to Wave Hill is \$2.00 (\$1.00 for seniors). You'll need a lock there. Rain or other nasty thing 10:30 a.m. cancels this trip. Call John before 9 a.m. if the weather is questionable. RAIN DATE: Sun., April 22. 29 mi.
- Sun. Apr. 22 **LONG ISLAND DOUBLE (Car-top.).** Leader: Alex Bekkerman (212-213-5359). From Patchogue, L.I. This ride's objective is a pace of 20+ mph. It is run on 50-mile L.I. loop which embraces mid-L.I. and both shores. Choose your mileage, I will dictate the pace. This is an excellent ride for those preparing for RAAM, BMB, Markleyville Death Ride (in California) and 100-150-200 PBP qualifiers. Rain or very, very cold cancels ride.
- Sun. Apr. 22 **THE RETURN OF THE H's.** Leader: Marc Leveque (718-461-5480). From the Boathouse at 9:00 OR Yellowstone and Queens A+ Boulevard at 9:30 a.m. We'll take revenge on the cancellation of February 4th's ride due to inhuman riding conditions. So just for that, we'll go twice as fast and eat twice as many canolis. Precip. cancels. 9:00/9:30 am 60 mi.
- Sun. Apr. 22 **BICYCLE PATH RIDE.** Leader: Christy Guzzetta (212-595-3674). From Columbus Circle entrance to Central Park. Possibly B the prettiest bicycle path around - and one of my favorite routes - runs along the Bronx River, through Tuckahoe, Bronxville, 9:00 a.m. Scarsdale and White Plains. And we'll enjoy the whole length of it today at a leisurely "B" pace. If it's nice enough, we'll 52 mi. have two picnic-type stops. Otherwise, it'll be indoor diner city. Rain cancels.
- Sun. Apr. 22 **PROGRESSIVE "B" TRAINING RIDE #6.** Leader: David C. Miller (h., 212-794-9365; w., 212-594-5269). From the Boathouse. B Ride #6 will go to Nyack again, but a little faster and with a couple of extra hills just for fun. Lunch will be at the Skylark 9:00 a.m./62 mi. Diner. Snow, rain, temp. below 32F may cancel. Call if questionable.
- Sun. Apr. 22 **NORTH BY NORTHWEST.** Leader: Ken Weissman (212-222-5527). From the Boathouse at 9:45 a.m. OR the N.Y. side of the C+/B- GWB at 9:45 a.m. Visit a "different" Bergen County, a bit more westerly than usual, lunch in Ridgewood, then Northwest past 9:00/9:45 Dick Nixon's digs in Saddle River to Tice Farms in Montvale (great homemade doughnuts for those suffering from an energy crisis). A couple of interesting new hills for strong C+/B- riders. Helmets required. Rain, expected highs under 50F cancels. 50-60 mi.
- Sat. Apr. 28 **SIG-PROGRESSIVE "A" RIDE SERIES #9.** Leaders: Christy Guzzetta (212-595-3674) and Lance Leener (212-947-9392). From the Boathouse. North - way North today. We'll travel miles and miles and miles today, climb some very big hills, to catch a 8:00 a.m. spectacular glimpse from the top of the Croton Dam. Speed's secondary today - we're going for the miles, the conditioning, the 92 mi. strength. Montauk's coming soon - we're getting close to form. We're going to ride with the "A" riders to Montauk - and today, we're going to get real close to being there. RAIN DATE: Sunday, April 29th.
- Sat. Apr. 28 **NORTHWEST EXPRESS.** Leader: Joe Furman (201-692-8306). From the Boathouse at 9:00 a.m. OR the GWB, New Jersey A side at 9:45 a.m. We'll head northwest as far as Park Ridge on the beautiful backroads of Bergen County. Unkind weather 9:00/9:45 am/55 mi. conditions cancel.
- Sat. Apr. 28 **BAYVILLE BY THE BAY.** Leader: Brian McCaffrey (718-634-1742). From the Statue of Civic Virtue (E or F train to Union B/B+ Turnpike station). The beautiful north shore of Long Island. Rolling hills, nice social "B" pace, (sprint on the L.I.E. service 9:00 a.m. road if you want), and lunch on the beach (weather permitting). What more can we ask for?! Please wear a helmet for this 55+/- mi. ride.
- Sat. Apr. 28 **CONEY ISLAND.** Leader: John Mulcare (718-672-5272). From the front of City hall (one block of Chambers St.). We'll cross the Brooklyn Bridge and do alot of riding along the waterfront on our way to Nathan's and those famous franks. Then we check 10:30 a.m. out the beauties, if any, on the boardwalk before returning to civilization. Rain and/or other nasty things cancels the ride. Call 28 mi. the leader before 9 a.m. if the weather is questionable. RAIN DATE: Sunday, April 29.

- Sun. Apr. 29 **CARMEL KNOWLEDGE.** Leader: Ron Grossman (212-598-4563). From the Boathouse. Satisfy your lust for cycling pleasure with this ride through seductively beautiful Westchester, touching parts of Putnam County, Route 9 to Ossining, then NE to Carmel before completing this torrid affair in Croton. Metro-North back from there (bring your train pass). Those filled with mileage desire can continue to points further south. Precip. cancels.  
A  
7:30 a.m.  
95-100 mi.
- Sun. Apr. 29 **IN SEARCH OF DAN AYKROYD, MIKHAIL BARYSHNIKOV, ROBERT DeNIRO, DIANE KEATON, BILL MURRAY, JOE PISCOPO AND EDDIE MURPHY.** Leader: Richard Rosenthal (212-371-4700). From the Boathouse. Just off 9W, before Piermont, opposite Rockleigh, is Sneed's Landing, a little-known enclave of celebrities. Lunch somewhere. Rain cancels.  
A-  
9:30 a.m.  
50+/- mi.
- Sun. Apr. 29 **PROGRESSIVE "B" TRAINING RIDE #7.** Leader: David C. Miller (h., 212-794-9365; w., 212-594-5269). From the Boathouse. Ride #7 will be on the traditional club route that used to be marked. It goes to North Bergen County into Rockland County. There are a few hills. Lunch will be at a diner or a picnic in a nice park, weather permitting. Rain cancels. Call leader if questionable.  
B  
9:00 a.m.  
67 mi.
- Sun. Apr. 29 **10-NJB.** Leader: Alex von Braun (718-965-3552). From the Boathouse at 10 a.m. OR the New York side of the GWB at 10:45 a.m. Ideal for 10 New Jersey bikers, more or less. Bike to Baylor's Massacre Site near Lake Tappan for streamside picnic lunch, 10:00/10:45 / 45-55 mi. weather permitting. Helmets required. Rain, highs under 50F cancels.
- Sat. May 5 **HO-HO-HO!** Leader: Joe Furman (201-692-8306). From the Boathouse at 9:00 a.m. OR the GWB, New Jersey side at 9:45 a.m. We rendezvous with the BTCNJ after crossing the Bridge and head up to Park Ridge for brunch. After that, a nice jolly ride through northern Bergen County to Ho-Ho-Kus and then back to the Bridge. Maps will be available. Rain or wet roads cancels the ride.  
A  
9:00/9:45 am  
60-65 mi.
- Sat. May 5 **SIG-PROGRESSIVE "A" RIDE SERIES #10.** Leaders: Lisa Halle (212-319-6097) and Bob Moulder (212-682-5669). From the Boathouse. To Armonk we will cruise. And we're gonna "climb every mountain"! Well, not really. But we're going to do some hills today so we can practice our climbing skills. Prepare for sore legs (just kidding!) Rain, hurricanes cancels.  
--> A  
8:00 a.m.  
85.2 mi.  
RAIN DATE: Sunday, May 6.
- Sun. May 6 **FIVE COUNTY BIKE TOUR.** Leaders: Karl Dittebrandt (212-477-1387) and Jeff Vogel (h., 718-275-6978, w., 212-265-2500). From the Boathouse at 6:00 a.m. OR Grand Central Station at 8:50 a.m. Bergen, Rockland, Orange, Ulster and Dutchess counties This will be slightly more difficult than today's other ride with a similar name. We'll try to keep the route relatively flat - there is only one 5-mile climb. Karl is leaving from the Boathouse and will ride all the way, Jeff is taking an 8:55 a.m. train from Grand Central Station and will ride the remaining 100 miles from Beacon. We'll all take the train back. Don't plan on being home before 9:00 p.m. Metro-North pass mandatory. Precip cancels.  
A  
6 a.m./8:50  
100/160 mi.
- Sun. May 6 **OUT AND BACK-ROCKLAND COUNTY.** Leader: Carl Faller (h., 212-740-5586, w., 212-602-2926). From south side of GWB, New York side. Want to ride but need to get back early? Depart at a warmer hour for a quick tour of Bergen and Rockland County. Venture up South Mountain Road, returning along the Hudson. Eat breakfast as we will ride straight through.  
A-  
9:00 a.m./40 mi.
- Sun. May 6 **HOLMDEL, N.J.** (Car-top). Leaders: Debbie Bell (212-864-5153) and Dick Goldberg (212-874-2008). Close to the city, but far from the crowds, this ride takes us through spectacular scenery, gentle terrain, and horse farms. We'll lead two groups, one doing 80 miles at a "B+" pace, the other, 60 miles at a "B" pace. Ride with us, or do your own pace; maps and cue sheets will be provided. Meet at the snack bar in Holmdel Park (Longstreet Road entrance), near Exit 114 on the Garden State Parkway. Call Debbie Bell if you can offer or need a ride. Rain cancels.  
B+/B  
9:00 a.m.  
80/60 mi.
- Previews  
May 19-20 7th Annual Montauk Twin Century Weekend. Leader: Marty Wolf (212-935-1460). Class: A/A-. 250 miles. As in years past, we'll take a central Long Island route on Sat., but will return on Sun. on the same route that AYH will be using for their ride to Montauk (wave to your friends!). Our group will stay in a motel in Montauk on Sat. night (after a fabulous seafood dinner.) Call Marty for further details, motel phone number and meeting place.
- Sun. May 20 9th Annual AYH Montauk Century. 115 miles. Traditional AYH event. You must make advance arrangements for the return trip on either the NYCC bus (see below) or the AYH bike train (\$20 for AYH members, \$24 for non-members); purchase tickets at AYH, 891 Amsterdam Avenue, New York, NY 10025.
- Sun. May 20 Montauk Double. Leader: Alex Bekkerman (212-213-5359). From Jamaica Station. Start with everybody, continue to Montauk Point and come back to Patchogue (where my car will be parked. I can take 4 people). Those who want to go all the way to Manhattan (or Jamaica) will cover 250 miles for the day.
- Sun. May 20 Coming Home from Montauk IV. Leader: Bob Trestman (212-928-8456). Let's come back from Montauk in style. Buses leave from the town square at 3:00 and 4:00 p.m. and will bring you and your bike back to Queens or to the Plaza in Manhattan. Cost for the ride (including snacks and beverages) is \$21 per person and is non-refundable, this ride goes on rain or shine. Please mail your check made out to Bob Trestman to: 140 Cabrini Blvd., Apt. 98, NY, NY 10033 and specify which bus you prefer. Spaces are limited to 30 per bus. If you want confirmation, please enclose a self-addressed card.
- Sat. May 26 Goodbye New York. Leader: John G. Waffenschmidt (h., 718-476-0888, w., 516-683-5400). Class: A/A+; Mileage: 116. Perkins.
- May 26-28 Memorial Day Weekend in Sheffield, MA. Leader: Karen Reich (212-874-7923). Class: A/B/C. Plan now for this popular weekend in the Berkshire countryside. This week-end is always well attended and a big success, so make sure to get your reservations in early. For information regarding inns, send me a self-addressed stamped envelope to 41 West 72nd St., 2-E, New York, NY 10023.
- May 26-28 Memorial Day at the Races in Somerville. Leaders: Janet Klutch (212-724-8690) and Marty Wolf (212-935-1460). Class: A/A-. We're not indecisive (see choice of dates); we're just trying to get an idea from your response whether to schedule a one day, two day or three day weekend, ending in Somerville on the 28th for the bike races. We'll decide by the April meeting just how the weekend will be structured. Call if you're interested.  
or  
May 27-28  
or May 28

- May 26-28 Bound Around the Sound. Leader: Paul Minkoff (h., 718-937-6171; w., 212-532-9000). An inn-to-inn tour with stops at Stonybrook, Old Lyme, CT, ferry from Orient Point to New London, Metro North back to NYC. Pace determined by participants, approx. \$100/person, 60+ miles per day. Call leader for further information.
- June 9-10 Greenwood Lake/Skyline. Leaders: Ken Weissman (212-222-5527) and Alex von Braun (718-965-3552). Class: C+; mileage: 50-60 per day. An overnigher to Greenwood Lake and Skyline Drive. Cost approx. \$35. Details in May Bulletin.
- June 24-29 Third Annual Pedal the Peaks. Join me for six days of riding through the beautiful San Juan Mountains in Colorado. 600 riders. Termed a "tough course, but manageable." Tax deductible and fully organized. FUN! Call me for details: Janet Klutch (212-724-8690).
- July 7-15 Markleyville Death Ride. Leader: Don Ketteler (212-645-0894). Lake Tahoe. July 8 through 13 will combine riding, hiking and partying in preparation for what is affectionately referred to as the Markleyville Death Ride on the 14th. Ride options range from 50 miles with no passes to 150 miles with 5 passes - impress your friends with this tee shirt!
- Sept. 6-13 Germany. Leaders: Steve and Carol Baron (212-595-7010). Ride with Baron and Baron from the Frankfurt Airport, following the Main, the Tauber, the Wornitz, the Atmuhl and the Danube to Salzburg or Munich. Not more than one serious mountain, but lots of rolling hills. We'll ride on secondary roads and bike paths. 50-75 miles/day at a touristy "A-" pace; you can be off the front or rear. Call now -- 8 of 12 spaces (including local guide) are taken.

## Quick Releases

Janet Kronstadt

With unseasonably warm weather interspersed among snowstorms and other biking obstacles, rides have been going out with regularity. Approximately 10 people showed up for Alex Bekkerman's ride to the Indian Point nuclear plant: Alex provided a map which was in fact a blank sheet of paper with "Boat House" written at the bottom and "Indian Point" at the top. A line was drawn between the two: No streets, directions for turns, or any other more usual map features were provided. In fact, the route was straight and direct. Temperature was about 20 degrees counting the windchill factor, and the ride was cold but invigorating. The group was not permitted to tour the Indian Point plant, but Alex produced an official ID card which enabled access to the grounds, where riders parked their bikes and watched them get blown over by the wind. All-in-all an excellent pre-season close-to-century.

The SIG series has been extraordinarily well-attended this year: an average of 50 show up for rides necessitating that the group be split into sections. SIG leaders are providing strong instruction in pace-line riding, etcetera, and a whole pack of new A-riders can be expected early in the season.

The A training series is also off to an ambitious start: Don Ketteler and Jim Greene led the first ride in sub-20 degree weather; it was well-attended. Next week-end Simone Smith and Janet Klutch led an even larger Saturday ride in milder weather, and on Sunday, about 20 showed up in the rain for a soon-to-be-drier ride to the Flagship Diner, led by Christy Guzzetta and Jody Sayler. Temperatures soared to 60 as the sun blazed in the afternoon and riders pushed hard. Some eyed a railroad station longingly at a rest stop 15 miles from town, but all made it back in the usual fashion, to sit on the boathouse lawn.

Next month: lots of titillating, PER-SONAL gossip (maybe).

## NEW YORK CYCLE CLUB BOARD MEETING

(Tuesday, February 6, 1990)

Present: Debbie Bell, Carlos Cardona, Arleen Ellner, Bob Foss, Beth Herman, Hannah Holland, Dick Goldberg, Cliff Kranish, Simone Smith, Jeff Vogel, Alex Von Braun

Absent: Christy Guzzetta

The January meeting minutes were approved.

Cliff will set up ongoing exchanges of news bulletins with other cycling clubs. The cost of mailing the NYCC news bulletin was discussed in anticipation of the ride listings returning to four pages and the mailing of the updated membership list.

Carlos discussed having some combined rides with LIBC.

A design for the NYCC counter display that holds our business cards and the cost and design of new business cards was discussed.

Carlos will check the latest status of returning to the original 7:00 PM closing of Central Park to automobile traffic. Problems associated with the Brooklyn Bridge barrier were discussed.

Carlos requested that extra copies of the bulletin be printed to meet a demand for free/sample copies. Hannah pointed out that the cost for additional bulletins can be significant.

We have a new P.O. box in Manhattan. The Brooklyn post office will forward our mail. People are still sending in the wrong/old membership dues.

Performance approached Debbie Bell offering to print our phone number in exchange for our mailing list. Club policy is not to distribute the list.

Debbie presented the new budget and its underlying assumptions. Beth discussed upcoming programs.

# Bulletins...

## Extra! Extra! Extra!

You won't read all about it unless your 1990 dues are received by the April 10 membership meeting. Dues are \$17 per person, \$23 per couple at the same address. Do it now and don't miss a ride.

## Advertising Manager Needed

We are exploring establishing a volunteer position of Advertising Manager. Although bike stores and tour operators have occasionally run advertisements we've never made a real effort to sell advertising in the *Bulletin*.

As the season progresses and the ride listings swell, there is less room for articles and artwork. Why are we looking for more advertising? Because with a page or two of ads we can increase the size of the *Bulletin* without increasing its cost.

Advertising is limited to bicycle related businesses and an ad in the *Bulletin* reaches some nine hundred active cyclists at nominal cost. Other bicycle clubs have found that local businesses are eager to advertise in their club newsletters. The position would involve calling on potential advertisers and handling ad copy.

Any NYCC member interested in volunteering please call the Editor.

## Impotent Bikers: Check the Seat.

If you have an impotence problem and are a serious cyclist, take note. A University of Southern California study found that repeated bike pedaling can bang the front of the seat and damage critical nerves and arteries related to sexual performance. A hard narrow seat, long distances, and a lean body make the damage worse. They advise padded biking shorts and a large or U-shaped padded bike seat. Rise off the seat occasionally, especially when sprinting, and position the seat so you don't have to shift your body on the downstroke. (from *Industry Week*, October 2, 1989)

## LIRR "Cyc-N-Ride" permits

With a permit, you can take your bicycle with you on most Long Island Railroad trains, although restrictions apply during rush hour, and in season, on weekends. Permits are good indefinitely.

Applications are available at any LIRR ticket window or from their Public Affairs office, (718) 990-8228. Send application and \$5 fee to LIRR, Jamaica Station, Jamaica NY 11435.

You can also go to the American Youth Hostels at 891 Amsterdam Avenue near 103rd Street from 10:00 a.m. to 6:00 p.m. Monday through Friday for while-you-wait service and a \$7 fee.

## George Washington Needs You!

We need volunteers to lead rides that include a 90 minute stop at the George Washington Bridge the weekend of May 12/13 to hand out flyers announcing an experimental opening of the South Walk to bicycles.

## Campaign against helmet-less heads

Serious cyclists know to wear helmets, and most of the time when you see a cyclist in a bicycling magazine he or she is wearing a helmet. But other publications haven't always gotten the word. Kay Stanley, for the Portland Wheelmen Touring Club in Oregon, has been leading a campaign to encourage others in the media to show cyclists wearing helmets.

Last year she wrote letters to some 30 editors or advertisers who showed bicyclists without helmets, in photographs or illustrations. In the letters, she first commends the editor for including bicyclists in their publication. She then informs them about safety statistics (75% of the 1300 annual bicycle deaths in the United States are the result of head injuries) and urges that they show cyclists wearing helmets. This reinforces the idea that wearing a helmet is a necessary part of riding a bicycle.

The responses have been largely favorable. For example, Lynn Johnston, cartoonist of *For Better or Worse* has agreed that next time the characters are shown on bicycles they will be wearing helmets. And several magazine editors have agreed to encourage their artists to include helmets in illustrations of bicyclists.

Of course the more letters a publication receives on a topic, the more likely they are to change their policy. If you see media images that show cyclists without helmets, write a letter! NYCC Public Relations Director, Carlos Cardona, has offered to help with sample letters.

## Club Jersey Design Contest

You are invited to create a design for our very own Club Jersey and Shorts. Be as creative as you like—we have no preconceived notion of what it should look like. The manufacture, Good Stuff Sportswear, Woodsfield, Ohio, can produce virtually anything up to four colors on the jersey and shorts. And if your design is the winner, you will receive a pair of shorts and jersey - FREE - as your prize.

All designs must be submitted to the members at the May 8th club meeting. The members present will vote—the winning design becomes the look of our club.

Additional information (ordering procedures, prices, delivery dates, etc.) will be announced at club meetings and in the *Bulletin*. Any questions? Call Margie Hoffman (212) 576-5914 or Christy Guzzetta (212) 595-3764.

# No Tech Tips: Group Riding

Bob Moulder

Remember the old automobile drivers' rule of thumb for figuring safe following distance, the "Two-Second Rule?" You know, find a reference point on the road ahead, note when the car you're following passes it, then make sure at least two seconds have gone by before you pass the reference point. Since a car travels about 90 feet per second at 60 MPH, that's 180 feet. Now let's see... in a friendly pace line on flat roads that we're doing about 20 MPH which roughly equates to 30 feet per second, times two seconds, equals 60 feet. But wait, we're less than one foot apart, and we're riding in the worst part of the road near the shoulder!

Does this mean we should use the "Two-Second Rule?" No, but it does demonstrate that cyclists must develop and use special skills for Safe Group Riding. Experienced cyclists know that while some group riding techniques are acquired intuitively, most must be learned from others and practiced until they become second nature.

Even some very good, strong riding NYCC members forget to practice good judgement on the road from time to time, especially in the spring when we've been off our bikes for a while. So let's review the FIVE COMMANDMENTS FOR GROUP RIDING, which apply equally to "A" "B" and "C" riders alike on every ride.

## I. WEAR HELMET AND EYE PROTECTION.

You owe it to your fellow riders who will have to take care of you if you crash, and we all will crash sooner or later. Today's headgear is light, comfortable, well ventilated and looks really snazzy. Whirring wheels throw up lots of junk from the road, so wear eye protection.

II. PAY ATTENTION to what's going on around you. Know what your fellow cyclists are doing, check the road ahead for hazards, and watch out for other vehicular traffic. Don't depend on others to do these basic things for you.

III. RIDE STRAIGHT, SMOOTHLY AND PREDICTABLY. We're in a tight group, so what you do affects others. If you take the time to learn to assess road hazards, you'll see that many of the bumps cyclists swerve to avoid could have been ridden straight over with no problem by "un-weighting" the saddle in rough patches of road. Learn to "spin" the pedals smoothly so your bike doesn't "surge" with each stroke; remember we're only inches apart.

IV. CALL OUT YOUR INTENTIONS when making a move to pull of the front of a paceline, or to pull out of a line because of fatigue or a flat. Call out road hazards, but not every little undulation in the road surface (see III). Look before you change your line to make sure you're not cutting someone off.

V. BE CONSIDERATE TO OTHERS ON THE ROAD. We're not the only ones out there,

and the laws of physics do not favor us. Stay "tight to the right," and ride double pacelines only on lightly trafficked 4-lane roads, and on 2-lane roads with good shoulders. If a line of cars at a traffic light isn't too long, wait behind the last car instead of doing the dreaded "Amoeba Maneuver."

NEXT MONTH: "Energy Saving Tricks"

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If you don't think you can, you probably can't.

Joe Furman

When looking to improve performance, too often, riders look at physical attributes, expensive components and the latest dietary breakthrough for answers. Answers can be found there, but the most efficient answer is often overlooked—the mind.

Over the years, people have asked me for advice and "secrets" on how to improve their riding skills, speed or endurance. My response to these inquiries is to offer the best advice I know on how to develop an area where I think the individual has room for improvement. Usually, I look at equipment, technique, positioning, breathing, clothing, etc. However improvement on any physical ability is most often realized if one can master the art of focusing and controlling their psychological potential. Unfortunately, this concept is often confused with determination. Determination alone usually ignores physical limitations, and ignoring limitations can lead to undesirable results. The mind must be aware of the body at all times.

Basically, one would always insist on doing more than one thinks is the limit, yet never overdo it. There's a thin line in there I call the critical zone. When the zone is sufficiently surpassed, injury or "bonking" can occur. Over a period of time, surpassing this zone leads to burn-out. If you overdo it, then it's wise to fall back to square one in your training program if necessary and start all over again. Patience is the key word here. Patience should balance determination and you should have an abundant supply of both of these components if you expect to achieve optimum growth. Also, never find yourself satisfied with your present level of fitness for an extended period of time. This is sometimes called a slump. If allowed to continue, it's called a dilemma.

The reason why this concept is seldom a major part of articles and training manuals is because it is hard to teach someone to develop their psychological potential by using written words. It's very difficult to assess individual ability and to measure results without a specialized coaching relationship. Fortunately, you can benefit from this concept just by knowing yourself and acknowledging your limitations. Just remember that limitations change, and give it time. It's the best return on investment that I know!

# Bicycle Writing: Puget Sound

Susan Katz

Last September, after numerous weekend tours with Country Cycling and Breakaway Vacations, I sprang for an 8 day Puget Sound tour with Bicycle Adventures. The Puget Sound is in Washington State, far far away from "The City." This tour was like a Windjammer trip on bicycles. We ferried to and bicycled on six islands.

For 4 of the 5 riding days, we rode 45-60 miles. There were plenty of extra route additions both planned and unplanned for those who wanted extra mileage. The van was always available for the weary or those who took a wrong turn and almost missed the ferry. On the other day, the basic ride was 24 miles but you could bike or hike up Mount Constitution in the afternoon which most people did. I went for a "shorter" hike but got lost.

There were two layover days. During the first, most of the group went sea kayaking, the two New Yorkers went whale watching, one woman went on a 20 mile hike and a couple of others put in more miles on their bicycles. During the second, most of us played tourist in Victoria, British Columbia, while one intrepid cyclist and the leader "did" Hurricane Ridge in Olympic National Park.

The accommodations and food were excellent. Dinners and breakfasts were at the Inns or local restaurants; lunches were extravagant picnic spreads catered by the leaders. Drinks and snacks were available from the van throughout the day. The price included all accommodations, food (except alcohol and lunches on layover days), sea kayaking, whale watching, admission to Butchart Gardens (on the way in to Victoria), and all boat costs.

Our group of 8 women and 6 men ranged in age from mid 20's to mid 40's: couples and singles. Everyone was from the West: California, Washington, Oregon and West 97th Street. In "real life" they were a doctor, lawyer, psychologist, secretary, fireman (in San Francisco), house painter, waitress, nurses and computer analysts.

The leaders were great! The routes were well thought out, well documented (sometimes too well documented) and flexible. The van support picked me up and returned me to my airport hotel. The rental bikes were quite well maintained. By the way, I never needed my rain gear during the trip although it came in handy while looking around Seattle.

If you are thinking of vacationing in the Washington/Oregon area, I would certainly recommend Bicycle Adventures. They know the area and do wonderful trips. I'm thinking of doing the June 8-day trip in the Olympic Peninsula. Would anyone care to join me?

Call *Bicycle Adventures* at (206) 786-0989 to request a catalogue.

# President's Message

Christy Guzzetta

How to get things done in the NYCC:

► You are not a member, but want to find out about the club: Call (212) 242-3900 and leave your name and address to have ONE free *Bulletin* sent to you. When you receive it go on a ride - you are welcome.

► You are a member but you haven't received your bulletin: Call the circulation manager.

► You are a member but you haven't received your bulletin because you haven't paid your dues in calendar year 1990: Fill out the membership form on page 11 of this bulletin and send it with a check to the club P.O. Box.

► You've moved, got a new address, phone number: Fill in the same form and check the box by "Change of Address" and send it to the P.O. Box.

► You want to place a classified ad in the *Bulletin*: type it and send it to the editor by the first Tuesday of the month preceding publication.

► You would like to publish an article or drawing in the *Bulletin*: contributions are welcome. Space is limited and the Editor doesn't know how much room is available until the last minute. So don't be offended if your offering is edited, or isn't used in the next *Bulletin*. It's always a good idea to discuss your article with the Editor beforehand so you can get an idea of appropriate subjects, lengths and format before you do all the work.

► You are thinking of going on a ride but need more information: Call the ride leader listed for the ride.

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

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

Thank you Caryl Hudson Baron, for this terrific article which first appeared in October 1988 NYCC *Bulletin*.

# RICHARD MARVIN

In Memory of  
by John Mulcare

I deeply regret having to report the sudden death of our dear friend Richard on Tuesday, February 13, at the untimely age of 60. He died of a heart attack following an earlier bout with influenza, from which it was believe he had recovered.

Richard was one of the most popular and highly regarded members of our club. Richard and I joined the club over 10 years ago, following the lead of Marty Wolf. For the past five years or so Richard and had been favoring me and our C riders with his sparkling wit and personality, his genuine concern for the well-being and safety of others, man or beast, as well as his superior and often innovative mechanical skills. As some of you interested in the arts may have learned from others, Richard and his lovely wife Penny had launched a joint career in the graphics arts many years ago, which Penny will continue to manage. I am tempted to say that Richard's second career was acting as sweep on many of our C rides, a seemingly thankless job to most, but so important where there are so many new members involved.

On one of the last rides of the past season, Richard again demonstrated his gentle nature. Our destination was Liberty State Park in New Jersey and involved the usual ferry ride from Manhattan to Staten Island. As we reached the top of the exit road leading to Richmond Terrace, we saw a small dog, obviously the victim of a hit-and-run driver, and in great pain. Richard immediately sized up the situation and recruited one of our riders to accompany him to the police station about a quarter of a mile away and watch their bikes while Richard reported the accident to the police and received assurance the dog would receive proper attention. I assigned a couple of riders to protect the dog while the rest of us rode to the police station to support Richard, if need be. It wasn't long before a couple of policemen hopped into a van and took the matter out of our hands.

I personally feel as though I've lost a member of my own family. I'll miss Richard immensely, as will many members of the club who knew him. May he rest in peace.

For those wishing to address a note of condolence to Richard's widow Penny and daughter Lauralee, the address is: 200 East 36th St., #3D, New York, N.Y. 10016.

In Memoriam  
by Irv Weisman & Maggie Clarke

Richard Marvin, a Club member for approximately ten years, died of a heart attack in February 1990, a surprisingly young-looking 60-year old. He was an unpretentious,

friendly, and helpful riding companion who lives on in our memories.

He had a tender and sensitive soul which we were privileged to see in action on an Annual Cherry Blossom Ride a few years ago. On that ride, when we reached the picnic area in the Cherry groves, some of us, including Richard, went to a small market for lunch fixings and drinks. On our way back to the picnic area, we noticed a small bird enmeshed in a kite string which was stretched between two trees, about 12 feet above ground. The bird's wings were splayed in a fashion which led us to think a that a wing might be broken. The bird fluttered helplessly from time to time, but could not extricate itself from the string. We all stopped to look at the sad plight of this little bird, but its height above the ground, its feeble fluttering, and the crazy twists and turns of the string enmeshing the bird made us feel that we were witnessing a hopelessly fatal situation. But not Richard. "We must do something about this!" he exclaimed. He tied a small lock to the end of a long piece of string, he threw it over the kite line, and gently drew it and enmeshed bird down to his head level. Richard then reached up on tiptoe and proceeded to unravel the string wrapped about the bird's body and wings. The bird, of course, began fluttering more actively and pecked at Richard's fingers, making his work quite difficult. But driven by his compassion for the little bird, Richard persisted in this "futile" task. Suddenly the bird was free, but instead of dropping to the ground, injured beyond repair, it caught itself in mid-fall and flew away with the cheers of onlookers following it. Richard demonstrated a lesson we all should have learned earlier in life, namely persistence pays off, especially when we are "doing the right thing."

Richard also had a mischievous sense of humor which he exercised at Irv's 65th birthday party. He inserted "trick" candles into the birthday cake. Everyone got a kick, when after Irv blew out all the candles, a few sprang back to life again and again and again, with Irv huffing and puffing vainly trying to blow them out.

Happily, we had an opportunity to show our appreciation of Richard and his riding companionship one sunny spring day a few years ago. On a ride through Westchester to Silver Lake, we learned it was Richard's birthday and also that Bernie Pearlman had recently celebrated his. While the other riders diverted their attention in the grocery store, a birthday cake was ordered at a nearby baker and inscribed "Happy Birthday Richard & Bernie." It was a pleasant opportunity to show our appreciation to guys who always could be depended on for plenty of cheerful, good humor—a genuine pleasure to have on rides. We'll miss Richard and his upbeat personality, and we mourn his untimely death.

# Classifieds

## FOR SALE

1988 Cannondale SM 700 (ATB). Black 18" frame with sloping top tube, Deore, Dia-Compe, Araya RM 20 rims. Excellent condition! \$500. Call Melanie (212) 714-8587 (day); 749-4643 (eve).

Mavic MA40 Clinchers, cyclone, 36, Sountour 13-21 w/tires, tubes \$90. Vetta corsa helmet, black \$25. LOOK Pedals, sport \$50. Handlebars, Nitto, 40 cm \$10. Call (201) 440-1102.

Campy Omega box rims on Campy Chorus hubs, 700c/32 spokes. \$75. Call Joe Furman (201) 692-8306.

19" Lotus Unique, Shimano 600 EX derailleurs, good condition. Asking \$275. Call Glen (212) 884-8037 (leave message).

## WANTED

1 set good used 175mm cranks and pedals. Call Josh (212) 334-8200 (day); (718) 267-0448 (eve).

## TOURS

BIKE INNER MONGOLIA and to the Great Wall of China! Celebrate the traditional Nadamu festival with Mongolians. See the ancient Terra Cotta Army in Xi'an, marvel at the surrealistic landscape of Guilin, visit exciting Hong Kong. July 10-29, 1990. \$2695 air & land. Contact: Journey to the East, Inc., P.O. Box 1334, Flushing, NY, 11352-1334. (718) 358-4034.

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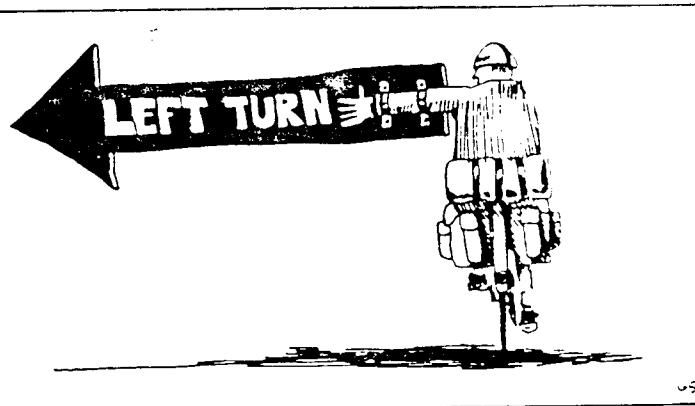
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# **New York Cycle Club Monthly Meeting**

(Open to all members and non-members)

**Tuesday, April 10**

6:00 Drinks  
7:00 Dinner  
8:00 Announcements  
8:30 Program

Our private dining room is one  
flight up from the bar.

**O'Hara's** - 120 Cedar Street  
(1 minute walk south of  
the World Trade Center)

Meat, fish, Chicken	\$11.00
Vegetarian	\$ 8.00

\$2 Surcharge for food tickets  
purchased after 7:00.  
Non-diners are seated separately.

## **FASHION SHOW featuring clothing from DESCENTE!**

Come see our very own NYCC models showing off Descente's  
line of bicycle clothing, and accessories provided by Bike  
Nashbar, as moderated by Descente's Director of Marketing, Mr.  
Sandy Pogue. Preview the new fashion and accessory line for the  
upcoming season.