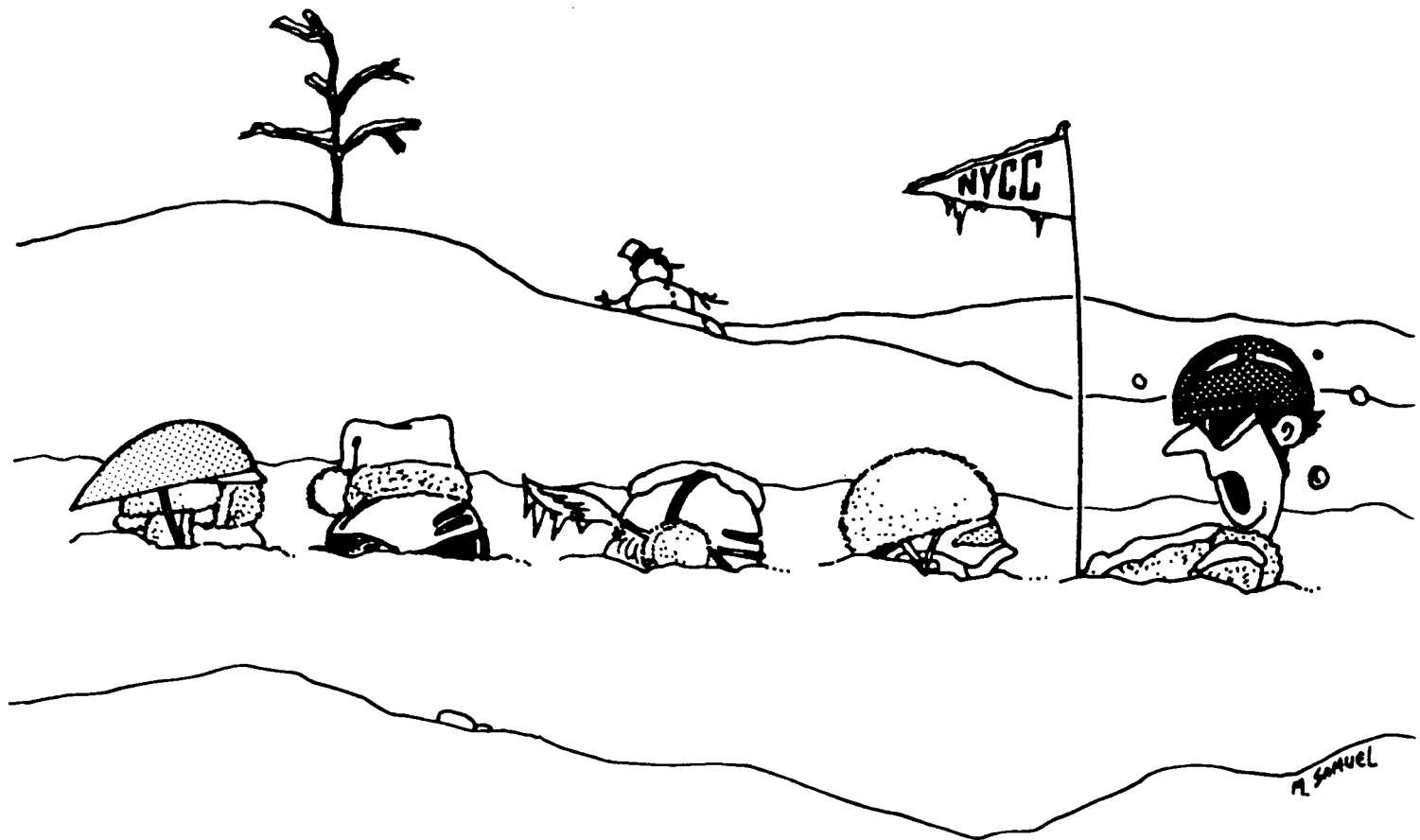


January
1990

NYCC Bulletin

J A N U A R Y 1 9 9 0

WINTER RIDING...



"Red light !"

GUIDELINES FOR CLUB RIDES

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

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

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

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

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.

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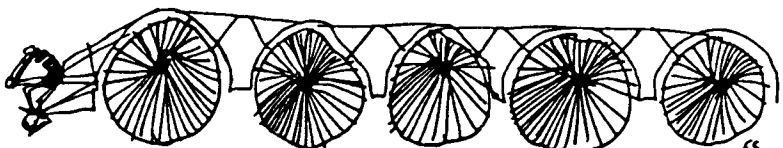
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—BIKECENTENNIAL

RIDES THIS MONTH

- Sat. & Sun.
January
AA/A+
8:15 a.m.
75 mi. **CALLING ALL (WOULD-BE) ANIMALS.** Leader: Rich Bernardi (w., 212-830-5634, h., 212-874-1348 (before 9:00 p.m. or early a.m.)) From the Boathouse. Subject to weather/road conditions and scheduling at work, I plan to do the "Gimbel's" ride in Westchester on Saturdays and/or Sundays and eventually the "Kissena" ride in Nassau (Sunday only). The rides do border on fast and it is not too difficult to get dropped (I usually do!) Nonetheless, it's still fun and provides an opportunity to improve bike handling skills. Call if interested. Temp. below 28F, rain, snow, slush or work-related \$@*! will cancel.
- Mon. 1/1/90
A-
10:00 a.m.
55 mi. **NEW YEAR'S DAY ANNUAL RIDE TO WHITE PLAINS.** Leader: Marty Wolf (212-935-1460). From the Boathouse. A friendly ride to the Flagship in White Plains for brunch. This is your chance to start the New Year out right with an entry on your brand-new 1990 mileage chart. (No chart? The leader will give one to all who ride today). Precipitation cancels. A greatly abbreviated ride will take place if temperature is below 30F.
- Sat. Jan. 6
A+/A/A-
12:00 noon
45 +/- mi. **HIGH NOON.** Leader: Jeff Vogel (w., 212-265-2500, h., 718-275-6978). From the Boathouse. Do the laundry and the shopping early. Hopefully by noon it will be warm enough to do some cycling. This will be a group ride to the GWB. Then it's 9W up and back at your own pace. We'll regroup at the Bridge for the return through the city. I doubt this ride will win Ride of the Year, but we do need the exercise. Wet/icy roads, 11:00 a.m. temp. below 30F cancels.
- Sat. Jan. 6
B and above
10:00 a.m.
35 mi. **ANNUAL NATHAN'S CONEY ISLAND RIDE.** Leader: Herb Dershowitz (212-929-0787). From the Boathouse. Annual pleasure ride to Nathan's for franks. Return home by Shore Road with a stop at Holly Gray's for hot cider. The ride is cancelled if Nathan's runs out of dogs and fries.
- Sun. Jan. 7
A-
9:00 a.m./Approx. 60 mi. **BACK TO NEW JERSEY, AGAIN.** Leader: Karl Dittbrandt (212-477-1387). From the Boathouse. Take an easy pace up to Park Ridge, New Jersey. Eat at the Park Ridge Diner and a nice slow return. Temp. below 30F, any precipitation cancels.
- Sun. Jan. 7
B
9:00 a.m.
45 mi. **GREAT SWAMP.** Leader: Dick Goldberg (212-874-2008). From the World Trade Center, top of the PATH escalator (fare is \$1.00). Through Newark and the suburbs to horse country and the Great Swamp National Wildlife Refuge. Temp. below 40F, rain, wet or snowy roads cancel.
- Sat. Jan. 13
Class: None **THE BIG A.** Leaders: Jeff Vogel (w., 212-265-2500, h., 718-275-6978) & Karl Dittbrandt (212-477-1387). Secretariat, Easy Goer, Belmont, Saratoga, Hialeah. That's the Sport of Kings. Unfortunately, this is Aqueduct in the winter - slow horses and no atmosphere. But they still have gambling and that's all we care about. The leaders are degenerate gamblers and will gladly give tips to anyone who will listen. The minimum bet is only \$1, so that those of you who are saving your money for foolish things like bicycles and equipment won't go broke. Bring \$5 for clubhouse admission and as much gambling money as you can. First post is 12:30. Call the leaders for more info. regarding car pooling and/or subway transportation. Excellent cycling weather cancels.
- Sat. Jan. 13
A
9:30 a.m.
25-50 mi. **JANUARY JAUNT.** Leader: Mark Roland (212-222-2356). From the Boathouse. I'm taking phone calls from wise and knowing people who have a suggestion for a short, lovely winter ride that doesn't have the letters N-Y-A-C-K in it. Otherwise, we will decide the destination at the House of Boats on day of departure. Anything yuckee on the ground or in the air, less than zero temp. (C°!) cancels.
- Sat. Jan. 13
B
9:30 a.m./50 mi. **ARMONK FOR LUNCH.** Leader: Jim Keehan (212-751-7866). From Jerome Avenue and Woodlawn (last stop on the #4 subway). Pretty flat, pretty pretty, very social. Temp. below 40F at 8:30 a.m., snowy or icy roads cancel.
- Sun. Jan. 14
A-
9:00 a.m./40+ mi. **FUN!!** Leader: Alan Leener (718-797-0972). From the Boathouse. Dress warm! Have fun! We're going someplace! Temp. below 27F, wet or icy roads cancel. Call leader early to confirm.
- Sun. Jan. 14
B / 9:30 a.m. **LEADERLESS "B" RIDE.** Meet at the Boathouse. Distance and destination to be determined by the participants.
- Sat. Jan. 20
A-
9:15 a.m.
50-75 mi. **JANUARY THAW RIDE.** Leader: Marty Wolf (212-935-1460). From the Boathouse. Destination and distance will be determined by the weather and a vote by the riders. Temp. below 30F, any precipitation cancels. NOTE: If ride is cancelled, it may be rescheduled for Sunday, January 21. Call leader for information re Sunday ride.
- Sat. Jan. 20
B
9:30 a.m./50 mi. **RIVER ROAD AND NYACK.** Leader: Larry Nelson (212-874-5125). From the Boathouse. Variations on the traditional ride to Nyack including great views of the city and one hill climbed leisurely. Temp. below 40F, rain, snowy or icy roads at 8:30 a.m. cancel.
- Sun. Jan. 21
A-
9:15 a.m.
50-70 mi. **IF.** Leader: Jeff Vogel (w., 212-265-2500, h., 718-275-6978). From the Boathouse. If Marty was able to lead her ride yesterday and if the weather cooperates today, I'll lead a ride this morning. The distance and destination will be determined by the participants. If Marty's ride was cancelled and if today is not conducive to cycling, then we'll meet for brunch at Rupert's Restaurant on Columbus Ave., between 72nd and 73rd Streets at 11:00 a.m. Call the leader by 10:00 a.m. if you're interested in brunch. Any precip. or temp. below 30F cancels ride.

- Sun. Jan. 21 **NORTH SHORE SOMEWHERE.** Leader: Jim Babbitt (718-296-0027). From the Statue of Civic Virtue (E/F subway to Union B Turnpike stop). Good roads, good views, good fun. Temp. below 32F at 8 a.m., ice on the ground cancels.
9:00 a.m./50 mi.
- Sun. Jan. 21 **HIKE.** Leader: Ken Weissman (212-222-5527). From the Port Authority Bus Terminal (8th Ave. and 41st St.) Meet 8:45 a.m. inside the Bus Terminal in front of Zaro's Bread Basket for a 9:00 a.m. bus (ONLY ONE BUS - BE ON TIME) to Pine Meadow Lake in Harriman Park for a beautiful hike past fields of mountain laurel and a gorgeous rushing mountain stream. Wear boots, dress in layers, bring food and water as none are available on the trail.
All-Class
8:45 a.m.
- Sat. Jan. 27 **CHINESE NEW YEAR IN WESTCHESTER.** Leader: Lisa Halle (212-379-6097). From the Boathouse. Is it the year of the bagel? Well, maybe not, but it is the Chinese New Year. So let's celebrate by taking a lovely ride to White Plains. They say the Flagship is serving fortune cookies!! Temp. below 35F, snow, hail, rain, salt cancels.
A
9:30 a.m.
60 mi.
- Sat. Jan. 27 **LEADERLESS "B" RIDE.** Meet at the Boathouse. Distance and destination to be determined by the participants.
B / 9:30 a.m.
- Sun. Jan. 28 **THE WALL.** Leaders: Marc Leveque (718-461-5480) & Rich Bernardi (h., 212-874-1348, w., 212-830-5634). From the Boathouse at 8:45 a.m. OR Queens Blvd. and Jewel Avenue at 9:30 a.m. Usual route to Bayville via Roslyn; new return via secret roads to "the wall" in Port Washington. Return to subway in Queens. Rain, snow, 8:30 a.m. temp. below 26F cancels.
A
8:45/9:30
60-70 mi.
- Sun. Jan. 28 **MAMARONECK REVISITED.** Leader: Carlos Cardona (212-581-2858). From the Boathouse. A schmoozy-paced, low-wind-chill-ride up to lovely Mamaroneck Harbor and Harbor Island Park. It's a beautiful ride through classic NYCC riding country. Indoor lunch stop will warm us up. Or there's always body heat! Temp. below 40F one hour before starting time, 30% chance of precip. cancels.
B/B-
9:30 a.m.
50 mi.
- Sun. Jan. 28 **PALISADES PARK RAMBLE OR HIKE THE HUDSON.** Leader: Alex von Braun (212-757-7837). From the GWB Bus Terminal (178th St. and Ft. Washington Ave.), at the Information Sign. Enjoy Palisades Park and the majestic Hudson. North along the river, back to the GWB via the Upper Trail. Moderate pace, great views. Rain, predicted highs below 30F cancels.
D
10:00 a.m.
5-7 mi.
- Sat. Feb. 3 **NEWBURGH-BEACON WINTER SCHMOOZE.** Leader: Alex Bekkerman (h., 212-213-5359, w., 212-460-2220). From the Boathouse. It is going to be the usual ride with emphasis on cooperative and demanding pace. If it is cold, we will stop every 26 miles. Bad weather, snow cancels.
AA
7:30 a.m.
130 mi.
- Sat. Feb. 3 **PILLSBURY DOUGH BOY RIDES BIKE.** Leader: Bob Moulder (212-682-5669). From the Boathouse. To the Park Ridge Diner, as flat as we can make it (favoring downhill), with the no-hill return route to the GWB. Start temperature below 32F, over 40% chance of precipitation cancels.
A-
9:00 a.m.
60 +/- mi.
- Sun. Feb. 4 **THE H RIDE.** Leader: Marc Leveque (718-461-5480). From the Boathouse at 8:45 a.m. OR Queens Blvd. and Jewel Avenue at 9:30 a.m. Follow the H's to Syosset for espresso and canolis. Rain or snow cancels. Any temperature is okay.
A
8:45/9:30/50-60 mi.

Previews

June 8-10, 1990 **GETTING INTO GEAR.** Leader: Paul Minkoff (h., 718-937-6171; w., 212-532-9000). GEAR, New London, CT. Victorian B&B available. Reserve early. Call leader for additional details.

President's Message

Christy Guzzeta

Now I lay me down to sleep...a new year, a whole new decade - it's here right now!

To all the members of the New York Cycling Club, their friends, families, and loved ones; good luck, and good cycling - this new year, this brand new decade.

It's a sparkling, brand new time! Good cheer throughout!

Now I lay me down to sleep.

Announcements

NYCC Joins National Bicycle Club Network

Bikecentennial's National Bicycle Club Network is a coalition of active bicycle clubs learning and sharing with each other. The **Bulletin** will include news and information from this source in future issues. Bikecentennial is a nonprofit service organization for recreational and touring bicyclists. Since its incorporation in 1974, Bikecentennial has developed and mapped a nationwide network of bicycle touring routes and has produced a variety of publication and services for bicyclists. As an affiliated club, NYCC will be listed in The Cyclists' Yellow Pages, a bicycle planning resource, and we can list events in BikeReport, the membership magazine. For more information about Bikecentennial, write to P.O.Box 8308, Missoula, MT 59807.

Bulletin Deadline

The deadline for submission of material (including classified advertisements and letters to the editor) to the **Bulletin** is the first Tuesday of the month preceding publication. Because New Year's Day is Monday, next month's deadline is extended to January 9.

Uncle B-Rides Wants You! Dick Goldberg

All those interested in leading B rides are invited to attend an informal get-together on January 7th. Phone Dick Goldberg at (212) 874-2008 for time and place.

ICE THERAPY

Every Wednesday during January at 7:00 P.M.

Wollman Rink, Central Park
Use 60th Street and Fifth Avenue Entrance

Contacts: Herb Dershowitz (212) 929-0787
Brian McCaffrey (718) 634-1742
Barry Shaprio (718) 426-4479

C to B Progressive Training Rides Irv Weisman

In early march I plan to start the Progressive Training Rides in order to recover from winter layoff, to enjoy riding through the spring foliage in surrounding Bergen and Rockland suburbs, and to prepare for long distance summer touring. The series will appeal to C and B- riders who would like to extend their bicycling horizons to include long distances which now seem impossible, e.g. a Century Ride (100 miles in 12 hours or less) later in the season; riding at an average speed of 12 mph or more; climbing hills in comfort rather than in fear of stalling; and achieving feelings of security in traffic and self-sufficiency on the road.

Before the series begins in March, I would like us to meet as a group to share riding thoughts and goals; to design the details of the training series; and to learn how to modify our bikes, if necessary, for effective riding over widely varying terrain. Call or write before January 15 to let me know of your interest so that I can arrange a meeting place and time.

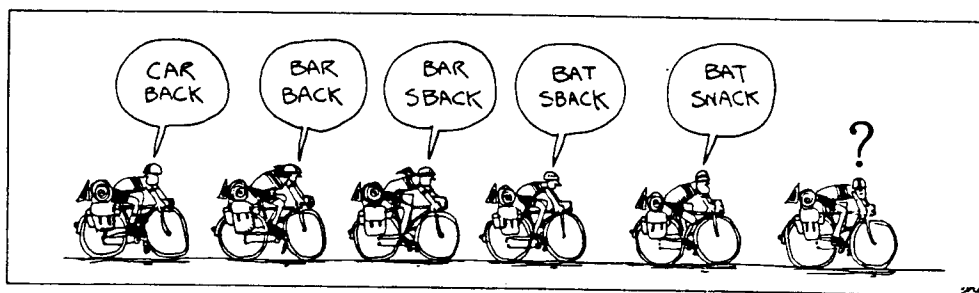
Irv Weisman, Box 97 Kingsbridge, Bronx, NY, 10463. (212) 562-7298 (home) or (212) 241-4783 (work).

Volunteer of the Year Award Debbie Bell

You are invited to nominate candidates for the NYCC Volunteer of the Year Award. The person selected will receive a commemorative certificate from the League of American Wheelmen, and an announcement will appear in the LAW Bicycling USA magazine. Volunteers will also be recognized at the LAW National Rally in July.

The LAW suggests that nominations should be founded upon a commitment to improve the future of bicycling and significant contributions to bicycling over the past year. Nominees must be NYCC members, but are not required to be LAW members.

Please send your nomination to Debbie Bell, 526 W. 113 Street, New York N.Y. 10025, no later than February 25.



Quick Releases

Janet Kronstadt

December's Christmas party-cum-membership meeting was a great success; Bike shops from Toga to Conrad's, from Habitat to Stuyvesant contributed auction items, as did clothing manufacturers and sporting goods companies, including Actif and REI. Several hundred dollars were raised. Attendance was high, camaraderie flowed, even during this cold, off-season month, and Richard Rosenthal, responsible for this and all last year's terrific programs, was disappointed only in the fact that he had still not achieved a HOT MEAL. O'Hara's forgot he had specifically requested NO COLDCUTS, but the manager at least apologized to Richard and reduced the price. Richard went home to hot soup and other nourishment.

As to December being an off-month for cycling, it is not an off-month for mountaineering. John Waff stated he was pleased with the small but rugged group that climbed for hours through the ice and snow employing crampons - handy little pronged devices attached to the bottoms of hiking boots, which are especially good at ripping holes in expensive mountaineering pants and gaiters - at a fairly rapid clip. We dutifully rose at 4 a.m. to meet in a motel parking lot where John prepared breakfast (hot water, bring your own oatmeal packet) on a mountaineer's stove, and had completed the arduous hike by 2 p.m., enabling a relatively early return to the City to prepare for another (ugh) work week.

Others, however, have not relented on biking. On Thanksgiving weekend, Marc LeVeque led a strong A-ride in decidedly frigid temperatures, attended by a few hearty riders such as Alex Bekkerman who can still be found training in Central Park at an ungodly hour most mornings. Some, such as Bill White, Jim Greene and Don Ketteler, have tried snow-riding on mountain bikes. And Caryl Hudson and Steve Baron who will be married by the end of January, had their official wedding portrait taken: They wore only bike helmets, though the couple was discretely hidden behind a shower curtain. THAT is biking dedication.

Herb Dershowitz bought a titanium frame bike, probably to replace his stolen mountain bike? Angel Rivera was awarded "Best-Dressed CRC Rider" at the racing club's Christmas party. And Chris Mailing, president of CRC and former president of NYCC was cited at the NYCC Christmas party for the contributions he has made to cycling - for bringing both clubs

into line and organizing riders around a dedication to excellence in the sport.

Yes - I will continue to write this column for the BULLETIN even though I'm no longer the BULLETIN editor. (To Christy Guzzetta: the name of the column is NOT "Loose Spokes." Christy was obviously in error when he referred to the column by this name to the new editor, Clif.) Anyway: just when you thought you were safe talking to me, right? Any conversations with me are considered fair game for material for future "Quick Releases" (ahem) columns. Call if you would like to actually SUGGEST items: 212/595-7483.

Chain Letters

A Close Call

A few days ago I had an experience that shook me up enough to make some slight adjustments to my two thoroughbreds. They are still my pride and joy, just as fast but a little more visible and hopefully safer.

I was driving over the Williamsburg bridge to Manhattan, in the right hand lane. Although my car is not full of Campagnolo, I ride it with "brio", sometimes "prestissimo". I was trying to overtake a tow truck; It was blocking both lanes like many trucks do in that particular bridge because the lanes are so narrow. I gave him the appropriate flashing light signals, got very close, etc. He finally moved to the left lane giving me enough room to overtake him. I threw the beast into third gear and with great gusto proceeded to overtake this obstacle. Not to make this sound any more dramatic, one of my head lights was out.

As I was halfway into this maneuver, I noticed some red shining thing in the right of the road. Nothing more. Only a little shining thing. I switched to high beam and to my HORROR there was this adult on a BMX, wearing dark brown jacket and blue jeans. At that point I was easily doing 60 mph. He was not more than 20 feet from my hood. That ugly piece of plastic, dirty, maybe broken and barely visible, saved that man's life. Saved me a big, big headache. He was trying very hard to stay to the right, but that piece of road is very narrow. While I recuperated from my shock, I put on my blinkers and gave him cover over the rest of the bridge.

This is not a lecture on the virtues of safe riding or moderately tame city driving. It is about survival, so I will explain what I did to be seen better at night.

I went to Herman's, invested \$2.95 on some flexible, adhesive plastic reflectors. I bastardized my bicycles with some small pieces of reflective material. If you are careful, you can even enhance the looks (well let's pretend) of the bike. I placed two strips around each seat stay, and two strips around each fork blade. Around is better because they will be seen from any angle and also will blend better with the bike. I then placed a couple of pieces on the heel of my shoes.

I am not very safety conscious, but I feel the weight, the loss in appearance and all that, is a small price to pay to be seen in the road when the night catches up to you. Besides how could you bear seeing all that Campagnolo, carbon fiber and Columbus tubing twisted and scratched up if some senior citizen overtakes you in the twilight...

-- Jose Saavedra, Oct. 29 1989

No-Tech Tips

Bob Moulder

With the onset of winter, 'tis the season for building and rebuilding wheels, or buying a new pre-built set. With that in mind I'd like to offer a few observations for your consideration when selecting wheels.

Then it comes to wheels, we've always heard and read that lighter is faster, but what good is a light wheel that's crumpled to a pretzel by one of our world-famous potholes? At the same time, however, is it necessary to have wheels so strong they could be safely mounted on a Buick? The right wheels for most people are somewhere in between, though it seems that most riders unnecessarily choose to go the "Buick" route by buying "overbuilt" wheels. What's overbuilt? If you weigh 120 lbs and ride wheels built with 36 spokes, 14-gauge, for you these wheels are overbuilt, meaning that you could easily use lighter wheels without compromising safety and wheel durability. (This assumes, of course, that the wheels won't be used for loaded touring or some specialized kind of racing.)

Last year I read comments about "overbuilding" in a cycling periodical and in two books on wheelbuilding, so last spring, just for the heck of it, I built a set with 28 front and 32 rear spokes, all straight 15-gauge, using Mavic Open 4CD rims. Although I weigh 165 lbs and the streets of New York have provided constant pounding, with some occasional vicious licks, the wheels have had no broken spokes after over 3500 miles of such use (which might be considered abuse in

other parts of the country), nor have they required any more maintenance (truing) than my "stronger" wheels. This is not a testament to my wheelbuilding expertise, for I assure you I have but little, but rather to point out that wheels are stronger than we assume.

Keep in mind that because front wheels are built symmetrically (rim centered between the hub flanges), all their spokes share the loads and stresses equally, allowing for the contrast, are "dished" (built asymmetrically) to make room for the freewheel, which accounts for the fact that the freewheel-side spokes do nearly all the "work" on the rear wheel. Because of this, light gauge spokes can be used on the non-freewheel side, though this is seldom mentioned. Naturally, the very strongest spokes should be used on the freewheel side.

In consideration of the above, I offer the following rough guidelines for selecting "appropriately strong" wheelsets. These recommendations should be discussed by you and your expert wheelbuilder and, when in doubt, always follow the advice of your own wheelbuilder; he or she knows you and the kind of riding you'll be doing. For all the combinations listed I recommend using Mavic Open 4CD rims and DT spokes, for these are the brands/models I have found to be the best among those I have used. The suggested spoke numbers and gauges are based on body weight.

135 lbs and under-	28 f, 15g
	32 r, 15g fw*
135-165 lbs-	15/16/15g nfw*
	32 f, 15/16/15g
	32 r, 14/15/14g fw
165-185 lbs-	15/16/15g nfw
	32 f, 14/15/14g
	32 r, 14g fw
185-200 lbs-	14/15/14g nfw
	32 f, 14g
	36 r, 14g fw
200 lbs and over-	14/15/14 nfw
	36 f, 14g
	36 r, 14g fw
	14/14/16g nfw

(*freewheel side/non-freewheel side)

Some wheelbuilders would consider the above recommendations to be conservative, and in some instances would suggest even lighter wheels. I will caution again, however, that the above are only recommendations that should be considered in consultation with your experienced wheelbuilder.

Ultra-Marathon Rambling

Jeff Vogel

Since the December meeting didn't have the usual awards ceremony, I would like to cast my ballot here. Remember, this is not the position of the New York Cycle Club or its Board of Directors. It's just my opinion. If you have an opposing viewpoint, call the editor and tell him that you would like to write an article too. Here are my awards:

Best Ride and Most Scenic Ride: The 600 Km Qualifier for Boston-Montreal-Boston that I led in July. Hey, it's my column, I can vote for myself if I want to.

Rookie of the Year: Lisa Halle - I remember leading one of Christy's SIG rides in the spring with Lisa in the front the whole ride and everyone else trying to keep up. And, she kept improving from there.

Wrong Way Corrigan: Jim Greene finished first in every B-M-B Qualifier even though he rode 10-30 miles further than anyone else because he was constantly getting lost. When you ride as fast as Jim, I guess you don't have time to read a map.

Animal of the Year: Alex Bekkerman, even though I'm tired of talking about his great performance in the 24-Hour Race and RAAM Qualifier.

Rider of the Year: It's a good thing I can make up the rules as I go along. This one was a tie. Half the award goes to Ron Grossman who became the first club member that I know of to ride in all 50 states when he went to Hawaii last spring. Sharing the award with Ron is Karl Dittebrandt. Karl started the year with a goal - to finish B-M-B and I have never seen anyone work so hard to achieve a goal. It's very easy to continue doing what you do well, but Karl knew he had to work on his weak points in order to improve, namely climbing. We often trained together, and there were plenty of times when I wanted to go for an easy ride. But not Karl. He would tell me that we have to work on our climbing. I would grumble and complain and then we would spend the day in the Catskills climbing Mohonk Mountain, Peekamoose, or whatever. Every week he got a little better. Finally B-M-B came, with its 7-mile climbs and 14% grades. Karl had no problems finishing within the time limit and

actually enjoyed himself. Karl was an inspiration to me all year and proved that through dedication and hard work all goals are achievable.

Most Valuable Support Person: This is a new award and it goes to Margaret Cipolla. She was out there helping not just me, but everyone on many of the long rides we did last summer. Besides that, if I don't vote for her, I won't have 2 legs to ride with come spring.

I estimate that during 1989 I spent about 80 hours listening to WFAN, WFUV and other sports call-in radio programs. Besides the major professional sports, I have heard callers talk about track and field, horse racing, soccer and professional wrestling (I didn't know that was a sport). However, I have not heard a single call about bicycling. So let's all make a few telephone calls and find out what these guys know about a real sport.

Lastly, the date for the 24 Hour race in Johnstown has been finalized. It is the weekend of June 2 and 3. I'll have more details on this in a future Bulletin.

Reports

The 1989 East Coast Bicycle Conference Carlos Cardona

Sponsored by Transportation Alternatives, the second East Coast Bicycle Conference was held here the weekend of October 14, and from all accounts, including the New York Times (Sunday, Oct. 15), it was a success.

A reception at the Municipal Arts Society on Friday night kicked off the conference in style. Our soon-to-be Manhattan Borough President Ruth Messinger, always very popular with transportation activists, came to lend her support and gave us a warm reception (she's been a bike commuter for years.) Finally we'll have someone adamantly pro-cycling whispering in the mayor's ear. The other speaker was NYC Department of Transportation Commissioner Ross Sandler, who received a somewhat more ambivalent introduction from TA President Charlie Komanoff, as he himself acknowledged when he started speaking. According to what I heard later, there is something of a difference between his words and his actions. He did oppose the midtown bike ban a couple of years ago, and has been on our side on some of the issues affecting cyclists.

"Bike Activism and the Political Process" was an eye-opener at 9:30 A.M. Sunday, with lots of tips on how to get things done when dealing with public officials. I was most impressed with Roger Herz, Executive Director of Bicycle Transportation Action, which is the pro-bike lobbying organization here in NYC. Roger had some interesting opinions, such as we should stop trying to get the South side of the G.W. Bridge legalized for bike traffic. He said it is right now too difficult to accomplish, and undue pressure on this issue may just alienate the public officials to the rest of our agenda. Also he was against bike lanes, suggesting that riders have as much right to the road as cars and that wider curb lanes (16 ft.) would be a better solution than to separate us from the other traffic. Educating drivers to be aware, courteous, and law-abiding would go a long way to making cycling safer, and these should be our first priorities: Education/Enforcement/Engineering. If the first two priorities get underway with Public Service Announcements on radio and TV, education programs in the schools, and a new attitude by police to enforcement, I see no reason why a logical next step (engineering) shouldn't be protected bike lanes in all the boroughs.

Bob Silverman, from Le Monde a Bicyclette, Montreal, spoke passionately about the public fight for our rights, the use of "cyclodrama" or "cycling guerilla theatre" type publicity stunts to garner media attention, and "the perversion of the street" by corporations like GM who bought streetcar lines in the late '40s (granted that streetcars were slower) and then ripped them up so that communities would have to buy their buses and cars!

At one point Komanoff made a reference to "club riders" as an example of a group that shared similar interests with alternate-transportation types, but were not at all involved or helpful when their legwork was needed. With the exception of people who go to all NYCC monthly meetings and then write letters and make phone calls, Komanoff is right about most cycle clubs. They expect someone else to get them subway and bridge access, to free Central Park of cars at all times, to fight for protected bike lanes. They want to share the rewards without doing the work first. Like someone else said, "hobbyists don't need lobbyists," and "it takes years for plans to become asphalt." If we want changes, if we are serious about our cycling and our rights as cyclists, we're going to have to start getting more involved right now, because they will, in most cases,

take years to come true. Start by joining/helping Transportation Alternatives. After Komanoff's remark, I got a laugh by introducing myself for a question as "one of those recreational, club riders you've heard so much about."

I learned about some pending legislation in the "roundtable on NYC Cycling," like a mandatory kid's helmet bill (ages 1-4). Another bill would make it legal for cyclists to indicate a right turn by just pointing to the right, instead of the traditional right-angle arm signal, and a third would require mandatory reporting to police of serious-injury bike accidents (where no motor vehicle is involved.) All seem likely to pass.

Part of the afternoon was spent in a "charette," a kind of interdisciplinary brain-storming session, which picked "bike land design" as its topic. Scott Kearney, a TA member who works for the NYC Parks Dept. was our "facilitator." We examined at least five different ideas, and came to the conclusion that there was no "best" design, but only best site-specific recommendations. Good protected bike lanes could be installed in places like Park Ave. (next to the median, protected), or Madison Ave. (left of the bus lane, protected), or (my suggestion) that we concentrate on designs likely to be usable on Second and Tenth avenues to provide north and south routes, with a third bike lane on an avenue closer to the center of the city. A pedestrian/bike boulevard on cross streets like 42nd and 72nd would be a good way to get crosstown.

The public image of cycling seems to have hit rock-bottom in 1986 with the bike ban and the two pedestrian deaths from cycling accidents that preceded it. With a resurgence of the environmental movement, alternate forms of transportation are now resurfacing in the public consciousness, and cycling is the only one that meets all the criteria and still gives us individual freedom of movement. Eventually, designs for bad weather bikes will be improved so that one could cycle in the cold, rain and even snow? Well, don't hold your breath. Cars will always be around, we just have to train them to be biker-friendly. In the meantime, you could make sure that you and your friends (1) ride responsibly and legally to boost the public image of cyclists, (2) write letters to The New York Times, identified by one panelist as one of the most influential forums affecting public policy in New York, and (3) write to your local NYC council members and borough presidents about what just ticks you off! (But remember, be nice!)

THE FINAL REPORT FROM
YOUR OUTGOING PROGRAM CHAIRPERSON.
Bye Richard Rosenthal

Last things first: Thank you, in alphabetical order, Bicycle Habitat, Bicycle Renaissance, Conrad's, Nyack Bicycle Outfitters, Pedal Pushers, Stuyvesant, and Toga for contributing items to our club auction. May all who read this keep you and your kindness and support for us in mind as they leaf through the Performance and Nashbar catalogs.

Thank you, clothing manufacturers J.T. Activ, Alitta, and REI for contributing to our auction. When we re-make our club jerseys (which will be soon) may we bear you in mind.

Thank you to the following speakers, many of whom took a lot of their time to travel to give us a program.

Thank you comedian and musician Doug Nervik and comedian George Babiak for our February Comedy Night. Your traveling time was nil but your creative and rehearsal time was substantial.

Thank you antique cycle and memorabilia collector Pryor Dodge and cycling stamp and cycling sheet music collector Norman Batho (Trenton) for our March Collector's Night.

Thank you Ted Costantino (Boston), editor-in-chief of "Bicycle Guide," for your April talk on publishing a cycling magazine.

Thank you, those of you who brought slides to May's Members Slide Night.

Thank you, Peter Nye (Washington, D.C.), author of Hearts of Lions, for your talk on the history of cycle racing in the U.S. with particular reference to blacks. We bought forty hardback copies of your book. Good for us. Many autograph signings at bookstores achieve far fewer sales.

Thank you Terry Ewart, NBC's producer of the Olympics and the Tour de Trump. You kept your date with us even though your wife and children were ill.

Thank you Tom Kellogg (Allentown), framebuilder extraordinaire. Never has there been so compelling and persuasive a presentation on frames...proof of which is that four of our members popped for the titanium high ticket item and a fifth is likely to.

Thank you, Nathan Dean, too modest, too soft-spoken co-builder of the HPV (human powered vehicle) in RAAM that won all but the last 130 miles of the race and co-builder of the first bike to go over 65MPH unaided for 200M, which bike hangs in the Smithsonian.

Thank you, John Dowlin (Philadelphia), cyclist for peace who showed us pictures of

cycletouring in the Soviet Union and Nicaragua.

Thank you, Michael Furman (Philadelphia), great cycling photographer. Sorry it took so long to get you a wedding gift.

Thank you (I think; as I write this, they've yet to formally accept our invitation) Fred Mengoni, confidant and mentor to Greg LeMond, and George Taylor, manager of Pedro Delgado, Rebecca Twigg, et al.

I offer a far different kind of acknowledgement to Tour de Trump race director Mike Plant, not for spurning our invitation to talk, but for signing his letter rejecting our invitation with a rubber stamp of his signature. Such a busy, important man!

And the same effusive appreciation goes to New York City Department of Transportation Commissioner Ross Sandler and to DoT Bicycle Coordinator John Benfatti, neither of whom bestirred himself to even answer our written invitation...when Mayor Koch ('s office) and Police Commissioner Ward ('s office) did.

All year long, all I ever wanted from my stewardship of the Program Directorship was an acceptable December meeting meal. That's all. I'm not kidding: there I am cycling up the bloody Alps and what am I thinking about? Our Christmas menu. What plans I had! What ideas! What requests/instructions I issued!

Well, I write this in the hours immediately following our December meeting. I am hungry, very hungry. All I can say to Beth Herman right now, as she sets out twelve fun-packed, interest-packed programs is, "Please rush me over some rutabaga, kale, kholrabi, turnips, anything!"

...Now then, with one final nod of appreciative amazement for the dedication and sheer work for the club of Christy Guzzetta, I'm back to my long-procrastinated script. Maybe.

Classified

ATTORNEY WANTED - Part Time

New sports entertainment start-up needs legal help for general business strategy and contracts. Ground floor opportunity with equity offered. Bruce Scher (718) 499-4568.

ACUPRESSURE FOR CYCLISTS

Pre/Post Ride Therapy to relax and restore you. NYCC member discount.

Dr. Dorothy Fong

For appointment, call (718) 596-5776.

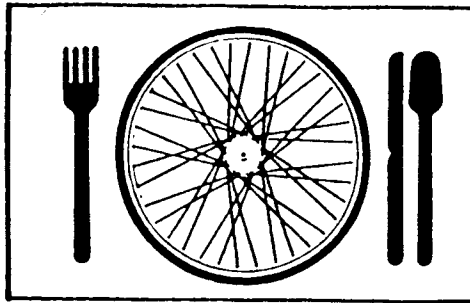
MONTHLY CLUB MEETING

(Open to all members and non-members.)

NEW YORK CYCLE CLUB

Tuesday, January 9

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



O'HARA'S/120 Cedar St.
(1 minute walk south of
the World Trade Center.)

Meat, fish, chicken...\$11.00
Vegetarian.....\$ 8.50

\$2 surcharge for food tickets
not purchased by 7:00. Non-
diners are seated separately.

GREG LEMOND'S MENTOR; REBECCA TWIGG'S MANAGER

A talk by Fred Mengoni and George Taylor.

This is my farewell program and I dedicate it to Irv Weisman.

Fred Mengoni was LeMond's mentor; now he is his advisor and confidant.

George Taylor created the 7-Eleven Team and is the business manager for the Panasonic Team.

A raffle will be held for overlooked items from last month's auction.

Our private dining room is one flight up from the bar. If you bring your bike you can bring it indoors and leave it on the fourth floor, in which case use the elevator to the right of the main entrance. And remember: locks are never out of fashion.

NEW YORK CYCLE CLUB, INC.
FY 1989
(12/1/88-11/30/89)

FINAL STATEMENT
November 30, 1989

	BUDGET	ACTUAL
REVENUES		
Membership Dues	\$9,500	\$9,582.50
Bulletin Ads	300	225.00
Interest	350	372.62
Contributions (Schuetze Fund)		100.00
	<u>\$10,150</u>	<u>\$10,280.12</u>
EXPENSES		
Bulletin (printing & messengers)	\$5,000	\$4,899.42
Bulletin Postage	2,900	3,202.50
Programs	450	907.14
Membership (answering service)	600	626.50
V.P. Rides	125	
"A" Rides Coordinator	25	
"B" Rides Coordinator	25	
"C" Rides Coordinator	25	
Bank Charges	200	191.48
Circulation	25	
Affiliation Dues	140	140.00
Public Relations	75	
Editor	75	
Treasurer	25	11.50
Hospitality	250	326.80
P.O. Box	30	28.00
Secretary	50	54.27
President	25	
Insurance		1,822.00
	<u>\$10,045</u>	<u>\$12,209.61</u>
NET REVENUE/(DEFICIT)	\$105	(\$1,929.42)
CURRENT ASSETS		
Savings Account		\$4,831.64
Checking Account		<u>438.69</u>
Total Cash (incl. \$400 Schuetze Fund)		<u>\$5,270.33</u>

Debbie Bell
December 4, 1989

Minutes

NEW YORK CYCLE CLUB BOARD MEETING
Tuesday, 7 November 1989

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

Absent: Martha Ramos, Hannah Holland, Brian McCaffrey

October minutes approved.

Richard announced that the Christmas Party will include a raffle, auction, and musical comedy. Members asked to contribute to auction or can sell individual items. It was decided to recognize and give awards only to those A, B & C ride leaders who have led the most rides.

Simone raised issue of continuing to give patches to those having led five or more rides; decision made to continue giving patches.

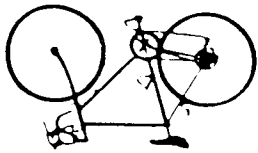
Debbie asked board members to submit outstanding bills before end of November.

Petition from Road Runners Club asking to have central park closed vehicular traffic Monday through Thursday, 6 a.m. to 10 p.m. and all day Friday, Saturday and Sunday will be circulated at membership meeting.

Meeting adjourned 8 p.m.



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

New York Cycle Club

Membership Application

New York Cycle Club

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

NAME _____ SIGNATURE _____

STREET _____ APT _____ PHONE (H) _____

CITY _____ STATE _____ ZIP _____ PHONE (W) _____

DATE _____ AMT. CHECK _____ NEW _____ RENEW _____

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

WHERE DID YOU HEAR OF NYCC? _____

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

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