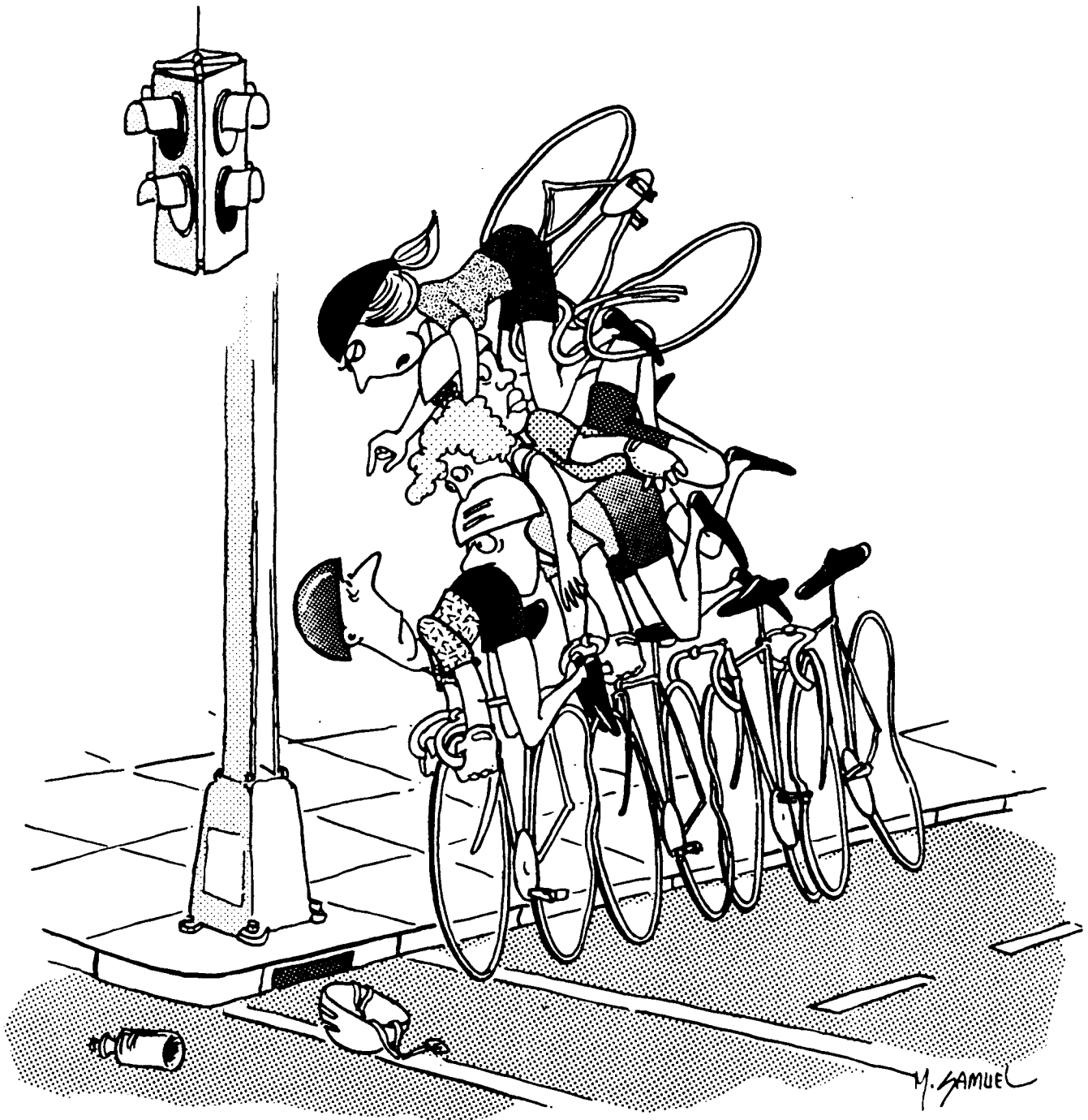


June
1990

NYCC Bulletin

JUNE 1990



*"If you could try to signal those stops
just a bit earlier..."*

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 7.5 by 10 inches. One-time rates: Full page, \$250; Half-page, \$135; Quarter-page, \$75; Eighth-page, \$45. Frequency discounts available. Call Peter Kleinschmidt (212) 490-6614 (days) for more information.

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.

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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 pacerlines. High regard for good riding style.	< 1:10
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		2:30 >

Clif Notes: This is a special double issue of the *NYCC Bulletin*. Inside NYCC members will find the semi-annual roster, a list of NYC cycling resources, and some stuff that wouldn't fit into a regular issue. We're still looking for more "bicycle writing" so tell us about your bicycling vacation. And always wear a helmet.



RIDES THIS MONTH

Weekdays B/B+ WEEKDAY MORNING "B" RIDES. Leader: Jeremy Herman (212-543-6472). I am free most mornings to ride from 9:00 a.m. to 12 noon. You too? Give me a call and we can get a few hours of "B" paced riding in during the week.

Sat. June 2 **HOW DO WE GET THERE?** Leader(s): ?? From the Boathouse. Westchester: The Croton Dam, Armonk, Thornwood, A Valhalla. Maybe even Greenwich, CT. If it's raining at 9:00 a.m., meet at noon for a shorter ride.
9:00 a.m./70-80 mi.

Sat. June 2 **BACK DOOR BEAR MOUNTAIN.** Leader: Caryl Baron (212-595-7010). From the Boathouse. I'm leading this so I'll have to do it - I may not have ridden this far yet, but I really want to see the rhododendrons in bloom. Maybe we'll do Perkins, too.
A- 8:00 a.m./100 mi.

Sat. June 2 **MOSTLY MOZART II.** Coordinator: Paul Minkoff (h., 718-937-6171; w., 212-532-9000). Leaders: "A"/Paul Minkoff; A/B/C "B"/Carlos Cardona; "C"/Bob Geffken; and "C"/Alex von Braun. "A", "B" and "C+" rides start at 9 a.m. at the Burger King at 179th and Hillside (end of the "F" line). "C" ride starts at the Great Neck LIRR station at 10:00 a.m. Ride to the Mozart Festival at the Planting Fields Arboretum in Oyster Bay. A discount is available for the concert tickets. For further information, call coordinator. To be repeated June 23, Mostly Mozart III.
9:00/10:00 30-50 mi.

Sat. June 2 **SHELTER ISLAND CYCLE.** Leader: Bogie Thompson. From South Ferry, Shelter Island. Bicycle around beautiful Shelter Island - Dering Harbor-Ram Island Peninsula. Picnic on the beach. Extra mileage available by continuing to East Hampton, B & C Bridgehampton, Southampton. Come out and enjoy a great place to cycle. Joint Nature Conservancy. Call Larry Nelson (212-874-5125) for directions. Rain cancels.
10:00 a.m. 25+ mi.

*** **

Sunday **ALL-CLASS CLUB RIDE TO TALLMAN.** The first of our 1990 all-class events. Join one of the rides listed below or come out on your own for a 1 p.m. picnic lunch, followed by the traditional group ride back to the city. Tallman is on Route 9W, June 3 south of Piermont. Look for us in the North Hills Picnic Area.

A Leader: Joe Furman (201-692-8306). From the Boathouse at 8 a.m. OR the GWB/NJ side at 8:45 a.m. Another attempt to find Kilimanjaro. Although the mountain remains illusive, last year we almost found it. We'll take the famous "80 turns in 80 miles" trail. Note the early departure so we can meet everyone at Tallman to share stories of our adventure. Maps will be provided.
8:00/8:45 am 80-85 mi.

A- Leader: Carl Faller (212-740-5586). From the Boathouse at 8:00 a.m. OR the GWB/NY side at 8:45 a.m. We'll loop through Bergen and Rockland Counties on our way to the group picnic at Tallman. Join Joe Furman's "A" ride for the trip from the Boathouse to the GWB where the leader will be waiting.
8:00/8:45 am 65+/- mi.

B+ Leader: Herb Dershowitz (212-929-0787). From the Boathouse. An "A" route to Tallman at a "B+" pace. Probably most "B+" riders have not done this route before. It will be interesting.
9:00 a.m./65 mi.

B Leader: Dick Goldberg (212-874-2008). From the Boathouse.
9:00 a.m./60+/- mi.

B- Leader: Sandy Gold (212-222-4076). From the Soldiers and Sailors Memorial, Riverside Drive and 91st Street.
9:30 a.m./45+/- mi.

C+ Leader: Ken Weissman (212-222-5527). From the GWB, 179th St. and Ft. Washington Ave. Unusual route with locally-grown leader features "small mountain", offers "some challenge" and requires "your helmet". Rain cancels.
10:00 am/45+/- mi.

*** **

Fri.-Sun. **PENN DUTCH WEEKEND.** Leaders: Joe Furman (201-692-8306) and Beth Herman (212-689-7778). Explore the Amish country by bicycle! The longer we ride, the further back in time we travel. Cabin and motel-type accommodations are available at June 8-10 "Timberline Lodges" (717-687-7472). Reservations for the weekend are on a self-serve basis, so call the lodge quickly while there is still room (Fri. and Sat. overnight). After making reservations with the lodge, call Joe or Beth to receive the weekend itinerary. (Average dinner: \$10-95-\$14-95/entree. Excellent!)
All-Class

Sat. June 9 **SHOP TILL YOU DROP!** Leaders: Pat Houston (201-420-0513), Margaret Cipolla (718-275-6978) and Holly Gruskay (212-534-1156). From the Boathouse. Tucked away in Orange County is Woodbury Commons, a shopping haven known far and wide among both the male and female "Shop till you Drop" set. Today, we venture northward to lunch in Harriman, afternoon shopping (transportation may be provided for your purchases), and a Metro North ride back to NYC. Bring your Visa to Discover an Express shopping trip. Rain, wet roads or lost credit cards cancels ride.
A/A- 9:00 a.m. 70+/- mi.

Sat. June 9 **WESTCHESTER.** Leaders: Jeremy Herman (212-543-6472) and Mark Gelles (212-260-4382). From 242nd St. and B'dway (last stop on #1 and #9 trains). Ride through varied and beautiful terrain (estates, farms, Hudson River and New Jersey Palisades views). Good medium time and length work-out with 30 challenging miles before lunch (some tough hills). Then an easy, flat, social ride back. Call between 8:00-9:00 a.m. if weather is in question.
B/B+ 10:00 a.m. 45 mi.

Sat. June 9 **LEADERLESS "C".** Coordinator: Alex von Braun (h., 718-965-3552, w., 212-392-7337). From the Boathouse. Call by 10:00 p.m. Thursday, June 7, for route information and possible companions.
C 10:00 a.m./40 mi.

Sun, June 10 **300 km QUALIFIER FOR B-M-B '90 AND P-B-P '91.** Contact: Jeff Vogel (w., 212-265-2500, h., 718-275-6978). From AYH, A+/A/A- Amsterdam and 103rd St. Over the rolling hills of Westchester. 20 hour time limit. Lights mandatory. Nothing cancels.
2:30 a.m./186+/- mi.

Sun. June 10 **NOTHING FANCY...JUST NYACK.** Leader: Frank Rezac (212-595-8063). From the Boathouse. The usual ride to Nyack with an unusual route. Weather permitting, we'll have a picnic lunch. If you're kind to your leader, he'll do this again. A- 8:30 a.m./55-60 mi. Helmets required. Rain cancels.

- Sun. June 10 **NORTH SHORE RAMBLE.** Leader: Brian McCaffrey (718-634-1742). From the Statue of Civic Virtue ("E" or "F" subway C+/B- to Union Turnpike station. Our destination is Garvies Point in Glen Cove. We will hug the North Shore of Long Islands' Gold Coast and enjoy a picnic lunch near the beach. There are a few hills but we can walk them if need be.
9:15 a.m./45-50 mi.
- Sat. June 16 **ORANGE COUNTY PULP REDUCER.** Leader: Ron Grossman (212-598-4563). From the Boathouse. Here's a naïve idea, a juicy ride that'll fresh squeeze mileage from your legs in beautiful surroundings. Route includes 9W, Mine Road, 293, 218, Orange County Rte. 9, Arden Valley, and much of Harriman. We'll concentrate on hills. Several deli breaks. Call leader if interested in meeting us in Fort Montgomery (first town on 9W north of Bear Mt.) for shorter ride. A day without sunshine, i.e. Rain cancels.
A
6:00 a.m.
155 mi.
- Sat. June 16 **SO WHAT HAPPENED?** Leaders: Janet Klutch (212-724-8690) and Holly Gruskay (212-534-1156). From the Boathouse. The "A" Rides Coordinator was going to do a witty write-up for this ride at the request of the leaders. Then he made up some excuse about being very busy (and having run out of wit), but we'll lead a ride anyway. Oh yeah...Bergen, Rockland, maybe South Mountain Road (submitted by J.V.) Rain and wet roads cancels.
A-
9:00 a.m.
75+/- mi.
- Sat. June 16 **SEVEN LAKES ROTODENDRONS.** Leaders: Steve and Caryl Baron (212-595-7010). From the Boathouse. Maybe the peak was last week, maybe not. It's my favorite ride this time of year.
B+/A-
8:00 a.m./100 mi.
- Sat. June 16 **ROLLERCOASTER.** Leader: Christy Guzzetta (212-595-3674). From the Columbus Circle entrance to Central Park. Easy going, pretty ride to Playland in Rye. Lunch will be a picnic after we leave Playland. That's because we'll all be required to take one turn on the rollercoaster. If it's open, that is. Gosh, I hope it's closed! Rain cancels.
B
9:00 a.m./61 mi.
- Sat. June 16 **DAM VIA THE BIKE PATH!** Leaders: Sherri Gorelick (212-744-6699) and Alex von Braun (718-965-3552). From Woodlawn C (last stop on #4 train). Enjoy the bike path paralleling the Bronx River Parkway on the way to Kensico Dam. Lunch nearby.
C
10:30 a.m./45 mi. Rain cancels.
- Sun. June 17 **SUNDAY QUICKIE.** Leader: Mike Yesko (212-475-4007). From the Boathouse. If you can't get away for a full day of play because of family or business commitments, join me. 40-60 miles with one quick stop. Bergen/Rockland destination probable, group consensus will be entertained. No need to call; if I don't show, at least take some laps of the Park and don't hold a grudge.
A/A-
7:00 a.m.
40-60 mi.
- Sun. June 17 **80 MILES (MOSTLY UPHILL).** Leader: Irv Schachter (212-758-5738). From the Boathouse. Breakfast at Nyack, then to Bear Mountain and up Perkins to take in the view. Lunch at West Point then to Storm King (again for the view). Finally, over the Beacon-Newburgh Bridge for the train home. Bring \$8 and your Metro North Pass. Climbing will be done at a humane pace. Those who are exhausted may sit out the Perkins leg. The usual cancels.
A-
9:00 a.m.
80 mi.
- Sun. June 17 **5th ANNUAL NYCC NEWCOMERS' RIDE-WOOD DALE PARK, NJ.** Leaders: "B+"/63 miles: Brian McCaffrey (718-634-1742) and Alex von Braun (718-965-3552); "B"/58 miles: David Miller (212-794-9365) and Dick Goldberg (212-874-2008); "B-"/54 miles: Judy Koper (212-226-5712) and Sandy Gold (212-222-4076); "C+"/41 miles: Maggie Clarke (212-567-8272) and Melanie Yolles (212-749-4643); "C"/36 miles: Marilyn Merlob (718-797-0972) and Wendy Rossini; "C-"/33 miles: Irv Weisman (w., 212-241-4783) and Dorothy Fong (718-596-5776). This ride is designed as a worry-free ride for all, especially newcomers, (see article elsewhere in the Bulletin). The routes are through classic NYCC riding territory, with the physical demands following the ride classifications. All "B" rides will meet at the Central Park Boathouse at 9 a.m. All "C" rides meet at the GWB Bus Terminal (Ft. Washington Ave., and 178th St., "A" train to 175th St.) at 9:30 a.m. After a picnic lunch at Wood Dale Park (bring or buy nearby), the "B" groups will return via the established Club route and the "C" groups will split off near the end for an easier, stepwise climb to the top of the Palisades. No one gets dropped. 75% chance of rain cancels.
C- to B+
9:00/9:30 am
33 to 63 mi.
- Sat. June 23 **400 km QUALIFIER FOR B-M-B '90 AND P-B-P '91.** Contact: Jeff Vogel (w., 212-265-2500, h., 718-275-6978). From AYH, Amsterdam and 103rd St. A very challenging course - Whippoorwill, Northern Westchester and Danbury, CT. Lots of climbing - and you have to ride all night. 27 hour time limit. Lights mandatory. Nothing cancels.
A+/A/A-
3:30 p.m./248+/- mi.
- Sat. June 23 **THERE IS STILL HOPE.** Leader: "A"/Joe Furman (201-692-8306) and "B"/Dick Goldberg (212-874-2008). From Hope, NJ at 10:00 a.m. or car caravan from Tavern on the Green at 7:30 a.m. Leave it to me to find a bridge that crosses the Delaware River and is not on the map. Today we ride through picturesque Warren County, NJ and a bit of northeastern Pennsylvania. Call Joe Furman for directions.
A & B
7:30/10 a.m.
55 mi.
- Sat. June 23 **MOSTLY MOZART III.** Coordinator: Paul Minkoff (h., 718-937-6171; w., 212-532-9000). Leaders: To Be Announced. "B" and "C+" rides start at 9 a.m. at the Burger King at 179th and Hillside (end of the "F" line). "C" ride starts at the Great Neck LIRR station at 10:00 a.m. Ride to the Mozart Festival at the Planting Fields Arboretum in Oyster Bay. A discount is available for the concert tickets. For further information, call coordinator. ("A" level Mozart mavens welcomed to try a leaderless bootleg. RAIN DATE: June 24.
C/B
9:00/10:00
30-50 mi.
- Sat. June 23 **IN SEARCH OF MY FORMER DENTAL HYGIENIST'S SWIMMING POOL.** Organizer: Richard Rosenthal (212-371-4700). From the Boathouse. Holly has, as they say, married well, and spends the weekends at her Bedford Village country home, cooling off of a long summer's day in her pool. We will too. Limited to the first 12 to call.
A-
8:30 a.m./105 mi.
- Sat. June 23 **RATIONALE NEOGRAPHIC EXPLORER.** Leader: Alex von Braun (718-965-3552). From the Boathouse at 10:00 a.m. OR the GWB Bus Terminal, 179th St. and Ft. Washington Ave. at 10:45 a.m. Bounce tru da Joyzee boybs to strainch places. Delis available. Rain cancels.
C/C+
10:00/10:45/45-55 mi.
- Sun. June 24 **THORNWOOD DINER.** Leader: Christy Guzzetta (212-595-3674). From the Boathouse. Fast-paced ride up Route 9 and over some big hills to the Thornwood Diner. Fast-paced ride home down Grassy Sprain Road. Serious and leisurely hanging out at the hill upon our return.
A
9:00 a.m./67 mi.
- Sun. June 24 **CROSS STATE LINES (4 TIMES).** Leaders: Mark Gelles (212-260-4382) and Jeremy Herman (212-543-6472). From 178th & Ft. Washington Ave. GWB Bus Terminal ("A" train to 175th St. stop) at 9:45 a.m. OR 10:00 a.m. on the Jersey side of the GWB by stairs (parking 4 cars). Spin through Jersey Burbs, ride in a forest on Tallman bike path, then follow Hudson north for picnic lunch on river in Upper Nyack, climb and cruise home via 9W. Bring something to carry lunch for a few miles. If weather is in question, call between 8:00-8:30 a.m. WILL DEPART PROMPTLY AT 9:45 FROM 178th St.
B/B+
9:45/10:00
50 +/- mi.

- Sun. June 24 **POCANTICO HILLS.** Leader: Dick Goldberg (212-874-2008). From Jerome and Woodlawn Avenues (last stop on the No. 4 B subway). Classic Roy Lawrence route to Rockefellerland. Some hills.
10:00 a.m./50 mi.
- Sun. June 24 **PRANCING TO PIERMONT.** Leaders: Hindy and Irv Schachter (212-758-5738). From 1st Ave. and East 64th St., N.W. corner. In May, we visited the Duck Pond in Demarest. Now, we wave at our web-footed friends as we saunter past them on our way to Piermont. Bring or buy lunch. Rain cancels.
9:30 a.m./50 mi.
- Sat.-Sun. June 30 - 7/1 **RAILS & ROADS, FISHKILL, NY.** Contact: Elly Spangenberg (212-737-0844). AYH trip. Escape to the country via Metro-North. Ride along quiet country roads to Clarence Fahnestock State Park Campground. Camp overnight. Return ride through Lower Hudson Valley and then take the train back to the city. Metro-North pass necessary. Mandatory pre-trip meeting at AYH, Thursday, June 21, 6:30 p.m. Cost of trip: \$50.
C+/B-
- Sat. June 30 **MILLIONAIRES' RIDE.** Leaders: Marc Leveque (h., 718-461-5480) and Suzanne Rohr (w., 212-758-0900, h., 212-996-1263). From the Boathouse at 8:00 a.m. OR Yellowstone and Queens Blvd. at 8:30 a.m. Wealth and beauty is Eaton's Neck, the Italian Riviera of Long Island. The leaders made an extra effort to find pretty roads. Bring swim suit and sunscreen for we intend to be lazy for about an hour on the beach. Bring at least 2 water bottles and pocket food. Carbo load, please. Rain cancels.
A
8:00/8:30 am
100+ mi.
- Sat. June 30 **CROTON DAM.** Leader: Karl Dittebrandt (212-477-1387). From the Boathouse. We will go up through Westchester by a new route that is yet to be found. Lunch at the Highland Diner in Ossining and a return on Route 9. Rain cancels.
A/A-
8:00 a.m./75 mi.
- Sat. June 30 **NORTHPORT.** Leaders: Steve Antioian (718-651-3807) and Brian McCaffrey (718-634-1742). From the Statue of Civic Virtue. (E or F train to Union Turnpike station). Northport via Snake Hill. Picnic lunch in Northport Marina. Helmets please. If it's raining at 9 a.m., we'll meet at 11:00 a.m. for a shorter ride. If it's still raining at 11:00 a.m., meet on the second floor Clubhouse at Belmont at 1:00 p.m.
B/B+
9:00 a.m.
75+ mi.
- Sat. June 30 **PIERMONT PLUS POST-PRINTEMPS PPOMENADE.** Leader: Sandy Gold (212-222-4076). From the Soldiers and Sailors Monument, Riverside Drive and 91st Street. Check out the stately homes of Grand View on Hudson. Bring or buy lunch. Rain cancels.
C+
10:00 a.m./45 mi.
- Sun. July 1 **SUNDAY QUICKIE.** Leader: Mike Yesko (212-475-4007). From the Boathouse. If you can't get away for a full day of play because of family or business commitments, join me. 40-60 miles with one quick stop. Bergen/Rockland destination probable, group consensus will be entertained. No need to call; if I don't show, at least take some laps of the Park and don't hold a grudge.
A/A-
7:00 a.m.
40-60 mi.
- Sun. July 1 **BIKE TO BAYVILLE FOR BRUNCH ON THE BEACH.** Leader : Margaret Cipolla (718-275-6978). From the Boathouse at 8:30 a.m. or Queens Blvd. and Jewel Avenue at 9:15 a.m. This will be a schmozy, laid-back ride to Bayville. We may spend an hour or so on the beach to help erase our cyclist's tan. Rain cancels.
A-
8:30/9:15 am/65 +/- mi.
- Sun. July 1 **SHOW & GO!** Leader(s): You. From the Boathouse. Don't write, don't phone. Just show up at the Boathouse and make something up. If it rains, try again at 11:30 a.m.
B/9:30 a.m.
- Sun. July 1 **TAPPAN C+.** Leader: Alex von Braun (718-965-3552). From the Boathouse at 10:00 a.m. OR the GWB (179th St. and Ft. Washington Avenue) at 10:45 a.m. Lunch near Old Tappan. Pretty roads, few traffic lights, awesome company. What more to ask?? Rain cancels.
C+
10:00/10:45/45-55 mi.

Previews

- July 7-8 **600 km Qualifier For B-M-B '90 and P-B-P '91.** Contact: Jeff Vogel (w., 212-265-2500, h., 718-275-6978). From AYH, Amsterdam and 103rd St. This ride was the unofficial ride of the year last year-because of the scenic beauty and the monster climbs. Bring low gears (or sneakers to walk up the mountains.) Baggage drop, overnight accommodations and some food supplied, approx. cost is \$40. A non-refundable deposit of \$20 is required by June 15. There will be a shorter option of 135 miles on each day for those who would only like to climb some of this course. Call early, space is limited. Nothing cancels.
A+/A/A-
3:30 a.m.
270 mi. to
375 +/- mi.
- 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!
- July 28-29 **Delaware Water Gap.** Leader: Maxim Vickers (718-728-7179). Class: A. Mileage: 270. The 12th annual Delaware Water Gap Tour. 270 breathtaking miles of NY, NJ and PA is scheduled for July 28-29 in order to give the randonneurs some rest after their 600 km trial. Beautiful scenery, great food, awesome riding. Those interested should contact the leader.
- Sept. 6-13 **Germany.** Leaders: Steve and Caryl Baron (212-595-7010). 8 days, 7 nights, 6 breweries, 5 rivers, 4 churches, 3 wineries, two lakes, and a trout. 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 -- space is limited.

Going to GEAR? Please call Paul at 718/937-6171 (h) or 212/532-9000 (w).

Newcomers' Ride

Sunday, June 17, 1990

by Irv Weisman

The Newcomers' Ride was initiated by Debbie Bell in 1986 in order to provide new members with a supportive entry into the NYCC riding program. Initially, the ride was held in Westchester, but for the last three years the rides were moved to scenic Bergen County, NJ making use of a series of loop rides developed over the years by Irv Weisman. This year Irv is coordinating the rides with cooperation of the B and C Ride Coordinators and other ride leaders. All club members, of course, are invited to participate, to socialize, and to lend encouragement and camaraderie to this event.

The basic idea is to provide a series of rides that share many miles in common so that (a) if anyone falls behind, s/he can be swept up by the next group coming along at a slower pace, and (b) to provide designated branch points where riders can wait and then join a slower and shorter ride which branches off at that point. Newcomers can thus feel comfortable that they won't be lost somewhere, miles from home, with no one to guide them.

We will enjoy lunch together in Wood Dale Park (bring it or buy it one mile away) where we can picnic at tables or in the grass at the edge of a duck pond.

The Newcomers' Ride will have six sections, from B+ to C-. If you are a new member, to make an intelligent choice, we advise you to do a self-classification ride in Central Park as described on Page 2 of the *Bulletin*. The results will indicate the class of ride in which you should feel comfortable. If you can't make the time to do it, then be conservative in your choice. In particular, if you have not ridden 25 mile rides this season, please select one of the rides starting at the George Washington Bus Terminal rather than any of those starting in Central Park. Their mileage and speed will be too much for you at this time. Also, check the Ride Guidelines for advice, and be sure that to have a good breakfast that day; you'll need it.

A final note of caution to casual riders, those who do not ride or train during the week. If your bike has only 10 or 12 speed, with 52 and 42 tooth chainrings, it may prove to be inadequate for the hills we encounter in New Jersey. Can you climb the hill at the Northern end of Central Park with ease? If so, you may have no worries. But, if you perceive that hill as "quite demanding" even when you are in your lowest gear, then you are inadequately geared for comfortable riding in NJ, and you will not be able to ride the club's intermediate distance rides (50 miles or so) without potential damage to your knees. No matter how level the ride in NJ is, we always have to climb back to the top of the palisades at the end of the day. If your bike is

inadequately geared, talk to Irv during the lunch stop for suggestions to correct the condition. It's his contention that bike manufacturers are advised by racers, former racers, and other strong riders, and they know little about the gearing needs of the general public. And the same is true, unfortunately, for most bike shop mechanics. Irv, an engineer and long time "gear freak," has helped many club members achieve effective wide range gearing which enables them to ride on most terrain without worry. Some of his recent advisees will be leaders on the Newcomers' Ride; talk to them, too.

The Road Less Traveled

by Paul Minkoff

Many of us are familiar with the standard club routes out to Long Island or up to Westchester—and to get to the nicer areas we endure riding on such roads as The Grand Concourse or Queens Boulevard. This article, and those to follow, will suggest alternative routes that while they may be more circuitous are also more enjoyable. After all, it's the journey, not the destination that matters (except perhaps Montauk). Three characteristics of these routes are greenery, less car traffic and new pavement. If you have a favorite byway in your area that you have recently scouted, please contribute to future editions of this feature.

Quick Releases

by Janet Kronstadt

Finally, cycling weather is here (more-or-less). On Angel Rivera's and Herb Dershowitz's snappy A-ride to Nyack by an unusual route, on Saturday, May 12, someone commented that "It was warmer than this in MARCH." True, it wasn't suntan weather, but at least it wasn't raining. It did rain the next day, canceling all rides.

The SIG riders are riding hard and riding in an extremely orderly fashion. All those soon-to-be-A-riders, who will be joining the regular A-rides, are WELL-DISCIPLINED, and can handle double, single, and rotating pacelines. They will probably show up some veteran A-riders.

Some are putting in LONG hours and miles to prepare for BMB and/or the Markleyville Death Ride, the latter involving the climbing of no less than five mountain peaks under often extreme weather conditions. It sounds like great fun.

No new romances have arisen in NYCC during this past month, unless they have been kept very quiet.

Bulletins...

New Lines In Central Park

Many members have noticed the addition of newly painted bicycle lanes along the south loop in Central Park, from 6th Avenue & 59th Street to 5th Avenue & 72nd Street. So have the commuters and taxi drivers who have complained. If you appreciate this new bike lane, make your voice heard too! Write to Lucius Riccio, Commissioner, Department of Transportation, 40 Worth Street, New York NY 10013.

Construction in Manhasset

For any ride leaders planning to use Park Avenue in Manhasset, it's not recommended between Plandome and Thayer (East of Thayer it's fine.) Take Andrew east to Ryder. Turn Left. Ride through "dead end." Turn left on Thayer. Turn right on Park Avenue. Westbound, turn left off of Park onto Manhasset Woods Rr., turn right on Ryder, ride through "dead end" and turn right on Andrew. —Paul Minkoff

Let's Try It Again Later

We had a lot of B rides called due to rain last year. Many rides were canceled because it was pouring at the scheduled start time. But later in the day the weather would clear. How about listing an alternate starting time later in the day in case of rain? —Dick Goldberg

NYCC Club Jerseys

Congratulations to Mike Samuel whose design for a Club Jersey was selected by the members at the May meeting. With over 30 great designs it was hard to select a winner. Thanks to runners-up Michael Tumi and Margie Hoffman and to all those who submitted designs. Prices and ordering information will be available at the June meeting and in the July *Bulletin*.

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President's Message

Christy Guzzetta

We have A rides, B rides, and C rides. Whether it's a leisurely ride that stops every half hour or so—or it's a fast hard ride that makes no stops at all, each of these classifications form a critical element of the New York Cycle Club. Each category represents a type or riding, a joy of cycling, a bike riding personality. And it is all of the A riders, B riders, and C riders—all of them bicycle riders—that form the fabric of our Club.

I have had the opportunity to lead a few from each category these past few years. Along the way, I have noticed a bit of competitive spire within each classification. My unscientific studies have concluded that the percentage of C riders who truly believe that A and B riders don't know what they are missing equals the exact percentage of B riders who truly believe that B and C riders are not experiencing the joys of cycling.

I have found that on B rides, there are always a couple of people who think the ride is too fast and a few who think it is too slow. Same phenomenon occurs on C rides—some feel it's too fast, some feel it's too slow. Do I have to tell you what happens on A rides? Same exact thing.

I think, therefore, for the most part—we're all little children at heart.

How fortunate we are indeed!!!

Your Accident is Important to Us

Recently, our universally admired Lou Berardinucci, a cyclist for many years in all kinds of traffic, was involved in an auto accident while returning home on a club ride, and had to be hospitalized. Over the years, several club members have had accidents with autos, at least two of which were fatal. There have other accidents, some bike-bike, others solo. I've had two accidents during the past ten years, on reflection, one due to my own "incaution" and one to greed for a high speed ride down Clinton Ave.

The August club program will be devoted to sharing experiences and insights of members who have had accidents. There may be a few common threads of behavior which either predisposed us to an accident or which could have avoided the accident. If you had a biking accident, your experience and reflections will be instructive to all of us, and may help someone avoid a future accident. Please get in touch with if you are willing to share your experience personally, or to give me the details of your story for recounting at the meeting. Call me at (212) 241-783 (day), or (212) 562-298.

—Irv Weisman

No Tech Tips Raising Your Limits

by Bob Moulder

A couple of months ago most of us began riding regularly again with the goal of re-establishing last season's fitness level. At first we huffed and puffed up hills as our lungs and cardiovascular systems were reacquainted with our demands for increased output, and our leg muscles were sore from the effort. But in a relatively short time the hills seemed to come easier and our legs were able to turn bigger gears as we approached our desired fitness level.

But what if you want to go faster or further than last year, or climb hills better? Depending on your fitness level last year and the amount of desired improvement, more effort will be required, possibly quite a bit more. The many factors which affect our cycling performance potential include, but are not limited to, 1: personal physical characteristics such as cardiovascular capacity, muscle composition, food metabolism rate, body build, and a host of others, 2: quality and amount of training, diet, time allowed for recovery, and 3: psychological factors such as general mental outlook (positive/negative), ability to cope with discomfort (I don't call it "pain" because that's a relative term), and ability to focus or concentrate on the task at hand.

Although our individual *maximum* physical potential is determined before birth, most of us have never come close to achieving it. It doesn't take a great leap in logic, then, to conclude that most of us have plenty of room for improvement within our absolute physical limits (although most of us are already way above the "Couch Potato Baseline"), and it stands to reason that with proper training, attention to technique, and a positive mental outlook, there is no reason for any of us not to be able to achieve at least a modest improvement in our riding abilities.

In his excellent article in last month's Bulletin, titled "If you don't think you can, you probably can't," Joe Furman pointed to the final frontier which must be crossed on the way to improved performance—our own minds. Joe wrote that in order to improve, we must "master the art of focusing and controlling (our) psychological potential." While some people consider this concept a bunch of Zen gobbledygook, training programs for elite athletes in nearly all sports now address the psychological aspects of physical performance, which involves focusing on how the body feels during high-level physical activity, and a rather large industry has developed around the concept that your mind can translate what it sees into actual improved technique, as with the videotapes offered by "Cybervision" for skiers, tennis players and golfers.

If you don't think this concept has any merit, the next time you get a chance, watch the high jumpers and pole vaulters at a track meet as they go through their events, and you'll see both aspects of this concept (physical and technical) played out in a matter of seconds. Think back to Joan Benoit's marathon in the 1984 Olympics, as she displayed total mental control over the heat on the course and pain from an injury on the way to a dazzling performance. Remember "The Ride" of Greg LeMond, possibly the purest example of positive motivation in recent years.

So how can we use these concepts?

First, we must recognize the fact that our bodies' physical performance potential is higher than at present, then adopt the positive "can-do" attitude that with proper training improvement is inevitable.

Second, we must accept the fact that as we demand more of our bodies they will initially register their protest by huffing, puffing and becoming sore (remember those early-season miles), then gradually adapt to the higher performance we ask for. At the same time, the "discomfort threshold" will be pushed back further and further.

Third, we must pay close attention to learning proper technique for gearing and cadence by observing and copying the habits of good riders (think of this as a cheap form of Cybervision), then focus on these while relaxing the upper body as we ride.

As you do all these things, you'll begin to discover that "PAIN" will move way down on the list of things you think about while riding; you may even come to think of it as "knocking on the door of improvement."

NEXT MONTH: NUTS AND BOLTS

Major Tips For Minor Injuries

by Dr. Lorraine Parker

Spring is here and promises warmer and longer days. I look at my bicycle and the line, "Just can't wait to get back on the road again," from Willie Nelson's *On The Road Again* is singing in my head.

After the winter hiatus, muscles that are stiff and tight as a new pair of shoes need to be coaxed to flexibility. Therefore, increase your weekly training speed and time slowly. Sports injuries can be prevented. If an injury occurs, however, here are some tips for a quick recovery.

The most common injury over-eager bicycling enthusiasts encounter is called *Delayed-Onset Muscle Soreness* (DOMS). It starts about 24 hours after a strenuous ride. Your legs ache and with every step it feels as if they're being stretched on a torture rack. Physiologists believe DOMS are a symptom of microscopic tears to muscle tissue, after sudden high-intensity exercise, and does not lead to long-term damage. Increase your training gradually and DOMS can be prevented.

NEW YORK CYCLE CLUB BOARD MEETING

(Tuesday, April 3, 1990)

Present: Debbie Bell, Carlos Cardona, Arlene Ellner, Bob Foss, Dick Goldberg, Christy Guzzetta, Beth Herman, Hannah Holland, Cliff Kranish, Jeff Vogel

Absent: Simone Smith, Alex Von Braun

The March meeting minutes were approved.

The minutes of the board meetings are abridged to save space in the bulletin. Because of the process of board approval, they are posted late. Unabridged minutes are available by contacting the secretary and providing a self-addressed stamped envelope.

Simone will look into a more concise layout for ride listings.

It was suggested that board members give reports at the membership meetings. Because if something needs to be said to the members it gets said it was agreed to save the meetings for the members.

NYCC requires members to be at least 18 years old. Why? According to Chris Mailing, 15 years ago many Westchester rides stopped at every bar. While our insurance policy does not have an age provision the board reaffirmed the requirement that members be at least 18 years of age.

Dick will develop a questionnaire to poll membership needs.

As of this board meeting, 363 members have renewed of 987.

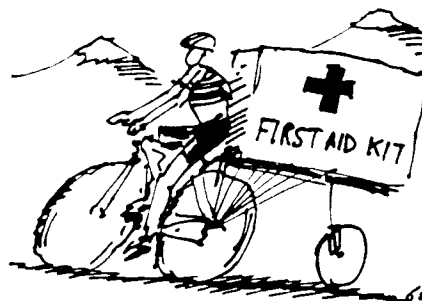
Because some non-members are requesting complementary copies of the bulletin on a regular basis, complimentary bulletins will be stamped as such. A notice indicating the policy of one issue complimentary issue per year will be sent to people continuing to request additional issues.

NYCC will receive \$5 for each new NYCC member who joins LAW through June 1 using a form published in the *Bulletin*.

Peter Kleinschmidt has volunteered to sell advertising in the *NYCC Bulletin*.

An orientation package for new members was discussed.

The meeting adjourned at 9:05 PM.



—BIKECENTENNIAL

There is no proven treatment for DOMS but not exercising for five to seven days can ease the discomfort. However, new research indicates "active" rest may be better. So, like falling off a horse, get back on your bicycle and ride again at a *much lower intensity*. If DOMS are uncomfortable and a pain reliever is necessary, don't reach for aspirin or ibuprofen (ADVIL). These drugs may interfere with muscle repair and prolong soreness. Aspirin or ibuprofen block the body's production of prostaglandins and these substances stimulate the repair process. Acetaminophen (Tylenol) has no anti-prostaglandin effect and is the best choice for muscle soreness.

Biker's knee is another common injury and is an inflammation of the tendons around the knee. Knee injuries occur either when the saddle height is wrong or the gears are too high. A proper saddle height allows your knee to be slightly bent at the bottom of the stroke (about 30°). Also, avoid riding slowly in high gear. This increases the pressure on your knee joints and decreases the aerobic benefit. Ride in low gear and aim for a regular cadence of 70 to 80 revolutions per minute.

When an injury occurs, the dilemma is whether to apply ice or heat. The consensus, among sports physicians, is ice therapy for at least 48 hours. Start ice treatment as soon as possible after an injury. Ice dulls the pain and reduces blood flow so there is less internal bleeding and swelling. For the first two days, apply ice for 10 to 20 minutes every hour or two during waking hours. An ice massage (place ice cubes or crushed ice in a heavy plastic bag and gently massage the area) is recommended. If ice is left on an area too long, beyond 20 minutes, it can cause injury. This is especially true of an elbow or knee where nerves are near the surface and can be damaged by prolonged exposure to cold. Even though chemical ice packs are available, plain ice is the cheapest and best choice.

Remember the acronym RICE to reduce swelling, especially in severe injuries: Rest the injury; apply Ice; apply Compression; and Elevate the injured area above the level of the heart. And, think aspirin or ibuprofen (anti-inflammatory effect) to relieve pain and reduce swelling for minor sprains, strains and tendinitis (biker's knee).

Use heat for 20 to 30 minutes, two or three times a day, only after any swelling has subsided. Heat helps relieve pain, relax muscles and reduce joint stiffness.

Should you see a doctor? Only if any of the following symptoms persist: stabbing or radiating pain, numbness or tingling, significant swelling, or inability to move the injured part. Other wise self-care, which is usually what the doctor recommends, can be done by the patient.

Ultra-Marathon Rambling

by Jeff Vogel

More proof that cycling is becoming trendy: *Playboy* had an article in their June 1990 issue about cycling with lots of pictures of very expensive bikes with the latest in technology - tri-spokes, aero bars, etc. The section titled "Bike First Aid" had an interesting comment. "Every time you ride, check tires, brakes and lights." I guess the article is intended for ultra-marathon cyclists who ride all night. Also, you'll notice that the model on page 125 is missing the cleats to her shoes. She's missing other parts of a complete cycling wardrobe, but those are much more noticeable.

For those of you who may be interested I've found a way to get a new frame every year, that doesn't cost anything. If you haven't already heard, my Specialized Carbon Fiber frame came unglued at the bottom bracket, after 11 months. It seems to be a fairly common problem, especially for Specialized. They know about the problem and will replace any frame that comes apart with a brand new one. It's a great way to start every season with a nice clean frame. Now, I just need to find a way to get them to clean my chain and fix my flats.

On the first weekend in June, many of you will be taking a nice, leisurely ride to Tallman State Park for the first of the Club's All-Class Rides. However, some of us will be in Johnstown, New York participating in a 24 Hour Race. Approximately 12 **New York Cycle Club** members will be trying to reach their limits and have set goals of 200 to 400 miles. I'll have a full report at the June Club meeting.

After that, many of the same people will be participating in the Boston-Montreal-Boston and Paris-Brest-Paris qualifiers. All of the rides are extremely challenging because of the distance and terrain. The 600 km qualifier on July 7 and 8 though, has been set up so that there are various shorter options available. The full ride is approximately 220 miles on Saturday and another 160 on Sunday. It climbs several major passes in the Catskills such as Mohonk Mountain, Peekamoose, and Slide Mountain. The scenery is spectacular. Because the route criss-crosses the Catskills it is possible to reduce the route to either 140 or 175 miles on Saturday and to 135 miles on Sunday. Of course, if you take one of the shorter options you won't qualify for P-B-P or B-M-B, but you will have a great time. Sag support, baggage shuttle, overnight accommodations and lots of food will be supplied. Be there!

The ultra-marathoners of the NYCC would like to express their gratitude to Allen Aronovic, for supplying us with Ultra Energy. Allen, a NYCC member, and occasional ultra-marathoner, recently opened up a fitness center/bike shop, called Pedal and Pump, at 51 Tokeneke Rd, Darien, Ct. They have state-of-the-art training equipment by

Cybex/Eagle, Nautilus, Bodymaster, Life-cycles, Stairmaster, etc. The pro bike shop features bikes by Cinelli, Bottechia, Scapin, Somec and Bianchi. Pedal and Pump's emphasis is on quality and service. If you're in Darien, why don't you stop by.

Roughing It With The Pros

by Holly D. Gruskay

For the last eight years, the Wolverine Sports Club of Detroit has run a spring cycling training camp in Orlando, Florida. Designed with the racer in mind, the camp serves a dual purpose: to train their full-time amateur racers and coaches, while at the same time introducing the Wolverine training regimen to riders from outside the Detroit area. The Wolverine Sports Club was founded by Mike Walden, and over the years has produced a number of top U.S. riders. Their Florida School of Cycling is run by Dale Hughes (an officer of the USCF), features top-drawer coaches from the Midwest, and has been warmly embraced by the USCF as one of the finer schools in the country. According to Dan Birkholz, USCF National Development Coach, the Wolverine Camp will become more closely tied to the Cycling Federation in years to come. (I rode with Dan at camp.)

The training site itself was Camp Challenge in Sorrento, an Easter Seals facility for the handicapped which featured all the essentials, pool included. The fare was hi-carb and basic, however, the plain accommodations and diet allowed us campers (ages 14-55) to focus on the real agenda: spin, skills, and base miles. By day we rode, and after dinner we had a lecture, on such topics as hill-climbing, racing strategy, or nutrition. The week was intense and spirits rose high.

The campers formed an interesting cross-section, traveling from diverse places such as New Haven CT, Culver City CA, and Caracas Venezuela. From New York we were five: Karin Fantus, Mark Roland, Marty Wolf, myself, and Hector-the-Messenger from Kissena Club. The heaviest concentration of riders hailed from metro-Detroit and Indianapolis. Although racers composed a full 70% of camp, even we non-racers learned skills which have definite daily application: cornering (around sand), plunging (pot-hole avoidance), various hill-climbing techniques (sprinter's vs. long hills), and open/closed pacelines.

As a graduate of Christy's SIG class of 1988, I recommend the Wolverine course as a natural follow-up to anyone seriously interested in improving their bike-handling technique. The Florida School is an inexpensive (\$250/week land inclusive) week which may be low on mileage, but is high on technique and esprit-de-corps.

The Florida School of Cycling is held in March, and questions may be directed to Dale Hughes (313) 652-0511.

Classifieds

FOR SALE

Beautiful Tommasini 58 CM Red Prestige, SLX frame. Excellent, new condition. Campy with Omega Strada clincher rims. \$650. Call Andy (212) 861-3621.

SEROTA COLORADO CAMPAGNOLO Edition 52 cm, White/Blue, Tub & Clinch tires; All C-Record; Campi & Dura Ace Freewhl, \$1800 firm (718) 760-3740 (eve).

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VITUS 979 53 CM full DuraAce \$1000. Vitus 979 51 CM full DuraAce \$1000. Vitus Carbon 9 51 CM full DuraAce \$1900. Call Mendel (718) 972-1049.

The Great New York Cycle Club Survey

Every 53 years or so we check in with the membership to find out what you might want in a bicycle club. Please spend some time with this and return it by June 12 at the membership meeting or mail to Dick Goldberg, 175 W. 76th St, New York NY 10023.

Meetings: What would make you attend?

- ☐ Location change
- ☐ Different food options
 - ☐ Salad ☐ Sandwiches
- ☐ Start later ☐ Start earlier
- ☐ Shorter ☐ Longer meetings
- ☐ Different night

Programs:

- ☐ More touring
- ☐ More racing
- ☐ More fitness
- ☐ More product demos
- ☐ A night of how-tos:
 - ☐ Wheel-building
 - ☐ Flat fixing
 - ☐ Leading
 - ☐ Tour Planning
 - ☐ Gearing
 - ☐ A swap meet
- What else?

Special Interest Groups

We have had the A and B SIGs, and a Woman's racing SIG. What do you want to know more about or do better?

Social Events:

- ☐ A parents and kids event.
- ☐ An event sponsored with another club.
- ☐ More off-bike events, like hiking or skating.
- ☐ What else?

Special Events

- ☐ Starting our own NYCC Rally? Tour de Nyack? de Diners?

Community Involvement

Maybe take some kids on a ride or tie in with the Parkes Department to inspect bikes, or give out "Don't Bike in Flower Beds" flyers. What's your idea?

Rides: What do you think of our rides?

- ☐ Where would you like to go on a day ride?

- ☐ How about car-tops or bus-bellies? Where to?

Weekend Trips:

- ☐ More of them. Where?

Longer Trips: You tell us.

What Else?

You! What can you do for us? The more you're involved, the more the club is yours. If you've a skill or interest or excess time and enthusiasm and some special project appeals to you let us know. We'll find something to keep you busy.

NYCC Membership Application

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 _____ Check Amount _____ ☐ New ☐ Renewal ☐ Change of Address

Where did you hear about NYCC? _____

Circle if applicable: I do not want my (Name) (Phone Number) published in the semi-annual roster.

Other cycling memberships: ☐ AMC ☐ AYH ☐ Bikecentennial ☐ CCC ☐ CRCA ☐ LAW ☐ TA ☐ _____

1990 dues are \$17 per individual, \$23 per couple residing at the same address and receiving one bulletin. Members joining after Labor Day pay one-half (\$8.50 individual, \$11.50 couple). Mail this application with a check made payable to the **New York Cycle Club**, P.O. Box 199, Cooper Station, New York N.Y. 10276.

New York Cycle Club Monthly Meeting

(Open to all members and non-members)

O'Hara's - 120 Cedar Street (1 minute walk south of the World Trade Center)
Our private dining room is one flight up from the bar.

Tuesday, June 12

6:00 Drinks

7:00 Dinner

8:00 Announcements

8:30 Program

Meat, fish, Chicken \$11.00

Vegetarian \$ 8.00

\$2 Surcharge for food tickets
purchased after 7:00.

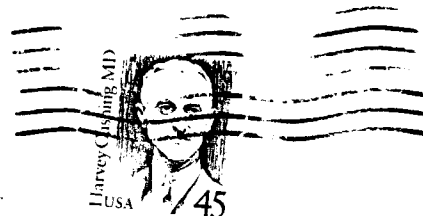
Non-diners are seated separately.

So You Think You'd Like to own a Bike Shop?

A discussion by the owners of **Bicycle Habitat**, **Conrad's**, **Northfield Cycle**, **Pedal Pushers**, **Stuyvesant**, and **TOGA**.

What are the pleasures and aggravations of running a bike shop? How much do they really make? (You won't find out but may develop some sympathy for their expenses and low mark-up.) Is it true you can't work as a mechanic unless you're missing a thumb and some fingers? What do the owners think of you when you walk in wearing a Nashbar logo, waving a Performance catalog, quoting prices from Colorado Cyclist? You get to bitch at the owners; they get to bitch back at you.

New York Cycle Club
Hannah Holland
211 W. 106th Street - Apt 8C
New York N.Y. 10025



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