

September  
1990

SEPTEMBER 1990

# NYCC BULLETIN

## BEACH RIDES



# 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 Cliff Kranish, 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 and 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 212/593-2228 (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.

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

© Copyright 1990, NYCC. All rights reserved.

Cover Artist: Mike Samuel

**Deadline for October issue: September 11**



# New York Cycle Club

P.O. Box 199 • Cooper Station • New York NY 10276

☎ (212) 242-3900

<b>President</b>	Christy Guzzetta	(212) 595-3674
<b>V.P. Programs</b>	Richard Rosenthal	(212) 371-4700
<b>V.P. Rides</b>	Simone Smith	(212) 773-6928
<b>Secretary</b>	Bob Foss	(212) 864-6182
<b>Treasurer</b>	Debbie Bell	(212) 864-5153
<b>Public Relations</b>	Carlos Cardona	(212) 581-2858
<b>Membership</b>	Arlene Ellner	(212) 677-3306
<b>Circulation</b>	Hannah Holland	(212) 666-2162
<b>Bulletin Editor</b>	Cliff Kranish	(212) 473-6745
<b>A-Rides Coordinator</b>	Jeff Vogel	(718) 275-6978
<b>B-Rides Coordinator</b>	Dick Goldberg	(212) 874-2008
<b>C-Rides Coordinator</b>	Alex von Braun	(718) 965-3552

## Guidelines for Club Rides

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

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

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

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

**Cliff Notes:** There's a "new face" in the Bulletin this month, a proportional spaced Times Romanesque that lets us fit a bit more in. So we'd like to hear about your bicycling vacation. Also, next month is the semi-annual Roster and Reference issue, last published in July. Are there any omissions? Or corrections needed? Let me know by the September club meeting. It should be getting a bit cooler by now, and I'll be on the road more. And remember, September is "National Century Month."

# RIDES THIS MONTH

- Wednesdays AA TRAINING ACROSS THE BORDER.** Leader: Joe Furman (201-692-8306). Meet at 6:30 p.m. in Teaneck or anywhere along Route 505. The usual formula is 25-30 miles in 85 minutes. Because of the shorter days, we'll aim for 20-22 miles in one hour. If interested, call for details.
- Weekday evenings B/C; 7:00 p.m.; 15+ mi. PROSPECT PARK EVENINGS.** Leader: Alex von Braun (h., 718-965-3552, w., 212-392-7337). From 9th St. and Prospect Park West. Join me for a car-free hour or so while the light lasts. Tuesdays through Thursdays are best. Call.
- Sept. 1-3 Sat.-Mon. WINNIPESAUKEE WEEKEND.** Dirt cheap accommodations on New Hampshire's largest lake. Call Paul Minkoff at 718-937-6171.
- Sat. Sept. 1 A/60-80 9:00 TRUST ME.** Leader: Joe Isuzu. From the Boathouse. The first 5 miles will be flat, then it will be all downhill the rest of the day. Lunch will be catered by Lutece. A new Merckx will be given to the first 1000 finishers; Pinarellos will be given away as consolation prizes. We'll keep a reasonable pace, no one will be dropped and there will be no hills. Nothing cancels - I guarantee the weather will be perfect.
- Sat. Sept. 1 B/60 10:00 NYACK PARK PICNIC.** Leader: Sandy Gold (212-222-4076). From the Boathouse. A solid "B" pace along scenic roads - a minimum of hills. Bring or buy lunch at health food store and carry it a couple of miles. Helmets required. RAIN DATE: Sunday, Sept. 2.
- Sat. Sept. 1 C/C+/45-55 10:00/10:45 BACK TO SCHOOL SAIL.** Leader: Alex von Braun (718-965-3552). From the Boathouse at 10:00 a.m. OR 179th St. and Ft. Washington Ave. at 10:45 a.m. STUDY as she goes! PORT age your self as the STAR on BOARD, as we enjoy tailwinds (scheduled, anyhow) to points north (Jersey, that is). Helmets required. Serious rain cancels.
- Sat. Sept. 1 C-/C/30+- 10:00 GREAT NECK, NASSAU CO.** Leader: John Mulcare (718-672-5272). From the Burger King parking lot at 179th St. and Hillside Ave., Queens (last stop on the F train). Carry your lunch or buy it at a deli across the street from the park where we eat. If the weather is not cooler than it was in August, we may skip the usual sidetrips we normally take on this trip. The time saved might better be used hunting down a park we ran into a couple of years ago that has showers for the kids (all sizes). You won't regret having worn a bathing suit under your cycling outfit; also bring a towel. Call John before 8:30 a.m. if the weather is questionable. Rain cancels. RAIN DATE: Sunday, Sept. 2
- Sun. Sept. 2 A-/60-70 9:30 LONG ISLAND.** Leader: Mark Irwin (718-251-0793). From the Statue of Civic Virtue (Queens Blvd. and Union Turnpike/ E or F subway to Union Turnpike station). For those of you still in the city this weekend, we'll head out to Long Island. Destination and distance to be determined by the group and the temperature. Rain cancels.
- Sun. Sept. 2 C+/B-/55+- 9:15 GET IN THE SWIM (BAYVILLE).** Leader: Don Passantino (718-446-9025). From the Statue of Civic Virtue (E or F train to Union Turnpike station). Off to Bayville for a picnic on the beach! Bring a swimsuit and towel.
- Sun. Sept. 2 C/10:00 a.m. LEADERLESS "C" RIDE.** Coordinator: Alex von Braun (718-965-3552). From the Boathouse. Call for ideas, possible leaders.
- Mon. Sept. 3 A+/A/64 8:00 ROLL-N-ROCK.** Leader: Bob Moulder (212-682-5669). From the Boathouse. We'll roll up 9W to Rockland Lake Park for a loop, then stop in Nyack for breakfast on the way back. At participants' discretion, we may throw in River Road and/or Bradley/Tweed. Sweet-n-simple, home by 1 p.m. The usual cancels.
- Mon. Sept. 3 B/9:30 SHOW AND GO!** Leader(s): You. From the Boathouse OR the Statue of Civic Virtue (E or F subway to Union Turnpike stop). Don't write, don't phone. Just show up and make something up. If it rains, try again at 11:30 a.m.
- Mon. Sept. 3 C/C+40-55 10:00/10:45 LABOR PLAY.** Leader: Alex von Braun (718-965-3552). From the Boathouse at 10:00 a.m. OR 179th St. and Ft. Washington Avenue at 10:45 a.m. Wrap up the weekend with a quick spin out of the city. Probably Jersey. Serious rain cancels.
- Sat. Sept. 8 A+/A/70 9:30 DEVIL'S KITCHEN.** Leaders: Jeff Vogel and Margaret Cipolla (718-275-6978). From the Jamesway/Grand Union parking lot off NYS Thruway Exit 20 at 9:30 a.m. sharp. The ultimate climbing challenge. See who in the Club will wear the polka dot jersey. We'll do the toughest climb this side of L'Alpe d'Huez first, regroup at Hunter Mountain for brunch, and then split into two groups for a 50 mile loop back to the start. Call early if you need or can offer transportation. RAIN DATE: Sun., Sept. 9.
- Sat. Sept. 8 A-/65-70 8:00/8:45 NORTH SHORE, OYSTER BAY-SAN JUAN HILL!!** Leader: Mark Martinez (718-726-7644 before 10:00 p.m.). From the Boathouse at 8:00 a.m. OR 8:45 a.m. from Queens Blvd. and Jewel Ave. Enjoy a classic ride through the rolling hills of the North Shore with a side trip to Theodore Roosevelt's Sagamore Hill digs. A bully ride. (Note: this is a joint ride with the Long Island Adirondack Mountain Club - meet new faces and skiing buddies for the winter. The usual cancels.
- Sat. Sept. 8 B/B+/45 10:00 WESTCHESTER.** Leader: Jeremy Herman (212-543-6472). 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.
- Sat. Sept. 8 B-/51 9:15 ROUND HILL ROUNDABOUT (Lower CT).** Leader: Charlie Morris (914-693-2580). From the Round Hill Community Center (park only in rear lot). Take Hutchinson Parkway to Merritt Parkway in CT to just after first gas station in CT, Exit 28 (Round Hill Road). Turn left at street. Go 9/10 mile uphill, turn right. OR take Metro-North (pass necessary) to Greenwich and ride the 3 miles to Round Hill Road (check train schedule). A very scenic ride through estate country. Heavy rain at start cancels. Joint with CCC of Westchester.

- Sat. Sept. 8 **BIKE TO BEETHOVEN.** Leaders: Paul Minkoff (718-937-6171) and Carlos Cardona (212-581-2858). Call leaders for starting time and location. No cheap seats this time, unlike Mostly Mozart. Discount of 10%-20%, depending on how many people send cheques in advance. Without discount, tickets are \$15.00. Make cheque, with your address on it, payable to "Friends of the Arts" for \$13.50. If the discount exceeds 10%, money will be partially refunded. Tickets are good for either Sept. 8th or 9th. Full refund if rained out both days. Mail cheques to Paul Minkoff, 39-15 46th St., L.I.C. Queens, NY 11104.  
B/C
- Sun. Sept. 9 **1990 HUDSON VALLEY CENTURY.** Sponsored by: Mid-Hudson Bicycle Club. From: LaGrange, NY. Rides ranging from 25 to 125 miles. Bike through the rolling terrain of rural Dutchess County. Sag support and food provided. Cost is approx. \$9. For more information, contact: Erna Wilcox, 12 Hudson Drive, Hyde Park, NY 12538, 914-229-5618.  
A/B/C  
25-125
- Sun. Sept. 9 **SUNDAY QUICKIE.** Leader: Michael Yesko (212-475-4007). From NY side of Staten Island Ferry to catch 7:30 a.m. boat. This is Jody Saylor's pretty ride of Staten Island without the benefit of her architectural commentary. We'll try to gain an appreciation of SI's beauty, make a quick deli stop and aim to be back by noon. A light lunch at South Street Seaport for those interested.  
A/A-/50  
7:20
- Sun. Sept. 9 **SUMMER'S NOT OVER YET.** Leader: Karin Fantus (212-873-5559). From the Boathouse. Let's celebrate the end of 90° summer days with a beautiful, leisurely, cool ride. Over the river and through the woods to Westchester we go. If your grandmother can do an "A-" pace, bring her along.  
A-/80+-  
9:30
- Sun. Sept. 9 **CROTON DEATH RIDE.** Leader: Ken Weissman (212-222-5527). From Woodlawn Ave. (last stop on #4 train). Alphabet soup for strong "C+/B-" riders. "A" route; "B" distance, "C++" pace. Challenging ride over hill and dale. Picnic lunch on Croton Dam. Distance can be cut in half by talking Metro-North back (bring pass). Helmets required. Heavy rain cancels. Mist/light rain: we go.  
C++/B-/70  
9:00
- Sat. Sept. 15 **GREENWOOD LAKE.** Leader: Herb Dershowitz (212-929-0787). From the Boathouse. Beautiful, hilly ride through Bear Mountain to Greenwood Lake. 42-24 minimum suggested. Fatigue cancels.  
A/125  
7:30
- Sat. Sept. 15 **NYACK.** Leader: Hannah Strauss (718-278-4779). From the Boathouse. No description necessary. You know how to get there. Breakfast at Eat Your Heart Out. Early return to the hill. Rain cancels.  
A/55-60  
8:30
- Sat. Sept. 15 **MAMARONECK'S NECK.** Leader: Carlos Cardona (212-581-2858). From the Boathouse. Good "B+" clip up to lovely Mamaroneck Harbor and Harbor Island Park. It's a beautiful ride through classic NYCC riding country, à la Goldberg. No golfers allowed (too many distractions)! Helmets please. If it rains at the start, try again at 11:00 a.m.  
B+/50  
9:30
- Sat. Sept. 15 **EISENHOWER PARK, NASSAU COUNTY.** Leader: John Mulcare (718-672-5272). From the Burger King parking lot at 179th St. and Hillside Ave., Queens (last stop on F train). Carry your lunch or buy it at a deli stop on the way. Our gung-ho riders will be permitted to ride as fast as is safe on a long stretch of the L.I.E. service road, provided they wait for the rest of us at Post Road (or Ave.) on the right. Rain cancels. Call John before 8:30 a.m. if the weather is questionable. RAIN DATE: Sun, 9/16.  
C-/C/37+-  
9:30
- Sat. Sept. 15 **LEADERLESS "C" RIDE.** Coordinator: Alex von Braun (718-965-3552). From the Boathouse. Call for information on routes, delis, etc., by Friday, Sept. 14.  
C/= 50  
10:00
- Sun. Sept. 16 **GOLDEN APPLE CENTURY - WESTCHESTER.** A popular rally sponsored by the Country Cycle Club. It features a choice of marked routes ranging from 25 to 125 miles. Maps, cue sheets and snacks will be provided. The ride starts at Franklin D. Roosevelt State Park in Yorktown Heights, NY. The registration fee is \$9; helmets are required. For further info., contact Diane Glim (914-248-8416). RAIN DATE: Sunday, Sept. 23.  
A/B/C  
25-125
- Sun. Sept. 16 **THE BRIDGE FORMULA.** Leader: Joe Furman (201-692-8306). From the GWB/N.J. side. Always something different on the backroads of Bergen. Lots of turns for cornering skills, lots of hills for climbing skills, lots of straights for pacelines and sprints. Who can ask for more?!? A food stop is not planned, so please bring fuel. Destination will be voted on: Monsey-Ridgewood-Mahwah-Park Ridge-Nyack. Rainy weather cancels. Joint BTCNJ.  
A+/50-60  
8:30
- Sun. Sept. 16 **IN SEARCH OF IVAN BOESKY AND LEONA (MAIDEN NAME, ALAS: ROSENTHAL) HELMSLEY.** Organizer: Richard Rosenthal (212-371-4700). From the Boathouse. When they're not in jail, they're in North Greenwich and Westcheter. We'll do hard time there. Well, maybe I won't.  
A-/100  
8:30
- Sun. Sept. 16 **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. 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+/50+/-  
9:45/10:00
- Sun. Sept. 16 **88 LOOPING MILES IN BERGEN/ROCKLAND.** Leader: Irv Weisman (w., 212-241-4783, h., 212-562-7298). From the GWB Bus Terminal ("A" train to 175th St.) for this next stage to our CENTURY in October. Pace is modest, but terrain requires low gears or well-established hill-climbing ability. Three major food stops - bring or buy. Return to GWB by 6:30 p.m. 70% chance of rain cancels. Call Irv for time and to review your long distance riding this season. RAIN DATE: Call.  
B-/88  
Call
- Sun. Sept. 16 **NYC TO SCARSDALE TO CITY ISLAND.** Leader: Christy Guzzetta (212-595-3674). From Columbus Circle entrance to Central Park at 8:15 a.m. OR 9:30 a.m. from Woodlawn Ave., (last stop on #4 train). We'll travel a beautiful bike path to some historic homes, i.e., where "Whistler's Mother" was painted, where Elizabeth Taylor once lived, where the inventor of Q-Tips lived, the inventor of Chunky chocolates lived, and others. Then a brief deli stop before heading on to a picnic in City Island. We're starting early so we can be home by 4:30 p.m. See the world, c'mon along.  
C/59/47  
8:15/9:30
- Sun. Sept. 16 **SEE ROCKLAND WITH ROCKLANDERS.** Leaders: Richard Fine (914-638-0842) and Ethan Brook (914-425-2361). From Rockland Lake State Park, north parking lot #1 (Congers, north of Nyack). Mostly flat through scenic Rockland County and see lakes, rivers, streams, woods and parkland. Some (hard) dirt paths. Deli stop. Rain cancels. If weather questionable, call.  
C/26  
9:30

Thurs. Sept. 20 **IN SEARCH OF JUSTICE; THE PEOPLE OF THE STATE OF NEW JERSEY vs. RICHARD ROSENTHAL.** Leader: The All-Class/20 defendant (212-371-4700 after Sept. 6th). From the Boathouse. Just across the GWB, on Hudson Terrace Drive before Palisades Ave., is the Englewood Cliffs Court. You're invited to spectate the evening trial of the accused for "failure to keep right." Witnesses to the original arrest are especially invited. Dropped charges cancel.

Sat. Sept. 22 **ORANGE COUNTY BOUNTY.** Leader: Genghis Ron Grossman (212-598-4563). From the Boathouse. Having done KP on A/130 Jeff's Devil's Kitchen ride, here's another delicious cycling morsel to ingest. 502 west to Skyline Drive, past Wanaque Reservoir, pancakes in Warwick (65 miles out so bring food), back roads west of Harriman to Newburgh, then train home from Beacon on Metro North. An exquisitely beautiful rural route with splendid views. Hilly but nothing too long or extreme. I have a feeling you won't mutiny on this one but you've got to show or it don't go. RAIN DATE: Sunday, Sept. 23.

Sat. Sept. 22 **AROUND POUND RIDGE.** Leader: Scott Wasserman (e., 212-671-6653; d., 212-815-3125). From Woodlawn/Jerome Aves. A-/85+/- (last stop on the #4 subway). Ride up through Westchester and circle Pound Ridge Reservation. We'll visit the town of Bedford twice, and for one of them, maybe we'll stop for lunch. 83% chance of rain cancels.

Sat. Sept. 22 **SHOW AND GO!** Leader(s): You. From the Boathouse OR the Statue of Civic Virtue (E or F subway to Union Turnpike stop). B/9:30 Don't write, don't phone. Just show up and make something up. If it rains, try again at 11:30 a.m.

Sat. Sept. 22 **L.I. BIKING: WOODMERE MANSIONS AND ATLANTIC BEACH LOOP.** Leader: Fran Rolston (718-381-9720). From 179th C/40 St. and Hillside Ave. at 9:45 a.m. (F train). Driving? Meet 10:00 a.m. at Hillside Ave. and Francis Lewis Blvd. South Shore 9:45 pickup, 10:45 at Sunrise Hwy. and Francis Lewis. Lunch options will be deli stop for beach, weather permitting, or at a local harbor restaurant. Bring lock. Joint with AMC and LIBC. Call to confirm start.

\*\*\* \*\*

Sunday **BILL BAUMGARTEN MEMORIAL ALL-CLASS CLUB RIDE TO KINGSLAND POINT PARK.** Join one of the rides listed Sept. 23 below or follow the signs from Route 9 in Tarrytown to the Park for lunch at 1 p.m. and our final all-class ride in 1990. Wear your Club jersey for this event.

A+/85 Leader: Bob Moulder (212-682-5669). From the Boathouse. Slightly longer, slightly faster; cooperative pacer riding 8:00 appreciated. Hopefully we'll get to the Park on time.

A/81 Leader: Christy Guzzetta (212-595-3674). From the Boathouse. A very special day, a very special All-Class Club Ride, a very 8:00 special date. 58 miles to the picnic at 1:00 p.m., one short deli stop, a neat route through Valhalla and Chappaqua, all done in our fancy Club jerseys. Then we'll try extra hard to ride with the entire Club home.

A-/70 Leader: Clif Kranish (212-473-6745). From the Boathouse. A more westerly route and relaxed pace to the same place. 8:30

All Bs/45/65 Leaders: Ed and Sara Flowers (718-544-9168). From the Boathouse at 9:00 a.m. for the "B" and "B+" groups and 10:00 a.m. 9:00/10:00 from Jerome and Woodlawn Aves. (last stop on #4 subway) for the "B-" group. Saxon Woods, Polly Park, Sleepy Hollow, Riversville -- all the fun of Westchester!

C+/C/60-40 Leader: Alex von Braun (718-965-3552). From the Boathouse at 9:30 a.m. OR 10:45 a.m. from Woodlawn Ave. (last stop on 9:30/10:45 #4 subway). Rain cancels.

\*\*\* \*\*

Sat. Sept. 29 **RIGHT THIS WAY TO THE PUTNAM HIMALAYA.** Leader: Genghis Ron Grossman (212-598-4563). Take the 7:20 a.m. A/100+ train from Grand Central Station to meet at 8:45 a.m. at the Metro North station in Peekskill. I love the smell of Nepal in 7:20/8:45 the morning! Get Tibet early the night before. We might not Everest much on this ride...except for a few deli stops. Includes the savage Long Hill Road and fearsome Tinker Hill Road. A 24 or 26 rear cog is recommended. Don't be scared, the pace will be steady, not breakneck. Just bring your altimeters. RAIN DATE: Sunday, Sept. 30.

Sat. Sept. 29 **NYACK PLUS WITH HILLS.** Leader: John G. Waffenschmidt (h., 718-476-0888, w., 516-683-5400). From the Boathouse. A/77 With the onset of the brisk weather, we'll take to hills for warmth and pretty sights. Standard cooperative ride with jovial 8:00 approach. The usual cancels.

Sat. Sept. 29 **SPIKE GOES TO KENSICO.** Leader: Jim Babbitt (718-296-0027). From the Boathouse. Nice, pleasant ride up to the Kensico A-/75+- Dam. We'll ride around the reservoir and into Connecticut. Moderately hilly with beautiful scenery. Rain cancels. 9:00

Sat. Sept. 29 **PIERMONT-TURNING POINT.** Leader: Karen Daly (212-935-6509). From the Boathouse. An easy ride to Piermont, a B/50 polite lunch at the Turning Point. If it is raining at 9:30, try again at 11:00 a.m. 9:30

Sat. Sept. 29 **TROCKEN BEEREN AUSLESE.** Leader: Alex von Braun (718-965-3552) and Laura Hoeting (212-505-8322). From the Boathouse. C/50-60 AKA TBA, which translates here as To Be Announced. Scenic route somewhere. Helmets required. Rain cancels. 9:30

Sun. Sept. 30 **THE BRIDGE FORMULA.** Leader: Joe Furman (201-692-8306). From the GWB/N.J. side. Always something different A+/50-60 on the backroads of Bergen. Lots of turns for cornering skills, lots of hills for climbing skills, lots of straights for pacerlines 8:30 and sprints. Who can ask for more?!? A food stop is not planned, so please bring fuel. Destination will be voted on: Monsey-Ridgewood-Mahwah-Park Ridge-Nyack. Rainy weather cancels.

Sun. Sept. 30 **BEDFORD REVISITED.** Leader: Maxim Vickers (718-728-7179). From the Boathouse. An annual foliage preview raid of A/90 the Connecticut borderline and the middle Westchester manorlands. Scenery guaranteed; cooperative peloton skills 8:00 expected; gearing recommended. (There will be a stretch of unmetalled roadway.) Breakfast at the Flagship; lunch in Briarcliff.

- Sun. Sept. 30 **OUT AND BACK THROUGH BERGEN COUNTY.** Leader: Carl Faller (h., 212-740-5586, w., 212-602-2926). From the A-/40 side. Quick trip through Blaauvelt State Park, riding together without stopping. We should be back to 8:00 Manhattan by 11:00 a.m. Eat breakfast. Rain cancels.
- Sun. Sept. 30 **SHORT YOURSELF OUT.** Organizer: Dick Goldberg (212-874-2008). From Jerome and Woodlawn Aves. (last stop on #4 train) All Bs/60 A pretty, rolling ride to Byram Lake - and you set your own pace. 50% chance of rain at 8:30 a.m. cancels. 9:30
- Sun. Sept. 30 **NYACK PARK PICNIC.** Leader: Sandy Gold (212-222-4076). From the Boathouse. A scenic ride through tree-covered streets C+/B-/60 to Nyack Park. Bring lunch or buy it at a health food store a mile or two from the Park. Helmets required. 10:00
- Fri.-Mon. **CATSKILL COLORS.** Leader: Brian McCaffrey (718-634-1742). Call me for details on this colorful weekend trip. Oct. 6-8. A/B/C
- Sat.-Sun. **BIKE TOUR - TWIN FORKS II.** Leaders: Fran Rolston (718-381-9720) and Ken Wong (718-463-1987). From Riverhead LIRR Oct. 6-7 station at 11:15 a.m. (9:15 a.m. train from Penn Sta.; 9:12 a.m. from Bklyn). Saturday: tour North Fork with a winery stop. C+/B Sunday: tour Bays area. Sat. night, stay at Dreamer's Cove Motel (516-722-3212), \$65/dbl. room (discount available for 2nd night) 40-60 mi. Firm commitments only; limited space; meals on own. So, buddy-up and make own reservations. Call motel and send \$25 per day non-refundable deposit (P.O. Box 496, Aquebogue, NY 11931) by 9/14 the latest. Also, register with leaders by 9/14. Send SASE, phone and travel info. to Ken Wong, 32-08 160th St., Flushing, NY 11358. Joint with AMC and LIBC.
- Sat. Oct. 6 **PERKINS.** Leader: John G. Waffenschmidt (h., 718-476-0888, w., 516-683-5400). From the Boathouse. Classic route, classic A/98-116 pace, classic attitude. Be there or be square. Special invite to Alan Z. and Holly G. As usual, participants are expected to have 8:00 wide latitude to accept others of varied and different perspectives. The usual cancels.
- Sat. Oct. 6 **OVER THE HILL PRINCETON CENTURY.** Leaders: Caryl and Steve Baron (212-595-7010). From the Staten Island Ferry. Be there at 7:15 a.m. to be on the 7:30 ferry (yawn, yawn). Bring \$.50, now. To celebrate our combined age of 100 years, we 7:15 will begin our spring training early with a new route to Summit Hill and Raritan Canal. Special favors for other couples with this age Milestone - to be given out at Millstone! Bring \$10 for possible spectacular ferry ride home. The usual cancels.
- Sun. Oct. 7 **RIDGEFIELD FALL FOLIAGE CENTURY.** Leader: Maxim Vickers (718-728-7179). From the Boathouse. An updated revival of the longstanding annual classic. Enjoy miles upon miles of peak autumn color along the lakes and rivers of Upper A/110 Westchester and Connecticut. Scenery guaranteed; cooperative peloton skills stressed; gearing recommended. Breakfast 7:00 in Ossining, deli stops in Ridgefield and White Plains. Downpour cancels.
- Sun. Oct. 7 **IN SEARCH OF GIANTS.** [Title and idea by Vogel; Ride Leadership by Rosenthal (212-371-4700)]. From the Boathouse. Past the Polo Grounds to the home grounds of a Giant linebacker and halfback in Upper Saddle River. A-/65 9:30
- Other Rides
- Sun. Sept. 23 **HI-POINT HUNDRED - LONG ISLAND.** Sponsored by the Paumonok Bike Club. A choice of marked routes ranging from A/B/C 25-125 miles. Maps, cue sheets, etc. will be provided. The ride starts at the North parking lot of the Syosset Railroad Station. 25-125 Registration fee is \$8, helmets are required. For further information, call 516-842-4699.
- Sun. Sept. 23 **SUNDAY QUICKIE.** Leader: Michael Yesko (212-475-4007). From the Arch in Washington Square Park. We haven't yet touched Brooklyn in this series, so let's do our duty now. This perimeter route will include the Brooklyn Bridge, Shore Road A/A-/45+- Park, Coney Island, a search for two kayak launch sites on Jamaica Bay and the badlands near the border with Queens. This 7:30 may be our last trip to Brooklyn, so don't miss it.
- Sun. Sept. 23 **NYC CENTURY.** Sponsored by Transportation Alternatives. From City Hall. A 100-mile bike-a-thon through four boroughs A/B/C to raise money for T.A. The course will pass through and link greenbelts, bicycle paths and scenic streets in Manhattan, Brooklyn, Queens and the Bronx. Shorter rides of 25, 50 and 75 miles are also available. To register or volunteer, call the T.A. Benefit Committee at 212-941-4600.
- Sun. Sept. 23 **STATEN ISLAND FRRA #1.** Leader: Geo Carl Kaplan (212-989-0883). From the Staten Island Ferry/Manhattan side. A Flat C/30+- Road Riders Association premier ride along the south shore and beaches of Staten Island. Lock, money for lunch (or bag it), 10:00 \$.50 for the ferry. Helmets requested. Leisurely pace along the shore. See the model airplanes land and take off. Fun! 50% chance of rain cancels.
- Previews
- Oct. 13-14 **Bike to Nyack Weekend.** Leader: Fran Rolston (718-381-9720). Class: C. Mileage: approx. 60. From GWB/N.Y. side, south path Sat.-Sun. Meander through Piermont/Grand View; attend Nyack's annual Sunday Street Fair. Stay overnight at Best Western, Nyack (914-358-8100, approx. \$58+/dbl room). Make your own reservations by 9/15. Get a buddy and come along. Return approx. 5 p.m. Sunday. Call leader by 9/15 to register. Joint with AMC and LIBC.
- Sun. Oct. 14 **Reservoir to Reservoir Ride-New Paltz Extravaganza Version IV, or is it V?** Leader: John G. Waffenschmidt (h., 718-476-0888, w., 516-683-5400). Class: A. Mileage: 90. A ride with unusual aspects, it is a repeat of last year. This was necessary due to overzealous riders avoiding the last few turns, which had surprises and beauty as the dividends. Add'l. info. in Oct. bulletin.
- Sun. Oct. 21 **6th Annual "A Ride with a View"-Colourfest.** Leader: Joe Furman (201-692-8306). Class: A. Mileage: 50-60. Car-top from Stockton, NJ. Enjoy the picturesque farmlands of Hunterdon County, NJ, the enchanting forests of Bucks County, PA, and the serenity of the Delaware River. A new route, a new starting point and more beautiful than ever. Not one traffic light in 60 miles! This is a scenic ride so hotshots please leave your rocket launchers at home! Joint BTCNJ.
- Sun. Oct. 27 **Bike to Jones Beach.** Leader: Fran Rolston (718-381-9720). Class: D. Mileage: 15. Take bike path along Wantagh Pkwy. to boardwalk and beach. Additional information in October bulletin.

# The Road Less Traveled

by Paul Minkoff

*This series of articles highlights "less traveled" alternate routes more suitable for cyclists. Member's contributions are welcome.*

**Alternate #2, Avoiding Roslyn Road** (a narrow, poorly-paved, heavily-trafficked road with little or no shoulder):

**The standard** route to Bryant Avenue is:

- 1) L.I.E. Service Rd.      2) L/Roslyn Road
- 3) R/Old N. Blvd (by clock tower)
- 4) L/Old N. Blvd          5) S/Bryant Avenue

**The less-traveled alternate** is:

- 1) L.I.E Service Rd.      2) L/Searingtown Rd
- 3) R/Diana's Trail (across from Estates II)
- 4) L/The Tulips          5) R/The Serpentine
- 6) L/Intervale          7) R/The Birches
- 8) L/The Fenway        9) L/The Loch
- 10) L/The Loch        11) L/Mineola Avenue
- 12) R/Wallbridge La    14) R/Old N. Blvd.
- 15) L/Old N. Blvd (by clock tower)
- 16) L/Old N. Blvd      17) S/Bryant Avenue

## NEW YORK CYCLE CLUB BOARD MEETING

(Tuesday, July 3, 1990)

Present: Debbie Bell, Carlos Cardona, Arlene Ellner, Bob Foss, Dick Goldberg, Christy Guzzetta, Hanna Holland, Richard Rosenthal, Simone Smith, Jeff Vogel, Alex Von Braun

Absent: Clif Kranish

Simone will not run for re-election to the office of V.P. Rides.

A record 256 information bulletins were sent out in June; July is expected to be even higher. There are 727 registered members as of this meeting.

There was discussion of the change to the New York Cycle Club's logo. The "official" logo of the club changed as a result of the vote for the "official" club jersey. There has never been an official club logo. The logo has evolved to its present state. A motion was made—"The New York Cycle Club has no official logo." The vote was 6 in favor, 4 against, 1 abstain; the motion passed. A motion was made to establish a procedure for an unofficial club logo. The motion was tabled until September (8, 1, 1). A board member accused the board of always voting the path of least resistance.

There was a suggestion to drop the present three-term limit on the club presidency, however it was agreed that a change in presidents adds to the club's diversity, and such a change would require a vote of the full club membership.

A suggestion to eliminate ride reviews from club meetings, in order to reduce the amount of time our guest speakers have to wait, was dropped—it is an opportunity to acknowledge the efforts of our ride leaders.

A suggestion to replace NYCC placards in bike shops and to distribute them more widely was decided against; at \$10 a piece to produce it does not seem to have enough of an impact. This suggestion led to conversation about the need or desire to increase membership—"Why do we need more members?" The issue was not decided. There were suggestions to place ads in the TA and AYH news letters, and to place a banner on the NYCC's hill in Central Park offering information about the club. A motion was passed that the board of directors and the membership director will take a more active role to recruit new members.

Christy will repeat a meeting he held last year to provide information and encouragement to members interested in running for a board position; four of the present board members attended last year's meeting.

The meeting adjourned at 8:50 PM.

## President's Message

Christy Guzzetta

Three times each year we organize an All-Class Club Ride. What an event these rides turn out to be. A-riders, B-riders, and C-riders all take their own route at their own pace and gather at one place at the same time for a picnic lunch. Weather permitting, there might be upwards of 100 club members participating on the various rides that day. And together, we enjoy our picnic.

Our last All-Class Club Ride in 1990 is on Sunday, September 23rd. We'll all gather at Kingsland Point Park in Tarrytown for lunch. Take note of the ride listings, pick a ride that's fun for you, put on your Club Jersey (if you're lucky enough to have one) and come along. It's a happening, an event, a special day in the year for the Club.

In the past, we have attempted to ride together on the way home at a pace that is comfortable for all. And this year, we'll make a special effort to do so. What a sight to behold: A hundred bikes, riding two abreast, tight to the right allowing cars to pass, from the **New York Cycle Club**, having fun on our bikes. What a joy to behold.

Come along on September 23rd, on our last **New York Cycle Club All-Class Club Ride** in 1990. What a joy it is.

## River Road Washroom Closed— Cyclists Allegedly Washing Their Bikes by Richard Rosenthal

I've got a fair, if somewhat cynical sense of humor and I have a problem with authority, especially police; but I swear to you the following is absolutely true.

The toilet and washroom at the Palisades Interstate Park Commission building and police station in Alpine, NJ, at the end of that long, hard climb up River Road was closed to cyclists because, according to two policemen at the station, in separate interviews, "cyclists were taking baths in there," and, according to the PIP Superintendent Charles Quadri, "people were washing their bicycles in there." No kidding. He actually said that. My imagination isn't fertile enough to make that up.

Right, we'll just bike 35 miles round trip from Central Park to that toilet so we can wash our bikes! Unbelievable.

More than likely, the real reason was that users do leave the room a mess; but then, as I asked, do you close the road to automobiles because people in cars litter it? Bottles, cans, wrappers, and papers along River Road are a lot more unsightly to a lot more people than is a messy washroom; and they're a lot more difficult and expensive to clean up.

I can now report the toilets are once again open to us. But an authority that takes away your toilets once can do it again.

What is the Latin for "Bladders beware?"



## Road Hazard

by Dorothy A. Fong

He was a perfect stranger. Little did I know that in a matter of seconds we would have a meeting of the minds; our hearts would beat as one.

We spotted each other two blocks away. A mutual assessment took place within a nanosecond. He saw a person on a bicycle coming down Atlantic Avenue, pink shirttails flapping in the wind. I registered a stocky man in dark business attire, briefcase in hand, standing in the bus lane on the corner of Court Street. Our eyes locked and he stepped back toward the curb, intuiting that discretion was the better part of valor. Another quick scan of the traffic lights and the other three corners of the intersection told me, "all systems go." I picked up speed and mentally switched to the shop just a few blocks away where Tony the mechanic was to perform some magic and give my bike a new lease on life. I even thought I might ride from there to Prospect Park to try my new gears. The weather was warm and sunny, a perfect mid-week July day. But the cosmos would have its way. The would-be jaywalker and I would play out our curious roles.

It seemed to happen in slow motion. Into the intersection, anticipating the next one. Unaccountably, an odd prickling sensation tickled the back of my neck as I drew near enough to notice the color distortions in his sunglasses...and then, *"Oh No! He's stepping out right into my path! I can't stop in time!"* BAMM! I heard an explosion in my head as my face smashed into his, scrunching our spectacles. Instant pain zig-zagged across the bridge of my nose as a thousand points of light lit up the inside of my eyelids. At the moment of impact, my right knee collided with the wheel as I slammed into him, separated only by the handlebar from the waist down. My first thought was that it was miraculous I did not fall, I was still upright. The bike seemed to be jammed between his legs. I tasted blood and put my hands up to my face, certain that my nose was broken, but surprisingly it felt intact. After an eternity of several heartbeats, I came out of my shock and gingerly disentangled myself from this human blockade.

The emotions ran through me like quicksilver—first disbelief, then anger, then bewilderment at his inexplicable behavior. To my amazement he was still vertical and seemingly untouched by the trauma of being hit, as though a butterfly had alighted on his shoulder. He apologized profusely, and his show of obvious concern calmed me somewhat, but did not, however, deter me from letting loose with a few choice words. With smug self-satisfaction, in spite of my discomfort, I noted that he was quite remorseful about the thoughtless and wantonly dangerous act of propelling his body at me and my bike. A few deep breaths later, I felt able to get back on the saddle and limp shakily along but there would be no real riding again for three weeks.

That was a year ago. I carry a scar on my knee, a dent on the side of my nose and a stubborn trigger point that occasionally taps me on the shoulder. I cannot erase the image of that imperfect stranger who made such a lasting impression.

Now I never pass a pedestrian crossing without wondering: Is there yet another someone in that crowd who may be waiting, waiting to meet me head-on, to set the sparks flying again? Please, next time, an introduction first.

## Ultra Marathon Rambling

by Jeff Vogel

Shhh!! Don't tell anyone. I might not be able to write a column on ultra marathon cycling if people find out. I've been racing with the CRCA. Three or four laps of the park—it's not quite the 24 hour race that I'm usually involved in. However, training for, and racing in the short CRCA races does increase your speed and enhance your bike handling skills. As everyone experienced in ultra marathon racing knows, these events are getting faster and faster.

Do you want to know how fast? Mike Secrest recently set the 24 hour motorpaced record. He rode 1,216.81 miles while drafting behind an 18 wheel tractor trailer on a one mile track. That's an average of over 50.7 miles per hour. His fastest century was one hour and 50 minutes! Irv Weisman will appreciate the gearing that Secrest used: a 92 tooth chainring with a 13 tooth rear sprocket. Is anyone out there interested in challenging this record?

By the way, the 10 NYCC participants in the Johnstown 24-Hour Race amassed a total of 3,174 miles, or just enough to have crossed the country in one day.

There is one more ultra marathon race left this year for NYCC participants, the 535 mile RAAM Qualifier in Johnstown, NY, September 14-16. Alex Bekkerman, John Ceceri, Art Crowley and Karl Dittebrandt are still looking for people who would like to volunteer for their support crews.

For those of you who would like to keep the distances a little more reasonable, Ron Grossman has been leading a series of rides, exploring the back roads of Orange and Dutchess Counties. He has two rides listed in September of 100-125 miles. While the terrain may be very challenging, the scenery should be spectacular.

Last month I promised a report on Boston-Montreal-Boston in this column. Well, Clif's deadline for my article made that impossible. If you want to know what happened you'll have to ask one of the participants from the NYCC: John Barentz, Art Crowley, Karl Dittebrandt, Ron Grossman, Janet Kronstadt, Alan Leener, Bill Strachan and David Walls.

*breakaway*   
vacations

Cycle The Beauty and History  
of

England • Ireland • Colonial America

WEEKEND - 8 DAY TOURS

Lovely inns • Wonderful settings

Fully supported • Transportation from N.Y.C.

Join us!

Breakaway Vacations

164 E. 90th St. #2Y, New York, N.Y. 10128

(212) 722-4221

# No Tech Tips: Upward Mobility

by Bob Moulder

No topic seems to interest cyclists more than "hillclimbing", or, more specifically, "*easier, faster* hillclimbing". The ability to master the vertical component of cycling with more speed and less suffering is the bike rider's coveted Holy Grail, and for many of us the annual return to decent climbing form is the high point of our season. Some riders, convinced they'll never get the hang of it, just grimace and brace for the worst as the road turns upward.

As anyone who has ridden a bicycle for some time knows, with low-enough gears and slow-enough speed any Sofa Slug could crawl up any of the hills encountered on favorite NYCC rides. But to ascend with grace and speed, all the while remaining comfortably within the limits of aerobic capacity, with the ability to throw in an anaerobic burst as desired, then recover while still climbing... Ahhhh, *this* is cycling Nirvana, and only a few make it to that Seventh Heaven. The rest of us settle for simply acceptable. As it happens, though, "acceptable" can be pretty damn nice when compared to the thousand deaths some cyclists experience as they grunt and groan on their skyward odysseys.

With this in mind, I recently asked some of NYCC's most able ascenders how they handle the hills. The body types of the respondents ranged from lean and light (Chuck Wong and Bob Trestman, for instance) to powerful and muscular (like Mark Roland and Lance Leener) to "sorta muscular" and slightly overweight (like, well, uhhh... me). I don't know of anyone who is substantially overweight and yet climbs well (See below). Lisa Halle, who has demonstrated newfound hillclimbing prowess of late, was asked how she combats gravity. Phillipe "Mad Dog" Chateau, whose lowest gear is a 42x19, was also queried. Except in the areas of cadence and gearing, almost all the climbers I talked with were in remarkably close agreement on the climbing tips presented below. And all agree on this: Hillclimbing is never easy, just easier.

**Experiment with cadence and gearing**—As a *general* rule, thin, lean cyclists like to spin up hills (say, 90 RPM's in a 42x24), while muscular types tend to push a bigger gear slower (for instance, 42x19 at 75-80 RPM's), but there are so many exceptions to this notion that your best bet is to simply ignore it. Instead, if you feel you're not getting the most out of your present climbing style, whether it involves spinning or mashing, feel free to try other gear combinations and cadences. Lisa Halle told me she accidentally discovered that, for her, climbing in slightly *bigger* gear turns out to be easier and faster. Top racers swear by close-ratio freewheels which allow gearing to be increased/decreased in finer increments.

**Lose weight**—No, don't buy a 17- pound bike. Get rid of a 20-pound tire. The one around your middle. On several occasions I've witnessed fat cyclists purchasing exorbitantly expensive componentry simply because it was a *few grams lighter* than its more pedestrian cousins. If you're overweight, nothing you can do will improve your hillclimbing more than dropping unwanted ballast.

**Find comfort at the edge** of your anaerobic threshold. First, do interval training and short hill sprints that push you

into oxygen debt for short periods, focusing on how your body feels. Try to "memorize" these sensations so you'll be able later on to recognize the onset of oxygen debt, then "ease up before blowing up". Second, during rides *gradually* increase your climbing effort with a slightly faster cadence or slightly higher gearing, with the goal of *approaching your anaerobic threshold*. Experiment with cadence and gearing (see above), and soon you'll discover that it is actually possible to throw in an anaerobic effort during the middle of a climb, let up a bit, and recover while still climbing.

**Learn to "read" hills**—Short, long, steep, gradual, gradient changes—all must be considered when sizing up a hill to decide how to handle it. Short, gradual hills? Blast over without changing gears. Short, steep hills? Blast over, one cog bigger, standing up near the top, if necessary. For long, gradual hills, start with a slightly *lower* gear than you think you'll need, settle in and "work" this gear for a while, then shift to the next higher gear, try it a while, and upshift again if you feel you can handle it; this is where anaerobic threshold training and close-ratio gearing come into play. Long, steep hills require starting in a low gear, then upshifting with great care once you have settled into a harmonious cadence and breathing rhythm. Lance Leener says he marks his cadence with a "mantra", and several other riders, myself included, note that it is helpful to have some sort of metronomic beat to assist in maintaining cadence. I discovered this by accident while climbing with an otherwise annoying bottom bracket tick. Using the tick to mark time gave me something to focus on, and I actually started to play with the rhythm by increasing and decreasing the tempo.

**Relax and do your own thing**. Once you've done all the above, don't let others dictate your climbing pace. As I've pointed out in earlier columns, if you do this, many times you'll chug past riders who blasted by you at the bottom. Learn to relax your upper body and let your legs do the work. Some good cyclists have the misconception that the upper body should remain absolutely still at all times while riding. Many good climbers naturally exhibit a lot of upper body movement while ascending, and their bikes seem to travel in small arcs to the left and right, in what I call a "climber's wobble". While this may appear inefficient, to me it is a sign of a relaxed upper body letting the bicycle choose its own path of least resistance. Without a doubt, sitting while climbing is more efficient, but stand about 10% of the time to stretch your muscles a bit.

**Psych 101**—Good climbers don't dread hills. They focus on technique, cadence, breathing, and "hill reading", then relish each conquest. You can, too.

## THE 3 BIGGEST LIES IN CYCLING

"IT'S ALL DOWNHILL FROM FROM HERE."

"JEFF VOGEL WILL RUN FOR CLUB PRESIDENT."

"I NEVER READ THE BULLETIN."

# BUD LIGHT '90

by Alex Bekkerman

*Alex Bekkerman finished first in the Bud Light '90 24-hour race. This is the second of two articles.*

**Nutrition Eight Weeks Before The Race.** My diet was to provide 3500 kcal, consisting of 10% protein, 10% fat and 80% carbs supplemented by a good-quality spectrum of multivitamins and minerals. Dose: for vitamins, 200% RDA; minerals, 100% RDA. Additional supplements included B6, B12, folic acid, iron and ascorbic acid—they help to build red blood cells, major carriers of oxygen. In addition I took 15g of protein powder with "Detox" (my own vitamin formula for immune system maintenance) before bedtime. My daily diet also included 100g of fiber (50g soluble, 50g insoluble) for speeding food transit time and thereby removing waste products. Protein is for rebuilding leg muscles, which, according to the latest research, are broken down for energy during hard endurance training lasting four hours and more.

**Nutrition During The Race.** Unlike RAAM qualifiers, I couldn't use a support car. I could only expect a hand-out every 90 to 100 minutes. This placed extreme importance on accurate anticipation of my needs during changing race conditions and having the proper foods. The expected conditions and nutritional responses were as follows: for cold weather—70% liquid and 30% solid food; for hot weather—100% liquid food; for quick energy—good old Coke; for thirst—plain water; for night riding—10% more food (helps to offset sleepiness & chills). My liquid food was "Go-juice" and for solid food I ate Fig Newtons. Go-juice is my own formula of all essential and other nutrients, which I revise each year as latest findings reach me and pass my own test for worthiness and toxicity. I mix it at home from commercially available powders and capsule nutrients which I scrupulously check for harmful or UMCA forbidden substances.

I told Chandra what I thought I'd need one lap in advance and she always had it ready in a handout bag. My ultimate criteria was to eat 70-80% of the calories I burnt and fully hydrate. Such undernutrition is okay in a 24-hour race, because the body is forced to draw energy from fat. This process is metabolically cheaper (takes less energy) than the digestion of food. In RAAM, however, it would be a disaster.

**Race Description.** It started fast. Fedrigon took a lead on the first lap (31.7 miles), averaging 24 mph. He kept this sort of pace for six laps (190 miles), gaining 18 minutes on me. In the mean-time, I cruised at 22 mph trying to stick to my pre-race plan. In the seventh lap (222 miles), Fedrigon burned out, allowing me to take back everything he built over six laps. The next, eighth lap we rode in the dark and I sensed that it was the time for attack—gaining 14 minutes, then 23 minutes in lap nine and was leading Fedrigon by 30 minutes by the end of the tenth lap (317 miles). After the race Richard admitted that he wanted to quit at night. He temporarily allowed young Polish pro Jerzy Woziak to move to second position. Now Fedrigon displayed the character and performance of a great athlete. He recovered and chased me hard for the next three laps to shrink my lead to six minutes by the end of 13th lap (412 miles). I was amazed and puzzled—my pace was gradually picking up during these three laps from 17.1 (10th lap) to 18.8 (13th lap) and Fedrigon was

still catching up. What sort of pace was he keeping and for how long could he hold it? It was 9:30 am—only 2½ hours to the finish. Then a chain of dramatic events unfolded. During the 14th lap at 10 am I detected a slow leak in my front tire. I feverishly pumped it up, loosing two minutes, then rode a few hills like a madman. The tire was flat in 15 minutes. While changing it, loosing another four minutes, I looked back but Fedrigon did not appear. Within 30 minutes I got another flat. I got off the bike preparing for the worst when a sheer miracle happened—Jim Green (my regular riding partner and friend) was nearby and he offered me his wheel. The incredible timeliness of his gesture doubled my resolve. At the end of the 14th lap (443 miles) I led by seven minutes with 58 minutes to go. Covering another 20 miles I kept first place accumulating 463.3 miles (average speed—19.3 mph). Fedrigon was Second and Woziak was Third. For the sake of fairness I should add that Fedrigon got a flat somewhere too. The 1989 winner, Tysen, had been taken to the hospital with severe dehydration. Premananda went off course.

The race was over. I owe this victory to my support crew—Chandra and Don; to my inspirator, Jack Papa; to the gentleman Jim Green; and to the NYCC, whose support I felt all the way and whose member I am proud to be.

---

## Quick Releases

by Janet Kronstadt

Four NYCC members went to Markleeville, California to climb five mountain passes totalling 15,000 feet in one day, over a course of 155 miles. They (Alex Bekkerman, Don Ketteler, Bill White and Jim Greene) did it. It was "easy." According to one member of the group, sounding vaguely piqued about it, Bill White has become "incredibly strong." (Bill is also placing well in CRCA races—maybe that's why.) The Deathriders stayed at a Lake Tahoe hotel owned by a high school friend of Don's, and went up in airplanes, hang-glided(?), hiked the peaks, and did other things, besides cycling, to prepare for the successful assault. Many who attempt the Markleeville Death Ride DO NOT RETURN. Our compatriots did.

Other NYCC riders, some not seen in quite awhile (Alan Zindman, for example), conquered Maxim Vickers' traditional Delaware Water Gap Ride. (It used to be Chris Mailing's traditional Delaware Water Gap Ride). The only disaster was that Alan's wheel disintegrated near Princeton on the way back. Other than the fact that he had to take the train home, the ride was an unfailing pleasure and success—as usual.

Boston-Montreal-Boston *randonneurs* were excited to see surprise participant David Walls, strong and fit as ever, dominating the ride even while refusing to consume carbohydrate fuel, and instead stopping for leisurely meals at restaurants *en route*. David and family are happy in Boulder, and *VELO NEWS*, as all of us who can read know, is doing *great*.

Others in NYCC are riding fast and hard in new, matching jerseys and shorts, thanks to Mike Samuel's skill at clothing, as well as cover, design. Even nonmembers are asking how to acquire the beguiling jerseys. (They are NOT allowed to have them.)

# Classifieds

## FOR SALE

ATALA racing bike  
24" Cromo frame, Campagnolo components, Mavic MA-40 rims, 12-speed. \$600. Call Josh DeBiase 914/354-7736.

CAMPY Croce D'Aune Penta brake set; 170mm Croce D'Aune crankset w/53t chain ring, bottom bracket. Call Jay Aldersberg 212/570-1800.

MASI NUOVA STRADA 54cm C-C. Columbus SLX w/SP chainstays+ downtube, less than 1yr old. Compl w/Shimano 600 EX group, Cinellis bars, stem. Excl cond. Will deliver. Asking \$775 (neg) compl. VETTA low-rider fornt rack \$10. Cannondale 54cm frame w/o fork, w/headset, bb (Shimano 600 EX) Asking \$100. Call John (after 6 p.m.) 516/643-4648.

NEW FISHER MONTARE Mountain Bike, Shimano DX. \$650. Call Herb 212/929-0787.

RACK SALE! PreAlpim roof racks. Holds 4 bikes w/addl parts for addl bikes. Fits crs and vans with rain gutters (non-aerodynamic roof styles). \$100. Graber Tailgater bumper mount rack. Very Secure. \$35. Allen trunk rack \$20. Call Joe Furman, 201/692-8306.

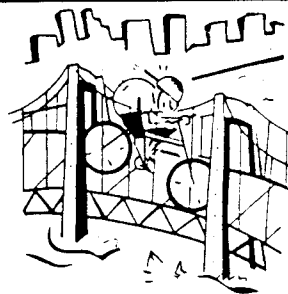
## NOTICES

Are you getting back into cycling (or know someone else who is)? I'm offering a free "buying and fitting a bicycle" course for new cyclists (part of a grad school project). Bill Schwarz 212/288-7862.

MASSAGE. N.Y.S licensed Swedish, Shiatsu, Medical Massage by appointment in serene lower midtown studio (30th St & 5th Ave.) House calls available. Reasonable rates, strong, sensitive professional touch. Call Phil McDonald (lic. 004948) 212/228-4479. Member NYCC, TA, AMTA, AMT.

## Take The Challenge!

## The 1st Annual New York City Century



## RIDE - A - THON

100 Spectacular miles (with shorter loops) of Skylines and Waterways, Greenways and Neighborhoods, all in the most exciting city in the world.

The first-ever City Century Ride-a-Thon will reflect the diverse and special nature of New York. The course incorporates greenways, oceanfront vistas, parks, skyline views, waterways, immigrant communities and dense urban neighborhoods in Manhattan, Brooklyn, Queens and the Bronx; rides covering 30, 50 and 75 miles are also available.

Each rider enlists friends, co-workers, relatives and others as sponsors for each

mile (typically between 10 cents and \$1 per mile). Funds raised will benefit Transportation Alternatives and support our work for bicyclists' rights, safer streets, cleaner air, and greenways and parks for all New Yorkers.

*Pre-register now.* In addition, the T.A. Benefit Committee needs volunteers throughout the summer and on the day of the ride. Fill out the form below and mail to Transportation Alternatives today.

Mail to Transportation Alternatives Benefit, 494 Broadway, NYC 10012

Name: \_\_\_\_\_ ☐ Yes, I want to ride in the first NYC Century Ride-A-Thon on Sept. 23  
Address: \_\_\_\_\_ ☐ 30 miles ☐ 50 ☐ 75 ☐ 100  
City/ZIP: \_\_\_\_\_ ☐ Yes, I can volunteer  
Phone (D): \_\_\_\_\_ ☐ before the ride ☐ Century Day Services  
Phone (E): \_\_\_\_\_ ☐ Cannot ride, but interested in TA, please send more information.

## 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)

**Tuesday, September 11**

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

**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. Bicycles may be parked (and locked) on the fourth floor.

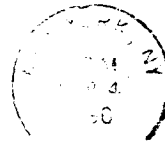
Meat, fish, chicken \$11.00  
Vegetarian \$ 8.50  
\$2 surcharge for food tickets purchased after 7:00.  
Non-diners are seated separately.

## Televising the Tour de France

Sam Posey & Beth Ruyak, Commentators, ABC Sports  
Nancy Stern, Associate Producer, ABC Sports

Hear logistics and other production headaches, anecdotes, and behind-the-scenes tales and sagas from this year's Tour.

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



**IDAHO**



**First Class**



512-513  
CHRIS MAILING  
ARLENE BRIMER  
110-30 MYRTLE AVE  
RICHMOND HILL NY 11418