"Stroke! Stroke! Stroke!"

P. O. Box 199 • Cooper Station • New York NY 10276 • (212) 242-3900
NYC Bulletin

The NYC 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 NYC Bulletin are those of the authors and do not necessarily reflect the official position of the New York Cycle Club.

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

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

Submission Guidelines. All submissions may be edited for length and clarity. Publication of material is determined by available space, which varies with the length of ride listings and we cannot guarantee that all submissions will be published. Submission is contributor's warranty that material is in no way an infringement on the rights of another that the material may be published without additional approval. Call editor for article guidelines and/or advance approval.

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

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

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

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

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

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Cover Artist: Mike Samuel

Deadline for May issue is April 3.

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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 iron, water, water bottle, 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 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. Selecting your first club ride, be conservative. Choose an easier ride, and call the leader if you have any questions.

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

Cliff Notes: This month's Bulletin has a new look. The body type is slightly smaller, but clearer and we think you'll find it easier to read. "Ultra Marathon Rambling" is on hiatus until after taxes. The first "Bicycle Writing" appears this month. Members contributions to this series, about independent or organized trips, are welcome.
Sat. Mar. 31
9:00/9:45 am
50-60 mi.
"A" TRAINING RIDE #8. Leaders: Joe Furman (201-692-8306) and Jody Sayler (212-799-8233). From the Boathouse at 9:00 a.m.
OR the N.J. side of the GWB at 9:45 a.m. March goes out like a lamb, but after today's ride, we'll all be lions! Big cats catch their prey by using extraordinary bursts of power-packed speed and precision. Today we work on our pouncing skills with hopes of never going hungry. We feast at the Park Ridge Diner after pursuing challenging game. Then a relaxing paceline return to the lair. Unkind weather conditions cancel.

Sat. Mar. 31
9:00 a.m.
65 mi.
SIG-PROGRESSIVE "A" RIDE SERIES #5. Leaders: Lisa Halle (212-319-6097) and Lance Leener (212-947-9392). From the Boathouse.
To Long Island we will venture! And we're learning a new skill today: alternating position in a paceline. We'll take last week's skill and add one to it. Last week, riding a wheel, single file. This week: again single file and changing positions. Along the L.I.E. service road it's flat, wide and perfect for paceline riding! RAIN DATE: Sun., Apr. 1 (no feeling!)

Sat. Mar. 31
10:00/10:50
40-50 mi.
MARCH TO TALLMAN. Leader: Alex von Braun (718-965-3552). From the Boathouse at 10:00 a.m. OR the New York side of the GWB at 10:50 a.m. Check out early Spring in Tallman Park on the Hudson. River Road return. In or outdoor lunch, weather will determine. Helmets required. 50% chance of rain, temp. below 50F cancels. RAIN DATE: Sunday, April 1.

Sun. Apr. 1
9:00 a.m.
70-80 mi.
We'll spend the morning on River Road practicing different hill climbing techniques (spinning versus pounding; sprinting, sitting versus standing, etc.), and the afternoon in Bergen/Rockland trying them out to see what works...and what doesn't. 8 a.m. temp. below 30F, rain or snow cancels.

Sun. Apr. 1
9:15 a.m.
45 mi.
SAME SWAMP, DIFFERENT LEADER. Leader: Leslie Tierstein (h., 201-388-5127; w., 201-290-0099). Take the 9:30 a.m. PATH from the World Trade Center to Newark and the leader will meet you in front of Newark's Penn Station, west side of building. A wonderful ride, with a new route to the Great Swamp in Morris County, NJ. The ride will go through suburbs ranging from o.k. to ritzy and include two of the leader's favorite hills across the Watchung Mountains. The terrain is 2/3 level, 1/3 rolling (including the hills). The Swamp and mountains are gorgeous any time of year and Spring should be no exception.

Sun. Apr. 1
9:00 a.m./50 mi.
PROGRESSIVE "B" TRAINING RIDE #4. Leader: David C. Miller (h., 212-794-9365; w., 212-594-5269). From the Boathouse.
Ride #4 is to Piermont again, but on a different route, with a few hills so you can check out your low gears and see if they still work. Lunch will be at the "Turning Point". Snow, rain, temp. below 32F may cancel, call leader if questionable.

Sat. Apr. 7
9:00 a.m./65 mi.
Food at the Flagship, then north to Pepsico, race back to White Plains via Route 22 and back to the Boathouse. Pretrip cancels.

Sat. Apr. 7
8:00 a.m.
73.2 mi.
Look at the start time! Yes dudes, the early hour means increased mileage. We're beginning to look like one 'mean" and "rarely" group. Today's skill is double pacelines. This is a skill which requires precision and finesse. You'll have a wheel in front, in back, and to your side - all only inches away! We're jamming out to Saddle River. Get totally revved up! The ride is cancelled if the Soviet Union becomes the 51st state. RAIN DATE: Sunday, April 8.

Sat. Apr. 7
9:30 a.m.
65+ mi.
BAYVILLE-SAGAMORE HILL. Leader: Gerhard Meilen (h., 212-724-8622; w., 212-697-1420). From the Statue of Civic Virtue (Queens Blvd. and Union Turnpike; E or F subway to Union Turnpike station). The usual club routes, with a few interesting variations if desired. Bathing in the Sound at this time of year is strictly optional. Rain, snow, sleet and prevailing temp. below 32F (if expected to persist) cancels ride.

Sat. Apr. 7
9:00 a.m./40 mi.
TOUR DE MANHATTAN. Leader: George Kaplan (212-989-0883). From Castle Clinton, Battery Park. Warm up for the Five Boro by passing under or over 150 bridges and tunnels which connect Manhattan to the mainland and other islands. Lunch at the Cloisters (buy or bring it.) Temp. below 32F, rain, high winds cancels. Joint AYH.

Sun. Apr. 8
8:00 am/85-90 mi.
"A" TRAINING RIDE #11. Leaders: Christy Guzzetta (212-595-3674) and Jody Sayler (212-799-8233). From the Boathouse.
We'll bomb up to the Flagship in White Plains for breakfast. Then a new road or two on the way to Greenwich. We'll come through Porchester, Rye, Scarsdale on home. Somewhere - we'll make a second stop.

Sun. Apr. 8
9:30 a.m./50 mi.
THE PERFECT ALIBI. Leaders: Lorraine Gruber (212-989-5915) and Ellen Weber (718-392-3310). From Woodlawn and Jerome Aves., last stop on #4 subway. We'll ride through Westchester, skirting Rye Lake and the Kensico Reservoir before stopping for lunch in Chappaqua then it's back home via Tarrytown. Rain, temp. below 40F cancels ride.

Sun. Apr. 8
9:00 a.m./62 mi.
PROGRESSIVE "B" TRAINING RIDE #5. Leader: David C. Miller (h., 212-794-9365; w., 212-594-5269). From the Boathouse.
Ride #5 will be to Nyack. Going up, we will take River Road. You must wear a helmet to ride on River Road. Lunch will be at the Skylark Diner in Nyack. Snow, rain, temp. below 32F may cancel. Call leader if questionable.

Sat. Apr. 14
8:00 a.m./80ish mi.
"A" TRAINING RIDE #12. Leaders: Don Kettler (212-645-0894) and Jim Greene (212-674-1631). From the Boathouse. Heading north to Rockland and an old favorite - South Mountain Road. Perhaps a stop at the Rockland Psychiatric Center on the way back. If any of us qualify.

Sat. Apr. 14
9:00 a.m.
70 mi.
Today we put it all together as we sizzle in sublime synchronicity along the L.I.E. service road in a double rotating paceline. We'll make a deli stop at Oyster Bay, lunch near the beach, then some do double paceline homing. The usual cancels.

Sat. Apr. 14
B/9:00 a.m.
LEADERLESS "B" RIDE. Meet at the Boathouse. Distance and destination to be determined by the participants.

Sun. Apr. 15
8:30 am/100 mi.
"A" TRAINING RIDE #13. Leaders: Lisa Halle (212-319-6097) and Marty Wolf (212-935-1460). From the Boathouse. We'll ride into Westchester to Bedford Village, a relatively long, very hilly ride. We're testing our endurance so bring pocket food. Lunch will be at the turn-around point (50 miles).
Sun. Apr 15 15TH ANNUAL CHERRY BLOSSOM RIDE. Leaders: Irv Weissman (w., 212-241-4783), Maggie Clarke (h., 212-567-8272) and Alex von Braun (718-965-3552). From Columbus Circle (B'way & 60th St.) at 9:30 a.m. and ride down to the World Trade Center or 10:10 a.m. at the WTC escalators leading to PATH trains. We take the 10:25 train to Newark. After a short leisurely ride through blooming (we hope) Branch Brook Park, we picnic (bring or buy), enjoy the foliage, and do some people watching. We'll return to the GWB by 4:30 p.m., encountering some steep hills enroute. Low gears necessary. 60% chance of rain, or predicted high less than 40F cancels.

Sun. Apr 15 BIKE TO THE FUTURE. Leader: Dave Lutz (718-624-0346). From Grand Army Plaza, Brooklyn. Explore the future Greenway while its being built. We'll ride between Prospect Park and Long Island Sound, mostly through park corridors in Queens, with an occasional woods. Bring patch kit, spare tube and tires with some tread remaining. Joint AYH. Rain cancels.

Sat. Apr 21 EVE OF EARTH DAY. Leader: John G. Wafeenschmidt (h., 718-476-0888, w., 516-683-5400). From near the Boathouse. Ride will be preparation for the historical 20th by traversing beautiful lands and discussing earth issues. While I have no set route in mind, my fall back is the full package Perkins. In light of broader left-oriented views, the ride will be cooperative, helpful, and respectful of the full range of pro-earth political positions. 7 a.m. temp. below 28F or over 80F, rain or other precip cancels.

Sat. Apr 21 BAYVILLE EXPRESS. Leader: Holly Grusky (212-534-1156). From the Boathouse at 9:00 a.m. OR the Statue of Civic Virtue at 9:30 a.m. We'll cruise to Bayville, practicing our pacing on the LIE service road. Helmets suggested. Bring muses (or musettes) for possible picnic lunch. Rain cancels.

Sat. Apr 21 SIG-PROGRESSIVE "A" RIDE SERIES 8. Leaders: Alan Leener (718-797-0972) and Lisa Halle (212-319-6097). From the Boathouse. We're going faster, closer, and we are doing it together. It's the day we all take our pulls with no one slowing down at the front, and we are doing it for the longest ride yet. Be prepared to get it on! Bring pocket food, bike bags, gorp (new word), fig newtons, etc. Will be in the saddle for a few miles before lunch. Rain, sleet, snow cancels.

Sat. Apr 21 LEADERLESS "B" RIDE. Meet at the Boathouse. Distance and destination to be determined by the participants.

Sat. Apr 21 9:00 a.m.

Sat. Apr 21 THE CLOISTERS AND WAVE HILL. Leader: John Mulcare (718-672-5272). From the Coliseum, S.W. corner of 60th St. and B'way. Bring lunch or buy and carry it from a deli we stop at on our way to the lawn of the Cloisters. Pay whatever you like for admission to the Cloisters, admission to Wave Hill is $2.00 ($1.00 for seniors). You'll need a lock there. Rain or other nasty things cancels this trip. Call John before 9 a.m. if the weather is questionable. RAIN DATE: Sun., April 22.

Sat. Apr 21 7:00 a.m.

Sat. Apr 21 LONG ISLAND DOUBLE (Car-top.). Leader: Alex Bekerken (212-213-5359). From Patchogue, L.I. This ride's objective is a pace of 20+ mph. It is run on 50-mile L.I. loop which embraces mid-L.I. and both shores. Choose your mileage, I will dictate the pace. This is an excellent ride for those preparing for RAAM, SMB, Markleyville Death Ride (in California) and PBP qualifiers. Rain or very, very cold cancels ride.

Sat. Apr 22 THE RETURN OF THE Ha. Leader: Marc Leveque (718-461-5480). From the Boathouse at 9:00 OR Yellowstone and Queens Blvd at 9:00 a.m. The weather will be beautiful. Helmets suggested. Bring muses (or musettes) for possible picnic lunch. Precip. cancels.

Sat. Apr 22 9:00-9:30 am

Sat. Apr 22 60 mi.

Sat. Apr 22 BICYCLE PATH RIDE. Leader: Christy Guzzetta (212-595-3674). From Columbus Circle entrance to Central Park. Possibly the prettiest bicycle path around - and one of my favorite routes - run along the Bronx River, through Tuckahoe, Bronxville, Scarsdale and White Plains. And we'll enjoy the whole length of it today at a leisurely "B" pace. If it's nice enough, we'll have two picnic-type stops. Otherwise, it'll be indoor dinger city. Rain cancels.

Sat. Apr 22 9:00 a.m.

Sat. Apr 22 52 mi.

Sat. Apr 22 PROGRESSIVE "F" TRAINING RIDE #6. Leader: David C. Miller (h., 212-794-9365; w., 212-594-5269). From the Boathouse. Ride #6 will go to Nyack again, but a little faster and with a couple of extra hills just for fun. Lunch will be at the Skylark Diner. Snow, rain, temp. below 32F may cancel. Call if questionable.

Sat. Apr 22 NORTH BY NORTHWEST. Leader: Ken Weissman (212-222-5527). From the Boathouse at 9:45 a.m. OR the N.Y. side of the GWB at 9:45 a.m. Visit a "different" Bergen County, a bit more westerly than usual, lunch in Ridgewood, then Northwest past Dick Nixon's dug in Saddle River to Tice Farms in Montvale (great homemade doughnuts for those suffering from an energy crisis). A couple of interesting new hills for strong C+/B- riders. Helmets required. Rain, expected highs under 50F cancels.

Sat. Apr 28 SIG-PROGRESSIVE "A" RIDE SERIES #9. Leaders: Christy Guzzetta (212-595-3674) and Lance Leener (212-947-9392). From the Boathouse. North - way North today. We'll travel miles and miles and miles today, climb some very big hills, to catch a spectacular glimpse from the top of the Croton Dam. Speed's secondary today - we're going for the miles, the conditioning, the strength. Montauk's coming soon - we're getting close to form. We're going to ride with the "A" riders to Montauk - and today, we're going to get real close to being there. RAIN DATE: Sunday, April 29th.

Sat. Apr 28 NORTHWEST EXPRESS. Leader: Joe Furman (201-692-8306). From the Boathouse at 9:00 a.m. OR the GWB, New Jersey side at 9:45 a.m. We'll head northwest as far as Park Ridge on the beautiful backroads of Bergen County. Unkind weather 9:00-9:45 am/55 mi. conditions cancel.

Sat. Apr 28 BAYVILLE BY THE BAY. Leader: Brian McCaffrey (718-634-1742). From the Statue of Civic Virtue (E or F train to Union Turnpike station). The beautiful north shore of Long Island. Rolling hills, nice social "B" pace, (sprint on the L.I.E. service road if you want), and lunch on the beach (weather permitting). What more can we ask for?!! Please wear a helmet for this ride.

Sat. Apr 28 CONEY ISLAND. Leader: John Mulcare (718-672-5272). From the front of City hall (one block of Chambers St.). We'll cross the Brooklyn Bridge and do a lot of riding along the waterfront on our way to Nathan's and those famous franks. Then we check out the buildings, if any, on the boardwalk before returning to civilization. Rain and/or other nasty things cancels the ride. Call the leader before 9 a.m. if the weather is questionable. RAIN DATE: Sunday, April 29.
CARMEL KNOWLEDGE. Leader: Ron Grossman (212-598-4563). From the Boathouse. Satisfy your lust for cycling pleasure with this ride through seductively beautiful Westchester, touching parts of Putnam County, Route 9 to Ossining, then NE to Carmel before completing this torrid affair in Croton. Metro-North back from there (bring your train pass). Those filled with mileage desire can continue to points further south. Precip. cancels.

Sun. Apr. 29
7:30 a.m.
A
35-100 mi.


Sun. Apr. 29
9:30 a.m.
50+/mi.

B
9:00 a.m.
67 mi.

There are a few hills. Lunch will be at a diner or a picnic in a nice park, weather permitting. Rain cancels. Call leader if questionable.

Sun. Apr. 29
10:10/10:45/45-55 mi.
weather permitting. Helmets required. Rain, highs under 60F cancels.

Sat. May 5
9:00/9:45 am
HO-HO-HO! Leader: Joe Purman (201-692-8306). From the Boathouse at 9:00 a.m. OR the GVB, New Jersey side at 9:45 a.m.
A
We rendezvous with the BTCNJ after crossing the Bridge and head up to Park Ridge for brunch. After that, a nice jolly ride through northern Bergen County to Ho-Ho-Kus and then back to the Bridge. Maps will be available. Rain or wet roads cancels the ride.

Sat. May 5
8:30 a.m.
SIG-PROGRESSIVE "A" RIDE SERIES #10. Leaders: Lisa Halle (212-319-6097) and Bob Moulder (212-682-5669). From the Boathouse. To Armonk we will cruise. And we're gonna 'climb every mountain!' Well, not really. But we're going to do some hills today so we can practice our climbing skills. Prepare for sore legs (just kidding!). Rain, hurricanes cancels.

Sat. May 5
7:00/8:00 a.m.
RAIN DATE: Sunday, May 6

Sun. May 6
FIVE COUNTY BIKE TOUR. Leaders: Karl Dittebrandt (212-477-1387) and Jeff Vogel (h., 718-275-6978, w., 212-265-2500).
A
From the Boathouse at 6:00 a.m. OR Grand Central Station at 8:50 a.m. Bergen, Rockland, Orange, Ulster and Dutchess counties.
6 a.m./8:50 a.m.
100/160 mi.

This will be slightly more difficult than today's other ride with a similar name. We'll try to keep the route relatively flat - there is only one 5-mile climb. Karl is leaving from the Boathouse and will ride all the way, Jeff is taking an 8:55 a.m. train from Grand Central Station and will ride the remaining 100 miles from Beacon. We'll then take the train back. Don't plan on being home well before 9:00 p.m. Metro-North pass mandatory. Precip cancels.

Sun. May 6
9:00 a.m.
OUT AND BACK-ROCKLAND COUNTY. Leader: Carl Fuller (h., 212-740-5586, w., 212-602-2926). From south side of GVB, New York side. Want to ride but need to get back early? Depart at a warmer hour for a quick tour of Bergen and Rockland County. Venture up South Mountain Road, returning along the Hudson. Eat breakfast as we will ride straight through.
9:00 a.m./40 mi.

Sun. May 6
8:00 a.m.
HOLMDEL, NJ (Car-top). Leaders: Debbie Bell (212-864-5153) and Dick Goldberg (212-874-2008). Close to the city, but far from the crowds, this ride takes us through spectacular scenery, gentle terrain, and horse farms. We'll lead two groups, one doing 80 miles at a 'B' pace, the other, 60 miles at a 'B-' pace. Ride with us, or do your own pace; maps and cue sheets will be provided. Meet at the snack bar in Holmdel Park (Longstreet Road entrance), near Exit 114 on the Garden State Parkway. Call Debbie Bell if you can offer or need a ride. Rain cancels.
B+/B
9:00 a.m.
80/60 mi.

Previews
May 19-20
7th Annual Montauk Twin Century Weekend. Leader: Marty Wolf (212-935-1460). Class: A/A-. 250 miles. As in year past, we'll take a central Long Island route on Sat., but will return on Sun. on the same route that AYH will be using for their ride to Montauk (wave to your friends!). Our group will stay in a motel in Montauk on Sat. night (after a fabulous seafood dinner.) Call Marty for further details, motel phone number and meeting place.

Sun. May 20
9th Annual AYH Montauk Century. 115 miles. Traditional AYH event. You must make advance arrangements for the return trip on either the NYC bus (see below) or the AYH bike train ($20 for AYH members, $24 for non-members); purchase tickets at AYH, 891 Amsterdam Avenue, New York, NY 10025.

Sun. May 20
Montauk Double. Leader: Alex Bekkerman (212-213-5359). From Jamaica Station. Start with everybody, continue to Montauk Point and come back to Patchogue (where my car will be parked. I can take 4 people). Those who want to go all the way to Manhattan (or Jamaica) will cover 256 miles for the day.

Sun. May 20
Coming Home from Montauk IV. Leader: Bob Trestman (212-928-8456). Let's come back from Montauk in style. Buses leave from the town square at 3:00 and 4:00 p.m. and will bring you and your bike back to Queens or to the Plaza in Manhattan. Cost for the ride (including snacks and beverages) is $21 per person and is non-refundable, this ride goes on rain or shine. Please mail your check made out to Bob Trestman to: 140 Cabrini Blvd., Apt. 98, NY, NY 10033 and specify which bus you prefer. Spaces are limited to 30 per bus. If you want confirmation, please enclose a self-addressed card.

Sat. May 26

May 26-28
Memorial Day Weekend in Sheffield, MA. Leader: Karen Reich (212-874-7923). Class: A/B/C. Plan now for this popular weekend in the Berkshire countryside. This week-end is always well attended and a big success, so make sure to get your reservations in early. For information regarding inns, send me a self-addressed stamped envelope to 41 West 72nd St., 2-E, New York, NY 10023.

May 26-28 or May 27-28
Memorial Day at the Races in Somerville. Leaders: Janet Klutch (212-724-8690) and Marty Wolf (212-935-1460). Class: A/A-. We're not indecisive (see choice of dates); we're just trying to get an idea from your response whether to schedule a one day, two day or three day weekend, ending in Somerville on the 28th for the bike races. We'll decide by the April meeting just how the weekend will be structured. Call if you're interested.
Quick Releases
Janet Kronstadt

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

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

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

Next month: lots of titillating, PERSONAL gossip (maybe).

NEW YORK CYCLE CLUB BOARD MEETING
(Tuesday, February 6, 1990)

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

Absent: Christy Guzzetta

The January meeting minutes were approved.

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

Carlos discussed having some combined rides with LIBC.

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

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

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

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

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

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

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

Advertising Manager Needed

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

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

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

Any NYCC member interested in volunteering please call the Editor.

Impotent Bikers: Check the Seat.

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

LIRR “Cyc-N-Ride” permits

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

Applications are available at any LIRR ticket window or from their Public Affairs office, (718) 990-8226. Send application and $5 fee to LIRR, Jamaica Station, Jamaica NY 11435.

You can also go to the American Youth Hostels at 551 Amsterdam Avenue near 103rd Street from 10:00 a.m. to 6:00 p.m. Monday through Friday for while-you-wait service and a $7 fee.

George Washington Needs You!

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

Campaign against helmet-less heads

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

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

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

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

Club Jersey Design Contest

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

All designs must be submitted to the members at the May 8th club meeting. The members present will vote—the winning design becomes the look of our club. Additional information (ordering procedures, prices, delivery dates, etc.) will be announced at club meetings and in the Bulletin. Any questions? Call Margie Hoffman (212) 576-5914 or Christy Guzzetta (212) 595-3764.

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No Tech Tips: Group Riding

Bob Moulder

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

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

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

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

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

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

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

V. BE CONCERNED TO OTHERS ON THE ROAD. We're not the only ones out there, and the laws of physics do not favor us. Stay "tight to the right," and ride double parallel lines only on lightly trafficked 4-lane roads, and on 2-lane roads with good shoulders. If a line of cars at a traffic light isn't too long, wait behind the last car instead of doing the dreaded "Amoeba Maneuver."

NEXT MONTH: "Energy Saving Tricks"

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

Joe Furman

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

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

Basically, one would always insist on doing more than one thinks is the limit, yet never overdo it. There's a thin line in there I call the critical zone. When the zone is sufficiently surpassed, injury or "bonking" can occur. Over a period of time, surpassing this zone leads to burnout. If you overdo it, then it's wise to fall back to square one in your training program if necessary and start all over again. Patience is the key word here.

Patience should balance determination and you should have an abundant supply of both of these components if you expect to achieve optimum growth. Also, never find yourself satisfied with your present level of fitness for an extended period of time. This is sometimes called a slump. If allowed to continue, it's called a dilemma.

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

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Bicycle Writing: Puget Sound
Susan Katz

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

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

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

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

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

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

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

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

President's Message
Christy Guzzetta

How to get things done in the NYCC:

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

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

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

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

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

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

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

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

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

Thank you Caryl Hudson Baron, for this terrific article which first appeared in October 1988 NYCC Bulletin.
RICHARD MARVIN
In Memory of
by John Mulcare

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

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

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

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

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

In Memoriam
by Irv Weisman & Maggie Clarke

Richard Marvin, a Club member for approximately ten years, died of a heart attack in February 1990, a surprisingly young-looking 60-year-old. He was an unpreten-
tious, friendly, and helpful riding companion who lives on in our memories.

He had a tender and sensitive soul, which we were privileged to see in action on an Annual Cherry Blossom Ride a few years ago. On that ride, when we reached the picnic area in the Cherry groves, some of us, including Richard, went to a small market for lunch fixings and drinks. On our way back to the picnic area, we noticed a small bird ensnared in a kite string which was stretched between two trees, about 12 feet above ground. The bird's wings were splayed in a fashion which led us to think that a kite might be broken. The bird fluttered helplessly from time to time, but could not extricate itself from the string. We all stopped to look at the sad plight of this little bird, but its height above the ground, its feeble fluttering, and the crazy twists and turns of the string emmeshing the bird made us feel that we were witnessing a hopelessly fatal situation. But not Richard. "We must do something about this!" he exclaimed. He tied a small lock to the end of a long piece of string, he threw it over the kite line, and gently drew it and ensnared bird down to his head level. Richard then reached up on tiptoe and proceeded to unravel the string wrapped about the bird's body and wings.

The bird, of course, began fluttering more actively and pecked at Richard's fingers, making his work quite difficult. But driven by his compassion for the little bird, Richard persisted in this "futile" task. Suddenly the bird was free, but instead of dropping to the ground, injured beyond repair, it caught itself in mid-fall and flew away with the cheers of onlookers following it. Richard demonstrated a lesson we all should have learned earlier in life, namely persistence pays off, especially when we are "doing the right thing."

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

Happily, we had an opportunity to show our appreciation of Richard and his riding companionship over the years. A few years ago, on a ride through Westchester to Silver Lake, we learned it was Richard's birthday and also that Bernie Pearlman had recently celebrated his. While the other riders diverted their attention in the grocery store, a birthday cake was ordered at a nearby baker and inscribed "Happy Birthday Richard & Bernie." It was a pleasant opportunity to show our appreciation to guys who always could be depended on for plenty of cheerfulness, good humor—a genuine pleasure to have on rides. We'll miss Richard and his upbeat personality, and we mourn his untimely death.
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New York Cycle Club
Monthly Meeting
(Open to all members and non-members)

Tuesday, April 10

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

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

Meat, fish, Chicken $11.00
Vegetarian $8.00

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

FASHION SHOW featuring clothing from DESCENTE!

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