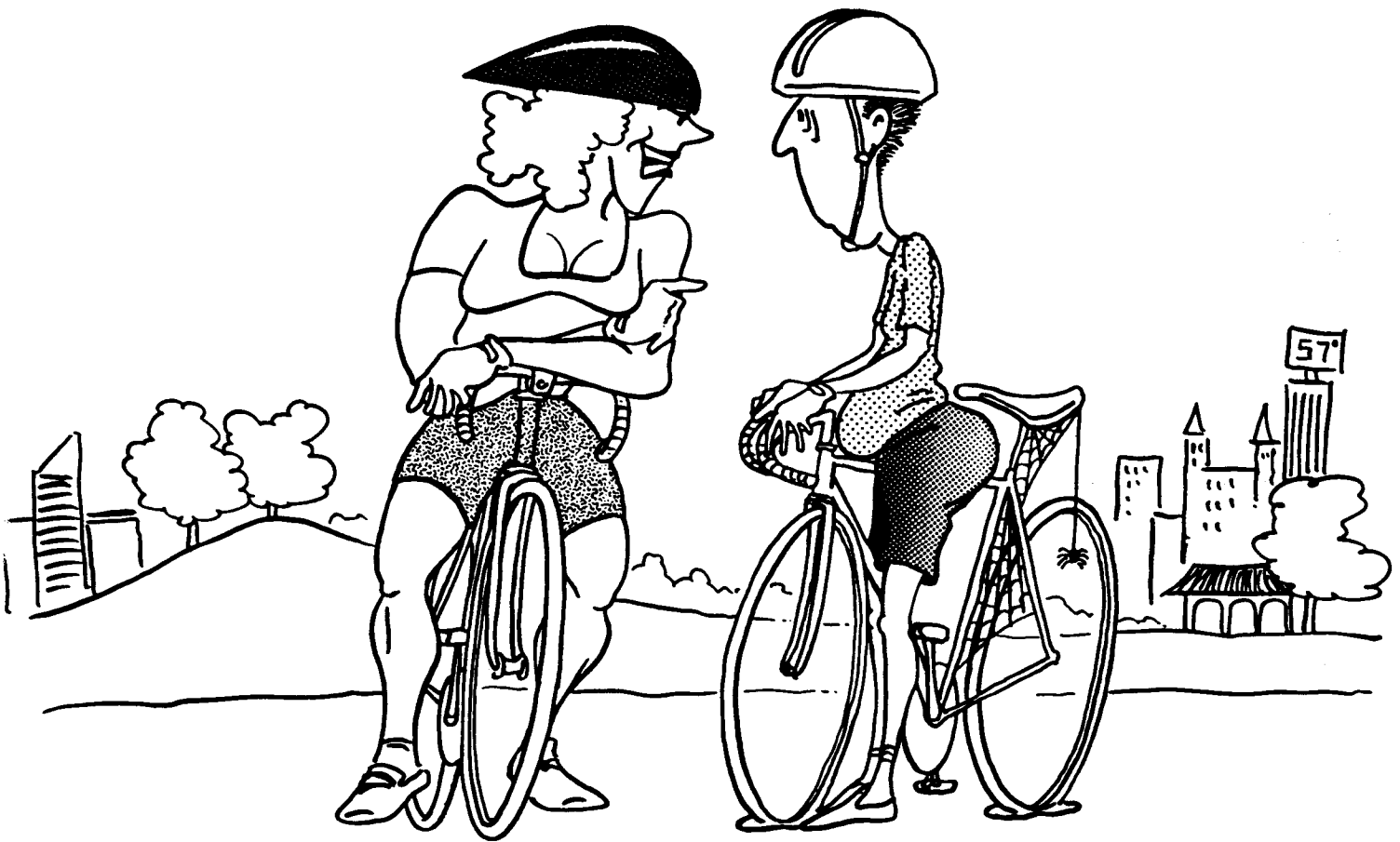


April
1991

APRIL 1991

NYCC BULLETIN

**THE WHO-WENT-AWAY-TO-WINTER-
TRAINING-CAMP-WHILE-YOU-RODE-
LAPS-AROUND-THE-ICE-BOX BLUES...**



" ...We'd wake up, ride a ninety-mile warmup, climb the Andes and carry the bikes down. Then, after breakfast..."

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

NYCC BULLETIN

All the news that fits, we print.

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 Clif 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. Include a self-addressed, stamped envelope if you wish material returned to you.

Ride Listings. To lead a ride and have it listed in the BULLETIN, call the Rides Coordinator for the class of ride you want to lead.

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.

Classifieds. Two classified ads per member per year are free (up to 6 lines), 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. See Page 11 for a membership application. If you don't receive your copy by the first of the month contact the Circulation Manager.

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Deadline for May Issue: April 2



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New York Cycle Club

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

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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.

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. Helmets are strongly recommended. Headphones, illegal in New York State, 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; call the leader if you have any questions.

Ride Class	Avg Speed (not incl stops)	Cruising Speed (flat terrain)	Ride Description	Central Park Self-Class Times (4 laps = 24.5 mi)
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 2 hours or so.	1:16 - 1:23
A-	14 - 15	17 - 18.5		1:23 - 1:30
B+	13 - 14	16 - 17	Moderate to brisk riding with more attention to scenery.	1:30 - 1:38
B	12 - 13	15 - 16	Stops every hour or two.	1:38 - 1:48
B-	11 - 12	14 - 15		1:48 - 2:00
C+	10 - 11	13 - 14	Leisurely to moderate riding; destination oriented. Stops every half hour or so.	2:00 - 2:14
C	9 - 10	12 - 13		2:14 - 2:30
C-	8 - 9	11 - 12		2:30 >

Clif Notes: From the crowds at the Boathouse on Saturday and Sunday mornings someone is reading the BULLETIN. Sherri and I have received lots of positive comments on the new rides format, and we thank you for your support. ▶ I'm back from Walden, which was intense, as Bill White's article in this issue reports. ▶ Donna and Lisa told me that since I finished, albeit barely, the progressive "A" SIG last year, I couldn't do it again and I should do the "A" training series. As of the second week we were still keeping to the listed pace and I've been able to keep up. We'll see how long that lasts with the jackrabbit starts after stopping for traffic lights.

April Rides

Every Saturday in April

A/A-100-140 · 8:00am · Saturday Century

Leader: Karl Ditebrandt (212-477-1387). From the Boathouse. Every Saturday that I'm in town, I will be riding a century somewhere in NJ, Rockland or Westchester—maybe even Long Island. Please call me during the week for details. Rain or temp. below 35° cancels.

Saturday, April 6

A/71 · 8:30am · SIG Progressive "A" #5

Leaders: Christy Guzzetta (212-595-3674) & Glenn Weiss (212-724-3689). From the Boathouse. Lots of miles for so early on in the series. And, we'll ride portions of it in a double paceline as we head across the bridge to Saddle River. We'll keep it simple today, no need to rush, we're not halfway thru the series yet. No rotating—just riding along—with a bike inches to my side, a wheel inches off my front, and another inches to my rear. All...at the very same time. Very bad weather cancels.

A/70 · 9:00am · "A" Training ride #11: Westchester the Flat Way (I lie a lot)

Leader: Herb Derahowitz (212-929-0787). From the Boathouse. Lunch at the Highland Diner in Ossining. We're up to a safe 20 MPH. The usual cancels

B/50 · 9:00/10:00am · If At First...

Leader: Dick Goldberg (212-874-2008). From the Boathouse (9am) & the GWB (10am). Park Ridge via Oradell Reservoir & Lake Tappan.

C/45 · 10:00am · Westchester

Leader: Jeremy Herman (212-543-6472). From 242nd & Broadway—last stop on B'way Local #1&9. Call if in doubt about ride. Rain date—Sunday, April 7.

Sunday, April 7

A/80 · 9:00am · "A" Training Ride #12

Leader: Bob Moulder (212-682-5669). From the Boathouse. White Plains the usual way, then Highway 22 to Armonk, then shoosh down Riversville Road on the way back home. Flat cruising pace is 20 MPH, but for those who long for the feel of Spring, wind rushing their helmets, a couple of exhilarating downhill will be encountered. Any precip. or start temp. below 30° cancels.

A/60 · 9:00am · Easy Does It III

Leader: Mark Leveque (718-461-5480). From Queens Blvd. & Yellowstone. We'll sprint like mad dogs on the flats, we'll fly up the hills, we'll downhill at the speed of sound...nah, changed my mind...we'll take the long winding road to Bayville at a tourist pace. We'll pretend we've never been there before. Boom boxes, video cams and cellular phones o.k. Precip., start temp. below 30° cancels.

B/65-70 · 8:00am · NYC Century Exploration

Leader: Cindy Arlinsky (212-941-4600). From City Hall Steps in Manhattan. Ride the NYC Century route thru Brooklyn, Queens, Bronx and Manhattan. Experience the contrasts that make NYC unique: shoreline, ethnic neighborhoods, parks and more. Check out some new possibilities for the 2nd Annual Century. Total mileage will be determined by the group. Any precip. or predicted high below 35° cancels.

B/50 · 9:00am · Progressive "B" Training Ride #4

Leader: Dave Miller (212-294-9365). From the Boathouse. We will go up to Piermont again. This time on River Road. Brunch at the Turning Point Restaurant. Don't stay in bed! Come on out and "progress" into a fit "B" rider. Snow, rain or predicted high below 32° cancels.

B/35 · 10:00am · Early Cherry Blossom Ride

Leader: Maggie Clarke (212-567-8272). Meet at the World Trade Center mezzanine escalators to PATH to take the 10:25am train to Newark (\$1). After a leisurely ride through Branch Brook Park outside of Newark (one of the largest

collections of cherry trees in the Northeast), we picnic under the blossoms. Return to the GWB via the lovely estates of Montclair—moderately hilly; low gears advised. Note: this ride is being led in addition to the one on April 21 to hedge our bets about the timing of the cherry blossoms. 50% chance of rain, or predicted high below 45° cancels.

B-/C+/50 · 9:30am · Somewhere Else in New Jersey

Leader: Peter Hochstein (212-427-1041). From the Boathouse. Where? Beats me. Lets head West instead of North and see what we can find. I'll try to bring some kind of half-derriered cue sheet, but best to carry your own Bergen County map in case you want to split. Also bring lunch. It may be a long way to a diner or deli. We're shooting for a 13-14 mile pace, except on hills. Please, no complaints from the C's that we're going too fast or the B's that we're too slow—or from anybody that we're lost. Rain, predicted high below 40° cancels.

C/30 · 8:45am/10am · Jones Beach & Bethpage

Leader: Roscoe George (212-989-0883). From Penn Station LIRR Concourse (8:45) or LIRR Station Wantagh (10). The bike path to Jones Beach and thence along the Boardwalk and return to Montauk Hwy and on to the bike path to Bethpage. Bring LIRR pass, money for lunch, a lock and good spirits (Roundtrip RR Fare is about \$9). Predicted high below 45° or any precip. cancels.

Saturday, April 13

A/80-85 · 9:00am · "A" Training Ride Saddle River & Beyond

Leader: Bob Trestman (212-928-8456). From the Boathouse. Back to the saddle again—at a steady 20½ MPH—some hills, some flats, some rotating pacelines. The usual cancels.

A/77 · 8:30am · SIG Progressive "A" Ride #6

Leaders: Lisa Halle (212-319-6097) & Lance Leener (212-947-9392). From the Boathouse. To Long Island. Okay, this is it. The moment you've been waiting for. Today we're riding a double paceline. Sucking wheel and taking our turn at the front. That's right: a rotating double paceline. Cruising along the LIE Service Road, we're lookin' lean, mean, we're the NYCC cycling machine!

A-/63 · 8:15am · Staten Island the Pretty, Hilly Way.

Leader: Jody Saylor (H-212-799-8293, W-212-228-0440). From the Staten Island Ferry. Todt Hill ("Highest Point on the Eastern Seaboard"), Frank Lloyd Wright House, Grimes Hill, whiz past the Earnest Flagg Mansion, lunch at Conference House Park at the tip of the Island, and flat back to the ferry. Get to the start promptly to catch the 8:30am ferry. April Showers cancels.

A-/100 · 8:30am · Easy Century to Westchester—Reprise

Leader: Marty Wolf (212-935-1460). From the Boathouse. In the Jan. bulletin I listed this ride for early Feb. but due to circumstances beyond my control, I couldn't make the ride. So here goes again. This ride could be shortened to 75-85 or even 65 miles, but I'm aiming for the century. Any precip. cancels. I refuse to get my great new bike dirty.

B/50+/- · 9:00am · Flowers on Long Island

Leaders: Sara & Ed Flowers (718-544-9168). From the Statue of Civic Virtue (E or F train to Union Turnpike Station). Join us on a beautiful route which is ride-oriented: long tree-lined stretches with views of mansions and the Sound; hills and dales through a variety of Long Island communities; and a social lunch—inside or out as weather dictates. Rain or starting temp below 45° cancels.

Sunday, April 14

A/83 · 8:30am · South Mtn Road

Leader: Christy Guzzetta (212-595-3674). From the Boathouse. The 14th ride of the A Training Ride Series. We're cruising at 20½ MPH on the flats, 80 plus miles, pretty serious stuff. Thru Ft. Lee along Saddle River Rd, down South Mtn Rd, two deli stops, serious stuff. Very bad weather cancels.

A-/60 · 9:00am · Easy Does It IV

Leader: Mark Leveque (718-461-5480). From Queens Blvd. & Yellowstone. As everybody is getting "SIGed Out" and "Trained Out," we will ride leisurely on millionaires' pretty roads on the North Shore. Any precip. or start temp. below 30° cancels.

B/62 • 9:00am • Progressive "B" Training Ride #5

Leader: Dave Miller (212-294-9365). From the Boathouse. This week we will "progress" up to Nyack. The ride is flat with a couple of small hills. There may even be a little green starting to show along the bike path in Talman State Park. Lunch will be at the Skylark Diner. Snow, rain or predicted high below 32° cancels.

C/35 • 10:00am • Brooklyn Queens Greenway

Leader: Dave Lutz (718-624-0346). From Prospect Park Grand Army Plaza. Cycle the Greenway while it is being built. Ride from Prospect Park to LI Sound. Some off road—fat wheels not required—Joint AYH ride. Rain cancels.

Friday, April 19**All Club • 5:30pm • Earth Week Demonstration for an Auto-Free Central Park**

Gather at Columbus Circle Park Entrance for a slow ride around the Park. Call TA at 212-941-4600 for more info.

Saturday, April 20**A/89 • 8:30am • Bedford**

Leader: Christy Guzzeta (212-595-3674). From the Boathouse. First stop not till Bedford—about 35-40 miles out. Then the long downhill stretch down Riverville Road. We're sure to exceed the prescribed 21 MPH cruising speed here! But we will keep to it on the flats. Then, to Rte 22, White Plains, Grassy Sprain Home. Very bad weather cancels.

A/85 • 8:30am • #7 SIG Training Ride

Leaders: Lance Leener (212-947-9392) & Donna Slattery (718-921-4635). From the Boathouse. Today we put it all together. We've positively pacelining to perfection. Our distance increases as we venture up to Old Greenwich. It's a scenic route along the coast with seagulls scoping out our spins. Note start time. Rain cancels—raindate on Sunday.

B/B+/55 • 9:00am • North Shore Wanderer

Leader: Jim Babbitt (718-296-0027). From the Statue of Civic Virtue. Oyster Bay? Bayville maybe Roslyn & Seacliff—who knows. Great roads, great scenery is assured. Rain cancels.

Sunday, April 21**A/45 • 7:50am • Sunday Quickie—Staten Island**

Leader: Mike Yesko (212-533-2409). From the NY side of Staten Island Ferry to catch 8:00am boat. Jody still gets credit for this scenic route of architectural wonders. Those early hills will warm us up en route to a deli stop in Tottenville. Be prepared for a paceline sprint to make the 11:30am ferry back. May have to skip the boardwalk. Rain may cancel.

A/85 • 8:30am • "A" Training Ride #16—Northward Ho!

Leader: Bob Moulder (212-682-5669). From the Boathouse. Let's head up to Croton Dam for a great ride through Westchester's fine spring foliage. Flat cruising pace is 21 MPH. We've arrived!!

A-/70 • 9:30am • Leaders Need Assistance

Leaders: John Becker (516-643-4648) & Jane Kenyon (212-662-1935). From the Boathouse. Skylark and Rockland Lake Loop. It's our first time (to lead a ride, that is), so please be gentle with us. Precip. cancels.

B+/70 • 8:30am • Chappaqua

Leaders: Steve & Carol Baron (212-595-7010). From the Boathouse. A nice spring ride up Sleepy Hollow Road with hills before and after lunch. Return along Kensico, Grassy Sprain. Precip. or start temp. below 32° cancels.

B/60 • 9:00am • Progressive "B" Training Ride # Cherry Blossom

Leader: Dave Miller (212-294-9365). From the Boathouse. This week I am committed to helping on Irv's Cherry Blossom Ride. Come out and ride. This is an opportunity to ride in a new area and to see the blossoms. See Irv's listing.

B-/C+/35 • 9:20/10am • 16th Annual Cherry Blossom Ride

Leaders: Irv Weisman (212-241-4783), Maggie Clarke (212-567-8272) & Dave Miller (212-794-9365). Meet at 9:20am at the Coliseum (Broadway & 60th St.), or 10am at the WTC mes. escalators leading to PATH trains. Take the 10:25am train to Newark (fare \$1). After a leisurely ride through blooming Branch Brook Park and Cherry Blossom Land, we picnic (bring or buy nearby), admire the foliage, and do some people watching. Return to GWB by 4:30pm, encountering several steep climbs enroute; low gears advised. 50% chance of rain, or predicted high below 40° cancels. Joint TA.

C/25 • 10:00am • See Rockland with the Rock Duo

Leaders: Richard Fine (914-638-0842) & Ethan Brook (914-429-5361). From Rockland State Park Rte 9W Congers N. Ent Lot #1. Scenic ride—with a sensational lunch stop—but don't expect too much—mostly flat. Bring \$ for lunch. Precip. cancels.

Saturday, April 27**A/100 • 7:00am • A Century Of Significance**

Leader: Maxim Vickers (718-728-7179). From the Boathouse. How much significance? 1) 25 years to the day since I first stepped on American soil, 2) my 100,000 career mile is coming up sometime this month, 3) I have just completed my first four decades as a human being, and 4) I am about to mark 15 years as a Clubbie. (You may mail tokens of appreciation to my home address, whenever membership finds it.) Briefly: bakery goods in Tarrytown, quick carbo-topping in Golden Bridge, liquid refreshment in Purchase. Metro North available. Rain date: Sunday. The usual conditions cancels.

A/65 • 9:00am • Bayville on the Spring

Leader: Herb Dershowitz (212-929-0787). From the Boathouse. Hopefully everybody is tired from yesterday's first A ride. The original LIBC route to Bayville. Outdoor lunch if its nice, otherwise indoors. The usual cancels. Call leader if in doubt.

B/B-/55 • 9:30am • Rural Route to Sandy Hook

Leader: John Zap (212-736-4379). From Cheesequake State Park parking lot. The rolling route through Jersey farmland. Lunch at Sandy Hook. A "B" ride at a "B" pace. Call if you can offer a ride. Call if you need a ride. Call for directions. Any precip. or predicted high below 50° cancels.

B-/45 • 9:30am • Nyack Nyack!

Leader: Ron Heller (212-879-1167). From the Boathouse. Start spreading the news, we're riding today. You'll be a part of it. Nyack Nyack! Rain cancels.

Sunday, April 28**AA/140 • 7:30am • Newburg-Beacon Spring Classic**

Leader: Alex Bekkerman (H-212-213-5359, W-212-460-2220). From the Boathouse. This will be a usual ride with emphasis on demanding, cooperative and intelligent riding. Severe rain at 7:00am cancels.

A/100+/- • 8:00am • A Training Ride "A" Pace *Bear Right

Leaders: Angel Rivera (212-889-9346) & Philippe Chateau (212-547-4052). From the Boathouse. Ride to Bear Mtn. via 9W. Smooth paceline riding. One to two stops. Wet weather at start cancels.

B/62 • 9:00am • Progressive B Training Ride #6

Leader: Dave Miller (212-294-9365). We will "progress" up to Nyack again this week, but a little faster, and on a different route. Lunch at the Skylark Diner. Rain, snow or a predicted high below 32°.

B-/45 • 9:30am • Silver Lake Reunion

Leader: Maggie Clarke (212-567-8272). Meet at the Triangle Garden at Broadway and Dyckman (200th St. "A"). We will ride through the manicured gardens and moderate terrain of lower Westchester, touch Kensico Reservoir and return to the grassy knoll at Silver Lake where, a few years ago, we celebrated the birthdays of Richard Marvin and Bernie Perlman. Any birthdays out there? 50% chance of rain, or predicted high temperature below 45° cancels. Bring Metro-North rail pass for emergencies.

C/40 · 10:00am · New New Jersey News

Leader: Melanie Yulles. From 95th St. & Riverside Drive. A leisurely ride through historic Bergen County—possibility to see some ducks. Lunch out or in depending upon the conditions. Rain cancels.

April 27-May 2

A/B/50/Day · Northern California Tour

Leader: Holly Gruskay (212-534-1156). A five day tour through wine country. The \$125 fee includes campsites, gear transport, and hot showers. Inns are optional.

May 3-5

All Class · Mountain Bike In Historic Lenox, Mass

Organizers: Ed Bernstein & Donna Feinstein (718-268-6684). Mountain bike thru the woods of beautiful Kennedy Park and October Mountain in the Berkshires. We'll be staying Fri. and Sat. nights in a quaint Victorian bed and breakfast—a quick walk to town center (lots of great shops). Trails for all levels. Bike rentals and carpooling available. Don't be a dud, let's ride in the mud! Space is limited so call early.

Saturday, May 4

AA/100/150/200 · 7:00am · Long Island Double Century

Leader: Alex Bekkerman (212-213-5359). From Patchogue, Long Island. We'll meet at my place (call at least 7 days in advance), drive to Patchogue where we'll ride 2,3 or 4 times around a lovely 50 mile loop. You choose your mileage, I set the pace. The loop features fast flats and rolling hills. Please call to arrange your car ride. Very bad rain cancels.

A/70 · 9:00am · Kent State Memorial Ride

Leader: Mark Martinez (718-726-7644). From the Boathouse. Your basic nice ride thru the Hills 'n' Dales of Westchester. Brunch at Thornwood Diner. P.S.—If you're old enough to remember Kent State, the leader maybe able to keep up with you. Any precip., National Guard Objections cancels.

A/A-/ATB/65-70 · Call for Start Time · Here's Mud in Yer Eye

Leaders: Tom McMahon (212-777-5845) & David Bernstein (212-Kid No Ax). Call for start location. Join us on a 100K spin up & down the Croton Aqueduct Trail. Cotton sew-ups? Rotating pacelines? Clipless pedals? Fat chance! Please call leaders re start time/place. Torrential downpour cancels to Sunday, May 5.

All Class/40/62/100 · 7-9am · Central Jersey Bike Club Farmlands Ride

Leader: CIBC (908-225-HUBS). From Monmouth Battlefield State Park, Rt 33, Freehold NJ (about 60 miles from NYC). A choice of a 40-miler, metric century or century through the farmlands of Monmouth & Ocean Counties. A \$12 entry fee gets you marked routes, cue sheets, snacks and Sag support.

Sunday, May 5

A/53 · 8:00am · Sunday Quickie—White Plains

Leader: Mike Yesko (212-533-2409). From the Boathouse. Our ever-popular Westchester route takes us to White Plains the traditional way, with a quick breakfast stop at the Flagship. Then across to Tarrytown via Grasslands and back along the Hudson to Manhattan. We may try the off-road part on the aqueduct this time and still aim to be back cleanly by half past Noon.

A/85 · 8:30am · South Mountain Road

Leaders: Bob Moulder (212-682-5669) & Lisa Halle (212-319-6097). From the Boathouse. This is a NYCC favorite!! A Classic!! Not to be missed!! Over 30% chance of rain.

B+ to C-/33-64 · 9/9:45am · Newcomers Ride

Coordinators: Irv Weisman (212-241-4783), B-Dick Goldberg (212-874-2008), C-Geo Carl Kaplan (212-989-0883). All B's meet 9:00 am at the Boathouse, All C's meet 9:45 at GW Bridge Bus Terminal (Ft. Washington Ave at 178th Street, A train to 175th Street). See page 7 for more information.

Ride Previews

A/200+ · May 18-19 · Montauk Twin

Leader: Maxim Vickers (718-728-7179). Overnight at Montauk. Additional info. in May BULLETIN.

A-/250 · May 18 · 3:00am · Montauk Double Century

Leader: Marty Wolf (212-935-1460). Double century—there and back without an overnight stop. Just lots of miles. See May BULLETIN for more info.

A+/125 · Sunday, May 19 · Sailing To Montauk

Leaders: Bob Moulder & Jeff Vogel. Normal prevailing winds almost always guarantee a tailwind for this annual pilgrimage. Almost. If things blow our way, we'll join the "A" ride, then turn on the afterburners for the last 100 miles. See next month's BULLETIN for details. Significant chance of headwinds cancels.

All-Class · May 24-27 · Memorial Day Weekend in the Berkshires

Organizers: Karen Reich (212-874-7923) & Gerry Wendrousky will co-lead this annual rendezvous with deer, hypnotic waterfalls, errant chipmunks, rolling hills and secretive celebrities. Bed & breakfast in country inns or local motels. Rides for all classes. Sunday evening (all you can eat!) buffet dinner. Who knows what else? Press coverage? Fishing? Stay tuned!

ABC/60/50/30 · Saturday, June 1 · 9/10am · Mostly Mozart Ride

Coordinator: Paul Minkoff (718-937-6171). Call leader for info. on discount advance tickets—good for any of 5 concerts, May 25, 26 & 27 and June 1 & 2.

A/1400km · June 28-July 7 · Scandinavia Quickie

Leaders: Mike Yesko (212-533-2409) & Richard Rosenthal (212-371-4700). After the brevets are over, how are we going to stay in shape for Paris? Let's head for northern lats to relish midsummer's eve among the beautiful blond people on the Skandinavia-loppet. Call for additional info.

A-/250-300 · July 4-6 · Watergap Weekend

Leaders: Steve & Carol Baron (212-595-7010). We'll ride to Hope, NJ on Thursday, July 4, do the gap on Friday, and return to NYC via the southern route on Saturday. Mountains each day, if we go out via Skyline Drive. Two nights at the loveliest Hope inn we know. Not for the weak of leg nor faint of pocketbook. Reservations must be placed, with deposit for rooms, by March. Call for details.

All Class · July 4-6 · Bound Around the Sound

Leader: Paul Minkoff (718-937-6171). Cycling 50 miles/day to Orient Point, over by ferry to New London, west to New Haven and back to NYC via Metro North. Must have panniers and both LIRR and Metro North bike passes. \$200/person, not including dinners. \$100 deposit to reserve space.

All Class · July 27-August 2 · New Hampshire Lakeside Tour

Leader: Paul Minkoff (212-532-9427). A trip in the Lakes Region of New Hampshire. Approximate cost of \$500. Call for additional info.

August 3-4 · West Point Overnight

Leaders: Jody Saylor (212-799-8293) & Christy Guzzetta (212-595-3674). From the Boathouse. Leaving early morning, we'll ride North to the spectacular West Point Campus. We'll enjoy a picnic lunch on the banks of the Hudson. Then, a scrumptious all-you-can-eat dinner at the Hotel Thayer where we'll be staying overnight. Breakfast—again—all-you-can-eat—Sunday morning before we embark on a beautiful and very challenging ride home (lots of bail out points via Metro North). Cost approximately \$70-\$75. Details to follow in the BULLETIN.

August 10-17 · BMB, The Slow Version

Leader: Paul Minkoff (212-532-9427). No, not Boston-Montreal-Boston. While the maniacal are off to France for PBP, practice your French by biking to Montreal and Back (starting and ending in Vermont). Cost is approximately \$500. Call for additional info. August 29-September 10

A/B/325 · August 29-September 10 David Tours the Eastern Alps

Leader: David Schlichting (516-482-3423). Spectacular tour of eastern Alps through Switzerland, Italy, Austria and Liechtenstein. Incomparable scenery, mostly quiet roads, challenging climbs, thrilling descents. \$1650 includes airfare, hotels, meals.

What's the 5BBC?

by Marion Freistadt

"The AYH Metro New York Council is having severe financial problems. There was discussion of how we might lend support to the newly formed Five Borough Bicycle Club. (5BBC), formerly the Bicycle Committee of the Metro New York AYH." After reading this in the Minutes (February BULLETIN), I felt impelled to write. I am a switch hitter—I belong to NYCC and 5BBC. However, I am more active (in fact I am a leader) with the 5BBC. While it is true the Council is in deep trouble, the 5BBC has managed to persevere despite this. Our approach to organizing and leading rides is quite different from NYCC's. I believe there is room, even a need in this city for both groups.

Most people are familiar with American Youth Hostels (AYH), the national organization chapters, which sponsors hostels, inexpensive travel and other activities. AYH seeks to promote "a greater understanding of the world and its people through out-of-doors, educational and recreational travel." For reasons that which are unclear the local chapter has been steadily losing its financial tenability. Recently to save the Council, the National AYH took over, laying off most of the staff and contracting out management of the hostel.

The Bicycle Committee (the bicycle leaders) saw this coming and took certain actions. We formed a new, independent club, the Five Borough Bicycle Club (5BBC) with an AYH-affiliated charter. We decided to publish our own bi-monthly newsletter, the *Bicycletter*, initially financed by donations from club members and friends. We are committed to mailing it out before the rides occur and are now charging \$10 a year for subscriptions. You don't have to be an AYH member to subscribe, but you do to be a member of the club. The club will be sponsoring many of the former activities, including free day rides, inexpensive weekend trips, leadership training, bicycle repair and special events such as the Montauk and Strawberry Centuries. The viability of the 1991 Five Borough Bike Tour is in doubt, due to the (apparently unrelated) withdrawal of Citibank sponsorship of the event.

"Why not just join NYCC?" Well, many of us are members. However, the two clubs have very different approaches to group rides. We do not have the ten-tiered rating system, in fact our rides are not rated at all. Rides are describe in terms of mileage, terrain and destination. We usually have two leaders, one in the front and one in the rear. The route is marked by the point-drop-sweep system, so most people can ride at a pace they find comfortable, but no one gets lost. All the leaders are required to pass a leadership training class. Many cyclists in the NYC area that enjoy this type of ride organization. That's not to say one way is better than the other—we're just different. Both clubs are important and serve different needs.

Our Club meetings are the third Monday of each month at the Hostel: 891 Amsterdam Avenue (103rd Street) and are open to the public and include events such as slide shows, equipment swaps and parties. Thursday evenings, 6:30-8:30 are "club nights" when members are at the Hostel to answer questions (212/932-2300x9243) or just talk cycling.

An article by Ed Fishkin describing the NYCC will appear in the next issue of *Bicycletter*. ■

Self-Classification

by Irv Weisman

The All-Class Self-Classification Ride in Central Park was postponed due to rain, resulting in a small turnout. The participants were able to predict their performances quite well, reinforcing the validity of our classification scheme and the sensitivity of our members to their own performance.

The chart below shows the results. It lists ID, Lap Times, Total Time, Average Speed (for the 24 miles) and the Predicted class estimate before the ride, and the Actual class based on the time to ride the four laps. Note that the average speed in the park is greater than it will be on the road where turns and traffic conditions may slow us down. (Ride leaders note: Cruising speeds for B and C classes on level ground are 3 mph faster than the average speed, for A classes, cruising speeds are 3½ to 5 mph faster than average speed.)

ID	Lap 1	Lap 2	Lap 3	Lap 4	Total	Speed	Pred	Act
1	28:32	27:13	28:05	28:25	1:52:15	12.8	C+	B-
2	24:07	26:21	25:14	24:11	1:39:53	14.4	B-	B
3	23:22	23:15	23:33	22:45	1:32:55	15.5	B-	B+
4	24:21	25:44	26:06	25:56	1:42:07	14.1	B-	B
5,7	30:19	31:50	27:34	28:49	1:58:32	12.2	B-	B-
6	26:59	27:31	27:59	27:59	1:50:28	13.0	B-	B-
8	18:34	18:50	18:37	18:29	1:14:30	19.3	B+	A+
9,10	27:39	26:50	28:18	27:37	1:50:24	13.0	B-	B-
11	28:05	30:25						
12	20:45	21:05	19:55	21:17	1:23:02	17.3	A	A
13,14	25:00	24:00	24:00	24:00	1:37:00	14.8	B+	B+

If you are new to the Club, or uncertain of your riding class, try to make the time to ride the four laps in Central Park at a comfortable pace and check your *overall time* (not your average speed) against the "Guidelines for Club Rides" on page 2. Then select rides of that class or lower until you feel that you can handle faster speeds. Those one mph gaps between classes are not easily bridged.

Would-be "A" riders should be aware that they are expected to be able to ride comfortably in fast moving pacelines. If you don't possess these skills, get into an appropriate training group to learn the riding skills and paceline conventions.

As you ride more, you will raise your riding class rating, by one, or at most two, classes during the course of the season. Ride safely, have fun. ■

Bike Shorts

Richard S. Rosenthal

Motorola's Intolerance

Motorola, sponsor of America's finest professional cycling team, announced its team members would not be permitted to have long hair or wear beards or mustaches. If Motorola had a women's team, would it forbid short hair on the women?

Would team manager Jim Ochowicz (who used to wear a mustache when he raced) reject an otherwise qualified Afro-American because he wore a mustache, as most black men do? Is a corporation's prescribing what is acceptable facial hair the freedom we just killed 50,000-100,000 Iraqis for while fighting alongside the Saudis to free Kuwait? Virtually all Saudi and Kuwaiti men wear mustaches.

What intolerance! It's enough to make me wish Fignon would re-grow his ponytail and kick some Motorola butt.

I suggest that men with long hair, beards, or mustaches and their friends consider whether they want to buy products from a company that finds their appearance objectionable. ■

Bulletins

For the Last Time

Your NYCC Membership Director reminds you for the last time to renew your membership by the April 9 Club meeting. If you haven't yet renewed for 1991 this BULLETIN will be your *last*. Take out your checkbook and write a check for \$17 for a single membership or \$23 for a couple residing at one address. Send it along with the membership form on page 11. Do it *now* before you forget. Join us for all our great upcoming Saturday, Sunday and weekend rides.

HERB DERSHOWITZ

Last Chance for Club Jerseys

Do you want to show up on the next All-Class ride dressed in Club colors? You can—by ordering your exclusive custom-made Club jersey, shorts, helmet cover and musette bag. Send the order form on page 11 or bring it to the April 9 Club meeting.

Note that in the true spirit of the Club, this is an all-volunteer effort and the Club is not making any profit from these orders. It's being done *solely* because so many Club members wanted a Club jersey.

Sixth Annual Newcomer's Ride, Sun. May, 5

This ride (started by Debbie Bell in 1986) is intended to encourage newcomers to the Club to start riding with their club-mates under supportive conditions. The six sub-sections will range from B+/63 to C-/33 miles. All the "B" sections start at the Boathouse in Central Park, while the "C" sections will start at the G.W. Bridge Bus Terminal.

We will all ride similar routes in northern NJ so that those who fall back will be "swept up" by the following slower group. We plan to have at least two co-leaders on each section. Established club members who would like to help greet our newcomers and ride along with them—setting the finest example of courteous riding style—are, of course, invited to join the ride or help lead one of the sections. Some of last year's leaders have already volunteered, but more leaders would be useful. Please call me if interested at 212/241-4783 (W) or 212/562-7298 (H).

IRV WEISMAN

Second Annual NYC Century

Transportation Alternatives (TA) is planning the second annual NYC Century, a 100-mile bike tour through Brooklyn, Queens, the Bronx, and Manhattan, to be held on Sunday, September 15, 1991. Throughout the spring and summer TA will conduct exploratory rides to fine-tune the route and familiarize marshalls with the route. TA is looking for cyclists to marshall the full 100-mile course as well as shorter loops of 30, 55, and 75 miles. All cyclists are welcome to join any of the adventurous exploratory rides. Proceeds from the NYC Century will benefit TA and support its continued work towards better cycling conditions in New York City. This spring TA will move its Auto-Free Central Park campaign (strategies to gain the permanent ban of motor vehicles at all times from Central Park's loop drive) into high gear. For more information please call 212/941-4600.

CINDY ARLINSKY

President's Message

Lisa Halle

Just last week I had a meeting with a client of mine who told me he's taken up bike riding. He bought himself a new bike, some touring shoes, but has vowed never to wear lycra bike shorts. I said that was okay, but what about a helmet?

"A helmet," he said, "I don't need a helmet!!" Of course, I told him that he was crazy, nuts, cuckoo... in short a DEAD MAN.

He thought helmets didn't look good on him. Boy is he wrong.

Last year I rode with a lot of people who didn't wear helmets. And now, this year, some of those same people are wearing helmets. I wonder why?

Please, don't be stupid. Don't think it's cool not to wear a helmet. Helmets are for safety. If you fall off your bike and hit your head, a helmet protects you. If you don't wear a helmet you could *really* be in trouble.

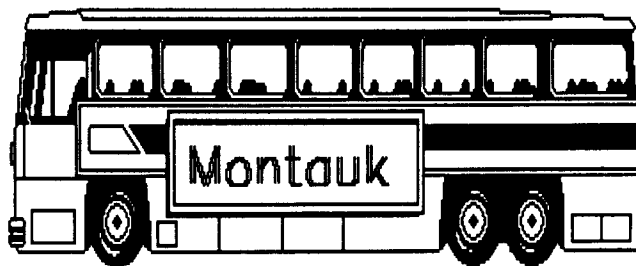
Thank you Angel, thank you Patricia. Thanks for wearing a helmet. And all you other helmet wearers... give yourself a pat on the back.

Begin Earth Week with Style and Purpose

Demonstrate for an Auto-Free Central Park. Bicyclists, runners, skaters and friends will stage a traffic slow-down on Central Park's loop roadway to kick off Transportation Alternatives' Auto-Free Central Park campaign. They will gather at the Columbus Circle park entrance on Friday, April 19th at 5:30pm for a slow ride or jog around the park.

Runners, walkers, cyclists, skaters, kids, birdwatchers (and birds) all need more room in New York City. Removing the motor vehicles for Central Park is the place to start. For more information call Transportation Alternatives at 212/941-4600.

GALE KAUFMANN



Bus Back From Montauk

I know it seems early, but the annual Montauk Century is Sunday May 19th. You know how you are going to get to Montauk, but how are you going to get *back*? Ride the fun-filled NYCC charter bus, leaving Montauk at 3:00 or 4:00 pm. To reserve your space, send a check for \$21 made out to Herb Dershowitz, 435 W. 23rd Street, #6A, New York N.Y. 10011. Be sure to let me know which bus you want. Both busses sold out last year, so reserve early.

HERB DERSHOWITZ

Chain Letters

Thank you, Mr. Logoman

As the dead last place finisher in the Official New York Cycle Club Logo Contest, I think we were remiss in not thanking Bob Foss at the February meeting for his stewardship of the contest.

This whole thing has been a mess, a real mess and Bob single-handedly seized hold of the matter and shepherded it. Not just single-handedly but in the face of doubters, detractors, and nay-sayers and with little encouragement and no actual support.

...Now then, as for my entry, should the first three finishers be unable to complete their official responsibilities.

RICHARD ROSENTHAL

Bob Foss started "this whole thing" last year while Secretary of the NYCC. You'll be seeing the result soon. —Clif

Are You Politically Correct?

In regard to remarks in the March BULLETIN vis-a-vis political comment, regrettably, the BULLETIN has become political to the extent that by allowing Ms. Askowitz to list the Reproductive Freedom Ride (RFR), the Editor has permitted the BULLETIN to be used as an organizing tool of a group whose sole purpose is the furtherance of a specific political agenda. This is distinct from charitable organizations, which do not espouse positions on pending legislation, existing or pending court decisions.

The BULLETIN is funded by the membership dues of the Club. The membership should be presumed to be of various political persuasions, and its money was not given to the Club to further and political cause beyond those concerning recreation and transportation, as expressed in the first section of the Club Bylaws. In essence, the RFR is about neither of these issues, but about abortion rights, using bicycles merely for purposes of symbolism and media attention.

The Club holds monthly dinners, at which, quite properly, there is an open forum. Let Ms. Askowitz come to the dinners. But the RFR should not have been listed in the BULLETIN.

To redress this imbalance and facilitate the full expression of citizenship, I propose an announcement of the Right to Life Convention in New York City in April. PAUL MINKOFF

The editorial policy of the BULLETIN is that our first priority is to announce Club rides and events. As space allows, we publish items related to bicycling and of interest to Club members. Inclusion of an item in the "news" section does not imply endorsement by the Club, only that in the judgement of the Editor, it is newsworthy. Your announcement is not. —Clif

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Declassé Rides

Along side cyclists expecting harder-pace longer rides, another contingent prefers relaxed-paced shorter rides for leisurely sightseeing which might be termed "D sightseeing rides." For such rides to attract riders requires an appealing theme, for which exploring noted architectural neighborhoods is ideal.

Riders will be uplifted and enthralled to survey and discover how architecturally prodigious pre-war metropolitan New York really was by leisurely cycling many scores of eminent neighborhoods within the metropolis (Jersey City alone contains over six nostalgic architectural rides.) Perhaps we'll settle the chronic dispute about which Brooklyn Neighborhood is the "paragon of brownstone architecture." We'll also soak up the ragtime "Under L" ambiance which seems to represent "frozen time."

Saturday afternoon "D Rides Through Noted Architecture" can canvass a different old neighborhood weekly, with frequent stops to photo and savor ornate Italianate, nouveau, deco and other historic streetscapes, with a 2-4 mph typical speed, no pace pressure and 12-20 miles. Interested riders call me at 740-9123 and as soon we assemble a list of architecture mavens, we can set a ride schedule.

Let's unroll the decades, relive the past, and fathom New York's unparalleled urban heritage that inspired such immortal painters as Edward Hopper, Everitt Shin, Ernest Lawson, Childe Hassam, Leon Kroll, George Luks, John Sloan and George Bellows, many of whose motifs are still to be seen!

PAUL RUBENFARB

Minutes

NEW YORK CYCLE CLUB BOARD MEETING

(Tuesday, February 5, 1991)

Present: Herb Dershowitz, Ed Fishkin, Dick Goldberg, Sherri Gorelick, Christy Guzzetta, Lisa Halle, Hannah Holland, George Kaplan, Clif Kranish, Bob Moulder, Larry Nelson, Richard Rosenthal, Jeff Vogel

The January minutes were approved.

Bob discussed the leaders meeting. The ride guidelines may be changed. There will be more A+ rides.

Larry discussed the Club's finances. We have \$6,800 in the bank.

Herb spoke to Roberta Pollack. She agreed to allow us to decide what to do with the Scheutze fund. Two suggestions will be investigated further: 1) a donation to Columbia University, 2) a public service announcement.

Herb announced that only 150 of 900+ members have renewed.

Richard discussed upcoming programs. A club member suggested that one of our programs include a podiatrist who would do an orthotic fitting session for a modest fee. The board agreed that it could take place if the member coordinated it. Ed suggested we have a 15-20 minute repair seminar at Club meetings.

Clif announced that he will print letters received on prior items in the BULLETIN. He will also investigate the feasibility of trading ads with *City Cyclist*.

Dick suggested Irv Weisman to coordinate the arrangements for GEAR.

George discussed his ongoing plans for the April All-Class ride to Connecticut utilizing Metro-North.

Christy will make arrangements for ordering Club clothes again this spring.

The Board voted to hold the March board meeting at the Metropolitan Café again. Sherri will investigate other alternatives for the future.

The meeting adjourned at 8:43pm.

It must be spring again. Everyone is out riding. Rain may have washed out the first Saturday in March but the next day was beautiful. With clear skies and temperatures in the 60's, over 40 people showed up for Bob Moulder's A Training Ride.

The following Saturday was the first ride of the 1991 SIG Progressive A Ride Series. This year's edition is being led by Ed Fishkin, Christy Guzzetta, Lisa Halle, Lance Leener, Donna Slattery and Glenn Weiss. With the wind-chill factor in the single digits, over 50 people rode the mandatory four laps of Central Park. Afterwards many of the tired riders retreated to Lances's apartment for refreshments and a bicycle anatomy lesson (and warmth).

Based on these turnouts, it looks like the pacelines will be very long this summer. The only way to shorten the line will be if more riders graduate to racing with the CRCA. At least a dozen of the NYCC's regular A riders have taken out USCF racing licenses. In fact, Steve Pollock and Glenn Weiss have placed in the top five in each of their races so far this year. Racing isn't all fun however. Rich Bernardi, Mark Roland and Jeff Vogel all crashed in their first race of the year. Jeff's accident was the only serious one as he broke a finger. However he was out riding the following weekend, cast and all.

While there is lots of gossip to report from Bike Camp, revealing it might give away my identity. But you didn't really have to be there to know that the female riders from our Club acquired a new nickname: "the jabberheads."

Karl Dittebrandt and Art Crowley have also been riding down south. They have been commuting to South Carolina for their Paris-Brest-Paris qualifiers. Five hour centuries are the norm, but ask them if they remember what a hill looks like.

Need a cross training sport? Try stair climbing. No, not on a Stairmaster; do the real thing. Just ask Jim Greene. He spent a good part of the winter going up and down the 25 flights of stairs in his building. The training paid off as he finished 7th in the annual race up the Empire State Building.

The March issue of *Outside* magazine was their annual cycling edition. Among their five best training rides in the U.S. is a ride up 9W to Nyack, "where former amateur racer James Ziotis serves breakfast and advice at the Skylark Cafe." We used to be bored going to Nyack, now we can brag about it.

With *thirtysomething* on hiatus there was a good turnout at the March meeting. Although it's been years since Amy Weinstein has been Membership Director, she still actively recruits new members for the Club. It seems that almost every month there is a pretty "new face" at her table. But some don't even have a bicycle—yet. Will NYCC join AA and NYHRC as the trolling grounds of the 90's? And why haven't we seen Amy on any rides lately, even when husband Barton Slavin is leading?

If you are wondering why you haven't seen Joe Furman on the road lately it's because Joe and Deb Furman are the parents of a new "A" rider in training, Celina, born on February 28. Congratulations are also in order for Tony Mantione and his wife on the recent birth of their daughter.

Those that stayed for the program saw bicycles used for just about everything *except* fast recreational riding, a "back to the future" look at bicycle moving vans, dump trucks, and pizza carts. And a race featuring a human-powered Cadillac! ■

Walden Two

by Bill White

The tan lines have faded, but 15 NYCC riders are now proud graduates of the Walden School of Cycling, sponsored by the Schwinn-Wolverine Sports Club of Detroit. The one-week sessions run from Mid-February through March and are held at Camp Challenge, near Orlando, Florida. Attending the second session were Margaret Cipolla, Herb Dershowitz, Lisa Halle, Beth Herman, Janet Klutch, Clif Kranish, Bernie Long, C.J. Obregon, Angel Rivera, Neil Schreffler, Donna Slattery, Chuck Wong and myself. Glen Weiss was there for the first week and stayed on during our session. Chris Mailing, a former Wolverine was also on hand to ride and coach.

After registration Sunday evening, we filled out questionnaires to allow head coach Mike Walden, director Dale Hughes, and rider/coaches to break us into groups of 10-15 people for our training rides. About 70 riders attended this session, with a wide range of abilities and expectations. Dale explained the school is "a camp that will help you at any level of cycling—from novice to world champion."

Each day started with a warbly revile at 7am, extensive stretching, breakfast, a briefing of the days' drills, and off to ride. The rides were in rotating pacelines, with the emphasis on spinning. Use of the big chainring was forbidden! We were coached on bike fit and position, pedaling technique, hill climbing, cornering, time trial starts and turnarounds, sprint finishes, and bumping. As we became more adept at riding efficiently in continuously rotating pacelines, our coach would pick two riders to "attack" off the back of the paceline. We learned to quickly organize a group effort to chase down the break—an essential racing tactic. Each person was videotaped to analyze pedaling/bike position, and critiqued in group sessions. Lectures after dinner most evenings explained the next day's drills.

Half-day rides on Tuesday and Thursday gave us time to visit Disney/MGM Studios and EPCOT Center or to work on our tans by the pool. Friday was the tough ride of the week, up to 100 miles, with 80° highs, headwinds, and surprisingly steep hills. Our coach Ray Dybowski sensed our fading resolve and steered us home through Mt. Dora, a great little town with a bike/wine/herb store for ice cream.

Some highlights and lowlights: An eager Chuck Wong's surprising early rising habits with ensuing rude comments by sleepy cabinmates... Donna's and Lisa's "list" seemingly referred to in hushed tones in the presence of good looking guys... C.J.'s unfortunate crash at the front of his group's pace-line, with the resulting entanglement of riders and bikes on top of him. He gamely continued to ride throughout the week, and provide his cabinmates with rare insight on life in general and bittersweet commentary on Life With Chuck in particular... Herb's spill, causing a scrape to his posterior region. Donna was later summoned to Herb's cabin to assess the medical significance and treatment of the wound. A second opinion was not required... Coach Ray took to calling us "the jabberheads," most likely referring to our boisterous New Yawkish behavior and mode of speech... The wonderful oasis of a park near the camp complete with palm trees, tall grasses, and a cool spring.

The Wolverines hope to have fall sessions in the southwest this year, and "spring training" definitely next year in Florida. For more information call 313/652-0411. ■

Skid Row

Quick! Of these four, which is the most troublesome component to install and adjust on a bike: a) 8-speed indexed derailleur system, b) a brake set, c) a new axle on a rear wheel, or d) a bottom bracket?

The correct answer is "b." The various steps required to properly set up brakes to individual preference, which include positioning brake levers on handlebars, cutting cable housings and cables to proper length and routing them and making sure they're seated well and don't bind, re-taping handlebars, installing calipers so they are centered and "toed in" properly, and adjusting brake pads for correct distance from the rims, all add up to make brake installation a tedious chore. I don't know how much bike shops charge for a brake installation job, but if I ran a shop I'd charge a lot.

But once brakes have been installed correctly, the problems which subsequently arise from normal wear-and-tear are quite few. There are squealing pads, pad wear, binding cables and calipers, off-center calipers, spongy-feeling brake action, and uneven, grabbing brakes. Let's take a look at the causes of and solutions for these common problems. Though the information here applies to sidepull brakes, many of the recommended solutions also apply to centerpull and cantilever brakes.

Squealing noises can occasionally be heard on even the highest quality and most expertly installed brake set, usually due to very hot/cold weather or rims heating up firecracker-hot while braking on long descents. However, if your brakes squeal chronically under all circumstances, it's probably because they aren't "toed-in" correctly.

Solution: Although you can do it yourself, it's best to have a experienced bike mechanic "toe-in" your brakes. You can easily check for correct toe-in on your bike; on brakes which are adjusted correctly, as the brake pads contact the rims, the front part of the pads (viewed from the rear of the bike) touch the rims about 1mm before the rear part of the pads. Many quality brakes nowadays are sold already toed-in, but toe-in is frequently effected by carefully twisting the brake calipers *slightly* outward (again, viewed from the rear) so that the pads contact the rims as described above. It can be a fairly tricky task to evenly toe-in both calipers, and goofing up is expensive, so have a reputable shop do this for you. It shouldn't cost very much.

Brake Pad Wear, which results in pad surfaces which are too far from the rims, is compensated for by turning a small barrel-type adjuster which is located at the end of the brake-cable-side top caliper arm. When brakes are initially installed and adjusted, this barrel adjuster should be turned counter-clockwise as far as it will go. As the pads wear down, turning the barrel adjuster clockwise lengthens the cable housing, which effectively shortens the cable, and moves the pads closer to the rims. When the pads wear down even more, the barrel adjuster should be turned clockwise again. If they wear down any more, it's time to replace the pads. When the pads are replaced, make sure whoever does it turns the barrel adjusters completely counter-clockwise so that the above-described adjustments can be made as the newly-installed pads wear down.

Binding in a brake system can usually be traced to one of

about four culprits: cable corrosion, kinked cable or housing, misadjusted caliper pivot bolt, or poorly designed brake levers.

Solution: If your cable housings are old/cracked, or bent/kinked, or if brake cables are rusty and dry, have them all replaced with brake cable housings *with Teflon liners* and *pre-stretched*, top quality brake cables. The Teflon liners not only reduce friction in the whole system, but they prevent moisture from reaching the brake cables themselves, even when the plastic cable housings crack with age, as they all do.

Modern brake lever designs have virtually eliminated mechanical binding, but there are still some atrocious ones out there, such as Modolo/Mavic and some older Campagnolo models. Replace them the excellent, economical Dia-Compe BRS levers, or Shimano levers.

Often overlooked in the search for the root of brake binding problems is the caliper pivot bolt, the same bolt that attaches the brake calipers to the bike frame or fork. The problem occurs at the other end of this bolt where the two nuts which secure the calipers are located. They are fastened by tightening them against each other, but sometimes the inside nut is located too far inward, preventing the calipers from moving freely. Correct this by using an Allen wrench (usually a 4 or 5mm) to loosen the outside nut, then using a flat wrench (usually a 10 to 13mm) to turn the inside nut counter-clockwise about 1/2 turn. Then hold the inside nut in place and tighten the outside Allen-head nut against it. Finish by putting one drop of oil at the caliper pivot point.

Center your brakes by using the brake centering nut which is located behind the calipers, next to the fork or frame, with a flat wrench (most often a 13mm). In the case of the rear brake, leave the wheel on the bike, then just turn the wrench so the brake pads are centered. On front wheels the brake centering nut is usually difficult or impossible to reach because the headset is in the way. To adjust the front brake, first observe the pads to see which way the centering wrench must be turned, then remove the wheel and put the wrench in from the bottom to make the adjustment. Put the wheel back in and check the centering, adjusting again if necessary.

Spongy-Feeling brakes are the result of mushy pads, which should be replaced with high quality pads such as Mathausser or Kool-Stop, or by wimpy, flexible brake caliper arms, for which the only cure is a new brakeset.

Grabbing brakes are usually a reflection of a problem with wheel rims, not the brakes themselves. Adhesives, such as tubular tire glue or tar picked up from hot road surfaces in the summer, can cause real braking problems. Clean rims thoroughly with acetone (nail polish remover) to remove such junk, but be careful because acetone is highly flammable and toxic. Brakes which grab at a certain point on the rim are indicative of rim damage; frequently the brakes grab in this manner because the rims are bulged outward from pothole damage. ■

THE 3 BIGGEST LIES IN SPRING CYCLING

"OF COURSE I RENEWED MY MEMBERSHIP."

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"I NEVER READ THE BULLETIN."

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TEFLON: SLIPPERIEST PRODUCT IN THE WORLD in the Guinness Book of world records. Adding TEFLON powder dramatically improves the lubricity of your grease, oil, chain waxing paraffin. TEFLON reduces friction. TEFLON is non-toxic and inert. Send \$12 per 2 ounces to Tom Nicasri, 35 N Main Street, Fort Lee NJ 07024-6909.

PINARELLO TREVISIO. 56cm, Columbus SL. Dark Blue. Ridden approx 300 mi. Campy Synchro. Great racer. \$700 or will consider trade for a mountain bike of equal caliber. Call Joe 201/692-8306.

NOTICES

GREAT "A" RIDERS. In the interest of becoming such this year we are looking for training partners, 8am in Central Park, weekdays (Tues & Thurs?). Call (H) 212/799-8293, (W) 212/228-0440.

BIKE HEAVEN. Recently renovated house in Putney, Vermont avail for rent for weekends or vacations. Ideal area for cycling. Very reasonable rates. Call 203/467-9013.

CHILDREN'S SIG. Interested in starting a Special Interest Group for cyclists with children. Please call Roger Bergman (H) 212/662-5699, (W) 212/879-0740.

"B+" rider in "A" SIG would like to meet pretty would-be "A" rider with long hair for fun, fantasy and relaxation. Offer expires at graduation. Look for me Saturdays, 9am at the Boathouse.

New York Cycle Club Jerseys

Order your custom-made NYCC jerseys, shorts, helmet covers and musette bags now! These designs are made exclusively for the New York Cycle Club.

Jerseys and shorts are available in sizes S, M, L, and XL. All prices include handling and shipping direct to you.

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Address: _____

City: _____ State: _____ Zip: _____

No.	Item	Sizes	Price	Total
	Jersey		\$40.00	
	Shorts		\$20.00	
	Helmet Cover		\$ 5.00	
	Musette Bag		\$ 5.00	
Total Enclosed				

Make checks payable to **Good Stuff Sportswear** and send by **April 9** to the club mailing address: **New York Cycle Club - Club Jersey**, P.O. Box 199, Cooper Station, New York, N.Y. 10276.

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 (Address) (Phone Number) published in the semi-annual roster.

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

Dues for 1991 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

O'Hara's - 120 Cedar Street
1 block south of the World Trade Center
One flight up from the bar

Tuesday, April 9

6pm Drinks, 7pm Dinner, 8pm Program
Dinner: \$11 meat, fish, \$8.50 vegetarian. \$2 surcharge after 7pm
Non-diners seated separately

Monthly Meeting

Open to members and non-members.

"The Social Effect of the Bicycle on America, 1879-1929"

with Stuart Meyers, publisher, *American Bicyclist Magazine*.

Starting at this meeting:

A series of brief Bicycle Repair and Maintenance Seminars

6:30-7:00

Sign-up by meal ticket counter

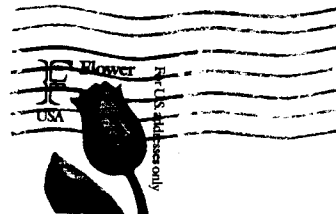
Seminar limited to ten persons

Tonight's topic:

Changing a Flat Tire

New York Cycle Club

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



This is the last BULLETIN you will receive
...unless you have renewed for 1991.

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