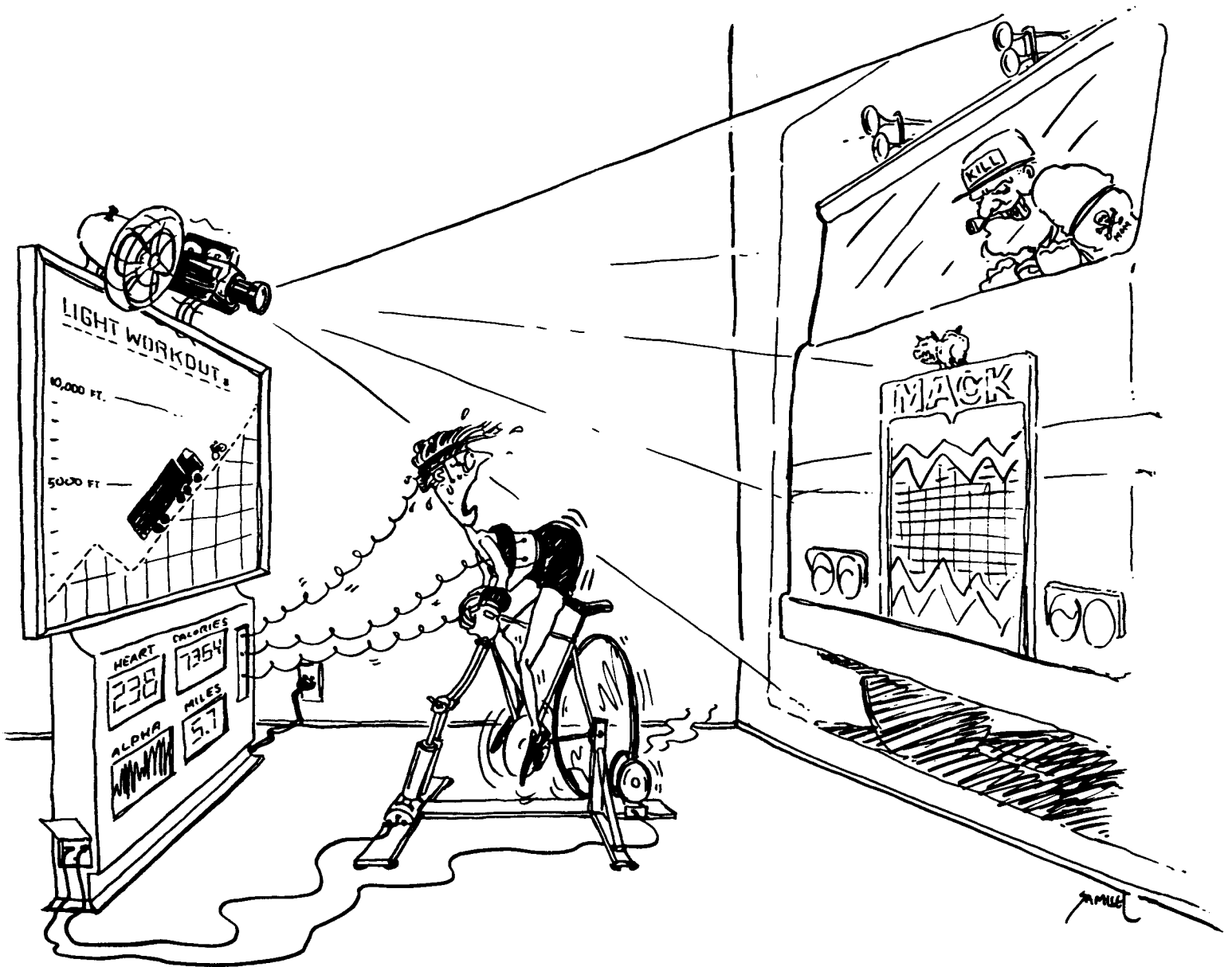


June  
1991

JUNE 1991

# NYCC BULLETIN

**THE INTERMOTIVATIONAL HYPERINTENSIVE  
MICRO-DIGITRONIC TURBO-TRAINER.TYPE-A**



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 Cliff Kranish, Editor, NYCC BULLETIN, 111 Fourth Avenue - Apt 7A, New York, NY 10003.

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

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

Please submit articles on an IBM format (5.25 or 3.5 inch) diskette if possible. 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.

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

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Deadline for July Issue: June 4



*Affiliated Club*

# 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 >

**Cliff Notes:** NYCC members will find in this month's BULLETIN the semi-annual NYCC Roster and Reference. If you are not a member yet, you'll get one when you join. ▶ There's three and half pages of ride listings again this month including a new section called "Out of Bounds" listing rides run by other organizations. But with all these rides, some articles I'd hoped to run were pushed off to next month's double issue. ▶ Have you taken a bicycling vacation this Spring? Can you write? I'd like to publish more travelogues. ▶ You might see me on more Club "A" rides, if as Bob suggests in his "A Rides Notes," our "A" rides kept to the listed 18.5 to 20 mph. Even I could keep up that pace.

## June Rides

### Saturday, June 1

#### A/53 · 8:45am · Ridgewood Bike Shop

Leader: Chuck Wong (212-219-1268). From the Boathouse. We will be using the Mike Yesko route to Ridgewood. After breakfast, we'll visit Ridgewood Cycle, so bring money or credit card. 30% chance of rain cancels.

#### A-/B+/B/C+/C/60/55/50/30 · 9/10am · Mostly Mozart Ride

Coordinator: Paul Minkoff (718-937-6171). A-: from Yellowstone & Queens Blvd. with Marc Leveque. B+/B/C+ from 179th & Hillside (end of F line) with Paul Minkoff, Carlos Cardona and Bob Geffken, respectively. All the above at 9am. C: From Penn Station (with LIRR bike pass) at 9, or from the Great Neck LIRR Station at 10 with Peter Hochstein. Everyone will need a bike lock.

### Sunday, June 2

#### A/120 · 7:30am · Ramapo Riviera

Leader: Maxim Vickers (718-728-7179). From the Boathouse. Our very own mini-Alps cum baby corniche. Lakeside sundeck lunch. Undress optional. Mountain gearing recommended. Rain cancels—contact leader if in doubt.

#### A/80-90 · 8:30am · The Promised Land

Leaders: Lisa Halle (212-319-6097) & Bob Moulder (212-682-5669). From the Boathouse. We'll make a bee line for NW NJ, where we'll do a couple of loops through scenic countryside, then a reverse beeline back to the hill. Rain cancels.

#### A-/65 · 9:00am · Easy Does It VII

Leader: Marc Leveque (718-461-5480). From Yellowstone & Queens Blvd. (Manhattanites take E, F or R trains to Continental Ave., or meet at Boathouse at 8:30am and ride out together.) Four hills on the North Shore of LI. This is the abbreviated version of my famous five Hill ride. Very nice. Rain cancels.

#### B/50 · 10:00am · Piermont—Maybe Nyack

Leaders: Terry Martin (212-864-4973) & Mickey Zacuto (212-674-8225). From the Boathouse. Mood determines destination.

#### C/40 · 9am · Kensico via Bronx River Parkway

Leader: Roscoe George (212-989-0883). From Woodlawn-Last Stop of #4. Up through the Bronx River Parkway—without cars—to picnic at the park in front at Kensico Dam—mostly flat. Bring lunch and/or money. Rain cancels.

### Saturday, June 8

#### A/60 · 8am · Barbecue at Bob's

Leaders: Christy Guzzeta (212-595-3674) & Jody Saylor (212-799-8293). From the Boathouse. Early start to a great barbecue at Bob (aka "Rocket") Foss' new house. We'll take a beautiful route through Greenwich, Bedford, and on to North Salem - Bob's Place. If you eat too much, don't worry—our host has made arrangements with Metro North to provide for all of us on the 5:21 Express back to NYC. Be sure to bring rail pass. Rain date: Sunday, June 9.

#### A-/65 · 8:30/9am · Easy Does It VIII

Leader: Marc Leveque (718-461-5480). From the Boathouse at 8:30am and Yellowstone & Queens Blvd. We'll take the usual pretty roads to Bayville for a picnic on the beach, so suntan lotion would be smart. This is not a ride for speed freaks...Easy is the word! The usual cancels.

#### B+/50/60 · 8am/9am · Barbecue at Bob's Part II

Leader: Debbie Bell (212-864-5153) From the Boathouse at 8, Woodlawn & Jermoe at 9. Let's eat at Bob's country estate. See how the rich folk live. Return by Metro North (see above) bring your pass.

#### B/50 · 8/9am · White Plains

Leaders: Lenny Leon (212-769-9006) & Kathy Young (212-907-3206). From Grand Army Plaza at 8am and the Boathouse at 9am. Easy going, no frills ride to White Plains by the usual route. Munch outside if weather permits. 60%

chance of rain cancels at 7am.

#### C-/19 · 1:00pm · Historic Architecture "D" Hoboken/Union City

Leader: Paul Rubenfarb (212-740-9123). From Schaeffs restaurant opposite Hoboken PATH exit. These miraculously intact museum-like burghs epitomize our treasure of landmark-caliber pre-war architecture unrivalled by any other metropolis. Leisurely savor the ornate italianate, nouveau, romanesque and other streetscapes that inspired such immortal painters as Edward Hopper, Everett Shin, etc. We'll roll an eclectic grid according to inspiration and architectural feel, dismounting as needed to clear well away from thickish traffic encountered. Rain cancels.

### Sunday, June 9

#### A/90 · 8:30am · Pony Express to Pomona

Leaders: Joe Irizarry (718-230-0756) & Mendel Markstein (718-972-1049). From the Boathouse. We'll ride to South Mountain Road via Bradley/Tweed with one quick deli stop in Nyack. Once we're over South Mountain Road we'll head off to Saddle River, then to what is soon to become one of the club's favorite lunch stops. The usual cancels.

#### A-/58 · 7:15am · Beat the Heat I

Leaders: Abby Rummell (212-628-8117), Suzanne Rohr (212-996-1263) & Marc Leveque (718-461-5480). From the Boathouse. Get back early; avoid the heat exhaustion. Short and sweet is the way! One of the three leaders will show up to lead you up Riverside Drive, over the GWB, the inland Rt 501 to the Skylark, and back. Only one rule: all riders must go together over the GWB, for early morning security, then you may go at your own speed. Significant chance of rain cancels.

#### A-/55 · 8am · Let's go to....Park Ridge

Leader: Doug Blackburn (212-563-7067—but don't call Sun am and wake up wife Wendy!). From the Boathouse. A Quickie: prompt 8:10am start, deli stop, back possibly by 12. Rain cancels.

#### B/50 · 9am · Bike Paths & Bridges

Leaders: Mike Di Cerbo (212-645-1120) & Jeremy Herman (212-689-7778). From the Boathouse. A scenic ride with three different paved bike paths. The longest one meandering back and forth over the Saddle River. Picnic lunch in Ridgewood. Rain cancels.

#### C/35 · 10am · Picnic in Prospect Park

Leader: Vince Galluccio (212-580-5507). From the Boathouse. Call leader for pickup at Brooklyn Bridge. Bike down to the Bridge through Brooklyn Heights, Caroll Gardens & Park Slope to picnic at Olmstead's Brooklyn Park. Bring lunch & lock. 60% chance of rain cancels.

### Friday, June 14

#### All Class · 7pm Ride/8pm Dinner · THE FIRST ANNUAL CENTRAL PARK EVENING PIZZA RIDE

Leaders: Sherri Gorelick, Bob Moulder, Dick Goldberg & Roscoe Geo. From the Boathouse (where else?). The first attempt at evening riding and dining in our beloved NY headquarters. We'll be at the "Hill" at 7:00pm to take dinner reservations (aka—how many slices of pizza do you want?). Then it's up to you—how many laps can you do in one hour? Dinner served promptly at 8pm at the "Hill." Bring money to pay before you start your workout. Nonriders welcomed. Surprise desserts! Be there, aloha....

### Saturday, June 15

#### A+/125 · 9am · Rip Van Winkle Century/Kaaterskill Kar Topp

Leaders: Michael Hertz (212-242-7868) & Andrew Malakoff (718-783-0740). From Newburgh. An intrepid party will leave Newburgh (meet at Perkins restaurant at the intersection of 32N and 9W) at 9am sharp on an expedition into the dank fastnesses of the mysterious Kaatskills. Our valiant sinews will be tested by agonizing ascents up majestic heights, our steel nerves will be tried by precipitous plunges down twisting narrow traces. In some sylvan grove, we may encounter a party of odd little men at a game of nine-pins. Play at your own

risk. Good fortune prevailing, we should arrive back at Newburgh before 2011, though you may well long for a twenty year nap. Pocket food is recommended. Please phone leaders to confirm your participation and for directions.

#### **A/135 · Strawberry Supreme-CANCELLED!!**

#### **A-/105 · 7:30am · Seven Lakes and Then Some**

Leaders: Steve & Caryl Baron (212-595-7010). From the Boathouse. Our new improved favorite Saddle River route to Sloatsburg, then through Harriman on Seven Lakes Drive and, time permitting, Perkins. With luck the rhododendron will be in bloom. We're returning via the bike paths or Strawtown, but you're all welcome to zip back down 9W. Possible rain date Sunday, June 16.

#### **B+/B/45 · 10am · Westchester the Beautiful**

Leaders: Jeremy Herman (212-543-6472) & Carlos Cardona (212-298-3789). From Broadway at 242 St. Last stop on the #1. This well known ride through estate and horse country has some challenging climbs, but you're rewarded with exhilarating downhill. In addition, there's lunch at Kingsland Point Park on the shore of the Hudson River in North Tarrytown. So, it's 30 energetic miles before lunch and then a flat, easy social 15 miles ride back to the city allowing for digestion of those delicious complex fats from the Italian deli near the park. Call in AM if weather is questionable.

#### **C+/35 · 10am · Coney Island & Nathan's Hot Dogs**

Leaders: Ron Heller (212-879-1167) & Vince Galluccio (212-580-5507). From the Boathouse at 9:15am, City Hall at 10am. Coney Island via Ocean Parkway. Lunch and schmoozing at Nathans. Bring lock & money for lunch. 50% chance of rain cancels.

## **Sunday, June 16**

#### **A+/70 · 7:45am sharp · Sunday Real Quickie**

Leader: Steve Pollock (212-861-6491). From the Boathouse. River Rd. with Tweed/Bradley or Rockland Lake or Hook Mt. path (or some combo thereof) before stopping in Nyack.

#### **A/85 · 8:30/9am · Not So Easy I**

Leaders: Marc Leveque (718-461-5480) & Suzanne Rohr (212-996-1263). From the Boathouse at 8:30am and Yellowstone & Queens Blvd at 9am. Suzanne's favorite ride, last year known as "The Millionaires' Ride." A very pretty port that reminds one of the Italian coast. If it's horribly hot, we'll jump into the water, just like last year!!

#### **A-/B+/90 · 8:30am · Picnic on Croton Dam**

Leader: Irv Schachter (212-758-5738 no weekend calls). From the Boathouse. A hilly, Westchester ride done at a humane pace. Brunch at Pleasant Grove and Picnic on the Dam. Bring Metro North pass as bail out insurance. 50% chance of rain cancels.

#### **A/A-/B+/B/80/75/65 · 9am · How Many Hills To Huntington?**

Leaders: A Ride-Paul Minkoff (718-937-6171), B+ Ride-Jim Babbitt (718-296-0027) & B Ride-Sara Flowers (718-544-9168). From Queens Blvd & Yellowstone for the A ride, Queens Blvd. & Union Turnpike for the B+ ride, and 179th & Hillside Ave. for the B ride. Six tough hills, or five or one — take your pick. Will join LIBC in Roslyn. All hills before lunch (possibly an all-you-can-eat pig out). Flat return route. Park in Huntington contains an art museum for the culture minded.

#### **B-/50 · 9:30am · Sagamore Hill**

Leader: Pat Thomson (718-499-2618). From the Statue of Civic Virtue at the Kew Gardens stop of the E/F train. Chill out on a bully ride to Sagamore Hill. Lovely North Shore roads, plus optional tour of Teddy Roosevelt's pad at lunch. Rain cancels-call if in doubt.

#### **C/50 · 9:30am · Piermont the Hardway**

Leader: Peter Hochstein (212-427-1041). From the Boathouse. Some say Henry Hudson Drive (aka River Road) is too hard for a "C" ride. I say it's too beautiful to miss. We'll go slow you'll make it. Bring, buy lunch in Piermont. Return via easier route. Helmet required. Rain cancels.

#### **C/35 · 8am · Clearwater Hudson River Revival, Day Two**

Leader: Ed Ravin (212-796-3137). From Woodlawn—last stop on #4 train. Rolling hills ride to daylong music festival, dance, crafts, environmental activism & eating. Suzanne Vega & Oscar Brand plus others perform. \$15 admission - optional Metro North return. Rain cancels.

## **Saturday, June 22**

#### **A/100 · 8am · Connecticut Classic**

Leader: Lisa Halle (212-319-6097). From the Boathouse. Last year when I led this ride it was over 90° and two members of the group went skinny-dipping! This is a lovely, hilly ride with plenty of scenery. Relax on the train ride back from Stamford, CT. Bring rail pass.

#### **A-/70+ · 7:30/9am · Water Gap-Perfect Ride I**

Leader: Richard Lucke (201-947-8660). From the NJ side of the GWB at 7:30am or Millbrook Village, NJ at 9am. A short car ride from NYC puts us on some of the best biking roads in the East. No traffic, no lights, well paved, spectacularly scenic. In short, perfect! Please call to arrange ride. Rain cancels.

#### **A-/58 · 7:15am sharp · Beat the Heat II**

Leaders: Abby Rummell, Suzanne Rohr & Mark Leveque (see 6/9 for #s). From the Boathouse. Let's do it again. Get back early and avoid the heat exhaustion. See June 9 listing for ride description.

#### **B+/60 · 8:30am · Nyack the Hard Way**

Leaders: Ellen Richard (212-505-0697) & Moe Slotin (212-924-5616). From the Boathouse. Helmets required for this lovely ride to Nyack via River Road. Rain cancels.

#### **B/50 · 9am · Beach Bum #1**

Leaders: Harold Aronowitz (718-454-2263) & Jim Draz (718-225-1842). From the Statue of Civic Virtue. Explore Long Beach to the Rockaways. This ride is designed for maximum tanning exposure. Helmets and tanning lotion are mandatory. 60% chance of rain cancels.

#### **C/35/50 · 9:30am · Pedal to the Pool**

Leaders: Judy Koper (914-949-4088) & Jim Lane (212-869-3500). From the Boathouse at 9:30am or the GWB Bus Terminal at 10:30am. Up scenic but hilly River Rd. to the pool at Tallman. Taking advantage of the longest Saturday of the year, will linger a few hours for swimming (suit, towel, \$1), loafing or extra riding. Helmets required. Bring lock & money for lunch. Joint Sierra Club Ride. Rain cancels.

## **Sunday, June 23**

#### **Classless/60 · 10am · Princeton with a Stranger**

Leaders: Dick Goldberg (212-874-2008) & Dave Lutz (718-624-0346). From Palmer Square, Princeton, NJ. Without classes to separate us, you never know....Phone if you can offer a ride or need one. You may also take suburban transit's 8am bus (Port Authority, Dock #420, \$13.95 RT). Bike-unboxed-ride in the cargo hold. Rain or serious threat cancels.

#### **A/85 · 8am · Big Red Heads North**

Leader: David Regen (212-222-0532). From the Boathouse. North we go up 9D, never too far from scenic and, hopefully, breezy Hudson River. Brunch at the Highland Diner, then continue north. We'll take the train back from Poughkeepsie, so be sure to bring your rail pass. 65% chance of rain cancels.

#### **A/A-/100 · 8am · Whatever**

Leaders: Jane Kenyon (212-662-1935) & John Becker (516-643-4648). From the Boathouse. We'll ride into CT-Route TBA-some hills thrown in, and take Metro North from Greenwich. Bring rail pass. Rain cancels.

#### **B/50-75 · 9am · Anything for a Friend!**

Leader: Tom Lowenthal (718-847-6048). From the Statue of Civic Virtue. A special edition of North Shore scenery. As requested by your B ride's coordinator who is doomed to spend the day in New Jersey! Torrential downpour cancels.

**B-/C+/50 · 8am · NYC Century Exploration**

Leader: Ed Ravin (212-796-3137). From Union Square—North End. Scout new options for TA 2nd Annual Ride-a-thon. Rain cancels.

**C/25 · 9:30am · Bike NY Bridges**

Leader: Richard Fine (914-638-0842). From 6th Ave. & 16th St. Manhattan SE corner. We will tour several NYC Bridges and visit Roosevelt Island. Lunch where we find it. Rain cancels.

## Saturday, June 29

**A-/58 · 7:15am sharp · Beat the Heat III**

Leaders: Abby Rummell, Suzanne Rohr & Mark Leveque. From the Boathouse. The tradition continues. See 6/9 & 6/22 for ride info.

**A/A-/B+/B/80/75/60 · 9am · Get Lost!**

Leaders: A Ride—Paul Minkoff (718-937-6171), B+ Ride—Jim Babbitt (718-296-0027) & B Ride—Bob Geffken (212-570-2855). From Queens Blvd. & Yellowstone for the A ride, Queens Blvd. & Union Turnpike for the B+ ride, and 179th St. & Hillside Ave. for the B ride. Some club members have been urging the A leader to do just that, these past months (in so many words). Well, here's my chance (and theirs and yours). This ride entails the most convoluted routes ever devised for the Club over roads you've not only never been on, but didn't know existed. Numerous tough hills on the A route, most avoided on the B routes. A+ types tempted to drop the leader on hills will prove the validity of the ride title.

**B-/50-60 · 9/9:45am · Class Struggle**

Leader: Alex Von Braun (718-965-3552). From the Boathouse or 179th St. at Fort Washington Ave. Join me in my struggle as I climb the C to B fence to NJ somewhere. Food available. No cover charge. Free water. Free air. Free speech. River Road, helmets. Snow cancels.

**C/50 · 9am · Garvies Point Exploration**

Leader: Don Passantino (718-446-9025). From Cunningham Park-196th Place & Union Tpke. Enjoy the beauties of nature while gently pedaling to the North Shore. Bring lock while visiting Natural History Preserve. Lunch and/or \$. Bring binoculars. Rain cancels.

## Sunday, June 30

**A+/100 · 7:30am sharp · Ultra Quickie**

Leader: Steven Pollock (212-861-6491). From the Boathouse. 9W to Bear Mt. Cooperation, fitness, and riding skills will get us there and back long before the day is done.

**A/92 · 8:30am · Croton Reservoir**

Leader: Christy Guzzatta (212-595-3674). From the Boathouse. As pretty a 92 miles as there is. Breakfast at the Thornwood Diner, North along Hwy 120, Seven Bridges Rd., cruise the Croton Reservoir, over the Croton Dam, south to Ossining, Pleasantville, and Grassy Sprain Rd. Very bad weather cancels.

**A/A-/70 · 8:30/9am · Not So Easy II**

Leaders: Marc Leveque (718-461-5480) & Brian McCaffrey (718-634-1742). From the Boathouse at 8:30am, meet leader at Yellowstone & Queens Blvd at 9:30am. The famous classic, "five Hills of North Shore." Brian's group will take it easy...Is there an easy way to get up a hill? "A" riders will do them going backwards.

**B+/75 · 9am · Armonk?**

Leader: Gail Birnbaum (212-966-2042). From the Boathouse. It's not just Armonk, it's anybody's monk, on this non-denominational ride to a favorite NYCC destination. Rain cancels.

**C/50 · 9:30am · Franicing to Piermont**

Leaders: Hindy & Irv Schachter (212-758-5738). From 1st Ave and E. 64th St-NW corner. Through Central Park over the GWB. Stop at Farmer's Market (yum! yum!) and on to Piermont. Rain cancels.

## Ride Previews

**C/50+ · June 29 & 30 · Rails & Roads Fishkill NY**

Leader: Elly Spangenberg (212-737-0844). Cycle and camp at Clarence Fahnestock State Park. Routes in the lower Hudson Valley features historic sites and picturesque views. Metro North transport permits required. Date and time of mandatory pre-trip meeting will be announced. Send check \$50—full cost to Five Borough Bike Club, 891 Amsterdam Ave., NYC 10025 with name, address and phone number.

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

Leaders: Mike Yeako (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.

**A-/58 · July 6 · Beat the Heat IV**

Leaders: Abby Rummell, Suzanne Rohr & Marc Leveque. From the Boathouse at 7:15am sharp. A NYCC tradition—just see 6/9, 6/22 & 6/29. You know the drill.

**A/82 · 9am · Because It's There**

Leaders: Ernie Yu (212-663-5747) & Bob Moulder (212-682-5669). From the Boathouse. Westchester. Sunahine. Hometown. Hills. "A" ride. Because it's there.

**C/30 · July 7,14,21,28 · Aug 4,11,18,25 Ride to the Beaches**

Leaders: To Be Announced. From City Hall in Manhattan or the Grand Army Plaza Arch in Brooklyn. A leisurely ride every Sunday to a local beach. Leaders and destinations in the July & Aug BULLETIN—mark your calendars.

**All Class · July 14 · Bastille Day**

Leader: Paumonok clubs. From the Boathouse at 8:30am and Yellowstone at 9am. Be French for a day! Wear Blue, White and Red as we ride out to meet the Paumonok (all LJ) and AYH clubs at 11:30am at Cold Spring Harbor, then lunch together at Caumsett Park as you polish your French. No, there will not be a Guillotine! We need volunteers with cars to carry coolers from Cold Spring Harbor to the park, as well as leaders, so contact organizers if you can offer assistance.

**A/275 · July 27-28 · Tour De (Delaware Water) Gap**

Leader: Maxim Vickers (718-728-7179). 13th Annual running of this full-strength spectacular, not to be confused with watered-down version.

**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. Approx 75 mi Saturday, 95 Sunday. See article in this 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.

**A+/A/65 • September 15 • Devil's Kitchen**

Leaders: Jeff Vogel & Margaret Cipolla (718-275-6978). The wimps of the Tour du Pont are skipping major climbs this year. We're not!! Last year 14 out of 21 riders walked up (well, two people did hitchhike and one went back for his car). For those of you who didn't make it all the way up, this is your chance for redemption. For those of you who didn't attempt it, bring comfortable walking shoes!

## Out of Bounds

*Through our affiliations with the League of American Wheelmen and Bike-Centennial we receive announcements about many rides and other bicycling events. We also exchange newsletters with a number of area bicycle clubs that sponsor rides that may be of interest to NYCC members. However, for a ride to be listed in the BULLETIN there must be an NYCC member listed as leader. To make information about some of these rides available to members, we've started this new section, last month called simply "Non-Club Rides" and now re-titled "Out of Bounds." Some of the rides listed are "event" rides sponsored by other clubs, some are charity rides, and some may be (dare we say it?), political rides. We think you'll be interested in seeing what types of rides other clubs are running, and may even enjoy going "out of bounds." —Clif & Sherri*

**The Coalition of Connecticut Bicyclists**

Invites NYCC members to join them on their 5 rides. Dates are June 8 (ATB/35), Aug 10 (C/25), & Sept. 29 (C/30). For info call Larry Johnsen at 203-287-9903.

**June 2 • Reproductive Freedom Ride Send-Off Rally**

Ride from Damrosch Park (near Lincoln Center) at 12n to rally at City Hall Park, 1pm to 3pm. For more information call Ida Dupont, Students Organizing Students, 212-977-6710.

**June 8 & 9 • American Lung Association of Brooklyn Tenth Annual Bike Trek**

Cycle 100 miles in two days in Lancaster County, PA. Raise \$ for charity. Call Wendy at 718-624-8531.

**June 22 • The Jersey Double Century**

The Western Jersey Wheelmen sponsor this ride. Call Mike Bohrer at 908-236-9619 (eve) for info.

**June 23 • Fourteenth Annual Raritan Valley Roundup**

The Central Jersey Bicycles Club sponsors this annual ride through scenic Hunterdon & Somerset counties. Start at North Branch Park, Branchburg, NJ (40 miles from NYC). Call CJBC at 908-225-HUBS or Leslie Tierstein (908-388-5127) for more info. \$12 registration fee gets you cue sheets, food and sag support (T-shirt if register before June 7).

**July 19-Aug 3 • LAW Bicycling Delegation to China**

Delegation of 35 LAW members will travel to the People's Republic. Call Dawn Davis at 509-534-0430 for details.

**July 27-August 4 • Sixth Annual NY Ride Across the State**

For information and registration, call Larry Van Heusen at 716-648-6272 or Suzanne Toomey at 716-885-4633.

**July 28-August 3 • Cycle Around Maryland '91**

Cycle a 350 mile tour which will wrap the Chesapeake Bay exploring both the eastern and western shore. \$120 registration fee. Call 1-800-842-BANK for more information.

**August 2-4 • Hudson Valley Jubilee Rally**

Mid Hudson Bicycle Club, along with the League of American Wheelman sponsor this ride. Call 914-462-4353 or write to Hudson Valley Jubilee, PO Box 1275, Wappingers Falls, NY 12590 for more information.

# "A"

## Ride Notes

by Bob Moulder

I'll never forget my first "A" ride to Nyack with the NYCC in March, 1988. Having just moved here from sunny California, where I had started doing solo rides about a year earlier, I thought my conditioning would be at least adequate for keeping up with old-time NYCCers who were just emerging from winter hibernation. But as we ascended State Line Hill on the return trip I feared I was going to cough up my lungs at any moment, or that my quads might spontaneously combust.

Fortunately, the veterans kindly waited for me at the top and led me through the then-bewildering cityscape back to Central Park.

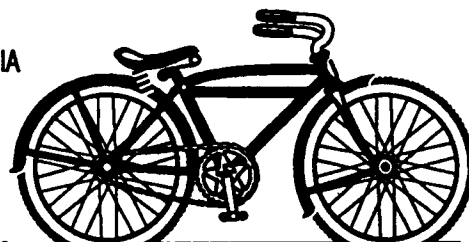
And that was a *real* "A" ride. You know, back when "A" rides kept to the advertised pace of 18.5-20 MPH on the flats, and when, as I recall, there were very few riders capable of comfortably stroking along mile after mile at 23 MPH or more. Over the last two or three years, though, many NYCC riders have gotten fitter and fitter, and now we have a whole gaggle of riders capable of honking along at "A+" and even warp-drive "AA" speeds.

I have heard complaints and rumors of complaints recently about the pace of "A" rides greatly exceeding the published guidelines. I know the complaints are valid because I led some of those rides, and in some cases I was the chief instigator of this insidious pace-pushing. Some "closet A+ types" admitted to enjoying it, but some riders, who would've felt just fine with the advertised "A" pace, got cooked. And then they got steamed.

As your "A" Rides Co-ordinator I am trying to make a small adjustment which will help fill the growing gulf between "A-" and "A+" by giving "A" rides back to "A" riders. You'll notice in this month's Bulletin that there are "A+" rides listed for *most* Sundays, which I hope will be heavily attended by those of us with "the need for speed." Eventually, I hope to recruit "A+" ride leaders for every Saturday and Sunday during the heavy cycling months of May thru September to fill this "velocitudinal niche."

Call me at (212) 682-5669 to volunteer to lead an "A+" ride. Oxygen-depleted brains like simple routes through well-known speed corridors in north Jersey and Westchester, so planning a route is a cinch, and there's *never, ever* a complaint about the pace. ■

PO BOX 534  
NEW HOPE,  
PENNSYLVANIA  
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BICYCLE TOURS  
AND  
RENTALS

**BUCKS COUNTY BIKING**

## NYCC Business Cards

How many times have been on a Club ride when someone asks you about the NYCC? And you can't remember the Club phone number. It happens to all of us! But now, once again there are NYCC business cards that you can hand out. Ask membership director Herb Dershowitz for some cards at the next Club meeting or on one of the many rides he leads. *Thanks to member Laura Hoeting for the new design.*

## Bicycle Sundays on the Bronx River

Even with petitioning by Westchester cyclists, the Bicycle Sundays on the Bronx River Parkway were almost a victim of funding cuts. However, thanks to *Freihofer's*, who are helping to defray the costs, the parkway will be open to bicyclists Sundays from June 2 through 30 and from September 9 through 28. The parkway is open to cyclists (and closed to automobiles) on these Sundays from 10:00 am to 2:00 pm from Scarsdale Road to the County Center (Tarrytown Road). In case of rain or for more information call 914/285-PARK.

## In the Summertime When the Weather is Hot

You are out on your bike more, but in the hot, humid summer months, you should be also be drinking more. A free brochure *Hot Weather, Exercise, & You!* has answers to the most commonly asked questions about fluid consumption. It's available from the American Running & Fitness Association, 9310 Old Georgetown Road, Bethesda, MD 20814 or 301/897-0197.

## Newcomers Come Out for Newcomers' Ride

The ride drew some 70 riders and it was a wonderful cycling experience for all of us (even those who had to deal with the flat tires). I'd like to thank all the leaders for their excellent cooperation which ensured smooth route following all day. Without them, the ride could not have been successful. They were: (B+) Brian McCaffrey, Herb Dershowitz, Ed Fishkin; (B) David Miller, Ellen Richard; (B-) Dick Goldberg; (C+) Maggie Clark, Don Passantino; (C) Peter Hochstein, Geo Carl Kaplan; (C-) Margie Hoffman, Irv Weisman.

The ride was held earlier this year, on Sunday, May 5. My personal view is that the routes (by me and Debbie Bell) were too long for so early in the season—shorter routes should be developed for next year. You may have other ideas that would make the ride more enjoyable for newcomers. This is your chance to help out with some feedback. In your comments please touch on the following topics:

1. Which group did you start with?
2. Was the distance for your group too long, OK, too short?
3. Was the pace too fast, OK, too slow?
4. Did you enjoy the route? Why? Why Not?
5. Were you reassured by the presence of a slower group behind you? Did you switch to a slower or faster group?
6. Were the ride leaders helpful? friendly?
7. Any comments on the food stop? Picnic area?
8. Any suggested modifications to improve the ride?

Please send your comments to Irv Weisman, Box 97, Bronx, NY 10463, or call 212/562-7298. What you have to say is important to us, to your fellow Club members, and to the next group of newcomers.

IRV WEISMAN

## President's Message

Lisa Halle

I want to talk for a minute about "real estate."

Now, I'm no Leona Helmsley, or Ivana Trump, but I do know a piece of prime property when I see it. And guess what folks, we virtually own it. And we don't pay rent or a mortgage or anything. It's ours, it's free.

What is it?

It's **The Hill** in Central Park. That beautiful little piece of greenery directly across from the Boathouse. A place where the sun shines until late in the day. A place where so many NYCC members gather after rides on Saturdays and Sundays in the spring and summer. They chat, they laugh, they gossip, they nap, they sit and drink and people watch.

But why is it that this hill is dominated by "A" riders? This is not an "A" hill. It's a New York Cycle Club hill. It would be nice to see riders from "B" and "C" rides: to share in their experiences, to hear stories about their rides.

So come on, join us on The Hill. Relax, have something to eat or drink (the fruit shakes from the Boathouse are really great!). In this day of real estate frenzy isn't it nice to "own" some land and know you got it for free?

## As I "C" it

In the Spring young people's and not so young people's thoughts turn to the Beach...and the Beach it is...every Sunday during July and August there will be a "C" Class ride to a local beach. Each ride will meet at 9:00 am at City Hall in Manhattan, and at 10:00 am at the Arch of Grand Army Plaza in Brooklyn. This is a joint series with the 5 Borough Bicycle Club, and if you are interested in serving as a leader for any of the rides contact Geo Carl Kaplan at 212/989-0883 or David Lutz at 718/624-0346.

GEO KARL KAPLAN

## West Point Overnight

Jody Sayler and Christy Guzzetta will be leading the West Point Overnight ride on Saturday, August 3rd—returning to New York City on Sunday, August 4th.

Early in the morning on Saturday we'll head North to the spectacular and historic West Point Campus. Upon our arrival, we'll enjoy a truly scrumptious picnic lunch on the banks of the Hudson. Then, we'll embark on a leisurely tour of the entire campus, certain to enjoy the beautiful setting, the historic sights, the majestic views. We'll have an all-you-can-eat practically-anything-you-want-to-eat dinner at the Hotel Thayer right on the campus grounds, stay overnight at the Hotel, wake to an all-you-can-eat practically-anything-you-want-to-eat breakfast on Sunday, before we head out on a very beautiful and challenging ride home. Approximately 75 miles on Saturday, 95 miles on Sunday. Cost of the weekend (picnic lunch, dinner, breakfast, overnight accommodations) is \$75. Make check out to Christy Guzzetta and mail it to him at 49 West 75th street, New York NY 10023. Upon receipt of your payment you will receive an information sheet with complete details of the ride, starting point and time, etc. Be advised that no shorts or bicycling clothes are allowed at dinner. Space is limited, first come, first served.

CHRISTY GUZZETTA



## Not a Missed Cue

Charlie Komanoff vows to get a cue sheet before he volunteers to "sweep" on an NYCC ride. When Nancy Strom's chain slipped somewhere in Hartsdale during Dick Goldberg's ride to Armonk on Saturday, everyone else kept going. It took Charlie and Nancy a few minutes to get her bike back on the road. By the time we reached the next intersection, there was no one in sight. No cue sheet, no map, no Cycle Club.

They made it to Armonk anyway, where they picked up Herb and Bernie—who lost the pack even earlier. After lunch at Schultz's, on old Route 1, the four made their way back to Yonkers on the Bronx River bike path. Charlie, who had never ridden to Westchester and back, decided to keep going. The cheering throngs along the Grand Concourse and in upper Manhattan admiring his shiny new Cannondale were a nice touch.

Charlie thanks Dick for giving him the opportunity to ride with Nancy. He looks forward to more riding with the Cycle Club. Only next time he'll stay closer to the leader.

CHARLES KOMANOFF

*Carlos Cardona received this communication and passed it on to us. The writer is the president of Transportation Alternatives and was on his first NYCC ride. He wants folks to know that he didn't drop out—at least not intentionally—and he'll be back on more Club rides.*

## London Cycles

I have moved from New York to London. Since my arrival here, I have done some digging around to try to find an organization like the NYCC to ride with. I have been steered to towards the IYH organization here in the UK, but I get the feeling that the majority of their rides are of the 200 riders at fifty different paces variety. I would appreciate it if you could send me some information about riding groups here in London, or if you know of any other NYCC expatriates living in London have them call me here at (071) 726-3583 (days) or write % CMB London, PO Box 521, New York NY 10004. I have heard that you've already gotten some great warm weather this spring. Makes me homesick.

DAVID A. TORRES

*We forwarded a list of organizations found in The Cyclists' Yellow Pages from BikeCentennial.*

## Politics or Poker?

Richard Rosenthal's "Bike Shorts" in the April BULLETIN is out of place in our Club paper.

A cycling club, any sports club, must not be politicized. Our Club organ is not for the spreading of a partisan political message, irrespective of how egalitarian the writers conceive themselves to be. Boycotts and the urge to boycott do not belong in our newsletter.

Save your politics for the St. Patrick's Day parade. Or the Times op-ed page.

CHARLES MORRIS

*Our editorial policy is stated on Page 2. This month's "Bike Shorts" eschews politics and is about, among other things, bike shorts. Richard is now struggling with the conflict between his professed boycott of Motorola and his desire to buy a (Motorola powered) Macintosh. ■*

## NEW YORK CYCLE CLUB BOARD MEETING

(Tuesday, April 2, 1991)

Present: Herb Dershowitz, Ed Fiahkin, Sherri Gorelick, Lisa Halle, Hannah Holland, George Kaplan, Cliff Kranish, Bob Moulder, Larry Nelson, Richard Rosenthal, Jeff Vogel

Absent: Dick Goldberg, Christy Guzzetta

The March minutes were approved.

Herb initiated a discussion about reduced membership dues for senior citizens and members who live out of town. At this time it was decided not to offer such discounts.

The Montauk ride, in its various formats including Mark Martinez' Team Time Trial, was discussed.

Larry reported on club finances. We are on budget.

Geo discussed exchanging information with the Coalition of Connecticut Bicyclists, an organization of 10 clubs with 2700 members. It was agreed that we would exchange newsletters.

Hannah announced that we have 475 new members and renewals.

Richard discussed upcoming programs, including one with Steve Tesich, who wrote Breaking Away and American Flyer.

Club brochures and their distribution were discussed. They will be distributed to as many Bicycle shops as possible.

A proposal was made to make Chris Mailing a Lifetime Member of the Club based on his contributions to cycling in New York City. The Board voted in favor.

Ed announced that although we published their article about the Five Borough Bicycle Club, they have not published our article about the NYCC.

Lisa read her letter to the NY Times in response to their anti-bicycle editorial.

The Club policy regarding charitable contributions was reviewed: we don't make any contributions. It was decided to retain such policy.

A Club member suggested we compile a Video Library. The member will be contacted to ask if he will coordinate it.

The meeting adjourned at 8:54 PM.

## Bike Shorts

Richard S. Rosenthal

## The Right Man for the Job

A man telephoned DuPont's public relations agency, B. & Co. (the name is changed to protect the guilty), and spoke with the account supervisor responsible for the Tour DuPont, who asked the caller, "What's your background?"

"Well, I used to do the advertising for Campagnolo."

"Who's that?" asked the PR flak for America's leading stage race.

## The Mystery of the Worn Lycra Shorts

Lycra cycling shorts (and tights) very often seem to wear on the inside of the right thigh. At least mine do. You can see abrasion there when there isn't any anywhere else on the pants.

Why? I wondered. Am I flabbier there? Do the manufacturers stint on material there? Finally, on a particularly quiet patch of road, the mystery was solved, the answer revealed: I could hear my shorts wearing.

My saddle wedge pack has a velcro closure that secures around the seat post. The male and female didn't bond completely. That left the female velcro (assuming it is the male that is in the superior position) exposed and it snagged the Lycra once every revolution as my inner thigh passed it. ■

Has Mike Yesko gotten carried away, or what? For the past year he's been leading a series of 50 to 60 mile rides with the intention of starting early and getting back by noon. They were appropriately called "Sunday Quickies." Then he led a ride entitled "California Quickie." He was back by noon on Tuesday! Now Mike's leading a "Scandinavia Quickie." Ten people have signed up. They have no idea how long they'll be gone. But they can be certain of one thing—they'll be back by noon.

Congratulations to the SIG leaders; Ed Fishkin, Christy Guzzetta, Lisa Halle, Lance Leener, Donna Slattery and Glenn Weiss. They trained another 20 riders in the art of "A" riding. (Based on the number of accidents on "A" rides lately, maybe we should all take the SIG.) Congratulations are also in order for the SIG graduates. They worked hard all spring and have come a long way since starting the program with four laps of the Park in March. Has anyone ever seen a more disciplined group than the one that rolls in behind Lance, in perfect formation, stops in front of the hill and dismounts in unison?

By the way, reportedly one of the reasons that this year's SIG is so good is that some of the leaders have spent more than Saturday mornings with their students. Rumor has it that some of them have received tutoring on Saturday evenings, too.

A belated thank you also goes out to George Kaplan and Sherri Gorelick for organizing the Connecticut Shore Ride. A lot of work went into arranging round trip train transportation, breakfast and dinner for 60 people. Thanks also to Paul Minkoff for supplying lox for our bagels in the morning and dessert on the way back. Everyone had a great time and Dan Schwartzman thought it was absolutely *electrifying* (ask him about the fence he leaned on). George and Sherri announced that they will do this ride again on Sunday, October 6th. Can I sign up now?

Peter Kleinschmidt showed up in the Park recently with a cast on his wrist. He claims he fell while riding one morning. I think he wrote something unflattering about one of his friends in the World Wrestling Federation. Maybe I should watch what I write.

Irv Weisman was recently presented with a cyclocomputer as a show of thanks for his years of instruction by three of his disciples, Melanie Yolles, Arthur Steinberg and Richard Salvato. It looks like we'll have three more cyclists professing the merits of low gears.

It seems that every place you turn there is an article about the New York Cycle Club. Bikecentennial's *BikeReport* had an article about bicycling in New York City, authored by our own Peter Hochstein.

I wonder how many new members we'll get from being in *New York Magazine* twice. In the "New Jock City" article about clubs on April 15th, Christy was quoted about how he met Jody through the Club. On April 29th, in the "Summer Health and Fitness" section, they quoted Lisa on the Montauk Ride, "we ride in style and come back in style." And finally, the May *MetroSports Magazine* article "Cycle Circle" also mentions the NYCC rides and meetings.

Speaking of Montauk, was Mark Martinez' Team Time Trial the most talked about ride that never happened? It was a good idea, but you can't change tradition.

At the May membership meeting the waitresses were scrambling to find seats for all the attendees. There were lots of new faces, many of whom had heard of the Club through the articles in *New York Magazine*. And once again there were several new female faces at Clif Kranish's table (way to go Clifster! I dare you to print this. —L.S.P.)

May's program was on bike repair. There were questions and answers with two top bicycle mechanics from Bicycle Renaissance and then several repair clinics hosted by Club members Doug Blackburn, Herb Dershowitz, Ed Fishkin, Bob Moulder and Richard Rosenthal.

Whatever happened to Alan Leener? Did he fall off the face of the earth? Nobody has seen him in months. Alan, if you're out there, stop by and visit sometime. ■



## How To Lead A Ride

A Revised Primer

by Gail Birnbaum

1. Be as vague as possible in your ride listing. That will weed out the humorless anal-retentive types who always need to know picayune ride details like distance, classification, destination, etc.

2. Don't return phone calls from those seeking more ride information. By giving the impression that you're too busy training to answer inane questions, you'll effectively intimidate potential upstarts on your ride, and save yourself a lot of phone message units to boot.

3. On the morning of your ride, show up late at the Boathouse, and don't hand out maps or cue sheets. People will admire your freewheeling style and expect that they don't need directions because it's your policy not to lose anybody.

4. Why wait? Drop the first bunch at the light on Broadway. That'll teach the group not to expect too much from you!

5. Never admit you're lost. When someone points out that you've passed the same duck pond three times already, tell them they're hallucinating and offer them a Power Bar.

6. As lunch at the diner is ending, circulate among the NYCC tables and discreetly pocket the leftover tips. If anyone should question you, innocently protest that you thought the tips were for you—how else are ride participants supposed to show their appreciation?

7. As you're nearing home, announce that you've found a kinder, gentler way to climb back to 9W. Then abruptly turn onto Clinton. The survivors will be indebted to you for the chance to test the limits of their endurance, and Outward Bound will invite you to join their staff.

8. Avoid leading rides in the first place. Admit to the rides coordinator that you learned all your ride-leading techniques from yours truly.

*The author led her first NYCC ride to "that diner in Park Ridge" in May. Most of the participants made it back to Manhattan. ■*

## Boots, Leather, Etc.

**Rotation Updation**—Concerning my comments last month regarding the new LOOK “ARC” cleats which convert most LOOK-style pedals into “floaters,” and how I thought I would soon develop knee pain because the amount of rotation (9 degrees) seemed excessive... well, despite my best efforts during several hard 70- to 100-mile rides, no pain so far. However, I did manage to bang my ankles on the crankarms a few times, but no injury resulted.

**Pinch, Tug and Roll**—Getting a flat is bad enough, but when you get the new tube in and the tire back on the rim, there's always that pesky little bit of tube sticking out from under the tire bead after everything else has been tucked in. Like most people, I used to try poking it under with the tip of a tire tool, but that didn't work very well. Here's a better way: Grasp the section of tire where the tube is sticking out with your thumbs, index and middle fingers (that's the *pinch* part), pull the whole mess directly upwards (*tug*), then *roll* the section between your thumbs and fingers. The whole motion is similar to a kneading action, and once you try it with an actual tire, rim and tube, you'll quickly get the hang of it. I showed this technique to Angel Rivera a couple of years ago, and he's now the undisputed master of it. He'll be glad to demonstrate it for you. On your flat.

**Base 'n Boots**—For those who still use tubular (sew-up) tires, there's the sticky question of which adhesive to use to reattach the base tape to the tire casing after repairing a flat. I don't ride sew-ups any more, but when I did I used “Barge” brand cement, which can be purchased by the tube or in small cans at most shoe repair stores. As with factory-applied base tape cement, it holds securely, but can be peeled away if necessary. (Caution: *Do not use as rim glue.*) Barge cement is also great for attaching permanent boots to the casings of either sew-up or clincher tires. Simply spread a thin layer on the boot and casing, let them both air dry until tacky, then stick them together. With the high air pressure of the tube pressing on them, these boots will never cut loose. For booting purposes, a small (2 oz.) tube will last about 5 years. Sew-up users, buy a couple of cans.

**For Those Who are into Leather** (saddles, shoes and gloves, that is), here's another shoe repair store discovery: “Lexol” brand leather conditioner. This stuff won't rescue totally dead, dried, rotted and cracked leather, but it does wonders for salt-soaked and dried (but not cracked) leather items. It can be applied to either wet or dry leather to restore it to almost-new suppleness and softness. Lexol even has a new-leather fragrance added to the formula, which, by the way, also seems to make skin softer. But it doesn't seem to be FDA-approved for use as a skin lotion, so I'd think twice, or thrice, before using it on shorts chamois.

**Take up the Slack, Jack and Jill**—We've always been told (correctly, as I'll explain later) we should strive to develop and maintain a smooth pedal stroke, and not merely “jab” at the pedals on the downstroke. “Pedalling circles,” i.e. maintaining pressure on the pedals through as much of the stroke as possible, is one of the fundamental hallmarks of good riders, but how do

you know if you're doing it *exactly* right, or if your stroke needs some work?

Here's how: Have a fellow cyclist ride alongside you, watching your chain as it travels over the top of the rear cogs back toward the chainrings. If there are any gaps in your pedal stroke, your riding partner will notice that the chain will slack a bit, then snap back straight as pedal pressure is regained during each stroke. The more the amount slack, the bigger the gaps in the pedal stroke. With a genuinely smooth pedal stroke, the chain stays straight all the time, because chain tension is maintained throughout the entire pedal stroke.

**Why be Smooth?** Just because a good rider told you to... because it looks good... because, well...? There are real reasons to pay particular attention to perfecting a smooth pedal stroke, and certain times when a smooth stroke really pays off.

During a genuinely smooth pedal stroke, downstroke pressure is applied very soon after the crankarms pass the vertical, and continues through the bottom of the stroke. Thus, compared to a jerky downward jab, during a smooth stroke more muscles are recruited for the job, and they work through a greater range of motion. It's just more efficient.

But the laws of physics also come into play. When we propel our bicycles, we are constantly fighting to maintain momentum (except when coasting downhill). Wind resistance and gravity (friction is a distant third) are always joining forces to rob us of momentum. And the faster we go (because of wind resistance) or the steeper we climb (because of gravity), the quicker we lose momentum when there are gaps in the pedalling motion. By maintaining constant pedal pressure we prevent the bike from “surging” and then “fading” on each pedal stroke. Eliminating these little accelerations and decelerations preserves momentum, which saves energy.

Unfortunately, the occasions on which good pedalling form is most useful, when hammering or climbing, are when most cyclists are prone to losing it. They are operating near their anaerobic thresholds, they lose concentration, and good form becomes the first victim. This problem is overcome by practicing good form all the time, then concentrating on it during hard efforts.

**The Monster Mash**—Geez, Campers! Go ahead, it won't kill ya! Put it on the BIG RING and Go For It!!

I know they told you at bike camp to spinspin, but with the arrival of consistently warm (okay, hot) weather, it's time to work on developing serious power.

There's a saying in motor racing that “there's no substitute for cubic inches”, which means that a small engine with high RPM's will only get you so far. And so it is with cyclists, many of whom seem to think that high RPM's (spinning) will make up for lack of leg strength. It won't.

Develop power by doing big-gear, low-cadence (70–80 RPMs) intervals at least once a week, gradually increasing duration from 30 seconds to 2 minutes, then, later in the year, up to 10 minutes. And when you encounter small hills on club rides, avoid the compulsion to immediately drop down to the small ring. Take them on the big ring and gut it out, even if it means sacrificing some RPM's. If you simply must shift, go one cog bigger in the back. Before long, you'll be able to handle a great majority of small-to-medium hills with a 52 x 19. No kidding. ■

## Classifieds

### FOR SALE

NEW TREK 1400 ROAD BIKE, 52cm. Shimano 105 SC, LOOK clipless pedals, extras. Perfect condition. \$650. Call Peter 212/297-9634 (W), 212/410-5968.

ASPIRING TOURIST! 19" Panasonic P3500 touring bike; metallic burgundy; 48/42/28 chainrings, 14/28 freewheel, Shimano index shifting; 27x1 1/4 tires. \$250 also gets you Blackburn rack, Cateye Micro, handlebar bag, other extras. Leave message for Jamie 718/797-9484.

TRAINER. Minoura Team Mag-turbo II. Hardly used. \$65 or best offer. Call Holly, 212/534-1156.

CINELLI. 56cm, Dura-Ace equipped, Conrad's maintained. Asking \$1600. Call Joe, 718/230-0756.

### WANTED

Looking for decent road bike for friend just getting started in sport. About 52, 53 cm, Cannondale, Fuji, Trek type bike. Couple hundred dollar budget. Christy, 212/595-3674.

**HOWARD H. SMITH & Co**

518 Broad St, Newark, N. J.

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**RIMS.**

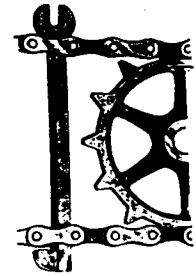
Manufacturers of  
**CORK**



They are perfect in construction and material used. The handles are composed of XXX quality selected Cork, and are warranted to stand any reasonable test, and to stand up they are neat in appearance, light, durable, absorb vibration and prevent the hands from slipping.

Price, per pair, \$1.00.

**SAFETY CHAIN LOCK**



Our Chain Lock acts as a safety securer, connecting of a wrench, five inches long with our patented hinge lock on the other end; this can be removed with a detachable lock, which is very apt to get lost or misplaced. Can be locked in a jiffy, and just as easily with one hand as with two.

Price, \$1.00 each.

## TRIAL MEMBERSHIP OFFER

For a limited time, the League of American Wheelmen is offering a trial membership. For four dollars, you will receive: two issues of BICYCLE USA, the League membership magazine which contains informative articles, product reviews, bicycle action information, health and legal advice, and a national ride calendar.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Club \_\_\_\_\_

send application and four dollars to:  
**League of American Wheelmen**  
**6707 Whitestone Rd.**  
**Suite 209T**  
**Baltimore, MD 21207-4106**

this trial membership offer is good through September, 1991. Please allow time for processing.

## 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  
Bicycle parking on fourth floor

Tuesday, June 11

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 Last (and First) Annual  
Weisman-Weissman Commemorative Talk,  
Or: The Art of Soft Core Cycling

Yes, once again it's....

## Bike Tour Night

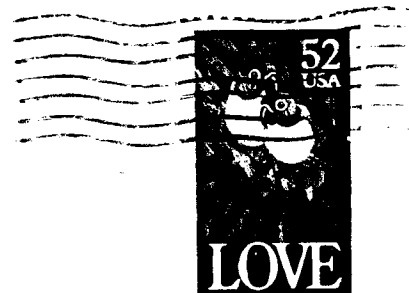
Brought to you by Dick Goldberg of the NYCC Bike Touring SIG.

Early indications are there will be talks on solo touring/camping, Sag-assisted group touring, and inn-to-inn romps for those who like to play prole by day. Subjects subject to change.

Next Month: Bitch to the City!

John Benfatti, Bicycle Coordinator for the NYC Department of Transportation.

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



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

First Class

