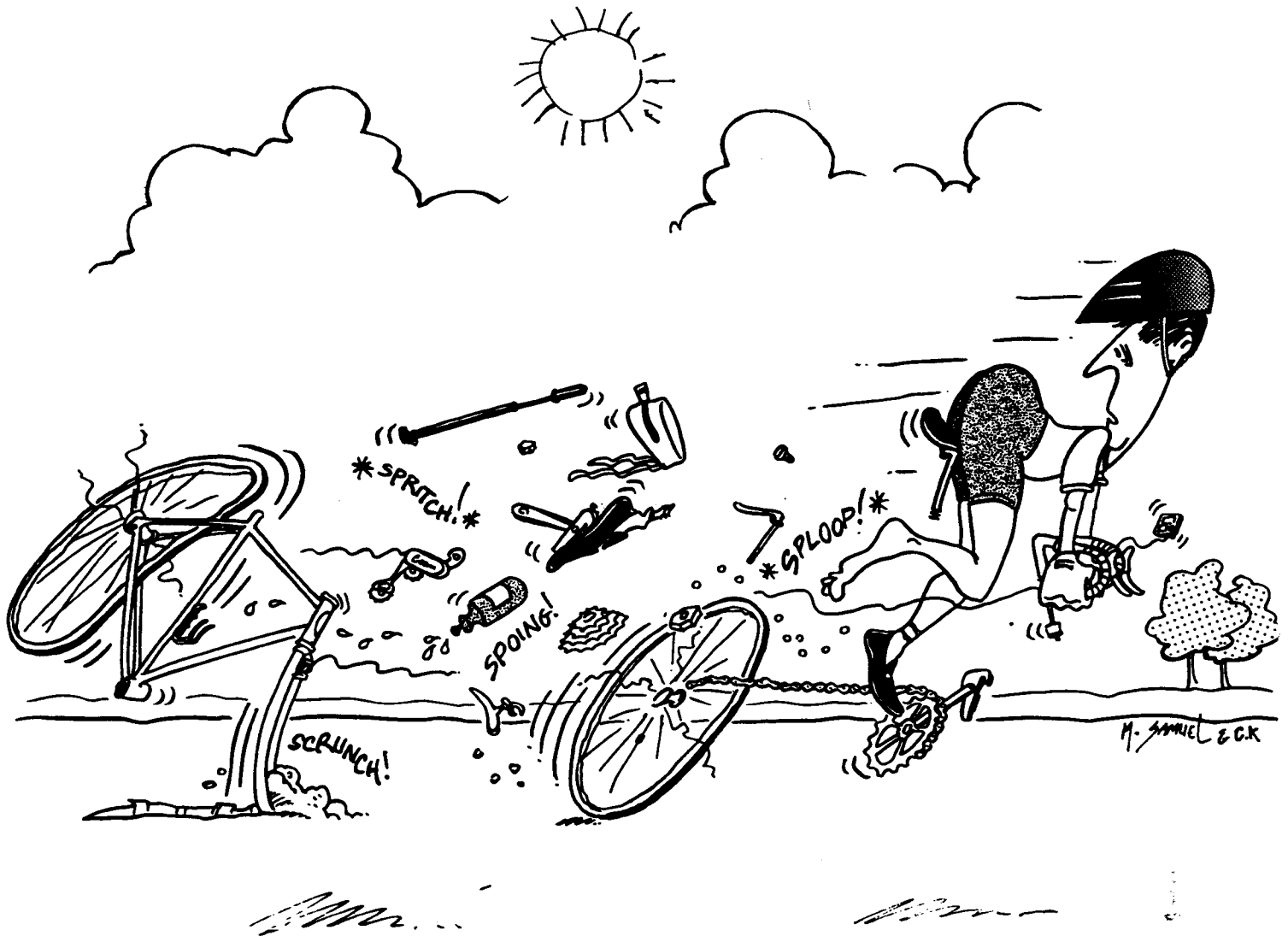


May  
1991

MAY 1991

# NYCC BULLETIN

TOTAL MECHANICAL FAILURE...



# 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 June issue: May 7



# New York Cycle Club

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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:** The training series continue apace, but the best ride so far this season turned out to be the "Connecticut Shoreline Loop" All-Class ride. Sherri, George, Bob and Dick deserve congratulations and thanks for organizing such a great event, from breakfast on the train ride to New Haven to Pepe's Pizza on the way home. ▶ Coming up in May are weekend rides and Club traditions such as the Montauk Century and the Sheffield weekend in the Berkshires. ▶ In this issue there's advice on cleats and insurance. And our own Lou S. Pokes continues in the journalistic tradition of J.J. Hunsecker.

## May Rides

### Every Sunday In May

**B-/50-70 · 9:00am · Every Sunday in May...**

Leader: Ken Weissman (212-222-5527). From 94th and West End Ave. Each Sunday there is no B- offering I will be leading a B- ride in New Jersey, Rockland, Westchester or Long Island. Please phone during the week for details.

### May 3-5

**All Class · Mountain Bike In Historic Lenox, Mass**

Organizers: Ed Bernstein & Donna Feinstein (718-268-6684). Mountain bike through 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. 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 through the Hills 'n' Dales of Westchester. Brunch at Thornwood Diner. P.S.—If you're old enough to remember Kent State, the leader may be able to keep up with you. Any precip., National Guard Objections cancels.

**>A · 8:30am · SIG "A" #9: Up the Hill & Arm's Length from Armonk**

Leaders: Ed Fishkin (718-633-3038) & Lisa Halle (212-319-6097). Father Ulanis Tranquilus is the friar for whom Armonk is named. We'll climb those same ancient hills he climbed and feel the same burning in our thighs and loins as him. You'll go faster and learn about hungness. Rain, hail, murrain 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.

**B/B+/65+ · 9:00am · East to Northport**

Leader: Jim Babbitt (718-296-2227). From Statue of Civic Virtue—Union Turnpike & Queens Blvd. Let's ride the beautiful roads of the North Shore. There will be some hills, but mostly flat to rolling terrain. We'll have a picnic lunch at the Marina. Rain cancels.

**C/30 · 9:30am · A Visit To Tom Paine**

Leader: Roscoe George (212-989-0883). From the Boathouse. A leisurely ride around Bronx Bike Path & Sound Shore to New Rochelle to visit the Tom Paine Cottage—Lock, lunch or money. Precip. cancels.

### 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 cancels.

**A-/65 · 9:00am · Easy Does It V**

Leader: Marc Leveque (718-461-5480). Yellowstone & Queens Blvd. (Manhattanites: Take E, F or R train to Continental Ave. or meet at Boathouse at 8:30 and ride out together.) Haven't turned bad yet. Still feel sluggish and happy about it. Maybe a hill or two, but guaranteed a suntan and some beach babes. Free counseling to ex ultra-marathoner and A+ riders. Rain cancels.

**B+/64 to C-/33 · 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). We will all ride similar routes in Northern NJ so that those who fall back will be "swept up" by the following slower group.

### Saturday, May 11

**A/60 · 9:30 am · A Prelude to Mountains**

Leader: Bob Moulder (212-682-5669). Flat ride to Park Ridge, N.J. Not so long either, in anticipation of major mountains tomorrow. Rain cancels.

**>A · 8:00am · SIG "A" #10**

Leaders: Christy Guzzetta (212-595-3674) & Lance Leener (212-947-9392). From the Boathouse. It's the last ride before "A" ride. We're working hard today. Infamous John St., beautiful Round Hill Road to the 1st stop some 40 miles out. Then down, down, down, Riversville Road to Greenwich Conn., White Plains, Scarsdale, Bronx and on home. Next week—we're "A" riders! Rain date: Sunday.

**A-/65 · 9:00am · Easy Does It VI**

Leader: Marc Leveque (718-461-5480). From Yellowstone & Queens Blvd. (Manhattanites, take E, F or R train to Continental Ave., or meet at Boathouse at 8:30am and ride out together). You know my rides always include horse farms and water fronts! Sunglasses and a 10-speed beach umbrella are always a good idea. Will make a stop at T. Roosevelt House. Stop on the way back at the most expensive deli on L.I. where you may indulge in fromage and patisserie. Rain cancels.

**B/55 · 9:00am · It's Armonk Time**

Leader: Dick Goldberg (212-874-2008). From the Boathouse. Pretty Westchester—Fairfield scenery, maybe up to Byram Lake if the group wills it. Rain cancels.

**C/25 · 10:00am · Bloomin' Metric PreRide**

Leader: ? (203-287-9903). From Westport, CT library (West side of Saugatuck River, south of Route 1). CCB & Sound Cyclists lead a 25 mile ride through Westport, Fairfield and Weston. The ride is a preview of the Bloomin' Metric with beautiful views of the Gold Coast and Greenfield Hill Dogwood Festival. Any precip. cancels.

### Sunday, May 12

**A/100 or 160 · 5am /7:50am · 3rd Annual Catskill Climbing Series**

Leaders: Jeff Vogel (718-275-6978) & Karl Ditebrandt (212-477-1387). From the Boathouse at 5am or Grand Central Station at 7:50am. A new series of climbing, new mountains to climb. We haven't scouted this route, so we have no idea how many peaks we'll ascend and DESCEND. Meet at the Boathouse at 5am for 160 miles (65 miles to the first stop) or call Jeff for train info for the 100 mile version. We'll all take the train back so bring your Metro North Pass.

**A-/B+/80 · 9:00am · 'F'ing Crazy Minkoff's Belmont Lake Ride**

Leaders: Paul Minkoff (718-937-6171) & Jim Babbitt (718-296-0027). From the Statue of Civic Virtue. Fairly flat, fairly fast, fairly far. Fun foreseen if forecast is favorable. A-types free to fly off the front in frantic formation on freeway. Be forewarned: food forwarded by footpower. Finish fortuitously at F-line (Where else?). Rain cancels.

**B+/50-60+ · 9:00am · Guilt Free Mother's Day Ride to Park Ridge**

Leader: Gail Birnbaum (212-996-2042). From the Boathouse. For those who forget to send flowers you can always call mom collect from the diner. Anything that would worry mom cancels.

#### **B+/25 Bike/10k Run · Barons' Biathlon Stage I**

Leaders: Steve & Caryl Baron (212-595-7010). From the Barons' residence, call for directions. We're working up to the Wildcat Biathlon sometime in July. Today: a relaxed ride to Tenaflly for the Rubin Run 10k footrace. Race starts at 9:00am from the JCC ¼ mile off 9W on East Clinton. Run or cheer. Return pace will be whatever we can muster. Rain or injury may cancel—check first.

#### **B/67 · 9:00am · Progressive B Training Ride #7**

Leader: Dave Miller (212-794-9365). From the Boathouse. This ride loops through Bergen and Rockland Counties. It used to be marked but most of the marks have faded away. There are a few hills so bring your gears. Lunch will be a picnic in a nice park.

#### **C/40 · 9:00am · Prove Staten Is An Island**

Leaders: Geo Carl Kaplan (212-989-0883) & Leslie Tierstein. From the Staten Island Ferry (NY) to catch a 9:30am ride (or 10:00am from the Staten Island Ferry Terminal). This is one of the FRRA series continued from 1990. We will prove that just as there is a Northwest Passage, Staten is an Island. The usual cancels. Joint 5 Borough Bicycle Club ride.

## **May 18-19**

#### **A/230 · Montauk Twin—Overnight**

Leader: Maxim Vickers (718-728-7179). Contact leader for start time and location. A cruise to the outermost reaches of Long Island for an afternoon in the sun and a harborside dinner. Ride back Sunday morning with ample opportunity to observe the outbound multitudes. Call leader for motel info and roommates, as available.

#### **C to B-/53 Sat/25 Sun · A Hard Day's Easy Overnight**

Leader: Peter Hochstein (212-427-1041). You'll sleep in Nyack—but just listen to me, willyuh? The day 1 ride goes to Nyack in the am, then on a 27 mile afternoon C+/B- loop through Rockland County including a killer hill, 2 lakes, and roads C to B- riders rarely see. (Less ambitious riders can futz around Nyack.) Group dinner. Disco party a possibility. Sleep late Sunday, return home after brunch. Cost: approximately \$33 per person double occupancy (\$60-ish single) plus food. Limited accommodations, so call leader fast for details.

## **Saturday, May 18**

#### **A/45 · 9:30am · Montauk Warm-Up**

Leaders: Christy Guzzetta (212-595-3674) & Bob Moulder (212-682-5669). From the Boathouse. Schmoozee ride to the posh Scarsdale Diner. No attacks. Tomorrow's the Real Ride!! Over 40% chance of rain cancels.

#### **A/A-/90 · 8:00am · Paterson Falls**

Leader: Karl Ditebrandt (212-477-1387). From the Boathouse. Paterson, NJ home of William Carlos Williams and Lou Costello. The town is a bit past it these days, but the Falls are still scenic. Picnic at the Falls or maybe a Texas Weiner. Any precip. cancels.

#### **>A/100+ · 7:00am · Progressive "A" Graduation Ride**

Leaders: Lance (212-947-9392), Lisa (212-319-6097), Christy (212-595-3674), Ed (718-633-3038), Donna (718-921-4635) & Glen (212-545-0618). From the Boathouse. This is it! It's our last ride together and we are on a mission. Where we are going is a complete mystery...only your leaders know for sure! Just be sure to bring your climbing legs and be prepared to hammer over 100 miles at an "A" pace. "Steady, smooth and fast" is our battle cry. We'll put all the skills together today. We are leaving at 7:00 sharp and at 7:01 we're history. Don't be late! Get psyched and let's finish in style. This event is strictly for SIG participants only. NOTHING CANCELS!

#### **A-/250 · 3:00am · Montauk Double Century**

Leader: Marty Wolf (212-935-1460). Double century—there and back without an overnight stop. Just lots of miles. Save motel cost—no shore dinner, but we'll be back before everyone else. Call leader for start location.

#### **A-/60 · 10:00am · Kings Point to Sands Point with Extra Points Between**

Leader: Paul Minkoff (718-937-6171). From the Statue of Civic Virtue. See B ride below. This ride will add a few loops. See the house where Fitzgerald wrote

*The Great Gatsby*. The B leaders may get lost, but this is the native territory of the A leader. Rain cancels.

#### **B/50 · 10:00am · Kings Point to Sands Point with Extra Points Between**

Leaders: Harold Aronowitz (718-454-2262) & Jim Drazios (718-225-1842). From the Statue of Civic Virtue. A must for anyone who wants to join the good old Merchant Marine or investigate welfare fraud in Sands Point. Any precip. cancels.

#### **C+/50 · 9:30am · Cunningham Park to Bethpage St. Park & Back**

Leader: Geo Carl Kaplan (212-989-0883). From Cunningham Park. A leisurely ride along the LIE Service Road to Bethpage State Park & the Village Restoration—bring lunch—no deli stop.

## **Sunday, May 19**

#### **A/115 · 4:45am/5:30am · The Standard Montauk Century**

From Fifth Ave and 59th St. at 4:45am or Jamaica Station of the LIRR at 5:30am. This may be the flattest century you'll ever ride, and barring ferocious headwinds, the easiest. If you aren't joining one of the many other Montauk rides listed, meet at Fifth Ave. and 59th St. on an ad hoc basis, or at Jamaica Station a bit later. Make arrangements now for return on NYCC chartered buses (limited to 2 buses), by contacting Herb Dershowitz (212-929-0787). The AYH Montauk Century is no more, but the former AYH Bicycle Committee formed the 5BBC, and the 5BBC Montauk Century is alive and well. 5BBC ride begins at 5:30am, and return transportation is also available. For details and registration info for 5BBC call 212-932-2300.

#### **A/125 · 5:15am/6:00am · Montauk Team Time Trial**

Coordinator: Mark Martinez (718-726-7644). From the Tramway—2nd Ave. and 59th St. at 5:15am or Jamaica, LIRR at 6:00am. Team time trial (See article in this issue.) Monsoon at start cancels.

#### **A/50 · 8:00am · Sunday Quickie—Queens**

Leader: Michael Yesko (212-533-2409). From the Boathouse. Remember Jeff's & Margaret's "Queens for a Day" ride back in January? It's ideal for the Quickie format, although we won't have time to stop at their place for brunch. All the same cultural highlights will be identified for your amusement. One stop at the nearest German deli in NYC. Rain may cancel.

#### **B/67 · 9:00am · Progressive B Training Ride #8**

Leader: Dave Miller (212-794-9365). From the Boathouse. We will ride the same route as last week but we will do it in the opposite direction. This makes it an entirely different ride. Lunch will be a picnic at a different park.

## **May 24-27**

#### **ALL CLASS MEMORIAL DAY WEEKEND IN THE BERKSHIRES**

Organizers: Karen Reich (212-874-7923) & Gerry Wendrovsky. The award-winning Sheffield, Mass. Memorial Day Weekend. Ride during the day in the beautiful forested Southern Berkshires up to Tanglewood, along the Housatonic River. View the local waterfalls, small towns and historic sights. Bed & breakfast in country inns or local motels. Rides for all classes. Sunday evening (all you can eat!) buffet dinner. Who knows what else?? Come and find out.

#### **Plan A/Plan B Weekend in New Hampshire or New Jersey/LI?**

Leader: Paul Minkoff (718-937-6171). Plan A: I'll know by the time you read this whether I'll be in New Hampshire opening my lakeside cabin. Call ASAP if you want to join me. Space is limited. Plan B: If in town for the weekend, I'll be doing a B-paced version of the Baron's Watchung ride on Saturday, then attending the Mozart Festival on Sunday and Monday.

## **Saturday, May 25**

#### **A+/84 · 9:00am · Untitled**

Leader: Bob Moulder (212-682-5669). From the Boathouse. I'm a CRCA race marshall today, so my legs will be plenty fresh for this ride up to Westchester County's Hardscrabble and Seven Bridges Roads. Don't let the A+ designation scare you off, but don't whine either. Rain cancels.

**A-/60-70 • 7:20am • Watchung Mt. Reservation**

Leaders: Steve and Caryl Baron (212-595-7010). From the Staten Island Ferry. Meet us at 7:20am to catch the 7:30am SI Ferry (\$.50). You've all ridden through Watchung on your way to Princeton. Have you ever explored all the roads in this beautiful park? Come out and do some good training where the local animals ride in the greenest and meanest hills in New Jersey. Rain cancels, check with leaders for rain date.

**B/50 • 9:30am • Back to Mamaroneck**

Leader: Carlos Cardona (212-581-2858). From the Boathouse. We're back and we're ready and maybe we'll eat outdoors. Anything dreadful cancels.

**C/30 • 10:00am • Open C Ride**

Leader: ? From the Boathouse. Follow the Yellow Brick Road.

## Sunday, May 26

**A/70 • 8:30am • Untitled**

Leader: David Regen (212-222-0532). From the Boathouse. Picnic lunch at Rockland Lake (bring basket and blanket and/or folding chairs and table.) Bradley and Tweed and River Road thrown in. The usual cancels.

**A-/70 • 8:30am • Bear Mountain**

Leader: C.J. Obregon (718-338-3275). From the Boathouse. Lots of hills but we'll wait at the top. Helmets required. Return by train so have your Metro North Pass. Precip. cancels.

**B+/B/55 • 9:00am • Nyack Blues**

Leader: Ernie Yu (212-663-5747). From the Boathouse. Why am I in New York for the weekend? When will the recession end? Can the Mets win without Darryl Strawberry? Ponder the mysteries of life on the road to Nyack, and learn why the sky is blue.

**B/75 • 9:00am • Progressive B Training Ride #9**

Leader: David Miller (212-794-9365). From the Boathouse. This is my famous scenic ride to Lake DeForest. We will ride next to the Hudson River on a bike path and around 4 lakes. Lunch will be at a small city park next to Congers Lake. This is also the last of my training rides. Thanks for coming along. Rain cancels.

**C/30 • 9:30am • Coney Island**

Leader: Roscoe George (212-989-0883). From the Boathouse at 9:30am or from Grand Army Plaza Arch at 10:30am. A leisurely ride along Ocean Parkway to Coney Island. Return via Shore Parkway Bike Path. Precip. cancels.

## Monday, May 27

**A/? • 9:00am • Leaderless "A" Ride**

Leader: You. From the Boathouse. If you're not in the Berkshires, if you're not working, if you're not totally fried from Saturday's and Sunday's rides, if you're not watching the INDY 500 on tv, then meet other iffy people for a ride, if you want to. It's up to you.

**A-/B+/50 Bike/10K Run • 6:00am • Yikes!! Baron's Biathlon II**

Leaders: Steve and Caryl Baron (212-595-7010). From the Baron's residence, call for directions. If you're totally off the wall, join us and bring your running shoes! We'll leave to arrive in Ridgewood in plenty of time to pick up our numbers for the 8:45am start of the Memorial Day 10K Run. Depending on performance, mood, weather, and quality of refreshments we may or may not hang around for the 5K and 1 mile events and awards. We should be able to maintain at least a D- pace for the return. Call for cancellation conditions.

**B/B-/60 • 9:00am • No Name Ride To Piermont**

Leader: Bill Voegeli (201-420-8793). From the Boathouse. A helmets-only spin to Piermont through the backdoor.

**C/30 • 10:00am • ????**

Leader: ??? From the Boathouse. Where the Will o' the Wisp takes you.

## 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/60/55/50/50/30 • 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. 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 needs a bike lock. For advance discount tickets, send a check for \$11.50 payable to The Sea Cliff Chamber Players, 39-15 46th St., LIC, NY 11104. Write "bike club" in the lower-left corner; address on the check. Advance tickets good for any of 5 concerts (May 25, 26 & 27 and June 1 & 2). Same-day tickets are \$13.50/seats, \$9.50 /lawn.

## 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, a couple of loops through scenic countryside, then a reverse bee line 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.

## Ride Previews

**A/60 • June 8 • Barbecue at Bob's**

Leader: Christy Guzzeta (212-595-3674). From the Boathouse. Bob Foss isn't dead, but he is in heaven and he wants to invite you to join him for a barbecue there. See details in next month's Bulletin.

**A/135 • June 15 • Strawberry Supreme**

Leader: Maxim Vickers (718-728-7179). From the Queensboro Bridge Plaza. An almost annual tour of LI Delights culminating with the inimitable Strawberry Shortcake in Mattituck. Return on Five Borough Bike Club train. Reserve place with them directly. Serious threat of rain cancels.

**A-/105 • June 15 • Seven Lakes and Then Some**

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.

**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 tba. Send check \$50—full cost to Five Borough Bike Club, 891 Amsterdam Ave., NYC 10025 with name, address, phone.

**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 & Caryl 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, 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/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. 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.

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

**Leader:** David Schlichting (516-482-3423). Spectacular tour of eastern Alps through Switz., Italy, Aust. & Liechtenstein. Incomparable scenery, mostly quiet roads, challenging climbs, thrilling descents. \$1650 incl. airfare, hotels, meals.

## **Non-Club Rides**

#### **40/62/100 · May 4 · 7-9am · Central Jersey Bike Club Farmlands Ride**

**Leader:** CJBC (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.

#### **The Coalition of Connecticut Bicyclists**

Invites NYCC members to join them on their 5 rides. Dates are May 11 (C/25), May 19 (all class), June 8 (ATB/35), Aug 10 (C/25), & Sept. 29 (C/30). For info call Larry Johnsen at 203-287-9903.

#### **All Class · May 19 · Bloomin' Metric Century**

Sponsored by the Sound Cyclists Bicycle Club. Call Christa Kinkel at 203-325-0391 for additional info.

#### **All Class · May 19 · Susquehanna Valley Columbia County Fifty**

Contact the club at PO Box 63, Berwick, PA 18603 for additional info.

#### **All Class · June 22 · The Jersey Double Century**

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

#### **All Class · 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.

# **A Modest Proposal for Fine Young "Cannibals"**

Mark Martinez

The annual Montauk Century is a NYCC institution. Last year this event marked my "graduation" from suffering SIGgie to a somewhat more confident and conditioned rider. Traditionally, participants have formed long pacelines of riders with approximately the same abilities and ride out en-masse. During last year's ride I had ample opportunity to ponder the good, the bad and the ugly of this yearly epic.

**Why Montauk?** The geographical end of Long Island is a natural destination for a ride. The 125 mile length lends a certain degree of seriousness to the undertaking, the L.I.R.R. provides a return option for unexpected emergencies and it's a tradition.

**Why not Montauk?** It's flat and it's not the most scenic of rides. In addition, the usual mass start/paceline doesn't work very well in practice because people have varying abilities, there are more stops for flat tires, their size makes them dangerous on some roads, etc. Besides, nobody wants to wait behind 30 people in Patchogue for a bagel and coffee after riding 60 miles.

**A Suggestion.** In the interest of minimizing the negative aspects of this event and adding some excitement I am making the following modest proposal for this year's ride:

*Allow cyclists with a competitive (and cooperative) urge the option to make Montauk a team time trial.*

## **Proposed Guidelines**

**Team Composition:** Teams will be made up of a maximum of six cyclists. This relatively small size will encourage the formation of multiple teams of similar abilities instead of one large "power team" and avoid some of the logistical problems associated with large pacelines.

Team composition will be limited to four men under 40. This restriction will encourage the participation of women and masters age male cyclists.

Unlike pro TTT events, all starting riders will be required to finish, with the last team member determining the finishing time for his/her team. This requirement is intended to emphasize cooperation over competition.

**Starting Point:** Riders can start in either Manhattan (Tramway Plaza at 59th and 2nd) or Queens, but the timed portion will begin at the Jamaica L.I.R.R. station.

**Timing:** All TTT participants should start their watches or cyclometers at Jamaica L.I.R.R. *Do not stop watches until arrival in Montauk.* Finishing times should be written down and submitted to Mark Martinez.

**Starting Time:** Tramway group rolls at 5:15am sharp. Jamaica L.I.R.R. group leaves at 6:00am. Teams may be started from Jamaica at 2 minute intervals to avoid congestion.

**Pit Stop:** All teams agree to take 30 minutes cumulative time out for food, etc. (for humanitarian reasons). Additional/longer stops (flats, additional food stops, etc.) may be taken at team discretion but will incur the corresponding elapsed time penalty (assuming other teams use only the minimum 30 minutes.)

**Support:** No outside support crews will be allowed.

**Drafting:** No team may draft another team. A two bicycle gap must be maintained between teams except when overtaking. This allows room for a rider to rotate to the back of her/his team's paceline.

**Route:** The standard route used in prior year's Montauk Rides will be used. Teams will receive copies of the route description in advance. Deviations from the route will be permitted provided that they do not reduce the mileage.

*See Ride Listings for additional information or call Mark Martinez at 718/726-7644. ■*

## Bulletins

### Roster and Reference

We are working on the semi-annual *NYCC Roster and Reference* supplement to the BULLETIN (also known as "the blue insert") for an upcoming issue.

Is any of the information in the *Reference* section out-of-date? (We know about the NY AYH & 5BBC.) Are there other types of information that you would like to see included? If so, please contact the Editor at the address or phone number on Page 2.

As for the *Roster*: starting this year we will use the BULLETIN mailing list as the source. Please check the name and address on your mailing label. Are they correct? If not, please fill out the membership form on Page 11 checking the box for "Change of Address" with any corrections. Mail the form to the Club P.O. Box (please do *not* phone) by Tuesday May 7.

### The Official NYCC Logo

can now be seen on the *back* cover of the BULLETIN. You will be seeing it soon on Club ride sheets, business cards, and brochures; we're still working on incorporating it in the mast-head. The new logo was selected in a design contest orchestrated by Bob Foss and voted on by members present at the February membership meeting. Congratulations to NYCC member Laura Hoeting who created the winning design.

### "A" Ride Notes

Due to an oversight on my part, the SIG Progressive "A" Ride listings for April 27 and May 4 did not appear in the April BULLETIN. But never fear, this extremely valuable training series is still right on track, and the very capable volunteer leaders will make sure SIG students don't miss a beat.

And speaking of the "A" SIG, believe it or not, the investment of volunteer effort in the last few years' SIGs is beginning to pay off in a very noticeable way. Many current "A" riders are SIG graduates who are setting a good example, and others seem to be following. Compared to "A" rides of just two or three years ago, the "A" peloton now seems significantly more disciplined, courteous, skilled and, yes, safer. Remember how we used to handle intersections!?

If you're planning on doing the Montauk Century on May 19 and haven't made return arrangements yet, contact Herb Dershowitz to find out if any more seats are available on the NYCC charter buses, then send him a \$21 check right away.

Finally, if you want to do a *mas rapido* A+ Montauk ride, there's been a slight change in last month's ride preview titled "Sailing to Montauk." Instead, look for Mark Martinez' write-up elsewhere in this BULLETIN for his "Fine Young 'Cannibals'" proposal. Mark is co-ordinating this interesting team time trial (TTT), so those who have formed a team, or individuals wishing to join a team, should contact him without delay. I liked the idea so much I asked Mark to put me first on the list.

BOB MOULDER

## President's Message

Lisa Halle

One of the best things about the New York Cycle Club is the rides. I guess you could say it's the best thing about the Club. You get a chance to escape from the City. To ride in places you never thought you'd see, other than in a car. To avoid the rat race, the boredom of doing laps in Central Park or Prospect Park. It's kind of like being an explorer. (Oh okay, maybe that's a little too corny but it *is* fun isn't it?)

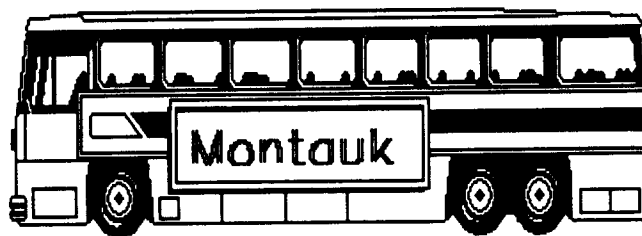
And after a day of cycling through the countryside in New Jersey, Westchester or Long Island, how do you feel when you have to face the "bumper to bumper" (or worse, "Rollerblade to Rollerblade" traffic in Central Park? Kinda like driving on the LIE or I-95 isn't it? Maybe just a bit more stressful.

Let's face it, you're probably a little tired from riding all day. And your mind is in a bit of a daze, daydreaming about those yummy pancakes at the diner, thinking about what you're going to have for dinner. And then you're faced with the masses in the Park!

Central Park tends to get extremely crowded on the weekends. There are the tourists strolling on the roadways, the Rollerbladers, the runners, and of course those cyclists who still haven't discovered the NYCC and believe that the only place to ride is Central Park. All these people are sharing the same place.

Recently, someone wrote an op-ed piece in the *New York Times* complaining about those dangerous "bikers in Lycra." Of course, we're not all to blame, but let's not give her any more food for thought.

Please be careful when you ride through Central Park on the weekends. Be aware that there are others on the road: pedestrians crossing the street, skaters with Walkmans. They may not see you, they may not hear you. Let them know you're approaching—don't shout any obscenities, just say it nicely. Even if you're tired, keep your eyes and ears open. Someone may try to run or ride in your direction. Be careful, be polite and ride safe.



### Bus Back From Montauk

The annual Montauk Century is Sunday May 19th. After riding all the way out, return on the fun-filled NYCC charter bus. The 3:00 pm bus is sold out, but there are still seats available on the leaving Montauk at 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. Both busses sold out last year, so reserve your seat soon.

HERB DERSHOWITZ



## Chain Letters

Chris and Arlene are moving to Utah

I'm real excited about moving to Utah. After all, I've had New York somewhere in my return address all my life, and it's time for a change.

It's just that I'd like to take everyone with me. Including the frazzled waitress at the Skylark, and the entire New York Cycle Club. And maybe I could pack up the view from the Croton Dam, or the breeze on the Staten Island ferry returning to Manhattan with my bike after a good, hard ride.

I'm looking forward to easing up on the pace of my life. And maybe picking up the pace of my riding. I'm not kidding myself. We are talking about the Rocky Mountains. I'm seriously considering putting a triple on my Bianchi. There are always the downhill, but I doubt any will be as long and gracious as Wheatley Road on the way home.

I also doubt there will be a club as rich as the New York Cycle Club. I'm prepared for that. Oh there are bike clubs in Utah, and if I don't convince him otherwise, Chris will be injecting discipline and his brand of gentle diplomacy into pace lines and the board of director meetings. If someone has heard of him from New York, or his efforts in the Florida bike camp, I'm going to say, "Chris who? Oh that must be another Chris Mailing you're talking about."

We're going to have a good time out there, but I will think of you, individually and collectively, often. Some of you may be thinking I've already left town for all the riding I've been doing lately. Some of you may be thinking who is this person, I don't know her. Well, I'm a New Yorker who met the nicest people in the city when I joined the New York Cycle Club in December, 1983 (not to mention *the* nicest person). I rode my bike and felt like I had an extended family in all of you. Riding with you made me more intimate with my home, the seasons, the towns, and the foliage.

I'm not leaving until I sell our house, and finish up some business contracts I have. So, I'll see some of you on the road. Chris, who has already started his new job in Salt Lake City, sends his best. Watch out, he's been training in altitude, and will bring his bike back east to visit me and you some weekend. And we'll both attend a certain all-class club ride in September to celebrate a special union. So, this isn't good-bye at all. I'd like it to be a series of thank you's. Thanks to each one of you who has ever waited for me at the top of a hill. Thanks for helping me place my stray cat and her kittens. Thanks for breaking wind for me, and for trusting my wheel. Thanks for sharing the road with me.

ARLENE BRIMER

### THE 3 BIGGEST LIES IN CYCLING

"I USUALLY CARRY A PUMP."

"WE'VE ONLY BEEN HERE A FEW MINUTES."

"I NEVER READ THE BULLETIN."

Here's why you order from the Spanish side of the menu  
NYCC member Paul Minkoff obtained this response to Richard Rosenthal's "Bicycles as an Indicator of a Failing Society" that appeared under "Bike Shorts" in the February BULLETIN.

Hey, R. Rosenthal, lighten up. Fontaine and I weren't putting down cycles or proposing factories on the Brandywine in our *New York Times* op-ed on Castro; why I bike all over Northern California. We said that if Cubans want what they say they want—a few of the things you take for granted, R.R.—they cannot depend mainly on bicycles and bulls for transportation and energy. Castro has brought them to this and rejects reforms now recognized worldwide that would turn things around.

WILLIAM RATLIFF

*Mr. Rosenthal responds:* Mr. Ratliff's note is cute but it doesn't respond to the one and only point of my brief piece—that no matter what the reason for it, Castro should be praised, not disparaged for replacing cars with bikes.

## Minutes

### NEW YORK CYCLE CLUB BOARD MEETING (Tuesday, March 5, 1991)

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

Absent: Herb Dershowitz

The February minutes were approved.

Sherri discussed ride previews and weekend events.

A motion was made to change the name "All Class Ride" to "All Club Ride." The Board voted in favor of keeping the name as is.

The Board voted to keep the Board meetings at the Metropolitan Cafe.

George announced that there will be a series of C Rides going to the beach every Sunday during the summer. They will be joint rides with the 5 Boro Bicycle Club following AYH leader guidelines.

The Board voted to have new business cards and brochures printed.

The Editor and V.P. of Rides have the authority to determine which non-NYCC rides will be listed. The policy of accepting only cycling related advertising was reviewed.

Clif read a letter from a member stating that he felt that the BULLETIN was too political. It was reaffirmed that the Editor has complete control over the contents of the BULLETIN.

Ed discussed exchanging articles with the 5 Boro Bicycle Club and Transportation Alternatives describing the respective clubs.

Larry presented the first quarter financial report.

Hannah reported that membership is about even with last year.

Richard presented a proposal for the Public Service Announcement to be funded by the Steve Scheutze Fund. The Board approved a revised version.

Jeff presented a member's proposed amendment to the Club's bylaws. The member will be contacted to acknowledge that it was discussed.

Christy announced that our insurance company has been sold. Our carrier has indicated that our liability coverage will be transferred to a new carrier.

The meeting adjourned at 9:03pm.

## BlowOuts

Lou S. Pokes

The cycling scene in Utah just got a lot better. Utah's gain was New York's loss however, **Chris Mailing** and his wife, **Arlene Brimer**, have moved to Salt Lake City. A farewell party thrown in their honor last month was attended by over 50 members of the NYCC and CRCA. Chris and Arlene were both roasted and Chris was presented with a plaque honoring him as a **Lifetime Member of the New York Cycle Club**. Chris is only the third person bestowed with that honor. The first two were **Sidney Lang**, a founder of the NYCC, and **David Walls**. Chris has served on almost every position on our Board of Directors in the past ten years. He is also responsible for the format we use in our annual "A" Training Ride series. Besides his racing accomplishments, Chris is also responsible for the reorganization of the Century Road Club Association and has served on their board of directors for the last three years. Whenever something needed to be done, either in the NYCC or the CRCA, you could count on Chris to get it done. We'll miss you both.

In a club where we all ride a bicycle, in a city where no one owns a car, how many of you went to the New York Auto Show? **James Rosar** was there representing **Light Wheels**, a volunteer, non-profit organization promoting sustainable energy. To attract people to their booth displaying alternative forms of transportation, James brought his almost one-of-a-kind recumbent tricycle.

The big question is: Will **Debbie Bell** and **Liz Dollinger** return to cycling now that they have run the Boston Marathon? And was that our **Richard Rosenthal's** blurb on page 24 of the May *Bicycling*? It must be 'cause it was in the *BULLETIN* first.

We've had several interesting visitors to the hill lately. Longtime Club member **Roberta Pollack** was in town recently and stopped by to chat. New Yorker **Mike McCarthy** of the Subaru Montgomery Team stopped by one day after doing a few laps. Mike actually did the Gimbel's Ride one recent Sunday and gave **Richard Bernadi** a 34+ mph lead out. Rich said it was awesome getting to race with one of America's top cyclists. Also on that ride was **Jessica Greico**, the Women's Junior National Champion. Her parents were the guests at a recent club meeting.

Last month I mentioned that we haven't seen **Amy Weinstock** on a bicycle lately. If you were at last month's meeting you may have noticed why—she's expecting a new "C" rider early this summer. Congratulations!

At the beginning of the meeting, **Ed Fishkin** hosted a brief repair seminar on changing a flat tire. Ed plans on making seminars on various repair topics a regular feature at Club meetings. They are limited to approximately ten people and fill up fast. So sign up early and remember to wash your hands before dinner.

**Michael Toomey** hosted April's program (in **Richard Rosenthal's** absence) which was an interesting discussion with **Stuart Myers**, the publisher of *American Bicyclist* Magazine.

So the big event coming up this month is the annual **Scheffield Trip** on Memorial Day Weekend. More than one romance has been ignited up in the Berkshires. Some 75 cyclists stay in five or six charming Bed & Breakfasts. Last year I remember knocking on the bathroom door and two voices answered from the shower, "We'll be out in a minute." ■

## Legal Rider Amy Weinstock & Barton L. Slavin, Esq.

A recent editorial in the *New York Times* was critical of dangerous bicycle riding on the Central Park roadways during busy weekends. The editorial particularly stated that the "scariest users" were the paceline bicycle riders. Bicyclists of all abilities may be unaware of their responsibilities and how to protect themselves from accidents and lawsuits.

Bicyclists who ride laps at 5:30 a.m. encounter less traffic than at 7:30 a.m. What may be dangerous at one time of the day may not pose a hazard at another time. The general rule is that you are required to conduct yourself in a manner conforming with the conditions (rain, crowds, etc.) so as to prevent accidents. This rule applies to everyone on automobile highways, skating rinks, ski slopes, bicycle paths and, of course, the Park Loops.

The point raised in the *Times* editorial was that paceline riding on a crowded Sunday afternoon is dangerous. The paceline described was travelling too fast considering the crowds, roller skaters and baby carriages sharing the main roadway. We agree that paceline riding *at this time of day on this public roadway* is irresponsible and dangerous. If there was an accident under crowded circumstances, the bicyclist might be more responsible than the pedestrian/roller skater/baby carriage pusher. This is because the bicyclist ignored the hazardous conditions (crowding) considering the activity (riding fast) that he/she was engaged in at the time of the accident and thus was negligent. Although the negligence of the pedestrian for "irresponsibly" walking in the bicycle lane might have caused the accident, you can be sure that the bicyclist will be blamed. These "scales of justice" weighing comparative responsibility will not be measured on the street, but in the courtroom.

Any serious accident will have financial consequences. The bicyclist can protect him/herself by having (a) personal health insurance and (b) homeowners/renters liability insurance. If you need medical care, then your Blue Cross/Blue Shield or HIP or similar medical coverage will provide for you. Protecting yourself financially is another issue.

Homeowners/renters liability insurance is the general liability insurance that you should have on your apartment/co-op/condo/house. For example, this type of policy provides fire insurance (current market value/replacement value of your property). Sometimes your policy will pay for hotel accommodations during apartment repairs. Most importantly, the policy provides for liability coverage in the event of an accident to someone visiting your residence as well as any accident you might cause inside or outside of your residence. Your insurance company will provide their lawyer to defend you. The policy will also pay any settlement or judgment.

The minimum amount of coverage on this general liability policy should be \$100,000. The cost of a simple policy is about \$250 per year. In addition, we advise carrying an "umbrella" policy. This should provide for an additional \$1,000,000 in coverage after the first \$100,000 is used up. The umbrella policy offers you additional coverage when lending or borrowing or renting a car, causing serious injury or death, having your ceiling fall on guests, or other seemingly improbable events.

▶▶▶

In the event of an accident, you are required to notify your insurance company and your broker immediately. Your telephone call should be followed by a certified letter to document the claim. If you do not notify your insurance company within 48 hours, they may not provide a lawyer to defend you nor money to pay for the damage that you caused. Follow the rules of the insurance policy.

It is definitely a good idea to protect yourself with a properly working bicycle, helmet, cycling gear as well as with medical and financial protection. Using good judgment may mean moving the paceline to a safer time period or somewhere else altogether. The intelligent choice is to ride responsibly. With all the bad press concerning bicyclists, we should not invite disaster. ■

## No Tech Tips

Bob Moulder

### Rotating Clipless Pedals

Whoa!! Stop the presses! Just as I was about to hand my floppy disk to Editor Clif Kranish, I stumbled across some timely elucidation regarding this month's topic, and got a last-minute chance to try the new LOOK "ARC" cleats.

I had intended to voice my suspicion that the real innovation behind the new LOOK pedals with the ARC rotation feature lies not in the pedals themselves, but in the new red cleats. The fortuitous finding is an excellent article in the April 8 edition of *VeloNews*, in which author Lennard Zinn describes the various LOOK and LOOK-compatible pedals and cleats with the rotation feature (also known as "float"), and provides results of his tests of several of those systems. He also takes a look at the new Nike "Ultra" system and mentions that Shimano is working on a floating cleat system, neither of which will be discussed here.

Although hints appeared in other cycling publications, and in some mail-order catalogs, that the new red LOOK cleats will give float capability to other LOOK-compatible pedals, Zinn's article indicates that the 1991 ARC cleats will indeed turn most fixed clipless LOOK pedal systems into "floaters," with 9 degrees of rotation (4.5 each inward and outward). Interestingly, the new ARC cleats *will not* work with LOOK's own 1990 PP96 Carbon Pro, on which LOOK's rotational feature first appeared, and the "old" red cleats designed for that particular model won't work on any others. Also, Zinn noted that the new ARC cleats seem to work much better with Shimano clipless pedals than with LOOKs, although both are manufactured by LOOK.

**How much rotation?** It seems we all occasionally fall prey to the assumption that "if a little is good, a lot is better." Such was my inclination last fall when I first bought Mavic's 646 LMS pedals. With a maximum of 10 degrees rotation (5 in/5 out, adjustable in 1 degree increments), these pedals received rave reviews for their knee-saving float. So I quickly installed my new pedals and cleats, and immediately dialed those babies all the way out to the max. I was rewarded with—guess what?—sore knees!

Not only did I assume that the more rotation the better, but I also figured the cleat mounting procedure wouldn't be as

critical since they're designed to move around anyway. *Wrong! and Wrong Again!* It seems that some knees, mine among them, prefer just a little rotation, and that proper cleat positioning is no less critical on floaters than non-floaters.

In the case of the Mavic pedals, what I did to correct the situation, and now feel will work for others, was to set the pedals for zero rotation, install the cleats (the regular black ones) and adjust for proper position, then gradually increase the rotation 1 degree at a time, with a couple of weeks between adjustments to see if any problems or soreness cropped up. I finally found happiness with a setting of 1 degree in/2 degrees out. By the way, if you're thinking of getting the Mavic pedals, remember that the pedals themselves provide the rotation, so you shouldn't use the ARC cleats with them unless you're interested in a whopping 19 degrees of rotation.

At the very last moment before the Editor's deadline, I got hold of a pair of the new ARC cleats (I bought them, actually), and was able to try them out on my Shimano Dura-Ace clipless pedals on a couple of 40-mile training rides. My initial impression is that, for me, there is too much rotation, but my feet didn't seem to skitter about nearly as badly as with the maxed-out Mavics. I didn't ride them long enough to notice any knee pain, but given my experience with the Mavics, it won't be a surprise if I start to feel some tingles in the near future. But at this point it's way too early to conclude that I won't come to like them, so I'll just keep logging the miles with them and see what happens. Stay tuned for further reports.

**But before you buy.** If you're in the process of deciding whether "to ARC, or not to ARC," consider these points:

First, with properly adjusted cleats on regular, non-rotating LOOK style pedals, very few people experience knee problems, so you may not need the rotation feature at all.

Second, if you do decide to switch to a floating system and start to experience knee problems, improper cleat position and over-rotation are the primary suspects.

Third, although the Mavics are adjustable, most other LOOK floaters have a set amount of rotation built in, and some float freely while others re-center themselves; if your knees don't agree with these built-in characteristics, there's not much you can do about it. The safest course is to buy pedals with the "zero option."

Fourth, no matter what kind of clipless pedals you get, correct cleat positioning is extremely important. Get expert help for this critical task. Look for a reputable bike shop which uses the "Fit Kit RAD" (Rotational Adjustment Device) for setting up your cleats.

If problems persist, get a seasoned clipless pedal user with technical knowledge and a sharp eye to assist in analyzing your personal needs and preferences.

**Correction:** In last month's column on brakes, I mis-thunk myself and got all my "clockwises" and "counter-clockwises" bass backwards in the section on "Brake Pad Wear" when I wrote that the barrel adjusters of newly-installed brakes should be turned completely counter-clockwise. What I should've written is that *the barrel adjusters should be turned completely clockwise*, i.e. screwed all they way in, so that they can be later screwed out counter-clockwise to adjust for brake pad wear. I apologize for any confusion this may have caused. ■

## Classifieds

### FOR SALE

NEW TREK 1400 ROAD BIKE, 52cm. Shimano 105 SC, LOOK clipless pedals, extras. Perfect condition. \$850. Call Peter 212/297-9634 (W), 212/410-5968.

HED DISC WHEEL. One year old, used for 5-race triathlon season. Go fast in tri's or time trials. \$170 or best offer. Call 212/879-5480, Chris Price.

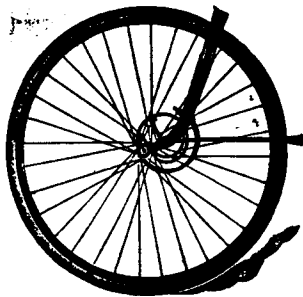
THIS VEHICLE NEEDS NO MID-EAST OIL. Heavyweight shirts available with pictures of bikers, joggers or a skier. T-Shirt \$9.95, Long Sleeve \$12.95, Sweatshirt \$15.95. Sizes S,M,L,XL. Add \$2.00 shipping. Send check or M.O. to Joyce Munc, 32 Evan Place, Staten Island, NY 10312.

UNION HALOGEN GENERATOR. Bottom bracket set with taillight. Brand new. \$40. Call Marty 212/935-1460.

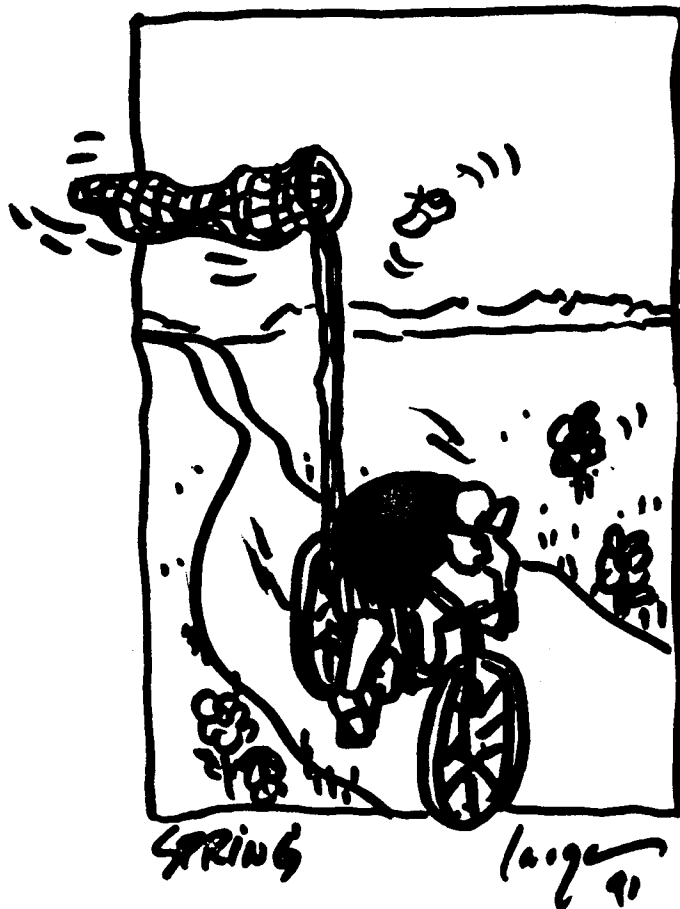
### NOTICES

HELP! NEED BICYCLE PARKING SPACE. (I can't lug it up four flights.) Know of space to park my bike? Willing to share cost of communal space or rent for one bike. Call Jewel 212/274-2364 (W), 212/966-5972 (H).

#### WINTON'S POPULAR FORK SPRINGS



Absorbs the vibration and jar, and permits of no side motion.  
They can be applied by any one with no more tools than a monkey wrench and screw driver, can be attached to the front wheel of any make of Safety or to the small wheel of any Ordinary, Star or Kagle without cutting or drilling fork. Very full directions accompany each pair.  
If you are a rider, you need not throw away your hard-earned money for safety or ordinary, and buy a pneumatic to get an easy ride; and if you are a dealer put a pair of springs on your solid tire, rigid fork machines that don't roll, and get a move on them.  
They weigh about 1-1/2 lbs. per pair, are full nickel-plated and are an investment to the machine. Price per pair \$5. Liberal discounts to dealers and repairers.



## 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, May 14

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

## Monthly Meeting

### Bike Maintenance and Repair Night

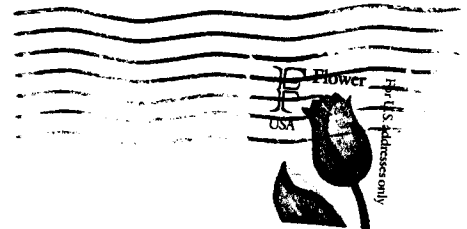
Two of New York's finest shop mechanics will be on hand to individually answer as many questions as you have.

Four of your fellow club members will conduct clinics on one part of the bike so you can rotate from group to group throughout the evening, spending as much or as little time as you want on: brakes, derailleurs, proper fitting, and wheels and flat repair.

To schedule your free bike repair, call us at (212) 371-4700 so we can make sure we have the right tools on hand. Then bring your bike to the meeting.

Next Month: Bike Touring

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



3PM TO SEE  
YOU GO! SAY HI  
TO CHRIS

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

**First Class**

