

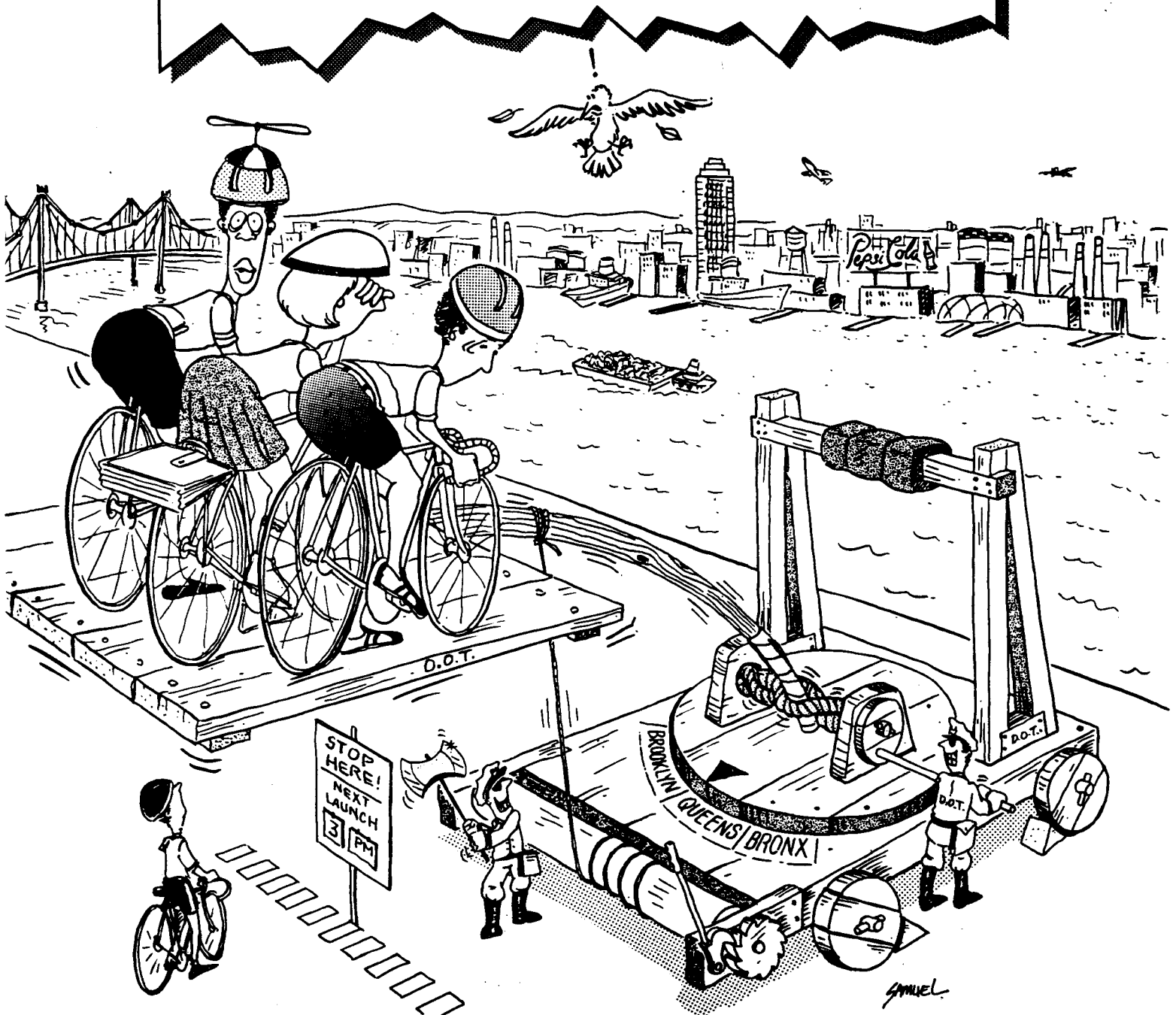
September
1991

SEPTEMBER 1991

NYCC BULLETIN

EXCERPT FROM "NEW CYCLIST" SEPT. 1991

[...in response to unrelenting pressure from local cycling groups to provide more access to East River crossings, the D.O.T. today revealed a bold new plan aimed at alleviating congestion on area bridges...]



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.

© Copyright 1991, NYCC. All rights reserved. May not be reprinted in whole or in part without written permission of the editor.

Cover Artist: Mike Samuel
Editorial Assistance: Loraine Gruber

Deadline for October issue: September 3



New York Cycle Club

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

☎ (212) 242-3900

President	Lisa Halle	(212) 319-6097
V.P. Programs	Richard Rosenthal	(212) 371-4700
V.P. Rides	Sherri Gorelick	(212) 744-6699
Secretary	Jeff Vogel	(718) 275-6978
Treasurer	Larry Nelson	(212) 874-5125
Public Relations	Edward Fishkin	(718) 633-3038
Membership	Herb Dershowitz	(212) 929-0787
Circulation	Hannah Holland	(212) 666-2162
Bulletin Editor	Cliff Kranish	(212) 473-6745
A-Rides Coordinator	Bob Moulder	(212) 682-5669
B-Rides Coordinator	Dick Goldberg	(212) 874-2008
C-Rides Coordinator	Geo Carl Kaplan	(212) 989-0883
Past President	Christy Guzzetta	(212) 595-3674

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		1:16 - 1:23
A-	14 - 15	17 - 18.5	Stops every 2 hours or so.	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		1:38 - 1:48
B-	11 - 12	14 - 15	Stops every hour or two.	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: *It's been almost too hot to ride. But the summer's almost over, it's cooler now (I hope), and I can cover some more miles. ▶ The last "All Class" ride of the season is this month, to Kingsland Point Park on the Hudson, and it's always one of our most popular rides. And don't forget the Connecticut Shoreline Ride in October. ▶ In the summer everyone rides more, and some of us write more. So we didn't have room for the all articles submitted this month. Next month we'll have a special double issue for the Club Roster and we'll catch up. In the Fall we'll have more room for travelogues and such. Want to see your work in print soon? Keep it to 500 words and submit it on disk.*

September Rides

Monday thru Friday

A± · 6:00am · Working People's Special

Leaderless. Meet at the Tavern on the Green for a quick 3-loop dash around the park. We've got to get to work, so there's no deviation from the 6:00 start.

Sunday, September 1

A+/A/A-/54 · 7am sharp · Beat the Heat

Leaders: Marc Leveque (212-988-3605) and company. From the Boathouse. I know you know—look up Aug 4 listing to learn more about this ride.

A/80 · 8:30am · The Jersey 500

Leader: Bob Moulder (212-682-5669). From the Boathouse. After crossing the GWB, we'll take Hwy 505 (Palisade Ave.), to 501 North, 502 West, and 503 North, then spoil the "500" motif by taking non-"500" roads to Hwy 507, which takes us back to 502, 501 and 505 on the way home. Any questions about the title?

B+/B/B-/? · 12 noon · Hey! It's A Holiday!

Leader: Leaderless. Start at the Boathouse or the Statue or Grand Army Plaza. Sleep late and ride anyway.

C/? · 10:00am · Leaderless C Ride

Leader: TBA (555-1212). From the Boathouse. For those who are around-meet at the Boathouse and have a good time.

Monday, September 2

A/? · 9am · Leaderless "A" Ride—"A" "Labor" of Love

Leader: ? From the Boathouse. Everybody your "A" Ride Coordinator asked to lead this ride had something else on his/her agenda—including your "A" Ride Coordinator—so just go to the Boathouse and see who shows up. Someone always does....

B+/B/B-/? · 12 noon · Hey! It's A Holiday!

Leader: Leaderless. Start at the Boathouse or the Statue or Grand Army Plaza. Sleep late and ride anyway.

C/? · 10:00am · Leaderless C Ride

Leader: TBA (555-1212). From the Boathouse. A ride on the Wild Side, for those in town.

Saturday, September 7

A/A-/70 · 7:30/7:50am · Keeping It In the Cities (NJ)

Leader: Lawrence Ksiez (718-478-0644). At 7:30am from Macy's on Queens Blvd., or 7:50am from Bloomingdales in NYC. We'll head over the GWB, then head south for a change, keeping the ride in the cities. Nice city riding, rolling hills and flats, mostly! Bring a lock.

A-/78 · 8:30am · Six Hills to Garrison

Leader: CJ Obregon (718-338-3275). From the Boathouse. River Rd-Bradley Hill-Old Mtn Rd-South Mtn Rd-Gatehill Rd-Perkins Drive. Home by Metro North-Bring your pass. Helmets required. Wait for me at the top.

B+/B/65 · 9am · Great Swamp-Jockey Hollow

Leader: Dick Goldberg (212-874-2008). From WTC-PATH-top of the escalators. Out thru Newark and it's suburbs to the wildlife preserve, horse country and a bit of Revolutionary History. Be prepared to pay \$1 each way for train and to carry lunch a few miles. 60% chance of rain cancels.

C/40 · 9:15am · Tour de Staten Island

Leader: Roscoe George (212-989-0883). From the Staten Island Ferry-departs 9:30am. For those members of the Flat Earth Society, we will once again demonstrate that Staten is an Island and that the earth is a sphere.

Sunday, September 8

A+/A/A-/54 · 7am · Heat the Beat

Leaders: Marc Leveque (212-988-3605), Craig Spiegel (212-874-4256), Mark Martinez (718-726-7644), Chuck Wong (212-219-1268), Caroline Von Fluegge (212-274-1072) & Monika Smith (212-781-0526). From the Boathouse. The ride's the same, but we've changed the name. The mornings will be getting cooler, so we'll step up our tempo a bit earlier to warm up our legs for this quick dash to Nyack.

A/? · 9am · Leaderless "A" Ride

Leader: ? From the Boathouse. If Marc Leveque's "Heat the Beat" is too early for you, meet at the Boathouse with others of your ilk and reach a consensus on destination.

B/50 · High Noon · Cycle Slugs

Leader: Wayne Wright (718-626-1002). From the Boathouse. Tired of these early morning rides led by those perky morning people? We'll leave at noon, head to ? via River Road and still be back by sundown. B pace. C mentality. Heavy rain or heavy hangover cancels.

B-/C+/40-60 · 9:15/10:30am · Kensico Dam

Leader: Sandy Gold (212-222-4076). From the Boathouse at 9:15am or last stop of #4 train (Jerome Woodlawn) at 10:30am. An easy ride through bucolic woods via the Bronx River Parkway Bike Path. We will ride up to the top of Kensico Dam for a view from above. Helmet required.

Saturday, September 14

A+/140 · 8am · Perkins/Harriman

Leader: Alex Bekkerman (212-213-5359). From the Boathouse. I was shown a great new way from Harriman Park. After climbing Perkins, we'll go back. The first rider to the top of Perkins gets a 6-pack of his favorite drink.

A/A-/100 · 7:30am · Kent Hills

Leader: Karl Dittbrandt (212-477-1387). From the Boathouse. We will take a relayed ride up through Westchester and Putnam Counties for a return on Metro North from Brewster. You'll need your Metro North pass.

B/55 · 9am · A Novelty Nyack

Leader: Bill Voegeli (201-420-8793). From the Boathouse. Here's a ride hardly anyone has tired this year. Many Nyack resident have forgotten what a bicycle looks like. Bring your helmets and let's refresh their memories.

C+/50 · 9:30am · Two Boroughs Two Beaches

Leaders: Andrea Goodman (212-254-1717) & Vince Gallucio (212-580-5507). From the Boathouse. A novel approach to riding to the Jamaica Bay Wildlife Preserve, Ragtime Deli. Do join us to Maffick in Queens & Brooklyn.

C/20 · 10am · Bike Queens Parks

Leader: Fran Rolston (718-381-9720). From Forest Hills 71st Ave-Continental Ave (E/F Subway Queens Blvd). Bike through Flushing Meadow, Kissena, Cunningham, Alley Pond (attend annual Queens Fair, \$4 admission). Forest Parks. Helmets required. Joint AMC.

C-/21 · 1pm · Art Deco Splendor-the Old Jewish Bronx

Leader: Paul Rubenfarb (212-740-9123). From NE corner 181 St. & Fort Washington Ave (A train). In the late 1940s-with 691,000 Jews then distinguishing it as most intensively Jewish county in US history-the Bronx echoed a thick Jewish accent and folk culture of "yiddishkeit" through its prodigious Art Deco interwar neighborhoods. At our tranquil non-pace we'll marvel at some of the thousand Art Deco masterpieces that make the Bronx the world's Art Deco capital. Rough unobtrusive attire.

Sunday, September 15

A+/A/65 • 9am • Devils Kitchen Cartop

Leaders: Jeff Vogel & Margaret Cipolla (718-275-6978). From Saugerties NY. Too many cooks spoil the broth. A watched pot never boils. Out of the pan and into the fire. Devil's Kitchen. What does it all mean? Bring your 39/26 and find out. Call early if you need or can offer ride. Hell freezing over and other Satanic curses cancel.

A+/A/A/54 • 7am sharp • Heat the Beat

Leaders: Marc Leveque (212-988-3605) & company. See Sept. 8 ride listing for details.

B-/45-50 • 9:15am • Bedford Village

Leader: Ken Weissman (212-222-5527). From Woodlawn & Jerome (last stop of #4 IRT). Every possible back road, including some dirt, some hills, and a pretty reservoir many of you have probably not seen before. Doughnut stop half way up. Metro North return. Bring passes, wear helmet.

C+/50 • 9am • Golden Apple Century Ride

Leader: Fran Rolston (718-381-9720). From FDR State Park, Taconic Pkwy Yorktown Heights, NY. Meet for C+ Half Century Trip. We'll do it again! Some hill. Approx. \$8 for patch/refreshments/maps. Sponsored by Country Cycle Club. Call Fran for details. Joint AMC & LIBC.

C/40 • 9am • Bethpage, because of the Heat in July

Leader: Roscoe George (212-989-0883). From Cunningham Park-196th Place & Union Turnpike. A leisurely exploration of the LIE Service Rd with a view to reaching Bethpage because of the disgusting weather and air quality in July for the All-Class ride to same.

Friday, September 20

All Class • 8pm • Let's Pig Out at the Royal Canadian Pancake House cause it's too dark to sit in the Park

Leaders: Sherri Gorelick (212-744-6699), Roscoe George, Big Bob Moulder, & Dick Goldberg. According to the Guinness Book of Records, this TriBeCa hot spot has the largest pancakes in the world. Come on down and see for yourself. No indoor bike parking. Bring hearty appetite and carbo load for the weekend rides. Restaurant is at 145 Hudson St. (4 blocks south of Canal).

Saturday, September 21

A+/A/125 • 7:45am • Greenwood Lake

Leader: Herb Dershowitz (212-929-0787). From the Boathouse. This classic ride takes us thru some of the most scenic countryside and biggest hills this far south. Hill gears and pocket food highly recommended.

A/B+/110 or 75 • 9am • Bike the Forks of Eastern LI

Leader: Steve Metcalf (212-431-0533). From Omni Health and Raquet Club, Southhampton (showers available). Through Riverhead, Greenport, Shelter Island, Sag Harbor, East Hampton (to Montauk for the century riders) and back to Southhampton. Bike, ferry, swim, eat and enjoy the wineries. Call for transportation. NEED DRIVERS. Rain cancels.

B+/81 • 9:30am • Fiori Means Flowers

Leader: Bob Fiore (718-638-1535). From the Statue of Civic Virtue. We'll follow the Ed Flowers North Shore Hill climber route and eat lunch in Northport. The ride features beautiful harbor scenery and some serious hills. Modified cue sheets include mileages to all turns (they are right on my odometer). Bring your LIRR passes in case the hills crocus.

C/40 • 8:30am • Sparemount AKA Piermont

Leader: Alex Bekkerman (212-213-5359). From the Boathouse. Nice, easy, cooperative pace around 15 mph. Lunch at the Turning Point. Route is going to be as flat as possible.

C-/24 • 1pm • Historic Architecture, Crown Heights

Leader: Paul Rubenfarb (212-740-9123). From front of Brooklyn Museum (Eastern Pkwy stop on 2 or 3). Between Atlantic Ave. and Eastern Parkway, Crown Heights is pure bourgeois Brooklyn, the turn of the century Belle Epoch district where the newly rich and filthy rich dropped their inhibitions and let their vanity soar in extravagant palatial mansions. Rain or shine.

Sunday, September 22 • All Class Ride

All rides go to Kingsland Point Park

Join one of the rides below (or meet us for lunch at the park) for the final "All Class" ride of 1991.

A/85 • 8:15am

Leader: Bob Moulder (212-682-5669). From the Boathouse.

B+/70 • 9:30am •

Leaders: Jane Grant Leener (212-947-9392) & Janet Spain (212-472-7856). From the Boathouse.

B/60 • 9:15am •

Leaders: Herb Dershowitz (212-929-0787) & Stephanie Schwartchoff (212-832-0321). From the Boathouse.

B-/50 • 9am •

Leaders: Lee Tyler (718-253-0164) & Nanci Fleischer (212-255-4295). From the Boathouse.

C/40-60 • 9am/10:15am •

Leader: Roscoe George (212-989-0883). From the Boathouse at 9am or the end of the #4 Woodlawn/Jerome at 10:15am.

Saturday, September 28

A/105 • 6:15am • Seven County Ferry Fling

Leader: Ray Malecki (718-426-7383). From the Boathouse. This fun ride rolls (moderately) hemicircumscribing LI Sound. Up Route 1 to Bridgeport. 90 minute crossing to Port Jefferson (\$11), then back west. Your Queens dwelling leader bails out in Forest Hills, and the rest return to NYC by the E train. Repast aboard ship (where you can buy sandwiches, fruit, yogurt, etc.).

B+/75-100 • 8:30am • More Hills To Chappaqua

Leaders: Caryl & Steve Baron (212-595-7010). From the Boathouse. Caryl knows every hill there is-and if not, she'll find them. But not to worry-we won't leave anyone behind. If the weather's magnificent and we're feeling great we might go on to Croton.

C+/50 • 8am • Cross Island Hopping

Leader: Roscoe George (212-989-0883). From Penn Station. Westhampton-Shelter Island-Mattituck-return via LIRR. Call for details. Limited to 10 riders. Cost approximately \$25 covers RR, ferry plus lunch and snacks.

C-/18 • 1pm • Historic Architecture, Magnificent Convent Ave.

Leader: Paul Rubenfarb (212-740-9123). From NE corner of 181 St. & Ft. Washington Ave. (A Train). Park Slope effetes who attend this ride are due some ego deflation, as they realize that, in the gilded age, this treasure trove North of City College was where the architectural connoisseurs resided. Lamentably the Landmark Commission still procrastinates landmarking this treasure-but at least we are paying rightful tribute. Rough unobtrusive attire. Rain or shine.

Sunday, September 29

A+ • 8:30am • Apple to Orange

Leader: Noël Comess (212-666-7027). A speedy little number to Bergen, Passaic and Orange counties. Lunch, then cruise and schmooze back for some hillside gossip. Rain shortens.

A+/A-/A-/54 · 7am sharp · Heat the Beat

Leaders: Marc Leveque (212-988-3605) and friends. From the Boathouse. See Sept. 8 ride description for details.

A/150 · 6am · A PBP Cool Down

Leader: Jon Miller (718-458-2842). From the Boathouse. A scenic ride through Westchester to Peekskill, then on to Bear Mtn., West Point, Storm King, Newburgh, Mohonk and Minnewaska. Return to NYC from the Beacon Station, so bring your Metro North pass.

A-/54 · 9am · "Regressive A" Series-Ridgewood, NJ

Leader: Michael Yesko (212-533-2409). From the Boathouse. Now that PBP is over, this guy is attempting to regain his senses. We'll hold flat cruising speed to 19 and relax the pace line a bit for a more sociable ride. Pacebusters not welcome! We can even break up into smaller groups, meeting occasionally along the way to brunch at Daily Treat. You needn't feel compelled to pull. Let's ride safely and bring good A- riding back to the Club.

A-/75 · 12 noon · Afternoon Delight III

Leader: Steve Metcalf (212-431-0533). From the Boathouse. A late start for those who met the person of their dreams on Saturday night. Through Harriman Park, across Bear Mtn. Bridge, then up the Hudson. We'll pickup food and drink for a train-party home on Metro North (arr NYC 8:11pm).

B/? · 9am · Nyack Via River Rd.

Leaders: Caren Cohen (212-517-8444) & Hari Soetrisno (718-446-3870). From the Boathouse. I usually ride B+. I usually ride B-. How about a B ride? Nyack? Sure!

B-/50+ · 9:30am · Rye Beach Ball

Leader: Maggie Clarke (212-567-8272). From Dykeman Triangle (Bdwy & 200th St. A Train). Join me for a ride through the attractive, manicured Westchester 'burbs. Thru a piece of CT to Rye Beach. We'll have picnic lunch there. Bring your frisbee, etc and Metro North Pass for bailout.

C+/55 · 9:30am · A Picnic in Nyack

Leader: Peter Hochstein (212-427-1041). From the Boathouse. Hudson Drive - AKA River Rd-to 9W, to Bike Path to Nyack. Picnic north of Nyack by the Hudson, if weather permits. If not, lunch at the Skylark. Easier route home.

D/20 · 10:30am · Tell Your Friends About This Ride

Leaders: Judy Koper (914-835-4309) & Jim Lane (212-697-8942). From the Syosset LIRR Station (take 9:30am train from Penn Station). A very leisurely loop, probably including Sagamore Hill, Oyster Bay and the Planting Fields Arboretum. Yes, we really mean D. We'll wait for people who have to walk the hills. A good introduction to group riding for your non-NYCC friends. Helmets absolutely required; lock and lunch money recommended. Joint Sierra Club ride.

Ride Previews

A/212 · October 5-6 · 5:30am · Vermont Twin Centuries

Leader: Ray Malecki (call now! 718-426-7383). From Grand Central Station. Up to 10 of us will take a private Metro North car to the end of its Harlem Line in Dover Plains, then cycle 106 miles to Woodford Vermont, atop Prospect Mt. Stay at beautiful Greenwood Lodge. Contact the leader right away to reserve space (\$30 for dorm bed, we cook, breakfast in Bennington after a 7.5 mile downhill coast). Metro North fare is \$20. You'll also need shoes, train pass, pocket money and a yearning for the wild. If you miss this one, wait till next May, June and September when we can handle groups up to 40.

B/C+/50/day · October 5-7 · Bike Tour-Twin Forks

Leader: Fran Rolston (718-381-9720). Saturday tour North Fork with Winery stop; Sunday tour Bays area. Visit beaches, pumpkin fields, farmlands. Meet 9:30 at motel in Aquebogue, LI. One night two bedded room approx. \$60, plus additional cost for communal breakfast Sun. Sat. dinner extra/bring lunch or buy. Call motel directly to reserve room. Register by September 10. Dreamer's Cove Motel (516-722-3212). Send SASE to L Ken Wong, 32-08 160 St., Flushing, NY 11358. Joint AMC and LIBC ride.

B+/75+ · October 5 · 8:45/9:30am · Being There: A North Shore Version

Leaders: Elizabeth Maas (718-459-6612) & Jim Babbitt (718-296-0027). From the Boathouse at 8:45 or the Statue of Civic Virtue at 9:30am. We'll all get there and back. Remember this is a B+ ride at a B+ pace.

All Class · October 6 · 7:30am · Connecticut Shoreline

Meet at Grand Central Terminal for a private Metro North Railroad car to New Haven for a reprise of our fabled April ride. New routes, same bagels for breakfast, pizza for dinner. Metro North pass required. Return to GCT by 7:00pm. All for only \$30, just send in the coupon on page 11 by September 10.

B-/51 · October 6 · 9:30am · Round Hill Roundabout

Leader: Charles Morris (914-693-2580). Cartop joint with Country Cycle Club. Meets at parking lot W2 SUNY Purchase. Easy to find: NY Thruway north to Cross Westchester (287) East, off at Westchester Ave. (after big smokestack on right) follow service road, left up Anderson Hill Rd. about 2½ miles to SUNY. Left onto campus, left again to W2....

All Club · October 11-14 · Wilton Colorfest

Leader: Paul Minkoff (718-937-6171). A five hour drive brings you to peak leaf-changing season in NH. Cost \$25-\$40 per person per day (double occupancy) including breakfast and tax. Reserve early, local inns are usually booked by Labor Day. Gourmet dinners available.

A/A-/300 · October 11-15 · Santa Fe Quickie!

Leaders: Beth Herman (212-689-7778) & Michael Yesko (212-533-2409). Albuquerque, Santa Fe, Taos. This is an area that is great for cycling, shopping, arts and crafts and hot air ballooning-all in five days! Call if interested-MUST purchase ticket by Sept. 10.

A-/75 · October 13 · 12 noon · Afternoon Delight IV

Leader: Steve Metcalf (212-431-0533). From the Boathouse. A late start for those who stayed out Saturday night, or read the paper and ate brunch Sunday morning. Through Harriman Park across Bear Mtn. Bridge, then up the Hudson. Return by Metro North. Bring pass.

C+/40-50/day · October 18-20 · Return to Woodstock

Leader: Fran Rolston (718-381-9720). Moderately hilly. Get out your tie dyes and Earth shoes again! (B pace if B leader available). Bike Catskill country roads, wind around reservoirs. Stay at newly renovated Mtn. Gate Lodge, Oliveria, 2 nights plus breakfasts: approximately \$75. Register by October 4. Send SASE and \$75 deposit to L Fran Rolston, 22-03 Harman St., Ridgewood, NY 11385

A-/75 · October 20 · 12 noon · Afternoon Delight V

Leader: Steve Metcalf (212-431-0533). From the Boathouse. Have a great Saturday night or a lazy Sunday morning? Join Steve on this 12:30 foliage ride. See Oct. 13 for details.

D/15 · October 27 · Bike to Jones Beach

Leader: Fran Rolston (718-381-9720). Meet 10am at Wantagh RR Station. Cedar Creek bike path along Wantagh Pkwy to boardwalk and beach. Bring your kites and frisbees. There may be folk dancing on the boardwalk too. Bring lunch or buy. Joint AMC/LIBC. Bring lock.

Out of Bounds

September 7-8 · MS Wheel & Rock to Woodstock Bike Tour

150 mile tour of the scenic Catskill Mtns. Ride starts at 7am Saturday morning. Contact MS 150 Bike Tour, National MS Society, 11 Skyline Drive, Hawthorne, NY 10532 for ride and pledge information.

September 8 · The Great North Jersey Bicycle Rally

On "Century Sunday" join the Bicycle Touring Club of NJ for their 25 mile, 50 mile, 63 mile or 100 mile rally. For more info. write Anne Reynolds at 405 Oradell Ave, Oradell, NJ 07649.

September 8 · The Mid-Hudson Bicycle Club annual Century Ride

Ride starting from Woodstock, with spectacular mountain scenery and quiet country roads. \$7 before September 1, \$10 after. Contact by mail, Mrs. Erna Wilcox, 12 Hudson Drive, Hyde Park, NY 12538.

September 15 • TA's Second Annual NYC Century Ride-a-Thon
A benefit to raise money for NY's leading environmental transportation advocacy organization. Contact TA for information at 494 Broadway, NYC 10012.

September 15 • The Golden Apple Century
Sponsored by the Westchester Country Cycle Club. Five rides of varying lengths will be offered. Rides start at the FDR State Park in Yorktown Heights. \$8 preregistration before September 1, \$10 day of the event. 10th Anniversary celebration bbq after the event at \$12. For additional info, send self-addressed envelope to Country Cycle Club, 29 Westerly Lane, Thornwood, NY 10594.

September 22 • Hillier than Thou Century
Choice of a 40-, 60- or 100-mile ride through scenic and hilly Hunterdon and Warren counties in N.J. Pre-registration is \$10 (or \$12 on day of ride) covers sag support, marked routes, maps, snacks, food & water stops. Starts from Belvedere A&P, Route 46. Contact Central Jersey Bike Club, 908-225-HUBS.

Just Ride, Little Bullet

Night bird flying on her chrome steel stallion,
Daytime warrior with the jet engine legs,
Will you work in your office,
Will you break out and fly,
Will you ever know why you push so inside?

Little-winged wild one, stoned in the night,
Can you rise like the Phoenix and fly on that bike?
When your Irish arises will you ride better still?
Will you ever slow down at the top of the hill?

I do much doubt it, Little Bullet in my heart,
You go too fast to slow for one who loves you,
Even for one who could keep up,
If you would but let him.

"She travels fastest who travels alone"
Doesn't work for us bikers,
We go faster in wolf packs,
Drafting with our bikes,
But drawing with our breaths.

Well, maybe I'm not young, or rich,
Or handsome enough for you,
But I have some small experience,
An occasional way with words,
And a hole in my heart for one such as you.

I wish you good luck Little Bullet,
Go out there and show them how to fly!
Ride like the wind of true love,
Of divine, neverending love,
Ride with the angels who are your equals,
Ride for peace and hope and understanding,
Ride symbolic of the spiritual seeker,
And then just ride.

by Carlos Cardona

October 5-6 • The Third Annual CONNTOUR

An environmental bicycle tour to benefit Connecticut Fund for the Environment and Coalition of Connecticut Bicyclists. Call Steve Gurney at 203-389-2733 or Jonathan Thaler at 212-724-8770 for info. & registration material.

October 12-13 • Cystic Fibrosis Foundation Cycletour 150k

Two day noncompetitive 150k tour from beautiful Dorchester County, on the Eastern Shore of Maryland. Contact 301-771-9000 for registration and pledge information.

October 19-20 • 1991 Fall Classic Cycling Tour

75-, 150- and 200-mile ride starting in New York City to benefit the Food and Hunger Hotline. Registration fee of \$75 includes food, beverage, overnight lodging, sag wagons and other support services. Vounteers wanted and needed. To register or help call 212-366-5400.

From the Rides Coordinators

B There

Some practical business... Sign-up sheets: If you've led a "B" ride and haven't sent me the rider list, please send it to me at 175 W. 76th Street, New York, NY 10023.

An idea... Periodically someone says, "Hey! (they *always* start with 'Hey!') I've got a great idea! Wouldn't it be really great if we had a library of all our routes and maps and cue sheets." This time I'm suggesting it and complicating matters by suggesting that the position of NYCC librarian be created to organize, update and maintain that library, maybe even organize scouting expeditions to find new routes.

Century Month... TA has one—it's second—on the 15th. As of right now the NYCC doesn't have one. A Club Century—maybe with a lovely patch and several dinner stops—might be fun.

The days dwindle down... September and the weather diminishes our active ranks, competing fall activities click in, and I am returning to school (after 24 years off to decide what I wanted to do with my life) and will have less time chase after potential leaders. So blah blah lead a "B" ride, blah blah call me blah blah 212/874-2008, Foilage blah blah October blah.

DICK GOLDBERG

As I "C" It

This is in the nature of a complaint and a gripe. It's to all those new members who call for information about rides, and are shocked to discover that the answer to "Do I have to bring anything special with me?" is another question, "Do you have a spare tube and a pump?" Dead silence usually follows until I ask "What will you do if you get a flat tire?" After another pregnant pause the answers are: "I never get flats," or "I generally go to the bike store," or just "I don't know."

We will help you to fix a flat. No one will leave you in the lurch. We won't desert you. But please, new members of the "C" persuasion—please—bring a spare tube. And a pump (that matches your valves), tire irons and a patch kit. You might get lucky and get two flats on the same day. One rider leader changed five tubes on a single ride. Now that leader is still available to help the uninitiated to fix a flat, but he doesn't carry five spares any more.

ROSCOE GEORGE

Nominations for the NYCC Board of Directors

will be accepted at the September and October membership meetings. Who will be President in 1992? V.P. of Rides or Programs? Editor? More information in next month's BULLETIN.

Helmets Required on All Club Rides

No, not by the NYCC, but by the Potomac Pedalers Touring Club. The PPTC is one of the country's largest bicycle clubs, with over 4000 members in the Washington, D.C. area.

While all members of their Executive Committee believe that Snell or ANSI approved helmets should be required on club rides, they agreed that any helmet was better than none, and did not specify a standard. They also decided against including enforcement provisions (because most of the riders on PPTC rides already wear helmets and assumed that the remaining few would go along with the policy once it is established) and left it up to ride leaders or other members as to how best to handle it.

This decision had nothing to do with potential legal or financial responsibility—a bike club has no legal duty to protect people from themselves. Nor does it affect their insurance coverage or rates. Their chairman stated he wanted to see to it that "if any bicycle riders insist on needlessly exposing themselves to tragic degrees of head injuries, they are not going to do so on one of our Club's rides."

The Three Percent Solution

The League of American Wheelmen has alerted its members about pending legislation that affects all cyclists.

The Federal Surface Transportation program—the one that created the 42,000 mile Interstate highway system over the last 35 years—expires on September 30, 1991. A new program to replace it, the Surface Transportation Assistance Act (STAA), put forward by the Bush Administration lacked any bicycle oriented priorities.

Rep. Joe Kennedy (D-MA) introduced a bill, The Bicycle and Pedestrian Transportation Improvement Act of 1991 (H.R. 2101), that requires states spend three percent of the federal highway funds they receive on better bicycle and pedestrian provisions. A bill (H.R. 2667) introduced by Rep. Jim Oberstar (D-MN) requires state highway departments to include provisions for bicycles in their highway designs and requires each state to have a full-time bicycle and pedestrian coordinator. Rep. Peter DeFazio (D-OR) introduced a bill (H.R. 2869) combining elements of both. [See his letter in this BULLETIN.]

In June, the Senate passed its version of the bill, and while some funding *may* be used for bicycle projects, it's not a requirement. Now a special Surface Transportation Subcommittee will meet to reach final agreement on the STAA program.

What can you do? Write to Senator Pat Moynihan (D-NY), a likely member of the conference committee, at the U.S. Senate, Washington D.C. 20510 and to your congressman at the U.S. House of Representatives, Washington D.C. 20515. Ask them to pass a surface transportation program that *requires* states to spend a minimum of three percent of federal highway funds for bicycle projects and *requires* accessibility for bicyclists in all federally funded transportation projects.

President's Message

Lisa Halle

As President of the New York Cycle Club, I get a lot of phone calls from a lot of different people. People call with all kinds of questions, all kinds of problems and all kinds of comments (good *and* bad!). Many people seem to think I'm like the Shell Answer Man, and I should have the solution to everything.

Well folks, believe it or not, I don't always have the right answer (Sorry!). However, I usually can help you find the right person to talk to. That's why it's so nice to have a Board of Directors!!!!

However, to save a few bucks on your N.Y. Telephone bill, here are some answers to some of the more common questions:

☛ If you have a question about any ride listed in the bulletin, or rides in general, call the ride leader or the Rides Coordinator (A,B, or C, depending on which level. He/she/they will be able to tell you more about the ride(s).

☛ Are you a new member, and you haven't received your BULLETIN yet? No need to worry. It usually takes one to two months to process your application. If it's been longer than that, contact the Membership Director.

☛ Do you have some information that would make an interesting program at the Club Meeting? Contact the Programs Director.

☛ If you've never been on a club ride, check the ride classification chart on the inside cover of the bulletin. That will help you decide in which ride level you fall. Please remember, always be conservative on your first ride. If you think you're a "B+" rider, try a "B" ride first. It's no fun getting dropped on your first ride!

☛ Looking to meet the man/woman of your dreams? Come on a ride. There are more love matches made in this Club than the Love Connection and U.S. Open put together!

☛ Want to be the next Rona Barrett or "Suzy Says"? Get friendly with Lou S. Pokes or any "A" rider. They're sure to have all the gossip for the entire club, and will train you in the art of "Not Keeping a Secret!"

Still have some questions? Call me!

Bicycle Sundays on the Bronx River

The Freihofer Westchester County Bicycle Sundays continue this fall on Sundays from September 9 through 28. The parkway is open to cyclists (and *closed* to automobiles) from 10:00 AM to 2:00 PM from Scarsdale Road to the County Center (Tarrytown Road). For rain dates or more information call 914/285-PARK.

Freihofer's

Get SMART!

A city-wide program asks businesses to cooperate in developing Strategies for Mobility, Access and the Reduction of Traffic to reduce vehicle congestion. One of these strategies is to encourage bicycle commuting by providing incentives for employees who commute by bicycle and providing bicycle facilities. The New York City Department of Transportation runs the program.

Chain Letters

Is There a Mechanic in the House?

Program Director Richard Rosenthal invited Oregon Congressman Peter DeFazio to take part in the July meeting. His reply:

While I regret that I can't make [the Club meeting], I'd like to commend you on your efforts to get the Department of Transportation to take note of the needs of New York cyclists. As the only former bike mechanic in Congress, and the only member I know of who can tell the difference between a cone wrench and a continuing resolution, I know it's an uphill battle.

While more than 50 percent of U.S. commuters live less than five miles from work, fewer than one percent will make this short trip on a bike. Millions of others would ride for recreation and fitness, if only they had safe places to ride. Getting short-trippers out of their cars and onto bicycles could provide tremendous benefits for minimal costs; benefits not just to cyclists but to governments, taxpayers and non-cyclists as well. Urban and rural transportation headaches can be reduced at a fraction of the cost of building new or expanded roads. This country's reliance on foreign oil can be reduced. Employers get healthier employees.

Unfortunately, federal transportation policy does little or nothing to encourage cycling as a serious form of transportation. That's why I'm offering an amendment to the Surface Transportation act that will move bikes out of storage and onto the road. My legislation will require states to integrate bicycling into their transportation plans and to make sure that new projects or reconstructed projects, particularly bridges are bicycle-accessible. Most important, my bill then gives states access to money to turn these plans into reality. My bill authorizes "a billion for bikes"—\$200 million a year for the five years of the new Surface Transportation Act.

As our towns and cities suffocate in smog and gridlock, it's time we took advantage of clean alternative modes of transport. I'm glad to know you're behind me in this important effort.

PETER DEFazio, Member of Congress

Wonderful, Wonderful Copenhagen

Thanks to NYCC member Michael Yesko, all of Copenhagen now knows that "In New York there aren't too many who cycle to and from work." According to the August BULLETIN, Michael offered this opinion when he and nine other Club members were interviewed during their bike vacation in Denmark.

OK, so New York isn't Copenhagen. But NYC DOT data indicates that around 75,000 New Yorkers bike for transportation—for work, school, errands, etc.—on a typical day. In Transportation Alternatives' three most recent traffic counts, bikes made up almost 10% of vehicles on midtown Manhattan avenues during midday. That's 100-200 cyclists per hour on each avenue—maybe even enough to rival the number of weekend cyclists with clipless pedals!

As for the dangerous traffic and lack of bike lanes that Michael cited, T.A.'s 1,500 members couldn't agree more. We invite Michael and other NYCC members to join our campaigns for auto-free streets and parks, and the cycling infrastructure needed to make bike commuting ever more popular.

CHARLES KOMANOFF
President, Transportation Alternatives

Minutes

New York Cycle Club Board Meeting (Tuesday, June 4, 1991)

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

Absent: Sherri Gorelick, Cliff Kranish

Larry presented the second quarter financial report. Our bank accounts have been switched from Goldome to Manufacturers Hanover Trust. The Board accepted his report.

Hannah reported that we have 785 members which is a record for this time of year. The Board voted 10 to 1 in favor of including a listing of new members in every BULLETIN.

George would like us to establish a library of rides. It was determined that the current Rides Coordinators already have a library of rides.

The 15 mph speed limit in Central Park was discussed. It is obviously aimed at the 7:00 PM pack and improved safety. Lisa is going to attend a meeting with officials to discuss the situation. Ed is drafting a letter on the issue regarding the arbitrary ruling, equitable use of the Park, and that runners and rollerskaters are also to blame. Ed is also going to write about a vehicle free Prospect Park.

Richard discussed upcoming programs: Ron Grossman on touring, John Benfatti of the NYC DOT, Michael Toomey on race photography.

Dick brought up the subject of the many accidents that have occurred lately on Club rides. We will print something on safety in the BULLETIN.

Lisa received a call from a clothing manufacturer who would like to exchange merchandise for an ad in the BULLETIN. We reiterated our policy against this and recommended that they purchase the ad space.

Lisa will write a letter to Metro North thanking them for their help with several rides this past Spring.

We agreed not to list our rides with other clubs unless the leader requests.

The meeting adjourned at 8:40 PM.

(Tuesday, July 2, 1991)

Present: Herb Dershowitz, Sherri Gorelick, Christy Guzzetta, Lisa Halle, Geo Kaplan, Bob Moulder, Larry Nelson, Richard Rosenthal

Absent: Ed Fishkin, Dick Goldberg, Hannah Holland, Cliff Kranish, Jeff Vogel

Geo Carl Kaplan recorded these Minutes in Jeff Vogel's absence.

Herb: Brought NYCC brochures for distribution. Jeff was volunteered to accept membership applications in Herb's stead at the next two Club meetings.

Larry: A member had requested a refund of dues because he had not been on any rides doesn't intend to join any rides in the future. The request was denied. Lisa will contact the member.

Richard: Previewed potential problems at next week's Club meeting program about cycling and NYC. Read a letter from a disgruntled member about the length of the last Club meeting prior to the program.

Sherri: Suggested we speed up dinner and business before program.

Christy: The lengthy pre-program activities are characteristic of the summer meetings because of the increased number of rides and new members.

There was a spirited discussion about giving equal time to "B" and "C" awards presentations such as SIG awards. It was suggested that the June meeting be scheduled without a program and be strictly business, award presentation with general frivolity and sociability and fraternization.

Sherri: Reported that 65 members and guest attended the June Pizza Ride, and that in July there will be a Pita Party.

Larry: Reported that we are in excellent financial condition.

Geo: Spoke of safety and proposed that a Ride Leaders Guide be prepared to be read at the beginning of each ride.

Lisa: Cliff Kranish will be our new representative to L.A.W. replacing Irv Weisman who had asked to be relieved. Reported on DOT's presentation *Effects of Alternative Traffic Usages in Central Park and Effect on Surrounding area*. Read a draft letter from the Metropolitan Cycling Association about the 15 MPH bicycle speed limit in Central Park. We will submit proposed changes, but won't be a signatory to the letter. We (Ed) are drafting our own letter which will be submitted soon.

The Meeting adjourned at 8:15 PM.

Sherri Gorelick and George Kaplan are once again to be thanked for their Friday night Pita Party. Under threatening skies and an evening temperature still about 90 degrees, 40 people showed up. Fortunately, David Pollock happened to be training in the Park that evening, chasing down racers with his panniers on. Since he had the only bike with panniers he was elected to buy the beer. And he wasn't even staying for the party.

Thanks to Marc Leveque's diligent organizational work the Bastille Day Ride was a great success. Over 100 cyclists from the NYCC, the Long Island Bike Club, the 5 Boro Bike Club and several other area clubs converged on Caumsett State Park.

The following Sunday no amount of work was going to help the All-Class Ride to Bethpage State Park. It was the hottest weekend in several years as both Saturday and Sunday topped 100 degrees. About 30 riders did brave the inferno for the group picnic and the ensuing annual torrential downpour on the way home. Why does it always rain on this All-Class Ride?

On August 3rd and 4th Jody Sayler and Christy Guzzetta again arranged for a great West Point Weekend. Over 50 of us rode up to West Point on Saturday. After a picnic lunch the coach of the West Point Cycling Team gave a tour of the U.S. Military Academy campus. He was ably assisted by our own "Sergeant" Steve Metcalf, who arranged the tour. That evening our buffet dinner was followed by a procession of birthday cakes as we sang Happy Birthday to Holly Gray, Sherri Gorelick and Stefani Jackenthal. We also congratulated Donna Slattery on her engagement and Paul Schulman and Janet Spain on their engagement. The following morning, after another buffet meal, we attempted Christy's 95 mile hilly route through Putnam and Westchester Counties. Thank God for Metro North!

Catherine Chatham recently hosted a party at her summer house on Twin Lakes in Connecticut to which 14 people rode up and back. The highlight of the trip however may have been the merciless teasing Ed Fishkin had to endure for certain items of clothing he was wearing.

Reportedly several NYCC members have been spotted in the Catskills training for the upcoming assault on Devil's Kitchen.

By the time you read this the quadrennial 750 mile Paris-Brest-Paris will be over. This was the 100th anniversary and 17 riders from the NYCC participated: John Barrentz, Art Crowley, Mike DeLillo, Karl Dittebrandt, Karin Fantus, Larry Hobson, Janet Kronstadt, Gary Kryznovek, Marcel Lipkowitz, Rob Martin, Jon Miller, Jose Norat, James Rosar, Bill Strachan, David Walls, Marty Wolf and Mike Yesko. We hope you all did well and hope to see you on some shorter rides.

We may not see much of Suzanne Rohr in the next couple of months. She won her age division in the Cape Cod Triathlon which qualifies her for the Hawaii IronMan Triathlon where she's going accompanied by her personal trainer, Peter Kleinschmidt. Congratulations and good luck in Hawaii!

And watch out for Neil Schreffler and Elizabeth Emery. Both of them are going to racing camp in Italy. We thought

they were fast enough already.

The following item is for Steve Pollack's benefit. While Jeff Vogel may not be the Club's best dressed rider, he probably owns the most number of shoes. (That's because he *never* throws anything away. Check out the pair held together with duct tape. Or ask him how he wound up with two right Look wooden sole shoes.) He also has the world's greatest collection of shoelaces. Maybe that explains how he finished Boston-Montreal-Boston wearing nothing but shoes!

In Lisa Halle's absence, our own Dan Quayle, Richard Rosenthal, hosted the August Club Meeting. When Christy announced his annual Nude Beach Ride everyone looked for Herb Dershowitz, the Club's most renowned skinny-dipper. Fortunately he was nowhere to be found as he was in Colorado mountain biking (and looking for nude beaches.) Herb was recently practicing for the Nude Beach Ride on a Stefani Jackenthal led ride that ended at her mother's pool. The timing was perfect as it was 102 degrees that day. Being used to beaches, not pools, Herb picked up the suction hose and asked "what does this do?" I can only imagine the answers he must have gotten.

The program that night was a slide show of race photographs taken by our own Michael Toomey. We recognized many of his photos as having appeared in *Winning*, *Velo News* and *Bicycle Guide* magazines. It's too bad the BULLETIN, like *The Wall Street Journal* and *The New Yorker*, disdains the use of photographs so we can't see his work reproduced here.

The New York Times reports that George Bliss, who showed us some of his inventions at the May Club meeting, has found happiness. His "maxi-loader dump trike" is part of an exhibition called "Going Nowhere Fast: The Transportation Show" at the Municipal Art Society in the Urban Center, 457 Madison Avenue at 51st Street. The free show runs through September 7.

In other *Times* news, Bob Moulder had a letter to the editor published in the Upper Eastside freebie *New York Perspectives* in response to a testy put-down of the Tour de France coverage in the *New York Times*. The writer's opinion was worth every cent paid for it, and Moulder fairly laid him to waste in print. Bob obviously succeeded so well in nettling the "Sports Break" columnist that in his next column he attacked Mr. Moulder by name.

Already someone was overheard asking Sarah Conrad if her shop had a bridal registry. The really big event coming up, the Happening of the Century (well of the month, at least) is Jody and Christy's wedding. Details next month. ■

A concept to stand alongside the USCF, NORBA, UCI, and FICP: The New York Chinese Restaurant Bicycle Deliverer's Association.

That group of rider's most disposed to riding the wrong way on one-way streets: New York Chinese restaurant bicycle deliverers.

RICHARD ROSENTHAL

Get Low, Fast

Around this time last year in this space I passed along some pearls of wisdom regarding hill climbing, only to have my status reduced from sage to schmuck on Jeff Vogel's Devil's Kitchen ride. This year I'll be sporting a 39-tooth chainring and a 26-tooth "pie plate" for this now-annual "Date with the Devil" on September 15. This gearing should prevent any unnecessary cleat wear. I don't want to waste too much space on philosophy, or expose myself to further embarrassment, so let's get right to it.

How to get to 26? Some of the world's best racing cyclists will occasionally use a rear-cluster series such as 19-20-21-23 for a particularly wicked set of climbs, with the 20-tooth cog specifically chosen for a certain long, tricky, but not too severe, section of road. For most of us, this is a waste of time because such small changes in gear ratios in this range won't help much. What we need is to get to 26 as quickly and efficiently as possible, so that we can preserve our high- and mid-range close-ratio gears. A common 7-speed arrangement for a 13-26 freewheel is 13-15-17-19-21-24-26, but this set-up contains several of those nasty 10- or 11-inch gear jumps we like to avoid in the high- to mid-range. One of my favorite ways around this is to get to 26 quickly and maintain the close ratios in the high and middle gears with a tooth count like this: 14-15-16-17-19-22-26. As you can see, the 13 is also gone, but do you really miss it? If you do, go with 13-15-16-17-19-22-26. The 8-speed version is more of the same, only better, since you can have your 13 and your 14, too: 13-14-15-16-17-19-22-26. Another option you might consider with the 8-speed cluster for hilly country with a lot of long downhill is to exchange the 13 for a 12. With a 53 chainring, this gives you a big 119-inch gear for really honking down hills. Just remember to slow down for the curves!

Does your Zefal frame pump behave like a trombone? Mine does (or did), and I've noticed many others do, also. Zefal HP's and HPX's have a molded plastic grip down near the pump head which hangs on well while pumping at lower pressures. But when the pressure builds and the head heats up, the grip starts sliding up the pump body, which makes it hard to get tires up to the ever-higher rated pressures for today's clinchers. NYCC member Tom McMahon told me how to solve this problem. Leaving the grip in place, drip quite a few drops of Crazy Glue (or any other brand of cyanoacrylate glue) inside the grip via the little spaces on the non-pump head end. Be sure to take the pump off your frame when doing this, since some of the liquid glue might run through and mess up your nice paint job. Because the metal and plastic aren't porous, it takes quite a while for the glue to dry, so do it in the evening and let it stand overnight before using. Also, remember that this glue gives off noxious fumes which some people are allergic to, so use it in a well-ventilated area.

If your fingers and hands tingle and become numb from constant handlebar pressure on your palms, you're probably experiencing a condition known as "Depressed Ulnar Nerve," if the little fingers and ring fingers are affected, or "Depressed

Radial Nerve," which is the same thing on the other side of the hand, affecting the thumbs and index fingers. (My medical expert told me that the ulnar and radial nerves are each also responsible for sensation in one side of the middle finger. Since both sides usually aren't afflicted at the same time, the middle finger, essential for life in NYC, is rarely totally out of commission.) This problem is so widespread that a whole sub-industry exists in the bike business to address it, as is evidenced by the numerous advertisements for foam and gel handlebar and brake hood pads, and thickly padded cycling gloves.

If you've tried these foam-and-gel products without success, you might be surprised to find that the answer may lie in the other direction, that is by using *little or no padding*. Although it is hard to find cycling gloves with very little padding, they're out there, most of them produced by (or marketed by) European-based cycling apparel companies, such as Giordana. It's somewhat fashionable these days to ride bare-handed, but I don't recommend riding without cycling gloves because of the consequences in the event you take a slide on the pavement.

In addition to the above, you might also want to consider the underlying causes of chronic, excess pressure on the palms, then do something to rectify the situation. Poor bike fit and riding position are often overlooked as the primary causes of depressed nerves in the hands. A stem which is too short or too low, a saddle too far forward on its rails or with its nose tilted down, or set too high, can all cause an inappropriate share of weight to rest on the hands.

It also helps to change hand positions often, and poor bike fit can contribute to this problem by limiting your choice of hand positions. Ideally, if your handlebars and brake hoods are correctly positioned, you should be able to comfortably reach the handle bar tops, the brake hoods and the drops with ease, but without feeling "bunched up." If you use one position nearly all the time, or if only one position is comfortable, maybe it is time to figure out why. ☐

Next Month: Installing and adjusting Look cleats.

Bike Shorts

Richard S. Rosenthal

Bi-Coastal Brakes

Police in Huntington Beach, California ticketed a cyclist for riding 10 MPH along its beach path, in violation of its new 8 MPH speed limit.

One of a pair of undercover cops riding bicycles in a Brooklyn park shot to death a man they alleged pulled a gun on them as he tried to steal one of their bikes.

It's not the size that counts, But what you do with it.

Did you ever hear two men comparing the sizes of their cogs? At the top of a Connecticut hill, two riders tried to take the measure of one another by boasting how *small* they were. In Velo Macho, the small your cog the better. And just when I found something I was *big* in.

Classifieds

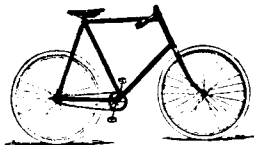
FOR SALE

RACING BIKE (car rack if desired) excellent condition (moving to California). Shogun Mixte frame 12-speed, Shimano parts. 2 years old. Best Offer! Call Ellen 212/865-3398.

SPECIALIZED EXPEDITION 60cm Touring Bike complete with rack \$250 negotiable. Bottechia Professional 56cm Super Record \$900. Cannondale 54cm Criterium frame/fork, Shimano 600 HS/BB, \$100. Call 516/423-1050. Ask for Bill/leave message.

WANTED

HELP! My clunker was stolen—need used road bike or hybrid 19" or smaller for chores in Manhattan. Call Grace 212/580-3285



NOTICES

STOLEN: Aug 3 from 83rd & Lex Purple & Black Serotta Colorado. For those who ride in Central Park please keep an eye out. Substantial reward. Call John anytime 516/643-4648.

PUT
Ball-Bearings
ON
YOUR FEET.

The
Bicycle Shoe

Made of celebrated "Primo of India" leather. Cut high or low. Corrugated sole. "Prest" has fastener secure from rubbing, tripping. Men's—Ladies—Boys' (S&M; Tan S&M).

"BALL-BEARING" stamped on heel.

Be sure to get "Ball-Bearing" Shoes. We send them everywhere, express prepaid, on payment of price where your dealer is not supplied.

WRITE FOR BARGAIN BOOKLET—FREE!
C. H. FARGO & CO. - CHICAGO.

SHORELINE

Sunday, October 6th • All-Class
Connecticut Shoreline Ride

A private train car to takes us from Grand Central Terminal to New Haven for the Connecticut Shoreline Ride. Breakfast (Coffee or tea, Zabar's bagels, juice) on the train ride up and a pizza party (from world famous Pepé's) on the train ride back are all included for only \$30 per person. MetroNorth Pass required. Contact Geo Carl Kaplan at 212/989-0883 for more information.

Connecticut Shoreline Ride
Sunday, October 6th

Ride Class (A) (B) (C)

Name _____

Circle One

Street, Borough, Town, State, ZIP _____

Phone _____

My bagel should have:

☐ Nothing on it ☐ Cream cheese

My morning beverage is:

☐ Coffee ☐ Decaf ☐ Tea

This coupon and your check to the NYCC for \$30 (non-refundable—the ride goes rain-or-shine) per person must be returned by September 10th to the address below. **MetroNorth Pass Required.**

✂----- Cut out, fill in, and mail by Sept 10th to -----

Geo Carl Kaplan, 18 West 16th St., NY, NY 10011

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 ☐ SBBC ☐ TA ☐ _____

1991 dues are \$17 per individual, \$23 per couple residing at the same address and receiving one BULLETIN. Members joining after Labor Day pay one-half (\$8.50 individual, \$11.50 couple). Mail this application with a check made payable to the **New York Cycle Club**, P.O. Box 199, Cooper Station, New York N.Y. 10276.

New York Cycle Club

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, September 10

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

"Titanium vs. Aluminum vs. Steel vs. Carbon Fiber"
with

Harry Havnoonian, president of HH Racing

Harry builds state-of-the-art framesets and is the sole U.S. warranty repair person for Vitus (aluminum) of France.

The club's preeminent verbal hi-tech geek rides one of Havnoonian's steel frames and the August speaker may have shown you a picture of one of his glued titanium jobs.

He's coming up from Philadelphia. The least you can do is come from Brooklyn, the Bronx, and places more proximate.

New York Cycle Club

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



First Class

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

5/01

