August 1991
"Today's ride is a sort of biathlon. We're going to bike and swim simultaneously."

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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), pack, water, food, helmet, and lock. Attach all items securely. 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.

<table>
<thead>
<tr>
<th>Ride Class</th>
<th>Avg Speed (not incl stops)</th>
<th>Cruising Speed (flat terrain)</th>
<th>Ride Description</th>
<th>Central Park Self-Class Times (4 laps = 24.5 mi)</th>
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<tbody>
<tr>
<td>AA</td>
<td>17 - 18 mph</td>
<td>22 - 24 mph</td>
<td>Vigorous riding, frequently in pacelines. High regard for good riding style.</td>
<td>&lt; 1:10</td>
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<tr>
<td>A+</td>
<td>16 - 17</td>
<td>20 - 22</td>
<td>Stops every 2 hours or so.</td>
<td>1:10 - 1:16</td>
</tr>
<tr>
<td>A</td>
<td>15 - 16</td>
<td>18.5 - 20</td>
<td></td>
<td>1:16 - 1:23</td>
</tr>
<tr>
<td>A-</td>
<td>14 - 15</td>
<td>17 - 18.5</td>
<td></td>
<td>1:23 - 1:30</td>
</tr>
<tr>
<td>B+</td>
<td>13 - 14</td>
<td>16 - 17</td>
<td>Moderate to brisk riding with more attention to scenery.</td>
<td>1:30 - 1:38</td>
</tr>
<tr>
<td>B</td>
<td>12 - 13</td>
<td>15 - 16</td>
<td></td>
<td>1:38 - 1:48</td>
</tr>
<tr>
<td>B-</td>
<td>11 - 12</td>
<td>14 - 15</td>
<td></td>
<td>1:48 - 2:00</td>
</tr>
<tr>
<td>C+</td>
<td>10 - 11</td>
<td>13 - 14</td>
<td>Leisurely to moderate riding; destination oriented. Stops every half hour or so.</td>
<td>2:00 - 2:14</td>
</tr>
<tr>
<td>C</td>
<td>9 - 10</td>
<td>12 - 13</td>
<td></td>
<td>2:14 - 2:30</td>
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<tr>
<td>C-</td>
<td>8 - 9</td>
<td>11 - 12</td>
<td></td>
<td>2:30 &gt;</td>
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Clif Notes: It's summer in the city, and like most everyone in Manhattan, many of us head for the islands. Only we do it a little differently than the crowd watching the sunset on the dock in Fair Harbor. We bicycle more than sunbathe; eat pasta even when there's abundant fresh seafood. Ten NYCC members went to the Danish island of Zealand, not to see Tivoli Gardens, but to cycle non-stop 200 miles around the Island. There's an ongoing series of "Bicycle Beach Bums" rides with other clubs to area beaches, but we spend more time on the road than on the beach. And I'm back from Nova Scotia, which is cooler than here and has more scenic roads too. And great sunsets.
August Rides

C • B³ • Bicycle Beach Bums
This summer bicyclists have the opportunity to join a weekly caravan to some of NY’s most beautiful beaches. Beach-bound riders meet every Sunday in July and August: 9:30am at City Hall and 10:00am at Prospect Park. The rides are organized by the Five Borough Bicycle Club, NYCC and TA to attract bicycle beach bums of varying abilities. Destination and distance will be announced at the start of each trip. Bring swimwear and a spirit of riderly cooperation. Beach ride listing will be noted by a B³ symbol.

Any Sat. or Sun. in August

P-B-P Training
Those interested in training for PBP, or going on longish training rides, are invited to contact me, Gary Krzyznowek, 212-931-5367, for possible rides up to Bear Mountain area. For a taste of what the rides are like, join me on my Aug. 10 ride, listed in this Bulletin.

August 3-4

A/A • West Point Overnight
Leaders: Jody Sayler (212-799-8293) & Christy Guzzetta (212-595-3674). From the Boathouse. Call leaders for last minute cancellations.

A/100-125 • 7:30am • West Point Century
Leader: Jeff Vogel (718-275-6978). From the Boathouse. This is our opportunity to explore northwestern New Jersey and maybe even PA. We’ll have two quick deli stops and end at West Point to spend the weekend with Jody & Christy’s group. On Sunday we’ll ride back with them on their 95 mile route.

Saturday, August 3

A/A-1/100 • 8:00 • Not the West Point Ride
Leader: Karl Dietzbrandt (212-477-1387). From the Boathouse. Although the destination is unclear, the ride will go over to Western NJ from the GW Bridge with at least two deli stops. The A pace will be respected. Oh, yes there will be some hills.

B+/60 • 9:00 • How Many Wrong Turnos to Armonk?
Leaders: Abby Rummell (212-628-8117) & Mary Allen (212-666-6844). From the Boathouse. Guaranteed B+ pace through the urbs, suburbs and exurbs to the north. The route? Hmm....Predicted high above 95* or great chance of rain cancels.

C/35-40 • 9:30am/10am • Tour de Staten Island
Leader: Roscoe George (212-989-0883). From the Staten Island Ferry. Once again geometrical proof that Staten is an island. Bring swim stuff if you wish to take advantage of South Beach.

Sunday, August 4

A+/A/A-54 • 7:30am sharp • Beat the Heat
Leaders: Marc Leveque (212-988-3605), Craig Spiegel (212-874-4256), Cari Gengo (212-316-9896), Mark Martinez (718-726-7644) & Chuck Wong (212-219-1268). From the Boathouse. One more or one of the ride leaders will be there to organize a quick dash to Nyack before Ol’ Man Sun has a chance to bake our brains. We’ll get back early enough to do other things in the afternoon.

A-55 • 8:00 • Let’s Go to...Montclair!
Leader: Doug Blackburn (212-563-7067-no calls Sunday am). From the Boathouse. A quickie. Promp 8:10am start, deli stop, back no later than 1pm?

B-40 • 9:30am • Not Your Usual Beach Ride
Leaders: Regina LaPolla (212-951-4123) & Shetilla Flatley (212-988-5939). From City Hall or Grand Army Plaza in Brooklyn. Join us for a gentle journey through Brooklyn to the Rockaways and Fort Tilden. A beach unspoiled by lifeguards.

A/B³ • 9:30am • Bicycle Beach Bums 5
Leader: Alex Maurice. From City Hall at 9:30am or 10am from Prospect Park.

Wednesday, August 7

A/A-90 • 7:30pm • Nothing Like a Little Nite Ride
Leader: Karl Dietzbrandt (212-477-1387). From the Boathouse. It’s just a couple weeks before PBP, so I thought some nite riding would be fun. It will be across the GW Bridge into little traveled roads in NJ with a 24 hour diner stop. Bring likeys and some pocket food.

August 10-17

BMB, The Slow Version
Leader: Paul Minkoff (212-532-9427). No, not Boston-Montreal-Boston. While the maniscal are off to France for PBP, practice your French by biking to Montreal and Beek (starting and ending in Vermont). Cost is approximately $500. Call for info.

Saturday, August 10

A+/+75 • 8:30am • If I Hadda Hammer...
Leader: Tom McMahon (212-777-5845). From the Boathouse. Are you a rodee or a rodder? A cranker or a wanker? A master or a flasher? Well, quit stammering and start hammering! Seriously, this will be a true A+ pace. I won’t reveal the entire route right away, lest I get dropped by 906 St, but lunch will be in Armonk.

A/130 • 6am • Seven Lake Drive Ave Descendre a Suffera-PBP Training Ride
Leader: Gary Krzyznowek (212-931-5367). From the NJ side of the GWB. As a training ride for PBP, I will be going to Bear Mountain via 9W, then up Seven Lakes Drive, going back to the City via Suffern for a spectacular downhill. The A designation is for distance; we will travel at an A- Randomneer’s pace.

B+/B+/55 • 8:25am sharp • Coasting Connecticut

B+/B+/45 • 10am • Westcheese the Beautiful
Leaders: Jeremy Herman (212-543-6472) & Carlos Cardona (212-581-2858). From Broadway to 242 St. Last stop on the #1. This well known ride through estate and horse country has some challenging climbs, but you’re rewarded with exhilarating downhills. In addition, there’s lunch at Kingsland Point Park on the shore of the Hudson River in North Tarrytown. So, it’s 30 energetic miles before lunch and then a flat, easy social 15 miles ride back to the city allowing for digestion of those delicious complex fats from the Italian deli near the park.

B/C+/40-60 • 9:15am/10:30am • Kenisco Dam
Leader: Sandy Gold. 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 Bicycle Path. Will ride up to the top of the Kenisco Dam for a view from above. Helmets required. Rain date, Sunday, August 11.

C/20 • 12:45am (Sunday Morning) • Manhattan By Moonlight
Leader: Richard Fine (914-638-0842). From Columbus Circle Statue. Meet at 12:45am at the Columbus Circle entrance to Central Park. A spectacular trip! Proven a safe, friendly, casual ride. Tour through south Manhattan, ferry ride and back. If we time it just right, we watch a beautiful sunrise with NYC skyline. Breakfast at one of leader’s favorite Westside spots. Call to confirm start with leader.

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Sunday, August 11

A+/70+ • 9am • 20% Vertigo
Leader: Noel Comess (212-666-7027). From the Boathouse. River Road to a couple of malicious climbs-39/24 or 42/26-no macho fantasies, please-and then some flat, pleasurable organized cruising.

A+/A/A-/54 • 7am sharp • Beat the Heat
Leaders: Marc Leveque (212-988-3605) et al. From the Boathouse. See August 4 for ride info.

A-/70 • 1pm • Afternoon Delights I

B/100 • 8am • Alma & El’s Women-Encouraged All Welcome Century
Leaders: Ellen (718-392-3310) & Alma (718-788-9346). From McDonalds, Queens Blvd. in Long Island City. Join us on a century to the LI North Shore. Terrain is mostly rolling with a few hills. Ride at your own pace. 93++ and high humidity cancels.

C/B/55-60 • 9:30am • Bicycle Beach Bums 6
Leader: Laurie Harris. Mostly flat route.

Wednesday, August 14

A/A-/90 • 7:30pm • Nothing Like a Little Nite Ride

Saturday, August 17

A+/100 • 6:45am • The Some Like It Hot But I Don’t Quickie
Leader: Steven Pollock (212-816-6491). From the Boathouse. 9W to Perkins and back. First stop is a very quick one in Haverstraw; second stop at Skykark on the way home. Maybe Hook Mt pass. Excessive heat and/or oppressive humidity shortsens. Ride leaves at 7am sharp! Hopefully be home by 2.

A/120 • 6:45am • China Pond
Leader: Genghis Ron Grossman (718-965-2168). From the Boathouse. We’ll ride north through Westchester to this gem hidden in the fastness (no reference to pace) of Putnam County’s hills. Last year’s hardy contingent got pleasantly Shaghaired and skinny-dipped in the peaceful waters. Bring bathing suit (if bashful), pocket food, and Metro North pass for the train back from Ossining. Hilly with some dirt, but nothing too intense. Rain or temp above 90° cancels.

A/75 • 9am • Northern Wanderers
Leaders: Richard & Susan Herbin (914-668-7260). From the Boathouse. An unusual but reasonably direct route to brunch in Thornwood followed by magnificent straightaways from Mt. Kisco to Glenwood, CT. Extreme hills will be avoided. Ride ends at City line. Volunteer leader will be appointed for return to NYC.

B+/60+ • 9am • Dog Day Saturday
Leader: Greg Worley (212-781-6702) & Maureen Berlings (212-754-6580). From the Boathouse. Riverside Drive-GWB-River Road-7-Nyack and back.

B/50 • 9am • Jones Beach Here We Come!

C/40-60 • 9:30am/10am • New Jersey for the (Un)initiated
Leader: Roscoe George (212-989-0883). From the Boathouse at 9:30am or the GW Bridge at 10am. A ramble through NJ with a look at Major John Andre because we missed it the 4th of July.

C/35 • 10am • Bronx Greenways
Leader: Ed Raven (212-797-3137). From Broadway at 242 St.-last stop on #1 train. Explore existing and future greenways. Rolling hills.

Sunday, August 18

A+/A/A-/54 • 7am sharp • Beat the Heat
Leaders: Marc Leveque (212-988-3605) et al. From the Boathouse. See Aug 4 listing for this popular event.

A/A-/30 • 3rd Annual Ride & Barbeque on the Island • CALL TO RESERVE SPACE!
Leader: Ed Fishkin (718-633-3038) & Mendel Markstein. Ride is limited to 30 people so call Ed to reserve space, and learn start time and location. A nicely paced ride through some of LI’s prettiest North Shore haunts then over the hill and south to Ed’s parents house for a barbeque. Leisurely return to the city. Worldwide ketchup and mustard shortage cancels.

A/? • 9am • Leaderless “A” Ride
Leader: You. From the Boathouse. If Marc Leveque’s ride it too early for you, meet at the Boathouse at the more gentile hour of 9am, and figure it out for yourselves. You know. You’ve led rides before, right?

B-/55 • 8am • Lets Go To...Ridgewood
Leader: Doug Blackburn (212-563-7067 but not Sunday am). From the Boathouse. A quickie. Prompt 8:10am start, deli stop, back by 1pm?

A-/75 • 1pm • Afternoon Delights II
Leader: Steve Metcalf (212-431-0533). From the Boathouse. Ok so you overeeked, or had a hot date or want to run a half marathon in the morning, join Steve on his 1pm departure. See Aug 10 for details.

B/70 • 9am • Gold Coast Tour
Leader: Reyna Franco (212-529-6717). From the Statue of Civic Virtue. Ride the golden road to Oatsville along the rich North Shore. The leader guarantees a fun-filled day.

B-/? • 9:30am • Who’s In Charge?
Leader: Leaderless. From the Boathouse. Show and go!

C/20-25 • 9:30am • Bike Brooklyn
Leader: Richard Fine (914-638-0842). From City Hall. Ride to Coney Island and back. Bring water, helmets, the usual.

C/B/3 • 9:30am • Bicycle Beach Bums 7
Leader: Dave Lutz

August 23-September 6

Labor Day, Lakeside
Leader: Paul Minkoff (718-937-6171). Chez Minkoff available again for possibly up to two weeks, bordering Labor Day Weekend. Paul can accommodate up to six people gratis. Additional people will have a choice of B&B, lakeside cabin, motels or inns to suit any and every budget. $100 per person deposit required. Call Paul for info. If he’s on vacation, call him at 603-253-6787 or write him at PO Box 202, Mirror Lake, NH 03853.

Friday, August 23

All Class • 7pm ride/8pm dinner • Evening Pizza Ride
Leaders: Sherri Gorelick, Bob Moulder, Dick Goldberg & Roscoe George. From the Boathouse (of course). A reprise of the June ride. We’ll be at the “Hill” at 7:00pm to take dinner reservations (ie: How many slices?) Then it’s up to you—how many laps can you do in one hour? Dinner served promptly at 8:00pm on the “Hill.” Bring money to pay before you start your workout.
Saturday, August 24

A/69  7:30am  In Search of the Nude Beach
Leader: Christy Guzzetta (212-595-3674). From the Staten Island Ferry at 7:30am. Advance sign up required. We have chartered a boat to float us back to NYC after we try to locate the sights of the nude beach at Sandy Hook. Space is limited, send $20 check to Christy Guzzetta, 49 W. 75th St., NYC 10023 to reserve a space. Sign up quickly, dress optional.

A-52  9am  52 Pickup
Leader: You. From the Boathouse. Don’t let the title fool you—this is a “leaderless” A ride. Just meet at the Boathouse for a pickup ride to Nyack. Round trip distance is 52 miles. Get it?

B/50  8:35am  CT RR

B-7?  9:30am  Lost in Brooklyn
Leader: Leaderless. From Grand Army Plaza, Prospect Park, Brooklyn. Show and go!

C/35  9:30am  Westchester Revisited
Leader: Roxoce George (212-989-0883). From the Boathouse. To Westchester and environs via Pelham Parkway Bike Path.

Sunday, August 25

A+/A/-54  7am sharp  Beat the Heat
Leaders: Marc Leveque (212-988-3605) et al. From the Boathouse. You know the drill—the VP of Rides is too lazy to type the listing over and over so please refer to Aug 4 for details.

A/-55  8am  Let’s Go To...Pearl River
Leader: Doug Blackburn (212-563-7067 - not Sunday am). From the Boathouse. A quickie. Prompt 8:05am start. Deli stop, back by 1pm?

B+/-7?  9am  We’re Back!
Leader: Leaderless. From the Boathouse. Full-till, full moon howl. Show and go!

B/70  9:30am  Princeton Express, Rutgers Local
Leader: Leslie Tierstein (908-388-5127). From Watchung, NJ Train Station. A guaranteed new route to Princeton and back. We’ll ride the canal route down, lunch in Palmer Square, and return via a favorite route of the Central Jersey Bike Club.

B/50  9:30am  Mamaroneck Harbor
Leaders: Laurie Cohen & Ted Hertzberg (212-831-8422). From the Boathouse. This is our first venture as leaders. Riders with good senses of direction are encouraged.

C/B 3  9:30am  Bicycle Beach Bums 8
Leader: Ed Ravin.

Saturday, August 31

A/65-70  8:30am  Singles Soirée
Leaders: Jody Saylor (212-799-8293) & Christy Guzzetta (212-595-3674). From the Boathouse. Should we lead a ride today on this, our last Saturday of singlesdom?? Yes, yes, yes, no...Our last premarital disagreement. If you’re around, come on out. We’ll go 65-70 miles in Westchester, hang out at the Hill, and arrange for dinner at an Indian restaurant on the lower East Side.

August 31/September 1/September 2

B+/B/-7?  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/7?  10:00 am Will o’ the Whip
Leader: To be announced. From the Boathouse. For those who are in town and wish to ride an masse-meet and ride—perhaps Roscoe George will be there?

Sunday, September 1

A-1/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 (Palisades Ave.), to 501 North, 502 West, and 503 North, then split 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?

Monday, September 2

A/7  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....

Ride Previews

All Class  September 8  Ride to Jody & Christy’s Wedding
Leaders: Many. Various start locations. We’re leaving very early Sunday morning to make it to Garrison, NY in time to board the luxury liner, N.V. Commander, at 12:30pm. Once aboard, we’ll sail the Hudson River, enjoy lunch, and celebrate the marriage of Jody & Christy. All are welcome. Metro North home. Full details in the September BULLETIN. Divorce cancels.

A/B/325  August 29-September 10  David Tours the Eastern Alps
Leader: David Schlichting (516-482-3423). Spectacular tour of eastern Alps through Switzerland, Italy, Austria and Liechtenstein. Incomparable scenery, mostly quiet roads, challenging climbs, thrilling descents. $1650 includes airfare, hotels, meals.

A-1/A/65  September 15  Devil’s Kitchen
Leaders: Jeff Vogel & Margaret Cipolla (718-275-6978). The wimps of the Tour du Pont are skipping major climbs this year. We’re not!! Last year 14 out of 21 riders walked up (well, two people did hitchhike and one went back for his car). For those of you who didn’t make it all the way up, this is your chance for redemption. For those of you who didn’t attempt it, bring comfortable walking shoes!

All Club  October 6  New Haven Revisited
A reprise of our fabled ride along the CT shore in April—new routes—same bagels and pizza! See coupon in this month’s bulletin.

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 N.H. Cost $25-$40 per person per day (double occupancy) including breakfast and tax. Reserve early, local inn is usually booked by Labor Day. Gourmet dinners available.
Out of Bounds

August 3 - Princeton Bicycling Event
Nine new routes from flat to challenging hills, ranging from 15 to 100 miles. Contact Princeton Free Wheelers at 609-882-5045 (evenings before 10:30 pm).

August 10-11 - The Pan Mass Massachusetts Challenge
A 200 mile bike-a-thon from Sturbridge all the way to Provincetown to benefit the Jimmy Fund of the Dana Farber Cancer Institute. For info call Caroline von Plage at 212-274-1072. Registration deadline is August 1.

August 24-25 - The Cape Ann Bike Trek
A two day 50,100 or 150 mile ride along scenic coastal New England roads to raise money for charity. Registration fee of $30 plus a minimum of $150 in donations gets you overnight accommodations, breakfast, clam bake dinner, etc. Write to The Cape Ann Bike Trek, PO Box 390978, Cambridge, MA 02139 for registration info.

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.

93 - The Golden Apple Century
Sponsored by the Westchester County 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.

October 5-6 - The Third Annual CONNOTOUR

October 12-13 - Cystic Fibrosis Foundation Cyclerout 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.

SHORELINE

Sunday, October 6th - All-Class Connecticut Shoreline Loop Ride
A reprise of our fabled April Ride!
New Routes for As, Bs & Cs

On Sunday, October 6, I will be at Grand Central Terminal at 7:30 am to catch a private train car—with my bike traveling in another private train car—to the Connecticut Shore for a 30, 45, or 60 mile loop (or more).

I can stop at a trolley museum, a puppet museum, the oldest stone dwelling in New England, a crafts village, and the beach.

I'll get breakfast (Coffee or tea, bagels, juice) on the train ride up and a pizza party (from world famous Pepé's) on the train ride back—and I'll be back by 7:00 pm.

And all this for $30 per person and that includes train and food? Unbelievable! Count me in!

Note: MetroNorth Pass Required for this ride. If you don't have one or if you have questions contact Geo Carl Kaplan at 212/989-0883.

Connecticut Shoreline Loop
Sunday, October 6

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<tr>
<th>Name</th>
<th>Ride Class (A)</th>
<th>(B)</th>
<th>(C)</th>
<th>Circle One</th>
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Street, Borough, Town, State, ZIP | Phone

My bagel should have:
- O Nothing on it  O Cream cheese

My morning beverage is:
- O Coffee  O Decaf  O Tea

This coupon and your check to the NYCC for $30 per person must be returned by September 3rd to the address below. (The money is nonrefundable even in the event of rain.)

$3.00 Cut out, fill in, and mail by Sept 3rd to Geo Carl Kaplan, 18 West 16th St., NY, NY 10011

TA's New York City Century
Sunday, September 15, 1991
President’s Message

Lisa Halle

Is it August already? My, oh my, where has the summer gone?

Well here we are after months of lovely riding weather (it has been pretty great hasn’t it?) and we’re faced with the inevitable. You know that one weekend when you’ve promised your non-cycling friends you’d join them at their beach house. That’s right, it’s time to hit the beach, not in cycling attire, but in a bathing suit.

And there they are..oh no.. the U.B.T.L.’s!! Those Unsightly Bike Tan Lines!! In your bathing suit you look like you have white shorts and white gloves on! And everybody stares at you at the beach, as if you’re some kind of alien.

Well, here are some tips on how to soften those tan lines and look like a normal human being:

- At deli/lunch stops on your rides, take off your top, roll up your bike shorts, take off your gloves and sunbathe. I call it Power Tanning. You’ll start to notice your tan lines will begin to blend together.
- Go on rides, or lead rides, to beach or pool destinations. Then begin power tanning as outlined above.
- Start hanging out with tennis players. They have the same kind of tan lines, so you won’t feel uncomfortable.
- Wear one of those 1890’s bathing suits on the beach. Tell your friends, “Oh, it’s the latest thing in Europe.”
- Last but not least, feign illness and call off the weekend!

Enjoy your summer, while it lasts!

Bicycle the Catskills

A new bicycle touring company, Wheels of Fun, offers bicycle tours of the Catskills, 90 miles from New York City. Tour-guides familiar with the area will take participants on unmapped backroads through some of the best scenery in the Northeast. Accommodations are at a lodge that serves a home cooked dinner and country breakfast. For more information call 914/679-9056 or 718/358-1833.

Or Stay at a B&B

Where you can find dozens of glacial carved lakes, thousands of miles of little back roads, state parks, art museums, historic sites, wineries, and breathtaking views. The Blue Heron Bed & Breakfast Reservation Service represents over 30 B&B’s in the Adirondacks, Catskills and Finger Lakes regions of New York and offer bicycle tours for all levels of ability. For more information call 800/221-2215.

As I “C” It

When was the last time that you wrote to an elected official requesting that he/she do something about legislation that would be in support of bicycling? Have you ever done so? Do you know that it is the most effective way to get improvements in our roadways, etc. that are helpful to our enjoyment of bicycling? Do you want to improve your life as a bicycle rider? Then please run, do not walk to your nearest writing instrument and communicate with your council person, assembly person, state senator, representative and U.S. Senator. Tell them that you are an avid cyclist and wish a mere one percent of transportation funds be devoted to improving bicycle facilities along our roadways, streets, boulevards and avenues. Only you—the cyclist—can make this happen. Check out the August issue of Bicycling for the coupon that it has printed in this connotation. Remember the only one who will help you the cyclist is you the cyclist.

ROSCOE GEORGE

Bicycle Letters

GEO CARL KAPLAN

August 1991 • NYCC Bulletin • 7
Danes Puzzled by NYCC Cyclists Lifestyle

by Hans Mogensen
translated by Clif Kranish

Ten NYCC members were in Denmark for "Round Zealand," an annual rally. Politiken, a leading Copenhagen newspaper had a page one photograph of the ten and ran this article inside.

Ten members of the New York Cycle Club took a trip across the ocean to take part in the 195 mile rally Round Zealand by Bicycle. In all, participants from 15 countries took part in the weekend.

The ten Americans are between 24 and 52 years old and work in New York in good jobs such as tax advisor or in advertising. They call themselves “cycle junkies” or “cyclemaniacs.”

“We cycle every Saturday and Sunday from 8:00am to 5:00pm, and train at least two days a week,” said Margaret Cipolla, who is 32 years old and works in a bank.

For the New Yorkers, cycling is a lifestyle. They all have two or three hi-tech cycles that cost from $750 to $1500 each. Alex Bekkerman, 37 year old engineer, has eight bicycles. Of the ten, he is the racer.

“We cycle just for the sport and fellowship. In New York there aren’t many who cycle to and from work. The buses and cars are too dangerous, the traffic is faster than here, and there are no bicycle lanes like in Denmark,” said Michael Yesko, 40 year old financial advisor.

The New York Cycle Club has about 1000 members. Each weekend the club offers seven or eight weekend rides to choose from for its members. The rides start as a rule from Central Park or in the suburbs or on Long Island. Each week they total over 250 miles or from 4,000 to 8,000 miles per year on bikes.

“But it quickly gets boring to bicycle around New York. Therefore we always look out for new roads to cycle. The others recommended the Scandinavian ride as an event. And it is a delightful opportunity for us,” said Margaret Cipolla.

Mike DeLillo, 34, Marty Wolf, 52, and Michael Yesko, 40, took part in Round Zealand in 1988, and got the other New Yorkers to come with them on the tour this year. The Americans took their vacation in Scandinavia because, among other reasons, it’s cooler here in the summer then in New York where it’s about 90°.

The ten Americans flew to Norway where they rode the 315 mile long tour from Trondheim to Oslo, The Great Test of Strength. Afterwards, they cycled through Sweden to Copenhagen to take part in Round Zealand. In all they rode a good 930 miles in the two weeks they were in Scandinavia.

“When we first got over here, we cycled out on the roadway. We didn’t know we were breaking the law because we didn’t ride in the bicycle lane,” laughed Alex Bekkerman.

The Americans love the big rallies found in Europe. Half of them used the tour in Scandinavia as training for Paris-Brest-Paris in six weeks. Then the most ardent cyclists from the New York Cycle Club are back in Europe.

“It is a passion for us to cycle. If someone stole our bicycles here in Copenhagen, we would go right down to the bicycle shops to buy new ones,” said Marty Wolf.
A belated “thank you” goes to Bob Foss for hosting a barbecue back in June. Fifty people showed up for hamburgers, hot dogs and ribs. The ribs were supplied by Catherine Chatham who spent hours making the sauce. Desert, an excellent chocolate cake with a peloton decoration was home baked by Wendy Sharpe. After a long hot afternoon of eating, sunbathing and swimming, most of us opted to take MetroNorth home. Only one request to Bob: next time you buy a house try to find one at the bottom of the hill.

The following weekend, we continued at what we do best—eating. An All-Class Pizza Party was held on “the hill” on Friday evening. Copious amounts of pizza, soda, and cookies were served—and consumed. Perhaps our new club motto should be: “Ride Less, Eat More.” Special thanks to Sherri Gorelick and to the ride coordinators for planning this event.

No one knows quite what happened to the traditional June All-Class ride to Tallman State Park, it just didn’t happen. Maybe the Pizza Party took its place. By now the July ride to Bethpage Park on Long Island has already taken place, and I hope it was a dryer one than last year when we rode 20 miles in the rain. The last All-Class ride of the season is to Kingsland Point Park in September.

If Alex Bekkerman, James Brennan, Margaret Cipolla, Art Crowley, Mike DeLillo, Stefani Jackenthal, Dan Schwartzman, Jeff Vogel, Marty Wolf, and Mike Yesko all smell like herring, it’s because they just returned from Scandinavia where they rode over 900 miles in seven days. They started with a 335 mile non-stop ride through Norway; after a good night’s sleep they left Oslo for four consecutive 100 mile days through Sweden to Copenhagen, Denmark. The next day all ten rode a double century around the Danish isle of Zealand in the company of 6000 other Danes. With all the food consumed at the buffet breakfasts, there’s reportedly a food shortage in Denmark. A color photograph of the entire group appeared on page 1 of Politiken, Copenhagen’s leading newspaper, along with other coverage.

Closer to home, Jim Rosar was shown on a recumbent bicycle on The New York Times June 22 Business Day to illustrate an article about “The Festival of Solar and Human Powered Vehicles” in Washington, D.C.

Marc Leveque’s recent Not So Easy Does It may have been the longest ride of the year. On a 95° day they covered as many miles. This required about 12 deli stops and more stops for mechanical problems. Of the 12 people who started the ride, the six who finished got home around 7:00pm. And shit happens, at least to C.J. Ohrregon and Janet Klutch. I guess you had to be there.

The “New Faces” part of the July membership meeting was starting to sound like the “Ed Fishkin hour” as each and every woman new to the Club said that she heard about the NYCC from Ed. John Benfatti, the Bicycle Coordinator at the NYC Department of Transportation, was the guest speaker. His response to so many of our queries was “I don’t have an answer for that” that V.P. Programs Richard Rosenthal found the kindest, gentlest thing he could say to our guest was “You have a great career ahead of you in the public service.” At least he came to the meeting. Bill Dalton, the Deputy Director of the Parks and Recreation Department and the man behind the 15MPH speed limit for cyclists in Central Park was also scheduled to appear at the meeting, but he stood us up.

The question of the month is: If the human body produces two quarts of synovial fluid in the knees every day, where does it all go? If doctors Jay Adlersberg, Ed Fishkin, or Bob Trestman has an answer, let us know.

Keep those cards and letters coming in the Lou S. Pokes contest. The best wrong answer comes from Richard Rosenthal who suggests Jimmy the Bartender at O’Hara’s. While he knows even more of what goes on in the Club than I do, a bartender would never reveal a confidence.

But the funniest response so far comes from Steve Pollock:

I believe Lou S. Pokes is just a pseudonym used by Jeffrey Vogel. There have been several key instances in the past BULLETINS which Mr. Pokes referred to that only Mr. Vogel could have known about. Who else would know those little details from the Florida training camp but someone who didn’t go? Who else could have described the Montauk bus ride but someone who was on the second bus (which missed Tony’s unfortunate accident) and slept the entire time anyway? Who else knew the distinct oddities, events and affairs which occurred in Sheffield but someone who got totally lost on the way there and ended up staying in, of all places, Nyack. Who else can wear two totally different cycling shoes and not have Mr. Pokes write about it? (Hmmm, seems like Mr. Pokes is trying to protect someone’s reputation.) Who else would discreetly leave the phone number to his portable cellular fax machine so as not miss any succulent gossip while away in Sweden?

Samples of Mr. Pokes’ column, taken to a highly scientific handwriting analyst, prove it was absolutely positively written by a righty (as opposed to a lefty)—further evidence that Mr. Vogel is trying to confuse us by secretly using his broken hand. (The actual samples can seen at Madame Varca’s table which is usually in front of the Citibank on 79th St.)

Besides all this, if you carefully rearrange the letters in “Jeffrey Vogel” it cleverly becomes Lou S. Pokes. If you try this and can’t seem to make all the letters fit, have some more FDA-EPA non-approved “Vogel Juice” (only 8 billion calories per water bottle) and don’t ever attempt to outsmart the clever Mr. Pokes.

Vogel responds: “Of course I wear two different shoes—a right and a left like everyone else. But I’m trying (very unsuccessfully) to lose my reputation, not protect it. Also Madame Varca can’t discuss what goes on in her chambers due to psychic/client privilege (unless you slip her five bucks). And my chemical diet, which is under investigation by the DEA, has now been approved by the IRS.”

Please send your contest entries and any confirmed rumors. I’ll pass them on to Lou. —Clif
Retreads, More or Less... But More "Less" than "More"

Big, Bad Fit Flub—I get the ominous feeling it may just be the tip of the iceberg, but I've been contacted recently by three advice-seeking potential bike purchasers, two women and one man, who told me that bike shop personnel made adjustments in their handlebar reach distance by sliding the saddle forward or backward on the rails. This method is WRONG, WRONG, WRONG! Saddle position itself is a separate critical fit factor, so altering saddle position to try to "correct" a reach problem is a moronic solution, and any bike shop person who advocates this method should be avoided like Lyme Disease. (By the way, the bikes in question ranged in price from $700 to $2,000!) Do not walk, run to a good shop with competent personnel who might recommend a shorter or longer stem, or a bigger or smaller frame, or a frame with different geometry, or, in very rare cases, a custom frame.

"Well, There you go Again..."—some folks apparently are not reading this column regularly, because frequent complaints and questions keep coming up regarding the new Shimano Uniglide narrow chains and their irksome and, in my opinion, unnecessary "Special Connecting Pins" (SCP's). As I advised before, next time you install a new chain ignore the SCP altogether. Determine the proper chain length in the usual manner, then take the excess links off the SCP end, then put the chain back together with the regular rivets, utilizing your regular rivet tool. I've done this three or four times now on bikes with which I subsequently logged several thousand miles, with absolutely no problems. I suspect that some of you who continue to experience chain problems, such as stiff links or chain separation, are simply not installing the rivets correctly. After installing a chain, always check the rivet to make sure that an even amount of rivet is sticking out on each side of the chain's sideplates. If not, reverse the rivet tool and push the rivet back toward the short side so that both sides are even. If a link is stiff, after checking for rivet evenness and making any necessary adjustments, grasp the chain on either side of the stiff link and bend it back and forth (perpendicular to the plane of the sideplates) with moderate force, which should "free up" the link.

Up Yours, Bubba—Cyclists have been "hiding" things inside their handlebars for quite a long time, only to forget what they've stored in their little caches. NYCC's Steven Pollock doesn't forget, though. He doesn't carry a pump, but instead stores CO2 cartridges which he uses for the inevitable flat repairs. Steve says to insert them with the threaded end facing out, so you'll be able to grab hold and pull them out. If they rattle around a bit, wrap a little masking tape around them to make them fit a little more snugly, but not so tight you can't get them out.

Eight is... Well,... Great—As more and more cogs get squeezed between the rear dropouts, with 7 having become the standard, and 8 becoming quite common nowadays, a previously infrequent problem is coming to the fore: off-center chainlines.
FOR SALE


FIXED-GEAR bicycle. Home made from 21.5" Peugeot frame & rear wheel—reverses between fixed gear/1-speed freewheel. Even has breaks. Good condition, but old components. $60. Leslie Tierstein. Call 908/388-5127 (h).

ULTRA ENERGY. Upto 35 packs, $5 each. Call Marty 212/935-1460.

THULE BIKE CARRIERS (2). Fit any Thule roof-rack system, like new. Best offer. Call Mark 212/831-6322.

WANTED

39 TOOTH NUOVO RECORD Chain Ring, New or Used. Call Alex. 718/985-3552.

Used road bike, 50-53cm, in good condition for a friend. Call Holly, 212/534-1156.

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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.

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New York Cycle Club
O'Hara's - 120 Cedar Street
1 block south of the World Trade Center
Cross right up from the bar
Bicycle parking on fourth floor

Monthly Meeting
Open to members and non-members

Tuesday, August 13
6pm Drinks, 7pm Dinner, 8pm Program
Dinner: $11 meat, fish, $9.50 vegetarian. $2 surcharge after 7pm
Non-diners seated separately

How I Achieved Fame & Fortune Shooting Bike Races:
The Cycling Photography of Michael Toomey

To us, Mike Toomey may be just that guy in the club with the handlebar mustache who rides a tandem. But to VeloNews, Winning, and the Trexlertown Velodrome, he's a highly valued photographer. Chances are, you've seen some of his work...but didn't realize it was his. Tonight you'll see it and hear, "How I got that shot."

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

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