May 1991
TOTAL MECHANICAL FAILURE...
NYCC Bulletin
All the news that fits, we print.

The NYCC Bulletin is published monthly by the New York Cycle Club, a non-profit educational and recreational organization for bicycle enthusiasts in New York City. The opinions expressed in the NYCC Bulletin are those of the authors and do not necessarily reflect the official position of the New York Cycle Club.


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 availability 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 Listing. 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 7.6 by 10 inches. One-time rates: Full page, $250; Half-page, $135; Quarter-page, $75; Eighth-page, $45. Frequency discounts available.

Classifieds. Two classified ads per member per year are free (up to 6 lines), additional ads are $1.00 per 25 character line.

Receiving the NYCC Bulletin. The NYCC Bulletin is mailed free to all NYCC members. Membership is $17 per year for individuals, $23 per year for couples. See Page 11 for a membership application. If you don’t receive your copy by the first of the month contact the Circulation Manager.

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Editorial Assistance: Loraine Gruber

Deadline for June issue: May 7

Bikecentennial
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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 (helmet, lock, 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 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 ability 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, consider the following:

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>
</tr>
</thead>
<tbody>
<tr>
<td>AA</td>
<td>17+ mph</td>
<td>22+ mph</td>
<td>Vigorous riding, frequently in pacelines. High regard for good riding style. Stops every 2 hours or so.</td>
<td>&lt; 1:10</td>
</tr>
<tr>
<td>A+</td>
<td>16 - 17</td>
<td>20 - 22</td>
<td>1:10 - 1:16</td>
<td></td>
</tr>
<tr>
<td>A</td>
<td>15 - 16</td>
<td>18.5 - 20</td>
<td>1:16 - 1:23</td>
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<tr>
<td>A-</td>
<td>14 - 15</td>
<td>17 - 18.5</td>
<td>1:23 - 1:30</td>
<td></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>1:36 - 1:48</td>
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</tr>
<tr>
<td>B-</td>
<td>11 - 12</td>
<td>14 - 15</td>
<td>1:46 - 2:00</td>
<td></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>2:14 - 2:30</td>
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</tr>
<tr>
<td>C-</td>
<td>8 - 9</td>
<td>11 - 12</td>
<td>2:30</td>
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Cliff Notes: The training series continue apace, but the best ride so far this season turned out to be the "Connecticut Shoreline Loop" All-Class ride. Sherri, George, Bob and Dick deserve congratulations and thanks for organizing such a great event, from breakfast on the train ride to New Haven to Pepe's Pizza on the way home. • Coming up in May are weekend rides and Club traditions such as the Montauk Century and the Sheffield weekend in the Berkshires. • In this issue there's advice on cleats and insurance. And our own Lou S. Pokes continues the journalist tradition of J.J. Hunsecker.
May Rides

Every Sunday In May

B-50-70 - 9:00am - Every Sunday in May...
Leader: Ken Weissman (212-222-5527). From 94th and West End Ave. Each Sunday there is no B- offering I will be leading a B- ride in New Jersey, Rockland, Westchester or Long Island. Please phone during the week for details.

May 3-5

All Class - Mountain Bike In Historic Lenox, Mass
Organizers: Ed Bernstein & Donna Feinstein (718-268-6684). Mountain bike through the woods of beautiful Kennedy Park and October Mountain in the Berkshires. We’ll be staying Fri. and Sat. nights in a quaint Victorian bed and breakfast—a quick walk to town center (lots of great shops). Trails for all levels. Bike rentals and carpooling available. Space is limited so call early.

Saturday, May 4

A/100/150/200 - 7:00am - Long Island Double Century
Leader: Alex Bektserman (212-213-5359). From Patchogue, Long Island. We’ll meet at my place (call at least 7 days in advance), drive to Patchogue where we’ll ride 2, 3 or 4 times around a lovely 50 mile loop. You choose your mileage, I set the pace. The loop features fast flats and rolling hills. Please call to arrange your car ride. Very bad rain cancels.

A/70 - 9:00am - Kent State Memorial Ride
Leader: Mark Martinez (718-726-7644). From the Bouchouse. Your basic nice ride through the hills ‘n’ dales of Western bunch. Brunch at Thornwood Diner. P.S.—If you’re old enough to remember Kent State, the leader may be able to keep up with you. Any precip., National Guard Objectiona cancels.

> A - 8:30am - SIG “A” #9: Up the Hill & Arm’s Length from Armonk
Leaders: Ed Fishkin (718-633-3028) & Lisa Halle (212-319-6097). Father Unnari Tranquilitus is the friar for whom Armonk is named. We’ll climb those same ancient hills he climbed and feel the same burning in our thighs and loins as he. You’ll go faster and learn about hunger. Rain, hail, murrain cancels.

A/A-ATB/65-70 - 9:00am - Call for Start Time: Here’s Mud in Yer Eye

B/B+65-90 - 9:00am - East to Northport
Leader: Jim Babbitt (718-296-2227). From Statue of Civic Virtue—Union Turnpike & Queens Blvd. Let’s ride the beautiful roads of the North Shore. There will be some hills, but mostly flat to rolling terrain. We’ll have a picnic lunch at the Marina. Rain cancels.

C/30 - 9:30am - A Visit To Tom Paine
Leader: Roosoe George (212-989-0883). From the Bouchouse. A leisurely ride around Bronx Bike Path & Sound Shore to New Rochelle to visit the Tom Paine Cottage—Lock, lunch or money. Precip. cancels.

Sunday, May 5

A/53 - 8:00am - Sunday Quickie—White Plains
Leader: Mike Yesko (212-533-2409). From the Bouchouse. Our ever-popular Westchester route takes us to White Plains the traditional way, with a quick breakfast stop at the Flagship. Then across to Tarrytown via Grasslands and back along the Hudson to Manhattan. We may try the off-road part on the aqueduct this time and still aim to be back cleanly by half past Noon.

A/85 - 8:30am - South Mountain Road
Leaders: Bob Moulter (212-682-5669) & Lisa Halle (212-319-6097). From the Bouchouse. This is a NYCC favorite!! A Classic!! Not to be missed!! Over 30% chance of rain cancels.

A-65 - 9:00am - Easy Does It V
Leader: Marc Leveque (718-461-5480). Yellowstone & Queens Blvd. (Manhattan, take E, F or R train to Continental Ave., or meet at Bouchouse at 8:30 and ride out together.) Haven’t turned bad yet. Still feel sluggish and happy about it. Maybe a hill or two, but guaranteed a sultan and some beach babes. Free counseling to ex ultra-marathoner and A+ riders. Rain cancels.

B+/64 to C/33 - 9:00am - Newcomer Ride
Coordinators: Irv Weissman (212-241-4873), B-Dick Goldberg (212-874-2008), C-Cpee Carl Kaplan (212 989-0883). All B’s meet 9:00 am at the Bouchouse, All C’s meet 9:45 at GW Bridge Bus Terminal (Pt. Washington Ave at 17th Street, A train to 17th Street). We will all ride similar routes in Northern NJ so that those who fall back will be “swept up” by the following slower group.

Saturday, May 11

A/60 - 9:30 am - A Prelude to Mountains

> A - 8:00am - SIG “A” #10
Leaders: Chris Guzzetta (212-595-3674) & Lance Leener (212-947-9392). From the Bouchouse. It’s the last ride before “A” ride. We’re working hard today. Infamous John St., beautiful Round Hill Road to the 1st stop some 40 miles out. Then down, down, down, Riverville Road to Greenwich Conn., White Plains, Scarsdale, Bronx and home. Next week—we’re “A” riders! Rain date: Sunday.

A/65 - 9:00am - Easy Does It VI
(66am - Easy Does It VI) From Yellowstone & Queens Blvd. (Manhattanites, take E, F or R train to Continental Ave., or meet at Bouchouse at 8:30am and ride out together). You know my rides always include horse farms and water fronts! Sunglasses and a 10-speed beach umbrella are always a good idea. Will make a stop at T. Roosevelt House. Stop on the way back at the most expensive deli on L.I. where you may indulge in fromage and patisserie. Rain cancels.

B/55 - 9:00am - It’s Armonk Time
Leader: Dick Goldberg (212-874-2008). From the Bouchouse. Pretty Westchester —Fairfield scenery, maybe up to Byram Lake if the group wills it. Rain cancels.

C/25 - 10:00am - Bloomin’ Metric PreRide

Sunday, May 12

A/100 or 160 - 5:30am /7:30am - 3rd Annual Catskill Climbing Series
Leaders: Jeff Vogel (718-275-6578) & Karl Ditebrandt (212-477-1387). From the Bouchouse at 5am or Grand Central Station at 7:30am. A new series of climbing, new mountains to climb. We haven’t scouted this route, so we have no idea how many peaks we’ll ascend and DESCEND. Meet at the Bouchouse at 5am for 160 miles (65 miles to the first stop) or call Jeff for train info for the 100 mile version. We’ll all take the train back so bring your Metro North Pass.

A/B+/80 - 9:00am - ‘Fling Crazy Minkoff’s Belmont Lake Ride

B+/50-60+ - 9:00am - Guilt Free Mother’s Day Ride to Park Ridge
Leader: Gail Birmbaum (212-996-2043). From the Bouchouse. For those who forget to send flowers you can always call mom collect from the dinner. Anything that would worry mom cancels.
The Great Gatsby. The B leaders may get lost, but this is the native territory of the A leader. Rain cancels.

B/50 · 10:00am · Kings Point to Sands Point with Extra Points Between Leaders: Harold Aronowitz (718-454-2262) & Jim Drazio (718-225-1842). From the Statue of Civic Virtue. A must for anyone who wants to join the good old Merchant Marine or investigate welfare fraud in Sands Point. Any precip. cancels.

C+/50 · 9:30am · Cunningham Park to Bethpage St. Park & Back Leader: Geo Carl Kaplan (212-989-0883). From Cunningham Park. A leisurely ride along the LIE Service Road to Bethpage State Park & the Village Restoration—bring lunch—no deli stop.

**Sunday, May 19**

A/115 · 4:45am/5:30am · The Standard Montauk Century From Fifth Ave. and 59th St. at 4:45am or Jamaica Station of the LIRR at 5:30am. This may be the flattest century you ever ride, and barring ferocious headwinds, the easiest. If you aren’t joining one of the many other Montauk rides listed, meet at Fifth Ave. and 59th St. on an ad hoc basis, or at Jamaica Station a bit later. Make arrangements now for return on NYCC chartered buses (limited to 2 buses), by contacting Herb Dershowitz (212-929-0787). The AYH Montauk Century is no more, but the former AYH Bicycle Committee formed the 5BBC, and the 5BBC Montauk Century is alive and well. 5BBC ride begins at 5:30am, and return transportation is also available. For details and registration info for 5BBC call 212-932-2300.

A/125 · 5:15am/6:00am · Montauk Team Time Trial Coordinator: Mark Martinez (718-726-7644). From the Tramway—2nd Ave. and 59th St. at 5:15am or Jamaica, LIRR at 6:00am. Team time trial (See article in this issue.) Monosoon at start cancels.

A/50 · 8:00am · Sunday Quickie—Queens Leader: Michael Yeko (212-533-2409). From the Bohoouse. Remember Jeff’s & Margaret’s “Queens for a Day” ride back in January? It’s ideal for the Quickie format, although we won’t have time to stop at their place for brunch. All the same cultural highlights will be identified for your amusement. One stop at the nearest German deli in NYC. Rain may cancel.

B/67 · 9:00am · Progressive B Training Ride #8 Leader: Dave Miller (212-794-9365). From the Bohoouse. We will ride the same route as last week but we will do it in the opposite direction. This makes it an entirely different ride. Lunch will be a picnic at a different park.

**May 24-27**

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

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

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

**Saturday, May 25**

A+/B4 · 9:00am · Untitled Leader: Bob Moulder (212-682-5669). From the Bohoouse. I’m a CRCA race marshall today, so my legs will be plenty fresh for this ride up to Westchester County’s Hardscrabble and Seven Bridges Roads. Don’t let the A+ designation scare you off, but don’t whine either. Rain cancels.
A/60-70 · 7:20am · Watchung Mt. Reservation
Leaders: Steve and Caryl Baron (212-595-7010). From the Staten Island Ferry. Meet us at 7:20am to catch the 7:30am SI Ferry ($3.30). You've all ridden through Watchung on your way to Princeton. Have you ever explored all the roads in this beautiful area? Come out and do some good training where the local animals ride in the greenest and meanest hills in New Jersey. Rain cancels, check with leaders for rain date.

B/50 · 9:30am · Back to Mamaroneck
Leader: Carlos Cardona (212-581-2858). From the Boathouse. We're back and we're ready and maybe we'll eat outdoors. Anything dreadful cancels.

C/30 · 10:00am · Open C Ride
Leaders: From the Boathouse. Follow the Yellow Brick Road.

Sunday, May 26

A/70 · 8:30am · Uinted
Leader: David Regen (212-222-0532). From the Boathouse. Picnic lunch at Rockland Lake (bring basket and blanket and/or folding chairs and table.) Bradley and Tweed and River Road thrown in. The usual cancels.

A/70 · 8:30am · Bear Mountain
Leader: C.J. Obregon (718-338-3275). From the Boathouse. Lots of hills but we'll wait at the top. Helmets required. Return by train so have your Metro North Pass. Precip. cancels.

B+B/55 · 9:00am · Nyack Blues
Leader: Ernie Yu (212-663-5747). From the Boathouse. Why am I in New York for the weekend? When will the recession end? Can the Mets win without Darryl Strawberry? Ponder the mysteries of life on the road to Nyack, and learn why the sky is blue.

B/75 · 9:00am · Progressive B Training Ride #9
Leader: David Miller (212-794-9365). From the Boathouse. This is my famous scenic ride to Lake DeForest. We will ride next to the Hudson River on a bike path and around 4 lakes. Lunch will be at a small city park next to Congers Lake. This is also the last of my training rides. Thanks for coming along. Rain cancels.

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

Monday, May 27

A/7 · 9:00am · Leaderless "A" Ride
Leader: You. From the Boathouse. If you're not in the Berkshires, if you're not working, if you're not totally fried from Saturday's and Sunday's rides, if you're not watching the INDI 500 on tv, then meet other iffy people for a ride, if you want to. It's up to you.

A/B+/+50 Bike/10K Run · 6:00am · Yikes!! Baron's Triathlon II
Leaders: Steve and Caryl Baron (212-595-7010). From the Baron's residence, call for directions. If you're totally off the wall, join us and bring your running shoes! We'll leave to arrive in Ridgewood in plenty of time to pick up our numbers for the 8:45am start of the Memorial Day 10K Run. Depending on performance, mood, weather, and quality of refreshments we may or may not hang around for the 5K and 1 mile events and awards. We should be able to maintain at least a D- pace for the return. Call for cancellation conditions.

B/B/60 · 9:00am · No Name Ride To Piermont
Leader: Bill Vogeli (201-420-8793). From the Boathouse. A helmets-only spin to Piermont through the backdoor.

C/30 · 16:00am · ????
Leader: ?? From the Boathouse. Where the Will o' The Wisp takes you.

Saturday, June 1

A/53 · 8:45am · Ridgewood Bike Shop
Leader: Chuck Wong (212-219-1268). From the Boathouse. We will be using the Mike Yekso route to Ridgewood. After breakfast, we'll visit Ridgewood Cycle, so bring money or credit card. 30% chance of rain cancels.

A/B+/+C/+C/60/55/50/30 · 9:10am · Mostly Mozart Ride
Coordinator: Paul Minikoff (718-937-6171). A-: from Yellowstone & Queens Blvd. with Marc Leveque. B+B/C+ from 179th & Hillside (end of F line) with Paul Minikoff, Carlos Cardona and Bob Geffken. All the above at 9am. C: From Penn Station (with LIRR bike pass) at 9, or from the Great Neck LIRR Station at 10 with Peter Hochstein. Everyone needs a bike lock. For advance discount tickets, send a check for $15.50 payable to The Sea Cliff Chamber Players, 39-15 46th St., LIC, NY 11104. Write “bike club” in the lower-left corner; address on the check. Advance tickets good for any of 5 concerts (May 25, 26 & 27 and June 1 & 2). Same-day tickets are $13.50/seats, $9.50/lawn.

Sunday, June 2

A/120 · 7:30am · Rampsage Riviera

A/90-90 · 8:30am · The Promised Land
Leaders: Lisa Halle (212-319-6097) & Bob Moulder (212-682-5669). From the Boathouse. We'll make a bee line for NW NJ, a couple of loops through scenic countryside, then a reverse bee line back to the hill. Rain cancels.

A/65 · 9:00am · Easy Does It VII
Leader: Marc Leveque (718-461-5480). From Yellowstone & Queens Blvd. (Manhattanites take E, F or R trains to Continental Ave., or meet at Boathouse at 8:30am and ride out together.) Four hills on the North Shore of LI. This is the abbreviated version of my famous Five Hill ride. Very nice. Rain cancels.

B/50 · 10:00am · Piermont—Maybe Nyack

Monday, June 3

A/60 · June 3 · Barbecue at Bob's
Leader: Christy Gazzetta (212-595-3674). From the Boathouse. Bob Foss isn't dead, but he is in heaven and he wants to invite you to join him for a barbecue there. See details in next month's Bulletin.

A/135 · June 15 · Strawberry Supreme
Leader: Maxim Vickers (718-728-7179). From the Queensboro Bridge Plaza. An almost annual tour of LI Delights culminating with the inimitable Strawberry Shortcake in Mattituck. Return on Five Borough Bike Club train. Reserve place with them directly. Serious threat of rain cancels.

C/105 · June 15 · Seven Lakes and Then Some
From the Boathouse. Our new improved favorite Saddle River route to Sloatsburg, then through Harriman on Seven Lakes Drive and, time permitting, Perkins. With luck the rhododendron will be in bloom. We're returning via the bike paths or Stratwown, but you're all welcome to zip back down 9W. Possible rain date Sunday, June 16.

C/250 · June 29 & 30 · Rails & Roads Fishkill NY
Leader: Elly Spangenberg (212-737-0844). Cycle and camp at Clarence Fahnestock State Park. Routes in the lower Hudson Valley features historic sites and picturesque views. Metro North transport permits required. Date and time of mandatory pre-trip meeting to be determined. Send check $30—full cost to Five Borough Bike Club, 891 Amsterdam Ave., NYC 10025 with name, address, phone.

A/1400km · June 28-July 7 · Scandinavia Quickie
Leaders: Mike Yeasko (212-533-2409) & Richard Rosenthal (212-371-4700). After the brevets are over, how are we going to stay in shape for Paris? Let's

May 1991 * NYCC Bulletin * 5
A Modest Proposal for Fine Young “Cannibals”

Mark Martinez

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

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

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

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

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

Proposed Guidelines

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

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

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

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

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

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

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

Support: No outside support crews will be allowed.

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

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

See Ride Listings for additional information or call Mark Martinez at 718/726-7644.
Roster and Reference

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

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

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

The Official NYCC Logo

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

“A” Ride Notes

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

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

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

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

BOB MOULDER

President’s Message

Lisa Halle

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

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

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

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

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

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

Bus Back From Montauk

The annual Montauk Century is Sunday May 19th. After riding all the way out, return on the fun-filled NYCC charter bus. The 3:00 pm bus is sold out, but there are still seats available on the leaving Montauk at 4:00 pm. To reserve your space, send a check for $21 made out to Herb Dershowitz, 435 W. 23rd Street, #6A, New York N.Y. 10011. Both busses sold out last year, so reserve your seat soon.

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

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

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

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

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

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

ARLENE BRIMER

THE 3 BIGGEST LIES IN CYCLING

"I USUALLY CARRY A PUMP."

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

"I NEVER READ THE BULLETIN."

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

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

WILLIAM RATLIFF

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

Minutes

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


Absent: Herb Derenhowitz

The February minutes were approved.
Sherri discussed ride previews and weekend events.

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

George announced that there will be a series of C Rides going to the beach every Sunday during the summer. They will be joint rides with the 5 Boro Bicycle Club following AYH leader guidelines.
The Board voted to have new business cards and brochures printed.
The Editor and V.P. of Rides have the authority to determine which non-NYCC rides will be listed. The policy of accepting only cycling related advertising was reviewed.

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

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

Larry presented the first quarter financial report.
Hannah reported that membership is about even with last year.

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

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

Christy announced that our insurance company has been sold. Our carrier has indicated that our liability coverage will be transferred to a new carrier.
The meeting adjourned at 9:03pm.
The cycling scene in Utah just got a lot better. Utah’s gain was New York’s loss however, Chris Mailing and his wife, Arlene Brimer, have moved to Salt Lake City. A farewell party thrown in their honor last month was attended by over 50 members of the NYCC and CRCA. Chris and Arlene were both roosted and Chris was presented with a plaque honoring him as a Lifetime Member of the New York Cycle Club. Chris is only the third person bestowed with that honor. The first two were Sidney Lang, a founder of the NYCC, and David Walls. Chris has served on almost every position on our Board of Directors in the past ten years. He is also responsible for the format we use in our annual “A” Training Ride series. Besides his racing accomplishments, Chris is also responsible for the reorganization of the Century Road Club Association and has served on their board of directors for the last three years. Whenever something needed to be done, either in the NYCC or the CRCA, you could count on Chris to get it done. We’ll miss you both.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

No Tech Tips
Bob Moulder

Rotating Clipless Pedals

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

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

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

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

Not only did I assume that the more rotation the better, but I also figured the cleat mounting procedure wouldn't be as critical since they're designed to move around anyway. Wrong! and Wrong Again! It seems that some knees, mine among them, prefer just a little rotation, and that proper cleat positioning is no less critical on floaters than non-floaters.

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

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

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

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

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

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

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

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

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

FOR SALE

NEW TREK 1400 ROAD BIKE, 52cm. Shimano 105 SC, LOOK clipless pedals, extras. Perfect condition. $850. Call Peter 212/297-9334 (W), 212/410-5888.

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

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


NOTICES

HELP! NEED BICYCLE PARKING SPACE. (I can't lug it up four flights.) Know of space to park my bike? Willing to share cost of communal space or rent for one bike. Call Jewell 212/274-2384 (W), 212/988-5874 (H).

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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 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.
Monthly Meeting

Bike Maintenance and Repair Night

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

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

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

Next Month: Bike Touring