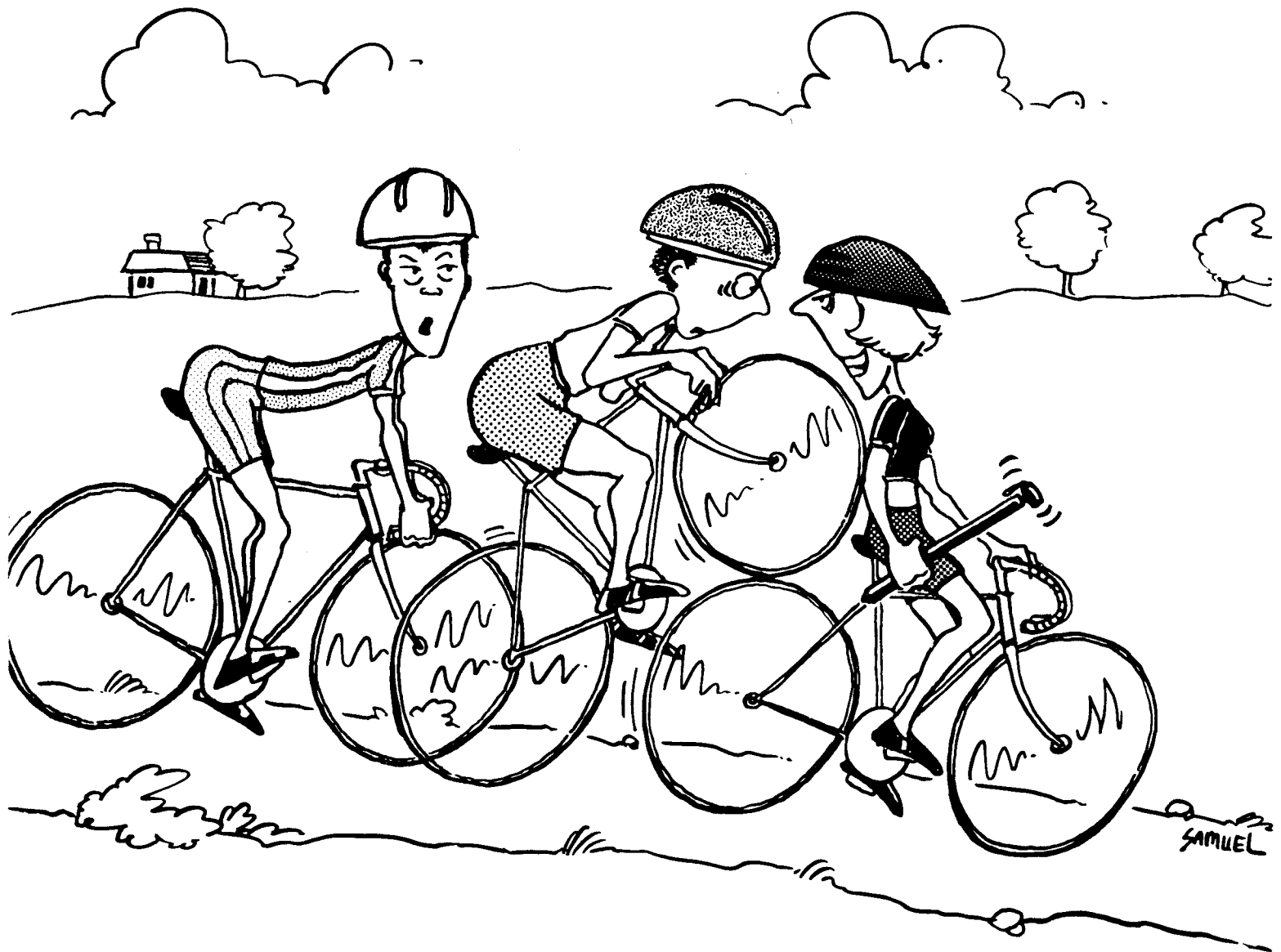


July
1992

NYCC *Bulletin*



*“Let me clarify what I meant when I said,
‘Try to stay on my wheel’...”*

Club Rides

You will notice that some of the rides listed are using a ride classification system which is different than the Club's current system of using **A, B & C** with + and -'s. We are experimenting with a new system where there would only be 3 ride classes A, B & C. The ride descriptions would not change, please refer to page 2 of the Bulletin for the descriptions. The difference will be that the leader will commit to a cruising speed (on level terrain with neutral wind conditions). For example, a ride listed as **A18** will be an "A" type ride with an cruising speed of **18mph**, a ride listed as **B19** will be a "B" type ride with an cruising speed of **19mph**. Your Rides Coordinators would like to hear your opinions and suggestions.

Every Tuesday & Thursday

A 55-65mi 10am Weekday Spin to Rockland
 Leaders: Don Montalvo (212 307-7753). From the **Boathouse**. This brisk paced training ride is for you night shift (no shift?) types. Regular employment hours – lousy weather cancels. Call leader to confirm.

Saturday, July 4

A 105mi call Fire Crackers & Sparklers
 Leader: Marty Wolf (212 935-1460). Ride to New Canaan (a very shady route!) Leaders will provide sparklers at the lunch stop. Any precip at start cancels.

B 50-55mi 10am Tallman State Park
 Leader: Ted Hertzberg (212 831-8422). From the **Boathouse**. River Road, avoiding 9W to Tallman for picnic. Rain cancels.

C ?mi 9:30am Mystery Ride
 Leader: Leaderless. From the **Boathouse**. Where you wish - have a good ride & have a safe & sane fourth.

Sunday, July 5

A 50+-mi 7:30am Sunday Morning Quickie
 Leader: Mark Martinez (718 726-7644). From the **Boathouse**. We leave at 7:30 'en punto', so don't be late. Short, intense cruise up to Northvale/Piermont/Nyack (pick one). Quick feed and back to NYC by 12:30. The usual cancels.

A 117mi 7am Once Around The Ride
 Leader: Lawrence Ksiez (718 478-0644). From the **Boathouse**, 7:30am from Jewel Ave & Queen's Blvd. We'll take the south shore out to E. Islip, north to Hauppauge, then middle island back. Flat out, hills back. If Precip. call leader.

B15 55mi 9am No More *U.B.T.L.'s
 Leader: Jim Babbitt (718 296-0027). From the **Statue of Civic Virtue**, Queens Blvd & Union Tpke, E or F train to Union Tpke. Get rid of your *U.B.T.L.'s by spending a day at the beach. Bring beach stuff. (suntan lotion, towel etc.). Non tanning weather cancels. *Ugly Bike Tan Lines

B-C+ 45mi 10am Piermont
 Leader: Sandy Gold (212 222-4076). From the **Boathouse**. A nice easy ride to Piermont. Outdoor lunch. Helmets required.

C ?mi 9:30am Leaderless C Ride
 Leader: Leaderless. From the **Boathouse**. Ride where you will & enjoy post forth.

Saturday, July 11

A23 70mi 8:30am Not Too Long, Fast
 Leader: Bob Moulder (212 682-5669). From the **Boathouse**. Warm up for Monsieur Chateau's ride to Cold Spring tomorrow with a quick jaunt to Westchester. Breakfast at the Thornwood Diner, Back via "The Graveyard Route". Over 40% chance of rain cancels, (not showers).

A20 53mi 9am Ridgewood Bike Shop
 Leader: Chuck Wong (212 219-1268). From the **Boathouse**. Using Mike Yesko's route to Ridgewood, we will visit the bike shop. Rain cancels.

B/B+ 52mi 9am Ramble On
 Leader: Lawrence Ksiez (718 478-0644). From the **Boathouse**. If you recognize my name as an "A" ride leader, well, you've caught me, but it won't stop me from leading "B" rides. We'll take it easy on this classic ride on 9W to Nyack, with lunch at the Skylark. If precip, call leader.

B- 42mi 8:30am Piermont
 Leader: Alex Bekkerman (212 213-5359). From the **Boathouse**. Join me for a friendly easy ride. We will practice cooperative undemanding riding with some attention to such performance goals as hill climbing and proper gearing. I will exercise loose supervision style. Bad weather cancels (rain or showers).

C14 45mi 9am Picnic at Nyack Beach
 Leader: Ed Ravin (212 796-3137). From **Ft Washington Ave & 178th St**, PA Bus Term adjacent to GW Bridge. Visit Rockland County's local Bicycling Capital - Gorgeous views & peaceful Bike Paths. Helmet required for River Road segment bring lunch & or \$ 4 it. Joint 5BBC. Precip cancels.

C12 15mi 9:30am Westchester Redux
 Leaders: Arlene Ellner (212 677-3306) & Athena Foroglou (212 570-9726). From **Bainbridge & Jerome Aves, last stop #4**. Visit several non historic sites in Westchester. Lunch stop guaranteed as well as a good time. Precip & or projected hi over 90 cancels.

Sunday, July 12

A 69mi 7:30am In Search Of The Nude Beach
 Leader: Christy Guzzetta (212 595-3674). From the **Staten Island Ferry**. All aboard the 7:30am ferry to Staten Island to once again go out in search of the Nude Beach @ Sandy Hook, N.J. There is a secret meeting of all people undressed - a nat'l convention of the undressed - at a secret spot on the beach. I have the map. Great (private) boat takes us back to NYC. Pre-registration required. \$20 includes boat ride back and beverage aboard. Space is limited.

A23 80+-mi 8am La Classique De Cold Springs (The Amigos Version)
 Leader: Philippe Chateau (718 625-2394). From **La Maison Du Bateau** (Boathouse). Up the west side of the Hudson, past West Point, Storm King, Newburgh over to Beacon and back down to Cold Springs. Metro North pass required for the return & (\$7). Maybe I'll throw in Perkins Drive!! (Eat My Dust, Chuck!!) Wear your Bleu, Blanche et Rouge. Rain or wet road at 8am cancels.

B15 60+-mi 9am Catch A Wave #1 (Long Beach)
 Leader: Jim Babbitt (718 296-0027). From **Queens Blvd & Union Tpke**. The south shore beaches have real waves. We'll enjoy them today at Long Beach. Bring a bike lock, towel & other beach stuff. Eclipse of the sun or rain cancels.

B 55mi 9:30am Nyack State Park
 Leader: Sandy Gold (212 222-4076). From the **Boathouse**. Helmets required.

C1240/50mi 9:30am Once More Into The Beach!
 Leader: Geo Carl Kaplan (212 989-0883) & Laurie Harris (718 768-3887). From **City Hall-Manhattan** at 9:30 or **Grand Army Plaza-Brooklyn** at 10. Season premiere beach ride. Bring towel, swim suit, sunblock, lock, lunch or money - venture to a beautiful beach & enjoy sand in your sandwich. Joint 5BBC. Precip &/or projected hi above 100 cancels.

C 25mi 9:30am Loop Around Manhattan Bike Ride.
 Leader: Richard Fine (H:914 638-0842 W:914 429-5361). Meet at **fountain at Plaza Hotel**, 5th/59th. Bring or buy lunch, water, lock. Joint with TA.

Saturday, July 18

A+/A Catskill Weekend Extravaganza
 Leaders: Jane Kenyon (212 662-1935), Jeff Vogel (718 275-6978). Spend a weekend cycling in beautiful (but hilly) Ulster County. Options will range from 60 to 175 miles on Saturday and 60 to 150 on Sunday

(with the possibility of ending at Clay's Bar-B-Que). This ride is excellent training for the Pyrenees and or Boston-Montreal-Boston. Baggage shuttle will probably be available. Call leaders for motel info.

A19 115mi 5:30am **Seven County Ferry Fling**
Leader: Ray Malecki (718 426-7383). From the **Boathouse**. This fun ride rolls moderately, hemicircumscribing Long Island Sound. Some Route 1, some scenic back roads to Bridgeport. 90 min. crossing to Port Jefferson (\$10). Then back west. Mostly good shoulders or quiet roads. Ride ends in Forest Hills. Manhattan bound riders can LIRR from many places along the route, making your trip anywhere from 60 to 120 miles. LIRR and Metro N. permits recommended. Repast aboard ship (cafeteria). 30% chance of rain or high seas cancels.

B 56mi 8:30am **Nyack Beach**
Leader: Alex Bekkerman (212 213-5359). From the **Boathouse**. See July 11th for description of riding concept.

B 55-60mi 9am **Catch A Wave #2, Jones Beach**
Leaders: Harold Aronowitz (718 454-2263) & Tim Andon (718 937-9272). From **Queens Blvd. & Union Tpke**, E or F train. Another chance to get maximum tanning exposure. Join us on a pleasant ride to Jones Beach. Bring beach stuff (towel, sandals, etc) Bike locks "required". Rain cancels.

B-C+ 45mi 10am **Piermont Pool**
Leader: Sandy Gold (212 222-4076). From the **Boathouse**. Helmets required.

C12 40mi 9:15am **Staten Is An Island**
Leader: Roscoe George (212 989-0883) & Leslie Tierstein (908 388-5127). From the **SI Ferry-Manhattan** at 9:15 or **SI Ferry-SI** at 10. To prove once again Staten is an Island, with lunch at the infamous Ben Franklin Conference Center. Bring a swim suit & towel if you wish to swim at South Beach on return (lock & money for lunch etc.). Joint 5BBC. Precip &/or projected high above 100 cancels.

Sunday, July 19

A+ 100mi 9am **Double Half A Century For Clay's Half Century**
Leader: Alex Bekkerman (212 213-5359). From the **Boathouse**. We will celebrate Clay's anniversary by riding a steady cooperative and demanding pace to Clay's Bar-B-Que, via Bear Mtn and Newburgh-Beacon Bridge. See Clay's description for return policy and cancellation conditions. Please call Clay before the 19th, so he can get a head count for the BBQ.

A 40/75mi 9am **Clay's Fifty-Something Ride and Bar-B-Que**
Leader: Clay Heydon (914 993-4480). From the **Boathouse**. This will be a schmoozy ride up to Westchester, through Sleepy Hollow, to my backyard for a bar-b-que. Please call me in advance so I can have the appropriate quantities of food. You can either ride or train back.

A 80mi 8am **Life In The Fast Lane**
Leader: Lawrence Ksiez (718 478-0644). From the **Boathouse**, 7:30 from **Macy's & Queen's Blvd**. We'll head over the G.W.B. and head south for a change, keeping it in the cities. Nice city riding, rolling hills, and flats, mostly! Bring a lock. Precip. Call leader.

B+ 80+mi 8:30am **A Dam Good Time In Croton**
Leaders: Steve Britt (718 204-4970) & Kathy Young (718 435-6784). From the **Boathouse**. Spectacular views on this ride to the Croton Dam, but you'll have to climb a few hills to enjoy them. Picnic lunch at the park. The usual cancels.

B/B- 45/55mi **Touring**
Leaders: Ken & Marilyn Weissman (212 222-5527). Get in shape for the August Hudson Valley Tour. (Even if you are not riding with us.) Call for details regarding start time and location.

C+ 62+mi 9am **A Century For C Riders**
Leader: Peter Hochstein (212 427-1041). From the **Boathouse**. Well okay, so it's a metric century. But if you complete it you'll eventually get a silly Metric Century Certificate, suitable for hanging in your garage or bathroom. You'll go through Bergen and Rockland, up Hook Mountain

(the first of two killer hills) along backroads that C riders rarely experience - a pace that's sometimes C+ and sometimes a laid back C. Bring a helmet, climbing gears and lots of positive attitude, and don't make early dinner reservations.

C1340/50mi 9:30am **Beach Bum Baby With A Beautiful B Rider Bunny**
Leader: Nanci Fleischer (212 255-4295). From **City Hall-Manhattan** at 9:30 or **Grand Army Plaza/Brooklyn** at 10. Bring swim suit & towel, sunblock, lock & lunch &/or \$ for the second in this series! Joint 5BBC. Precip &/or projected hi over 100 cancels.

C12 50mi 9:30am **Piermont Revisited**
Leaders: Hindy & Irv Schachter (212 758-5738). From **1st Ave. & 64th St** NW corner. A leisurely ride past Demarest Duck Pond past the Farmer's market (home of the yummy food) & on into Piermont. Bring or buy lunch. Precip &/or projected high above 100 cancels.

Saturday, July 25

A23 62mi 7am **Get A Life!**
Leader: Mark Martinez (718 726-7644). From the **Boathouse**. The idea is to get back to NYC in time to join a) your spouse b) mate c) friends - for Brunch like a "normal" person. We will stop in Nyack for a snack or sit-down depending on the number of flats on the way up. Rain at start cancels.

B/B+ 70+mi 7:30am **In The Middle Of The Road**
Leaders: Lawrence Ksiez (718 478-0644) & Michael Brennan (718 458-1762). From the **Boathouse** or **Queens Blvd & Jewel Ave** at 8am. Today we'll head towards the North Shore, exploring as it were, with lunch in Oyster Bay. Precip? call leaders.

C 35/65mi 8:45am **Long Beach Ramble**
Leader: Ray Malecki (718 426-7383). From **Queens Blvd at Yellowstone Blvd**. Back roads, beautiful homes, harbors, boats, berths, bridges, beaches, bay views, birds, boardwalks, bathing suits (bring yours). Optional LIRR (pass required) return from Long Beach, Bayside or Forest Hills. maybe brunch at IHOP. Surf's up!

Sunday, July 26

Bill Baumgarten Memorial All-Class Ride to Kingsland Point Park.
Join one of the rides below or follow the signs from Route 9 in Tarrytown to the Park for lunch at 1pm.

A22 85mi 8:30am **Leader: Bob Moulder (212 682-5669). From the Boathouse.** The specific route was still being cleverly (dare we say fiendishly?) devised at press time. You can count on scenic Westchester roads, with maybe a hill or two, or... Over 40% chance of rain (not showers) cancels.

B/B+ 55mi 9am **Leader: Jim Babbitt (718 296-0027). From the Boathouse.** Nice roads with a scenic view of the Hudson during lunch. If we get enough people we will split the group for faster riders. Rain cancels.

C12 45mi 9am **Leaders: Roscoe George (212 989-0883) & Peter Hochstein (212 427-1041). From the Boathouse at 9am or Jerome & Bainbridge Aves**, last stop #4 at 10am. A trip through history to Kingsland Point Park Mix & Match with the B's & A's. Precip &/or projected hi above 100 cancels.

Friday, July 31

A/B/C 7pm **Pizza Ride**
Leaders: Sherri Gorelick (212 744-6699) & Geo Carl Kaplan (212 989-0883). From the **Boathouse Hill**. Come to Central Park for pizza & biking. Be there at 7pm with \$ for pizza & drinks. Then ride around the park & socialize. Pizza at 8pm. See you there.

Saturday, August 1

A22 80mi 9am **South Mountain Rd (the Easy Way!)**
Leader: Ellen Richard (212 505-0697). From the **Boathouse**. The shade of Saddle River Rd. will help us stay cool as we make our way to Rockland and the cooling breezes generated by a brisk descent of the sinuous South Mt. Rd. Way Cool!! Rain at start cancels.

A 70mi 8am Over The Hills And Far Away
Leader: Lawrence Ksiez (718 478-0644). From the **Boathouse**. The classic 9W ride with River Rd. optional to Newburgh. Train back, pass needed. Precip, call leader.

B16 60+-mi 9am Get in the Swim
Leader: Brian McCaffrey (718 634-1742). From the **Statue of Civic Virtue**. Queens Blvd & Union Tpke, E or F train to Union Tpke. Bring a bathing suit for our ride and we'll have a picnic lunch on the beach. There are some hills on the way to Bayville. Rain cancels.

B 55mi 9:30am Mamaroneck
Leader: Sandy Gold (212 222-4076). From the Boathouse. Helmets required.

B/C 75/30mi 8am Jones Beach Party
Leaders: Ray Malecki (718 426-7383) & Roscoe George (212 989-0883). B's meet at the **Boathouse**, C's at **Yellowstone & Queens Blvd**. Surf sun dance play eat & bike to boot. Bring swim suit, towel, sunblock, lock & \$. Stay at beach til 4pm - LIRR permit 4 optional RR return. Rain cancels.

Sunday, August 2

A22 70+- 8am "A" Riders Go Sea Breezin'
Leader: Mark Martinez (718 726-7644). From the **Boathouse** or 8:45am from **Queens Blvd & Yellowstone**. The "In Traffic" route to Little Tor drew a hefty crowd in June - so today we will try their suggestion for Bayville & vicinity. Early start will make Queen's Blvd almost a pleasure. Rain at start cancels.

C 40/60mi 9:30/10am Sand in Your Sandwich
Leader: Dave Lutz (718 624-0346). From **City Hall-Manhattan** or **Grand Army Plaza-Brooklyn**. #4 in our series of Beach Rides. Bring towel, swimsuit, sunblock, lock, lunch &/or \$. Joint 5BBC. Precip cancels.

NYCC Tours for a Weekend or Longer

July 4-5-6

A 400mi Saratoga-Montreal-Saratoga
Leader: John Ceceri (518 587-4338(D) or 518 587-7801(E)). Ride 200 miles from Saratoga Springs to Montreal on the Fourth, enjoy a rest day in Montreal on the fifth, then head back to Saratoga on the sixth. Possibilities include luggage shuttle and sag wagon. Call leader for price and more information.

July 10 to 20

B David Tours Tuscany: Chianti and the Hill Towns
Leader: David Schlichting (516 482-3423). Spend a week on this self contained tour amid classic Italy: miles of undulating vineyards and olive groves, hilltop villas surrounded by cypresses plus a chance to explore ancient hill towns of San Gimignano, Volterra, Siena and Florence. 3 or 4 star hotels. Price: \$2,649 includes airfare, transfers, hotels, breakfast and most dinners.

August 14 to 23

The Hudson Valley - Saratoga to West Point

Leaders: Marilyn & Ken Weissman (212 222-5527). 1 to 10 days of touring. Join us for loop rides along lightly traveled secondary roads through this historic area's unspoiled landscapes. Mileage should average 35-55 per day. Flat and hilly days. All overnights at inns and B&B. While you can ride the entire 10 days, a one week, a weekend or even a day ride are possible.

August 20 to 23

A 750mi Boston-Montreal-Boston
Organizer: Jeff Vogel (718 275-6978). From the Boston suburbs to Montreal and back to Boston in 3 1/2 days! This ride is patterned after Paris-Brest-Paris with checkpoints every 50 to 75 miles. The ride goes through Mass., crosses the SW corner of New Hampshire, then the length of Vermont (over Andover Ridge, the aptly named Terrible Mtn. and the 7 miles of Middlebury Gap), Grand Isle, across the NE corner of NY and 50 flat miles of Quebec farmland before turning around for the trip back. Cost for the ride is \$210 before June 15 which includes food and beverages at checkpoints, very basic accommodations, baggage shuttle, sag support and a BBQ party at the finish.

August 26 to September 7

A/B 325mi David Tours the Eastern Alps
Leader: David Schlichting (516 482-3423). Spectacular tour of Eastern Alps through Switzerland, Italy, Austria and Liechtenstein. Incomparable scenery, challenging climbs, thrilling descents. Terrain? It's not hilly; it's mountainous. Self contained. 3 or 4 star hotels. Price: \$2,049 includes airfare, transfers, hotels, breakfast and dinner daily.

Out of Bounds

July 25 to August 2

NYRATS - New York Ride Across The State. Buffalo to NYC.
Average 70mi per day, overnight at college dorms. For further information write: American Youth Hostels P.O. Box 1110 Ellicott Station Buffalo, NY 14203.

July 19

Gold Coast Tour - Call Hotline at 516 842-4699 or
write Huntington Bicycle Club, PO Box 322 Huntington Station 11746

July 26

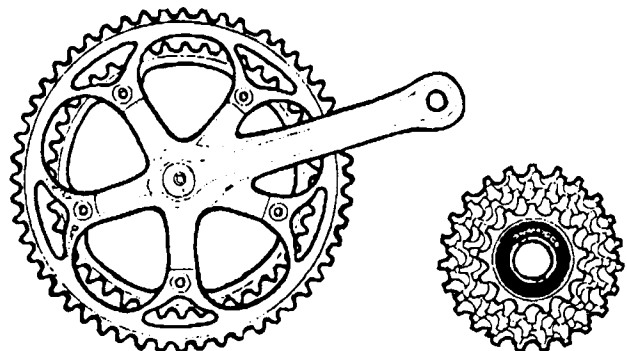
C 40/60mi 9:30am 5BBC Life's A Beach & Then You Dry!
Leaders: Ed Ravin (212 796-3137) & Dan Pasantino (718 446-9025). From City Hall-Manhattan at 9:30 or Grand Army Plaza-Brooklyn at 10. The third in our annual Sunday Beach Rides during July & August. Bring swim suit, towel, sunblock, lock, lunch &/or money. Precip cancels.

August 1

Princeton Bicycling Event - 10, 25, 50 & 100 mile rides in Princeton Area. Contact Princeton Freewheelers PO Box 12-4 Princeton NJ 08542.

August 7 to 10

GEAR 92, St Lawrence University, Canton NY. The League of American Wheelmen's annual rally. Write to GEAR 92 North Country, St. Lawrence University, Canton NY 13617.





Swap Shop

One of the participants in this year's S.I.G. Progressive "A" Ride Series posed a good question: If a cyclist is considering upgrading the components of his or her bike, what changes can make the most significant differences in performance?

As all S.I.G. riders have become keenly aware, the number one performance concern is the "tuning" of the bike's human engine. However, while we chuckle at the rider seeking salvation through gadgetry alone, it is good to remember that some components have a direct bearing on rider comfort, how efficiently the rider gets the power to the pedals, and how the power is spent once it gets there. In this regard, some components are much more important than others.

So, herewith, in descending order of importance, is my brief re-hash of conventional wisdom about bike part upgrades. If you're "serious" about your cycling, don't look for any fireworks or fanfare here, but don't ignore it, either.

Make sure your bike fits you

Far and away the most important equipment consideration is bike fit, so your best upgrade choice might be a component that helps you achieve a comfortable, efficient and reasonably aerodynamic position on your bike. If you're not sure your bike fits you, visit your local library and read up on the subject in one of the many cycling books and magazines currently available, then ask the opinion of an experienced club member who does the same level of riding as you. If all this research leaves you with the feeling your bike fit needs improvement, go to a reputable bike shop to get yet another opinion. If you're dealing with the right people, the key phrases "saddle height," "saddle setback" and "reach" will keep popping up because these are the most basic aspects of bike fit; don't listen to anyone who is unable to succinctly explain in plain English the significance of each of these terms.

Remember that although bike fit systems such as "Fit Kit" will provide a very good starting point, they're not the panacea many cyclists believe them to be.

Determining which components you need to purchase will depend on the diagnosis of your fit problems. If you're "bunched up" on your bike, you may need a longer stem for more "reach." If you're 6'5" tall and you have 170mm cranks, a new, 180mm crankset should be on your wish list. If your seatpost is out past the "max" line and you have a 15cm stem, and your saddle is still too low and you feel crowded on the bike, you may need a new, bigger frame. In very, very rare cases (proportionally very short torso or very long thigh bone), a custom frame may even be necessary. Beware snake oil salesmen who insist everyone needs a custom frame.

Don't put up with pain

While many pains can be prevented or cured with a very good bike fit session, some pains, such as knee, back and butt pains, seem to persist no matter what, sometimes to the point of keeping a rider off his or her bike. It would be logical, therefore, to put off buying that new set of wheels (they're on the list... later) in favor of first getting a new pedal system or saddle to alleviate the physical problems. Instead of trying out three different pedal systems or four kinds of saddles, it might be more prudent to seek professional medical help from a sports orthopedic specialist. Not just any physician is qualified to address the needs of cyclists, but as cycling has become more popular the number of sports medicine specialists familiar with cyclists' particular problems has grown. A bit of asking around club members is certain to turn up some references for qualified physicians who have been able to help other ailing bikers.

In the delicate department of saddle advice, women should seek the counsel of experienced women

riders, and men should check with other male riders; when it comes to saddle discomfort neither gender can truly appreciate the problems of the other. But if you just bought an \$80 titanium-rail saddle and it doesn't fit you, well, that's a pain we can all appreciate.

Personalize your gearing

Do others spin up hills comfortably seated while you must rise from the saddle and heave-and-grind at your maximum to keep moving at all? While riding 21 MPH on flat roads at 80% of maximum heart rate, does a one-cog upshift send you immediately into oxygen debt? If so, your next upgrade should be your gearing.

Your gears should match the kind of riding you do. For loaded touring you won't need a 12-21T 8-speed freewheel. On fast "A" club rides you'll be hurting with a 14-34T 6-speed freewheel. As with bike fit, read up on the subject and check with seasoned cyclists who ride at your level, keeping in mind "style" as well, because even experienced riders tend to "spin" (smaller gears, higher RPM's) or "mash" (bigger gears, lower RPM's). Your personal style should greatly influence your gearing selections.

Wheels to fit the occasion

A quick experiment will graphically demonstrate the value of light wheels: Find the heaviest wheels in your riding group and, with the chain on the small chainring and the 15-tooth cog, have someone hold the rear wheel off the ground while you turn the crankarms by hand. Now, find the lightest rear wheel in your group (no need to put it on your bike), shift it into the same gear and turn the crankarms by hand. Wow, what a difference! There's much less resistance on the lighter wheel, and you can feel it!

Technically speaking (Oops!), when similarly-constructed heavy and light wheels are rolling at the same speed

on a flat surface, there is very little difference in pedaling resistance, although it takes more energy to get the heavy wheel up to speed. So light wheels' real advantages are when accelerating and climbing hills. Non-technically and practically speaking (That's better.), many of us do a heck of a lot of accelerating and hill climbing, so the effort saved by using light wheels is significant.

But wheels should be appropriately light. Very light wheels that lack durability and strength can even be dangerous—all for the sake of saving a few grams. I don't have enough space here to get into what's right for every individual and situation, but I can recommend a slim volume that might help: The Bicycle Wheel by Jobst Brandt, Engineer and adviser to the Hjertberg brothers of Wheelsmith fame.

Other possibilities, if you haven't tried them yet

- Indexed Shifting (Yes, Mr. Flintstone, it works.)
- Clipless pedals (You'll never go back.)
- Snap-on rear fender (Makes spring bearable.)
- Straight chainrings (Wobbly ones drive me bonkers.)
- Vistalite (Blinks like crazy for about 300 hours on 2 AA batteries; easy on, easy off your frame or seatpost; better than being rear-ended by a Jag with Connecticut license plates, I'm sure.)
- Steel TA water bottle cages (Oldie but goodie. Mail-order, Excel Sports.)
- Steel stems (Stiff, very stiff.)
- STI (Aye-yi-yi, it works, Lucy!)
- Avocet 40 Computer (Accurate. Finer calibration. Who needs cadence or altitude?)
- Sidi Genius shoes (Zen footwear—become one with your bike.)
- Shimano HG-70 chains (Less expensive, shifts great.)
- Campy Chorus headset (None better.)
- Mavic rims (Legendary. Believe the tales.)

Blow Outs

Lou S. Pokes



Strange Connective Webs!

So who writes this column anyway? What was that box score at the end of my column last month? What are Hems and no Hems? And where did they get the count for Lou vs No-Lou? (I like this score better than the real one where I'm losing). Could this be the work of our ace Bulletin production man **Neal Spitzer**? Or is it a computer virus? Stay tuned.

Question of the month: Through evolution will SIG riders develop webbed feet, and if so what kind of cleats will they use? After riding in the rain for 9 out of 10 weeks the graduation ride was the first one of the series to be postponed. Under surprisingly clear skies the next day, 20 SIG riders were joined by 15 A Riders for a 126 mile ride that included every major climb on both sides of the Hudson. While several of the A riders needed Metro North to make it back, all of the SIG riders finished. Even **Cathe Neukum** (Hey, Cathe, learn to spell) who trashed a helmet for the second consecutive week, and **Allison Holden** who had a very bumpy ride hitting every obstacle in sight, including sweat-shirts and kids with waterguns! Other SIG graduates included **Rikki Furman** who now ascends hills faster than she descends them, **John Gatsos** who celebrated his birthday on the graduation ride, and **Elizabeth Marglin**, who took the SIG so she could keep up with **Glenn Weiss** (yes). Elizabeth, you're fast, but no one can keep up with Glenn.

The SIG graduates showed their appreciation for their leaders at the graduation dinner. The gifts given to the leaders included: the book "The Little Engine That Could" to **Carolyn Blackmar**; a gold plated hammer and a laser zapper to **Ernie Yu**; fake bugs, Mental Floss and a rubber tongue to **Christy Guzzetta**; and a 6-pack of Diet Coke, Twinkies and Hostess cakes to **Ed Fishkin**, the leader who taught them what to eat.

The same day as the SIG graduation there was another 120+ mile ride—

the annual Montauk Century. A smaller than usual group enjoyed the relatively windless day. After a minor crash involving **George Brown**, **Mark Martinez** and several others, **Sherman Pazner** relieved the "paceline anxiety". Proving that the Montauk Century isn't for A riders only, **Don Passantino** was also among the participants.

Memorial Day weekend featured our annual return to Sheffield, Massachusetts. The weather was hot, sunny and dry and cold, overcast and damp. If you don't like the weather just wait an hour! There were lots of interesting roommates this year: **Herb Dershowitz** and **Clay Heydorn** (no); **Ed Fishkin** and **Amy Sackman** (no); and **Molly Lipsher** and **Maynard Switzer** (no). The big ride of the weekend was the challenging and chilly ascent up Mt. Washington on the Bash Bish backwards ride (and the unexpected eight miles of gravel road). The final score was riders 14, Mt. Washington 1. The mountain didn't defeat any of the riders, but did win over **Mercedes Menocal's** bike—her chain exploded! Thanks go to **Clay Heydorn** who drove up to pick up the pieces. And how was **Alex von Braun** the first one up Lenox Mountain? The most interesting part of the weekend, though, may have been the following quotes, all of which are taken totally out of context.

"Ed was great last night"

"Your butt is in my face"

"Margaret and Jeff - not often"

"At least one of us can get it up"

Also on Memorial Day weekend was **Ray Malecki's** Vermont Triple Century. The weather in Vermont was even stranger than Sheffield. After Saturday's 95 degree century, Ray, **Elizabeth Maas** and **Marty Wolf** had to be rescued by the AYH van on Sunday when it started raining and the temperature dipped to the low 40's. The only one to actually ride 300 miles for the weekend was **Carl MacDonald** who rode 200 miles on Monday.

Rain also cancelled **Clay Heydorn's** Bar-B-Que but not his 50th birthday celebration. Instead of us going to Ossining, he came to the city for brunch. Hopefully he'll reschedule the bar-b-que for all the children to get even with Christy.

The June 1992 Bicycling magazine listed 68 reader tips. Their Top Tip was how to remind yourself that you have a bike atop your car as you pull up to the garage: keep the remote control in an old cycling glove. Let's all send an old glove to Bob Foss. It's happened more than once.

A May 29th article in the New York Times on U.S. experts in China quotes **Jane Kenyon**, who taught English in Chengdu a few years ago. Ask her about her Chinese Thanksgiving!

Congratulations to **Kathy Eaton** for winning her age division in the Empire State Triathlon. Also congratulations to **Jeanine Hartnett** who finished second overall and **Ricki Furman** who finished fourth in the Empire State Biathlon. Both of them credit the SIG for their improvement in the cycling portion. And finally, **Stefani Jackenthal**, who was a graduate of the 1991 SIG, became the first woman in CRCA history to win a B race. I can just see it now—there will be 400 people for the first ride of next year's SIG.

Best wishes to **Lisa Norton** who

was recently married without any crashers from the NYCC. And congratulations to **John and Kathy Ceceri** (yes) who are expecting their first child in mid-November. If you're up in Saratoga Springs you can stop in and visit John at his bike shop, the Saratoga Cycle Center.

After badgering us to write articles about our bicycle trips, I expect to see an article in next month's Bulletin by **Clif Kranish** on his tour of Ireland with **Rachel Spevak** (yes). An even more exotic trip is planned by **Ron Grossman** who is spending a month in China. "Genghis Ron" is probably scouting rides on the Great Wall.

No, no, no, no, no. Late May and early June were not good times for romance as just about every couple that had a (yes) after their names in this column is now a (no). Hopefully with all the summer trips coming up there will be a lot of new (yeses) to gossip about.

July's big event is the eagerly anticipated Nude Beach Ride. This year's ride is scheduled to coincide with the Natural Nudist Weekend. **Christy Guzzetta** has promised that **Donna Slattery** and **Carie Gengo** will get undressed! He also said that **Margaret Cipolla** owes him a favor and she has promised a big surprise. I'll have all the details in my revealing expose next month.

Running Scores

Hems.	no Hems*	
434	0*	
Pokes	Slow Pokes	no Pokes
434 (-1**)	765***	****

*Marty has not been providing the research she promised. Give her a call of encouragement.

**This score is in reference to the Lou S. Pokes controversy. The minus "one" is explained by a respondent who wrote, "I have never read a Pokes column and I would never read such trash. Moreover, because of Mr., or is it Ms., Pokes I have repeatedly not joined your Club and have sold my bike." We'll keep you abreast of this growing issue.

***Those who have not voted.

****I was reminded that a negative negative is a double negative and therefore a positive and thus this score has been moved to the pro-Spokes side.

Read All About It

1992 National Calendar of Bike Rides and Events: Detailed state by state listings for hundreds of non-commercial rides and races in the U.S. and Canada. Send \$4 to Bikcentennial, P.O. Box 8308-PE, Missoula, MT 59807.

For info on commercially run tours, send \$2 to address above and request Bikecentennial's "1992 Bicycle Vacations Guide."

TourFinder '92: Bicycle USA's guide to bicycling vacations lists 130 tour operators throughout U.S. and abroad. Includes details about distance, skill and fitness levels, accommodations and cost. Free to members of L.A.W. (\$25 membership); others send \$5 to L.A.W., 190 W. Ostend St., Suite 120, Baltimore, MD 21230-3731

The Bicyclist's Sourcebook, The Ultimate Directory of Cycling Information: Features comprehensive listings of sources for bikes and accessories; cyclings publications; info on touring and racing; bike clubs and organizations. Send \$16.95 plus \$3.00 shipping and handling to Woodbine House, 5615 Fishers Lane, Rockville, MD 20852, or call (800) 843-7323.

Subterranean Blues

Transportation Alternatives reports that the "Transit Authority is still

reviewing a proposal to permit bikes on off-peak subway trains... Write Alan Klepper, President, NYC Transit Authority, 370 Jay St., Bklyn 11201. Thank him for considering off-peak subway bike access. Explain why this is important to you for commuting, convenience and safety."

Hand Signals

Politeness isn't an issue only in New York City, as is evidenced by this message from the Chairman of the Southern Transvaal Pedal Power Association in Randburg, South Africa, to his members:

"I wish to make an appeal to all of you regarding the use of 'the finger' on the road. In discussions with traffic authorities it has transpired that rude hand signs are the single most infuriating factor to motorists who have 'encounters' with cyclists. (Many traffic inspectors are also the object of these colorful displays of expression.)

"Please guys, instead of the single or double finger salute, give the motorist a friendly wave, even if you are not at fault—it will go a long way to improving road relations and keeping heated encounters to a minimum. Let's clean up our act in the interest of sportsmanship!!"

—contributed by
"Biking Bill" Strachan

New York Cycle Club Board Meeting

(Tuesday, May 5, 1992)

Present: Gail Birnbaum, Margaret Cipolla, Herb Dershowitz, Sherri Gorelick, Hannah Holland, Geo Kaplan, Cliff Kranish, Larry Nelson, Richard Rosenthal, Jeff Vogel

Absent: Jim Babbitt, Lisa Halle, Mark Martinez

Margaret brought up the problem of several rides being deleted from the Bulletin. She will try to determine how this occurred. Sherri discussed our new insurance including the requirement for a new release and waiver of liability that all ride participants must sign. Geo requested that Frank Pepe's Pizza be

designated "NYCC's Official Purveyor of Pizza in CT," and the Board approved.

Larry reported that the Club has \$16,567 in the Treasury. Herb said we have 638 members.

Gail announced that she is pregnant and will only be able to remain as Editor for one or two more months. The Board will search for a replacement, and an announcement will be made at the next Club meeting.

The LAW requested permission to reprint Bob Moulder's No Tech Tips column in Bicycle USA. Bob will be notified.

The Board discussed the possibility of setting up a booth at Brandeis Park for the Metro Sports Human Propulsion Fair.

From The Don't Hold Your Breath Department

Those activists among us who took the time to send out a postcard from City Cyclist magazine urging the NYC Dept. of Transportation to close Central and Prospect Parks to traffic year-round, received a form letter that stated, in part:

"Several years ago we conducted an analysis that showed that closing Central Park entirely to motor vehicle traffic would not be feasible. It was determined that vehicle travel times would increase significantly on the streets surrounding the park resulting in increased traffic congestion and air pollution. Since this analysis was conducted, average daily traffic volumes in the park have more than doubled.

"We are currently conducting another study to evaluate the traffic impacts of various proposals for limiting the availability of lanes and roadways for motor vehicles in order to increase the amount of recreational space available. One of the alternatives for study is similar to the one recommended in your postcard: implementing the 'summer' midday closing throughout the year. This study requires extensive data collection and modeling..."

Roster Errata

—Christy Guzzetta's phone # is (212) 595-3674, not 3574.

—It's Howard Chynsky, not Chynski.



"A" Rides Notes

Mark Martínez

Kudos to the latest crop of S.I.G. graduates. Having had the chance to share a paceline with a few of their ranks, I can understand why the S.I.G. leaders are so proud of their former charges. If you spot a new "A" rider who displays good form in close quarters, never whines, and pulls like a train at the front, chances are he or she is S.I.G.—Class of '92. And I do mean Class.

Unacceptable Risks. Last month Davis and Connie Carpenter Phinney discussed "Acceptable Risks in Cycling." I'd like to address an unacceptable one that can be minimized or eliminated with no cost, no 11 week training program and no trip to a cycling training camp. I'm speaking of taking a few seconds to check that your brain bucket (a.k.a. bike helmet) fits you securely. When I used to go rock-climbing on a regular basis, my partner and I would always check each other's gear. Next time you're waiting to start a ride at the Boathouse, give your friend's helmet a "love tap" under the front rim. If the helmet slips back on the head, it's time to adjust the straps—pronto! If the complexities of strap adjustment overwhelm you, help is not far away—just ask. If you take the trouble to wear a helmet, then do it right.

Gertrude Stein Dept. A hole is a hole is a hole, but it is not a bump. When you see a serious road hazard that you cannot avoid with a reasonably wide berth, please shout "HOLE!" Do not use the same warning when the hazard can be avoided by several feet without a sudden swerve. Likewise, if it is a small irregularity or stretch of rough pavement, rise off your saddle (or at least put a little more weight on the pedals), keep a firm but relaxed grip on the bars and shout "bump". Save the "HOLE" shouts for rim-crunchers and keep the paceline from unnecessarily swerving and braking.

NYCC MEMBERS: FILL THIS OUT TO BE IN THE FIRST FACT-FILLED NEW YORK CYCLE CLUB DIRECTORY

In addition to our twice-a-year roster of names and addresses, we *may* produce a club directory to help us better know one another. If we do, there will be a charge for it. If you would like to be in it (at no charge), please fill in the following questionnaire and send it in with a head shot (photo). Write your name and address on back of it if you want it returned. Of course, *all questions and picture are optional*. If you care to, use additional paper to answer at greater length than you can here.

Send to: Richard Rosenthal, 245 East 63rd St., NYC NY 10021

Name, Telephone:

Street, Apt., Borough, State, ZIP,

Place of Birth and Date:

Name(s) of Spouse, Children:

Profession and Employer:

Name and place of high school:

College, graduate or professional school(s):

Special interests or hobbies outside of cycling:

Significant accomplishment(s) outside of cycling:

Significant accomplishment(s) in cycling:

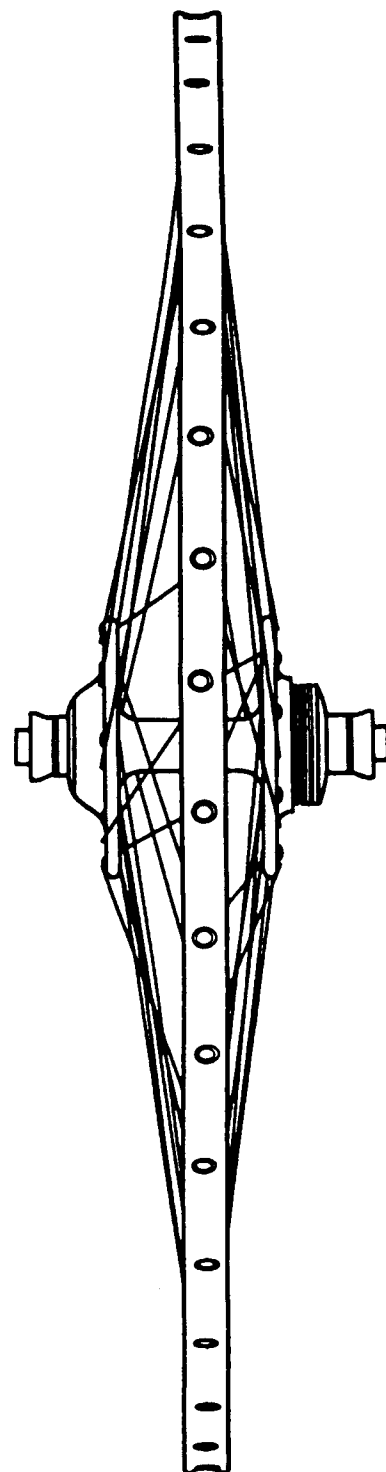
What kind of rider are you? (Describe by class or other description):

Describe your ideal ride:

If you go on mid-week training rides and want a training partner or partners, describe where, time of day, how long you ride, and pace:

Club member since:

Other (Say anything you want about yourself or the club):



(Hopefully the final word on the) NYCC Club Logo

Amendment

Yes

No



1 (most Favorite)

2

3

4 (least Favorite)



1 (most Favorite)

2

3

4 (least Favorite)

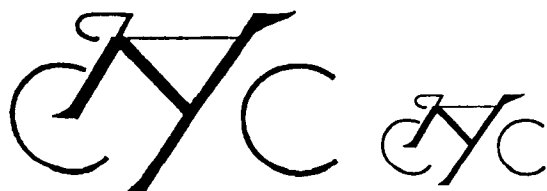


1 (most Favorite)

2

3

4 (least Favorite)



1 (most Favorite)

2

3

4 (least Favorite)

Ballots for Logo Selection and Proposed Bylaws Amendment Instructions:

1. Every member (including both members of a couple) is eligible to vote. You are urged to vote both on the logo itself and on the proposed bylaws amendment, but you may choose to vote on one issue without the other.

2. Tear out or photocopy this ballot. Couples should photocopy the ballot so that each submits an individual ballot. One ballot equals one vote. Two people may not vote on the same ballot.

3. Indicate your choice "for" or "against" the proposed bylaws amendment. Indicate your logo choice by ranking the logos printed here in order of preference from one (most) to four (least).

4. Place each ballot in a sealed envelope. PRINT your name and address clearly on the outside of the envelope, so names can be validated against the Club roster. The ballots will be separated from the envelopes before the votes are tallied.

5. The ballot, in the sealed envelope with your name and address on it, must be received by Jeff Vogel by Monday, July 13, 1992.

Mail it in sufficient time to: Jeff Vogel, 102-10 66th Rd. #14E, Forest Hills, N.Y. 11375.

Or deliver it to Jeff Vogel by 7:00 PM the day of the July club meeting, July 14, 1992.

6. Ballots will be counted at the July club meeting and the results announced at that meeting and published in the August 1992 Bulletin.

Bylaws Amendment:

A logo or identifying graphic device is commonly employed by organizations, corporations, and countries (i.e. a flag) to serve as a focal point for group identity and an outward representation of that group.

As this club has grown over the years, a number of logos have been created and successfully employed. But no formal logo policy has existed up to now, resulting in discord, acrimony, and continuing debate which now impels the Board of Directors to establish an equitable and permanent method for the selection and use of a Club logo.

To this end the Board of Directors has drafted the following amendment to the Club Bylaws and urges you to vote for its adoption:

(a) The Club shall have a logo which will be used to identify official correspondence, Club publications and any articles or merchandise for which the Board authorizes its use.

(b) The Club logo must be used to the exclusion of any other graphical devices as a means of establishing NYCC identity.

(c) The official NYCC logo will be selected by a vote of the general membership solicited through the Club newsletter.

(d) A new logo may not be selected sooner than three (3) years from the date of the last logo's selection.

(e) The Board shall have the right to establish design criteria and make preliminary selections to limit the number of designs that will be published for final selection by the general membership. The current logo must be included among the final designs.

(If approved by the membership, this amendment will be added to Article VII, as Section 3.)

Logo Contest:

Indicate your preference for the logos below by numbering them 1 (most favorite) to 4 (least favorite).

Classified

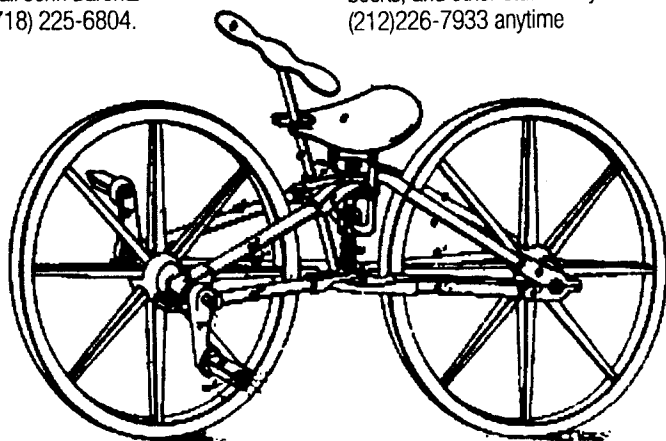
FOR SALE: Nishiki 21-inch mixte frame, old but good condition. Great for commuting or around-town riding. \$100 or best offer. Call Leslie (908) 388-5127.

FOR SALE: 57 cm SLX Scapin. Full Campy. 58 cm TSX Lemond Z. Never built frame, w/ or w/out Campy gruppo. Blackburn work stand. Call John Barentz (718) 225-6804.

FOR SALE: Raleigh Super Record 10-speed. Raleigh 3-speed Humber Sport. Best offer. Chro-Moly dirt bike (pre-teen). Excellent condition. Call Howard Chynsky (212) 243-5483.

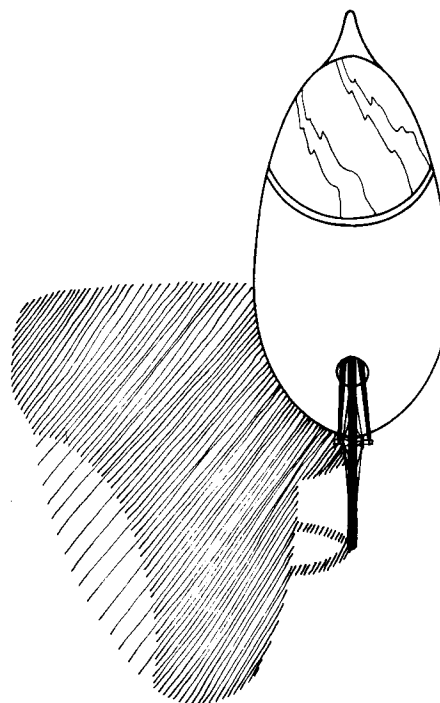
FOR SALE: Univega touring bike, 54 cm./21 in., terrific condition with new brakes, tires, pedals, chain and gears. \$200. Call Leo (212) 228-4404.

FOR SALE: Lots of tools, bicycle books, and other stuff. Larry at (212) 226-7933 anytime



Michaels Bicycles

© Michael Toomey



No. 7

Streamline HPV (Human Powered Vehicle) - 1980's

New York Cycle Club

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: _____

(If a couple, both names please)

Name: _____ Signature: _____

Street Address/Apt#: _____ Phone (H): _____

City/State /Zip: _____ Phone (W): _____

Date: _____ Check Amount: _____ Where did you hear about **NYCC**? _____

☐ New ☐ Renewal ☐ Change of Address

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 ☐ _____

1992 dues are \$17 per individual, \$23 per couple residing at the same address and receiving one Bulletin. Members joining after Labor Day pay one-half (\$8.50 individual, \$11.50 couple). Mail this application with a check made payable to the **New York Cycle Club**, P.O. Box 199, Cooper Station, New York, N.Y. 10276.

Program

Getting High

Club member
Maynard Switzer
will show slides and talk
about his mountain biking
trip in Utah.

Meeting at O'Hara's Restaurant & Pub
120 Cedar Street
1 block south of the World Trade Center
One flight up from the bar
Bicycle parking on the fourth floor
6pm Social hr, 7pm Dine, 8pm
Program
Dinner, \$11 meat/fish, \$8.50 vegetarian
\$2 surcharge after 7pm
Non-diners seated separately

Things for You to Bring to the Club Meeting

1. Any bike parts or clothing you have lying around so we can give them to a youth center.
2. Any current or nearly current magazines so we can circulate them to other members.

—R. Rosenthal



New York Cycle Club
c/o Hannah Holland
211 West 106th Street, apt.8C
New York, NY 10025



First Class



10/08

CHRIS MAILING
ARLENE BRIMER
11149 N TAMARACK DR
HIGHLAND UT 84003-9595