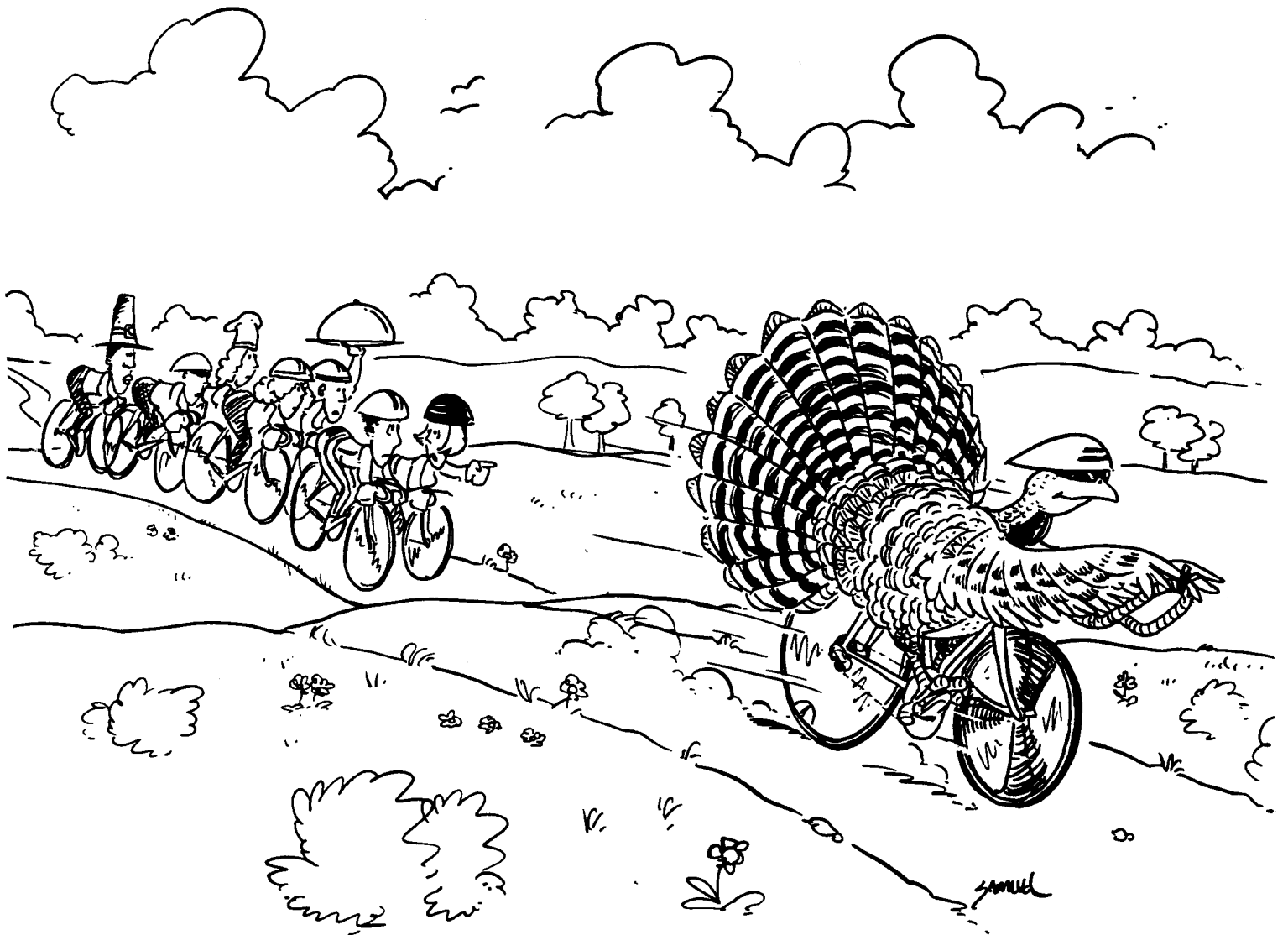


November
1992

NYCC *Bulletin*



“ Well, ’looks like it’s gonna be peanut butter and jelly for Thanksgiving. That turkey’s ridin’ titanium!”

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Guidelines for Club Rides

NYCC rides are friendly group rides by individuals of similar riding abilities. Our leaders are volunteers. In addition to setting the pace and choosing the route, they may require or recommend specific equipment (helmets, locks, etc.) in their ride descriptions. Unless otherwise stated, rain (snow, sleet) at the starting time cancels the ride.

Please be sure that your bike is in good working condition. Bring a pump, spare tube(s), patch kit, tire irons, water, pocket food, and medical I.D. Optional items include a lock, maps, commuter rail bike permits.

Helmets are strongly recommended. Headphones, illegal in New York State, are not. Club rides generally approximate the speeds and characteristics listed below. You can assess your abilities by riding at a comfortable pace, four laps around Central Park. The northern end of the park can be dangerous; ride with other cyclists. Be sure to measure the time it takes you to complete the four laps, and not your average speed. In selecting your first club ride, be conservative. Choose an easier ride; call the leader if you have any questions.

Ride Class	Avg. Speed (not incl. stops)	Cruising Speed (flat terrain)	Ride Description	Central Park Self-Class Times (4 laps = 24.5 mi.)
AA	17+ mph	22+ mph	Vigorous riding, frequently in pacelines. High regard for good riding style. Stops every 2 hours or so.	< 1:10
A+	16-17	20-22		1:10-1:16
A	15-16	18.5-20		1:16-1:23
A-	14-15	17-18.5		1:23-1:30
B+	13-14	16-17	Moderate to brisk riding with more attention to scenery. Stops every hour or two.	1:30-1:38
B	12-13	15-16		1:38-1:48
B-	11-12	14-15		1:48-2:00
C+	10-11	13-14	Leisurely to moderate riding; destination oriented. Stops every half hour or so.	2:00-2:14
C	09-10	12-13		2:14-2:30
C-	08-09	11-12		2:30>

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

Address. Send correspondence to Jane Kenyon, Editor, NYCC Bulletin, 235 West 102 Street, Apt. 15D, New York, NY 10025.

Deadline. The deadline for all submissions and advertising is the first day of the month prior to publication.

Submission Guidelines. All submissions may be edited for length and clarity. Publication of material is determined by available space, which varies with the length of ride listings and we cannot guarantee that all submissions will be published. Submission is contributor's warranty that material is in no way an infringement on the rights of another and that the material may be published without additional approval. Call the editor for article guidelines and/or advance approval.

It is preferred that articles be submitted to the Editor on a 3.5 inch diskette. Include a self-addressed, stamped envelope if you wish

material returned to you.

Ride Listings. To lead a ride and have it listed in the Bulletin, call the Rides Coordinator for the class of ride you want to lead.

Display Advertising. Only bicycle related advertising is accepted. Rates are for camera-ready copy, page size is 7.5 by 10 inches. One-time rates: Full page, \$250; Half-page, \$135; Quarter-page, \$75; Eighth-page, \$45. Frequency discounts available.

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

Receiving the NYCC Bulletin. The NYCC Bulletin is mailed free to all NYCC members. Membership is \$17 per year for individuals, \$23 per year for couples. See inside back cover 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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Credits: F/C art, Mike Samuel

Page 15 art, Michael Toomey

Deadline for December Bulletin, November 1st.

...Club Rides...Club Rides...Club Rides...Club Rides...

Note that some of the rides listed are using a ride classification system where the ride leader commits to a cruising speed (on level terrain with neutral wind conditions). A ride listed as A18 will be an "A" type ride with a cruising speed of 18mph, a ride listed as B19 will be a "B" type ride with a cruising speed of 19mph.

Saturday, October 31

A22 115mi The Long Run 77:30am
Leader: Larry Ksiez (718 478-0644). From the Boathouse\Yellowstone & Queens Blvd. This was supposed to be a ride to Westchester, but I've forgotten how to get there, so I'm doing L.I. again. It will go out to Hauppauge, then back. Pocket food recommended. Precip., call leader.

B17 70+-mi Nyack 9am
Leader: Steve Britt (718 204-4970). From the Boathouse. River Road, NO; 9W, NO; Bradley Hill, YES. Picnic at Nyack Beach weather permitting. Rain cancels.

B- 60mi Exercise In Self Control 9:30\10:15am
Leader: Jim Lane (212 697-8942). From the Boathouse\G.W.B Bus Terminal (Ft. Washington Ave & 178 St). Through the Bergen County suburbs to Tices Farm, where we can overindulge in their excellent homemade cider. (25 cents for all you can drink.) Last year we made it back with only one bathroom stop! Helmets required. Bring lunch or money for it. Joint Sierra Club. Rain cancels.

C- 29mi Jersey City's Art Deco Extravagance 1pm
Leader: Paul Rubenfarb (212 740-9123). From top of escalators at PATH Journal Sq. stop. After the Bronx, Jersey City has the NE's vastest Art Deco repository. The prewar was the heyday of American urbanity, when cities were showered with national wealth and attention. In the postwar the middle class betrothed sterile suburban split levels and 36" idiot boxes, and national wealth and focus shifted to Levittown philistia. But Jersey City miraculously saved hundreds of blocks of the OLD, NEARLY EXTINCT America, the urbane America, when cityness was exalted vs. the boony belt. Rain or shine.

Sunday, November 1

A21 75-85mi "A" As In Armonk 9am
Leader: Mark Martinez (718 726-7644). From the Boathouse. Brisk weather, brisk ride. Escape pre-election day hysteria and observe Republicans in their natural habitat - The Whip-poorwill Country Club. Don't ask to use the restroom though, they believe in trickle down economics. Rain at start cancels.

A16 40mi Not the NYC Marathon 8am
Leader: Steve & Caryl Baron (212 595-7010). From the Boathouse. A traditional: north to Scarsdale or White Plains for carbo-loading, then south to the 135 St. bridge to watch the Marathon. Bring strong lungs for cheering Dave Obelkevich, Nick Pisculli and other NYCC runners, and an extra layer for warm spectating. Helmets Required. Precip cancels.

B 55mi Marathon Sunday 9:30am
Leader: Steven Britt (718 204-4970). From the Statue of Civic Virtue. For those not participating, or spectating in the marathon, here's an opportunity to avoid the chaos in the city. Some hills, some different roads to Oyster Bay. An optional North Shore detour, weather permitting. We'll even do "Marathon" Parkway. Rain, temp below 40 cancels.

Saturday, November 7

A 115mi Switchin' to Glide 77:45am
Leader: Lawrence Ksiez (718 478-0644). From the Boathouse\Jewel Ave & Queen's Blvd. Middle Island route to Commack, and south shore back. Precip, temp under 35 cancel.

A- 55mi November Cool-Down at Valhalla 9:30am
Leaders: Alex Bekkerman (212 799-8293), Jody Saylor (212 799-8293). From the Boathouse. Up, over the dam. Breakfast at the Thornwood. If it happens to be 72 and sunny we will go farther. The dress code is either liberal or moderately conservative, depending on how you voted. 60% threat of rain or temp under 40 cancels.

B\B+75K Westport Conn "Bloomin Metric"75K 7:30am
Leaders: Robert Ragusa (212 247-2022), Shari Horowitz (212 472-5314). From Grand Central Station Terminal. Meet at GST at 7:30 for 8:07 train. Metro North pass required, can be purchased at terminal. Call leaders for cancellation conditions.

C13 40mi Loop De Loop 9am
Leaders: Steven Britt (718 204-4970), Karl Dittebrandt (212 477-1387). From the NY side of Staten Island Ferry. We'll loop around the Island of Staten and skirt the leftover political issues from the election. Bring your favorite antique political buttons. Rain, temp below 40 cancels.

C-26mi Historic Architecture Sailors Snug Harbor S.I. 12:45pm
Leader: Paul Rubenfarb (212 740-9123). From behind Ray Pizza (SI Ferry stop on 1 or 9). During the 19th century, as NYC grew into the nation's regnant port, it was fitting that a varied complex of buildings to serve the seafaring multitude aggregated on Staten Island, which came to be called Sailors Snug harbor. We'll savor restored Italianate, Beaux Art, and Gothic architecture on the grounds, beautifully landscaped. We'll also navigate opulent victorian mansions on surrounding streets. Rain or shine.

Sunday, November 8

A 62mi Saddle River Road and Environs 9am
Leader: Christy Guzzetta (212 595-3674). From the Boathouse. Spirited ride along Saddle River Road to the coffee shop at the Ramada Inn. One stop only. Very bad weather cancels.

Schmoozy A 40mi End of Season Escape to Brooklyn 9:30am
Leaders: Marjorie Kim (212 581-9178), Bill Vojtech (718 768-7763). From the Boathouse\Brooklyn Bridge, where the bikeway

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forks for the stairs and ramp. We're heading for... Brooklyn! We'll check out Prospect Park (newly paved) zip down to Sheepshead Cycle Shop, (where titanium bikes line the walls). Lunch will be at a local diner (bring a lock, and we'll post a lookout) or if weather is warm enough we'll do a deli stop and eat overlooking Sheepshead Bay (bring something to transport lunch in). We should get to Prospect Park around 10am at the Union St. entrance. Just for today, the requirements of a valid passport and visa will be waived for entry into Brooklyn (we've bribed the border guards).

B17 55-60mi Pancake Ride 9am
Leader: Don Montalvo (212 307-7753). From the Boathouse. River Road, Ash, Tweed. Eat Your Heart Out or Skylark for lunch. 501 to Booth back. The usual cancels.

B-C+ 50mi Ease on Down the Road 9:45am
Leader: Lawrence Ksiez (718 478-0644). From the Boathouse\Yellowstone Blvd. A nice leisurely pace to the Friendly's Restaurant in Westbury. Temp below 40 cancels.

Saturday November 14

A20 110mi New Paltz 7:30am
Leader: Karl Dittebrandt (212 477-1387). From the Boathouse. As it's my birthday we go where I want. A no frills ride to New Paltz, 2 deli stops, 1 diner stop. Metro North pass for train ride home. Rain-snow cancels.

A20 70-80mi Go West... 9am
Leader: Mark Martinez (718 726-7644). From the Boathouse. ...as in the West side of the Hudson. We will take a direct, fast route to warm up on our way to New City. After brunch, group will decide whether to make side trip up S. Mountain Rd, or head directly to Saddle River for return. Rain at start cancels.

A16 75mi Christmas Bazaar 8:25am
Leader: Steve & Caryl Baron (212 595-7010). From the Boathouse. We'll ride north on Western Hwy and Strawtown Road to the one-day only Christmas Bazaar at Caryl's mom's church at S. Main St./Collyer Ave., New City. No stops on the way up - the church serves a good lunch and great desserts. Last year we bought a whole pie. Bring money to buy handmade gifts and something to carry them home in. Nasty weather cancels the ride, but not the bazaar. Helmets Required.

B17 Road to Nowhere 9am
Leader: Larry Ksiez (718 478-0644). From the Boathouse. My ride in Sept got rave reviews, even though we got lost and did some backroading back to the Park. I'll try to recreate that ambiance. Temp under 35 cancels.

C-24mi Romanesque Boy's High & Bedford Stuyvesant 1pm
Leader: Paul Rubenfarb (212 740-9123). From front of Brooklyn Museum (Eastern Pkwy stop on 2 or 3). Penn Station was N. America's architectural prize - demolished by a greed-driven entrepreneurial 'ethic' that in one stroke would desecrate what even trillions in Washington armament largess could never recreate. After Penn Station, Boy's High is NYC's architectural paragon. To contemplate Boy's High is to imbibe the leitmotif of generations

of brownstoners passing through their blackboard years - never to return. The surrounding brownstones in sumptuous shades of purple, pink, tan, ochre and alizarin are veritable paintings. Rough unobtrusive attire. Rain or shine.

Sunday November 15

A/A- 55+mi 2nd Annual Post-Season, Post-Party Hedgehog Ride 10:30am

Leaders: Goofy Vogel (718 275-6978), Daisy Jackenthal (212 769-8718). From the Boathouse. Party hearty, we're not saints. Sleep off that hangover as we start promptly(?) at 10:30ish. Come dressed as your favorite hedgehog on this post Halloween ride. Our first trick or treat stop is brunch at the Flagship. Witches brews and desserts at the Chart House in Dobbs Ferry later. Bike toys requested, sociability required. (This write-up was great when the ride was scheduled for November 1st. Now we don't even have a party to go to. Please invite us if you know of one.)

A 50+mi No Fun Intended 9am
Leader: Lou S. Pokes (1-800-GO-BIKE). From the Boathouse. This ride is for partypoops. If you have to hammer, go to Nyack. Otherwise sleep late and join the Hedgehogs.

B 55-60mi Where Do We Go From Here? 9am
Leader: Jim Babbitt (718 296-0027). From the Boathouse. We'll head across the GWB and try for a different destination than Nyack. Rain, temps under 35 cancels.

B17 45-50mi Staten Island End to End call
Leader: Larry Ubell (718 448-1384). From SI Ferry, call for start time & lunch reservations. Limit 15 people. Tour Staten Island end to end with a stop at leader's house for lunch. Rain or temp below 40 at start cancels.

C 25mi Queens\Flushing Meadow Park Plus 10am
Leaders: Carol Turner (718 459-7731), Richard Fine (914 638-0842). From Queens Blvd & Continental Ave\71st St, Forest Hills (E & F trains). Visit old Worlds Fair grounds plus other Queens sites. Bring lunch or buy. Joint with TA. Rain cancels.

A20 68mi Go North... 9am
Leader: Mark Martinez (718 726-7644). From the Boathouse. ...as in Westchester. First lucky dozen to sign-up at the Boathouse, will join this brisk but friendly jaunt to the resting place of fallen warriors. (Small diner limits group to first 12.) Rain at start cancels.

A21 125mi Let Me Ride 6:30/7:15am
Leader: Lawrence Ksiez (718 478-0644). From the Boathouse\Jewel Ave & Queens Blvd. Middle island to south shore route to Montauk Point. LIRR pass needed, pocket food recommended. Precip., temp under 35 cancels.

B 55mi Marathon Recovery Ride 9am
Leader: Nick Pisculli (718 624-8378). From the Boathouse. A true B paced ride to somewhere across the GWB. Piermont?

...Club Rides...Club Rides...Club Rides...Club Rides...

Nyack? Maybe Park-Ridge. A minimum of hills and a possible no hill return to the bridge.

Sunday November 22

A18 54mi Sunday Quickie - Ridgewood, NJ 9am
Leader: Michael Yesko (212 533-2409). From the Boathouse. For the rejuvenation of this series, let's head west thru Bergen Co. via Routes 501 and 6 to Ridgewood. We'll hold to the flat cruising speed and relax the pace line a bit. You needn't feel compelled to pull. Let's ride safely in the A- tradition of the club. Quick b'fast at the diner or bagel shop. Return via Route 502, warming up on Closter Dock, to be back in Central Park by 1:30pm. Cancels if precip on roads or wind chill temp below 32 on WINS (1010AM) radio at 8am.

B 50+ Park Ridge NJ 9am
Leaders: Bette Freedman (212 529-3408), Barbara Chapman (212 982-9452). From the Boathouse. Enjoy warm conversation on a cold day. Moderate ride to a diner stop. Rain or temp less than 40 cancels.

B-C+ 50mi Park Ridge 9:30am
Leaders: Sandy Gold (212 222-4076), Grace Lichtenstein (212 580-3285). From the Boathouse. A splendid trip thru Bergen County's fall foliage with lunch at a terrific diner. Helmets required. Precip, hi below 30 cancels.

C 36mi Food Abusers Un-Anonymous 9:15am sharp
Leader: Peter Hochstein (212 427-1041). From 17th Street and Park Avenue South. Just because Hungry Peddlers folded its musette bag, must we starve? Fat chance! We'll head to the West Village and Florent, the French bistro-in-a-diner, for croissants and cappuccino. Then on to Nathan's in Coney Island, for a hot dog and fries. A Mrs. Stahl's knish in Brighton Beach is optional, subject to group whim. One more stop, in Cobble Hill, for espresso and maybe a pastry. In addition to the 36 or so miles, figure 3,600 or so calories. Bring a helmet, lock and about \$20 food money. Precip or predicted high below 40 cancels.

C- 21mi Park Slope-Brownstone Contest Finale 1pm
Leader: Paul Rubenfarb (212 740-9123). From front of Brooklyn Museum (Eastern Pkwy stop on 2 or 3). Last week you examined the masterwork brownstones of Bedford Stuyvesant. This week we'll tour the gems of Park Slope and compare the style and impact and settle the perennial debate about which is 'dean of brownstone neighborhoods'. Rain or shine.

Friday, November 27

A 60+-mi In Search of Wild Turkeys 9am
Leader: Jeff Vogel (718 275-6978). From the Boathouse. Feel guilty about yesterday's overindulgence? Come join us in search of the last wild turkey (Don't worry, Lemond and his brother-in-law aren't invited.) If the weather is great, we'll try a new 65 mile route to Saddle River that doesn't stop at Elmer's. (Elmer is out hunting wabbits.) If the weather is less than perfect we'll duck Bergen County and head for Westchester where we can chicken out and take Metro North if necessary. No turkey sandwiches for lunch today! Fowl weather cancels.

Saturday, November 28

A* 65mi Go East 9:45am
Leader: Mark Martinez (718 726-7644). From the Boathouse\ Queens Blvd & Jewel Blvd. ...as in Jericho, L.I. if the Queensboro Bridge is still open to cyclists - we'll buzz out to brunch the direct way and schmooze back by a more scenic route. *Rampant pace busting encouraged on way out - only! Rain at start cancels.

A-1/B-C 56/28mi Bicycle Christmas Shopping, Hicksville 9am
Leader: Marty Wolf (212 935-1460). Meet at Tramway Plaza (59th & 2nd) at 9am for a prompt 9:10am start. Our objective is a Christmas sale of bicycle paraphernalia in Hicksville. The ride will go off at an A- pace, but B and C riders are welcome to join and ride at their own pace. Maps and cue sheets will be provided. Bring your LIRR train pass if you want to ride out and train back. Any precipitation cancels.

B17 Gypsy Road 8:45am
Leaders: Lawrence Ksiez (718 478-0644), Michael Brennan (718 458-1762). From the Boathouse\Jewel Ave & Queens Blvd. One of us will meet you at the Boathouse to take you along the North Shore of Long Island to Oyster Bay & Caumsett Park. Precip or temp under 35 cancels.

B 60+mi Croton Falls 8:30am
Leader: Charlie Komanoff (212 460-9718). From the Boathouse. Basic NYCC route to Bedford (lunch stop), then north to, around and above Titicus Reservoir. Basically last year's "Barbeque at Bob's" plus some interesting hills in horse country at the end. Return on the 4:16 from Croton Falls, Metro-North permit required (no exceptions). Pocket food recommended. Precip or extreme cold cancels.

C- 23mi Ghetto Architecture - Boro Park 1pm
Leader: Paul Rubenfarb (212 740-9123). From front of Brooklyn Museum (Eastern Pkwy stop on 2 or 3). Contemporary polemics aside, the interwar period in many branches of Jewish art frequently used the stylistic terminology 'palestinian' - to distinguish this colonial era's works, which in architecture are especially well exemplified in Haifa. Boro Park had a predominating Jewish influence from its turn of century urbanization out of farmlands. At 12 Av and 47 St and elsewhere are authentic specimens of palestinian era architecture as well as sprinklings of edwardian, tudoresque, moorish and other styles. Rain or shine.

Sunday, November 29

A23 57mi Nyack Express 10am
Leader: Angel Rivera (212 889-9346). From the Boathouse. The racing season may be winding down, but that's no reason not to wind it up on the way to Nyack. Speed and Style will be the order of the day. Radar detectors are optional. The usual cancels.

B 55-60mi Westchester Schmooze 9am
Leader: Jim Babbitt (718 296-0027). From the Boathouse. It's been a while since I've been to Westchester, let's get re-acquainted with it. Lunch at the Flagship. Rain, temp below 35 cancels.

Cold War Strategies

Boy, I'll tell ya...sometimes while writing this column I catch myself laboring and struggling over a magnum opus, forgetting that what most of us need are simple ditties or, at the most, folk songs. Such was the case when I researched the topic of dressing for cold-weather outdoor activities by going through a few October issues of cycling and backpacking magazines. I proceeded to regurgitate the info contained therein, then I thought to myself, "Hey, they've probably read this stuff themselves, so they don't need me to repeat it." And if you don't already know what polypropylene and Polartec and Gore-Tex are, I can't help you anyway. Get a hold of a fall issue of any outdoor magazine and educate yourself. Make sure to read all the ads, too.

Truth is, most modern synthetic materials perform fabulously well under a wide range of conditions when used properly. "Proper," as applied to dressing for exercising in frigid conditions, always implies the well-known concept of "layering." Most layers are interchangeable from one brand to the next, except in instances where one layer is specially designed to mate with another, such as a fleece liner that zips into a jacket of the same brand. Any decision about what an how much you wear must take into account personal preferences and tendencies, and the conditions you expect to encounter. Are you naturally cold-natured? Do your feet often get cold, but you hardly ever have problems with your hands? Do your ears turn to icicles at 45°F? If you must stop for 15 minutes while someone fixes a flat, will putting on all the clothes you've brought keep you warm? Are you popping out for a fast-hard-training-loop-and-then-straight-home-type ride? Do you have a train pass if things turn completely to crap? Obviously, the factors are nearly endless, so common sense should be your ultimate guide.

And now, a word about cotton. I don't mean to drive down the value of your cotton commodity investment, but I'd be remiss if I didn't tell you that as a material for outdoor winter activities, cotton sucks. Cotton readily absorbs perspiration, mist and rain, and loathes to get rid of it. When soaked it has no

loft, so heat is drawn directly from your body.

Wool, on the other hand, remains an excellent choice for cold-weather activewear. It insulates well even when soaked, and modern treatments make it machine-washable and -dryable. Pearl Izumi even uses a wool/synthetic blend in their heavy winter cycling tights - they are by a wide margin the best I've ever used.

General Tips for Winter Wear

- For maximum warmth, several layers are much warmer than a couple of heavy ones because they trap more dead airspace. A big advantage is that body temperature can be regulated easily by removing and adding layers.

- A windproof, waterproof, breathable shell is much more versatile than a thick jacket with built-in insulation. When trying on shells, make sure you get one that's big enough by test-fitting with all the insulation layers you might wear in the coldest conditions you expect to encounter. Even with all these layers, the shell should still have a little room left for insulation (dead airspace) and ease of movement. Well designed shells have lots of zippers for ventilation. Some of the best cycling jackets have windproof panels in the front with wool and synthetic fleece sections in the back for heat dissipation.

- Apportion your insulation evenly. Wearing many layers on the upper body does not compensate for wearing an inadequate single layer on the legs. You'll stay warmer by wearing two loose layers on the legs and one less layer on the torso. In addition to keeping the overall body warmer, this also helps keep the feet warmer by preventing the loss of heat in the blood as it circulate down the legs.

- "Ventilation before perspiration." Even the best synthetic wear can get perspiration-soaked if you overheat from wearing too many layers, so adjust zippers or remove layers before you're drenched. For instance, it might be a good idea to remove a jacket before a long climb begins, then put it back on at the top before a long descent. You may feel too warm for a jacket at the top, but will be glad for it halfway down the mountain.

Head Protection

Heads radiate an enormous amount of heat,

but there are plenty of options for protecting them. Helmet ventilation holes aren't necessary in cold weather, so a helmet cover is a good option, or you might just put some tape over the vents. Fleece headbands that cover the ears are one of my favorites, while many riders prefer polypro balaclavas that cover the entire head and neck. If that's not enough, you can top it off with a neoprene face mask and ski goggles. Turtleneck underwear (neck zippers are nice) protect a frequently-neglected area; also, you might get an extra fleece headband for the neck area.

Hands

Big, loose gloves with polypro liners work well. Mittens are warmer still, because they keep all the fingers together, but they make it almost impossible to shift gears, especially for STI junkies. Last year Pearl Izumi introduced an interesting glove/mitten, which I heard referred to as "lobster mits". Some of you told me they were quite warm and didn't interfere with shifting or braking.

Feet

Remember when cyclists put wool socks over their cycling shoes and called it protection from the cold? The "protection" lasted about ten minutes. Maybe. Neoprene booties are much better, but I find that my feet still get cold after about an hour.

When it's really cold, here's my recipe for all-day warm feet: Start with thin polypro socks, then slip on some gallon-size Glad plastic freezer bags. (The plastic bags serve as vapor barriers to keep the following layers dry.) Next, put on thick wool socks, and then your cycling shoes. If you have some old bike shoes that have stretched, this is a good time to use them; otherwise, you might need to get an inexpensive pair of shoes 1-1½ sizes larger than usual. Put on the booties, but before zipping them up, place an air-activated chemical hand-warmer on the top of each shoe, right over the toes. The chemical hand-warmers are non-toxic and are available at outdoor stores like EMS, Campmor, etc. Unless you're prepared to ride wearing technical alpine double-boots, it's hard to do much better.

Stay warm!

§

BLOWOUTS

LOU B. POKEB

Did you ever wake up on the morning you're supposed to lead a ride only to realize that you don't have a sign in sheet? Grab a blank piece of paper and write the waiver from memory. It goes something like this:

Hey, I know that cycling is a dangerous and foolhardy way for seemingly normal and well adjusted adults to get a little exercise, and that each year thousands upon thousands of people are killed, maimed, or neutered on friendly Sunday rides just like this one. But what the heck, people choke on chicken bones in fancy French restaurants, too. So, knowing this and in consideration of your acceptance of me into your humble paceline, I promise that neither I nor my heirs will sue the club, the leaders, or any participant, unless of course, they're registered Republicans.

That's the way Tom McMahon remembered it the last time he led a ride.

Last month I mentioned Irv Schacter and his new bike with titanium water bottle cages. Well, Cathe Neukum has titanium cages, too, but won't explain how she got them. She couldn't have bartered for them, could she?

Alex and the Flashers. Three times a week for the past few months Amy Hanowitz, Shari Horowitz, Linda S., Tracy and Lyn have been training in the Park with Alex Bekkerman. They've gone from 24 minute laps to sub-18 minute laps and have credited Alex for all their improvement. Way to go, Alex. Oh, in addition to an occasional raincoat, they wear flashing belt beacons on their pre-dawn rides.

Keep Lance Leener away from the Tequilla.

Congratulations to Gail Birnbaum and husband Moe Kraushar (yes) on the birth of their first child on September 30th. Dana Lisa weighed in at 10 pounds, 1 ounce. (Titanium babies are lighter.) According to Moe, "Dana Lisa already has training wheels".

Good luck to Dave Obelkevich and Nick Pisculli (no) who will be running the NYC Marathon on Nov 1st. Hopefully

Caryl and Steve Baron (yes) will have lots of people on their annual ride and cheer event.

I hope Richard Rosenthal figured out by now that he didn't treat everyone to dinner before Kathy Eaton and he (yes) left for Italy.

Are C Rides too tough for you? There is a solution - Paul Rubenfarb's series of C-architectural/social tours; he leads them with a scooter! What kind of pedal/cleat system does he use? Rubber galoshes.

Alisa Rashish was overheard at a party recently saying "Thank God my name has never appeared in Blowouts". Enough said.

"Wow!", "Fabulous!", "More fun than Sheffield". Those are the quotes from the *First Annual Columbus Day All Class Weekend in the Catskills* arranged by Christy Guzzetta. There was more than enough to do to keep everyone busy. After Saturday's rolling 65 mile ride to Woodstock, Jeanine Hartnett, Jane Kenyon, Rikki Furman and Diane Mirabito all took part in a three mile run and took home huge trophies as the first four women finishers. By dinner time Nick Pisculli and Herb Dershowitz were so hungry and had asked the staff so many times "When is dinner?" that they were asked to help serve! The fun continued past midnight for those who had the energy to go dancing. Just stay out of the way of Jane Kenyon and Warren Pear! (no). Sunday's ride featured Geo Kaplan and 10 women (yes) on a ride that included fjording a stream. Anything to avoid those hills! Manfred Kuechler, Lori Vendinello, Lee Ann Goodwin, Fred Steinberg, Ron Halper, Ed Sobin, Jim Babbitt and several others didn't avoid any of the climbs as they ascended Minnewaska and Ice Caves Mtn. That wasn't enough for Kevin Berry and Dave Visoky who chased Alan Resnick and Charlie Lamb over every major climb in the Catskills. The non-riding event for Sunday was shopping. Margaret Cipolla, Dennis Lopez and Ed Fishkin spent so much time (and money) shopping that they almost missed dinner! Monday featured a trip over Mohonk Mtn for brunch in New Paltz before the bus ride back. Everyone had

so much fun that next year's bus is half full already. Sign me up now.

The last of the All-Class Rides for the year saw 70 riders going to Bethpage Park. (Did Jim Babbitt's group ever make it?.) The highlight of the day was Jeff Vogel and Dan Schwartzman (no) playing the missing pedal prank on Jody Saylor. She one-footed it pretty far before she realized she had only one pedal. Jody thought it was funny when Jeff and Dan were going to play the joke on Rikki Furman. Fortunately for Rikki her pedal was on so tight they couldn't get it off. So, who got the last laugh now, Jody?

With the change in dates the Bethpage ride avoided the traditional thunderstorms but not the purple tongues as the A riders ended their trip at the Lemon Ice King of Corona again. Squirrels couldn't be avoided either on the way home. With Ellen Richard pulling a perfect paceline, the squirrel never had a chance. Never one to be called "squirrely", Margaret Cipolla and Allison Holden (no) followed Ellen over the squirrel. When last seen the squirrel was hobbling off into the woods. So, *Road Bozo* for this month goes to, who else, the Bethpage Squirrel.

Irv Weisman's October 4th birthday ride, "69 FOR 69", was well attended by his "cult" participants along with several "A" riders who, of course, got a free dose of Irv's admonitions against repeatedly attacking hills in their high gears. The lunch stop was highlighted by a surprise birthday cake, with candles yet, followed by a reading of an artistic, obscene, birthday card appropriate for a 69th birthday ride. The card was designed and composed by cult member Peter Hochstein. Two stanzas follow:

*May your downtube forever stay rigid
And your freewheel remain packed with grease.
May your saddle be cushy, your tires unmushy,
So you'll never give any hill peace.*

*We refuse to allude to spoke nipples,
To your nus, forks, or Philips head screws.
But we're glad you're along,
Leading rides, going strong,
Happy Birthday - you're always great news!*

§

LETTERS AND OTHER MATTERS

Two months ago, you read an article expressing one man's opinion of why helmets should be required on all rides. I would like to offer you another side of the argument. A club member sent the following letter to John Grant, County Executive in response to the new helmet law enacted in Rockland County:

Dear Mr. Grant,

I recently heard about a law that was passed in Rockland County mandating bicycle helmets for adults. This is absolutely ludicrous. There is no doubt that bicycle helmets prevent serious injuries, but you cannot protect people from all possible dangers.

If Rockland County really wanted to be known for its progressive attitude towards health and safety, the County Legislature would ban tobacco and alcohol. Not only would this save the lives of many users, but it would also save many innocent victims. I am sure the number of innocent people injured or killed by drunk drivers and the number of people who need medical care because of second-hand smoke far exceeds the number of people who will be saved by wearing a bicycle helmet.

Dear Fellow Bicyclist,

Thank you for your generous donation of \$50 to the Andrew W. Spiller Memorial Fund. Rose Costin, Andrew's widow, asked that we set up this fund to educate motor vehicle operators and the general public so that such tragedies as took Andrew's life will become much less common in the future.

All of us are grieved when a bicyclist is taken from us in such a senseless manner. Through this fund, however, we honor Andrew's memory by working to make certain that his death was not in vain.

Very truly yours,

Gilbert M. Clark
Executive Director
L.A.W.

Dear Cycle Club members,

Thank you for the exquisite bouquet of flowers. We appreciate your thoughtfulness.

We enjoyed hosting the luncheon for you and look forward to seeing you next year.

Fondly,

Shirley and Norman Fishkin

The above referred to the BBQ at Ed's parents' house in LI. Are this ride, the All-Class ride to Bethpage, and all other rides to Long Island soon to be history? The Department of Transportation has once again closed bicycle and pedestrian access to the Queensboro Bridge's South Outer Roadway. At this time, an unreliable escort car is DoT's recommended way of crossing the bridge. But this will soon end, and the bike-hauling trailer may return when construction on the SOR begins. The DoT has not disclosed their plans for accommodating cyclists and pedestrians during the construction, nor how long it may last (Rumors say possibly 3 years.)

Write to the NYC Transportation Commissioner to demand on-time escort service and disclosure of DoT's plans. And above all, demand a permanent bike lane:

Mr. Lucius Riccio
Department of Transportation
40 Worth Street, Room 1005
New York, NY 10013

- Editor

NEW YORK CYCLE CLUB BOARD MEETING

(Tuesday, September 1, 1992)

Present: Jim Babbitt, Herb Dershowitz, Sherri Gorelick, Hannah Holland, Geo Kaplan, Jane Kenyon, Clif Kranish, Mark Martinez, Larry Nelson, Richard Rosenthal, Jeff Vogel
Absent: Margaret Cipolla, Lisa Haile
The July minutes were approved as corrected.

The Board discussed an incident where a Club member, Phillippe Chateau, hit another Club member on a Club ride. By a 9 to 2 vote, the Board decided to send a letter to Mr. Chateau informing him that such actions will not be tolerated in the future.

The quarterly financial report, prepared by Larry Nelson, was approved unanimously.

Jeff volunteered to contact Janet Kronstadt to locate missing Bulletins for the years she was Editor.

Excuses, excuses

I could not imagine trying to put this Bulletin together every month without the wonderful and dependable regular contributors. Month after month they impress me with their originality and talent, and without them we would have very thin issues, and little to read or look at besides the rides listings (as entertaining as they may be.). The covers would be missing that distinctive Mike Samuels humor. I know I've done quite a few repairs and added some gadgets to my cycling paraphernalia based on Uncle Bob's Tips. Alex's nutrition columns have begun to make us aware of the importance of nutrition. Mark keeps us in the saddle with his reflections on cycling, Geo with his thoughts gathered leading C rides, and Michael Toomey's line drawings show us bikes of other styles and eras. And of course, how would we be able to keep up with the comings and goings of our fellow members without Lou's reports? Well, this month, as I called my regulars to arrange pick ups and drops offs of diskettes and art work, I heard some very amusing excuses. Can you match the excuses to the missing columns??

—I took the scientific approach, but my nuclear bottle blew up.

—My moustache got caught in my handlebars (or was it, my handlebars got caught in my moustache?)

—My dog ate my floppy.

—I thought I'd need room for my campaign speech.

Come back soon, we miss you!! And again, thanks to all, present and absent.

-- Editor

The Board decided to purchase water bottles from Richard, at cost, to be given to those who led three or more rides in 1991. This will replace patches which were given in the past. The possibility of more significant awards for 1992 was also discussed.

Herb reported that we have 870 member, which is slightly better than last year.

The Board voted 8 to 3 to donate \$50 to the US Association for Blind Athletes to be used for their cycling team.

Jane asked for the Board's opinion regarding a press release submitted by Ken Sloan. After reading it, the Board recommended that she not print it. Jane also asked the Board to clarify its policy regarding only accepting bicycling related advertising.

The Board discussed upcoming nominations.

CANDIDATES' STATEMENTS

i want to be elected A rides coordinator ro encourage more rider participation in ride leading, with the number of A riders in the club. i think more rides can be listed on weekends. i will encourage this without being too much of a pain in the . . .

- Karl Dittebrandt

My name is Lawrence Ksiez and I am running for A Rides Coordinator. Now, you've all seen my name in the Bulletin, leading numerous and varied rides. This is my campaign promise: Riders, rides and more rides. Vote for me and see, thank you.

- Lawrence Ksiez

My main goal as A rides coordinator will be to create more variety in the scheduled rides. I'll cajole, bribe, bully and encourage those lurking in the back of the line to take a pull and lead a few rides, from A- through A+. In addition, I would like to organize seminars and training sessions, emphasizing specific skills and drills. I feel confident that my experience over the past 3 years as a NYCC member, coupled with my youth, energy, good looks and general joie de vivre make me the ideal candidate for this position.

- Ellen Richard

The ever-favorite "Best of the NYCC Awards" (Best Dressed, Best Couple, Best Rookie...) will be voted on and handed out at the December Club Meeting & Christmas Party (see page 11 for more info.) The "Wacky Best of the NYCC Awards" will also be given out then. If you have any wacky ideas for any wacky awards you'd like to see given to your wacky cycling friends, call or write wacky Jeff Vogel [102-10 66th Road #14E, Forst Hills, NY 11375, phone (718)275-6978.]

BALLOT FOR 1993 BOARD MEMBERS



INSTRUCTIONS

1. Every member (including both members of a couple) is eligible to vote.
2. Cut 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. PRINT your name and address on the reverse side. This is for validation purposes and will be removed before the ballot is opened and the votes counted. Ballots will be validated against the roster.
4. Indicate your choice - one only - for each contested office on the ballot.
5. Fold the ballot as indicated.
6. Mail the ballot(s) by stapling and adding a stamp or in an envelope to the person designated on the reverse, in sufficient time to be received by Monday November 9th, 1992 or deliver the sealed ballots to that person at the club meeting on Tuesday November 10th, 1992 by 8:00PM.
7. Ballots will be counted at the November Club meeting and the results announced at that meeting and published in the December '92 Bulletin.

CUT HERE

NOMINATIONS

Nominations were finalized at the October meeting as follows:

C-Rides Coordinator:
Nadine Manney

B-Rides Coordinator:
James Babbitt

A-Rides Coordinator:
☐ Karl Dittebrandt
☐ Ellen Richard
☐ Larry Ksiez

Bulletin Editor:
Jane Kenyon

Circulation:
Hannah Holland

Membership:
Herb Dershowitz

Public Relations:
Clif Kranish*
Karin Fantus

Treasurer:
Larry Nelson

Secretary:
C.J. Obergon

V.P. Rides:
Mark Martinez

V.P. Programs:
Michael Toomey*
Jody Saylor

President:
George Kaplan

* After nominations closed, these candidates requested to be removed from the ballot.

NYCC

STAMP
GOES
HERE

↓ Fold Here ↓

Bob Moulder
300 East 40th Street, Apt. 10E
New York, NY 10016

From:

NYCC

Mountaineering for Cyclists

by John G. Waffenschmidt

Those of you who have come to know me are aware of my passion for the mountains and interest in the joy of climbing. There are many similarities between mountaineering and cycling — physical capabilities, use of equipment, need for nutrition, endurance, and, of course, mental attitude. As in the last couple of years, I am again putting together a progressive program for those who would be interested in a winter activity to complement their cycling.

The initial session will be on November 18, and will likely be more akin to hiking than to mountaineering. Each week will become progressively more difficult and challenging, though all of the hikes are well within the physical abilities of our members. February will be spent in the White Mountains of New Hampshire at the Pinkham Notch Hut, and for those who have been sufficiently bitten by the bug, March will offer an overnight mini-expedition into the Adirondacks. The approach to be followed will put a primary emphasis upon safety, proper technique, and proper attitude to enjoying the mountains. For those who have participated with me in the previous years, I am going to develop some new routes, except for the old favorite - Slide Mountain. The new routes are so y'all will not get bored with me.

Those of you who are interested in participating in the program should give me a call at 516-683-5400 (w) or 718-476-0888 (h). I'll see you in the white world. §

COMEDY ON WHEELS

Tom Snyders, "the bicycling comedian", started riding and performing in 1987. Since then, he has ridden over 53,500 miles to performances in 49 states, Canada and Mexico, appearing in over 150 comedy clubs. He has even appeared 3 times on Regis and Kathy Lee, but don't hold that against him. His "Smile America Tour" will be coming to New York on **Wednesday November 4th, 8PM** at the **American Youth Hostel**. Tickets are \$5.00

Stuff for Sale

• Gios Professional, 58cm, Campy Chorus and Athena parts, mint condition. \$750. Call Carrie (212)316-9896

• Wilderness experience: Backpacking and Ice Climbing workshops in the Catskills for all levels. Experience nature, meet people, all equipment provided.
Call Mountain Adventures at (914)688-5243

• Basso Ascot frame, 52cm c-c, Columbus MS tubing, C-Record seat post, Mavic B/B. Yellow/purple. \$575.

• Lemond Air Attack helmet, like new, size L, extra pads and guaranty incl. \$45.

• White Industries Titanium B/B, Italian thread, used twice. \$165 new, sell \$95. Call Maynard (212)265-6330

• TREK 620, Reynolds 531 19 1/2" Touring frame, geared for hills and touring, included rack, etc. Some Campy some Japanese components. Wheels not included, but I'll throw in some rims. \$125. Call Rosana (212)928-8456

• Globe Canvas Messenger Bag, 20x14x7. New, Never used, \$35.

• One Nashbar Town Pannier. New, Never used. \$20. Call Dorothy (718)596-5776

• Laptop Word Processor, Smith Corona PWP7000LT. light, comew with own carrying case & battery pack. Asking \$350
Call Stephanie 769-8718

ANNOUNCING...

THE 1992 NYCC CHRISTMAS MEETING AND PARTY

AT

The Flatiron Grill

937 Broadway

GOOD
CHEER

The Buffet dinner will include soft drinks, dessert and lots of food all for \$18. (Cash Bar available too) The Entertainment will include comedy, wacky awards and lots more.

GOOD
PEOPLE

Mark the date now...

December 8th

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: _____

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.**

CLUB MEETING:
NOVEMBER 9th

GRACE LICHTENSTEIN

Former NY times Correspondent who rode
on a 48 day coast to coast tour this summer
and wrote 17 articles about the trip will
tell us all about it!

Note the new location!!

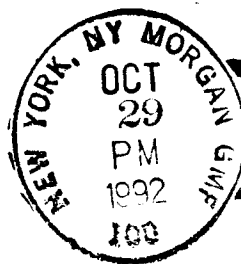
Monthly Member's Meeting at Branigans, 104 Greenwich Street.
Three blocks south of the World Trade Center. One flight up from the bar.
6PM Social Hour, **7PM** Dinner, **8PM** Program.
Dinner \$10-12 per person.
Non-diners seated separately.
Members and non-members welcome.

Things to Bring to a Club Meeting

1. Any bike parts or clothing you would like to donate to a youth center.
2. Any current or nearly current magazines that we can circulate to other members.



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



First Class

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

10/08

DON'T FORGET TO VOTE!!
(see ballot inside)