

October  
1992

# NYCC Bulletin



*"I distinctly remember suggesting that  
we get home before midnight..."*

## New York Cycle Club

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## Guidelines for Club Rides

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

Please be sure that your bike is in good working condition. Bring a pump, spare tube(s), 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 November Bulletin, October 1st.**

# ...Club Rides...Club Rides...Club Rides...Club Rides...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.

## Saturday, October 3

### A22 80mi The Mountain, South 9am

Leader: Ellen Richard (212 505-0697). From the Boathouse. The reverse route of the August 1 ride which means up South Mountain Road and down Saddle River. The question is will Greg's wheel miraculously straighten and will Don punch Philippe? Pocket food recommended.

### A19 80mi Rockin' Down The Highway 8am

Leader: Larry Ksiez (718 478-0644). From the Boathouse. It's that time again, to do a few hills to Beacon, maybe we'll even do Perkins Drive this time. Train pass needed, precip. call leader.

### B+ 100mi L.I. 100 8am

Leader: Steve Britt (718 204-4970). From the Boathouse (possible pick-up in Queens call leader). Bethpage State Park via a south shore route out and a north shore return. Deli stop & picnic at the park. The usual cancels.

### B 55mi Anywhere But Nyack 9am

Leader: Jim Babbitt (718 296-0027). From the Boathouse. Destination is still being considered at press time, call if you really need to know by Oct 1st. Maybe by then I'll know also. Rain cancels.

### C- 20mi Art Deco Architecture Around Bronx's Famed Parks 1pm

Leader: Paul Rubenfarb (212 740-9123). From NE corner 181 St. & Ft. Washington Av (A train). No American county was recipient of such thoroughly artistic planning with a grand urban scale as the Bronx. In the T.R. and Wilson 'Dollar Diplomacy' days, money for this efflorescence was spent with our adolescent nation's elan. Doyen of park designers, William Law Olmstead, bequeathed the Bronx several world-class parks, rarely aired in our babbitized academia and mass media. On arborescent quiet parkside streets are exquisite apartment blocks ideal for poets and those seeking 'the country in the city'. Rain or shine. Rough unobtrusive attire.

## Sunday, October 4

### A23+ 57mi Nyack Express 9am

Leader: Angel Rivera (212 889-9346). From the Boathouse. "Big ring keep on turnin'... quadriceps keep on burnin'." You got the picture? The usual cancels.

### A- 85+- Picnic on Croton Dam 8:30am

Leader: Irv Schacter (212 758-5738). From the Boathouse. Ride to Pleasantville for brunch. Pick up snack for the picnic. The leader has found a scenic but unfortunately hilly route so gear accordingly. Greater than 40% chance of rain cancels. Metro North pass suggested.

### B-C+ 55mi 7 Lakes Drive 7:30am

Leaders: Laurie Harris (718 768-3887), Geo Carl Kaplan (212 989-0883). 7:50am train to Garrison (\$9.50 rt). Then over the Bear Mtn Bridge to ride the 7 Lakes Drive through Harriman State Park. Hills, mountain gears suggested, means to carry lunch. Helmets required. Return to GCT by 7pm. Precip cancels.

### B14 69mi 69 for 69 8:15am

Leader: Irv Weisman (hm 212 562-7298, wk 212 241-4783). From G.W.B. Bus Terminal (178 St & Ft. Washington Ave, "A" train to 175 St). Now, now, calm your sex-obsessed brain. This is merely my birthday effort to match the ride mileage to my age. The route is thru low traffic suburbia in Bergen and Rockland, including secluded S. Mountain Rd. Don't be misled by my age or the 11mph avg. speed; there are several very demanding hills which require strong hill-climbing capability. Two or three food stops. Helmets req'd. 60% chance of rain cancels.

## Columbus Day Weekend - October 9-12

### All Class Columbus Day Weekend All Class Club Ride

Leaders: Christy Guzzetta (212 595-3674), Geo Kaplan (212 989-0883), Jim Babbitt (718 296-0027), Jeff Vogel (718 275-6978). NYC - Friday 10/9. Take our Private Bus to SuCasa, just outside of Woodstock, NY. Enjoy 3 full days of cycling, Rock 'n Roll dance parties, goofy Woodstock NY and much more. Bus takes us back to New York Monday, 10/12. Check for \$200 made out to Christy Guzzetta (mail to Christy Guzzetta, 49 West 75th St, NYC 10023) includes bus to and from, dinners, breakfasts, parties (BYOB), overnight accommodations, good times, maps, more.

## Saturday, October 10

### A19 55mi No More Hills (Except Maybe One) 9am

Leader: C.J. Obregon (718 622-6137). From the Boathouse. Easy ride to White Plains with a climb to Ridge Road on the way home. Helmets required. Precip at start cancels.

### B17 75+mi On The Road Again 8:30am

Leaders: Larry Ksiez (718 478-0644), Mike Brennan (718 458-1762). From the Boathouse/Yellowstone & Queens Blvd. Mike and I have rescouted this route to Oyster Bay & Syosset and have thrown in a few extra turns and maybe a few extra miles. Precip? call leaders.

### B- 55mi Nyack Ride 9am

Leader: Peter Morales (718 833-4370). From the Boathouse. Easy paced ride to Nyack. Rain cancels.

### C- 18mi Brooklyn's Under-Bridge Bohemia + Red Hook 1pm

Leader: Paul Rubenfarb (212 740-9123). From front of Brooklyn Museum (Eastern Pkwy stop on 2 or 3). The real artists, who scavenge cans for paint money (unlike the pampered 'trustfunders') less and less can rent on Bethune or Barrow streets in now gentrified Greenwich Village. They've fled to the perhaps-even-more picturesque bohemia under the Wburgh and Manhattan Bridges. The quaint Parisian-like walk-ups and awesome harborscapes inspire a fertile artistic output. Rain or shine

## Sunday, October 11

### A21 65+-mi Leafing Early 8am

Leader: Mark Martinez (718 726-7644). From the Boathouse. Westchester, rolling hills, backroads, Fall Foliage. Emily Sealpost Rules! Rain at start cancels.

## ...Club Rides...Club Rides...Club Rides...Club Rides...Club Rides...

**A17.5 80mi Perkins Drive 8am**  
Leader: Karl Ditebrandt (212 477-1387). From the Boathouse. If you are not in the Catskills this weekend there are some good hills right around here, there will be some on this ride. A diner stop for breakfast and a deli stop. So bring hill gears, pocket food and your Metro North pass for train ride home. Rain cancels.

**B 50mi Brisk B to Bayville 10am**  
Leader: Don Passantino (718 446-9025). From the Statue of Civic Virtue, Union Tpke & Queens Blvd. Brisk ride on country roads to Bayville for a picnic lunch or indoors if brisk. Temp below 45 or 30% chance of rain cancels.

**C+ 54mi Ersatz Catskills Ride for Stay-At-Homes 9am**  
Leader: Peter Hochstein (212 427-1041). From the Boathouse. What's that, Bunky? You can't make it to Christy's Catskills club weekend? Poor baby! But don't cry. We'll find some comparable hills for you close by in Northern New Jersey. Via River Road to Nyack. C+ or better distance and terrain but at a C to C+ (12 to 14mph cruising) pace. Outdoor or diner lunch depending on temperature and whim of leader. Helmets compulsory. Serious rain at start cancels. Rain date Monday, Oct 12.

### Saturday, October 17

**A21 125mi Seven Bridges Road 6:30/7am**  
Leader: Larry Ksiez (718 478-0644). From the Boathouse/Queen's & Yellowstone Blvd. Yes folks, it's my favorite ride at my favorite time of the year too! I'm speaking about Montauk of course! LIRR pass needed, pocket food recommended. Precip. call leader.

**A 70mi A Real Purdy Ride 9am**  
Leader: Genghis Ron Grossman (718 965-2168). From Metro North Station-Purdys NY. Take the 7:47am train from GCT or car top to start. A real purdy loop taking in the purdiest part of Westchester & Connecticut, but mostly dam purdy Putnam County. All purdy-um teachers welcome. Two food stops. Purdy bad weather cancels. Rain date Sun Oct 18. Call leader to confirm.

**B+ 70+mi Sunken Meadow 9am**  
Leader: Steve Britt (718 204-4970). From the Statue, Queens Blvd & Union Tpke (E or F train to Union Tpke). North Shore views and quiet roads await you on this ride to L.I. Hearty souls welcome to bring bathing suits. Rain cancels.

**B 56mi Bike Paths & Bridges 9am**  
Leader: Michael DiCerbo (212 645-1120). From the Boathouse. A scenic ride with 3 different paved bike paths, the largest one meandering back and forth over Saddle River. We'll have a picnic lunch in Ridgewood.

**B-C+ 45mi Lamont Doherty Observatory Open House 9/10am**  
Leader: Herb Dershowitz (212 929-0787). From the Boathouse/GW Bridge. To Piermont to pick up lunch, then to Lamont Doherty Observatory for its annual open house. See wonderful exhibits on the history & structure of our planet. Helmets required. Precip. cancels.

### Sunday, October 18

**A 60mi No Coke Pepsi (Maybe) 9am**  
Leaders: Rikki Furman (212 734-2887), Herb Dershowitz (212 929-0787). From the Boathouse. Nice fast course to the Sculpture Gardens of Pepsico. 60% chance of rain cancels.

**A 65+mi Warm Up For The Crit 9/9:45am**  
Leader: Sherman Pazner (212 628-0064). From the Boathouse/Jewel Ave & Queens Blvd. Come out to see if our boy Mike McCarthy can stand up to the local competition in the Oyster Bay Criterium. Those wearing team jerseys will be eligible for FICP points. Anyone not keeping a tight paceline will be summarily dropped! Heavy rain at start cancels.

**A- 65mi Do You Take Oyster Bay? I Do. I Do. 9:30/10:15am**  
Leaders: Richard Rosenthal (212 371-4700), Kathleen Eaton (212 371-4700). From the Boathouse/Jewel Ave & Queens Blvd. Those who don't want to watch the criteriums (criteria?) with nationally ranked riders can browse the Oyster Bay Festival for fried foods. There's one very short hill that's no honeymoon. Rain cancels.

**A- 70mi Oyster Bay Criterium 9am**  
Leader: Marty Wolf (212 935-1460). From the Tramway Plaza, 60th & 2nd Ave. Recommend bringing something reflective or lights if staying for last race. Cue sheets/maps available for those returning early.

**B+ 80mi Halloween Preview 9am**  
Leader: Tony Dean (718 797-9484). From the Boathouse at 9am sharp. We will recreate the ride of Ichabod Crane through Sleepy Hollow. Based on original research by NYCC members. Helmets particularly recommended. Lunch in North Tarrytown. 50% chance of precip or premature appearance of Great Pumpkin cancels.

**B/B+ 55+mi A Day at the Races 9:30am**  
Leader: Jim Babbitt (718 296-0027). From the Statue, Queens Blvd & Union Tpke. Once again its time for the annual Oyster Bay "Oyster Festival Cycling Classic". It's a nice way to spend a late summer day. Rain cancels

**B-C+ 40/60mi Nyack State Park 9/10am**  
Leaders: Arlene Ellner (212 677-3306), Athena Foroglou (212 947-9095). From the Boathouse/Bus Terminal at Ft. Washington Ave & 178 St. Scenic schmooze ride to Nyack Beach Park. Helmets required. Picnic if weather permits. Precip. cancels.

**C- 20mi Manhattanville-Gilded Age Architecture in the 140s 1pm**  
Leader: Paul Rubenfarb (212 740-9123). From NE corner 181 St & Ft Washington Av (A train). If you had a dollar for every NYC architectural masterpiece the landmarks commission has never (and will never) even considered landmarking - you'd be on easy street. In NYC it takes 10 years to get your historic building landmarked (i.e. with the help of requisite powerful politicians). Ride and see thousands of such perennially unlandmarked - yet world class - architectural gems in the elegant age's Manhattanville. Rain or shine. Rough unobtrusive attire.

### Saturday, October 24

**A 85mi A Ride Classic 8:30am**  
Leader: Lance Leener (212 947-9392). From the Boathouse. Spirited, fast, precise. This old fashioned "A" ride will bring back memories of the past. We will paceline together, climb together and finish together through the challenging roads of Westchester. If you are skilled and up to the challenge, join us! Rain at start cancels.

# ...Club Rides...Club Rides...Club Rides...Club Rides...Club Rides...

## B17 60mi Let It Ride 9am

Leader: Larry Ksiez (718 478-0644). From the Boathouse. What can I say about this ride that hasn't already been said? Nothing, except it's the non-9W way to the diner in Nyack. Precip? call leader.

## B 70mi L.I. Gold Coast Tour 9am

Leader: Jim Babbitt (718 296-0027). From the Statue, Queens Blvd. & Union Tpke (E or F train to Union Tpke). This is a classic L.I. ride. Kings Point, Sands Point and Roslyn are a few of the highlights. Views of L.I. Sound are spectacular. Don't miss this one. Rain cancels.

## C- 24mi Brooklyn's First Avenue Waterfront & Bay Ridge 1pm

Leader: Paul Rubenfarb (212 740-9123). From front of Brooklyn Museum (Eastern Pkwy stop on 2 or 3). Brooklyn's waterfront effuses the thick 'dem' and 'dose' Brooklyn dialect and work-a-day rigor of the muscled stevedores and teamsters who grace it. This is where men turn out work work, with their hands, unlike the abstract or electronic 'work' of the computerly white collarites. Bay Ridge's famed 'gold coast' is lined with victorian mansions. Rain or shine.

## Sunday, October 25

## A/B/C 30/45/60 Conn Shoreline Fall Foliage 7:30am

Leader: Geo Carl Kaplan (212 989-0883). From GCT. Once more (w/o rain) see the Fall Foliage on the Conn Shore. Buy a bag of breakfast at Zaros, chip in for pizza (Frank Pepe's) on the ride home. RT fare \$19. Three loops, take your pick. Precip cancels.

## A 60-75mi No Class Ride 9am

Leader: Tom McMahon (212 777-5845). From the Boathouse. An antidote to the All Class Ride. Wear your loudest neon jersey, striped knee socks & borrow a Cannodale, or better yet, a Nashbar (with aero bars, of course). Breakfast stop in Nyack, after which you may: a) return to the park b) head up to South Mtn. Rd. or c) hit the local bars & watch football. Crummy weather cancels.

## A16 70mi Sunday Reverence late-ish

Leader: Steve & Caryl Baron (212 595-7010). Call for time and meeting place. There's a lovely church with stained glass windows designed by Matisse. We'll ride there, then maybe loop around Kensico reservoir. Helmets Required. Iffy weather, check with leaders.

## B14 50mi Fall Foliage, Paterson Falls, Garret Mtn. Views of NYC 8:40am

Leaders: Irv Weisman (212 562-7298), David Miller (212 794-9365), Maggie Clarke (212 567-8272). From the top of World Trade Center escalators to PATH (\$1), for 9am train to Newark. (DST ended last night!) Ride thru pretty suburbs decked out in fall foliage; view NYC skyline from 20 miles. Two indoor food stops. Return via G.W. Bridge by 4:30pm, encountering several demanding hills enroute. Joint TA. 60% chance of rain cancels.

## C 30mi Bike Around Jamaica Bay 10:00/10:30AM

Leaders: Richard Fine (914 638-0842) & Fran Rolston (718 381-9720). Explore Floyd Bennett Field, Gateway Nat'l Rec. Area, Fort Tilden, Riis Park, Breezy Point, etc. Meet 10:00AM Nostrand and Flatbush Aves (IRT #2). Drivers meet 10:30AM at Ranger Sta. Floyd Bennett Field, Flatbush Ave. Joint ride with bikers from: Educators for Gateway, other Jamaica Bay environmental grps, T.A, LIBC & NYCC. Precip. cancels.

## Saturday, October 31

## A22 115mi The Long Run 7:30am

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 Whippoorwill 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, Rikki Furman and other NYCC runners, and an extra layer for warm spectating. Helmets Required. Precip cancels.

## Saturday, November 7

## 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 centruy, 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.

# NO TECH TIPS

Bob Moulder

## Chaos

"Yes, Virginia, there is a Santa Claus, it is possible to get a bit 'burned out' on bicycling, and the No Tech Tipster might actually sell his Eddy Merckx (he will still have 2 road bikes, anyway) and use the proceeds to buy a mountain bike, if his wife doesn't kill him."

The rumors I've spread are true - I'm in the midst of gearing up for some fall and winter backpacking and photography, so when the time came to put together this column, I gathered up several ideas and suggestions from you and me and others, mostly in response to previous articles. Thanks for the help, and I'll see you on the road again come spring.

## "B"ing There

NYCC member Andrea Goodman read my recent column that contained Geo Carl Kaplan's tips for C riders, then jotted down her own list of suggestions for problems she frequently notices on B rides.

### Tires

- Flat repair:* Learn to change a tire in the comfort of your own home; changing a tire on a club ride can make you a nervous wreck if you don't know how.
- Slow Leaks:* If your tire is flat in the morning, chances are the tube needs to be changed. Don't just fill it up and go.
- Tire Pressure:* The \$30 I spent on a floor pump with a gauge saved at least 30 minutes from not having a flat on my next club ride. (And every subsequent ride. BM) Flats from over- and under-inflated tires cost my fellow riders valuable time we could have spent at the lunch stop.
- Spokes:* If a spoke goes through your inner tube, it's likely to happen again during a ride.
- Tire conditions:* Watch for worn treads. They are more susceptible to glass and sharp objects that cause punctures.

### Breakfast

Eat a good breakfast before the ride starts. Pulling into food stores early in the ride causes everyone to wait 15 minutes for the few riders who didn't prepare.

### Etc., Etc.

Andrea wrote, "Say what you want about riding to the right, not bunching up at traffic lights, checking for cars behind before you pass, carrying pocket food, etc..." As we now know, last month's Bulletin made ample mention of most of these things which, not coincidentally, apply to A, B and C rides alike. 'Nuff said, eh?

## Foggy Bottom

Addendum to the tip on using Rain-X and drilling holes in your eyewear's polycarbonate lenses to reduce condensation: A couple of you mentioned to me that the mail-order catalog for Campmor lists an anti-condensation product called, get this, "Cat Crap". I looked. Yep, there it is on page 81 — "Cat Crap" \$3.00 for a 1/2-oz. container. Nobody I talked to has tried it, so I'm not sure how well it works. Campmor has a huge store on Rt. 17 in Paramus, NJ, and ads for their catalog can be found in virtually any bike or outdoor magazine, or call 1-800-526-4784.

## Sew-up Redux

NYCC member Alan Geiger advises that if used sparingly, Fast Tack is a good, fast-drying rim cement that will allow the tire to be removed without ripping the base tape off the tire. Alan suggests using the fine tipped applicator to lay a small bead on the rim, then install the tire. (*Racers' Note:* If you race or do a lot of hard cornering, don't take chances. Always double-coat tires and rims when using regular rim cements, and make sure tires and rims are completely free of other rim glues when using Fast Tack. And don't be stingy with the Fast Tack, either.) If you open your sew-up repair kit and find you're out of regular sew-up thread, don't fret. Waxed dental floss will work just fine, maybe even better, because the wax helps it slide through tough tire casings much easier. When expensive tubular tires wear out, instead of just tossing them in the trash, why not cut the stitches and remove those fine, lightweight latex tubes so you can use them in your clinchers? Hint: Cut the stitches with a tailor's seam ripper or a sharp knife; it'll take forever and a day if you try to use a razor blade. \*

## ASI "C" IT

by Geo Carl Kaplan

## THE ANATOMY OF A RIDE

So you want to lead a ride and you don't know what to do or how to begin. That's what this series of articles is about. But, it's not only for the neophyte ride leader, it also will serve as a valuable refresher for the experienced leader. It is based upon my years of experience as a leader of day rides, week end trips, centuries, and ultra marathons. I completed the AYH Leadership Training Course and discussed the subject at great length with many experienced leaders.

During a series of columns, I will take you through the planning and preparation, the actual ride itself and will discuss many types of incidents that may or may not occur. I will also go over equipment, clothing, and while the articles are directed at day trips, I will discuss weekend trips, centuries and ultra marathons as well.

The ride begins when you get it into your head to lead a ride. Contact the ride coordinator - A, B, or C, as the case may be - and tell him or her what you intend to do and when you want to lead the ride. Then get on with the planning. Select a co-leader and ask him or her to participate. It is a good idea when you are leading your first ride to get the benefit of the experience of a veteran ride leader.

The next step is to select a destination or route and then plan an actual route. Now, the leader and co-leader do a pre-ride to insure that all is what it should be. On the pre-ride take notes for the cue sheet and map that will be distributed to the trippers at the beginning of the ride. Now that this is completed set the final date, inform the coordinator, and prepare the ride listing for the club bulletin. Finally, the last thing done before the day of the ride is to prepare the cue sheet and map.

The day before the ride, check equipment, and the day of the ride, take center stage. Arrive early at the ride starting place and take care of sign-ups, introductions, distributions of cue sheets, and other preliminaries.

I welcome your questions - call me, and I will do my best to answer them.

# BLOWOUTS

LOU B. POKEB

Summer ended and it finally stopped raining. The last pizza ride of the year was also the first not to be rained out. It did come close though. With the skies threatening, even leaders **Geo Kaplan** and **Sherri Gorelick** didn't show up. With only 20 or so people attending there were plenty of slices and sodas left for Central Park's homeless.

If you've noticed that several club regulars have been missing lately it's because they've formed "NYCC North". **Bob** and **Rosanna Trestman** (yes), **Dick Goldberg** and **Judy Goldberg** (yes), **Karen Reich** and **Gerry Wendrowsky** (yes), **Sherri Gorelick** and **Geo Kaplan** (hmmm), **Don Nickleson**, **Doug Nervik** and **Holly Gray** spent most of their summer weekends in the Berkshires. They've been tubing the Housatonic, rescuing boomerangs from trees and once in a while they even went riding. It took them a few weeks though before they figured out that bicycle tubes don't work on the river!

Another missing rider has been **Franziska Rauch**. After spending most weekends in the Catskills, she's moving to Oliveria permanently. With all the great cycling there **Franziska**, I hope you've got a huge house to accommodate all your NYCC friends!

And where has **Janet Klutch** been lately? She was on a Backroads Bicycling Tour of Napa Valley. She came back with some hilarious stories that I can't print here. Ask her about the British rider who got something stuck in his zipper. Ouch!

Returning riders include **Arlene Brimer** and **Chris Mailing** who paid us a surprise visit and showed up on a recent ride to Nyack. It was good to see you, **Chris** and **Arlene**. Come back often!

The SIG story continues. **Cathe Neukum** (love that name) was vacationing in Michigan when her itinerary and the Tour of Michigan's happened to cross. Fortunately she had her new **Merlin** with her. She entered the **Crit** and won! Not a bad start to her racing career.

The big battle within the Club is to see who can write the wittiest ride listings. The finalists are **Tom McMahon** (his **Elvis** write-up was great) and **Mark Martinéz** (who also ghostwrites for **Angel Rivera**). This month's listings will be judged by **Arni Nashbar** and the members of the **Whippoorwill Country Club**!

**Peter Hochstein**, don't you know it's knot verry nise too make funn of **Vise Prezident Quayle**?

Congratulations to **Carolyn Blackmar** and **Bill White** (yes) and **Liz Dollinger** and **Neil Schreffler** (yes) who were married in separate ceremonies on September 12th. Getting from one wedding to the other was incredibly difficult for the crashers.

Congratulations are also in order for **Kathy Eaton** and **Richard Rosenthal** (yes) who are planning to be married in Florence in mid-October. Since they know no one will believe it until they see it, **Kathy** and **Richard** have invited everyone to Italy to witness the wedding!

Best wishes to **Chris** and **Meg Price** (yes) who are expecting their first child. **Chris**, this isn't a good enough excuse to disappear from cycling.

So, why is half the club jealous of **Ed Fishkin**? He just spent two weeks cycling in Europe with **Julie Gengo**, **Ellen Kreis** and **Julie Scher**. I can't wait to hear a report on this trip, rotating pacelines by day, rotating rooms by night?

And why is **Ed** jealous of **Irv Schacter**? Just take a look at **Irv's** new **Merlin Ultralight** with top of the line everything down to the titanium water bottle cages!

The next time **Jody Sayler** leads an architectural tour, count me in. On her latest ride to Staten Island, everyone stopped to admire a **Frank Lloyd Wright** house. Soon enough, the owner came out and invited everyone in for a guided tour. **Jody**, you couldn't have done any better if you tried.

**Margaret Cipolla** to **Mark Martinez** (no): "I've never seen one that big!" What was she referring to? The **Nude Beach Ride** was months ago.

**Mark** apparently was showing her the freewheel he was planning to use on **Devils Kitchen**. The ride itself was uneventful as there were no wet steel deck bridges to slide across. Highlights of the day included **Alan Cohen** reaching to summit first, although he used a triple (**Irv Weisman** approves), just beating **Don Montalvo** who had recently snuck out of **Pascack Valley Hospital** (don't ask). **Jane Kenyon** was the first (and only) woman up. **Ron Grossman** won the muscle man award for using a 42x24 (sorry, **Irv**) and not for nuttin' but **Mike DeLillo** brought his fenders, lights and rack pack just in case.

So how did everyone find out about the fire at **O'Hara's**? First **Tom McMahon**, who walks past on his way to work, called **Richard Rosenthal**. But within minutes **Geo Kaplan** was on the phone with half the club. In fact **Geo** called so many people that we suspect him of arson!

The **Road Bozo Award** for this month goes to **Jeff Vogel**, who obviously has too many bikes. On the evening of the club pizza party he went to pick up the bike he had left at **Conrad's** for a minor repair, thinking he would do a few laps with it. Unfortunately he forgot what equipment was on which bike. That bike had no pump and... no front wheel! Fortunately **Sarah** and **John** saved the day by loaning him a wheel.

Happy Birthay **Irv Weisman**! \*

## Truth in Mirth: Dept. of Corrections

The name of the previously announced **CIG SIG** has been changed to the **EX-CIG SIG** and will be lead by the previously announced **Peter Hochstein** and the previously mis-announced **David (sic) Miller**.  
O.K., **Peter**?

- **R. Rosenthal**



*Out of the Saddle*

Mark Martínéz

**The Thing**

"I'm afraid of this thing," said the voice on the other end of the line. I said, "You should be." I was too. He was afraid the raw challenge would exceed his not so modest abilities. I was more afraid of letting my guard down after conquering the same challenge a year ago. If I got too casual, I'd be setting myself up for a rude lesson in modesty. If I thought about it too much, I'd psych myself out before I started.

The "thing" was two miles of poorly paved macadam that tilted up at an impossibly steep angle. No responsible civil engineer would ever plan a road up a grade that would make most hikers gasp for breath and cause more than a few cars to sputter and die. It was officially closed in winter. Unofficially, it was insane all year round. Insane that is, for a weekend warrior like myself to attack on a bicycle.

The "thing" had a name. Devil's Kitchen. It fit.

In 1989 the sadistic director of the Tour de Trump decided that including a painfully steep climb would add spice to what was to become America's premier stage race. Someone suggested that Devil's Kitchen might fit the bill. It did. The following year, on this stretch of Catskills blacktop, Tour leader Vladislav Bobrik had his pink jersey figuratively stripped from his back. After "blowing up" in the Kitchen, he finished over half an hour behind Raul Alcala who went on to win the Tour. Other pros found themselves hopelessly undergeared and were forced to dismount and clatter desperately to the top *à pied*.

Last year I joined the NYCC's second annual trip to the "Kitchen", organized by our very own sadist, Jeff Vogel. (Anyone who knows Jeff will tell you he has a very strange sense of humor.) Devil's Kitchen is actually a part of Platte Clove Road located about ten miles west of Saugerties, New York. The clove is a

cleft in the mountains called a "kloof" by the early Dutch settlers of the region. How the Devil got associated with this site I can only guess.

Looking back on my first struggle up that wicked pitch, I only recall having one thought as my heart rate hammered at the redline; "Has anyone ever had a heart attack climbing this thing?" Luck was with me, as I didn't get an answer to my question. I did manage to make it to the top without pausing, but just barely.

Now, after much planning and not enough training, the day had arrived. A small assault force of cars, their roofs bristling with bicycles, headed north on the New York State Thruway on a Sunday morning late in August. That the day had dawned cool, calm, and clear only served to heighten my unease as we made our way northward. What a nice day for a schmoozy ride to Nyack, I thought, but Nyack would have to wait. As the Blues Brothers would have said, we were on a mission.

This year was to be my second time up the "Kitchen" and I was afraid I would be a tad blasé this time around. I knew my legs would be no stronger than they had been the prior year and I wouldn't have as much to prove to myself either. I needed some ego insurance. This insurance took the form of an oversized freewheel with a 30 tooth low gear. As we unloaded our bikes from the cars, some of my cronies took one look at my "buzzsaw" cog and threatened to report me to the Gear Police. I just smiled and was thankful that I thought to bring my KitchenAid appliance.

Whatever my misgivings were, I'm sure they were small compared to those of the first-timers who had come to test their mettle. We mounted up and took a meandering ten mile approach that would allow us to loosen up before the climbing started. As we neared the start of the serious climbing, one of the riders flatted but no one else stopped. We were too close now to pause and let warm

muscles chill in the cool morning air. One more turn and there it was.

Most riders were out of their saddles before they'd ridden 50 yards. The first casualty of the climb was one rider's brand new freehub. When the going got tough... little metal parts sheared under the strain, leaving him with a useless mount stuck in neutral. As the grade steepened, wheels began to weave across the curving road in an attempt to avoid the worst pavement and cheat the slope a little. Every so often the road would "lay back" a bit. More often than not, it would steepen before you could decide if it was worth upshifting. Bikes would lurch forward and pause as arms, backs, and legs strained to force the pedals over the dead spots one more time. Finally the heart sinking ramp of the crux hove into view. There on the steepest part, I could see one of the "first-timers" walking, as if to emphasize the painfulness of the grade. I know it's perverse, but the sight of him made me all the more determined not to give in to the Hill. I ignored the ever widening valley view to my left as I slowly cranked around the last steep turn.

Then it was over.

As I joined a growing crowd at the summit, I was already feeling some pangs of disappointment. Ten minutes earlier, I wasn't sure if I could make it all the way to the top. Now, I was sure I could have made it there much faster. Some people are never satisfied; having met one challenge they immediately look for another. That's what all of us on that "hill" had in common. Whether we rode the whole way, or whether we walked a little. Whether we crunched up in a 42X24, or "spun" up in a 30X30. Whether we were first up the hill, or whether we were last. Some people... my kind of people. \*

## NUTRITION CORNER

Alex Bekkerman

## PRINCIPLES OF ULTIMATE SPORT NUTRITION

Ask a legitimate expert in clinical nutrition like Victor Herbert what is the best sports nutrition and you will get a solid, well-argued answer. Then, in search of a second opinion, you come across another recognized authority like Fred Hatfield, who will contradict almost everything the first guy said.

Confused and irritated you open a respected bicycling publication, where a famous sports physiologist Ed Burke is sharing with you with his intimate knowledge of Phil Anderson's diet in the Tour de France.

And the confusion goes on... There are so many crackpot ideas, in addition to real expert opinions, promoted by diet czars and self serving quacks, that making sense out of these all conflicting claims can indeed be difficult.

But this is not it... There is another complication, which unfortunately comes from us. Do we really know what we need? Did we ever sit down and think about what our true nutrition needs are, based on age, gender, level of fitness, etc. Without a knowledge of one's true needs it is easy to fall prey to an aggressive quack.

With regards to all said above, I would like to offer a few principles and ideas. I have not invent them but rather gathered them from the following reputable sources, which represent a "balanced mix" of traditional, modern and very advanced sports nutrition views. Here they are. The Mt. Sinai medical School "Complete Book of Nutrition", the American College of Sports

Medicine "Sports Nutrition Guidelines", "Ultimate Sports Nutrition" by F. Hatfield and "Cycling, Health and Physiology" by Ed Burke.

First and foremost, you have to make a clear choice with regard to one of the following fitness categories.

- I. Health-minded mortal (e.g.: overweight executive wanting to be fit)
- II. Fitness enthusiast (jogger, B-rider...)
- III. Fun-minded athlete (Bike racing, A-riders, long distance touring)
- IV. Ambitious athlete (would-be winners, ultra-marathoners...)

You can belong to only one of these categories. It is extremely important to understand that each category is a natural continuation of the previous one. For example, once you belong to the elite "ambitious athlete category" you must follow guidelines established for all three preceding categories plus (!) the categories' special requirements.

It is like in school: you cannot graduate from the 10th grade unless you finished elementary school. Actually, I am wrong. You can. But if the result of mis-education are not clear, the results of malnutrition are very clear: early retirement, premature aging, and at best mediocre performance.

Once you decide which category you belong to, you can start building YOUR OWN NUTRITIONAL PROGRAM. It does not have to be rigid nor does it require military discipline. What you need is consistency, and long term commitment.

Below, I have assembled the most relevant facts, digested them and categorized below. I call this a scientific approach.

	HEALTH-MINDED MORTAL	FITNESS ENTHUSIAST	FUN-MINDED ATHLETE	AMBITIOUS ATHLETE
<b>DIETARY NEEDS/ GOALS</b>	1. Maintain body weight. 2. Support immune system 3. Body fluid balance 4. Maintain protein turnover 5. Facilitate waste product removal 6. Supply adequate vitamins/minerals 7. Compensate for deficiencies caused by stress	<i>Same as for "health-minded"</i> <b>Plus:</b> 8. Increased calories and water 9. Carbs before exercise, proteins after	<i>Same as for "fitness-minded"</i> <b>Plus:</b> 10. Increase protein for muscle rebuilding 11. Increased electrolytes	<i>Same as for "Fun-minded athlete"</i> <b>Plus</b> 12. Carboload for races 13. Keep nutrition diary 14. Nutrition for recovery 15. Nutrition for pain relief 16. Nutrition for mental concentration 17. Special attention to immune system 18. Maintain low % body fat 19. Supplementation w/ amino acids 20. Glucose polymer drinks 21. Protein drinks 22. Attention to iron, magn., calcium and potassium.
<b>DIETARY GUIDELINES</b>	Carbs = 55% Protein = 20% Water = 8 glasses Fat = 25% Fiber = 30gr Multi Vitamin = 50% RDA Multi Mineral = 100% RDA	= 60% = 20% = 12 glasses = 20% = 35gr. = 100% RDA = 100% RDA	= 70% = 20% = as needed = 10% = 40gr. = 150% RDA = 150% RDA	= 75% = 1.5g per KG body weight = monitor via body weight = less than 5% = 45-50 gr. = 300% RDA = 200% RDA Plus special supplements for recovery and endurance

In the next article we will review performance-enhancing substances, both legal and illegal. You will also find out what

was Art's "nuclear bottles" (see Nutrition Corner in the July issue), which helped him qualify for RAAM. \*

## BOARD NOMINATIONS AND OTHER CLUB ANNOUNCEMENTS

### A CALL FOR BOARD NOMINATIONS FOR 1993

Serving on the board is a darn good way for you to contribute to the club and it's the best way to put your ideas for the club into effect. It's also your license to bitch if you don't like the way things are going. Oh, and it can also be fun.

When you come to the October Club meeting, please come prepared to have your name or that of someone whose election you'll work for put into nomination.

Nominations were made at the September Club meetings, and appear below. Nominations will also be accepted at the October Club meeting, and ballots will be included in the November Bulletin and counted at the November meeting.

-R. Rosenthal

### ATTENTION MEMEBERS New Club Meeting location:

In case you hadn't heard from another club member, or read it in the newspaper, O'Hara's, our meeting place for 3 years, was destroyed by a fire on Friday September 4th. Our September meeting was held at Branigans, two blocks south of O'Hara's on Greenwich Street. We will use this location for our October meeting as well.

### ATTENTION RIDE LEADERS

Leaders who led three or more rides in 1991 are entitled to a "Completely unofficial, strictly interim, merely stopgap 1992 NYCC" water bottle. Please see Jeff Vogel at the October Club meeting. (If you can't make the meeting, call Jeff at (718)275-6978.)

### NOMINATIONS

Nominations were made at the September meeting. those nominated will have a chance to decline or confirm their desire to run at the October meeting. Additional names will also be accepted at the October meeting:

**C-Rides Coordionator:** Nadine Manney

**B-Rides Coordinator:** James Babbitt

**A-Rides Coordinator:** Karl Dittebrandt  
Ellen Richard

**Bulletin Editor:** Jane Kenyon

**Circulation:** Hannah Holland  
Christy Guzzetta

**Membership:** Herb Dershowitz

**Public Relations:** Clif Kranish  
Jody Sayler

**Treasurer:** Larry Nelson  
Mike Yesko

**Secretary:** Karin Fantus  
C.J. Obergon

**V.P. Rides:** George Kaplan  
Mark Martinez

**V.P. Programs:** Christy Guzzetta  
Bob Moulder  
Richard Rosenthal

**President:** Herb Dershowitz  
Sherri Gorelick  
Christy Guzzetta  
George Kaplan  
Jane Kenyon  
Mark Martinez  
Larry Nelson  
Ellen Richard

# SPORTS MEDICINE

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In August I biked the Pyrénées from the Mediterranean to the Atlantic. I biked 21 miles out of my way and over the highest mountain pass in the Pyrénées —15% higher than the next highest one—to see Andorra, the cute, quaint, mountain-top principality tucked between France and Spain.

If my life has no other meaning than to save one person from going to Andorra, my life will have been worthwhile. Andorra is a single road of bumper-to-bumper, diesel-spewing traffic of shoppers that goes on and on for miles. The entire country resembles nothing so much as Canal Street on a Saturday afternoon minus the interest of Chinatown.

To vindicate my having gone there, just before I crossed the border out of it, I bought a cheap Casio watch that I really didn't need. I paid only about two dollars more for it than if I had bought it at 47th St. Photo.

## BOARD METING MINUTES

NEW YORK CYCLE CLUB BOARD MEETING  
(Tuesday, July 21, 1992)

Present: Margaret Cipolla, Herb Dershowitz, Hannah Holland, Geo Kaplan, Jane Kenyon, Clif Kranish, Mark Martinez, Richard Rosenthal, Jeff Vogel  
Absent: Jim Babbitt, Sherri Gorelick, Lisa Halle, Larry Nelson

Jeff asked to go on record that he felt the Board often wastes its time discussing issues that are never followed up and setting policies that the Board then doesn't follow. He gave as examples the NYCC Century and the logo issue.

Jeff asked if the Club had a policy whereby it is possible

for a leader to exclude a member from a club event, in particular weekend or longer trips. The Board consensus was that members could not be excluded as this could constitute discrimination, although the Board agreed not to set any policy at this time.

Geo brought up the helmet requirement issue again. After a lengthy discussion the Board voted 7-2 against requiring helmets on rides. The Board also agreed that an informal poll at a membership meeting would not be productive unless a program was devoted to it.

Herb said we have over 830 members and questioned why the turnout at club meetings is so low.

The logo election results were also announced. The logo amendment passed. The logo submitted by Michael Toomey won the election and is now the "Official NYCC Logo". Richard announced that Michael

is also designing new Club jerseys.

Richard said that TA has been paying all costs involved with the joint TA-NYCC lawsuit against NY City. He proposed we donate \$125 to TA now and pay a total of 1/3 of the costs involved (based on membership ratio) with a cap of \$333. The Board voted 8 to 1 in favor. The Board also voted 9-0 to donate \$50 to the LAW Legal and Education Fund in memory of Andrew Spiller and Al Lester who were killed during the BudLight 24 Hour Race in Johnstown, NY. Andrew and Al were not Club members but were known by several members of the Club. Richard has called MADD regarding the possibility of forming BADD (Bicyclists Against Drunk Drivers) but they have not yet responded. The meeting adjourned at 8:40PM.

Reminder: The next Board meeting is Monday October 5th.

## Le Tour (de Walter Mitty)

"Bon Jour!" I sang to the nun at the entrance to the convent at the side of the road. I sang it because in two weeks in France I had learned that French is not a "spoken" language, it is a musical one, and if I had the music right I could count on a lilting "Bon Jour" in return, which would always give me a lift on my ride. However, this time instead of a lilting "Bon Jour", the nun responded "Bon Courage, monsieur". Bon Courage? Good Luck? From a nun! Mon Dieu!! What made me need that sort of help?

The answer is that I was at the bottom of L'Alpe D'Huez, the Vatican of le Velo (bicycling) in a country where cycling is second only to football (soccer, not the American stuff). It was 10:00 in the morning and I was starting my ascent, 6 hours before Andy and the real pros would climb their third 'hors categorie' (above category) climb of the stage. I wasn't in the Alps. I was in heaven.

The first 2 or 3 switchbacks are really steep, steeper and much longer than River Road and I began to wonder if I could make it. But there are already 500,000 people on the mountain, and no way am I going to stop. So I drop into my "bailout" 39x26 and get into the rhythm of the mountain. After the first switchbacks, the grade is less steep and I begin to actually "enjoy" this 8 mile and 3,000 feet climb. (Less than yesterday's 30 miles and 6,000 feet on Col de l'Iséran. Iséran was long but not as steep, and, except for the last few kilometers when we crested a ridge and I could actually see the summit, did I doubt that I could make it.) As I count down the switchbacks I begin to get cocky. Then, seeing two old French guys who look to be in their sixties, I slide in behind them and slow to their pace. My New York smugness is broken as I realize that one of them has no right foot and is riding with an enor-

mous built-up shoe. Humbled, I ride on.

Even at this early hour, the mountain is one huge party. Car traffic has already been banned by the omnipresent gendarmes. Riding before the pros, we could see the fans setting up their picnics. These are knowledgeable folks and the turns and hills become crowded early. The only obstructions are the "tifosi" painting the names of their favorites on the road. Little kids are beginning to practice their water technique. I decline their offers of water for drinking or bathing. Since I am not in a solo breakaway I don't have to worry about them knocking me down so I don't shove them out of the way. The kids especially would cheer us as we went by. "Allez Zed". "Allez Boyer". "Allez LeMond (ha-ha)". After climbing to the summit, I ride down to the 13th switchback and watch Andy ride by dragging a tired-looking Vona. I watch the end of the stage from the TV at the food stand across the road, and then descend to the vans waiting at the village at the foot of the mountain.

This is Breaking Away's Tour De France tour #2 (the Alpine stages to the Champs-Elysees). As close to professional stage racing as an "A" NYCC club rider can get. Each day we ride a part of the race route and watch a part of the stage. France in July is consumed with Le Tour. It's like twenty-one consecutive Super Bowls. Riding in France is a total pleasure. In three weeks I not only didn't get a flat; I didn't see any one in my tour group (150 riders) or any native riders fixing a puncture. Also, think of this next time you're trying to get across town: not once in three weeks, including 4 days in Paris, was I honked at by a car, truck, or eighteen wheeler. Unless I looked I wouldn't even have known that they were there. They would just wait until the road widened. Maybe the Z jersey I wore made them think that Greg was really off course, but I don't think so.

The riders on the tour were your usual assortment of biker types - the "racers", "techies", "health freaks", social butterflies etc. My favorite bike subspecies was the Banesto maniac I met on the Col de l'Iséran. He was an oral surgeon from southern California. He was dressed completely in Banesto uniform (jersey, shorts, head band, socks, hat, and water bottle). He gave the water bottle to Pedro Delgado as he went by in the main chase group behind Chiappucci. He did not descend the mountain - he floated down it. Three days later on the stage to La Bourboule, I was riding with him and his wife when we got caught in the same thunderstorm that caused Ronan Pensec to crash. As we took shelter in a supermarket, some kids caught sight of the Banesto uniform and I as a joke told them that he was Miguel Indurain. What followed was a scene out of a "Hard Days Night": the kids chased us around the supermarket pleading for him to autograph their forearms. Finally we agreed. Somewhere in France this kid has made up some wonderful story about the Banesto "pros" Ed Smith and Sherman Pazner.

As the tour came to a close Ed's wife turned to me in sort of a professional way (my real profession is not bike racing, it's psychiatry) with a request for advice on how to break Ed of his obsession. My advice was to get him a 'maillot jaune' to complete his outfit. She was unable to take my advice. A clear-cut case of enabling. On the other hand, if you see me in my new polka dot King of the Mountain Jersey don't be surprised if I climb with a smile and a smooth use of a surprising gear. I am, after all, really Claudio Chiappucci! \*

*Sherman Pazner has been seen gliding by his fellow Club riders on Westchester and other hilly rides.*



(L) Newly crowned Olympic men's road champion, Fabio Casartelli of Italy, with (R) unidentified Russian-born cyclist, photographed August 2 in Sant Sadurni, Spain, scene of the race.  
Photo by Richard Rosenthal

### Rosters, Yes; Directory, No.

Or: Why your home won't have a compendium of facts about your fellow members.

As the not-so-great Samuel Goldwyn once remarked, "If people don't want to come see your movie, nothing can stop them."

The un-response to the solicitation, published in the July Bulletin, for biographical information about club members, to be published as a club directory, was outstanding, even overwhelming ...say a 1% return rate.

—So I know who is a bassoon player who has run 25 marathons, who was born in Oklahoma (not Jody) and who was born in Memphis. I know who has a doctorate in acupuncture and is an ophthalmic photographer, who went to Erasmus and who went to Lafayette, who carves leather and collects fountain pens, who publishes Nintendo games, and whose research lead to the ban on asbestos in NYC building construction. ...And you don't.

Thank you, those of you who submitted your bio. sketch. To the other 99% of you, may you suffer profound and lifelong chagrin to discover your closest cycling buddy's birthday was yesterday, whenever it is, and some rarified skill that you need to hire but can't find, exists right within your own club.

—R. Rosenthal

### HELMET LAW APPROVED

Rockland County has recently approved a law requiring that all cyclists wear ANSI/SNELL approved helmets. Rosie Jackson of the Rockland County Traffic Safety Dept. says that the intent is not to raise revenue, but to prevent serious injuries when accidents involving cyclists do occur. The law is effective October 1st, but as of this date it is not clear how it will be enforced. For more information, Ms. Jackson can be reached at (914)638-5187, or you can obtain a copy of the law by contacting me at (212)662-1935.

—Editor

*GEAR - A trip report*

Leslie Tierstein

GEAR is the Great Eastern Area Rally, an event sponsored annually by the League of American Wheelmen (LAW). GEAR is a weekend of bicycling events. Cue sheets and leaders are provided from Friday through Monday for rides varying from 10 to over 100 miles. There are also workshops relating to various aspects of bicycling, such as touring, training, advocacy, and other topics, are offered in the late afternoon and evening. Entertainment includes musicians and stand-up comics, as well as non-bicycling events and a vendor exhibition.

GEAR is held on college campuses; this year, it was at St Lawrence University in Canton, NY. Canton is in the "North Country", beyond the Adirondacks, bordering the St Lawrence River and Lake Ontario. I stubbornly decided that I would NOT drive there, but would try to get to Canton via a combination of public transportation and bicycling.

After some research, I decided to take a train to Syracuse, NY and bicycle the remaining 135 miles to Canton. Amtrak allows bicycles on trains that have baggage cars. You must place the bicycle in a box, but the box is large enough so that all you have to do is take off the pedals, turn the handlebars, and roll the bicycle in. I rode to Penn Station in Newark, got on a PATH train to New York, and got myself and the bicycle on a train to Syracuse, along with Elly Spangenberg, an NYCC and SBBC member and her bicycle.

Since the train arrived in Syracuse at 2 on Wednesday afternoon, we had 2 and 1/2 days to get to Canton. That day, we bicycled 40 miles to Oswego, on the south shore of Lake Ontario. The route followed the shore of Lake Onondaga, the New York State Barge Canal, and the Oswego River, through mostly rural areas with some old country villages — one even had a drug store that only sold drugs. We stayed in a B&B in Oswego, an old port and industrial center.

The bicycling on Thursday was gorgeous — along the shores of Lake Ontario, through low-key fishing resorts, and some not so low-key yachting resorts. Lunch was

in Henderson Harbor — on a bay off Lake Ontario, in a restaurant with a terrace on the bay and a view of the yachts. I was puzzled by the French names of some of the towns we passed — Rosieres and Chaumont — until I read that supporters of Napoleon had fled France and settled in the area. We stayed that night in an AYH hostel in a building which used to be the lighthouse keeper's cottage for the Tibbetts Point Lighthouse, just south of Cape Vincent.

Friday would have been a fairly rigorous ride — 60 miles along the St Lawrence River, then 20 miles inland to Canton. However, I got sick on Thursday night, and had to be rushed to a hospital emergency room. I had been bit by a tick the week before, and the symptoms didn't become apparent until Thursday. I'll live, but since I was a little weak, we begged a ride up the coast to Ogdensburg. We explored the town, visited the Remington Museum (the painter and sculptor of scenes of the American West), and started heading for Canton. It took very little time to get to Canton — I joined a paceline of bicyclists riding fully-loaded touring bikes, going about 20 mph. The bicyclists were also on their way to GEAR at the end of a 750-mile, one-week tour. I've ridden a paceline before, I've ridden with fully-loaded panniers before, and I've ridden 20+ mph before, but never all at the same time. Wow!

At GEAR, you can ride as few or as many miles as you like. I selected a fairly flat metric century one day, which I rode with members of the Bicycle Touring Club of North Jersey (BTCNJ). The next day I rode a hilly 40-miler the, trailing behind friends from the Central Jersey Bike Club (CJBC). We saw the foothills of the Adirondacks, on the outskirts of Adirondack Park — I just saw the uphills a little longer than they did.

After the rides, I had time to attend workshops, socialize with friends and meet new people. I also took the time to explore Canton, and heartily recommend the Tick Tock Inn and the Bagel Depot (which carries the Sunday NY Times).

By Monday, it was time to leave. My

friend and I were taking a direct route to Syracuse, so we had two 70-mile days ahead of us. Although I'm physically capable of doing 70 not too hilly miles on a fully loaded bike, it takes away some of the enjoyment of touring, since you don't have unlimited time to linger and explore the area. On Monday, we had a delightful lunch in Gouverneur and a ride along unpopulated roads bordered by grasslands and farmlands; the only sound (except for the headwind hitting my face) was the crickets in the grass. Our lodging was in Watertown, at the Starbuck Inn, a B&B in a house originally built for a US Senator in 1864. And I paid another visit to the same hospital emergency room, this time for a bee sting to which I suffered an allergic reaction. Equipped with anti-histamines, in addition to the antibiotics from the previous hospital visit, I was ready to roll.

Tuesday the riding started in a rural area (two miles outside of Watertown is rural), and got suburban only in North Syracuse, about 10 miles from our destination, the AYH hostel in Syracuse. From this ride, I'll especially remember Pulaski, a flourishing town on the Salmon River, the roaring waterfalls at Talcott Falls, and the many, fast flowing rivers we passed.

Wednesday was a 5-mile ride to the train station, to box the bikes and get on the train to NYC. I got home from NYC by using my brand new New Jersey Transit bike pass. Thanks to NJ Transit's new program, I presented my bicycle pass, rolled the bike on the train, attached it via a bungee cord, and 35 minutes later, I was home.

I've had a wonderful time at all the GEAR's I've attended — whether I've gone alone, with one friend, or in a group. You can do as much riding as you wish, as much socializing as you wish, and use most of the college facilities. The next GEAR will be in Geneseo, in the Finger Lakes region of New York. I intend to take the train to Rochester and bicycle to Geneseo (under 40 miles), bringing along anti-histamines. \*

## Stuff for Sale

• 23" Schwinn Tempo Track Reversible free/fixed rear hub, Diacomp brakes w/ aero levers, ridden less than 100 miles. \$175.00 OBO Call Julian (718)783-7768.

• Ski rack, never used. Barrecrafters roof top \$55.00 (List \$100). Also, 2 bike racks, used \$25.00 each Call Sandy (718)951-8917.

• Dura Ace crankset, 172.5mm cranks, 39/50 ch'rings. \$90.  
• Phil Wood bottom Bracket, 113mm. \$50.  
• Dura Ace front derailleur. \$20.

All above used 6 months - excellent condition.

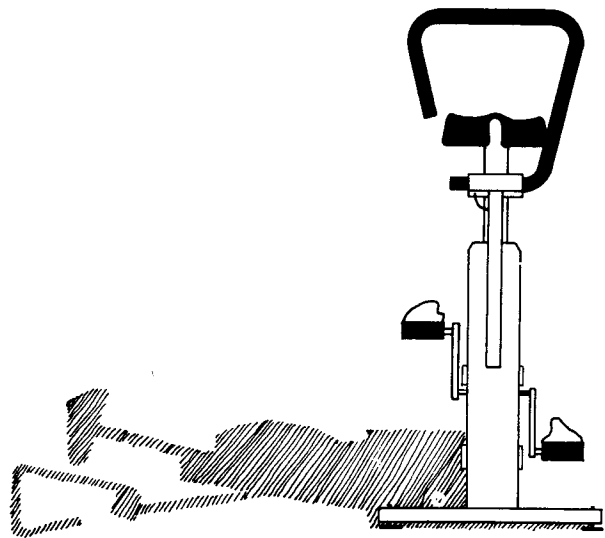
• Chorus Hubset, 8-spd. cassette, brand new (in box). \$140.  
• Campy 8-spd. steel cogset, 13-21, brand new (in box). \$35.  
• 52cm Serotta Colorado 2, Magenta/Orange, brand new, never built. \$1000.

Call John (516)643-4648, after 8PM

• Eddy Merckx Corsa Extra TSX, 55.5cm (C-T), full Dura-Ace STI including clipless pedals, custom factory paint. Your choice of clinchers or sew-ups. Excellent condition. Less than 2,000 miles, never raced, never crashed, never ridden in rain. \$1900 firm. Call Bob, 212-682-5669.

## Michael's Bicycles

©Michael Toomey



No. 9

Exercise Bike - 1980's

### 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:  
OCTOBER 13th**

## **GENGHIS RON STRIKES AGAIN**

**Back by popular demand, this year Ron will show  
new slides of his trips in the US and China.  
No repeats!**

**Note the new location(see page 10)!!**

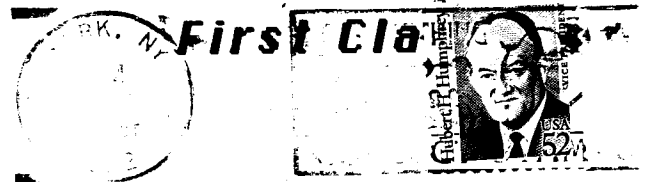
**Monthly Member's Meeting** at Branigans, 104 Greenwich Street.  
Three blocks south of the World Trade Center. One flight up from  
the bar.  
**6PM** Social Hour, **7PM** Dinner, **8PM** Program.  
Dinner \$10-12 per person.  
Non-diners seated separately.  
Members and non-members welcome.

### **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



CHRIS MAILING  
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10/08