July
1992
“Let me clarify what I meant when I said, ‘Try to stay on my wheel’...."
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 + a - 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 (50 level terrain with neutral wind conditions). For example, a ride listed as A18 will be an "A" type ride with an cruising speed of 18 mph, a ride listed as B19 will be a "B" type ride with an cruising speed of 19 mph. Your Rides Coordinators would like to hear your opinions and suggestions.

**Every Tuesday & Thursday**

**A 55-65mi**

**9am**  
**A Weekday Spin to Rockland**  
Leaders: Don Montalvo (212 307-7753). From The Boathouse. This brisk paced training ride is for you if you want (no shift?) types. Regular employment hours -- lousy weather cancels. Call leader to confirm.

**Saturday, July 4**

**A 105mi**

**9am**  
**Fire Crackers & Sparklers**  
Leader: Marty Wolf (212 395-1460), Ride to New Canaan (a very shady route) Leaders will provide sparklers at the lunch stop. Any precip at start cancels.

**B 50-55mi**

**9am**  
**Tallman State Park**  
Leader: Ted Hertberg (212 831-8422). From The Boathouse. River Road, avoiding 5W to Tallman for picnic. Rain cancels.

**C 7mi**

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

**Sunday, July 5**

**A 50+mi**

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

**A 117mi**

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

**B15 55mi**

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

**B-C+ 45mi**

**9am**  
**Piermont**  

**C 2mi**

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

**Saturday, July 11**

**A23 70mi**

**8:30am**  
**Not Too Long, Fast**  
Leader: Bob Moulker (212 682-5669). From The Boathouse. Warm up for Monsieur Chateau's ride to Cold Spring tomorrow with a quick jaunt to Westchester. Breakfast at the Thornwood Diner, back via "The Graveyard Route". Over 40% chance of rain cancels. (no showers).

**A20 53mi**

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

**B/B+ 52mi**

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

**B - 42mi**

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

**C14 45mi**

**9am**  
**Picnic at Nyack Beach**  

**C12 15mi**

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

**Sunday, July 12**

**A 69mi**

**7:30am**  
**In Search Of The Nude Beach**  
Leader: Christy Guzzetta (212 395-3674). From The Staten Island Ferry. All aboard the 7:30am ferry to Staten Island to once again go out in search of the Nude Beach @ Sandy Hook, N.J. There is a secret meeting of all people undressed - a n% convention of the undressed - at a secret spot on the beach. I have the map. Great (private) boat takes us back to NYC. Pre-registration required. $20 includes boat ride back and beverage aboard. Space is limited.

**A23 60+mi**

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

**B15 60+mi**

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

**B 55mi**

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

**C12 40/50mi**

**9:30am**  
**Once More Into The Beach!**  
Leader: Geo Carl Kaplan (212 989-0833) & Lauren Harris (718 788-3887). From City Hall-Manhattan at 9:30 or Grand Army Plaza-Brooklyn at 10. Season premiere beach ride. Bring towel, swim suit, sunblock, lock, lunch or money - venture to a beautiful beach & enjoy sand in your sandwich. Joint SBCBC. Precip or projected hi above 100 cancels.

**C 25mi**

**9:30am**  
**Loop Around Manhattan Bike Ride.**  
Leader: Richard Fine (718 494-0842 W 914 429-5361). Meet at fountain at Plaza Hotel, 5th/59th. Bring or buy lunch, water, lock. Joint with TA.

**Saturday, July 18**

**A+/A**

**9am**  
**CatSki Weekend Extravaganza**  
Leaders: Jane Kenyon (212 662-1935), Jeff Vogel (718 275-6978). Spend a weekend cycling in beautiful (but hilly) Ulster County. Options will range from 60 to 175 miles on Saturday and 60 to 150 on Sunday.
(with the possibility of ending at Clay's Bar-B-Que). This ride is excellent training for the Pyrenees and or Boston-Montreal-Boston. Baggage shuttle will probably be available. Call leaders for motel info.

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

B 55mi
Nyack Beach
8:30am Leader: Alex Bekkerman (212 213-5359). From the Boathouse. See July 11th for description of riding concept.

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

B-C+ 45mi
Piernest Pool
10am Leader: Sandy Gold (212 222-4075). From the Boathouse. Helmets required.

C14 40mi
Staten Is An Island
9:15am Leader: Roscoe George (212 889-0883) & Leslie Tierstein (908 388-5127). From the SI Ferry-Manhattan at 9:15 or SI Ferry-SI at 10. To prove once again Staten is an island, with lunch at the infamous Ben Franklin Conference Center. Bring a swim suit & towel if you wish to swim at South Beach on return (lock & money for lunch etc.). Joint SBC. Precip & projected high above 100 cancels.

Saturday, July 25
A23 62mi
Get A Life!
7am Leader: Mark Martinez (718 726-7644). From the Boathouse. The idea is to get back to NYC in time to join a) your spouse b) mate c) friends - for Brunch like a "normal" person. We will stop in Nyack for a snack or sit down depending on the number of flats on the way up. Rain at start cancels.

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

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

Sunday, July 26
Bill Baumgarten Memorial All-Class Ride to Kingspoint Park.
Join one of the rides below or follow the signs from Route 9 in Tarrytown to the Park for lunch at 1pm.

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

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

C12 45mi
9am Leader: Roscoe George (212 988-0883) & Peter Hochstein (212 427-1041). From the Boathouse at 9am or Jerome & Bainbridge Aves. last stop #4 at 10am. A trip through history to Kingspoint Park Mix & Match with the B's & A's. Precip & projected high above 100 cancels.

Friday, July 31
A/B/C 7pm Pizza Ride
Leaders: Sheri Gorelick (212 744-6699) & Geo Carl Kaplan (212 989-0883). From the Boathouse Hill. Come to Central Park for pizza & biking. Be there at 7pm with $ for pizza & drinks. Then ride around the park & socialize. Pizza at 8pm. See you there.

Saturday, August 1
A22 80mi
8am South Mountain Rd (the Easy Way)!
Leader: Elien Richad (212 505-0697). From the Boathouse. The shade of Saddle River Rd. will help us stay cool as we make our way to Rockland and the cooling breezes generated by a brisk descent of the sirusous South Mt. Rd. Way Cool!! Rain at start cancels.
August 20 to 23

A 750mi

Boston-Montreal-Boston
Organizer: Jeff Vogel (718 275-6578). From the Boston suburbs to Montreal and back to Boston in 3 1/2 days! This ride is patterned after Paris-Brest-Paris with checkpoints every 50 to 75 miles. The ride goes through Mass., crosses the SW corner of New Hampshire, then the length of Vermont (over Andover Ridge), the aptly named Terrible Mtn. and the 7 miles of Middlebury Gap), Grand Isle, across the NE corner of NY and 50 flat miles of Quebec farmland before turning around for the trip back. Cost for the ride is $210 before June 15 which includes food and beverages at checkpoints, very basic accommodations, baggage shuttle, sag support and a BBQ party at the finish.

August 26 to September 7

A/B 325mi

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

Out of Bounds

July 25 to August 2

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

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

August 1


August 7 to 10

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

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

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

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

Make sure your bike fits you

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

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

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

Don’t put up with pain

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

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

Personalize your gearing

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

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

Wheels to fit the occasion

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

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

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

Other possibilities, if you haven’t tried them yet

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

Strange Connective Webs!

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

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

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

The same day as the SIG graduation there was another 120+ mile ride—the annual Montauk Century. A smaller than usual group enjoyed the relatively windless day. After a minor crash involving George Brown, Mark Martinez and several others, Sherman Pazeaw relieved the "pacineline anxiety". Proving that the Montauk Century isn't for A riders only, Don Passantino was also among the participants.

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

"Ed was great last night!"
"Your butt is in my face!"
"Margaret and Jeff - not often"
"At least one of us can get it up!"

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

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

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

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

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

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

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

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

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

Running Scores

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* Marty has not been providing the research she promised. Give her a call of encouragement.
** This score is in reference to the Lou S. Pokes controversy. The minus "one" is explained by a respondent who wrote, "I have never read a Pokes column and I would never read such trash. Moreover, because of Mr. -- or is it Ms. -- Pokes I have repeatedly not joined your Club and have sold my bike. " We'll keep you abreast of this growing issue.
*** Those who have not voted.
**** was reminded that a negative negative is a double negative and therefore a positive and thus this score has been moved to the pro-Spoke column.
Read All About It

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

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

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

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

Hand Signals

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

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

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

—contributed by "Biking Bill" Strachan

From The Don't Hold Your Breath Department

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

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

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

A" Rides Notes

Mark Martinicz

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

And I do mean Class.

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

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

New York Cycle Club Board Meeting

(Tuesday, May 5, 1992)


Absent: Jim Babbitt, Lisa Halle, Mark Martinez

Margaret brought up the problem of several riders being deleted from the Bulletin. She will try to determine how this occurred. Sherri discussed our new insurance including the requirement for a new release and waiver of liability that all ride participants must sign. Geo requested that Frank Peppe's Pizza be designated "NYCC's Official Purveyor of Pizza in CT," and the Board approved.

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

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

The LAW requested permission to reprint Bob Moulter's No Tach Tip column in Bicycle USA. Bob will be notified.

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

Roster Errata

— Christy Guzzetta's phone # is (212) 595-3674, not 3574.
— It's Howard Chynsky, not Chynski.
NYCC MEMBERS: FILL THIS OUT TO BE IN THE FIRST FACT-FILLED NEW YORK CYCLE CLUB DIRECTORY

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

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

Name, Telephone:

Street, Apt., Borough, State, ZIP:

Place of Birth and Date:

Name(s) of Spouse, Children:

Profession and Employer:

Name and place of high school:
College, graduate or professional school(s):

Special interests or hobbies outside of cycling:

Significant accomplishment(s) outside of cycling:

Significant accomplishment(s) in cycling:

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

Describe your ideal ride:

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

Club member since:

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

## Amendment

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<th>Yes</th>
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### Ballots for Logo Selection and Proposed Bylaws Amendment

#### Instructions:

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

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

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

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

5. The ballot, in the sealed envelope with your name and address on it, must be received by Jeff Vogel by Monday, July 13, 1992. Mail it in sufficient time to: Jeff Vogel, 102-10 66th Rd., #14E, Forest Hills, N.Y. 11375. Or deliver it to Jeff Vogel by 7:00 PM the day of the July club meeting, July 14, 1992.

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

### Bylaws Amendment:

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

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

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

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

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

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

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

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

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

### Logo Contest:

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

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

FOR SALE: Lots of tools, bicycle books, and other stuff. Larry at (212)226-7393 anytime.

New York Cycle Club

I know that bicycling is a potentially hazardous activity. I represent that I am over eighteen years of age and that my physical condition and the condition of my equipment is to the best of my knowledge adequate to allow me to participate in NYCC activities. I assume all risks associated with such activities, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my application, I for myself and anyone entitled to act on my behalf, waive and release the NYCC, its Board of Directors, their representatives and successors from all claims or liabilities of any kind arising out of my participating in NYCC activities.

Name: ____________________________  Signature: ____________________________

(If a couple, both names please)

Name: ____________________________  Signature: ____________________________

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

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

Date: ____________________________  Check Amount: ____________________________  Where did you hear about NYCC?

☐ New  ☐ Renewal  ☐ Change of Address

Circle if applicable: I do not want my (Address) (Phone Number) published in the semi-annual roster.

Other cycling memberships: ☐ AMC  ☐ AYH  ☐ Bikecentennial  ☐ CCC  ☐ CRCA  ☐ LAW  ☐ TA  ☐

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

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

Things for You to Bring to the Club Meeting

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

—R. Rosenthal