

April  
1993

# NYCC Bulletin

And the Club President said unto Noah, "Thou shalt build an Ark, and gather unto Thee *two* of every bicycle frame; for there shall come in April many-a flood upon the Land.."

Old Testament, Chainrings 10:28



"Let's see, that's two *aluminum Cannondales*, two *titanium Merlins*, two *steel Bianchis*...hey! Where are the *carbon-fiber Kestrels*...?"

## 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 precipitation 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 levers, water, pocket food, and medical I.D. Optional items include a lock, maps, commuter rail bike permits.

Helmets are required in Rockland County and

on some roads in New Jersey, and are strongly recommended at all times. Headphones, illegal in New York State, are not.

Club rides attempt to maintain the flat cruising pace printed after the ride class in the listing (i.e. B15). Consult the chart below for details of riding style. 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 | Ride Description  | Cruising Speed (flat terrain)          | Central Park Self-Class Times (4 laps = 24.5 mi.) |
|------------|---|--|---|
| A          | Vigorous riding, frequently in pacelines. High regard for good riding style. Stops every 2 hours or so. | 22+ mph<br>20-22<br>18.5-20<br>17-18.5 | < 1:10<br>1:10-1:16<br>1:16-1:23<br>1:23-1:30     |
| B          | Moderate to brisk riding with more attention to scenery. Stops every hour or two.                       | 16-17<br>15-16<br>14-15                | 1:30-1:38<br>1:38-1:48<br>1:48-2:00               |
| C          | Leisurely to moderate riding: destination oriented. Stops every half hour or so.                        | 13-14<br>12-13<br>11-12                | 2:00-2:14<br>2:14-2:30<br>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 NYCC.

**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 day of the Club meeting 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 guidelines and/or advance approval.

Articles should be submitted to the Editor on a 3.5 inch diskette. Include a self-addressed, stamped envelope if you wish material returned.

**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. Please send classified listings directly to the *Editor* at the above address.

**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 9, Michael Toomey

**Deadline** for the May 1993 Bulletin is April 13th.

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

## Saturday, April 3

**SigA 65mi S.I.G. Progressive "A" Series Ride #5 - Let's Rotate** 9:00am  
 Leaders: Herb Dershowitz (212 929-0787), Ernie Yu (212 663-5747). From the Boathouse. This time we'll rotate our single paceline, taking short pulls at the front as we zip through Long Island. We'll keep the focus on the skills we've been developing: a smooth style, a fast spin, and a quick smile. Prior participation required. Rain date: Sunday, 4/4.

**A18 55-60mi "A" Training Ride #9** 9:00am  
 Leader: Alex Bekkerman (212 213-5359); Co-leader: Bob Moulder (212 682-5669). From the Boathouse. A simple loop to White Plains with a couple of respectable hills on the way back to warm up our quads. Start temp below 30°F, serious precip. cancels.

**B17 70mi "We Are The Road Crew"** 9:00am  
 Leader: Larry Ksiez (718-478-0644). From the Boathouse. This might be the most famous ride that I do. I never get a bad word from this ride. Backroads to Nyack, 9W back. Precip. cancels; wet roads call leader.

**B14 50mi By Special Request** 9:30am  
 Leader: Jim Babbitt (718-296-0027). From Queens Blvd. & Union Tpke. (E or F trains) at 9:30 sharp! For those of you who wanted a schmoozy ride, here it is. Picnic lunch if weather is nice. I'll try and keep it flat. Rain cancels.

**B14 55mi Up the River to You Know Where** 9:30am  
 Leader: Larry Nelson (212 874-5125). From the Boathouse. An easy Spring ride to Nyack with lunch a lunch stop at the Skylark. Nothing exciting planned but a chance to stretch our legs. 50% chance of precip., predicted high below 40°F cancels.

**MTB/C9 35mi Croton Aqueduct Adventure** 8:20am  
 Leader: Ed Ravin (718 796-3137). From Grand Central Terminal Info booth. Cycle the historic Croton Aqueduct Trail, formerly NYC's water system and now a 30 mile off road trail passing thru parks, nature preserves, backyards, villages, and towns. Beautiful scenery guaranteed or your money back. Easy Mountain Biking. Good ride for beginner off-road bikers. Metro North passes required (may be purchased at G.C.T., window #27).

**C7 16mi Bronx's Port Morris Industrial Waterfront** 1:00pm  
 Leader: Paul Rubenfarb (212 740-9123). From NE corner 181st St & Ft. Washington Ave (A train). Famed interwar American realist painters Charles de Muth and Edward Hopper eulogize the brawny old American industrial landscape of stacks and cranes and mammoth drop forges. With only 17% of America's workforce still in production, those images of virile industry seem quaint antiquities—but we'll still see buildings and trappings of our blue-collar ancestry on the Bronx waterfront. Rough, unobtrusive attire. Rain or shine.

## DAYLIGHT SAVINGS TIME!! Sunday, April 4

**A18 60+/-mi "A" Training Ride #10** 9:00am  
 Leader: Donna Slatery (718-921-4635), Co-Leader: Mike Samuel (212 722-8125). From the Boathouse. Armonk. We're off to Armonk! Cooperative rotating paceline of 18mph. We will stop for lunch at the deli, followed by cookies at the bakery (my favorite stop). No pace busting allowed! Rain at start cancels.

**A20 55mi Take Me Away** 9:00am  
 Leader: Don Montalvo (212-307-7753). From the Boathouse. A quick ride to Nyack at a pace a little faster than the training series for those of you with some speed in your legs. Rain cancels.

**B? Who's in Charge?** 9:30am  
 Leader: ? (1-800-BIKE-RIDE). From the Boathouse. If you want to do a slow ride, meet at the boathouse. Maybe others will join you.

**KB16 65/70mi Killer B's Head North** 9:30am  
 Leader: Sting (1-800-STINGERS). From the Boathouse. Today we'll head up to White Plains and a few of the Westchester hills. With a little luck, we will get a paceline going on the Grand Concourse. Strict adherence to pace. Rain cancels.

**C->B 40mi "C" to "B" Progressive Training Series** 10:00am  
 Leader: Irv Weisman (212 567-9672). From the G.W. Bridge Bus Terminal (Ft. Washington & 178th St.) First of a series of rides that will enable "C" riders to improve their riding efficiency, increase their comfortable cruising range, and broaden their cycling horizons. This series will incorporate elements from the Effective Cycling program. Don't miss this inaugural ride as subsequent rides will increase in difficulty.

## Friday, April 9

**A21 60mi The First Long Weekend** 9:00am  
 Leader: Rikki Furman (212 734-2887). From the Boathouse. A fast ride up to Westchester. We'll see what the day looks like and take it from there. Rain cancels.

**B17 55mi Friday Is Good (For Biking)** 8:00am  
 Leader: Steven Britt (718 322-7265). From the Boathouse. We'll try to beat most of the rush hour crowd as we exit the city for a visit to Nyack. Miles and destination can be altered upon request. Rain, temps below 40°F cancels.

## Saturday, April 10

**SigA 70mi S.I.G. Progressive "A" Series Ride #6** 8:30am  
 Leaders: Ellen Richard (212 505-0697), Christy Guzzetta (212 595-3674). From the Boathouse. Please note the earlier start and the extra miles. Today we ride to Saddle River Road in a double paceline with another bike at our side as well as in front and back of us. You get to talk to someone other than yourself this way (if you have any energy left to talk). Please bring 2 water bottles and pocket food. Prior participation required. Rain date: Sunday, 4/11.

**A18.5 60mi "A" Training Ride #11** 9:00am  
 Leader: Bob Moulder (212 682-5669). From the Boathouse. Oh, Valhalla!! Flat on the way up with a couple of easy hills on the way back. Breakfast at the nice restaurant in Valhalla that is always hospitable. Start temp below 30°F, serious precip. cancels.

**A20 125mi "Back to the Island"** 7:00am/7:30am  
 Leader: Larry Ksiez (718-478-0644). From the Boathouse/Queens and Yellowstone Blvds. Yes, that's right, "back to the island" means just that: Montauk the flat way. Precip., call leader. Pocket food recommended, LIRR pass needed.

**A20 70+/-mi Roubaix Slippers** 9:00am  
 Leader: Mark Martínez (718 726-7644). From the Boathouse. Cinch up your Diadoras, Dorothy, and follow the gray brick road. In honor of the combatants

# NEW YORK CYCLE CLUB

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

in tomorrow's Paris-Roubaix classic, we will traverse 0.1km of Gotham paved en route to New City. Unlike the real thing, rain, snow, mud and cow *merde* cancels.

**KB16.5 60/65mi Killer B's Go to Kensico 9:00am**  
Leader: Sting. From the Boathouse. Today we add a few hills with a little less mileage while we try and keep it together on the Grand Concourse. Strict adherence to pace. Rain cancels.

**B? Who's In Charge? 9:30am**  
Leader: Bea Leader (1-800-I CARE). From the Boathouse. (See Apr. 4th).

**C7 18mi Bedford Stuyvesant, Brownstone Nocturne 1:00pm**  
Leader: Paul Rubenfarb (212 740-9123). From front of Bklyn Museum. (Eastern Pkwy stop on #2 or #3). Intoxicating ride through the noblest of all NYC's architectural streets. Rough, unobtrusive attire. Rain or shine.

### Sunday, April 11

**A18.5 60mi "A" Training Ride #12 9:00am**  
Leader: Bob Moulder (212 682-5669); Co-leader: David Regen (212 222-0532). From the Boathouse. Join the Easy-ster Parade to Rockland Lake with Bob and Dave. We'll Pass-over a couple of hills going there and on the return trip. We'll dream of Paris-Roubaix. Start temp below 30°F, serious precip. cancels.

**A20 53mi The Easter Parade 9:00am**  
Leader: Chuck Wong (212 219-1268). From the Boathouse. Ride to Park Ridge and earn all those chocolate bunnies. Wear your Easter best. Cancellation conditions: Rain, The Second Coming.

**B16 55mi Nyack 9:00am**  
Leader: Karl Ditzelbrandt (212 477-1387). From the Boathouse. Will take River Road on the way out. With maybe Bradley, Tweed, and the easy way home. Rain, temp below 35°F cancels.

**C>B 45mi "C" to "B" Progressive Training Series 10:00am**  
Leader: Irv Weisman (212 567-9672). From the G.W.B.B.T. (see 4/4 listing).

### Saturday, April 17

**SigA 77mi Progressive "A" S.I.G. Ride #7 8:30am**  
Leaders: Herb Dershowitz (212 929-0787), Christy Guzzetta (212 595-3674). From the Boathouse. If you thought one rotating paceline was fun, try doing it with two! We'll practice our rotating double paceline on the L.I.E. service road, taking short pulls and being mindful of traffic. Let's stay in sync and in style. Practice makes perfect. Prior participation required. Rain date: Sun., Ap. 18.

**A19 65mi "A" Training Ride #13 9:00am**  
Leader: Alex Bekkerman (212 213-5359). From the Boathouse. I don't know where we're going but 65 miles at this pace shouldn't hurt anyone!! Start temp below 30°F, serious precip. cancels.

**MTB-A Mud Slide 9:00am**  
Leader: Mike Samuel (212 722-8125). Take our tires to 34th & 6th Ave at 9:00am. Take the PATH to Newark then climb the big hill to South Mtn Preserve and take it from there. Some skill helpful. Rain, snow or 40° & below cancel.

**B14 50+mi L.I. Schmooze 9:30am**  
Leader: Jim Babbitt (718-296-0027). From Queens Blvd. & Union Tpke. (E

or F trains). I know some backroads that you probably haven't been on. Lunch will be in Roslyn. Rain cancels.

### Sunday, April 18

**A19 60-65mi "A" Training Ride #14 9:00am**  
Leader: Mike Samuel (212 722-8125), Co-Leader: Donna Slattery (718-921-4635). From the Boathouse. We'll take a rather hilly route to Nyack to get our legs in shape. Emphasis on cooperative riding. Let's help get everyone in shape and not drop the hindmost. Rain, snow, 40° and under cancel.

**A19 55+mi Springtime in Oyster Bay 9:30am**  
Leader: Steven Britt (718 204-4970). From the Boathouse. Some North Shore hills, some North Shore views, and hopefully, some Southern temperatures. Wet roads, temps. below 40°F cancels.

**B14 40mi Do Aircraft Still Fly At Floyd Bennet Field? 9:00am**  
Leader: Marilyn & Ken Weissman (212 222-5527). On time from the Boathouse. First of a mostly unpublished Sunday series, culminating in a 7-10 day NYCC August tour — Toronto to NYC or Vermont or whatever. Series features alphabet soup conditions. C speed, B distance and stops, later some A terrain. Today's ride follows the Brooklyn waterfront. Weather determines indoor/outdoor lunch. Rain, expected highs below 45°F cancels.

**KB17 70/75mi Killer B's Armonk 9:00am**  
Leader: Sting. From the Boathouse. Once again we head to Westchester. Expect some hills, pace will be strictly adhered to — no pace busters. Rain cancels.

**C7 20mi Jersey City - Gem of Urban Planning 1:00pm**  
Leader: Paul Rubenfarb (212 740-9123). From Top of escalators at PATH Journal Sq. stop. Marvel at a city with the intact old urban fabric un-moth-chewed with arson, riots, and post-war urban disintegration. Rain or shine.

**C13 45mi 18th annual Cherry Blossom Ride 9:30am**  
Leaders: David Miller (212-794-9365), Maggie Clark (212-567-8272); Irv Weisman (212-567-9682). From the top of the World Trade Center PATH escalators (\$1.00 fare). A leisurely ride through Branch Brook Park to Cherry Blossom Land in Belleville. Picnic (bring, or buy nearby); admire the blossoming; do some people watching. Return to G. W. Bridge by 4:30pm via Montclair estates, suburbia, and several demanding hills — low gears necessary. Joint with TA.

### Saturday, April 24

**SigA 80mi S.I.G. Progressive "A" Series Ride #8 8:30am**  
Leaders: Carolyn White (212 260-8737); Ellen Richard (212 505-0697). From the Boathouse. Off to Armonk and the land of burning thighs. Yes, the hills are your friends and from now on you will be spending some quality time with them. Prior participation required. Rain date: Sunday, 4/25.

**A19.5 75+/-mi "A" Training Ride #15 9:00am**  
Leader: David Regen (212 222-0532); Co-leader: Bob Moulder (212 682-5669). From the Boathouse. Miles of beautiful scenery and nice rolling hills up to South Mountain Rd. Don't worry, you can handle it... the weather isn't too hot yet. Start temp below 30°F, any precip. cancels.

**A18 70mi "Up the Hill Backwards" 8:00am/8:30am**

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

**Leader:** Larry Ksiez (718-478-0644). From the Boathouse/Queens and Yellowstone Blvds. Bayville, Oyster Bay, Syosset; with a lot of hills thrown in before and after lunch, so take your hill climbing gears. Call the leader to hear the names of the streets with "hill" in them. Precip. maybe.

**A20 70mi In Search of the Ghosts of Sleepy Hollow 9:00am**  
**Leader:** Maynard Switzer (212 265-6330). From the Boathouse. We will wind our way on roads not usually traveled on this hopefully beautiful spring day. Rain cancels.

**KB17 75mi Killer B's Swarm Westchester 8:30am**  
**Leader:** Buzz. (718 204-4970). From the Boathouse. The Bees will descend on Westchester via the Grand Concourse. You'll learn why hills are honey to the Bees. Lunch at the Flagship or out-of-doors if the pollen count is high. Rain, temps below 40° F cancels.

**C? 19mi The Old Left's Stalinist Bronx 1:00pm**  
**Leader:** Paul Rubenfarb (212 740-9123). From NE corner 181st St & Ft. Washington Ave (A train). Roll past the Depression era Workers Cooperative Colony apartments on Bronx Park East and other mementos of our forefather's zealotry. Rain or shine.

**C14 50mi Piermont, The Scenic Way 10:00am**  
**Leader:** Sandy Gold (212 222-4076). From the Boathouse. The title of this ride talks for itself. Helmets required. Precip., temp below 40° F cancels.

## Sunday, April 25

**A/B/C 35/45/65mi Connecticut Shore Line 7:30am**  
**Leader:** Roscoe George (212 989-0982). From Grand Central Terminal. 3 loops on the Connecticut Shore — 35 - 45 - 65 miles. Buy a bag of breakfast at Zaros (G.C.T.) and board 8:07am train to New Haven (\$19). Pizza a la Pepe on the return trip. (Arr. G.C.T. at 7:45pm). Come one, come all. Precip. in New Haven cancels.

**A19.5 70-75mi "A" Training Ride #16 8:45am**  
**Leader:** Mark Martínéz (718 726-7644). Co-leader: Bob Moulder (212 682-5669). From the Boathouse. Note time! Steady cruise past Kensico Reservoir and then we test our climbing legs on Whipoorwill hill. A quick regrouping at the top and then on to Chappaqua for refueling. Return via rolling hills and then we chain gang down Grassy Sprain. Rain cancels.

**A18 90mi Stony Point 8:30am**  
**Leader:** Karl Dittebrandt (212 477-1387). From the Boathouse. Breakfast at the Stony Point Diner. Then a somewhat twisted way home. Bring gears and some attitude. Rain, temp below 35° F cancels.

**KB? Buzz Off 9:00am**  
**Leader:** Sting. Grand Central Station. Dear Killer B's, today you can do your own thing or join other "B" riders on the Connecticut Shoreline Ride (see above). Enjoy it, next month, hills, hills, hills.

**C>B 50mi "C" to "B" Progressive Training Series 10:00am**  
**Leader:** Irv Weisman (212 567-9672). From the G.W.B.T. (see 4/4 listing).

**C13 48mi Piermont With(out) Blue Lips 9:15am**  
**Leader:** Peter Hochstein (212 427-1041). From the Boathouse. Snow on the ground in Rockland Co. canceled this sucker in December & February. Let's

try again. Easy route up; only one bad hill home. Indoor lunch at the artsy-smartsy Italian café and brunch place on Piermont's main drag (bring about \$7). Helmet required. Actual cruising speed depends on abilities and whims of group. White stuff sticking to the ground cancels.

## Sunday, May 2

**B10-13/C14-17 35-55mi Newcomers Ride 9:00/9:30am**  
**Leader:** Irv Weisman (212 562-7298). "B" from the Boathouse at 9am. "C" riders at 9:30am from G.W.B.T. (Ft. Washington & 178th St. - "A" train to 175th St.). This ride is intended to take newcomers to the Club on "C" and "B" level rides through some of the scenic suburbia which we enjoy. The distances are a bit more modest than those used in previous years. The routes are designed so that a tired rider can fall back and be absorbed into a following, slower group. If you have been wondering how and when to begin riding with the Club, this is for you. Old-timers are welcome to join in and help welcome newcomers into our midst. Precip., temp below 35° cancels.

## RIDE PREVIEWS

**Time:** Late May or early June (2-3 weeks)  
**Place:** Belgium/France/Germany/Switzerland/Liechtenstein/Austria  
**Daily Distance:** 60-75 mi. (A17 pace) **Self-contained/no support**  
**Leader:** Marty Wolf (212 935-1460). Call if interested.

**Time:** Mid-June to Mid July  
**Place:** Hungary, Austria, Germany, France, Ireland  
**Daily Distance:** 50-70 miles (B16 pace) **Self-contained/no support**  
**Leader:** Michael DiCerbo (212 645-1120). Call if interested.

**A/B Cycle Italy June 25 - July 4**  
 9 days of cycling plus\* through the Marches and Umbria (50 - 80 mi. daily). Full van support, 3 star accommodations, sumptuous meals, bi-lingual leaders. Cost: \$500 plus airfare. \* Many non-cycling activities available, call leaders for details and reservations. Leaders: Lori Vendinello (w: 212 387-5605/h: 212 353-9068); Howard Turoff (w: 212 214-2366).

**A/B David Tours the Pyrénées July 22 - Aug. 1**  
 Here's your opportunity to ride the scenic roads where bike racing's legends have battled: Val Louron, Col du Tourmalet, Luz Ariden, among others. Terrain? It's not hilly; it's mountainous, but 30 miles average per day makes this attainable for any B rider. Self contained. Cost: \$1,949 including airfare, hotels, breakfast and dinner daily. Another trip Aug 25-Sept 6. Call for info. Leader: David Schlichting (516 482-3423)

## OUT-OF-BOUNDS Sunday, April 18

**C 20mi Bike Tour & Tea 10:00am**  
**Sponsor:** Staten Island Bike Club. For info: (718 816 4506). Enjoy tea and a talk at the Alice Austen House, a Victorian Cottage overlooking New York Harbor, followed by a historical bike ride. \$3.00 donation.

## Saturday, May 1

**25/40/62/100mi Farmlands Flat Tour Central Jersey Bicycle Club**  
**NYCC coordinator:** Larry Ksiez (718 478-0644). Cartop. Ride starts from Brookdale College near exit 109 of Garden State Parkway. NYCC contingent will car pool to start. Organizers will provide map, sag support, route markings, snacks, and T-shirt for \$11 registration (\$13 day of ride). Helmet req. C.J.B.C, P.O. Box 2202, Edison, NJ 08818. Call for details.

**(TRULY) NO TECH TIPS****Bob Moulder****Front Derailleur Blues**

A couple of years ago I wrote two complementary articles on rear derailleur adjustments (a revised, combined version appeared recently in *in Traffic*), but I never wrote an article about front derailleurs, figuring them to be idiot-proof. They used to be, but not any more, so let's take a look at them. Even downtube-levered front derailleurs can be fine-tuned for optimal performance.

**A job description**

A front derailleur's task is much simpler than that of a rear derailleur, which must move the chain over a larger lateral range and, at the same time, take up slack in the chain. The front derailleur encloses the chain in a *cage* and has only to shove the chain between 2 chainrings or, in the case of triples, among 3 chainrings. Easy!

Two significant similarities between front and rear derailleurs are 1) the hinged, spring-loaded, swinging parallelogram that allows them to travel through their lateral range, and 2) "High" and "Low" *limit screws* that restrict the lateral range so the chain doesn't fall off every time you shift. The spring tugs the parallelogram inward, toward the small chainring, while the shift lever and cable work against the spring when shifting up to the big chainring. Friction, or more and more commonly a combined ratchet/friction mechanism, makes the shift lever stay where you put it.

STI and Campy ErgoPower shifters are complex-gutted, 100% ratchet-dependent, and they also have a "staged" big-chainring trim function. In the event you crash-mash these sophisticated babies, get ready to fork over big money for some new ones.

**Overview: A quick look at the forest**

As you shift your rear derailleur, the *chain line*—the path of the chain between the front chainring and rear cog in use—constantly changes. When you're using the largest cog and smallest chainring (which is the lowest gear), and when you shift to your smallest cog and largest chainring (your highest gear), the chain line is at its most extreme inner and outer points, respectively. Front derailleur mis-adjustments at these extreme points are what cause your chain to fall off.

*Perfect adjustment* is achieved when, in your lowest gear, the gap between the chain and the inner cage plate is about 1.0mm, and when, in your highest gear, the gap between the chain and the outer cage plate is about

1.0mm. Wobbly chainrings, or a flexy frame, crank spider or bottom bracket spindle might force you to leave gaps of 1.5mm or more, but keep them as small as possible. This will provide for the most rear-derailleur up- and downshifts without having to trim the front derailleur.

**By the numbers**

If you're experiencing front derailleur blues, buy yourself a new shift cable, remove the old one and start from scratch, as enumerated below:

1) Look at your derailleur's instruction sheet and eyeball your derailleur to confirm that it's mounted the way it should be. Most manufacturers specify that the *outer cage plate* should be aligned parallel with the big chainring, but some say their derailleur's *inner cage plate* should line up with the small chainring. Also, nearly all component makers indicate that the bottom of the outer cage plate should be 1mm-3mm above the big chainring's teeth.

2) If your derailleur is mounted correctly, but isn't shifting properly, leave it alone at this point. But if yours isn't set up properly, loosen the shift cable and remove it from the derailleur, then loosen the derailleur's clamp or attachment bolt and re-tighten when the derailleur is correctly positioned. When mounting so-called "braze-on" derailleurs I often find it necessary to use a thin metal *shim* as a spacer to get things to fit just right. Make shims from aluminum soda cans, which can be cut and trimmed just like paper with ordinary scissors.

3) Now that the front derailleur is correctly positioned—and with the front shift cable still loose—shift the *rear derailleur* onto the largest cog.

4) What we're going to do now is create the 1.0mm gap between the *inner cage plate* and the chain. Use a small Phillips-head screwdriver to turn the "Low" *limit screw*, which is the innermost of two small screws on top of the derailleur. When you turn this screw counter-clockwise you'll notice the cage move inward, outward when it's turned clockwise. Make whatever turns are necessary to end up with the 1.0mm gap between the inner cage plate and the chain.

5) Downtube shifter users, move your front shift lever all the way forward; STI users, click the small lever three times; Ergo users, hit the inside button three times. This step is necessary before securing the shifter cable.

6) Pull the shift cable tautly (by hand) through the derailleur's *cable anchor bolt* and tighten the bolt. Do not over-tighten. STI and Ergo

users, make sure to anchor the shift cable exactly as indicated in the instructions, because if you don't the big-ring trim function won't work.

7) Shift the *rear derailleur* onto the smallest cog, then gently shift the chain onto the big chainring. Stop all moving parts.

8) At this point we're going to create the 1.0mm gap between the *outer cage plate* and the chain. While watching the front derailleur, move the shift lever (upshift) until the derailleur shifts as far outboard as it will go *without forcing it*. If that now-famous gap is more than 1.0mm, turn the "H" *limit screw* (which is the outermost of the two small screws atop the derailleur) *clockwise*, which will make the cage move in. If the gap is less than 1.0mm, turn the "H" screw a half turn counter-clockwise, move the shift lever in the upshift direction and check your adjustment. If necessary, repeat these adjustments until you get the magic 1.0mm gap.

9) Now test your adjustments by riding your bike and shifting through all your gear combinations and listening for any telltale rubbing. The real-world loads, stress and flex on your bike may cause some rubbing in your lowest and highest gears, but these can be "cleaned up" quickly with very small turns of the "H" and "L" screws.

10) STI and Ergo users, your trim function should work pretty well right out of the barn. If it doesn't, give the *downtube barrel adjuster* 2 or 3 counter-clockwise turns to increase the cable tension, and check to make sure you anchored the cable correctly.

If your front derailleur still doesn't perform to your satisfaction, here are some possible reasons:

- ◆ Your chainrings are too far outboard or, much less likely, inboard. You may need to get a shorter bottom bracket spindle, or a bottom bracket that allows chain line adjustments, so that the chain line meets the manufacturer's requirements.

- ◆ Your derailleur's hinge points are worn out, making for "sloppy" lateral movement.

- ◆ You are using a derailleur with insufficient "tooth capacity" for your chainring spread. For instance, most road bike front derailleurs can handle only about a 14-tooth difference between the large and small chainring, so 52/38 or 53/39 chainrings would be the maximum spread you can use.

- ◆ Dirty or corroded shift cables, kinked cable housings and anything else that might introduce unnecessary friction into the picture can degrade performance.

***That's all! Happy shifting!!***

# BLOWOUTS

## LOU S. POKES

Two months ago I mentioned that the L.I.B.C. had a column that sounded very similar to this one. Squeaky Wheel's response is:

*Readers of the NYCC Bulletin surely know the inspiration for this missive is Blowouts, by the redoubtable Lou S. Pokes. Mr. Pokes has taken me to task for filching his conceit of linking names by (yes) or (no). Well, it does have an elegant simplicity, and, at any rate, you're right that "imitation is the sincerest form of flattery". Another idea I may steal from Pokes is the "Road Bozo of the Month". Please send your nominations to club officers for any particularly stupid, inept or silly act on a club ride, and I'll try to treat it with no more mean spirit than the act deserves, right in this space.*

I can't even take credit for Road Bozos. It was Jane Kenyon's idea. She stole it from a snow mobiling club that had a monthly Snow Bozo.

I found a great new source for gossip - the Club's membership application. How else would one find out that Julia Goodman and Noel Comess (yes) signed up as a couple? Or that Jeff Vogel's name was not on Margaret Cipolla's application? Hmmm.

The March/April issue of Fitness magazine had an article titled "Meeting Your (Perfect) Match." It talked about how clubs like ours are the new way to meet people and mentioned "Jody Saylor and Christy Guzzetta's first real date was a ride to Bear Mountain". How did Fitness know about Jody and Christy? The article was written by our Grace Lichtenstein.

The February/March issue of New York Running News had an interview with NYCC member Suzanne Rohr. After reading about her swimming six days a week, finishing the Hawaii Ironman and competing in 100K races, I was exhausted.

Mark Martinez' Out of the Saddle last month asked if anyone knew the name of the Michelin tire man. Gail Heaney was the only one who knew Bibendum. (It's Latin for someone who drinks too much, or something like that.) I think Gail should be disqualified. She had inside information. She works for the ad agency that handles the Michelin account.

This year's SIG is picking up where last year's left off - with terrible weather. On a day that was so miserable that the CRCA canceled racing, 36 dedicated riders braved

the snow and slush to do four laps of Central Park. Afterwards, I'm sure the day's lesson was on bike cleaning!

The weather was so bad through all of February that just about every ride was canceled. We hope that didn't ruin Greg Vandenberg's Valentines Day. His B ride, No Achy Breaky Hearts, was one of those canceled. Why was "A" rider Greg leading a "B" ride? Has he figured out something most of the other male "A" riders haven't?

Bad news, good news. I guess Tom Lowenthal did jinx himself last month when he reported an 8100 mile, accident free year. Three days later Tom slid on some black ice, went down and broke his pelvis. The good news is that Allie Raggozino has been doing such a great job taking care of him that Tom and Allie are now engaged! Allie, an avid hiker, says she has no plans to take up cycling. Based on Tom's accident record, we understand.

The March Club meeting was highlighted (?) by a spirited debate between Irv Weisman and Bob (Not Tech) Moulder on optimum cadence. (Who said cyclists are boring?) While Irv wowed the audience with his Ross Perot-like charts and graphs, Bob presented a practical view. With Irv's 20 years of presenting lectures on the subject, Bob said he felt like a "One-legged man in an ass kicking contest." Since debate went on long after the audience had left, we may never know who won.

So who is it that's been submitting the anonymous poetry to the Bulletin? We needed a literary antithesis to this column. Someone should take credit for it, ... before I do.

Speaking of anonymity, several readers questioned who last month's unnamed Road Bozo was. I really had no one in particular in mind, but I was thinking of "A" riders, who don't know enough to come in from the cold. However, I did find out that Peter Hochstein volunteered to lead a ride in place of Geo Kaplan. To Peter's surprise no one showed up on a 24 degree morning. Undaunted, Peter did a couple of laps before retreating to the warmth of the Boathouse. Peter, you should be ashamed of yourself, a "C" rider out on a brutally cold day. You're our Road Bozo this month.

And, finally, details are leaking out about Amy Sackman. Her fiancee's name is Josh and a wedding date has been set. More to follow.\*

## BIKE REPAIR CLINICS

Head Wrench: R. Rosenthal (212) 371-4700

### DATE SUBJECT

April 20 Flat and Chain repairs

April 27 Freewheel removal, spoke re-  
placement & wheel truing

May 18 Brake and Derailleur adjustments

May 25 Bearings, crank tightening

All classes are held on Tuesdays 6:30 - 8:30. (This is to get you used to attending club meetings, also held on Tuesdays.)

**IMPORTANT:** Call a clinic location each week to reserve a space. First come, first serve each week, limited to 7 per meeting. For the sake of other members, please call to cancel if you can't keep your reservation; if you fail to cancel, may you be bedeviled by flats the rest of your riding life.

### CLINIC LOCATIONS

#### Eastside:

Pedal Pusher Bike Shop (212) 371-4700  
1306 2nd Ave (68th/69th) (212) 879-0740

#### Westside:

David Regen, 878 West End (212) 222-0532

#### Chelsea:

Herb Dershowitz, 435 W 23rd (212) 929-0787

#### Queens:

Steve Britt, 21-71 23rd St (718) 204-4970

#### Brooklyn:

**HELP!! WE NEED A VOLUNTEER**

Additional instructors: Mark Martinez, Richard Rosenthal and James Ross (age 13). Special thanks to Pedal Pusher Bike Shop.

### AN IDEAL BRING LIST:

Your instructor will have all the tools necessary for class. However, those wishing to start their own tool kit will find the following tools useful and used in the classes. The patch kit is NOT optional; it is imperative that you own it and bring it on every ride.

**Class #1:** A patch kit (c. \$2.50), a beat-up tube (if you don't have one, get one from a bike shop), your frame pump, 5 links from any chain (try the bike shop again), and a Cyclo chain tool (rivet extractor) (c. \$5.50).

**Class #2:** Two front spokes, two rear left spokes and two rear right spokes (they're all different lengths, c. 295-302mm) Either tell your bike shop what make and model hub and rim you have, and what cross pattern your wheel is spoked, or bring your wheels to the shop to find the right size spokes. Get matching spoke nipples, but don't pay extra for them. Wrap a tape tag around each spoke to identify its size or placement. Also bring a Park spoke wrench (c. \$8.00) that is the right size for your spokes. Finally bring a freewheel remover that fits your freewheel (\$8-12). \*



## POKER PACE

Carol Baron

A flat, straight road along the barrier islands of Florida's east coast, A1A is about the only road fit for a cyclist to ride in the Miami-Palm Beach area, and it's BORING. You can't just ride A1A — you've got to do something. Paceline, speedwork, intervals, anything to break the monotony.

On our semiannual visits to Steve's mom in North Miami beach, rather than pay \$90 each to have our bikes accompany us on our flight, we occasionally rent decent bicycles from an excellent local shop, Gary's Megacycle. Last June, while riding our rentals through Pompano Beach, we saw a familiar shape in lycra. It was Art Guterding, an ex-NYCC member who moved south about five years ago.

"The Broward Wheelmen are running a poker ride tomorrow. It costs five bucks, and the winner takes half the pot. Meet us at the shopping mall on Sunrise at seven."

"Well, we've got nothing to lose but our shirts, and in this heat, I don't mind," Steve said.

The deluge that began as we drove up to the parking lot at 7 a.m. Sunday morning didn't look promising, but the home-baked blondies and the Gatorade did. We signed up in the shelter of an overhang, hoping for sunshine.

The deal was you ante up \$5. For that you get a chart rather like a bingo card, with deuce through aces on the vertical axis and the four suits across the top. Choose five or seven card draw, depending on whether you're planning to ride twenty-five or thirty-five miles. Every five miles you stop to pick a card, have your chart stamped, and schmooze a bit. The best hand, or card, at the finish wins half the pot. The other half goes to the club.

A rainbow appeared and the ride began at 7:30 on wet roads in storm-cooled air. Art, riding his new custom Masi, modestly professed that he hadn't ridden much this year. Steve rode a Bottecchia and I a steel Masi with tirbars, our rentals. Our paceline was soon joined by Jim. When not training for triathlons, Jim captains the flagship of a private yacht builder's fleet. He was incredibly

steady, and fast. Shortly after joining us, he leaned down on his tribars and started pulling. I dropped down on mine and pedaled furiously to hang on. Though it's not a good idea to ride tribars in a paceline, and this was my first time using them, it was my only salvation. The straight road and infrequent intersections of A1A are ideal for this kind of riding.

At Lauderdale, we stopped for Gatorade and to draw our second card. Art added a jack to his ten of spades. Steve's card was totally unrelated to his first. Mine was of the same suit as my first, as was Jim's. We resumed our paceline, spinning along at twenty-plus to the next stop, then to the turnaround at Spanish River in Boca Raton.

"I think you're the only ones going this far," a blond woman named Sue observed as she offered refreshments.

"Well, that just means there are more of these blondies for us. We can handle it," said Jim. The Gatorade Nouveau was the perfect accompaniment.

We each drew our fourth card. Art was working on a straight, Steve was still drawing random cards, and I seemed to be drawing to a very spread out inside straight. We weren't sure where Jim's hand was headed. It was 8:30 and the sun was rapidly warming the air, making it tempting to remain in the shade of the live oaks and Spanish moss.

"This is great," I said, "but it would be really difficult to pull off an event like this in New York. You need wives and cars to provide support, and all our women ride. We have no one to bake and drive the Gatorade around. Thanks, Sue."

Full of liquid and carbohydrates, we headed back south.

Jim pulled for the entire return. He seemed to get stronger as the ride progressed. I, for one, was working very hard to keep up, even with the aid of my tribars. I welcomed the occasional red light. We stopped twice more for cards.

In perfect form, we made the last turn into the parking lot to draw the final card. By now, my hand was as random as Steve's. Art was disappointed that he failed to fill in his inside straight. But Jim, it seemed, had a full house. It was good enough to win the \$50 pot. \*

## Fear and Loathing

Mark Martinéz

So you wanna be an "A" rider. You say you're a pretty fit cyclist who likes to ride fast but wants to enjoy the aerodynamic benefits and camaraderie that comes from riding in a paceline. No problem. Join the progressive "A" Special Interest Group. What's that you say? You missed the first rides and it's too late to join? Problem.

You could show up for a regular "A" ride and try to pick up group riding skills a little bit at a time. What kind of reception would you get? That's a good question. You might be given an enthusiastic welcome, but don't count on it. More often than not, you'll get a couple of icy stares, a sharp word or two, and if your lucky, some friendly pointers on riding style.

You probably think "A" riders are a pretty rotten bunch. They're not. Those lean riders aren't mean, they're afraid of you. Yes you. You are an unknown factor that worries them. They don't want to risk crashing because of some new guy's erratic bike handling. Riding time is prime time and they would prefer not to have to worry about some dweeb who's gotten in over his head.

So how are you ever going to get to learn "A" rider skills if you don't go on an "A" ride? You're not. A little preparation is all you need to make the experience positive.

Find an "A" ride listed at a pace and distance that is a little easier than what you are used to. It's hard to concentrate on learning technique when riding at the edge of your fitness level. Call up the ride leader and tell her that you want to develop your group riding skills. Be honest about your fitness and skill level. If the leader knows you've got the physical conditioning and right mental attitude, she shouldn't have any reservations about having you join a ride. If she does, find another leader who doesn't. If you can't, call up the "A" Rides Coordinator or the VP for rides and explain your situation. (Perseverance is always a good quality for "A" riders.)

When you've found an appropriate ride, show up on time with your bike in good working order and related essentials (see page 2). Identify yourself to the leader and listen to what he or she says. Don't be afraid to ask questions. If you want additional attitude insurance, bring along a map, train pass and some pocket food; some days even veteran "A" riders get dropped.

See you in the paceline. \*

# New for 1993: New York Cycling Club Jersey

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The new jersey will have sublimation printed designs on CoolMax material.  
The colors are:

Safety Yellow background, Hot Red Skyline,  
Black NYCC logos (except for the large white  
one on the rear pockets), black side panel, with  
New York Cycle Club spelled out in white.

The new jersey design incorporates the Official  
club logo, both of which have been designed  
by club member Michael Toomey.

Sizes available:

Women: XS, S, M, L

Men: S, M, L, XL

Price will be \$50. each.



# 1993 New York Cycle Club Jersey Order Form

| <b>WOMEN</b>      | <b>Chest</b> | <b>Waist</b> |
|-------------------|--------------|--------------|
| _____ Extra Small | 30-32        | 24           |
| _____ Small       | 32-34        | 24-26        |
| _____ Medium      | 34-36        | 26-28        |
| _____ Large       | 36-38        | 28-30        |

| <b>MEN</b>                    |       |       |
|-------------------------------|-------|-------|
| _____ Small                   | 36-38 | 28-30 |
| _____ Medium                  | 38-40 | 30-32 |
| _____ Large                   | 40-42 | 32-34 |
| _____ Extra Large             | 42-44 | 36-38 |
| _____ Total Number of jerseys |       |       |

**PRICE: \$50 EACH**

TOTAL ORDER: \$ \_\_\_\_\_ (Do not send cash, please make checks payable to New York Cycle Club)

Prepaid mail orders are accepted c/o Club President, Geo Kaplan, 18 West 16th Street, Apt PFF, NY, NY, 10011.

Name: \_\_\_\_\_

Address, Apt. No. \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Telephone number (Including area code) \_\_\_\_\_

Jerseys are made of Cool Max material, by Canari Cycle Wear Products of San Diego, and have an extra-long 14" zipper.

**ORDER NOW TO AVOID DISAPPOINTMENT.**

No extra jerseys will be stocked. Orders will be taken at the April Club meeting and by mail. After the April Club meeting, jerseys will only be available depending on demand.

Delivery time: Approx. 6-8 weeks

## Re: Letters to the Editor

Judging by the letters received by the Editor, Bob Moulder seems to have touched some raw nerves with his article on "Why Cars Hate Us". Due to space constraints this month, the letters will be printed in the May Bulletin and we welcome all opinions on the subject. Please send them as early as possible to make the deadline.

- Editor

## "What's in a Name" Department

The Seattle Cyclones franchise of the National Cycle League has been sold and will relocate to Tulsa, Oklahoma.

- M.M.

## New York Cycle Club Contest #1

(Sponsored by your V.P. for Rides)

This contest is inspired by similar contests in *New York Magazine* and by my close call with carpal tunnel syndrome after typing the ride listings for March and April. All contestants will receive honorable mention in the May bulletin's Ride Listings. The winning entry will actually be proofread.

Ride leaders are requested to submit their May ride listings in brief, telegraphic prose.

**samples:**

**A22 102mi Warm Up 8:00am**  
Leader: Lance Corporal Punishment (212 555-1212) RIDE STOP RIDE FASTER STOP RIDE STRAIGHTER STOP RIDE CLOSER STOP DON'T STOP

**B15 52mi The Ususal 9:00am**  
Leader: Bosco Fudge (212 555-1212) Ride. Have brunch in Nyack. Ride Back. No Go Rain.

**C3mi The Bowery - Sublime Gutters of the Lower East Side 1:00pm**  
Leader: Paul Rubenesque (212 555-1212) Keep this short; You Must Be Joking!

All entries should be submitted to the appropriate ride coordinators on or before the date of the April membership meeting.

## BIKE-TO-WORK-WEEK

Bike To Work Week, organized by Transportation Alternatives is being held May 17th to 21st to encourage increased numbers of New Yorkers to experience the benefits of bicycle commuting. For more information, pick up *City Cyclist*, or contact *Cindy Arlinsky* of TA at 212-475-4600.

## MINUTES OF THE NYCC BOARD MEETING (TUESDAY, FEBRUARY 2, 1998)

**Present:** Geo Kaplan, Conrad Obregon, Larry Nelson, Ellen Richard, Jim Babbitt, Jane Kenyon, Herb Dershowitz and Richard Rosenthal.

**Absent:** Mark Martinéz, Jody Saylor, Nadine Manney, Hannah Holland and Karin Fantus.

Herb advised that there were 276 paid members for 1993. Jim advised that he was trying to establish a "B" training series.

Geo reported that Karin and Clif Kranish had prepared a new brochure. Karin had also prepared an ad to appear in "In Traffic." Richard reported that he was working on public service announcements. Herb suggested that a letter of thanks be sent to Jeff Vogel and Margaret Cipolla for the brunch provided to club members in connection with a recent ride. The secretary will send such a letter. Herb noted that LAW had entered into a contract allowing LAW members to transport their bikes for free on certain airlines.

Geo advised the Board that Dave Lutz of Metropolitan Green Space had asked NYCC to be a sponsor of a proposed century ride from New York to Philadelphia. There would be no cost to the club, although there might be a requirement of \$1.00 per participant for insurance. It was agreed to defer the matter until we received a more detailed proposal.

## Classified listings

### For Sale:

• Davidson Impulse 52cm. Dura Ace & Campagnolo. Call - let's talk.

Call Herb (212) 929-0787

• Bottechia Road Bike, 50cm, SLX frame, pink and white, all Campy Athena components, except Shimano 105 Rear Derailleur. Beautiful frame in excellent condition. Asking \$875.

Call Beth (212)689-7778 (eves)

• Polar Pacer Heart Rate Monitor. Used, but not often. \$80.  
• Centurion Ironman, 49cm. Mostly Shimano 105, some Ultegra plus extra wheels and gears. \$400

Call Elizabeth (212) 283-7772

• 52 cm aluminum Bridgestone Radac. Mostly Shimano 200, now set up as fixed gear, can easily be converted to road bike. \$500.

Call Stefani (212)769-8718.

• Schwinn Criss Cross Hybrid Bike, 21 speeds. #1 rated in Cosnumner reports. Excellent condition, \$260.

Call Howard (212)243-5483

• Two almost new 700X38c knobby Cheng Shin tires. Also two Presta inner tubes slightly used. Asking \$15.

Call Lenny or Rebecca (212)796-9006 (after Apr. 13)

• "Pole Cat" Bicycle Storage System. White floor to ceiling pole with two extending arms for vertical bike hanging. New \$40.00

Call Simone (W)(212)773-6928 & (H)(718)639-1732

• Polar Accurex Heart Rate Monitor. Nearly new (I'm upgrading), includes warranty (9 mos left), instruction booklet and receipt. \$125 o.b.o.

Call Don (212)307-7753

• Strong, handsome Italian... and within your means. 56cm (c-t) Pinarello TSX, Dura-Ace 7sp. Barely ridden, (poor fit)- never crashed. Yours for an aria.

Call Mark (718)726-7644

### Other lisitings:

• **Wanted:** Pro-bono Attorney to help with incorporation filing for new, exciting non-profit Children's Sports Mueum.

Call Bruce (718)832-3111

• **Interested?** in forming an informal Central Park tennis league (advanced beginner to advanced intermediate players).

Call Jonathan (212)794-4692

### FROM THE NICE FOLKS AT METRO NORTH...

As you know, we often lead rides that leave or return on a Metro North 'Bike Train'. If you would like to lead a ride that uses one of these trains, following is the schedule (Note: there are no bike trains on holiday weekends):

|                 | From GCT | To GCT  | To/From        |
|-----------------|----------|---------|----------------|
| Hudson Line :   | 7:50 AM  | 5:18 PM | Poughkeepsie   |
| Harlem Line:    | 8:47 AM  | 7:08 PM | Brewster North |
| New Haven Line: | 8:07 AM  | 5:55 PM | New Haven      |

Metro North passes are still required for every rider (call 212-340-2176 to get an application).

If you absolutely have to lead a ride that needs a bike train at a different time, you must call the NYCC Metro North liaison, Jeff Vogel (718-275-6978), and he will try to arrange another train for your ride.

As always, if there are only four people on a ride, you may still take a Metro North train, with passes. All other rules still apply.

## 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): \_\_\_\_\_

Where did you hear about NYCC? \_\_\_\_\_ Date: \_\_\_\_\_

☐ New ☐ Renewal ☐ Change of Address Check Amount: \_\_\_\_\_

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

For demographic purposes only (Optional):

☐ M ☐ F Age: \_\_\_\_\_ Occupation: \_\_\_\_\_ How many NYCC rides have you done in the past 12 months? \_\_\_\_\_

1993 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) until December 31st.. 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.



New York Cycle Club Monthly Meeting  
Tuesday, April 13th, 1993



## JOE & DOTTY SAILING A life in Cycling – His and Hers

Dotty is a medalist at the National Championships, and she's on the Boards of the USCF and the US Olympic Committee.

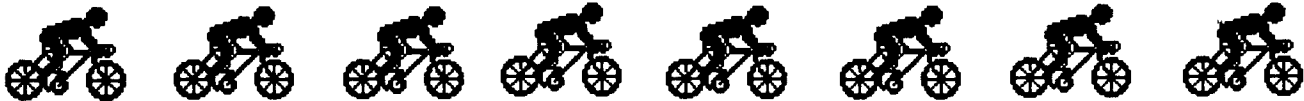
Joe won the Masters World Championship 2 years ago, and he is a 9-time champion at the Nationals in Criterium and Track. He announces races, like the Tour de Summerville and the Oyster Bay Criterium. Joe's great gift is that he can explain the subtleties and strategies of a crit or a matched sprint on the track so that crowds not only understand, but go wild. He also coaches, and has written an article on aging and racing.

Come welcome the Sailings and learn of their long, exciting careers in cycling. They are charming ambassadors of the sport.

### CLUB MEETING LOCATION

**FLATIRON GRILL at 937 Broadway** (betw. 21st and 22nd Streets)

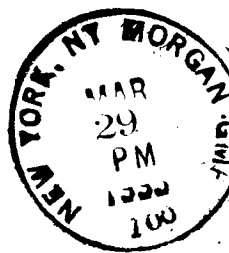
\*Drinks at 6pm, dinner at 7pm, program follows. Members and non-members welcome.



**NYCC**

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

**First Class**



10/08

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

