

August
1993

NYCC *Bulletin*



“In yet another bizarre heat wave-related incident, three cyclists had to be air-lifted from Central Park by police early this afternoon when their bicycles became inextricably mired in the super-heated surface of the new roadway. A DOT. spokesperson says that the bikes will be bulldozed into the macadam as the first elements of a "Park Usage" exhibit planned for later this season...”



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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	< 1:10
		20-22	1:10-1:16
		18.5-20	1:16-1:23
		17-18.5	1:23-1:30
B	Moderate to brisk riding with more attention to scenery. Stops every hour or two.	16-17	1:30-1:38
		15-16	1:38-1:48
		14-15	1:48-2:00
C	Leisurely to moderate riding: destination oriented. Stops every half hour or so.	13-14	2:00-2:14
		12-13	2:14-2:30
		11-12	2:30>

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

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

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.

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. It is preferred that articles be submitted to the Editor on a 3.5 inch diskette.

Include a self-addressed, stamped envelope if you wish material returned.

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.

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*. © Copyright 1993, NYCC. All rights reserved. May not be reprinted in whole or in part without written permission of the editor.

Credits: F/C art, Mike Samuel

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

Deadline for the September 1993 Bulletin is August 10th.

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

Wednesday Nights

A 30-40mi Evening Training Ride to State Line 6:00pm
Coordinator: Ellen Richard (212 505-0697). From the Boathouse. Pick-up ride every Wednesday, through August. Ride in one group to G.W. bridge, then split up into smaller groups for intense training. Regroup at the bridge for the return trip downtown. Bring lights/high visibility gear (or become a candidate for road pizza).

A/B/C Whirling Around Prospect Park 6:30pm
Coordinator: Stephanie C. Davis. For-whatever-kind-of-ride-we-want following the bike path. Afterwards we'll either carry-out local cuisine for a picnic dinner or head for a local restaurant. Bring money for food, a towel or blanket for two, locks and friends. Rain cancels.

Saturday, July 31

A18 150mi The Hills Are Alive 5:00am
Leader: Steven Britt (718 204-4970). From the Boathouse. My same route to and from Harriman. Just toss in an extra hill or two and a few more miles. Is it Aug. 12 yet? Nothing cancels.

A23 45-56mi Northern Sizzler 8:00am
Leader: Bob Moulder (212 682-5669). Quickie. See July 3rd listing for description.

A21 90mi Seven Lakes Drive 8:30am
Leader: John Becker (212 989-3122). From the Boathouse. I can't think of a better way to spend a Saturday than flying down Seven Lakes Drive. Come on out. Rain cancels.

A22 60mi Rockland Lake 8:30am
Leader: Don Montalvo (212 307-7753). 9W and then lunch in Nyack. 9W home too! Rain cancels.

B15 70mi Catch A Wave 8:30am
Leader: Jim Babbitt (718 296-0027). From the Boathouse. We'll cruise on down to the South Shore for another day at the beach (Show off your great tan on tomorrow's All Class Ride). Bring beach stuff & a lock (a must for Jones Beach). Rain cancels.

B17 60mi "Roll On" 8:30/9:30am
Leader: Larry Ksiez (718 478-0644). From the Boathouse/Statue of Civic Virtue (Queens Blvd. & Union Tpke - "E" or "F" to Kew Gardens). This is my one "B" ride for July, so I'm going to make it nice and easy. Rain, you decide.

Sunday, August 1

All Class Ride II - Kingsland Point Park (Tarrytown)
Just when you thought it was safe to get back on your bicycle ... it's time for the second of our three annual All Class Rides. The rolling roads of Westchester will take us to Kingsland Point Pk. with its Hudson River vistas and cooling breezes. This time we buy our own lunches (but we won't have to pack our trash out.)

A22 60+ All Class 9:00am
Leader(s): Ellen Richard (212 505-0697). From the Boathouse. I've never led a ride to Tarrytown before, so you're in for a real treat. Good sense of direction welcomed. Rain cancels.

A18- 50mi All Class An "A" Ride for Sloths 9:15am
Leader: Richard Rosenthal (212 371-4700). From the Boathouse. Can you be slothful and indolent and given to great feats of lassitude? Your leader, who hasn't ridden once in the thirty days preceding writing this - and dam little in the preceding hundred - says "Yes." Participants guaranteed a postcard from a French mountaintop before the month is out. Rain cancels.

B17 45mi All Class 9:00am
Leader: Johnathan Silvers (212 794-4692). From the Boathouse. Moderately paced ride to Kingsland Pt. Pk. in Westchester. Rolling hills. Join rest of Club for lunch. Rain cancels.

B15 50+mi All Class 9:30am
Leader: Carlos Cardona (212 581-2858). From the Boathouse. 30 hilly miles before lunch. 15 flat miles home. Rain cancels.

KB17+ 80mi Killer "B"'s Swarm Kingsland Pt. Park 8:00am
Leader(s): Buzz (212 989-0883). From the Boathouse. Hilly ride to All Class Picnic. 60 miles before lunch (1 quick stop en route). Easy way back with rest of group. Rain cancels.

C12 45-50mi All Class 9:00am/10:00am
Leader(s): Geo Karl Kaplan (212 989-0982). From the Boathouse/Woodlawn Station (last stop #4 train). Scenic ride through Westchester to to picnic on the Hudson. Straight route back with possible subway or Metro-North options for those seeking abbreviated round trip. Don't miss it! Rain cancels.

Saturday, August 7

A19 85mi Mt. Alry and Back 7:00am
Leader(s): Marcel Lipkowitz (212 879-9461); Jon Miller (718 769-5618). From the Boathouse. Five hills, lunch at Mt. Kisco diner and home. Rain, 120⁰ cancels.

A18 65mi Oyster Bay 8:30am
Leader(s): Carey Chu (h. 718 507-7140). Paceline out to Oyster Bay and Picnic by the beach. Rain cancels.

A16 60mi Kensico 9:00am
Leader: Clif Kranish (212 473-6745). From the Boathouse. Lunch in Valhalla, circuit of reservoir unless it's too hot. The usual cancels.

B15 ?mi Hit The Beach 8:30am
Leader: Jim Babbitt (718 296-0027). From Queens Blvd. & Union Tpke. As of press time, destination was not known. If you really have to know, call. If not, show up with beach stuff. Rain cancels.

B18 100k/62mi Connecticut Metric Century 7:30am
Leader(s): Kyle Skrinak (212 767-6905); Elena Burinskias

NEW YORK CYCLE CLUB

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(212 490-4800). From Grand Central Terminal Info Booth. Catch the 8:07 to New Haven as we savor the wilds of Connecticut. Good riding/pacing skills will be appreciated, but we're not too uptight about it. Metro-North pass and \$20 for trainfare. The usual cancels.

Sunday, August 8

A22 56mi Cool, Quick 'n' Quiet (or Hot, Slow 'n' Wet) 7:00am
Leader: TBA. From the Boathouse. Nyack or Blauvelt; back by noon if no side trips. Predicted high of 90° or better means an option to immerse our steaming bods in the deliciously cool waters of the Tallman Mt. pool (bring \$1, swimsuit and minimum security lock) Chill, don't grill! The usual cancels.

A21 75-80mi Rappelling Area 8:00am
Leader(s): Jeff Vogel (718 275-6978). From the Boathouse. The sign on Bull Mt. Rd. on the West Point Reservation really does say "Rappelling Area". I saw it. It's steep. We'll do South Mountain Rd., Gate Hill Rd., Perkins and a few other minor climbs for a warm up. Recommended gearing: 39x26; (recommended legs: Claudio Chiapucci's). Two water bottles and Metro-North pass a must as return is by train from Beacon, Cold Spring or Garrison. Predicted high over 95° or rain at start cancels.

A21 +/- 80 +/- mi Swimming Ride 8:30am
Leader(s): Christy Guzzetta (212 595-3674). From the Boathouse. Cool ride through Saddle River to the swimming pool at High Tor State Park on S. Mountain Rd. Deli stop at the pool. 1hr. swim then cruise on home. Bathing suit required along with a dollar or two to get into the pool. Non-swimming weather cancels.

B17 70mi New City 8:00am
Leaders: Seymour Friedman (212 496-6684); Alan Cohen. From the Boathouse. Rolling hills to New City. Will try to maintain pace as advertised. (Alan says no pacelines; Seymour says don't believe it.) Rain cancels, high temps call.

B17 60+mi Oyster Bay Picnic 8:00am
Leader(s): Steven Britt (718 204-4970). From the Statue of Civic Virtue, Kew Gardens (Queens Blvd. & Union Tpke; E or F train). Quiet North Shore roads. Little traffic. Picnic by the water in Oyster Bay. Heavy rain cancels.

C11 60mi A Trip to the Ole Swimmin' Hole 9:00/8:15am
Leader(s): Anita Haravon; Katie Marion. From Woodlawn IRT station at Jerome & Bainbridge/59th St. & Lex. IRT (front car of the #4 train). After a nice hilly ride through Westchester, we'll cool off in our favorite swimmin' hole on the Croton River. We'll see the dam, then settle down for a picnic and a short swim before we return. Joint with 5BBC. Rain cancels.

C11 30mi Rock and Roll to Rockland County 9:30am
Leaders: Richard Fine (914 638-0842); Ethan Brook (914 425-2361). From Memorial Park on the Hudson in Nyack.

See Rockland County with real Rocklanders. Scenic trip with a lunch stop.

C12 25-35mi Bicycle Beach Burns 9:30/10:00am
Leader(s): George Kaplan; Laurie Harris (212 989-0982). From City Hall Steps/Grand Army Plaza - Prospect Pk. Mostly flat ride to balmy breezes and soothing surf at one of New York's pristine beaches. Bring appropriate beach gear. Rain, foreign tankers near shore cancels.

Saturday, August 14

A19 125mi "Take It To The Limit" 6:30/7:00am
Leader: Larry Ksiez (718 478-0644). From the Boathouse/Yellowstone & Queens Blvds. We won't be able to take it much further than Orient Point, with two stops before that. LIRR back (bring pass). Rain call leader. Call to confirm.

A16-18 75-80mi Not So Fast to Chappaqua 7:45am
Leader(s): Caryl & Steve Baron (212 595-7010). From the Boathouse. The scenic route (you know that means hills!) to an air conditioned deli in Chappaqua — at the top of a hill of course. More hills after lunch. Anyone still game? 80° at 7AM, rain, yukky yellow air cancels.

A22 70mi Le Tour de Sleepy Hollow 9:00am
Leader(s): Maynard Switzer (212 265-6330). From the Boathouse. A repeat of this famous ride. A great ride on beautiful roads. Rain cancels.

B16 65mi New City (and I Bought A Map) 9:00am
Leader(s): Carey Chu (w. 212 237-3409, h. 718 507-7140). Up to New City and the "Good Times." Will try not to lose the group. Rain cancels.

C9 25mi Ellis Island Revisited 8:30am
Leader(s): Ky-Van Lee; Steve Rishton; From the Manhattan Terminal of the Staten Island Ferry. Avoid the long lines in Battery Park, cycle to Ellis Island by the back way through Staten Island and NJ. Bring a lock as we'll be locking up the bikes in Liberty State Pk. \$8 for the ferry and PATH train return. Rain cancels.

Sunday, August 15

B/Touring Sunapee Region of New Hampshire (Aug.15-20)
Leaders: Ken & Marilyn Weissman (212 222-5527) and local bikers, Tom & Linda Mandra. \$495pp, dbl. occ., including vehicle support, five of New Hampshire's finest Inns, 5 full breakfasts, 5 dinners (one, a cookout w/homemade ice cream). Call leaders for details.

A22 56mi Cool, Quick 'n' Quiet 7:00am
Leader: Mark Martinez (718 726-7644). See listing for Aug.8th.

B15 50mi Peekskill Bike/Swim/Slide 8:00am
Leader: Bill Schwarz (212 288-7862). From Grand Army

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Plaza (Manhattan - 59th & 5th). Hilly romp thru Westchester —back roads emphasized. Ends at Peekskill Town Park with pool and *waterslide!* So bring swimwear, lock, and Metro-North pass for return trip. Park fee is \$8; Metro-North \$6. Joint 5BBC. Rain cancels.

B15 50+mi Saddle Brook Park 9:00am
Leader: Eric Wapnick (212 686-0275). From the Boathouse. GW Bridge through suburban NJ with stop for excellent bagels and lunch in Saddle Brook Park. It's my first ride as a leader, so impatient riders are not permitted. Rain or temp. in the 90's cancels.

C12 30mi Russian Emigré Concert 9:00/9:30am
Leader(s): Roscoe George (212 989-0982). From the Boathouse/City Hall Steps. A leisurely paced ride to Coney Island with a date at 3:00pm to see **Andrea Goodman** direct the Russian Emigré Choir in the Prospect Park Bandshell. Rain cancels.

C12 25-35mi Bicycle Beach Bums Redux 9:30/10:00am
Leader(s): ? From City Hall Steps/Grand Army Plaza - Prospect Pk. Mostly flat ride to balmy breezes and soothing surf at one of New York's pristine beaches. Bring appropriate beach gear. Rain, tsunami warnings cancels.

Saturday, August 21

A21 130mi Newburg / Beacon Classic 7:00am
Leader(s): Alex Bekkerman (212 213-5359). From the Boathouse. A beautiful ride up through Dutchess County and back via West Point and 9W. Demanding cooperative pace.

A19 65mi Nyack # 22111 9:00am
Leader: C.J. Obregon (212 876-6614). From the Boathouse. Nyack via River Road and Ash. Helmets required. Rain cancels.

A18 80mi Dutchess Deluxe 9:30am
Leader(s): Ron Grossman (718 965-2168). From Metro North station - New Hamburg, NY (7:50 Hudson Line from GCT). Depart from the doldrums with a dandy day in Dutchess County. . . east side of the Hudson Valley north of Putnam County. An out and back loop with two food stops. Bring train pass. Call to confirm. Rain date: Sunday, Aug. 22.

B16 85mi Jones Beach via The Rockaways 8:00am
Leader: Peter Mateusewitch (718 951-7431). From Grand Army Plaza - Prospect Pk. (#2,3,4 or 5 trains). The best of Brooklyn. A sprint under the "A" train. Work on your tan. See sunset from Marine Park Bridge. (Bring lock, 2 water bottles & beach stuff). Rain cancels.

C11 40mi Connecticut Shore Ride #2 8:15am
Leader(s): Phil Goldberg and Angelica Merk. From Grand Central Terminal. Train and ride to Sherwood Island St. Pk. on L.I. Sound. Metro-North pass required. Bring towel, swimwear, frisbee, trivia questions and \$12 train fare.

C11 ?mi Harvest Fair Bike Ride

Leader: Laurie Harris (718 399-2714). Leave your car at home and ride with the 5BBC to and from the 17th Annual City Gardener's Harvest Fair at Floyd Bennett Field in Bklyn. Free admission. Repeated on Sunday, Aug. 22. Call leader for details.

C9 25mi Moonlight Over Manhattan 1:00am (Sunday)
Leaders: Richard Fine (914 638-0842); Ethan Brook (914 425-2361). From the Plaza Hotel fountain (Grand Army Plaza). Tour mid and southern Manhattan. See the sights, have fun and breakfast at sunrise.

Sunday, August 22

A22 56mi Cool, Quick 'n' Quiet 7:00am
Leader: Mark Martinez (718 726-7644). See listing for Aug. 8th.

A21 72mi Whippoorwill or Whippoorwon't? 8:00am
Leader: Jane Kenyon (212 662-1935). From the Boathouse. The usual route to Armonk with Whippoorwill hill before lunch. (Option to skip the hill if the weather is too icky.) Feed the ducks while eating lunch at the park. Shorter route home. Pocket fuel and lots of water recommended. The usual cancels.

B17 60mi Nyack Beach - the hard way 8:30am
Leader: Fred Steinberg (212 787-5204). From the Boathouse. River Rd., 9W, Greenbush, Bradley and Tweed to the alleged beach at Nyack. Helmets required. 9W, River Rd. back. Rain cancels, high temps. will shorten.

B14 58mi The Pretty Way to Armonk 9:30am
Leader: Maggie Clarke (212 567-8272). From Dyckman (200th St) & B'way in Manhattan ("A" train). Meet at the Triangle garden between Dyckman & Riverside. We'll wend our way up to the Armonk Duck Pond via the manicured lawns and lovely gardens of Westchester, and a nice little piece of Greenwich. Kensico Dam on return. Bring Metro-North pass for emergencies. 60% chance of rain or predicted high above 95° cancels. Call if in doubt.

C12 25/35mi Bicycle Beach Bums Part 2 9:30/10:00am
Leader(s): Don Passantino (718 446-9025); Laurie Harris. From City Hall Steps/Grand Army Plaza - Prospect Pk. Mostly flat ride to balmy breezes and soothing surf at one of New York's pristine beaches. Bring appropriate beach gear. Rain, land sharks cancels.

C10 50mi Bathe In Bayville 9:30am
Leader(s): Ira Najowitz; Bill Schwartz. From Cunningham Park, Queens. Join us on our 6th annual ride to Centre Island Beach in Bayville. There will be time to lounge on the beach or go for a swim in Oyster Bay Harbor. Bring swimwear. Rolling with some steep hills. Joint 5BBC. Rain cancels.

Saturday, August 28

A20 130mi "Crank Me Up" 6:30/7:00am

NEW YORK CYCLE CLUB

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Leader: Larry Ksiez (718 478-0644). From the Boathouse/ Yellowstone & Queens Blvds. Make this #11 to Montauk. LIRR return (bring pass). Rain call leader. Call to confirm.

A1890mi Go West, Young Man (Young Woman too!) 8:00am
Leader(s): Steven Britt (718 204-4970). From the Boathouse. We'll head over the GWB and take some different turns in New Jersey. No Nyack, no Park Ridge. Rain cancels.

A20 70mi Probable New City 8:15am
Leader(s): Alan Stein (718 896-6571); Mary Allen (212 666-6844). From the Boathouse. Cool ride to New City or hot ride to old Nyack. Rain or snow cancels.

A44 160mi South Mountain Road / Little Tor 8:30am
Leader: Paul Leibowitz (212 799-0161). From the Boathouse. Three little hills before we climb South Mountain Rd. and Little Tor. Even if we cut the mileage and pace in half it will be a great ride. Rain cancels.

B17 50-60mi Oyster Bayville 9:30am
Leader: Alex VonBraun (718 965-3552). From 179th St., Jamaica ("F" train). Beach swim and great roads. Call leader if rain.

C10 25mi It's A Breeze 8:30am
Leader(s): Laura Landon, Len Cloe, (718 945-6175). From 105th St. Rockaway, parking lot ("A" train). Explore the beaches of the Rockaways by bike. Eat lunch at our favorite hideaway. Rain cancels.

Sunday, August 29

A22 56mi Cool, Quick 'n' Quiet 7:00am
Leader: Mark Martinez (718 726-7644). See listing for Aug. 8th.

A20 80mi "Ellen's Favorite Ride" 8:00am
Leader(s): Tara Crowley (h. 212 439-9665, w. 212 603-5484); John Becker. From the Boathouse. South Mountain Rd. with a climb up Little Tor (which is anything BUT a little climb!). Rain on sidewalks only and/or temps. over 105° cancels.

A/B/C 15mi Beach Walk 7:35am
Leader: Andrea Goodman (212 254-1717). From Penn. Station (7:35 train to Babylon). LIRR to Babylon, bus to Robert Moses St. Pk. Walk to Watch Hill, ferry to Patchogue, train to Penn. Sta. Bring \$25 for transportation and lunch (at Fair Harbor).

Ride Previews

Sept. 18: A 115+/-mi Greenwood Lake
Leader: Herb Dershowitz (212 929-0787). From the Boathouse. *The Classic*. Raindate: Sunday, Sept. 19.

Oct. 9-11: A/B/C Columbus Day Woodstock Weekend
Leader(s): Christy Guzzetta (212 595-3674). Three days of Woodstock, New Paltz, Mohonk Mountain; Rock 'n' Roll at fabulous Su Casa. \$200 - \$225 - lodging, transportation, lots

of food, parties hills all included. Rides for "A", "B" and "C" riders. Details to follow in upcoming Bulletin. Mark your calendar accordingly.

Oct. 16-18: A19/B17 120mi "Something To Ride To" 7:00am
Leaders: "A" - Larry Ksiez (718 478-0644); "B" - Steve Britt (718 204-4970). From the Boathouse. That "something" is Shelter Island. We'll ride the South Fork of Long Island to North Haven and take the South Ferry, staying overnight at the Peconic Lodge (\$65 Dbl., \$45 Single). On Sunday, another ferry to Greenport and return to N.Y.C. via the North Fork. Call leaders if interested. Two wks. advanced reservation required, so don't call after Sept 24th.

Out of Bounds

Friday Nights The Friday Night Ride 6:00pm
Coordinators: Peter Meitzler (212 794-2920); Steve Beltzer (212 675-1084). "Traffic Calming Ride" around Central Park loop. Meet at 6th Ave & C.P.S. entrance to park. Join cyclist and other non-automotive park users in making our presence felt in a non-confrontational manner while taking a leisurely ride around the park. Casual dinner at 79th St. Boat Basin follows. Sponsored by NY Area Bicycle Action and Pedestrians and Wheelers.

Aug 14-15. A/B110mi Boston-Montreal-Boston Twin Century
Organizer(s): Jeff Vogel (718 275-6978). From Wellesley, MA to Brattleboro, VT. Ride the 1st 100mi. of the B-M-B route on Sat., and then return with B-M-B participants on Sunday. \$100 includes motel, dinner, breakfast, T-shirt and picnic at finish. Rain cancels.

Sept. 12 25-125mi. Hudson Valley Century 7:00-9:30am
Info. and registration forms: (914 229-5618). From Ulster Co. Comm. College, Stone Ridge NY. 25/50/62/100/125 mi. options. \$10 until 9/1, then \$15 - includes map, sag, sweep, and snacks. Helmets required. Sponsored by Mid-Hudson Bicycle Club.

Sept. 12 25-100mi. Great North Jersey Bike Rally 7:00-9:30am
Info.: Barbara Hultay (201 743-4855). From Pequannock Valley Pk, P.V. NJ. 25/50/63/100 mi. options. \$8 in adv. or \$10 on-site; includes food, sag, cue-sheets. Free water-bottle to first 250 registered. Sponsored by Bicycle Touring Club of North Jersey. Add'l info contact: B. Hultay, 40 Clark Ave., Bloomfield, NJ 07003. Rain or Shine.

Sept. 19 25-125mi. 12th Annual Golden Apple 7:00am
NYCC coord.: Larry Ksiez (718 478-0644). From Yorktown Hgts., NY (F.D.R. Park). 25/50/75/100/125mi. options, flat to moderately hilly terrain. \$10 bef. 9/1, then \$12. Helmet req. Sponsored by Country Cycle Cub, 1204 Hall Ave., White Plains, NY 10604. Call coord. if interested in more info or cartop.

Sept. 25-100mi. SIBA Annual Century 7:30am
NYCC coord.: Larry Ksiez (718 478-0644). From Jamesburg, NJ (Thompson Pk.). 25/62/100mi. options, flat terrain. \$10 until 9/11, then \$12. Helmet req. Sponsored by Staten Island Bicycling Assoc., 16 Livingston Ct., S.I. NY 10310. Call coord. if interested in more info or cartop.

The Adventures of Trixie and Alice. On a recent Tuesday evening Rosanna Trestman and Sherri Gorelick (Trixie and Alice) were forced to walk across the GWB because of the high winds. They held on to their bikes tightly as they passed three tough looking kids. Further along the bridge they were stopped by a barefoot cyclist yelling "Help me! Help me! They stole my bike!" They had even stolen his shoes so they could ride with his clipless pedals. Rosanna and Sherri turned back, rode past the three kids again and flagged down a passing patrol car. Within seconds uniformed officers, plain clothes police and the Port Authority police were on the scene. The cyclist positively identified the three kids, but their fourth companion had gotten away with the bike. Our heroes now went back to continue their interrupted ride, passing the three kids again, who by now were handcuffed to the bridge. The police said "Ladies, thank you". "It's all in a days work" responded Trixie and Alice".

Report from the road. Ernie Yu's biggest problem wasn't getting across the flooded Midwest. It seems that the leader of his cross-country trip quit somewhere in North Dakota. So who did Bikecentennial get as a temporary replacement? Right! Ernie is now leading his trip. The SIG goes national! Hurry back. We can't wait to hear the stories.

For those of you who don't read Transportation Alternatives' City Cyclist, this needs repeating. Their August issue had an article on riding in the heat. One paragraph began "Christy Guzzetta, the self described 'fastest bike in New York City' on weekends, recommends commuting at a slow, sedate pace." I've heard that "slow, sedate pace" often lasts into the weekend.

In addition to his legendary cycling ability, Christy Guzzetta is the Official NYCC Weekend Tour Leader. Once again Christy put together another great weekend for us. And what could be more patriotic than spending July Fourth at West Point? The weekend started with a beautiful ride up through Harriman State Park, although Nelson Mora, Jeanine Hartnett and Cathe Neukum tried to turn it into an A55 ride. That's right, they missed the turn and did several miles on the Palisades Parkway. Kevin Mulvenna missed several turns and just barely made it in time for dinner. The all-you-can-eat buffet dinner and breakfast the next morning made Sunday's ride all the more difficult. Even though the rides were beautiful, the 90° heat made the afternoon swim in the pond the best part of the day. The

evening of the Fourth featured the famous West Point concert. Christy staked out the best seats on the lawn, overlooking the harbor and the Hudson River and fought off all the invaders. During the concert those in the audience who served our country were honored. Among the honored in our group were Ed Allen, Karl Dittebrandt, Geo Kaplan, Dan Maguire, Brian McCaffrey, Tony Nappi, Bill Richards, Angel Rivera and Mike Yesko. Thank you, guys. We all have one more chance to get in on one of Christy's weekends. Reserve your space now before the Su Casa Columbus Day Weekend in the Catskills is sold out.

Congratulations to Tara Crowley. After missing the SIG graduation in May she finally got to climb Perkins on the West Point weekend. Although her Yellow Fuji was probably the heaviest bike on the ride she managed to beat many in the group to the top. Maybe when Dad reads this he'll realize it's time to buy Tara a new bike. That is a Kestrel you're riding isn't it, Ar?

As the Wheel Turns. The latest rumor is Trudy and Todd (yes?). They have been inseparable lately. Is anything going on? Will this be the big gossip of the summer? Stay tuned for more of this soap opera.

The Race Report. When Ultramarathoner Karl Dittebrandt went to Rochester for the Andrew Spiller Memorial 24 Hour Race he was hoping to ride over 300 miles and maybe set a personal record. A top five placing would be difficult since most of the top competitors brought along personal support crews while Karl was unsupported. It was also over 95° during the afternoon. Anyway, 21 hours into the race, Karl had well over 300 miles already and was actually in the lead! Unfortunately he had major mechanical problems and had to drop out shortly thereafter. It was still a great ride. Good job, Karl.

Jim Greene's 24 hour race ended even earlier. He was competing in the Iowa 24 Hour Challenge when the promoters were forced to shorten the race to 20 hours because of "dangerous weather". They were riding through one of Iowa's monsoons! Jim finished with 377 miles, which was 29 miles more than his closest competitor. Congratulations!

When the Open Road/CRCA team went to Athens, Ohio last month for the Women's National Championship it was Catherine Chatham's day to shine. With the 90 best women from around the country racing a very demanding course it was not going to be an easy day. Catherine managed to stay with

the lead group to the end and finished an outstanding 12th. Rebecca Twigg was 13th! And, 9 of the 11 who finished ahead of Catherine are going to the World Championship in Oslo, Norway! Way to go, Catherine!

And last but not least, the junior division of the Harlem Skyscraper Criterium was won by James Ross. The winning prize was a brand new mountain bike. What type? A Ross, of course! By the way, James who is 13 years old, was competing in the 13 to 16 age division. Stop picking on the big kids, James!

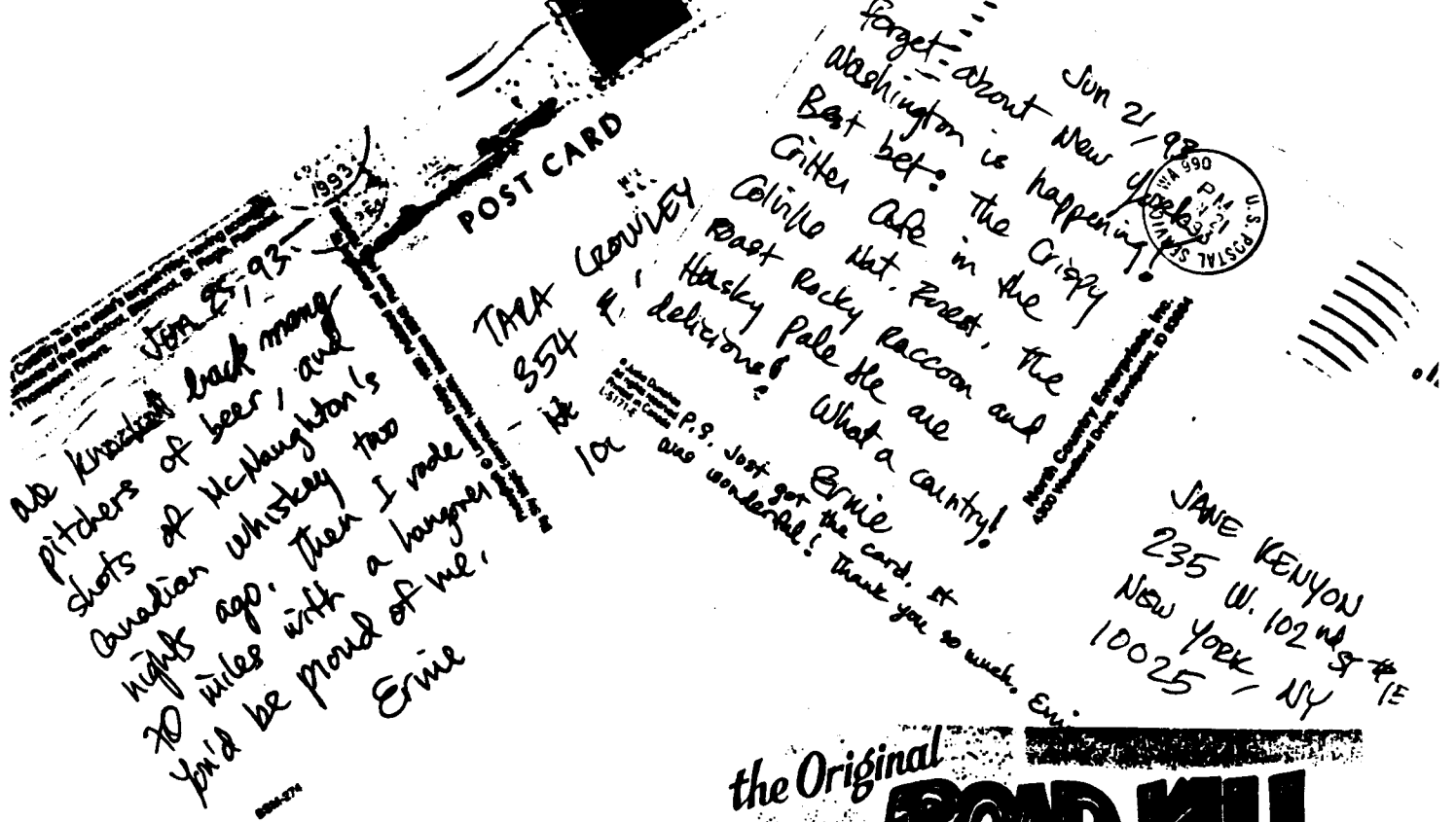
I guess they found it. Here's the report you've all been waiting for: In Search of the Nude Beach Ride. The ride itself may be ugly but the destination sure was interesting. "The best record for nudity in the NYCC" said Jody Saylor. Reportedly most of the riders were on the beach with their dark sunglasses on, and little else! Unfortunately Ed Fishkin couldn't make it. He always had a better idea than dark glasses. He kept the mirror on his glasses even on the beach. Gotta check for obstacles behind you, I guess. Doug Runte won best dressed. Huh? Well, he had a plastic shark tied to his helmet all day. The only disappointment was that Herb Dershowitz didn't get to play nude volleyball.

It's time to say good-bye to Donna Slattery, Neville Mobarakai and Ellen Michaelson. Donna and Neville (yes) will be spending the next two years in Erie, Pennsylvania, while Ellen is moving to Portland, Oregon. It's their loss, however, as we all know, no ride is complete without doing St. Nicholas or the Grand Concourse. We'll miss you all, and don't forget to visit. We're saving a spot on the hill.

So who is Tara Crowley's semi-secret admirer, who kept sending over free drinks at the last Club meeting?

Corrections and amplifications. Co-winner of last month's Road Bozo Award, Tony Dean, may not have deserved the dubious honor. Tony says he would gladly be "bozoed" if it will prevent another rider from turning around to look at a crash, thereby causing another one. His version of his accident is substantially different from that of my source. And Tony, you did hit your head, didn't you?

This month's Road Bozo Award goes to Stefani Jackenthal, who really took it on the chin last month. I'd rather not go into all the details, but ask her to show you the scar under her chin. It was a cycling accident, but maybe we should change the award to Apartment Bozo!



The Original
Road Kill Cookbook June 21, 1993

Jeff —
I tried to outrun a dog, but
I forgot I had 40 pounds of gear.
Fortunately, there's no recipe for
skinned cyclists in here.
During my unscheduled stay in
Twisp, WA, I had dinner at the
Roadhouse Diner where I found this
book. I think my steak was from
a cow.
It's odd. The group no longer
savors my cooking. I thought you'd
find this book useful.
Bon appetit!
Ernie Jr

the Original ROAD KILL COOKBOOK

FEATURING:
YELLOW LINE YUMMIES
SUCH AS.....
PAVEMENT POSSUM
WINDSHIELD WABBIT



LARRY McDONALD returns the cream-filled mystery of Glacier the
best of his major works on a rainy summer day, circumventing
ing his remarkable story. Meanwhile, the photography, fishing, and
baiting are splendid, but even the shortest of stories in these light,
overhead editions is too long, coming in a few hundred chapters.

JUL 3, 93
We camped by Lake
McDonald last week.
Fortunately, the weather
cleared for our ride
through Glacier Park.
We know why the
Mississippi is flooding.
By the way, how is Jeff's
cooking? Ernie



MARGARET CIPOLLA
102-10 66th RD. #11
FOREST HILLS, NY
11375

Although we know Ernie is seeing the country, his biggest interests seem to be food and drink (after all, he was 1992 Diner of the year!). The above postcards reflect that interest, and the Road Kill Cookbook was sent to Jeff Vogel (one of the NYCC's great chefs). Thanks for all the postcards, Ernie. We really miss you!!

Weight Training - Fast & Simple*Russell B. Cohen, DC, CCSP*

I am often asked by my patients to recommend a weight-lifting routine that is comprehensive and will not eat up large amounts of time or energy from their cycling schedules. I usually advise what I call the push-pull training method. Most muscles in the body can be characterized as either pushing or pulling muscles based on their action on the joints that they cross. The pushing muscles strengthen (extend) joints and the pulling muscles bend (flex) joints.

In the upper body, the pushing muscles are the pectorals (chest), triceps (arms) and the deltoids (shoulders), whereas the pulling muscles are the lats (broad back muscle), rhomboids (upper back) and the biceps (arms).

In the lower body, the pushing muscles are the quadriceps (front thigh), gluts (hip/buttock), and gastroc/soleus (calves). The pulling muscles are the hamstrings (rear thigh).

In the midsection, also known as the core, the abdominals and hip flexors are the pulling muscles, and the low back muscles push.

I usually recommend compound exercises. These are weight training movements that involve more than one joint and muscle per exercise. Compound exercises better simulate and prepare you for actual movements in activities of daily living, such as opening a door, picking up a box, or moving furniture. In addition, these types of exercises may be better suited for cyclists since multiple muscles and joints are active at any given time while on the bike. And finally, compound exercises save time from your workout, since each exercise will work at least two muscles unlike single joint isolation type exercises.

The following table lists the exercises, the muscles they work, and the exercises they substitute for. PS indicates a pushing exercises and PL is a pulling one.

Your routines should consist of equal

EXERCISE	MUSCLE	SUBSTITUTE
Bench Press Push-Ups(PS)	Pectorals Triceps Front Deltoids	Flys Tricep Extension Front Shoulder Raise
Lat Pull Down Pull-Ups(PL)	Biceps Rhomboids Lats Rear Deltoids	Bicep Curl Seated Row Pull Over Rear Shoulder Raise
Dips (PS)	Pectorals Triceps Lats	Flys Tricep Extension Pull Over
Overhead Press (PS)	Deltoids triceps	Lateral Raise Triceps extension
Squats Leg Press (PS)	Gluts Quads Hamstrings Calves	Hip extension Leg Extension Leg Curl Calf Raise
Abdominal Crunch Reverse Crunch (PL)	Abdominals Hip Flexors	No Substitute
Low Back Ext. (PS)	Low Back	No Substitute

amounts of pushing and pulling exercises to involve all the major muscle groups in the upper and lower body. For example: in the upper body, do three sets of bench presses, a pushing movement for the chest, triceps and front deltoids, and three sets of lat pull-downs, a pulling movement for the lats, upper back, biceps and rear deltoids. Three sets of leg presses for the lower body and some sit-ups and low back extensions, and you are through. You've hit all the major muscle groups in the body, perhaps not as thoroughly as you would have if you had isolated each one, but surely adequately enough for cycling and general conditioning. You can always do more in the off season when you have more time and energy to spare.

Weight training is essential to your general musculoskeletal health and should be a component of all cyclists' conditioning programs. Using the push-pull method allows for a fast, efficient, and comprehensive work-out. *

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LETTERS TO THE EDITOR

PRESIDENT'S MESSAGE

Geo Carl Kaplan

Dear Editor,

On a brisk B-ride in Rockland County a few weeks ago, I touched wheels with the guy in front of me in the paceline and apparently went sprawling. (I was unconscious for a while and don't remember the fall or the ambulance). There are two important points to this letter:

1) I was wearing a helmet for only the 4th time in my life. After years of sporadic riding with the NYCC and elsewhere, peer pressure finally got to me, and I bought a Giro Air Attack. (Actually quite comfortable, and it matches my red Olmo nicely.) Thanks to all those people who nagged, pleaded and teased me into buying and wearing it!!

2) The Club members and ride leaders were great. The ride apparently was held up a half hour or so while police and ambulance came (I remember nothing), and while Seymour Friedman led the rest of the ride, Alan Cohen came with me to the hospital and made calls to my friends, lent moral support, etc. I couldn't have asked for a more helpful, solicitous bunch of people.

Anyway, to all those who still disdain helmets: I wouldn't have walked out of Nyack Hospital after 2 hours if I hadn't been wearing my Giro, and I don't want to go to any Club funerals this year, so *wear a helmet*.

Thanks to you all,
Judy Nelson

Dear Sirs,

I am a senior United Nations official presently stationed in Santiago, Chile. I am also chairman of the local United Nations Cycling Club.

I have just returned from a trip to New York, during which I learned about your Club. While I am looking forward to participating in your activities when I travel to New York, may I suggest that interested NYCC members participate in selected activities of our United Nations Cycling Club in Santiago. We have some interesting rides during the year, the best of which occur between October and March. Should anyone be interested, let me know so we can send more details for each major activity.

Sincerely yours,
J. Roberto Jovel
Napoleon 3000-105
Santiago, Chile

Mr. Jovel has now joined Steve Sklar (in Paris, France) as the NYCC's foreign members. Welcome Mr. Jovel.

- Editor

"Who are these Norwegians?" I've often been on a saddle for over 350 kilometers at a time. If the minute I get off the saddle, they tell me: 'Alfredo, do it,' I will do it."

Alfredo Martini, trainer of Italy's national cycling team, on a study by Norwegian researchers that found that bicycle seats cause temporary impotence.

Contributed by Zachary Schwartzman (Dan's son)

The other day one of our members told me of a very pleasant ride that he had just taken by himself. He rode from the Berkshires down to Dover Plains to take the train into the city. The ride was remarkable in that he had ridden the forty miles by himself, at his own pace, completely immersed in his own thoughts and fantasies, had enjoyed the scenery, and that he had arrived at the train station completely refreshed, and as if he had just started out. He had a great ride!

That started me thinking - how much emphasis we place on biking from here to there as quickly as possible. Why don't we just enjoy biking for the sake of biking? Granted, when we start out at the Boathouse, we want to leave the city as quickly as possible. But, once we are over the bridge, why don't we slow down and like "Ferdinand" enjoy the "flowers?"

Like all leaders I place a premium on how many riders appear for one of my rides. My ego is reinforced, like the time fifty-two, yes 52, riders showed up at the Staten Island ferry. We had a great ride, but in retrospect, might it not have been better for people to ride in twos and threes at a leisurely pace, talking about whatever, and enjoying biking for biking? Sure, in a particular time frame, you won't cover as much ground as when the group is pedaling along at its best pace. On the other hand, the leisurely, conversational, sight seeing ride may be more beneficial for the psyche. Still, you'll get your exercise and the heart-lung machine will get its workout, but, in addition the mind and spirit may gain increased refreshment and restoration.

What would you like to think about on a ride? What would you like to talk about? What would you like to see and hear? I have an idea! For the August 1st All-Class Ride to Kingsland-Macey Park in Tarrytown, let's have a contest for the Club member who spots the most species of birds or trees or flowers or house styles. Let's give the prize to the most observant on the ride!

*

New York Cycle Club Contest #3:

Spin Art

Contest Editor: M. Martinéz

You are invited to provide a cycling related joke which incorporates one or more of the following names in the punchline:

- Toulouse Lautrec (a gift)
- Henri Matisse
- Vincent VanGogh

As always, responses will be judged on the basis of whether they cause the contest editor to giggle, gag, retch or pass a Powerbar through his nose while reading.

P.S. - Please don't make me print another Roger Bergman response.

NEW ON THE STREETS OF NEW YORK CITY



The **Center for Appropriate Transport (C.A.T.)** is forming as a business incubator in the field of alternative vehicles. A former gas station at the corner of 4th Street and Bowery, currently owned by Cooper Union, is proposed as the site for New York City's first alternative vehicle station. The Center will include facilities and services for cyclists, skaters, wheel-chair users and pedestrians. It will begin operating a fleet of 25 pedicabs in the near future. It will also develop electric and human-powered vehicles.

C.A.T. is seeking advice and help from attorneys, accountants, business consultants, insurance professionals and grant writers. For more information, contact George Bliss, c/o C.A.T., 49 E. Houston Street, New York, NY 10012, (212)505-8276.

And just for fun ...

CALVIN AND HOBBS



OFF THE SIDE

Richard Saunders Rosenthal

A Jaundiced View of the Use of Bicycling in Advertising & Promotion

Unlike professional baseball, basketball, football, soccer, and ice hockey teams, which are named for their hometowns, home states, or home regions, professional cycling teams are named for their commercial sponsors.

Cycling presents sponsors with a clean, healthful, active image. So who trades on this image? In Europe, where the world's best cycling teams traditionally come from, everything from baby wear to software; everything from A (Alfa Romeo, an aluminum siding company, and Arisotea, a ceramic tile manufacturer) to Z (Z is the actual name of a children's clothing manufacturer) and with just about everything in between thrown in including the kitchen sink (Del Tongo). Sponsors have included electronics manufacturers (Hitachi, Toshiba, and Panasonic), hardware stores (Castorama), supermarkets (System U), and insurance companies (Helvetia and Gan, for whom Greg LeMond rides this year).

Among Europe's more unusual sponsors are a right-to-life organization (Amore & Vita), an association of blind people who sell lottery tickets (ONCE), and a Dutch brothel (Sauna Diana. I haven't read about their results which leads me to think it, oxymoronically, may be an amateur team.).

Only a cynic would observe that three out of four leading sponsors of bike racing in the U.S. (where, as it happens, there are only four major cycling teams) are companies whose products, when used irresponsibly, make them the natural, and too often the mortal, enemies of cyclists: cars and beer. Beer and cars: products whose own images are a world away from the clean, healthful, active image of cycling—which, of course, is precisely one of the reasons *why* they attach themselves to cycling.

Jeep sponsors bike races in the U.S. and Chevrolet, Plymouth, Oldsmobile, Saturn, and Subaru have all recently spon-

sored or presently sponsor teams here, thereby associating themselves with the clean image of non-polluting, non-oil consuming bicycles.

In Europe, Renault automobiles, ADR, a car rental company, TVM, a trucking company, and Shell and Elf gasolines used to sponsor bicycle teams and Nissan sponsored a bike race that amounted to the Tour of Ireland.

Within recent memory, no European company selling an alcoholic beverage has sponsored a team although Amstel beer sponsors one of the continent's foremost races. (Until recently, Buckler sponsored a major team—but Buckler is a non-alcoholic beer.)

In the U.S., Miller Lite had a lengthy TV campaign a few years back that portrayed a humorous cross-country Tour de Lite modeled on bicycle stage racing that featured its repertory cast of celebrity ditzzy kibbitzers. Killian's beer, a subsidiary of Coors, sponsored a small team of Irish riders riding in America, Löwenbräu briefly sponsored a minor team, and for eight years Coors sponsored what was then America's greatest bicycle race, the Coors Classic. When it ended its sponsorship of that race, it took up the sponsorship of the Coors Light team, one of America's great teams, now in its fifth year. And last year Bud Light sponsored a 24-hour marathon in upstate New York in which two cyclists were killed in separate incidents by drunk drivers.

Certainly the most curious sponsorship in the U.S. is that of the Los Angeles County Sheriff's Department. It results from the private passion of one of that department's members, Greg Christopherson. Within the sheriff's jurisdiction, on the tony Sunset Strip, is Spago, the ultra-chic restaurant presided over by owner, chef, and cycling enthusiast Wolfgang Puck. Spago briefly sponsored a team and those in the know and with a quick eye saw this piece of Hollywood spoofed by filmmaker Robert Altman in "Player."

America's greatest cycling team was sponsored for nine years by 7-Eleven. When 7-Eleven abandoned the sport, the team was picked up by Motorola. Now, after only three seasons, Motorola has announced it is withdrawing its sponsorship. Wheaties pictured bike racing champion Mike Engleman on its box for a brief while during the time it sponsored a cycling team; and LeMond appeared in a commercial for Taco Bell—with no apparent tie-in to the product.

Companies that have identified themselves with cycling in their advertising have been known to proceed in ignorance...and worse. Crest toothpaste featured a bike racer in an ad during the time Crest sponsored a team. It took a knowing eye to catch the fact the photo retoucher retouched the rider's shorts so they appeared to be on *backwards*!

It did not take such a knowing eye to see how really dumb a Snickers commercial was in which a cyclist, we were to believe, chased and caught a huge semi—that was barreling down the road whereupon the driver, still moving along, handed a candy bar to the rider. (Lone racers can rarely exceed 35MPH on a flat road and, at that, only for short bursts. When's the last time you saw a driver of a semi—on an empty stretch of a straight highway content to tool along at, 30?)

If that commercial was a paean to unsafe bike riding (and it was), at least it wasn't offensive. A Ford commercial around two years ago was. In it the spokeswoman disdainfully and contemptuously proclaims it's time to put away child's things...whereupon she kicks over a bicycle. 52 million adult cyclists here in America might disagree with her about that.

Is there nothing good to be said here for the presence of cycling imagery in advertising? Yes, praise must be given to Volvo. Volvo ran a wonderfully clever and finely produced ten second spot that appeared periodically on the MacNeill/Lehrer News Hour. It extolled the virtue of leaving your car at home and taking a bike instead. *

Health Alert

Dr. Jay Adlersberg

The good news is that we're in peak riding season. The bad news is we're also in peak Lyme Disease season. Wherever you ride in NYCC territory, you could become the target of a tick carrying Lyme Disease.

If this sounds alarmist, consider that nationwide, there's been a twenty fold increase in the number of Lyme Disease patients since 1982. Locally, Lyme Disease is the most common reportable infectious disease in Westchester County.

Lyme Disease is easily treated with antibiotics. But if left untreated for too long, it can be crippling—even life-threatening.

Up to sixty percent of Lyme patients exhibit a telltale red "bull's-eye" rash around a Lyme tick bite. A doctor familiar with Lyme Disease can give you a probable diagnosis just by looking at the rash or evaluating your symptoms. So don't hesitate to go to a Lyme specialist with anything even remotely suspicious.

Diagnosing Lyme is a little trickier in patients whose symp-

toms are delayed by many weeks or months. Some common complaints among this group are prolonged bouts of fatigue, persistent body aches and pains, memory loss and/or depression. If that sounds familiar, you may want to ask your doctor to test you for Lyme. Note that routine labs often miss it, so insist that the blood work be done at a lab specializing in Lyme Disease.

Of course, prevention's the best medicine. Unfortunately, there's no vaccine on the horizon. But there IS a lot you can do to protect yourself:

- Avoid walking or sitting in the woods or tall grass unless fully clothed.
- Use an insect repellent containing 30% or more "DEET"
- After every ride, do a body check: if you remove a tick up to 36 hours after it's made you its home, you may avoid the illness.

Dr. Jay Adlersberg, M.D., F.A.R.A., is an NYCC member and a physician in practice in Manhattan. He also reports on medical issues on Channel 7 News. He can be reached for questions or comments at (212)570-1800.

SAVE A GRAM

Save a gram, save a gram,
Stop eating Spam!
Cease and desist,
On the golden glazed ham.

Is it you who's at fault?
You're doing all right!
The criminal's over there,
It's really your bike!

Grab it by the pedals,
You've got to be tough,
It's only made of metal
And inanimate stuff.

Say: I've been easy on you,
But you've made my life rough,
You've been slowing me down,
And I've had enough!

You need a good shave,
And a drilling session too,
You'll be lighter than air,
When you make your debut.

I'm shaving your seatpost,
And your handlebar stem.
You'll go under the drill,
Down to your bar ends.

But before I do this,
I'm changing personnel,
I'm restructuring here,
And it's gonna be hell!

Good-bye old Look pedals,
You did the best that you can,
But the job goes to Speedplay,
Saves me 200 grams.

Good-bye old sore saddle,
I'm buying a Flite,
7 ounces I'm deducting,
There they go, out of sight.

Steel you were strong,
Aluminum light,
But Titanium's here,
You can't put up a fight.

Titanium bolts,
And barrels and cages,
Bottom brackets and calipers,
I'm making the changes.

Watch out rims and chain,
For now you're just fine,
But Titanium's out there,
It's just a matter of time.

Good-bye extra spokes,
It's retirement you're facing,
Now it's thin gauge I use,
With radial lacing.

Clinchers you're gone,
Tubulars are just right,
I just glue them on,
And they're much more than light.

Now I won't grow complacent,
So hope that you're lean,
If I find something lighter,
You'll get thrown off the team!

As for me, I'm off now,
My friends I must see,
Ben & Jerry are waiting,
And I'm dating Sara Lee.

Then I'll get down to work,
And start trimming you down,
When I'm done you'll be lighter,
By a couple of pounds.

And when the season begins,
I won't care if I'm fat,
It's the bike weight that matters,
I am certain of that.

-- The Rhyming Cyclist

He was Edvard Munch's "Scream" come alive and moving toward us like a scraggly dervish, a raging whirlwind. His long gray hair and beard streamed from his head like flames. His plaid flannel robe moved loosely around his thin frame, and slippers flapped on his feet. Anger and obscenity exploded from his mouth like crude oil from an uncapped well.

Steve Baron, Bob Trestman, and I froze, bewildered, in the driveway. His driveway. While cycling from Mt. Tremper to Woodstock this clear, chilly, colorful September morning, we were intrigued by the huge, chainsaw-hewn wooden bear on the roadside. We leaned our bicycles against the open garage while we critiqued the work inside and speculated about the artist. The bears, eagles and cougars exuded male aggressiveness. These were not native American totems of the magical qualities of nature, but raw symbols of physical power.

"They're really very skillfully done, even if he doesn't finish them smoothly", Steve observed. Curly of raw wood and splinters stuck out from every surface, an integral part of the overall effect. We conjured up an image of the artist's twisted personality.

"He must have spent hours polishing that one", I said of a larger than life reclining nude whose hand-rubbed bosom gleamed at us from the deep recesses of the building. I was definitely not comfortable here. Those much fondled curves seemed a sad substitute for a real woman, perennially unattainable or painfully lost.

Suddenly this wounded beast was approaching us, spewing forth a torrent of ugly anger.

"You get the f--- out of here. How dare you put your bicycles against my garage? You motherf---ers take up the whole road. I can't even ride my motorcycle around here anymore because you're all over the f---ing road. You'll see. I'll take care of you..."

There was a field of destructive energy radiating from this man. Bob and Steve grabbed their bikes and slowly retreated. I edged toward mine.

We'd actually stopped to admire, but there was no way to convey that to this whirling explosion of foul language. I didn't know how to react. My tight throat let out a nervous giggle, a wishful denial of the awful reality. It was the worst thing I could have done. He filled the space between us, lifted my custom Spectrum high above him and flung it through the air. Bob deftly caught it as I rushed past the madman. We backed out of the driveway, shielding our bodies with our bicycles, wagon train style.

"I'll get you. I'll run you motherf---ers of the damn road for good. You'll see. Just you watch out..." His threats followed after us.

"That man is definitely in need of medication," Bob said. He was working on a proposal for an NIMH grant to study violent personalities.

I conjured a fantasy of our demise as we rode. The maniac would run us down with his truck, then haul us deep into the woods. One by one, he'd hack us to bits, then dig a pit and toss in our body parts. Next, he'd attack our bicycles, cutting through them with the saw. My posthumous revenge would come when he attacked my indestructible titanium frame. Hack though he might, he could do no more than chip the paint. His hacking proving to no avail, he'd fly into a rage, jump up and down. His face would turn beet red, and his heart would burst in a surfeit of anger. Kaput.

His violent threats cast a shadow over the day's activities. A cheerful wave to a woman walking on the roadside and was rewarded with a cold stare instead of a friendly greeting. A walker in an orange hunting shirt darted into the woods as we passed. A moment later we heard a shot. Were we still alive and riding only because he'd missed? It seemed as though we'd entered a strange world of paranoia, and it was affecting us, too. I checked every vehicle on the road, sure that one would be the chainsaw sculptor's pickup.

As we rode into the ski town of Hunter a strong, cold wind sapped warmth and energy from bodies, causing us to curtail our planned circular route through the town of Woodstock. Instead, we now had to retrace our route over the mountain to our Bed and Breakfast. The only road was the one where the madman lived.

The tension mounted as we neared the dreaded garage. Was he waiting, ready to gun the accelerator as we cruised by? Much to our relief, our chainsaw murderer was dealing with a customer when we passed. Chasing down bicycles was not his top priority.

Discussing the events of the day later, on red plush chairs carefully arranged and nailed to the floor of the arsenic and old lace parlour of the Mt. Tremper Inn, our innkeepers informed us that there is an intense antagonism between some of the longtime residents of the area and those who settled in after the Woodstock concert. We had unknowingly crossed an invisible line to ride through an area where the Woodstock generation isn't welcome. *

HOT FRAME ACTION

Botteochia 9L 49-63 cm. Red, Blue, Black. Chrome fork and chainstay.	\$510
Botteochia 9L/Team ADR 49-63 cm. Violet/Yellow fade.	\$510
Botteochia 9LX/Team ADR 49-63 cm. Violet/Yellow fade.	\$575
Botteochia 9LX Equipe Plus 49-63 cm. Red/White, Black/White w/chrome fork and rear triangle.	\$650
Botteochia T8X Equipe Plus 50-63 cm. Red/White, Black/White or Team Spago (Purple). Chrome fork and rear triangle.	\$799
Botteochia Tig EL 08 49-59 cm. Pearl White only.	\$890
Botteochia Tig Max 49-61 cm. Red only.	\$925

SHIMANO GROUPS

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CONTEST

NAME OUR ANONYMOUS POET AND WIN A TUBE

On page 13 in this *Bulletin*, you will see the fourth poem by "The Rhyming Cyclist". He or she truly is anonymous. No one, not the editor, not Lou Pokes, knows who it is. Clues, such as they are: The poems arrive in an oversized yellowish envelope. They are typed. He or she states he or she doesn't have a computer. When you read them you have to believe he or she is a highly experienced and very well informed, and most likely very well traveled cyclist.

We are running a contest. Name the Anonymous Rhyming Cyclist and state, in 54 words or less (our club is 54 years old), why you think it is your nominee. Since we aren't going to find out who it really is, the winner will be chosen on the basis of reason or whimsy or any other arbitrary standard we capriciously apply. The winning entry (and very likely some of the un-winning entries) will be published in the September *Bulletin* with the winner being awarded a tube. The judges are: Jane Kenyon, Richard Rosenthal, and Jeff Vogel. None of them is "The Rhyming Cyclist", and you're just throwing your entry away if you nominate any of them. Nor will any losing entries naming them be run. Entries must be in no later than the end of the August Club meeting, August 10. Send your entries to: Name the Anonymous Poet, c/o the Editor, Jane Kenyon, 235 West 102nd Street, NY NY 10025 or had to one of the judges at the August Club meeting..

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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, August 10th, 1993**

**"DR. JAY"
WABC-TV'S EYEWITNESS NEWS DOCTOR**

COMES BACK THIS MONTH TO TALK ABOUT NUTRITION AND CYCLING

Dr. Adlersberg is a cyclist and a member of the New York Cycle Club. He has been practicing medicine in new York for over twenty years, and is Board Certified in Internal Medicine and Rheumatology. His ability to treat complex medical and health information into simple, easy to understand terms had earned him the respect of Channel 7's viewers as well as his colleagues. He was nominated for an Emmy Award in 1990 in the Outstanding issues category for his report "AIDS UPDATE".

BRING YOUR NUTRITION AND HEALTH QUESTIONS AND COME WELCOME BACK "DR. JAY".

CLUB MEETING LOCATION: FLATIRON GRILL

937 Broadway (betw. 21st and 22nd Streets)

Drinks at 6pm, dinner at 7pm, program follows.

Members and non-members welcome. Bring your bike inside the restaurant.



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c/o Hannah Holland
211 West 106th Street, 8C
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