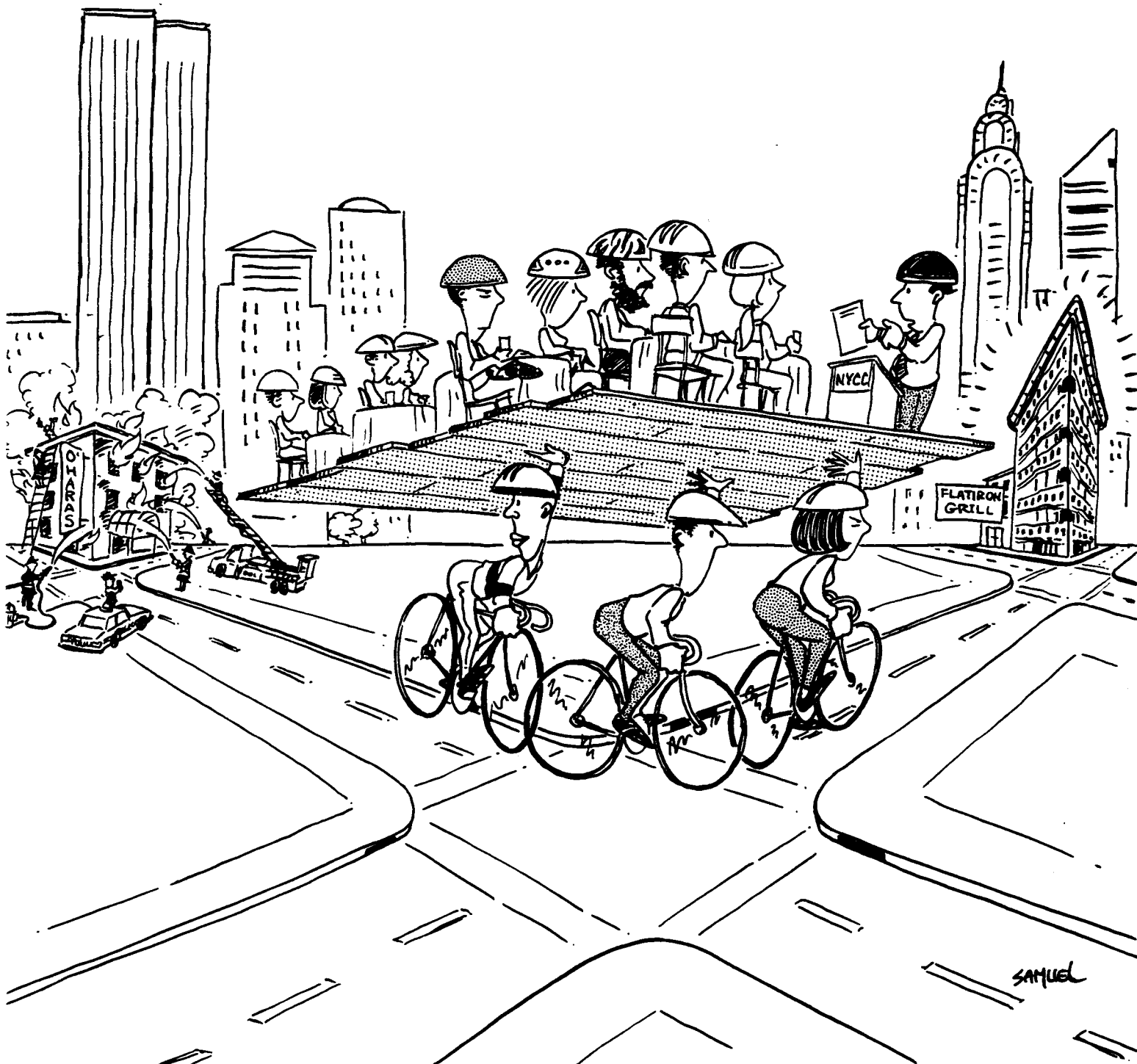


January  
1993

# NYCC Bulletin



*“And next on this evening’s agenda,  
a new location for the club meeting...”*

NOTICE: Any resemblance to actual persons, riding or not, is purely coincidental. Members shown are for comparison only. Your club may vary.

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## Guidelines for Club Rides

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

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

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

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

**The NYCC Bulletin** is published monthly by the **New York Cycle Club**, a non-profit educational and recreational organization for bicycle enthusiasts in New York City. The opinions expressed in the **NYCC Bulletin** are those of the authors and do not necessarily reflect the official position of the **New York Cycle Club**. **Address.** Send correspondence to Jane Kenyon, Editor, NYCC Bulletin, 235 West 102 Street, Apt. 15D, New York, NY 10025.

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

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

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

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

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

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

**Receiving the NYCC Bulletin.** The NYCC Bulletin is mailed free to all NYCC members. Membership is \$17 per year for individuals, \$23 per year for couples. See inside back cover for a membership application. If you don't receive your copy by the first of the month contact the *Circulation Manager*.

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**Credits:** F/C art, Mike Samuel

**Deadline** for the February 1993 Bulletin is January 5th.

# THANKS!!

*Without our ride leaders, the Club would not be as great as it is today. In addition to our thanks and gratitude, the top four leaders will receive a special gift from the Club: their choice of one piece of Mendel's jewelry, pictured on page 9. And, each leader who lead three or more rides in 1992 will receive a patch kit and a Power Bar.*

*This list represents all those who lead rides during 1992.*

KSIEZ LARRY	35	WEISMAN, KEN	6	KENYON, JANE	3
BABBITT, JIM	30	WORLEY, GREG	6	LOWENTHAL, TOM	3
KAPLAN, GEORGE	23	BARON, CARYL	5	MC CAFFREY, BRIAN	3
MARTINEZ, MARK	19	CARDONA, CARLOS	5	MORALES, PETER	3
MALECKI, RAY	15	HERTZBERG, TED	5	REGEN, DAVE	3
ROSENTHAL, RICHARD	15	RICHARD, ELLEN	5	SCHACHTER, HINDY	3
OBREGON, C.J.	14	SCHACHTER, IRV	5	SLATTERY, DONNA	3
RUBENFARB, PAUL	13	TIERSTEIN, LESLIE	5	VON BRAUN, ALEX	3
WOLF, MARTY	13	WEISMAN, IRV	5	WEISMAN, MARILYN	3
BRITT, STEVE	11	YOUNG, KATHY	5	BRENNAN, MIKE	2
MOULDER, BOB	11	BARON, STEVE	4	FURMAN, RIKKI	2
GUZZETTA, CHRISTY	10	BEKKERMAN, ALEX	4	GOLDBERG, JUDY	2
KRANISH, CLIF	10	GOLDBERG, DICK	4	GOODMAN, ANDREA	2
VOGEL, JEFF	10	PASSANTINO, DON	4	GROSSMAN, RON	2
YU, ERNIE	10	RIVERA, ANGEL	4	HERMAN, JEREMY	2
DITTEBRANDT, KARL	9	SAYLER, JODY	4	KIM, AUGUSTINE	2
GOLD, SANDY	9	SOETRISNO, HARI	4	LANE, JIM	2
FINE, RICHARD	8	CLARK, MAGGIE	3	LUTZ, DAVE	2
HOCHSTEIN, PETER	8	DI CERBO, MICHAEL	3	MARKSTEIN, MENDEL	2
YESKO, MIKE	8	ELLNER, ARLENE	3	MILLER, DAVE	2
CIPOLLA, MARGARET	7	FARAGLOW, ATHENA	3	SCHLICHTING, DAVE	2
DERSHOWITZ, HERB	7	GORELICK, SHERRI	3	SPIEGEL, CRAIG	2
FISHKIN, ED	7	HALLE, LISA	3	STEIN, ALAN	2
MCMAHON, TOM	7	HARRIS, LAURIE	3	SULLIVAN, PAUL	2
BLACKMAR, CAROLYN	6	HEYDORN, CLAYTON	3	VOJTECH, BILL	2
MONTALVO, DON	6	JACKENTHAL, STEFANI	3	YOUNGLOVE, DAVE	2

**The following lead one ride each, and we're hoping they're now in shape for lots more for 1993!**

ANDON, TIM	KIM, MARJORIE	REICH, KAREN
ARONOWITZ, HAROLD	KITTLER, MARLA	RESER, BARBARA
ASQUITH, NANCY	KLUTCH, JANET	ROLSTON, FRAN
BRYNE, CHRIS	KOMANOFF, CHARLIE	ROSS, JERRY & JAMES
CECERI, JOHN	KRZYNOWEK, GARY	RUBIN, JOSH
CHAPMAN, BARBARA	LEENER, LANCE	SCHARF, FERDIE
CHATEAU, PHILIPPE	LICHTENSTEIN, GRACE	SKRINAK, KYLE
CHATHAM, CATHERINE	MARCUS, DAVID	SPANGENBERG, ELLY
DEAN, TONY	MARSHALL, B	STRAUSS, HANNA
DRAZIOS, JAMES	MEILEN, GERHARD	TRESTMAN, BOB
EATON, KATHLEEN	MERK, ANGELICA	TURNER, CAROL
EMERY, ELIZABETH	MICHAELSON, ELLEN	UBEL, LARRY
FLEISHER, Nanci	MILLER, JON	VOEGELI, BILL
FREEDMAN, BETTE	MOBARAKI, NEVELLE	WAYNE, WRIGHT
GALLERCCIO, VINCE	NELSON, LARRY	WEISS, GLEN
GATSOS, JOHN	PAZNER, SHERMAN	WENDROWSKI, GERRY
GOLDTHWAITE, CLAIRE	PISCULLI, NICK	WONG, CHUCK
HERBIN, RICHARD	RAGUSA, ROBERT	YARVIN, MITCH
HOROWITZ, SHARI	RAVIN, ED	

## NEWYORKCYCLE CLUB

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

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

#### Friday, January 1

##### A- 55mi New Year's Day Annual Ride to White Plains 10:00am

Leader: Marty Wolf (212 935-1460). From the Boathouse. Start the New Year out right with an entry on your brand new 1993 mileage chart. We'll ride as in years past to the Flagship in White Plains for brunch. (No chart? The leader will give one to all who ride today!)

#### Saturday, January 2

##### A- 50+/-mi White Plains? 9:30am

Leader: Dave Regen (212 222-0532). From the Boathouse. Let's meet for a brisk ride to White Plains (literally, if it snows), for a long leisurely, glutinous meal at the Flagship. A few new twists in the route. Snow chains optional. Cancellation conditions: Your basic nastiness.

##### A19 60+mi Over the Mountain 9:00am

Leader: Lawrence Ksiez (718 478-0644). From the Boathouse. I think I've learned my lesson with trying the backroads from Nyack, I'm going to backroad up, and 9W back. Precip, snow, temp under 35 cancels.

##### B+ 45+mi Nassau In January 8:15am

Leader: Larry Ubell (718 448-1384). From the Boathouse. Ride the rolling hills of western Long Island and hopefully by the end of the day we will have kept some of our new year's resolutions. Stop at warm diner & LIE Service back to Queens Blvd & Jewel Ave. Temp. below 30 or rain or snow cancels.

##### MTB 37/30mi Mountain Biking In Queens(?) 9:00am

Leaders: Ray Malecki (718 426-7383) & Bruno Toutain (212 675-8529). From the Boathouse, pickup at Queens Blvd & Yellowstone at 9:45. Easy terrain for knobby-clad bikes, if not, forget it! Pocket food recommended. Call Jan. 1 after 5:00pm to confirm. Precip, wind chill, temp below 20 cancel.

#### Sunday, January 3

##### A- 50mi Pancakes For All 9:30am

Leader: Don Montalvo (212 307-7753). From the Boathouse. Climb every mountain between NYC & Nyack including River Road (wear a helmet) then eat mountains of Pancakes. Easy way home. Really bad weather cancels.

##### B17 60mi It's Up To You 9:00am

Leader: Jim Babbitt (718 296-0027). From the Boathouse. Start the new year with a ride to the destination of your choice and choices are: a. Nyack - 9W; b. Nyack - Flatway; c. Nyack with hills.

Rain, snow, temp below 32, bad road conditions, etc.

##### C 25mi NY Botanical Gardens 10:00am

Leader: Elly Spangenberg (212 737-0844). From the Plaza Hotel, 60th & 5th. Enjoy warmth in January with a trip to the Conservatory's desert & jungle climes. Lunch at historic Snuff Mill. \$3.50 Conservatory admission plus a donation to the Gardens. Co 5BBC. Precip or high below 32 cancels.

#### Saturday, January 9

##### A 55mi Nyack Unbound 9:30am

Leader: Greg Worley (212 781-6702). From the Boathouse. Let's get up and back ASAP. There will be the usual stopover in Nyack for calorie consumption and then we'll burn them off in a dash for the warmth of home. Any form of precipitation at the start cancels as well as a heavy threat of nastiness in the not too distant future.

##### No Class The Amigos Get Dirty 10:00am

Leaders: Angel Rivera (212 889-9346), Herb Dershowitz (212 929-0787). From the Path Station at 23rd & 6th Ave. Join the amigos for some cheap thrills and spills mountain biking at South Mountain in New Jersey. Pocket food recommended. Mucho frio cancels.

##### B17 70mi Hitch A Ride 8:30/9:15am

Leader: Lawrence Ksiez (718 478-0644). From the Boathouse or Queen's & Yellowstone Blvd's. This ride is my "Staple Food" ride for January, up to Bayville, a stop in Oyster Bay, then home through Syosset. Precip., snow, freezing temp. cancels.

#### Sunday, January 10

##### A 55+/-mi For Your Thighs Only 9:30am

Leader: Bond, James Bond (718 726-7644). From the Boathouse. Our objective will be to scout out a new diner in lower Rockland Co. This hazardous operation will require a strong stomach, good legs, and the ability to keep any gossip, er, intelligence, securely under your helmet. Too many Martinis (shaken not stirred) cancels.

##### B18 55-60mi Flat As A Pancake, "Not" 9:30am

Leader: Don Montalvo (212 307-7753). From the Boathouse. Follow Don as he leads you up River Road, Ash, Tweed & tops it off with a mountain of pancakes at Eat Your Heart Out or the Skylark. The usual cancels.

##### All Class 10mi Harriman Hikes TBA

Leader: Ken Weissman (212 222-5527). Car or bus to Sloatsburg, NY, along Reeves Brook's exquisite ice formations & over the "Cascade of Slid" to lunch overlooking Pine Meadow Lake. After lunch, a gentle climb of Diamond Mountain shows off the Manhattan skyline from 50 miles away. Call leader for details & transportation arrangements. 1st of a series of 1/2 a dozen Sundry Hikes this winter. If you've never tried winter hiking you're in for a spectacular surprise.

*...Club Rides...Club Rides...Club Rides...Club Rides...Club Rides...*

**Saturday, January 16**

**A20 60+mi Out In The Cold 9:00/9:45am**  
Leader: Lawrence Ksiez (718 478-0644). From the Boat-house then Queen's Blvd. & Yellowstone Blvd. This will be a one shot ride no stops until the end at Ronkonkoma, L.I. Train pass needed, precip, snow, temp below freezing cancels.

**A- 105mi Twelve Months of Centuries 8:15am**  
Leader: Marty Wolf (212 935-1460). From the Boathouse. January is the only month in which I haven't ridden a century. Come join me for '12 out of 12'. If weather cancels the ride, I'll try again tomorrow (or any weekend day through the 31st.) Call if it's below 40 on the 16th, the ride will be shortened. Temps below 30 will cancel as will rain or snow.

**A/B 45mi Dogs & Fries At Nathans 10:00am**  
Leader: Herb Dershowitz (212 929-0787). From the Boat-house (Casa de Boat) A leisurely ride thru Brooklyn to Nathan's at Coney Island. Back thru Shore Parkway. No Hot Dogs cancels.

**Sunday, January 17**

**A 70mi Five months till June! 9:00am**  
Leader: David Younglove (212 366-0463). From the Boat-house. We'll maintain a fast steady pace to White Plains for breakfast at the Flagship. Weather permitting, we continue up to Armonk. Rain, snow, serious cold cancel.

**A- 53mi One George Out, One George In: An Inaugural Ride 10:00am**  
Leader: Richard Rosenthal (212 371-4700). From the Boat-house. To Nyack. The Geo. W. Bridge out and in. Led by a totally utterly, completely out of shape former president. Yuck, starting temp below 30 cancels.

**B 55mi To The Beach 9:30am**  
Leader: Lori Vendinello (212 353-9068). From the Boat-house. Scenic route thru Queens to Bayville. Rain, snow, temp below 38 or bad wind chill cancels.

**Saturday, January 23**

**A 55mi Girls Just Want To Have Fun 10:00am**  
Leaders: Jeanine Hartnett (212 721-2968) & Rikki Furman. From the Boathouse. A brisk ride up to White Plains for a little lunch and then home again quick. Temp below 32, rain or snow cancels.

**B17 60+mi Spinning Wheel 9:00am**  
Leader: Lawrence Ksiez (718 478-0644). From the Boat-house. The title of this ride is exactly what we'll be doing on our way to Nyack. Precip., snow, temp below freezing cancels.

**Tuesday January 19**

**All Class Skating at Wollman's 6:00pm**  
Leaders: Jane Kenyon (212 662-1935) and Mark Martinéz (718 726-7644). Meet at Columbus Circle (CPW & 59th) or at Grand Army Plaza (5th Ave & 59th) and we'll walk over to Wollman's together. Bring or rent skates, bring a padlock for the lockers. Dinner afterwards at a nearby diner.

**Sunday, January 24**

**A 45-50mi Queens For A Day Brunch 9:00am**  
Leaders: Jeff Vogel & Margaret Cipolla (718 275-6978). From the Boathouse. You know the deal by now. You put up with a 50 mile ride that never leaves Queens and your reward is all-you-can-eat at the Vogel-Cipolla Brunch. Nasty weather cancels the ride but not the brunch. Call for directions.

**B 40-45mi Long Island Quickie 9:00am**  
Leader: Jim Babbitt (718 296-0027). From the Statue of Civic Virtue, E or F train to Union Tpke. A short ride on Long Island, one quick stop and we end up at Jeff and Margaret's Brunch. Nasty winter weather cancels.

**Saturday, January 30**

**A 70mi A Little Zip 9:00am**  
Leader: Lance Leener (212 947-9392). From the Boathouse. We'll pick-up the pace a little as we wind our way up to ARMONK. It's still early in the season, but let's push it just a bit! Paceline discipline and co-operative group riding will rule the day. Nobody get's dropped but don't forget your danc'n shoes.

**A20 70+mi Still They Ride 8:00am**  
Leader: Lawrence Ksiez (718 478-0644). From the Boathouse. I'm going to Jersey, Bayonne exactly. I know a back way to the restaurant. Precip., snow, temp. below freezing cancels.

**B 55-60mi Marathon Recovery Ride 9:00am**  
Leader: Nick Pisculli (718 624-8378). From the Boathouse. Rain, snow, temps below 35 cancels.

**Sunday, January 31**

**A 50+-mi Nyack, of course 9:00am**  
Leader: Jane Kenyon (212 662-1935). From the Boathouse. Quick Sunday ride up to Nyack to warm up those winter bones. We may throw in a few hills. The usual cancels.

**B 55mi Park Ridge 9:30am**  
Leaders: Bette Freedman (212 529-3408), Barbara Chapman (212 982-9452). From the Boathouse. Another attempt at warm conversation on a cold day! 35 or below or precip cancels. If your tongue sticks to the top tube it's too damn cold!

## NO TECH TIPS

Bob Moulder

**A Cold Six-Pack****A huffin' an' a puffin'**

Vacuum cleaners suck. They also blow, I was reminded by NYCC member Don Passantino, which comes in handy when cleaning a waterlogged chain after a foul-weather ride. One day after a soggy spin Don was just sitting there, watching his chain rust, when he got a bright idea – why not blow-dry it? He put a few sheets of newspaper under his bike, hooked up the vacuum cleaner hose to the exhaust hole and blew all the water and road junk off the chain onto the newspaper. Re-lubricating the chain was easy and clean-up was a snap. Give it a try!

**Dawn over Denali**

NYCC cyclist and mountaineer John Waffenschmidt phoned to tell me he's surprised I didn't know about the old mountaineers' trick of using plain old soap to reduce fogging on glasses lenses. (I told him he'd be *amazed* at the number of things I don't know.) Waff said the soap film merely reduces the surface tension of the lenses so that water droplets don't form, and that just about any kind of soap will do. I finally bought and tried the "Cat Crap" anti-fog stuff advertised in the Campmor catalog, and it is indeed a waxy, mild soap (It smells exactly like saddle soap.) that is applied to the lenses then buffed off with a soft cloth to leave a very thin soap film. I rubbed and buffed my lenses with almost-dried Dawn dishwashing detergent (the gooey stuff around the spout), and it seemed to work as well as the "Cat Crap." Thanks, Waff!

**"That ain't what I said, Mister..."**

Alan Geiger straightened me out on his method for using Fast Tack as sew-up tire rim glue. In an earlier column I mis-stated Alan's technique by saying the bead is laid down on the rim, after which the tire is installed. Here's what it should have been: Put the tire on the rim and inflate it so you can get it straight on the rim, then deflate it. Next, lift a small section on one side of the tire to expose the center of the rim and carefully put down a small bead of Fast Tack with the fine-tipped applicator. Work your way around the tire in this manner, section by section. There... that's better.

**Thar's warmth in them thar worms**

NYCC's Don Montalvo wrote to tell me that in my recent column on dressing for cold weather I didn't mention a really good alternative fiber for long johns – silk – that is also warm and very comfortable, wicks moisture from the skin and is competitively priced. I haven't used it, but Don assures me we ought to give it a try. I checked my trusty Campmor catalog and discovered they do indeed carry silk underwear, with prices in the Thermastat/Thermax range.

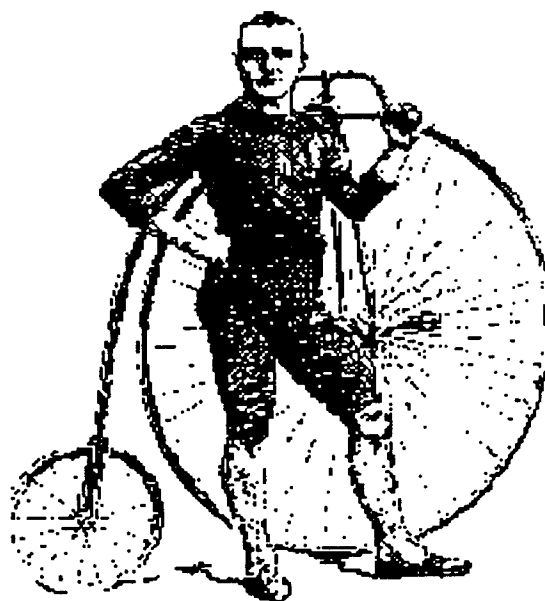
**Joined at birth**

If you own more than one bike or have one bike and two wheelsets, you may have tried switching wheelsets only to

have the chain skip over the worn (but not worn out) cogs. As I've mentioned in this column before, the problem is that chains and cogsets wear together and "get used to each other," so when you switch wheels it often happens the bike's chain and the new cogset don't mate well. You could get new chains and cogsets each time you switch, but that could get pretty expensive. Here's another, much cheaper, way: *think of each cogset/chain as a fixed set that always stays together.* If you change wheels you have two options: 1) Remove the original chain that goes with the original cogset and keep them together, then install the next wheelset with its own cogset and chain, or 2) remove the original cogset and install it on the next wheelset so you don't have to change the original chain. Obviously, if the hubs aren't compatible the second option is not available. My preference is the first option, and my habit is to remove the original chain and wrap it in newspaper, fishmonger-style, and write myself a note such as "Use w/8-sp'd non-HG clincher wheels" so I'll know in the future which wheels that chain goes with.

**More opportunities to go broke**

At the November club meeting, NYCC's Mendel Markstein showed me a catalog from The Third Hand. It listed lots of small items that don't appear in the big mail-order catalogs, like Silca pump gaskets and hanger alignment tools. I didn't get the address, but it's in the Mt. Shasta, CA area and its phone number is 916/926-2600. I was told by a Shimano rep that The Third Hand has just about the best supply of small Shimano parts in the US. I recently received another catalog from Cyclology of Minneapolis, MN, 612/872-7600, that listed (in addition to all the latest stuff) numerous small Shimano parts as well as Campagnolo parts for Super Record and later components.



## (not exactly) BLOWOUTS

(not) LOU S. POKES

*Jeff Vogel, our outgoing Club secretary, has been entertaining the Board for the past two years with his witty minutes from the Board meetings. We usually edit most of his minutes to fit into the Bulletin. This month, however, Lou got a hold of the official, unedited, complete minutes, and wants to donate his space if we agreed not to edit Jeff's wit, or anything else. So following are the official, uncut minutes from the Board Meeting that was held November 3rd, 1992 (Election Day):*

**Present:** Jim Babbitt, Herb Dershowitz, Sherri Gorelick, Geo Kaplan, Jane Kenyon, Clif Kranish, Larry Nelson, Richard Rosenthal, Jeff Vogel

**Absent:** Margaret Cipolla - The Board voted that being in Africa was a good excuse.

**Lisa Halle** - "Is Lisa here?" "Lisa who?" The Board voted that 'not caring' was a better excuse.

**Hannah Holland** - She was out riding with the pack.

**Mark Martínez** - who thought an election night party (a political party?) was more important than our Board meeting. And elections? Who cares about the federal deficit? How come there's never a vote on a national logo or USA jersey?

**Sherri** left 15 minutes after the meeting started. Where was she going? Do I count her as present or absent? Let's vote on it.

The October minutes were approved as corrected by a 1-0 vote as **Richard** hopelessly tried to rush through the meeting so he could learn whether the Concerned Conservative Cyclists Party (CCCCP) and their candidate Viatcheslav Ekimov had won .000001% of the vote. There are minutes here somewhere - keep reading. **Jane** got lost several times during the reading of the October minutes. It seems she couldn't figure out which was the third paragraph and which was the fourth paragraph. This just proves that Democrats can't count to 4.2 trillion.

**Jim Babbitt** discussed his planned Toys for Tots ride. (Of course this is not funny. This is the real minutes.)

"Whose hand is on my knee?"

We got way off track and talked about 400 other things (including the turkey chili - it's my favorite, although **Sherri** likes the

Thai chicken best. Anyway, it doesn't matter since you're reading this at Mullen's and you can't order either one.) Three days later we returned to the Dessner Fund letter. The Board voted 7-0-1 (the missing vote is **Sherri's** - she was long gone by now) to have **Clif** send a letter to the Dessner Fund.

The Board also voted 7-0-1 (**Richard** abstained in all these votes. His mind was obviously elsewhere. No, not the elections. He promised to clean the apartment for **Kathy**.) to have **Jeff** make an announcement at the November Club meeting stating that we did not authorize the use of the roster and that we do not endorse this organization. "I want it again."

The entertainment at the December Club meeting/Holiday party to was debated. The discussion centered around whether the Club should pay for a D.J. Midway through this debate (now I know why the presidential debates were limited to three people) the discussion degenerated to why people stop coming to meetings. We agreed that people join for social reasons. **Jeff** said they find a date and don't need the Club anymore. **Geo** insisted that they realize they'll never get laid and give up. (I can't believe we're ordering dessert and the meeting isn't even half over.) **Jeff** and **Richard** argued that the Club should not subsidize the cost for those members attending. Several times **Herb** threatened to strangle **Jeff**. (These minutes will be an important piece of evidence in the murder trial.) The consensus was that the money is in the budget, so let's spend it. **Clif** suggested we spend it in other ways - have the Club pay for the December Board meeting - in the Bahamas! **Larry** informed us that dancing is universal and more popular than comedy. We took an informal poll. Dancing won 6-1-1 (margin of error - 90%). maybe we should rename the club the New York Dance and Cycle Club. And since dancing is so popular I will now perform the rest of the minutes in dance.

*Editors' note: Jeff pretended to dance the Flamenco for five or ten seconds.*

So, is my comedy better than my dance? Hey, listen you won't have **Jeff Vogel** to kick around next month.

Anyway just so **C.J. Obregon** doesn't feel as though he'll have to dance the minutes every month, I'll write what I just danced.

A motion was made to hire a D.J. and cap the cost at \$300. It passed 7-0-1. Yo, **Richard**, wake up.

The Board discussed **Mendel's** proposal for selling jewelry at Club meetings. Board policy is that 10% of all proceeds go to the Club. **Mendel** offered all profits from the sale of items with the NYCC logo.

"How long is it?"

**Unbeknownst** to **Kathy**, **Richard** graciously offered to hold the December Board meeting at his apartment again. When it was decided that spouses and guests were invited, **Jane** asked, "Are you going to find me a date?" Since this is getting to sound like **Blowouts** (my apologies to **Lou**) does anyone know if **M.S.** is going out with **M.R.**?

**Larry** gave the Treasurers Report. We have \$13,000 in the bank. That's enough for a D.J. at every meeting with enough left over for a private D.J. for **Herb** every other weekend.

We went back to **Geo** who interrupted to tell us that he needed volunteers to do surveys at various Broadway shows during November. Maybe we should call ourselves the New York Theatre, Dance and Cycle Club.

**Richard** also asked that each Board member write a synopsis of our duties. Good idea. What exactly is it that we do between arguments?

The meeting adjourned at 8:50PM so that we could discuss the rules for the Board of Directors Game:

1. One point for every big word you use.
- Two points if you stump **Geo**, **Mark** and **Richard**. No points for stumping **Jeff** - just look at the minutes. And no points for stumping **Herb** - he's not paying attention.
2. Three points if you catch **Richard** or **Herb** napping.
3. Five points to the person who interrupts the meeting most often.
4. If you strike another Board member you lose a turn (unless you strike **Geo**).
5. If you make two other members groan you either go back to the start or we stare with astonishment (think about it).
6. New Board members can earn bonus points if they can answer the following question: Who is **Lou S. Pokes**?

Respectfully (?) submitted,  
**Jeff (Goofy) Vogel**

\*



# Out of the Saddle

Mark Martínez

## Call Me A Cab

I didn't want to admit it for several years. My good friends didn't want to make an issue over my behavior, but it was getting harder and harder to pretend it wasn't impacting my life. Finally one of them confronted me. He said, "You're a cab."

"I'm a cab?"

"No, A.C.A.B., an Adult Child and Bicyclist," he said with a faint hint of smugness. He told me that for years I'd exhibited all the classic symptoms: an inability to make plans with non-cycling friends on sunny weekends, a compulsive need to log my mileage, furtive leg-shaving and the like. "You're a textbook case," he insisted, "you should go to their meetings."

"Meetings?"

"Yeah, like A.A., Overeaters Anonymous, and Adult Children of Alcoholics." He went on to explain that A.C.A.B. was a Twelve Step group like the ones he had mentioned for people who had a riding problem. They met on the second Tuesday of every month at some restaurant downtown.

"But I don't have a riding problem," I said, in a voice that sounded strange and slightly squeaky. "I don't *have* to ride, I ride to be sociable. I can control it."

"Sure you can," he said, while flashing a smile that reminded me of the drunk-tank attendant talking to Ray Milland in the *Lost Weekend*. (That was just before Milland goes off the deep end with the DTs.)

"You don't understand," I protested, "it's not that big a deal, I can take a day off whenever there's a good reason."

"How come you keep *two* bikes stashed in your apartment?"

"Just in case I have to put one in the shop, I don't want to be without a bike until it's repaired."

"Uh huh."

"Whadaya mean, 'uh huh'?"

"It's called being in denial; you just can't face

the truth about your cycling addiction. You need the help of a support group made up of people like us."

"You mean you're one of them too?"

"Yep. But I've been in recovery for three years."

"How can that be? I saw you riding with a group of people just last weekend."

"Well being 'in recovery' might not mean what you think it does in the case of us CABies. We recognize that we are powerless to resist the cycling impulse by ourselves. Whenever we feel an overpowering urge to ride, we call up one of the CABies."

"And they help talk you out of it?"

"Of course not! They go and ride with us."

"But isn't that what they call enabling?"

"Of course it is. What's wrong with that? It's not a question of whether or not to give in to the impulse; it's a question of letting go of the guilt. We don't have to lie to our friends, or make up lame excuses when it's time to ride. The other CABies are there riding beside you to help support you, sort of psychological *domestiques*. I no longer have to be a 'sneaky rider,' telling my girl friend or buddies that I've got 'stuff' to do. I just tell them, 'I gotta ride, deal with it.'"

"So I guess A.C.A.B. isn't really like those other 12 Step groups?"

"Well not exactly, but we've got more in common than you might think. For example, we also rely strongly on a belief in a higher power."

"You mean like God?"

"Actually, it's different for each person. For some it's LeMond, for others, Merckx or maybe Indurain. Whatever does it for you. We also recognize that someone with the compulsion to cycle needs help, they shouldn't have to go it alone."

"Doesn't that kind of attitude encourage co-dependency?"

"We prefer to think of it as cooperation. After all, no man is a paceline, right."

"I think I'm beginning to see your point. Where did you say these meetings were?" \*

## FROM THE PRESIDENT

by Geo Carl Kaplan

Now that it's Happy New Year time, we wish all a 1993 that will be better than 1992, but not as good as 1994.

And here are our resolutions for the New York Cycle Club for the coming New Year:

1. Increase the number of club rides.
2. Increase the variety and scope of club rides.
3. Give equal status to all classifications of rides.
4. Maintain if not increase our membership rolls.
5. Maintain if not increase the quality of our organization.

What do you want? What should the New York Cycle Club do in the future that it is not doing now? What improvements or changes do you want insofar as rides, meetings and club activities are concerned?

Unless you contact the Board - the phone numbers of all board members are printed in the bulletin and the club mail box number is also printed - So, unless you contact us we will never know what you want! Keep those cards and phone calls on the way!

Finally we thank the following Members of the Board who have completed their terms and are retiring: Margaret Cipolla, Sherri Gorelick, Lisa Halle, Clif Kranish and Jeff Vogel.

See you at the Boathouse and on the Hill!

## CLUB ANNOUNCEMENTS & OTHER BUSINESS

**come to the races!!  
the roller races!!**

What do bike racers do when there are no more races for the season?? They hold indoor roller races!!

Come watch friends and local racers compete on rollers at **SPORTS** on Broadway. Watch from the indoor bleachers or the tables! Video Screens, too.

Thurs. 14 January	Tuesday 9 February
Tues. 19 January	Monday 15 February
Monday 25 January	Monday 22 February

Registration is at 6:30pm, and Races start at 7:00.  
**SPORTS** is on Broadway betw. 77 & 78th Streets.



### ATTENTION MEMBERS!!

NYCC membership runs from January to January. This means that you must renew soon. You'll find an application on page 15, and we are already accepting checks for 1993 memberships, so avoid the rush and renew now!

- Herb Dershowitz

### ATTENTION MEMBERS II !!

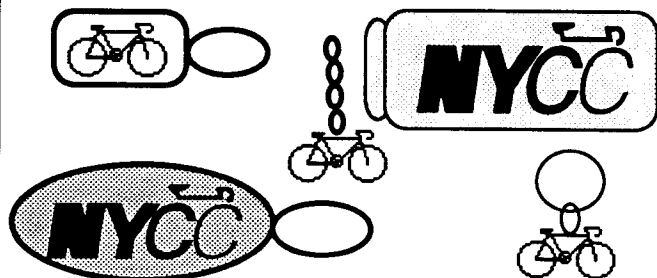
*There will be a new location for Club membership meetings, which meet on the second Tuesday of every month: We'll be at the Flatiron Grill, at 937 Broadway, between 21st and 22nd Streets. Come join the fun!*

**Proud to be cyclist?**

Tell the world with

**FABULOUS CYCLING JEWELRY  
AND ACCESSORIES!!**

All pieces cast in **STERLING SILVER**  
from hand made originals



Earrings (pierced) \$19, (non pierced) \$24,  
with diamond, sapphire or ruby, add \$10  
Key Chain: \$24 Money Clip: \$29  
Pendant on Chain: \$16 Pin: \$14  
NYCC benefits from sales of these UNIQUE HOLIDAY GIFTS!!

To order, contact **Mendel** at (718)972-1049

## Classified

**Wanted:** Campy Nuovo or Super Record (preferred) hub set, 5 speed - English thread - low flange - 36 sp (front can be 32 sp). Good condition. Call between 8-10pm.

Call Bud (212) 677-1677

**For Sale:** Davidson Impulse 52cm. Dura Ace & Campagnolo. Call - let's talk.

Call Herb (212) 929-0787

### CAMP CHALLENGE!

It's almost time again for...BIKE CAMP. Yes, that time-honored tradition of going to Florida for early miles, morning stretches and lots of good coaching to improve bike handling skills. Even if you're not a racer, you'll benefit from Mike Walden's unique brand of instruction.

Groups get a discount, so get a few friends together, or just mention that you're from the New York Cycle Club, and make your reservations early.

*Walden School of Cycling*  
145 S. Livemois Rd., Suite 199  
Rochester, MI 48307  
Tel: 313-652-0511

### *Case study: the Race Across America*

When Cathy Ellis, a 31-year-old physical therapist with a 3-year history of biking long distances, decided to attempt the 1991 Race Across America (better known among cyclists as RAAM), she recognized that nutrition would play an essential role in optimizing both training and competition. With the help of a sports nutritionist, Ellis not only accomplished her goal of finishing the 2,930-mile event, she also became the first "rookie rider" to win the event in the women's division. "Food made all the difference—no one can endure this much exercise without proper nutrition," she claimed.

### *Nutrition Strategies Before RAAM*

As a part of Ellis' training, she participated in 200-mile bike rides and 24-hour races. She typically consumed only fluids, stating that they settled more comfortably and were more convenient than solid foods. During these events, she managed to ride well despite inadequate energy intake. She chose to keep riding rather than stop for food, knowing that she would soon enjoy a nice meal at home. For RAAM, Ellis acknowledged that she needed to maintain a higher energy intake while riding to prevent a chronic energy deficit.

To help determine her energy needs for RAAM, Cathy underwent exercise testing at a human performance laboratory. Her estimated energy needs were calculated at about 420 to 660 kcal/hour, or approx. 8,400 to 13,200 kcal/20 hours of riding.

She was encouraged to practice eating a variety of fluids and foods to match her intake with her expenditure. The primary foods she consumed during RAAM included banana halves, chunks of watermelon and of baked potato, hot cereal (upon waking or diluted to fill water bottle), pasta shells with oil and parmesan (served in a cup that fit in the water bottle carrier), and pretzels, wheat crackers, or pieces of dry cereal. The energy value of each item was calculated so that she could determine how much to consume to meet her hourly energy and fluid goals.

### *Food plan for RAAM*

On the basis of her food and fluid experiments during training, Ellis developed the following "ideal diet plan" that would fulfill her energy and fluid needs. Her target fluid intake in cold weather was a minimum of 16 to 20 oz/hr (3/4 to one water bottle). In hot

weather her target was 1 1/2 to 2 water bottles). In extremely hot weather her target fluid intake was more than three water bottles. And before her sleep time (1:30am to 5:30am) she planned to take a carbohydrate replacement beverage as tolerated (approx. 400 kcal).

Cathy's target energy intake was 450 to 500 kcal/hr - more in cold weather and never less than 400 kcal/hr. Her target carbo intake was 67 to 100 gm/hr. Her target protein intake was 134gms per day. Her total target energy intake was 10,400 kcal per day - 85% carbs, 5% protein, and 10% fat.

### *Crew Training*

The crew consisted of eight people including a leader, assistant leader, massage therapist/registered nurse, bike mechanic, car mechanic, and food supervisor. All were assigned rotating 5-hour shifts (driver, navigator, feeder) and were instructed how to feed Cathy the appropriate amounts of foods and fluids, and to record her actual intake. Cathy did most of her eating while on the bicycle, so the crew had to practice passing her foods and fluids from the support van that moved along with her as she pedaled onward.

### *The Main Event*

Although Cathy entered the race with a well-defined food and fluid schedule, she quickly modified these plans the first day when she suffered from nausea and diarrhea (perhaps due to the extreme heat) and had trouble maintaining her fluid intake. The second day, the diarrhea abated but she developed severe canker sores in her mouth, which interfered with her food program. She was able to tolerate a mixture of Gatorade and carbohydrate powder. Her teeth became sensitive to sweet foods, so this further limited her food intake.

During the heat of the day, Cathy quenched her thirst with sports drinks and easily maintained an adequate energy intake. In the evenings, however, she tended to drink less. Between days 2 and 4, she often rode having consumed less than her minimal target of 450 kcal/hr. By the end of day 4, she was "in trouble": she had extremely sore legs and felt overwhelmingly fatigued. It now became clear that the crew needed to more strictly enforce programmed eating and drinking.

After receiving advice from her physician, she started to eat more potassium-rich foods (bananas, potatoes cooked in the microwave oven

in the support crew's mobile home), and this helped revive her. On day 7, she reached another low point, perhaps more mental than physical, exacerbated by a low intake of food and fluid toward the end of the day. She no longer experienced leg soreness, but she had difficulty making choices and decisions. The crew took charge. Cathy started eating what she was given, including more solids than she had ever consumed during training.

As time went on, Cathy became increasingly sleepy. After the first few days, she fell asleep instantly at 1:30 am (so quickly that she didn't drink the presleep carbohydrate replacer as she had planned). In the last days of the event, Cathy would even fall asleep while riding.

### *2,930 Miles Later*

After 12 days, 6 hrs, and 21 minutes, Cathy finished the Race Across America. She reported that she felt strong, was in a good mood, and had a sore bottom! She weighed the same as she did at the start of the race.

Although Cathy entered the race as an experienced ultradistance rider, she learned new things about her body during this event: (a) she could tolerate more solid food than she had anticipated; (b) drinking from a water bottle was easier than using the straw bottle attached to the front of her bike (this was due in part to her mouth sores, but also to fatigue of the mouth muscles used in sucking fluids through a straw); (c) she lost all sense of time and relied on the crew to feed her on the right schedule.

### *Cathy's Words of Wisdom*

\* Nutrition is the single most important factor in being able to finish the race. Drink and eat on schedule. Be sure to get not only adequate fluids but also adequate energy. Be flexible with foods to avoid boredom and to have alternatives.

\* Choose a crew leader who is well organized, a good motivator, and will enforce regular feedings. The leader must train the crew to track the rider's diet carefully and take corrective steps right away if the rider starts to fall behind.

\* During training, allow for rest days to minimize chronic fatigue; put as much emphasis on recovery as on training. By eating an appropriate daily diet that fuels your body optimally, you will be able to train at your best and enhance your chances to compete at your best.

GOOD LUCK!

\*

**A.Y.H. Ski Club Of N.Y.**

Open To All !

**Cross-Country & Downhill  
Weekend Ski Trips For Adults**Enjoy comfortable accommodations and  
Free Ski Instruction for beginners !**Buses depart from the Upper West Side.**

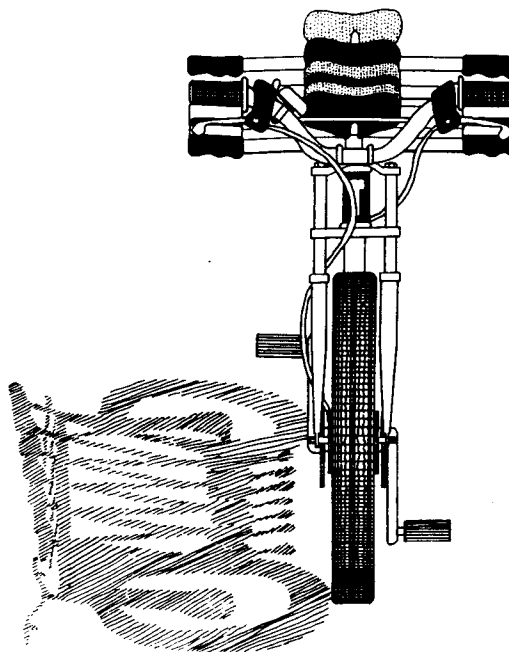
Call (212) 932-2300, ext. 352 or write:

A.Y.H. Ski Club, 891 Amsterdam Ave.  
New York, NY 10025**Dates of Departure:**

<b>Dec. 31 - Jan. 3</b>	<b>Craftsbury, VT</b>
<b>Jan. 15 - 18</b>	<b>Stowe, VT</b>
<b>Jan. 22 - 24</b>	<b>Garnet Hill/Gore N.Y.</b>
<b>Feb. 5 - 7</b>	<b>Stowe, VT</b>
<b>Feb. 12 - 15</b>	<b>Killington, VT</b>
<b>Feb. 26 - 28</b>	<b>Killington, VT</b>
<b>March 5 - 7</b>	<b>Lake Placid, NY</b>

**Michael's Bicycles**

©Michael Toomey

**Membership Application**

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

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

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

Street Address/Apt#: \_\_\_\_\_ Phone (H): \_\_\_\_\_

City/State /Zip: \_\_\_\_\_ Phone (W): \_\_\_\_\_

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

☐ New ☐ Renewal ☐ Change of Address

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

Other memberships:

☐ AMC ☐ AYH ☐ Bikecentennial ☐ CCC ☐ CRCA ☐ LAW ☐ TA ☐ Other

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). 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.**

**COME WELCOME**  
**MICHAEL McCARTHY**

Gold Medal Pro Pursuit Champion '92 Olympics, US Pro Criterium Champion

**BACK TO TOWN**

He'll tell us how he trained, how he won - maybe some juicy inside racing stories - and what his hopes are for this year of racing. Get your questions ready.\*

Michael's encouragement for winter riding: he can get as much good training in 21/2 hours riding in the cold as in 6 hours in nice warm weather. (Think about that when your toes are frozen.)

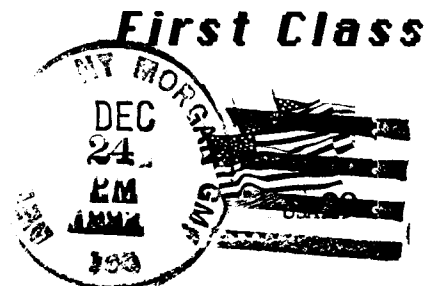
**Let's give Michael a huge send-off to his '93 racing season!**

\* Like how did he spring up from his beautiful Yamaguchi machine and click his heels in the air for the Winning cover photo without falling and sprawling himself all over the track?

Note the new location for the Club meeting:  
FLATIRON GRILL at 937 Broadway  
(betw. 21st and 22nd Streets)  
Drinks at 6pm, dinner at 7pm, program follows.



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



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