

July  
1993

# NYCC *Bulletin*

# JURASSIC RIDE



*"I realize you wanted this ride to start early, but I think 50 million years is a bit extreme."*

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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

B/C graphics, George Brown

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

# ...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. 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. Lights or other high visibility gear recommended.

**All Class Wednesday Night at the Races**  
Coordinator: Jeff Vogel (718 275-6978). Come out to the Kissena Velodrome to watch our friends from Open Road and CRCA race. With 15 or more races there is non-stop action. After the races we may head out for cheap ethnic food (no cheap ethnic jokes) then a group ride back to Manhattan. Call coordinator for bike/car/subway directions. Lights or other high visibility gear recommended. Rain cancels.

## Saturday, July 3

**A/B/C July 4th Weekend at West Point**  
Leader: Christy Guzzetta (212 595-3674). At press time this weekend was booked solid, but call leader if you want to "fly standby." to this great 3 day holiday weekend.

**A23 45-56mi Northern Sizzler 8:00am**  
Leader: Bob Moulder (212 682-5669). From the Boathouse. The series continues. Very brisk, early ride to Nyack or White Plains. Straight up, or with a twist, depending on the leaders whim (or yours, if the leader is working the night shift). Return to Boathouse between noon and 1:00pm so you'll have time to be a park lizard, or to tend to the affairs of your empire. 40% chance of rain (or greater) cancels.

**B14 60mi Lunch with Steve at Teddy's 9:00am**  
Leader: Steve Antonian (718 651-3807). From the Statue of Civic Virtue (Queens Blvd. & Union Tpke - "E" or "F" to Kew Gardens). Rolling terrain to Teddy Roosevelt's estate at Sagamore Hill. Pick up lunch in Oyster Bay, picnic at Sagamore Hill. Return thru Syosset. Rain cancels (which gives rise to investors meeting at 2nd floor Clubhouse at Belmont at noon.)

## Sunday, July 4

**A22 56mi Cool, Quick, 'n' Quiet (and Even Earlier) 7:00am**  
Leader: TBA. From the Boathouse. The series continues... but we start half an hour EARLIER. Beat the holiday traffic and get back by noon for some Independence day festivities. We roll by 7:05am.

**A22 56mi Cool, Quick, 'n' Quiet (and Even Earlier) 7:00am**  
Leader: Greg Worley (212 781-6702). From the Boathouse. The series continues... but we start half an hour EARLIER. Beat the holiday traffic and get back by noon for some Independence Day festivities. We roll by 7:05am.

**C 20-50mi You Pays Yer Money, You Takes Yer Churce 10:00am**  
Leader: Leaderless. From the Boathouse. Be there. Rain cancels.

## Monday, July 5

**A20 60mi Rockland Lake 9:00am**  
Leader: Don Montalvo (212 307-7753). From the Boathouse. 501 up & back to the Lake for a loop or two. Rain cancels.

## Saturday, July 10

**A20 100mi "How Many Miles to Babylon?" 6:30/7:00am**  
Leader: Larry Ksiez (718 478-0644). From the Boathouse/ Statue of Civic Virtue (Queens Blvd. & Union Tpke - "E" or "F" to Kew Gardens). We are actually going to Hauppauge for a stop at my fav restaurant, then some hills back to the city. Rain, call leader.

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

**A21 60mi Pepsico 9:00am**  
Leader: Rikki Furman (212 734-2887); Herb Dershowitz (212 929-0787). From the Boathouse. A friendly cooperative ride to our favorite sculpture garden. Rain cancels.

**B16 70/55mi Sun Your Buns (Not the Nude Beach) 8:30/9:30am**  
Leader: Bette Freedman (212 529-3408). From the Boathouse/ Statue of Civic Virtue (Queens Blvd. & Union Tpke - "E" or "F" to Kew Gardens). It's time to get rid of that ugly bikertan. Even out those unsightly tan lines on this beach ride to Bayville. SPFs below 1 cancels.

**B17 70+mi Picnic at Bethpage 8:30/9:15am**  
Leaders: Tim Andon (718 937-9272); Ed Allen (212 666-6844). From the Boathouse/ Statue of Civic Virtue (Queens Blvd. & Union Tpke - "F" train to Kew Gardens). Picnic lunch on the green lawns of Bethpage St. Park. Rain cancels.

**C14 50mi It's a "C" Breeze 10:00am**  
Leader: Barry Leventhal (718 380-8732). From the Statue of Civic Virtue (Queens Blvd. & Union Tpke - "E" or "F" to Kew Gardens). Classic route through Old Westbury and Muttontown. Lunch & swim (but not at the same time) at Oyster Bay. Bring swim suit and towel. Rain cancels.

## Sunday, July 11

**A22 56mi Cool, Quick, 'n' Quiet 7:00am**  
Leader: Mark Martinez (718 726-7644). From the Boathouse. Quality Time. If we're few, we'll Team Time Trial to the State line — if not, maybe we'll split into two teams at the GWB and give the first group a 2 minute head start. Be prompt or do your own TT. The usual cancels.

**A20 69mi In Search of the Nude Beach 7:30am;**  
Leader: Christy Guzzetta (212 595-3674). From the Staten Island Ferry (the Battery). Once again we go out in search of the Nude Beach around Sandy Hook, NJ. Private chartered boat ride to take us back home. \$20 covers the boat ride, space is limited; advance sign-up required. Dress is optional, sunblock suggested. Rain cancels.

**B18 70mi SIGles Lead "B"s to Rockland Lake 9:00am**  
Leaders: George Tsugranes (212 988-0689); Carey Chu (718 507-7140); Ferdie Scharf (212 628-4989). From the Boathouse. River Road, Ash, Tweed, 9W to Rockland Lake. Return route up to participants. Rain cancels.

**B14 45mi Check Out The Spring Flowers 9:00am**  
Leader: Brian McCaffrey (718 634-1742). From the Statue of Civic Virtue (Queens Blvd. & Union Tpke - "F" train to Kew Gardens). A nice "B" pace to Old Westbury Gardens or the Planting Fields to check out the flowers. Bring a lock, walking shoes and a few bucks to get in. Picnic lunch. Rain cancels.

# NEW YORK CYCLE CLUB

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

**B14 50mi Return of the Cycle Slug 11:00am**  
 Leader: Wayne Wright (718 626-1002). From the Boathouse. My first ride this year will cater to the not-so-early bird. Join us for a late lunch at Mamaroneck Harbor. Perfect ride for those house hunting in Westchester. (Real Estate attorneys NOT included.) Rain cancels.

### Saturday, July 17

**A21 55mi Nyack 7:00am**  
 Leader: Karl Dittebrandt (212 477-1387). From the Boathouse. Just a quick ride up to Nyack to be back early. Rain cancels.

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

**A/B/C 55mi Time Trial 9:00am**  
 Leaders: Ellen Richard (212 505-0697); Jane Kenyon (212 662-1932). From the Boathouse. This month we'll have a time trial for the hill climbers on River Road. All are welcome but this will cost \$1 for insurance. Regroup afterwards for a spin up to Nyack or Rockland. Rain cancels.

**A/B17 80mi Beeline for Bedford 8:30am**  
 Leaders: Rich Borow (212 866-1966); Alan Steen (718 896-6571). Rolling ride up to Bedford. If the group gets antsy, the speed may go up a bit. Some sections are great for steady pacelines - but one of the leaders will make sure nobody gets left behind. Rain cancels/Excessive heat shortens.

**B14 60mi Breezy Point 9:00/9:45am**  
 Leaders: Ron Heller (212 879-1167); Peter Morales (718 833-4370). From the Boathouse/City Hall. Belt Parkway to Marine Pkwy. Bridge, Riis Park, Breezy Point. Option to ride subway home. Helmets required. Rain cancels.

**B16 45mi Westchester WYSIWYG (What you see is what you get) 9:30am**  
 Leader: Carlos Cardona (212 581-2858). From the last stop on the #1 train (242nd & B'way. Tribute to Jeremy's hilly but gorgeous Westchester ride. Quite hilly 30 miles to lunch; easy, flat, 15 miles home. One beautiful ride. Strong chance of rain cancels.

**C14 50mi Lords of Flatbush 9:00am**  
 Leaders: Rachel Spevack & Clif Kranish (212 362-2707; 212 473-6745). From the Boathouse. Believe it or not, some houses in Flatbush look like lords could live there; there's even an old farmhouse. Lunch at Brighton Beach. Rain at start cancels.

### Sunday, July 18

**A22 56mi Cool, Quick, 'n' Quiet 7:00am**  
 Leaders: Marjorie Kim (212 581-9178); Katherine Woods (212 663-0349). From the Boathouse. Once again we'll work on polishing our group riding skills until they shine. We roll by 7:05am. The usual cancels.

**B14 45/55mi Greenwich/Bedford/Greenwich 8:15am**  
 Leaders: Ken & Marilyn Weissman (212 222-5527). From Grand Central Station Info. Booth for 8:40 train to Greenwich. Lunch in Bedford — 5:09pm train home. A beautiful ride through some of the prettiest, most expensive real estate in the area. Does all this beauty come without a price? Nah! Wear your climbing legs, there's hardly a flat spot anywhere. Lacadaisical pace, 85% of the route is on tree shaded roads, and Ken promises to treat the rider who counts the most \$1,000,000+ homes to an iced tea. Metro-North pass & helmets a must. Rain cancels.

**C7 25mi Morristown Ramble**  
 Leaders: Richard Fine (914 638-0842); Ethan Brook (H. - 914 425-2361). See parklands, farms, horses, etc. Lunch stop. Call for meeting place and directions.

### Saturday, July 24

**A20 125mi "Don't Go Where The Road Don't Go" 6:30/7:00am**  
 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 quickly becoming MY favorite ride. Two major roads all the way to Orient Point. Train back from Greenpoint. Rain, call leader.

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

**A24 70-80mi Surf and Turf 8:30am**  
 Leader: Greg Worley (212 781-6702). From the Boathouse. Loop through Northern NJ (Bergen) ending up in Tallman Mt. State Park. For those who are interested, a dive into the cool waters of the pool before heading back to the city. Bring lock (urban-megalock may be overkill - your call) \$1 for pool admission, and swim suit. Rain cancels.

**A20 90mi Reservoir Roundabout 7:30am**  
 Leader: Jon Miller (718 769-5618). From the Boathouse. Very scenic ride through Westchester & Putnam counties to Cold Spring. Moderate terrain in a uniquely backroadsy view of rustic Americana. (10 reservoirs in all.) Train pass required, (Metro-North approval pending - call leader to confirm.) Rain cancels.

**B17 70+mi Beacon to Beacon Train — Car Top 9:00am**  
 Leader: Karl Dittebrandt (212 477-1387). From Metro-North station, Beacon, NY. Ride up to New Paltz, do Mohonk Mountain and some other hills. Bring your climbing gears and train pass for ride home if not driving. Call leader for train time. Rain cancels.

**B17.5 75+mi Reservoir Run — East 8:00am**  
 Leader: Fred Steinberg (212 787-5204). From the Boathouse. A scenic journey thru North Greenwich, lunch in Bedford, then up past NYC's Eastern Reservoirs, returning from Brewster via Metro-North. Train pass and helmet required. Rain cancels.

**B16 70/55mi Sun Your Buns - Part II 8:30/9:30am**  
 Leader: Jim Babbitt (718 296-0027). From the Boathouse/ Statue of Civic Virtue (Queens Blvd. & Union Tpke - "E" or "F" to Kew Gardens). A repeat of last week's ride to Bayville Beach so you can continue to work on your tan. Bring appropriate beach stuff. Rain cancels.

**C7 20mi Biking and Tubing on the Delaware River 9:00am**  
 Leaders: Ethan Brook (H. - 914 425-2361; W. - 212 947-6698); Richard Fine (914 638-0842). From Point Pleasant Canoe and Tube. . 20 mi. ride followed by a fun filled tubing trip down the Delaware River near New Hope, PA. (Dir.: 287 S. to 202 S. Cross into PA, make right after toll. Left on 32 N., continue 6 mi. to PPC&T. Watch out for sharp curve on 32N.) Rain cancels.

### Sunday, July 25

**A22 56mi Cool, Quick, 'n' Quiet 7:00am**  
 Leader: Marjorie Kim (212 581-9178); From the Boathouse. More of the same with the accent on Quality miles. We're gone by 7:05am. The usual cancels.

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

**A17 80mi Lazy Aces Spln Up The Hudson 8:30am**  
 Leaders: Kyle Skrinak (W. 212 767-6905; H. 212 481-3391); Elena Burinkas.  
 From the Boathouse. Come join us "lazy aces" as we peddle past Bear Mt.,  
 saunter through West Point, and on up . . . We'll train back from Beacon, or  
 if we're feeling grand, continue to Cold Spring for food and stuff for the train  
 ride back to Grand Central. Train pass and \$10.50 fare required (ride pending  
 Metro-North approval). The usual cancels.

**A23 55mi Late Train To Ridgewood 9:00am**  
 Leader: Erwin Sityar (212 222-8310). From the Boathouse. Get up an hour  
 later (hey it's the weekend) and take the fast train to Ridgewood. Smooth  
 paceline going the there and hilly 502 on the way back. Rain cancels.

**KB16+ 90mi Killer "B"s Buzz L.I. 7:30/8:30am**  
 Leader: Jim Babbitt (718 296-0027). From the Boathouse/ Statue of Civic  
 Virtue (Queens Blvd. & Union Tpke - "E" or "F" to Kew Gardens). Are hills really  
 honey to the Bees? Or will they weaken the Bees Knees? Find out on this  
 HILLY ride to Oyster Bay. Gather nectar to refuel yourself at a quick stop in  
 Oyster Bay. Do more hills and return to Oyster Bay for lunch. Pocket food and  
 2 water bottles recommended — stops will be kept to a minimum. Rain  
 cancels/Excessive heat shortens.

## 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). 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.

**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 (Westchester)

**A22/A18 50/70+ "ALL CLASS II" 9:00am**  
 Leaders: TBA. From the Boathouse. 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. Anyone interested in leading can contact the "A" Rides  
 Coordinator — she won't complain if she gets too many. The rolling roads of  
 Westchester will take us to Kingsland Point Pk. with its Hudson River vistas  
 and cooling breezes. This time YOU buy lunch (but we won't have to pack our  
 trash out.) Rain cancels.

**B14/B16 50+/75+mi All Class 8:30/9:00am**  
 Coordinator: Jim Babbitt (718 296-0027). From the Boathouse. I need volunteers  
 to help lead "B" rides for this event. If you can help please call. Rain cancels.

**KB17+ 80mi Killer "B"s Swarm Kingsland Pt. Park 8:00am**  
 Leader: 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: Geo Karl Kaplan (718 204-4970). 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.

## Ride Previews

**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.

**A/B David Tours the Eastern Alps Aug. 25 - Sept. 6**  
 Leader: David Schlichting (516 482-3423). Spectacular tour through Switzer-  
 land, Italy, Austria and Liechtenstein. Incomparable scenery, challenging  
 climbs, thrilling descents. Terrain? It's not hilly; it's mountainous, but 35 miles  
 average per day makes this attainable for any B rider. Self contained. Cost:  
 \$2,049 including airfare, hotels, breakfast and dinner daily.

**A/B ITALY! Sept. 3 (eve.) - Sept 12**  
 Spend 9 glorious days cycling in Marche & Umbria. Start and finish at the  
 Adriatic, heading inland to Lake Trasimeno via Macerata, Assisi, Gubbio and  
 Urbino. Plan on 60 - 80 beautiful, hilly mi. most days. Full van support &  
 detailed cue sheets. Gorgeous small hotels, Plentiful family-style meals.  
 Optional swim & running workouts., Approx \$600 pp. for hotel, van, bkfst. and  
 dinner. Deposit of \$250 by July 18. Preview party w/photos 7pm July 10.  
 Road bikes and helmets required. Call for details: Lori Vendinello or Howard  
 Turoff (212) 353-9068.

## Out-of-Bounds

**25-100mi Gold Coast Tour July 18 7:30am**  
 NYCC Coordinator: Larry Ksiez (718 478-0644). From Greenlawn, L.I.  
 Cartop. Rides start at Hazeltine Corp. building on Pulaski Rd. in Greenlawn.  
 \$12 reg. fee. Sponsored by the Huntington Bicycle Club, Box 322,  
 Huntington Sta., NY 11746. Tel. (516) 549-3553

**25/62/100mi The Princeton Event Aug. 7 7:00am**  
 NYCC Coordinator: Larry Ksiez (718 478-0644). From Lawrenceville, NJ at  
 Rider College. Flat to rolling terrain. \$12 reg. fee includes route markings, snacks,  
 cue sheet, T-shirt; helmet req. Sponsored by the Princeton Free Wheelers,  
 contact: Barbara Hunt, P.O. Box 1204, Princeton, NJ 08542 Tel. (609) 393-  
 1206. Possible car-top to start if enough are interested, contact L. Ksiez.

**25/50/65/100mi 2nd Annual Tour of the Hamptons Aug. 22 7:30am**  
 NYCC Coordinator: Larry Ksiez (H. 718 478-0644). From Southampton High  
 School. Flat to rolling terrain. Reg. \$10 till 8/9, then \$12; (includes cue sheet,  
 map, road markings, refreshments, sag support.— T-shirts to first 250  
 registered.) Call L. Ksiez for entry forms. Car-top to start. Hosted by  
 Massapequa Park Bicycle Club.

# NO TECH TIPS

Bob Moulder

1. In general, nuts and bolts should be tightened until

- a. they're very tight
- b. they meet mfg.'s specifications, using a torque wrench
- c. they're "snug"
- d. your Aunt Bernice says "Stop"

2. In which of the following situations is the most torque (rotational force) being applied to the rear wheel?

- a. Chester Humdoodle grinding a 16x34 up Cadillac Mountain in Acadia National Park
- b. Davis Phinney winding up a monster finishing sprint at 44 mph in a 54x12
- c. Your local mechanic (or preferably you) removing the cogs from your rear wheel
- d. Barbie Fanngrams spinning 130 rpm on the flats

3. Front wheels are how many times stronger than rear wheels built with the same gauge and number of spokes?

- a. 2 times stronger
- b. 3 times stronger
- c. 6 times stronger
- d. It depends on a lot, but probably somewhere between 3 and 6 times stronger

4. If you run into a dicey situation with hostile indigenous persons taunting you, your best defense is

- a. a .357 magnum revolver
- b. a Bowie knife (Jim, not David)
- c. your legs
- d. a large can of Mace

5. Which of the following are inherently dangerous and could cause serious injury, or worse?

- a. "cork" handlebar tapes
- b. skinny saddles
- c. plastic rim strips
- d. valve stem nuts and valve caps

6. What is the best chain lubricant?

- a. Tri-Flow
- b. wax (paraffin)
- c. SAE 30 motor oil
- d. just about anything, except wax, grease and WD-40

7. When buying a bike, the most important consideration is

- a. price
- b. fit
- c. dealer reputation
- d. gearing

8. As you slowly approach an intersection,

a lone car to your left has the right-of-way, but the driver won't proceed because he is unsure whether you intend to stop. You should

- a. make a motion with your head
- b. yell "Go Ahead!" in a frustrated tone
- c. wave him across with a hand gesture
- d. put your foot down

## ANSWERS:

1. c. Tightening everything with torque wrenches to manufacturers' specifications sounds like a good idea, but these are bikes, not Space Shuttles. As you do your own wrenching, you develop a feel for proper "snugness." Over-tightening leads to parts damage and catastrophic failure, so err on the side of under-tightening.

2. a. Low gears provide much more leverage than high gears, and thus allow you to generate much more torque (at the expense of *speed*, of course!). If you were to put Phinney and his bike on a wind trainer in a 54x12, with just two fingers you could prevent the rear wheel from turning. Unless your mechanic is doing something dreadfully wrong, there should be *no* torque applied when removing cogs.

3. d. Because of their "dished" construction, the freehub-side spokes on the rear wheel do nearly all the work, in addition to carrying more of the load. Newer hub designs, such as

Mavic 571's, move the non-drive side flange inboard a bit, which gives the wheel more symmetry and strength.

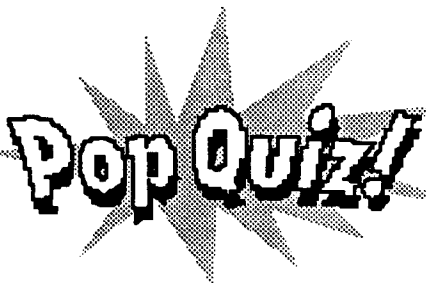
4. c. In nearly all close encounters of the worst kind, the best policy is to keep your eyes ahead, mouth shut, and simply pedal away. If it comes down to a choice between your life and your bike, give 'em the bike. And remember this: any weapon you carry can be used against you, and if you succeed in using deadly force you're in for a world of criminal and civil crap, justified or not.

5. c. I cannot begin to emphasize enough the danger posed by plastic rim strips. They regularly crack and sag at the spoke holes, resulting in rapid flats; imagine having such a flat at 45 mph on Closter Dock Road. The only No Tech-approved rim strips are Velox coated-fabric strips and Nylon-reinforced strapping tape, and these should also be checked often.

6. d. Use whatever you wish, let it sit a couple of hours, then wipe off as much as you can. The lubricant will stay in the right places.

7. b. Whether you spend \$300 or \$3,000, you're wasting your money if your new bike doesn't fit, because you'll never be able to get the comfort and performance it is capable of providing. Before buying, learn everything you can about bike fit, then use the information as a guide when you purchase.

8. d. Putting your foot down is the universal gesture for "By golly, I really have stopped." It is sublimely fascinating how this works when nothing else does. \*



Submitted by R. Rosenthal:

### STUPID QUOTE OF THE MONTH

**Question:** If you could change one thing about the industry, what would it be?

**Answer:** The disappearance of all consumer magazines. They took business away from bicycle stores and brought it to the mass merchants.

Sal Cosro, owner,  
Stuyvesant Bicycle, New York, NY  
Quoted in *Bicycle Dealer Showcase*  
Magazine, April, 1993.

## OFF THE SIDE

Richard Rosenthal

*The Inferior Riders' Club*

I'm starting a GIS—that's SIG spelled backwards. It's for downwardly mobile riders who, with the proper training and dedication, can go from "A" to "B" or "B" to "C" in a single season.

The dues are mainly don'ts: don't train, don't eat properly, that sort of thing. Instead of riding, talk about riding. Drop names. Drop mileage numbers. Drop altitudes. Drop attitudes. Don't drop handlebars. Start sentences with "I remember," "I read that," and "I heard".

Anytime you're confronted with a section of road that presents any difficulty at all, remember to put into practice our 12-step program: dismount and take twelve steps.

Our official bicycle, in accordance with our couch-riding, is a recumbent.

Our jersey features the club colors, black and blue, and has a yellow stripe down the back. The front of it has a chicken over the heart and, to signify our climbing ability, a rivulet of water. Water, like us, rolls downhill; it does not go uphill.

Lagging racers in major races are picked up by what is called a "broom wagon"—actually a car or minivan. Because we're a club steeped in ultra-chic, ultra-light, ultra-new, and ultra-expensive components, accessories, and clothing, it's only fitting that we have something more elegant than a broom to sweep us up when we lag. With that in mind, joining Johnson & Johnson and Ben-Gay as named sponsors on our jerseys, will be Dustbuster.

Order your jersey now. Size: Too Large. Minimum Quantity per order: Very Gross. \*

MINUTES OF THE NYCC BOARD MEETING  
TUESDAY, MAY 3, 1993

**Present:** Geo Kaplan, Mark Martinez, Larry Nelson, Conrad Obregon, Jim Babbitt, Jane Kenyon, Herb Dershowitz, Karin Fantus, Hannah Holland, and Richard Rosenthal. **Absent:** Ellen Richard, Jody Sayler, Nadine Manney. Herb reported that there were 560 paid members to date, and that many new applications were from the new brochure.

Richard reported on the Scheutze Fund. After discussion, it was agreed to submit the "one-liners" with the "button" for publication. It was also agreed to solicit additional money for the fund. Karin will write a cover letter and mail the materials.

Herb raised the question of publishing rides for the first weekend of the month following the bulletin issue month in the bulletin. It was agreed that every effort should be made by the VP Rides and the Editor to follow this policy.

George noted that new ride sign in sheets were to be used. Re: the new jerseys, the board expressed interest in other club logo items.

Mark reminded everyone that use of Metro-North should be coordinated through Jeff Vogel.

Richard noted that the repair clinics had been well attended.

# SINCE 1967, TOGA'S REPAIRS HAVE SURVIVED THE STREETS

With this ad, yours can too!

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YOUR NEXT REPAIR**

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(at 64th St.)

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New Lower Prices!

### "And The Schweber Goes To . . ."

The results to NYCC Contest #2 in which you were asked to give a cycling-related question for which "224" might conceivably be the answer. Roger "Pedal Pusher" Bergman had the nerve to submit the following entry which was deemed the winner:

**Q.** "Bishop Desmond, after you won the Nobel Peace Prize, they closed Route 4 in New Jersey to automobile traffic and made it a bicycle-only-only thoroughfare. They named the bike-route after you. What's it called?"

**A.** [Route] Tutu Four.

### BICYCLE HAVEN at Mount Snow

The Mountain Bike Capital



Providing "Economical",  
all season Lodge Home rentals

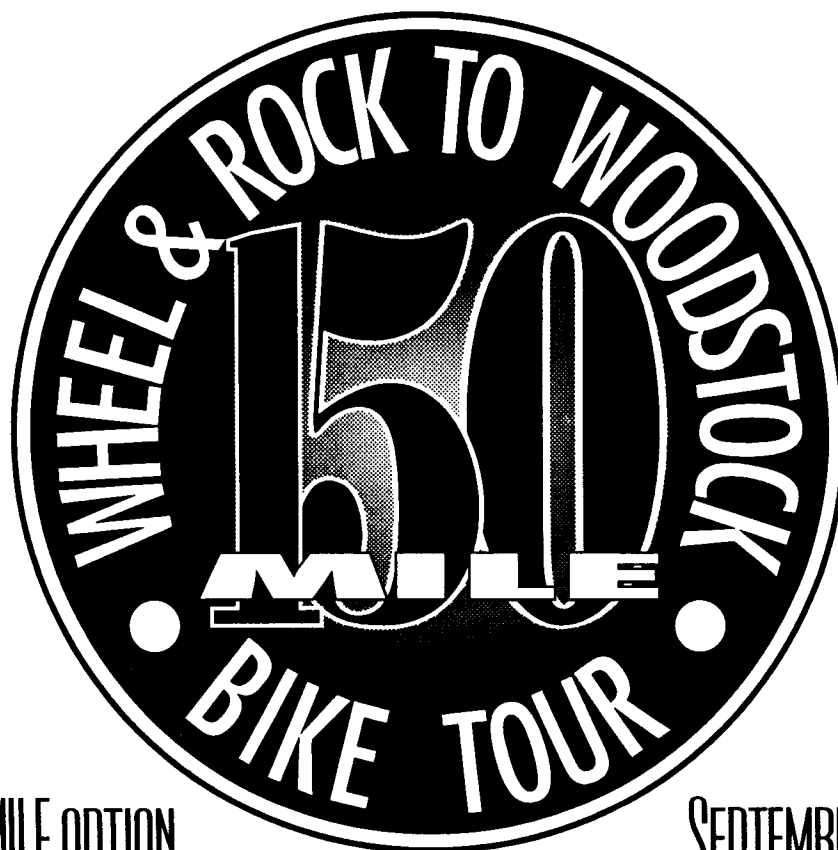
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# THE LUXURY TOUR THAT ROCKS



WITH 100 MILE OPTION

SEPTEMBER 11 AND 12

**FOR THE SERIOUS RIDER** and the serious fun seeker. An extraordinary excursion through the Catskill Mountains, culminating with an incredible musical finale at the Woodstock Music Festival Site at Max Yasgur's Farm!

**LUXURY HOTEL ACCOMMODATIONS**, 2 nights, including golf, tennis, indoor pool, nightclub, dancing, comedy shows, entertainment, meals (unlimited and Kosher), workshops and vendor displays!

**ROUTE AMENITIES** include rest stops every 12 miles, chock full of healthful snacks and full mechanical and route support along the way!

**FORM A CHALLENGE TEAM** with friends and spend a wild and glorious weekend of bicycling, music and friendship at a resort hotel!

**ALL INCLUSIVE** \$60 registration fee plus \$200 in pledges. All proceeds benefit the National Multiple Sclerosis Society.

FOR MORE INFORMATION AND A FREE BROCHURE, write to  
MS BIKE TOUR, 11 Skyline Drive, Hawthorne, NY 10532, or call

**914 345-3500**

*Does anyone need a lock?* It was an ordinary day for Janet Kronstadt. She locked her bike in her usual spot at Columbia University and went to the pool for her swim workout. However, it was no ordinary day for Columbia University. Today was their commencement exercises and Janet's bike was in the way. Since they were unable to locate a bike thief they didn't have the tools to break the lock. The geniuses at Columbia, while unable to cut the lock did figure out how to saw the frame in half to remove it! I wonder if the lock's guarantee covers this.

I have reports that Irv Weisman took four very young women (all over 30) across the border on a great memorable ride on May 30th. He had to make a stop for a "Passion Drink" just to make sure. So, why are Arlene Ellner, Athena Foroglou, Judy Goldberg and Joan Harper still riding around with smiles on their faces?

Spotted on the Five Boro Bike Tour were Marcel and Susan Lipkowitz (yes). Marcel graduated from this year's SIG; will Susan take the SIG next year? Also seen were Mike Yesko and his daughter Sara. Sara refused all of Mike's offers to find a shortcut and completed the entire 42 mile course making it the longest ride of her life. That certainly is quite an accomplishment for a seven year old!

Congratulations to Ellen Richard for her racing success. Ellen finished third in the recent Tour of Somerville, one of the most prestigious races in the country. And if that didn't use up her 15 seconds of fame, when Anna Christie won a Tony Award for the Best Revival on Broadway, Ellen was one of the people who received a thank you.

In other racing news, the Tour DuPont didn't receive much coverage by the local media. The most interesting place to find coverage of the event was the Daily News Record, where Rachel Spevack's article was printed.

The highlight of the riding season so far undoubtedly was Memorial Day weekend in the Berkshires. One of the

main activities for the weekend was playing "Pass the Baby". Two month old Lior Trestman didn't seem to mind, as long as he went home with Mom and Dad, Rosanna and Bob. We need to thank Jane Kenyon for making all the arrangements in Sheffield including Sunday night's group dinner where everyone had a great time. The food was good and the drinking was especially fun - Body shots with Shari Horowitz! The most talked about part of the weekend though, has to be who roomed with whom. There are remarkably few stories about Tony Nappi sharing the Willows with eight women. If there's some juicy gossip you'll hear about it here first. The story that everyone is telling is about Angel Rivera and Philippe Chateau (yes, no?) sharing a double bed. The jokes were flying the next morning as their paceline buddies really gave them a hard time. Someone asked when they were going to get a tandem, and then which one would be the stoker and which one would be the stokee? Comparisons were made to Mick Jagger and Eric Clapton. It was a cruel paceline. Philippe was worried that these stories and more (Jane wouldn't let me write the one about the pussy cat) would appear in this column. Angel was worried that they would get a whole page. Angel and Philippe, turn the page and see what you got!

Those are nice boots, Mark Martinez.

Next month I'll have a report on the July 4th weekend at West Point and Christy Guzzetta's "In Search of the Nude Beach" ride. I don't get it. They've been searching for the Nude Beach for about five years now. If they haven't found it yet, why don't they just give up?

The first of the three All-Class rides was held on June 6th. With 140 cyclists descending upon Tallman State Park for the picnic, all records for the largest club ride were shattered. And who said there's no such thing as a free lunch? The sandwich, cookies, fruit and beverage were provided by the club. The theory is half the people showed up to save the cost of the lunch. I'm sure I would ride 5 or 6 hours and do 50-80 miles just to save six dollars. Yeah, right. To further disprove

this theory we need to get over 140 people on the August 1st All-Class Ride to Kingsland Point Park when everyone will have to buy their own lunch. Anyway let's thank Jane Kenyon and Kathleen Eaton for making all the arrangements for lunch.

The All-Class Ride wasn't trouble free however, as Gerry Valentine and Elizabeth Maas (no) were involved in a serious crash on Western Highway. While Gerry escaped with relatively minor injuries, Elizabeth wasn't as fortunate. Even with her dislocated right thumb in a cast and her left arm in a sling from the broken collarbone, she was amazingly cheerful later that day. And she said she'd be on the stationary trainer later in the week! Heal fast, Elizabeth.

So was there a Devil's Kitchen trip or not? When leader Jeff Vogel's car broke down on the Palisades Parkway, it left 13 riders stranded without maps in Saugerties. Mike "Not for Nuttin" DeLillo was the only one who knew the route. But did anyone listen to mild mannered Mike? Nooo. The know-it-alls all took the most direct route and were forced to climb the 2-mile 14% (average) grade with almost no warm-up. Once again, Alan (Triple Chainring) Cohen was the first one up and Jane Kenyon was the first, and only, female finisher. The most notable non-finisher was Phillipe Chateau, another victim of the "I don't need a 26 tooth cog" syndrome.

Besides crashes, another thing our club has too many of is *Road Bozos*. There were two equally deserving recipients last month. First there was Dave Regen who attempted to show off his bike handling skills one morning by taking off his jacket while riding. It didn't quite work out as well as planned as he lost control and went down. Fortunately, only his pride was bruised. Then there was Tony Dean. He broke one of the cardinal rules of cycling. "Never turn around to look at a crash". Cari Gengo had just gone down in a minor spill, Tony turned around to look and he wound up riding into a parked car! To add insult to his minor injuries, he dented the car and a police report was filed! Two many Bozos! \*

# NEW YORK CYCLE CLUB

## PRESIDENT'S MESSAGE

Geo Carl Kaplan

*The Boathouse*

July 1, 1993

*When in the course of cycling events, it becomes necessary for cyclists to assume the obligations which connect them to others, to assume among the Powers of the earth, the separate and equal station to which the Laws of the State of New York entitle them, and to assume a courteous respect for other cyclists, motorists and pedestrians.*

*We hold these truths to be self evident, that all cyclists, motorists and pedestrians are created equal, that they are endowed with certain unalienable Rights, that among these are equal access to the public roads, the courtesy of others on the road, and the right of way - that to receive these rights cyclists must also give these rights to others.*

*Cyclists must be as courteous to motorists and pedestrians as they expect in return.*

Now! Let's cut to the chase:

1. Signal - all turns, slowdowns, stops - any movement that is not straight ahead at a constant speed. This includes veering to change lanes and to avoid obstacles. If you are second in line or more repeat the signal for the cyclist behind you.

2. Yield the right of way to pedestrians - even if they are dead wrong - have the right of way. The rule of thumb is that the person to the right has the right of way. So, if you arrive at a four-way stop intersection, and the other three arms are occupied, then you are last, e.g. you go forth fourth in counter clockwise order.

3. At traffic lights - where there are cars or other cyclists already stopped, don't ride up on the right shoulder alongside the cars and cyclists already stopped. Stay behind and wait your turn. Failure to observe this act of courtesy will only cause resentment and who knows what else amongst those already there. And, if you are the first to stop for a light or stop sign, do so behind the pedestrian crosswalk lines - give the pedestrians a clear path.

4. When riding in a group in traffic keep a single file, and remain on the right, unless making a left turn. On less-traveled roads, double file is permissible, but not three or more abreast. Should a fellow cyclist have a flat or other breakdown, insure that someone remains with him until he can proceed or is picked up. After a lunch or other stop, insure that all are together when leaving, i.e. don't leave anyone or any unattended bikes behind. And, when a group compresses to wait for slow riders, do so off the road.

For motorists and pedestrians reading this, please remember that cyclists have as much right of way on the road as you do. So, give the cyclists the courtesy that you want of them. \*

## YOUR FIRST CLIMB

You'll never forget your first mountain pass,  
The mountain will greet you, then put you to task.  
It'll seduce you to think, that you're riding real strong.  
But it's wearing you down, and it's not taking long.  
In the distance you'll be able to hear its first chuckle,  
As your lungs gasp for air, and your knees start to buckle.

Out of your body, the water will drain,  
A river of sweat, a river of strain.  
The lush scenery, is passing you by,  
Only asphalt and dirt, are in your mind's eye.  
Halfway to the top, you'll feel tired and beat,  
You'll ride in low gears, and still overheat.

But you're not giving up, you prepare the attack,  
Then your wheels start to wobble, and your tires feel flat.  
You try to push on, you try to regroup.  
But the water you drink tastes like hot rancid soup.  
Your outlook is dim, the climb's turning bleak,  
Your will has been broken, your spirit is weak.

Your legs feel like they've been pedaling in mud,  
Did you ever believe, you were a cycling stud?

Then the great ghost of Coppi appears through the mist,  
With a frown on his face; he really looks pissed!  
He glares out at you, and shows you his fist,  
He points out a finger, and says with a hiss:  
"Hey you over there, the one having trouble,  
The one wracked with pain, the one seeing double.  
Forget about stopping, and never dismount,  
Don't ever give up and go down for the count.  
Your legs are like steel, they carry great clout,  
Dig deep down inside, you must gut it out!"  
As he fades away slowly you can hear his faint yell:  
"I could do this climb backwards in my 53.12!"

You climbed like a sportscar, you're now a jalopy,  
But the struggle goes on, you must impress Coppi.  
Courageously climbing, you block out the burn,  
Your form's back in check, your composure returns.  
Your breath now is steady, red blood fills your cheeks,  
You find the right rhythm, and surge for the peak!

When the apex is reached, this feat you admire,  
You've pedaled through brimstone and sulfur and fire.  
Where others have broken or crumbled or tired,  
You survived the ordeal, and came out inspired.  
So look up around, and there through the clouds,  
None other than Coppi, this time he looks proud!  
And waiting with Fausto are two other fellows,  
Ottavio Bottecchia and Constante Girardengo.  
As they pedal your way, Coppi says with compassion:  
"Now you know how it feels to do battle with a mountain!"  
"Now let's start our descent", they resound with delight:  
"We travel together, our pacerline is tight,  
To join our formation, it's you we invite,  
You're riding with us, you've just earned the right!"

- The Rhyming Cyclist

Angel  
&  
Philippe  
(yes?)

Sorry guys, we couldn't afford a full page.

## Classified listings

### For Sale:

• Eddy Merckx *Corsa Extra* TSX (56cm, C-T), full Dura-Ace STI, including pedals (PD-7401). Less than 2K mi. Never raced, never crashed, never ridden in rain. \$1900.

Call or leave msg for Bob (212)682-5669.

• Eclipse Carbon 7 (51cm), absolute mint condition, Dura Ace throughout, Vitus 979 Dural fork, MA40 wheels, Look pedals, PLUS: Dura Ace pedals, Vetta computer, saddles, Gran-Compe brake levers, and more. All \$1,100, o.b.o.

Call Doug (try around 10am), (718)738-8021.

• Little used Trek 720 Female 17" frame, seat adjustable. 32T rear cogs added for hills, Blackburn rear rack, handle bar twist index shifting, Kevlar tires, extras: multitrack city & country ready. \$299.

Call Charles, (212)996-4440.

### Wanted:

• 50-51 cm Road/Racing bike, willing to spend \$600.

Call David, (212)222-0532

### Call for Help:

• At the June Club meeting, I lent someone my Mont Blanc pen (gift from my wife) and forgot to retrieve it. If you have it, please call or mail it to me: Larry Ubell, 1030 West Fingerboard Rd, Staten Island NY 10304, (718)448-1384. Thanks.

## SPORTS MEDICINE

Dr. Russell B. Cohen



**Board Certified  
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- Neck, back & extremity conditions
- Deep tissue sports massage
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- Free initial consultation for NYCC members and friends



317 West 54 Street, N.Y.C.

(212) 713-0180

## 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, July 13th, 1993

## **JULY ICE CREAM PARTY**

**BING YOUR FRIENDS** • We want to meet them!  
**BRING YOUR BICYCLE 'STUFF'** • We want to swap and barter!  
**BRING YOUR SWEET TOOTH** • We will serve ourselves and visit over ice cream!

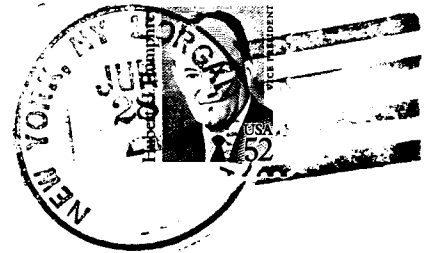
**FOR HEAVEN'S SAKE  
DON'T COME ALONG**

**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  
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