

**March  
1993**

# NYCC Bulletin



*"...Yes, I'm ordering the **RB-STX4**; that's the reinforced retaining bolt for the 'SuperSpin' turbo trainer."*

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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 ml.)
A	Vigorous riding, frequently in pacerlines. High regard for good riding style. Stops every 2 hours or so.	22+ mph 20-22 18.5-20 17-18.5	< 1:10 1:10-1:16 1:16-1:23 1:23-1:30
B	Moderate to brisk riding with more attention to scenery. Stops every hour or two.	16-17 15-16 14-15	1:30-1:38 1:38-1:48 1:48-2:00
C	Leisurely to moderate riding: destination oriented. Stops every half hour or so.	13-14 12-13 11-12	2:00-2:14 2:14-2:30 2:30>

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

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

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

**Submission Guidelines.** All submissions may be edited for length and clarity. Publication of material is determined by available space, which varies with the length of ride listings and we cannot guarantee that all submissions will be published. Submission is contributor's warranty that material is in no way an infringement on the rights of another and that the material may be published without additional approval. Call the Editor for guidelines and/or advance approval. Articles should be submitted to the Editor on a 3.5 inch diskette. Include a self-addressed, stamped envelope if you wish material returned.

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

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

**Classifieds.** Two classified ads per member per year are free (up to 6 lines), additional ads are \$1.00 per 25 character line. Please send classified listings directly to the *Editor* at the above address.

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

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

**Deadline** for the April 1993 Bulletin is March 9th.

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

## Saturday, March 6

**All-Class 25mi Self-Classification Ride 9:30am; "A" 10:00am; "B" & "C"**

Leaders: Geo. Kaplan (212 989-0883), Irv Weisman. From the Boathouse Hill. Find your optimum ride class for enjoyable club riding. We'll record your lap times so you can know how well you hold your comfortable pace. Bring a self-addressed stamped postcard if you want an early report. Postponed to March 7 if roads are wet or predicted high temps below 40°F.

**SigA 25mi Progressive "A" S.I.G. Ride #1 9:00am**  
Leaders: Herb Dershowitz (212 929-0787), Christy Guzzetta (212 595-3674), Jane Kenyon (212 662-1935), Lance Leener (212 947-9392), Ellen Richard (212 505-0697), Carolyn White (212 260-8737), Ernie Yu (212 663-5747). From the Boathouse. First in a series of 12 rides (see article elsewhere in this Bulletin for details). Here we go! No more shoulda', coulda', woulda', — move up to "A" rides this year! We'll begin our first SIG (Special Interest Group) ride with four laps in Central Park. Afterwards, we'll get together for cookies and coffee, meet the leaders, and talk about human and bicycle anatomy. So dust off your saddle, pump up your tires, and have some fun this spring. Rain date: Sunday, March 7.

**A16 45-50mi "A" Training Ride #1 9:00am**  
Leader: Bob Moulder (212 682-5669) Co-Leader: Dave Younglove (212 366-0463). From the Boathouse. Welcome to the 1993 "A" Training Series!! If you're an "A" rider who's been taking it easy all winter, this is for you. We'll go slow, sharpen up our rusty riding techniques, and re-establish trust needed for good wheelsucking. Flat cruising speed guaranteed. Pace busters need not show up. Okay, already? Start temp below 30°F, serious precip. cancels.

**B15 60mi The Killer B's Are Coming 9:00am**  
Leader: Sting (1-800-STINGERS). From the Hive (AKA the Boathouse). This will be the first in a series of rides which will increase in speed, distance, difficulty (i.e. hills), and intensity. Those not able to keep up with the swarm will be told to buzz off. Precip. at start cancels.

**B17 70mi "Roll It Over" 8:00am**  
Leader: Larry Ksiez (718-478-0644). From the Boathouse. I'll keep listing this ride 'til someone shows up. The back way to Bayonne, NJ. Rain cancels.

**B/C 45/30mi Singles Ride & Full Moon Pasta Party 10:00am/10:45am**  
Leader: Gerry Scher (201 792-5244). From the Boathouse/NJ. side of G.W.B. After early season fun ride thru N. Jersey & return via Hudson River route with spectacular Manhattan views, be my guest to watch Manhattan skyline glow red and then full moon rise over NYC and the Hudson from my 25th fl. terrace with panoramic view. Return via 1 min. bike to PATH; 6 min. train ride to Manhattan. Limited to first 15 of each gender who call by March 4. Predicted high below 40°F or > 40°F chance of precip. cancels ride but NOT party.

## Sunday, March 7

**A16 50mi "A" Training Ride #2 9:00am**  
Leader: Mark Martinéz (718 726-7644) Co-Leader: Dave Regen (212 222-0532). From the Boathouse. White Plains via the shore route. E-Z does it, as we dust off our pacelining skills and spin our way through the tidal estuaries of Pelham Bay. Start temp below 25°F, precip. cancels.

**A20 55mi Yes, Nyack 9:00am**  
Leader: Don Montalvo (212 307-7753). From the Boathouse. Maybe by July I'll venture to another part of the 40 mile radius, but for now it's a sure way to pancakes. Easiest and fastest way possible. Very cold or very wet cancels.

**B16 60+mi Early Season Snooze, er, Cruise 9:30am**  
Leader: Steven Britt (718 204-4970). From the Boathouse. We'll get some mid-season miles in at pre-season pace. Strict 16mph cruise, no faster, no slower. We'll take 9W up to Piermont, then we'll head over to Park Ridge for lunch. We'll head up Hillside for a 9W return. Temps below 40°F cancels.

## Saturday, March 13

**SigA 45mi SIG Progressive "A" Series Ride #2 - Escape From New York 9:00am**  
Leaders: Ellen Richard (212 505-0697), Jane Kenyon (212 662-1935). From the Boathouse. Over the river and out of the city for a friendly spin to Northvale. We'll take it easy today while we practice riding together and learning each other's names. Don't forget your water bottle, spare tube, pump, tire levers, and helmet. Rain, snow, temp. below 32°F postpones until Sunday, March 14.

**A16 1/2 50mi "A" Training Ride #3 9:00am**  
Leader: David Younglove (212 366-0463) Co-Leader: Dave Regen (212 222-0532). From the Boathouse. Join these two Daves on their ride to Valhalla. Cooperative riding skills required. Precip., temp below 30°F cancels.

**A19 65+/-mi Alexander's? 9:00am**  
Leader: Mark Martinéz (718 726-7644). From the Boathouse. The discount version of Gimbels with 30% off (speed & mileage). Not a race but an enthusiastic and cooperative buzz up to Armonk via Whipporwill. Long way up, short back. Maybe pocket food? Pace may vary depending on how horrible Feb. weather was. Precip., temp below 25°F cancels.

**A18 70mi "Get A Leg Up" 8:00 & 8:30am**  
Leader: Larry Ksiez (718 478-0644). From the Boathouse & Queens & Yellowstone Blvds. This ride to Bayville - Oyster Bay is my hill training ride. There are hills before and after lunch. So be prepared to climb. Back via Syosset. Rain, unseasonable cold cancels. Call leader for specifics.

**B14 55mi Nyack — before you get sick of it 9:00am**  
Leaders: Susan Levine (212 769-9139); Bill Voegeli (212 4616). From the Boathouse. Helmets only ride to Nyack. River road going up. Backstreets coming home that break the climb into small, humane segments. Precip., high temp below 40°F cancels.

**C7 16mi Park Slope's Brownstone Fantasia 1:00pm**  
Leader: Paul Rubenfarb (212 740-9123). From front of Bklyn Museum. (Eastern Pkwy stop on #2 or #3). The Nov. Slope ride was slowed by rain/headwinds causing us to miss the heart of the Slope. Now we'll beeline directly to the magnum brownstones—some rowhouses—some even more auerated detached palazzos. The interiors and hallways (some we'll see), boast dozens of vari-hued tropical rarewoods. many virtually extinct in today's over populated world. Rain or shine.

## Sunday, March 14

**A16 1/2 45mi "A" Training Ride #4 9:00am**  
Leader: Rikki Furman (212-734-8857) Co-Leader: Tom McMahon (212 777-

## NEWYORKCYCLECLUB

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

5845). From the Boathouse. No pain, no ... pain. Northvale via 9W/Paris Ave. Let's don't hurt ourselves. Start temp below 30°F, serious precip. cancels.

**A20 55+mi White Plains 9:00am**  
Leader: Greg Vandenberg (212 643-0082). From the Boathouse. A ride so wonderful that it will, all by itself, fully justify the invention of the wheel. We hope it doesn't also justify the invention of the helmet, but wear one anyway. The usual cancels.

**MTB/Hybrid/C13 35mi Riders of the Lost Greenway 9:30am**  
Leader: Ed Ravin (718 796-3137). From Grand Central Terminal info booth (no train, just a warm place to meet). Rediscover the forgotten waterfront bicycle paths of Manhattan and explore where new ones will someday go. Terrain will vary; dirt, mud, tall weeds, grass, gravel, abandoned railroad tracks, and a little bit of pavement. Diner lunch. Rain or shine; hot or cold.

#### Saturday, March 20

**SigA 50mi Progressive "A" S.I.G. Ride #3 9:00am**  
Leaders: Lance Leener (212 947-9392), Christy Guzzetta (212 595-3674). From the Boathouse. Today we head north to White Plains. It's our first venture to Westchester ("the Alps of New York"). Don't worry, there's only a few rollers to raise the heart rate. We will keep the spin high and the pace smooth as we prepare for next week's first skill. P.S. Don't forget your smile! Rain date: Sunday, March 21st.

**A17 65+/-mi "A" Training Ride #5 8:30am**  
Leader: Alex Bekkerman (212 213-5359) Co-Leader: Mark Martin\_z (718 726-7644). From the Boathouse. Rockland Lake. Routes 502 and 340 up—9W back. Maybe a loop or two around the lake. Precip., wind chill below 0°F cancels.

**A20 55mi Girls Just Want To Have Fun - Part II 9:00am**  
Leaders: Rikki Furman (212 734-2887), Jeanine Hartnett (212 721-2960). From the Boathouse. We'll take you to White Plains and beyond (maybe) if the day and group are bright and sunny. If you're really good maybe Rikki will actually show up. The usual cancels.

**B17 70mi "We Are The Road Crew" Call leader! 9:00am**  
Leader: Larry Ksiez (718-478-0644). From the Boathouse. The classic to Beacon via 9W. Alright, someone asked me to list this ride at a "B" pace, it might even be fun! Metro-North pass required. Rain cancels. Call leader to confirm space.

#### Sunday, March 21

**A17 55-60mi "A" Training Ride #6 9:00am**  
Leader: Dave Regen (212 222-0532) Co-Leader: Bob Moulder (212 682-5669). From the Boathouse. Rockland Lake and such. We'll make our way up 9W to Rockland Lake for a quick lap, throwing in Bradley and Tweed to keep us warm (optional). Brunch at the Skylark. Wet stuff cancels.

**A19 55mi In Celebration of the Vernal Equinox 9:00am**  
Leaders: Irving Schachter (212 758-5738). From the Boathouse. Nyack with Ash, Old Mountain Rd. and Tweed thrown in. Lunch at Eat Your Heart Out or Skylark and then easy ride home. The usual cancels.

**C12 38mi You must remember this, a knish is just a knish 9:30am**  
Leader: Peter Hochstein (212 427-1041). From 17th St. & Union Sq. I can't believe I'm schlepping to the beach in March just to pay off a bad knish pun, but... We'll briefly pause at a knish stall on the Coney Island boardwalk, then zig-zag to a diner in Sheepshead Bay for pancakes or whatever. Warning: legal pit stops are few and far between. Precip., predicted high below 38°F cancels.

**C7 19mi Bronx's Sedgewick Ave. & Morris Heights Mansions 1:00pm**  
Leader: Paul Rubenfarb (212 740-9123). From NE corner 181st St & Ft. Washington Ave (A train). Sedgewick Ave. & Morris Heights straddle the Bronx's loftiest North/South ridge - commanding fine East and West views and hence chosen for many eminent mansions. Art Deco apartment settings, mature-treed lanes, and picturesque undulating topography adorn this "pure bronxish" locale. Rough, unobtrusive attire. Rain or shine.

#### Saturday, March 27

**SigA 52mi SIG Progressive "A" Series Ride #4 9:00am**  
Leaders: Jane Kenyon (212 662-1935), Carolyn White (212 260-8737). From the Boathouse. Here we are we're finally doing the famous paceline. We'll learn the aero benefits of drafting—all in a nice straight line riding off to Nyack. Rain date: Sunday, March 28.

**A17 1/2 55mi "A" Training Ride #7 9:00am**  
Leader: Tom McMahon (212 777-5845) Co-Leader: David Younglove (212 366-0463). From the Boathouse. Our destination is Pleasantville. The riding is cooperative. The spirit is willing. Is your body able? Temp below 30°F cancels.

**A21 75mi South Mountain Road, The Fun Way 9:00am**  
Leader: Paul Leibowitz (212 799-0161). From the Boathouse. It's time to climb. A cooperative ride with short pulls. Lunch in Montvale, water in Piermont. Precip. cancels.

**A20 115mi "Travelin' " 7:00 & 7:30am**  
Leader: Larry Ksiez (718 478-0644). From the Boathouse & Queens & Yellowstone Blvds. For the people who have been on the Montauk Century, this ride will look familiar until Moriches, then we head to the North Fork for a loop in Riverhead. LIRR train pass required. Rain cancels, maybe. Call leader to confirm space.

**B15 50+mi Forced March 9:00am**  
Leader: Fred Steinberg (212 787-5204). From the Boathouse. For change of pace... Nyack. Out via 9W, return via Piermont, Tallman bike path, and River Rd (subject to road conditions). Lunch at the usual. Killing wind chill; precip cancels.

**C7 15mi Clinton Hill - Standard Oil's Ostentatious Strand 1:00pm**  
Leader: Paul Rubenfarb (212 740-9123). From front of Bklyn Museum (Eastern Pkwy stop on #2 or #3). During the 1890's as John D. Rockefeller's mergers and acquisitions trustified the oil industry from Cleveland to New Jersey, he attracted Wall St. syndics including Henry Flagler, John Archbold, Henry Rogers, James Stillman and Charles Pratt. These barons colonized the Brooklyn lands south of Williamsburg (called Clinton Hill) with pulchrous brownstone mansions. The magnum money-no-object plots made this the most spaciouly laid out of brownstone neighborhoods. Rain or shine.

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

## Sunday, March 28

**A17<sup>1/2</sup> 55mi "A" Training Ride #8 9:00am**  
 Leader: Donna Slattery (718-921-4635) Co-Leader: Mark Martin\_z (718 726-7644). From the infamous Boathouse. Blauvelt. The kinks should be smoothed out now as our train chugs up to Rockland county. Non-Vitus riders welcome; pace-busters - NOT! Precip. at start cancels.

**A18 55+mi How 'Bout Syosset 9:00am**  
 Leader: Steven Britt (718 204-4970). From the Boathouse. LIE service rd. out, backroads back. Lunch in Syosset. Option to add miles/hills. Temps below 40°F, wet roads cancels.

**A19 65+/-mi Down By The Riverside 8:30am**  
 Leader: Dan Schwartzman (212 362-5493). From the Boathouse. Those who know this old spiritual can sing it up the Connecticut hills north of Greenwich and over the Mianus River to a real old-timey diner in Riverside, CT. A digestion aiding loop around Tods Pt. for a whiff of salt-air, then back home without the hills. No swords or shields. Rain cancels.

**B17 60+mi White Plains and Beyond 9:30am**  
 Leader: Rich Borow (212 866-1966). From the Boathouse. Lunch in White Plains and then some early season hills in Chappaqua. Temps below 40°F or rain at start cancels.

**C12 40mi Tour de Staten Island 9:00am/10:00am**  
 Leader: Roscoe George (212 989-0982). From South Ferry (Manhattan) terminal/S.I. terminal. Once again we will prove Staten is an Island. Lunch at the Conference Center. Joint 5BBC. Precip., projected high below 35°F cancels.

**C7 50+/-mi Quack Plus 9:30am**  
 Leaders: Hindy and Irving Schachter (212 758-5738). From NW corner of E. 64th St. & 1st Ave. Normally we ride to the Demarest duck pond in March. This year we're going past the duck pond to Piermont. We hope the ducks don't sue for breach of contract. Rain, cold, angry lawyers cancel.

## Saturday, April 3

**SigA 77miSIG Progressive "A" Series Ride #5 - Let's Rotate 9:00am**  
 Leaders: Herb Dershowitz (212 929-0787), Emie Yu (212 663-5747). From the Boathouse. Today we graduate to rotating off a single pacerline. We get to share the fun pulling the group. We'll be doing this on Long Island. Rain date: Sunday, April 4.

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

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

**MTB/C9 35mi Croton Aqueduct Adventure 8:20am**  
 Leader: Ed Ravin (718 796-3137). From Grand Central Terminal Info booth. Cycle the historic Croton Aqueduct Trail, formerly NYC's water system and now a 30 mile off road trail passing thru parks, nature preserves, backyards, villages, and towns. Beautiful scenery guaranteed or your money back. Easy Mountain Biking. Good ride for beginner off-road bikers. Metro North passes required (may be purchased at GCT, window #27).

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

## Sunday, April 4

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

## RIDE PREVIEWS Sunday, April 25

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

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

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

## OUT-OF-BOUNDS Saturday, May 1

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

# (TRULY) NO TECH TIPS

Bob Moulder

*This month, I gave Bob a very short deadline, and he decided to editorialize. With spring approaching and all of us cleaning up our bikes and getting ready to hit the road, Bob's comments on our riding habits and how to be safer riders may be the best No Tech Tips you'll ever get.*

## Why Automobile Drivers Hate Us, I Think

I have never attended any of the big bike rallies such as GEAR, but I've heard that cyclists from other parts of the Northeast and other regions of the country are uniformly aghast at the riding habits of New York's bikers. I've heard that a couple of the most egregious complaints against our big-city homeboys and -girls (homepersons?) are their foul-mouthedness and total disregard for traffic laws, but not necessarily in that order. In this case I believe what I've heard, once I begin to think about it.

I think of the NYCC's patented "Amoebae Maneuver," wherein a group of 30 cyclists engulfs an automobile stopped at a traffic light, attempts to cross the busy intersection against the light, then chokes off the entire intersection through one traffic light cycle, thereby completely pissing off everyone else at the intersection. Rightly-angry motorists blast their horns which are answered by the homeboys with language and gestures that would make Al Goldstein blush. (I blush when I admit it, but I know who Al Goldstein is, what with cable TV and all.)

I think of the typical double paceline on skinny two-lane roads in northern New Jersey, and how no amount of yelling "CARBACK!" can convince those ahead that we might possibly consider forming a single paceline for just a jiff before that pickup truck driver goes totally apoplectic and turns our bikes into mangled evidence to be used at his trial.

I think of the very mysterious habit of some cyclists who stand in the middle of the road around a sharp, blind curve while a fellow rider repairs a flat, safely off the road.

I think of the odd practice of many

NYCC riders who suddenly pull out of a paceline to pass a slower rider without first checking behind to see if another biker is already trying to pass them, or to see if a dump truck might be in the middle of passing the paceline. Most often, but not always, this is observed on hills.

I think of some paceline leaders' penchant for proceeding through wide, busy intersections when it's obvious there isn't a chance in hell the whole group can make it through.

I think of the NYCC's rude tendency to cut off pedestrian crosswalks on the Grand Concourse while churchgoers and crack addicts are making their lethal dashes to the other side.

And then I think of...

Well, it's clear there's lots to think about...

But then I think "What are some really simple rules a NYCC biker could apply to any possible situation, without using the words 'law' or 'legal,' that would provide instant guidance?"

I think some more... and it hits me! It's so simple I nearly blew right past it! For any possible situation, a NYCC cyclist need only ask himself or herself two quick questions: Is it SAFE? Is it COURTEOUS? That's it! If it seems too good to be true, try it yourself. Imagine any sort of cycling circumstances you desire, and see if these simple questions won't provide the correct answer in one second.

Let's check the above examples:

Cut ahead in the line of traffic and clog up the intersection? Umm... Not courteous, not safe.

Double paceline on a skinny road? Let's see... Not courteous, not safe.

Standing in the middle of the road around a sharp curve? Ahh... Stupid. Errr... I mean... Not safe.

Pull out without first checking behind? Not safe, not courteous.

Cut off pedestrian crosswalks? Not courteous.

See how easy it is? Let's all give it a try! \*

## President's Message

George Kaplan

Do you ever Dream! Dare! Do!?

Who me? Yes, you! You, the member of the NYCC who complains that if a ride doesn't go to Piermont or the Flagship, it goes to Coney Island or around Staten Island, or maybe the North Shore. Where is the spirit of adventure that will lead NYCC riders to new and exotic places on our weekly rides. Did he say exotic? Yes, he sure did. Anything new compared with Piermont, the Flagship, etc. has to be exciting and exotic.

Who has the spirit of wanderlust that will take us to bicycle nirvana? Who has that magic carpet ride that will take us to the moon? Who can produce and enchant an evening for NYCC riders, or create some wide open spaces for us, or take us to the ridge where the west commences?

Trite! Certainly. True! Most assuredly. We are looking for new rides and you're the ones who can provide them. Contact VP of Rides Mark Martinéz, or the Rides Coordinators - Ellen Richard, A; Jim Babbitt, B; and Nadine Manney, C; they will be happy to work with you.

*Dept. of Amplification and Correction:*  
I made an error last month - For Metro north Bicycle Permits, go to Window 27 at Grand Central Terminal or call 340-2176. \*

## BIKE-TO-WORK-WEEK

Bike To Work Week (BTWW), organized by Transportation Alternatives (T.A.) is being held May 17th to 21st to encourage increased numbers of New Yorkers to experience the benefits of bicycle commuting (practical, fun, and efficient — even in New York) and help them make cycling to work a part of their lives. For more information, pick up City Cyclist, or contact Cindy Arlinsky of TA at 212-475-4600.

## BLOWOUTS

LOU S. POKES

*You gotta taste it all.* The Cipolla-Vogel Brunch certainly had more than Diet Coke's one awesome calorie. Maybe 30,000 to 40,000 calories. With 44 people (including a dozen whose only riding was on the subway) it rivals **Marty Wolf's** New Year's Day Ride as the event of the winter. The 50 mile ride (**Jody Saylor** called it "a curb hopping expedition") before brunch featured a stop at the Kissena Velodrome where our own resident track expert, **Mike Samuel**, gave pointers before everyone headed onto the track for a few laps. The mystery of the day though, was not how 20 'A' riders rode 50 miles in Queens without a single flat. It was - how did Jeff serve brunch to 44 hungry cyclists all at once? To find out, show up for next years brunch - January 23, 1994.

And how did **Herb Dershowitz** manage to get a mixed group of 20 A's and B's to ride together? Food! It was his annual ride to Nathan's. And, yes, people did ride back after eating hot dogs and fries.

*More food.* Thanks to **Brian Van Wassenhoven** the NYCC is picking up where the Hungry Peddlers left off. First he led a ride to Greenpoint for Polish food and then later another ride to Long Island City for ribs. No wonder cyclists get fat in the winter.

Not everyone considers multiple reps of fork lifting a valid cross training sport. Several NYCC members were spotted hiking in the White Mountains of New Hampshire. Among them were **John Waffenschmidt**, **Seymour Friedman**, **Alan Cohen**, **Carolyn** and **Bill White** and **Bob Moulder**. Bob says his "Yazoo Cap" makes him look like Elmer Fudd. No one's arguing with you, Bob.

*Forget what the groundhog saw.* In a sure sign of Spring, the Bulletin has ride listings for the A Training Series, the SIG A Series and a new Series for B riders to be led by "Sting". Could **Jim Babbitt** be the "Killer B" leader? Show up on March 6th to find out.

Also getting ready for Spring were **Rifat Asa**, **Herb Dershowitz**, **Jane Kenyon** and **John Luisi**. When last seen they were loading bikes into a van for a week of cycling

at the Walden Camp in Florida. A 300 mile week of riding and a 2000 mile round trip drive. Makes sense to me. The big question is did Jane win the Nude Crit this year?

Speaking of Jane, her proofreaders must have been out training too hard last month. The second half of February had some interesting dates. It gave new meaning to "A month of Sundays".

Who? No one ever got his name right anyway. Was it **Gary Wendrowsky** or **Gerry Wendrouski**? Now it doesn't matter. Just call him **Mr. Karen Reich**. Karen and Gerry were married in a small (no crashers) ceremony on January 25th. Best wishes to both of you.

And congratulations to **Tom Lowenthal** who rode 8,100 miles in 1992 without an accident! A new record for Tom. If you're thinking that I'm jinxing him by mentioning it, don't blame me. He asked me to print it!

*What are you going to do for an encore?* **Jody Saylor**, our new Vice President of Programs, is off to a great start. Our January program was a question and answer session with 1992 World Professional Pursuit Champion **Mike McCarthy**. Mike told us how tough life as a pro racer can be. But then he also told us that riding in New York in the winter can be great training. You can't believe everything you hear. The evening ended with Jody presenting Mike with a poster-sized photo from *Winning Magazine*, autographed by everyone in attendance. thanks to **Don Montalvo** for blowing up the photo. And thank you Jody and Mike (no).

Do you remember that day a few weeks ago? The temperature was in the twenties with a wind chill near zero. It was overcast with a

good chance of flurries before the day was over. But you showed up at the Boathouse at 9:00 anyway, hoping someone else would join you for your twentieth straight ride to Nyack. You know who you are. I don't have to mention names. If you were out that day - you are our **Road Bozo** this month.

And, finally, everyone keeps asking about **Amy Sackman** (yes? no?). The rumors are flying so fast I can't keep track of them. Amy, let us know what's going on! \*



*We have it on good authority that the above is a picture of Lou S. Pokes as a baby. This may be one of the only clues to his identity. Do you recognize him?*

- Editor

*Submitted by Clif Kranish*

"It is just as good company as most husbands. And when it gets old and shabby, a woman can dispose of it and just get a new one without shocking the entire community."

*Francis Strong, 1895*



# Out of the Saddle

Mark Martínez

## Opening Day

Locale: Central Park.

Time: Early one Sunday morning in March.

\* \* \*

Blue jays squawk, squirrels chatter, and somewhere in a distant corner of the park a woodpecker can be heard pounding out a hip-hop beat. Ah the sounds of springtime in New York: "Watch it!" "Ooomph" "Sonovabitch!" It's official. The first collision between a Roller-Blader and a cyclist in Central Park heralds the start of the 1993 Cycling Season. Let the Games begin.

### The Michelin Tire Man

At least that's what I've come to think of as the cycling equivalent of throwing out the first pitch on opening day of the baseball season. Like the fans of our national pastime (that's baseball, not ripping off car radios), I've been counting the days until the arrival of spring and civilized cycling weather. By the time March rolls around I can only dimly recall riding without wearing umpteen layers of Thermax, silk, lycra, wool and neoprene. It sort of kills the urge to go for a spontaneous ride when it takes you more time to get dressed than it takes NASA to turnaround the Space Shuttle. After donning enough layers to resemble the Michelin tire man \*, it seems like I burn more calories throwing my leg over the top tube than I normally use biking to the city line. But now those days are almost behind us. I'm sure the waitresses at the Flagship won't miss having to serve dozens of cyclists all smelling vaguely like wet mittens and mothballs.

### The Hibernator

Some cyclists are even less enamored of cold weather biking than I am. This type of rider was last seen heading for the warmth of home in early November, saying that come spring, "I'll be back." He's "The Hibernator." His kind spends the whole winter snug inside cable TV equipped dens. Unlike their ursine cousins, they don't burn fat but lard it on while holed up in front of the tube. After pro football finally gives its last post-season gasp, they get to enjoy the vicarious thrills of televised golf and bowling. It's no wonder they have a slightly crazed look about them when they show up for a Club ride in March.

The Hibernators can be easily recognized by their giant thumb muscles developed from countless weekends of channel zapping with the remote.

### Andy Hampsters?

On the other end of the spectrum are the racers who can't seem to pack enough road miles in over the winter. Too cold to ride? Not enough daylight to do laps before or after work? No problem. They just take a spin on the rollers or crank on the ol' wind trainer until the neighbors bang on the ceiling. Then they hit the health club. This bunch is easy to recognize by the semi-permanent Walkman dents in their hair. That and the fact that they'll drop you before 110th street on a "schmoozy" early season ride.

### The Gantlet

Bad as the winter riding was, I suspect that some of the hard-core cyclists who've biked through the winter consider springtime a mixed blessing. It's a Faustian bargain that gives them warmer days and extra daylight in exchange for having to share the parks with strollers, skaters, runners, walkers, and the rest of the unwashed multitudes. After all, what's a little frostbite compared to not having to ride the Central Park gantlet.

### The Rites of Spring

This is also the time of year when I think about doing maintenance on my bike. I said "think." I don't actually start to lift a wrench until well into May; you don't want to peak too early in the wrenching season. I prefer to ease into the tune-up business by cleaning off the accumulated road schmutz picked up over the winter. For many cyclist spring cleaning means removing the primeval grunge from their bike chains which were last touched sometime in the fall. By now this gunk has been augmented by several months worth of dust bunnies and hair balls from the cat. Usually one look is enough to frighten off any normally strong man or woman. "Yeah, it probably could use a full tune-up down at Zippy's Bike shop . . . maybe I'll just buy a new bike."

### Birds of a Feather

Careful observers of wildlife can catch a glimpse of an annual spectacle on the first warm weekends of March: the reunion of the migratory and non-migratory species of

bikers. The former return from their indoor sojourns, weary from sweating in front of static scenery, eager to hit the road again. The latter, having braved the icy blasts of winter, have started to shed their protective neoprene and wool plumage. An even more bizarre sight is the first gathering of the NYCC's "A" rider SIG on the first Saturday of March.

### SIG Horde

"Give me your huddled masses, your wretched refuse yearning to go FAST." That could be the perennial sales pitch of the leaders of the SIG series. As sure as the swallows return to San Juan Capistrano, so does a motley assortment of would-be "A" riders appear each March in front of the Boathouse. The faces are different each year, but some things about this group never change. A few of the recruits always show up with bicycles looking like rejects from a Chinese restaurant's stable of beaters. And each year, after twelve weeks and about a thousand miles, some of these "least likely to succeed" types turn into solid "A" riders. Who knew?

### The Waistland

Although it comes in fits and starts, with sleet, and rain, and snow, it will come. Spring will arrive in its own good time and it's just as well it does. I for one would not like to find myself suddenly in the midst of summer with my soft pale grub-like winter body unprotected by tights and long sleeves. Until then, I'll go easy in the small ring and think of Eliot's verse. (I'll bet he was thinking of March when he wrote this, but didn't like the sound of it.)

*April is the cruelest month . . .  
mixing memory and desire.*

There is still time to shed spare tires and stretch old muscles while the roads warm out and the breeze softens. Still time to dream of long summer rides, races to come, lies to become legends. The moist turf on the Hill will dry out just in time to hear about all of it. It always does. \*

\* \* \*

\* If you can actually name the Michelin tire man I'll mention your name to Lou S. Pokes.

1993 Progressive 'A' SIG Ride Series

Ernie Yu

The seventh annual Progressive 'A' SIG begins this year on **Saturday, March 6**, with a friendly 4-loop cruise around Central Park, followed by cookies and coffee to get acquainted. Each succeeding week, we go just a little farther and a little faster, until we finish with a spectacular and challenging graduation 'A' ride on May 22. There are twelve rides in all, scheduled on Saturdays so Sundays can serve as rain dates.

Known affectionately as "the SIG," this ride series is designed to pass on the skills and knowledge needed to participate on our club's 'A' rides. We provide a supportive environment for riders looking to increase their fitness, learn group riding etiquette, and polish their cycling skills. The series is intended for less accomplished cyclists—many of our finest graduates had no paceline experience prior to the SIG.

Check the Club Rides section of the Bulletin for the start time and location. Road bikes and helmets are mandatory. There is no fee. If you have any questions, or just need encouragement to join, feel free to contact one of the leaders:

Herb Dershowitz	(212) 929-0787
Christy Guzzetta	(212) 595-3674
Jane Kenyon	(212) 662-1935
Lance Leener	(212) 947-9392
Ellen Richard	(212) 505-0697
Carolyn White	(212) 260-8737
Ernie Yu	(212) 663-5747

Since this is a series of progressive rides emphasizing teamwork, regular attendance is recommended. Other cyclists are discouraged from appearing on occasional SIG rides for personal training.

Like everyone else, SIG leaders don't like to get their bicycles wet. Since the springtime weather can be uncooperative, we offer this prayer to further our cause:

*To the Almighty Big Wheel: the good cyclists of the Progressive 'A' SIG have dedicated our lives to the pursuit of honor and commitment on the roads of New York. To aid us in our time of need, we humbly beseech thee to grant us good weather, so that we may spin safely and without undue peril to our worthy destination. Amen. \**

WHY YOU STINK

Peter Hochstein

You stink.  
I mean, no kidding, you really, really stink.

Don't take it personally. I stink, too. Most of us in The New York Cycle Club stink.

The problem is those miracle fabrics that our bicycle clothes are made from. The ones that suck moisture off us and quickly evaporate it into the air to keep us cool and dry in summer and warm and dry in winter—Polypropylene and CoolMax and WickTek and so on.

Unfortunately, while they suck up both odor and moisture, they only evaporate away the moisture. The odor stays behind, building up in ever-increasing concentrations. Even the spongy stuff in our helmets greedily drinks up and clings to the stink from our heads.

The bad-smelling stuff that comes out of us doesn't even wash out very well. Follow laundering instructions, put all your bicycle clothes in one bureau drawer, and then open the drawer a week later. Yuch!

How bad is it? Well, a recent issue of Outside magazine asked some noted explorers what they pack for their explorations. And one venerable arctic trekker, in addition to listing expectable items like a Swiss Army knife and snow shoes, launched into a diatribe about what *not* to bring—Polypropylene anything.

It seems that native polar inhabitants—folks who for centuries have smeared rancid animal fats on their skins to keep warmer and bathed their hair in urine to feel sexier—*those* folks get totally grossed out by the odor wafting from your polypropylene jersey.

Crawl in through the front flap of a reindeer hide tent with your Performance or Nashbar winter gear and the inhabitants will hightail it out the back flap, muttering nasty comments in Lapp. Crawl into an igloo and the teenagers will wrinkle up their noses and say the equivalent in Inuit of "Eeeugh, what's tha-a-a-t?"

You may not be aware of the odor while you're riding with a group because you're out of doors most of the time, it's harder (but not impossible) to be offended by your own odor and everyone in the group stinks the same.

But other people notice. Do you *really* think the reason they're hostile to cyclists at Eat Your Heart Out and other bicycle route restaurants has to do with unsightly titanium racing bikes leaning against the building wall? Oh please! Gimme a stinking break!

So what's an odiferous cyclist to do about this situation? Wear cotton in winter and you'll soon have icy wet fabric clinging to you—a formula for a shortened ride and maybe pneumonia. Wear cotton in summer and it'll be hot wet stuff and another unpleasant ride.

A few suggestions:

1. There may be no substitute for polypropylene next to the skin in winter, but trying wearing wool over *that*. Much of the odor will stay benignly trapped under the wool, while the moisture breathes out via some natural process invented by sheep. Wool stinks a whole lot less than most fabrics, unless it's wet.

2. I know you don't want to be the laughing stock of the A SIG, but have you considered cutoff jeans instead of Lycra shorts in warmer weather. No? No way—not under any circumstances imaginable? Then go and stink.

3. Touring shorts, which have a polypropylene insert in the seat for comfort, are otherwise made of a 50-50 cotton-synthetic blend, which stinks 50% less than pure synthetic. If you're riding with racers, you can regain your self-respect by fibbing to everybody that you're training for a fully-loaded cross country Bikecentennial tour.

4. On days that are dry and only luke-warm, say 65 to 75 degrees, you can wear a cotton T-shirt and still remain comfortable. Try collecting some funny ones, or T-shirts from events so out of the ordinary that nobody else has attended.

Show up in a CIA Softball League T-shirt, a Johnny Carson Wrap Party T-shirt or an Admit Wearer To Madonna's Private Sex Orgy T-shirt and you instantly become more interesting than some Tour de France wannabe in yet another jersey with an ad for Cafe de Columbia on it—guaranteed.

Have I gotten into your socks and cleats yet? Ah! There's a smelly subject for another day. \*

# NEWYORKCYCLECLUB

## *I Found Myself Riding*

Anonymous

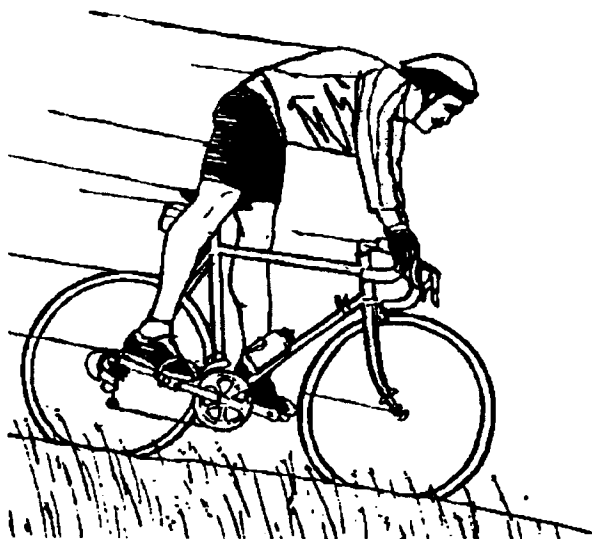
I found myself riding one day late last year,  
The pavement was smooth, the day crisp and clear.  
I was all by myself, the road beckoned onward,  
My gears shifted higher, my body lunged forward.  
Down in my drops I tucked like a racer,  
I sliced like a knife, bisecting the air,  
All I heard was the wind as it flew passed my ears.  
Up ahead was an incline, up ahead was a climb.  
I could see the road changing, my legs felt the load,  
As my hands gripped the hoods, I entered climbing mode.

Everything now is quiet, I don't hear the wind,  
I look up around me, as I start to ascend.  
An instinctive rhythm my body will find,  
My quads fall in line and my knees pump in time.  
Each stroke has a meaning as I fight for each inch,  
I roll side to side as I climb up the pitch.  
I hear my breath now, it's steady and slow,  
It marks out the beat for this aerobic metronome.  
As I near the apex, all my energy spent,  
I cock my head forward and prepare my descent.

I'm now on the "Cyclone", that famed rollercoaster,  
And the free-fall begins as gravity takes over.  
The road yanks me forward, the road winds and dips,  
The curves come up fast, and I steer with my hips.  
My speedometer whirrs as I scoot 'round the bend,  
now I'm back on flat ground as the downhill just ends.

I take one deep breath and I reach for my bottle,  
But adrenaline flows, now I'm out of the saddle.  
One sprint to the sign which dangles ahead,  
The prize it is mine so I squeeze my brakes, then,  
I find my way home my work being done,  
I've had thrills, I've pushed hard, but I mostly had fun.

It was one day last year, I was out on the road,  
and I found myself.....riding.



## *For Your Information . . .*

With spring and summer vacations coming, we've looked into ways of reducing the cost of transporting your bikes by air. On domestic flights, and flights to Canada, most airlines charge up to \$45.00, claiming that bicycles need special handling and that they take up cargo space that could otherwise be charged an expensive rate. Some alternatives include:

1) **Shipping via UPS.** You need to pack and protect your bike well, and it takes between 7 and 10 days, so you have to be able to part with your bike for that amount of time, or use a second bike. You also need an address of a friend or bike shop where your package can be received and held until your arrival. You can also insure it quite cheaply. To ship my bike to California with \$1,800 of insurance cost approximately \$15.00.

2) **The Bicyclist Advocacy Bulletin of the League of American Wheelmen** reports a new service for LAW members: by booking your flight through Sports National Reservation Center at 800-426-4055, you can get free bicycle passes on USAir, Northwest, America West or TWA. In addition, LAW members are promised the lowest fare available at the time of reservation. Another great reason to become a LAW member!

3) If you have a **United States Cycling Federation** license and United Airlines can take you to your destination, call 800-841-0460 for a reservation, quote number 530WV and mention a USCF-sanctioned event in the area. Your bike will fly for free!

4) A final option is to join **US Amateur** for \$74.95 a year. This entitles you to get 50% off regular fares on Continental flights, even if you book on day of departure. You also get passes to take your bikes on board for free. Call 800-USA-1994 to get all the rules and benefits.

-Editor

### MINUTES OF THE NYCC BOARD OF DIRECTORS

Tuesday, January 5th, 1993

Present: Geo Kaplan, Mark Martinez, Jody Saylor, Conrad Obregon, Larry Nelson, Ellen Richard, Jim Babbitt, Nadine Manney, Hannah Holland, Herb Dershawitz, Karen Fantis and Richard Rosenthal.

Absent: Jane Kenyon

Larry Nelson presented the financial report which was unanimously accepted. He next presented a proposed 1993 budget. The proposed budget was unanimously approved.

Richard reported on the Scheutze fund. He presented proposals for the announcements. After a brief discussion, Richard agreed to chair a committee with Mark, Jody and Karen to consider the copy for the advertisements.

Mark congratulated the ride coordinators for the slate of rides for January. He then submitted his report on the ride classification system. A motion to adopt the system proposed by Mark was unanimously approved.

Club brochure and business cards need to be revised to reflect changes in meeting places and similar items. Karen will work with Mike Samuels and Mike Toomey. Geo presented an illustration of a new club jersey prepared by Mike Toomey. A resolution authorizing Mike Toomey to proceed with development was unanimously adopted.

It was agreed that Jeff Vogel would act as club liaison with Metro North. Geo said he would ask Jeff to explore the development of "bike trains" with the LIRR.

It was suggested that two directors attend the LAW seminar in Bicycle Organizations to be given in December.

Jody described her plan for programs for the coming year, which was balanced to cover all members needs.

Geo asked the board to make special efforts to make new members at home at membership meetings.

## Stuff for Sale

• Strong, handsome Italian...and within your means. 56cm c-t, Pinarello, TSX, Dura-Ace, 7sp. Barely ridden (poor fit) - never crashed. Yours for an aria. \$1100.

Call Mark (718)726-7644.

• 48cm Cannondale Creampuff. Shimano 600 SIS. 39/48 c'rings, Look, Avocet. Custom wheels, Shimano hubs, Matrix rims. Loaded and ready to ride. Also: Cannondale wheelbag & Miinoura Magturbo trainer.

Call Holly (212) 534-1156.

• Practically brand new 54cm c-c Specialized Epic Carbon Fiber, Shimano 600, Campy hubs, Mavic rims, Look pedals w/ size 7 shoes. Only 250 miles (the Cateye says so!!). No crashes. \$1000.

Call Dale (212) 223-4604

• Shimano Dura-Ace clipless pedals, \$50.

Call Joe (201) 988-1905

*Repeated from last month, notice the correct phone number:*

- 58cm Klein Performance (blue) w/ Phil Wood triple BB.
- 57cm Rossin, blue, chrome rear triangle & lugs. Microfusion fork.
- Campy and Shimano Wheels.
- Precor Rowing Machine.
- Shop, repair Books and hardback Winning yearbooks.
- Stuff, stuff, stuff.

Near Boathouse.

Call Richard (212)371-4700.

## TIME TO RENEW

No matter when you joined the club, or when you last renewed, your NYCC membership expires at the end of the year. Don't risk missing a single Bulletin, or a single ride! If you have not yet renewed for 1993, follow these simple steps:

- 1) Fill out the membership application below.
- 2) Make your check out to the NYCC.
- 3) Send them both to the Club address.

### A CALL FOR HELP

We understand that the sister of Police officer Heidi Higgins, one of the officers who spoke to us during the 'Cops on Bikes' Program in September, is in need of platelet transfusions. Anyone interested in donating should call Memorial Sloan Kettering at 639-7643 for an appointment.

## Memorial Day in the Berkshires

*Memorial Day Weekend may seem a long way off, but it's time to start thinking about our annual NYCC weekend at Sheffield Massachusetts, in the Berkshires. You need to start by making Bed & Breakfast reservations. For a list of inns and hotels, call Jeanine Hartnett at (212)721-2968 or Jane Kenyon at (212)662-1935. Further information, including ride listings, will follow in the next two Bulletins.*

## 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.

**CLUB MEETING  
TUESDAY MARCH 9, 1993**

**A PANEL DISCUSSION?, DEBATE?,  
EXCHANGE OF IDEAS? ON**

**WHAT CADENCE  
WHAT GEARING RANGE  
HOW MANY CHAIN RINGS**

Irv Wiesman believes no rider should pedal over 90 RPM and non-racers should not pedal over 80RPM.  
Most 'A' riders think spinning below 100RPMs isn't training at all

Irv Weisman and Bob Moulder are going to present their views and  
studied experience on these topics.  
Come join the debate, bring you opinions along!-

**FLATIRON GRILL at 937 Broadway**  
(betw. 21st and 22nd Streets)  
Drinks at 6pm, dinner at 7pm, program follows.

**NYCC**

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



**First Class**



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