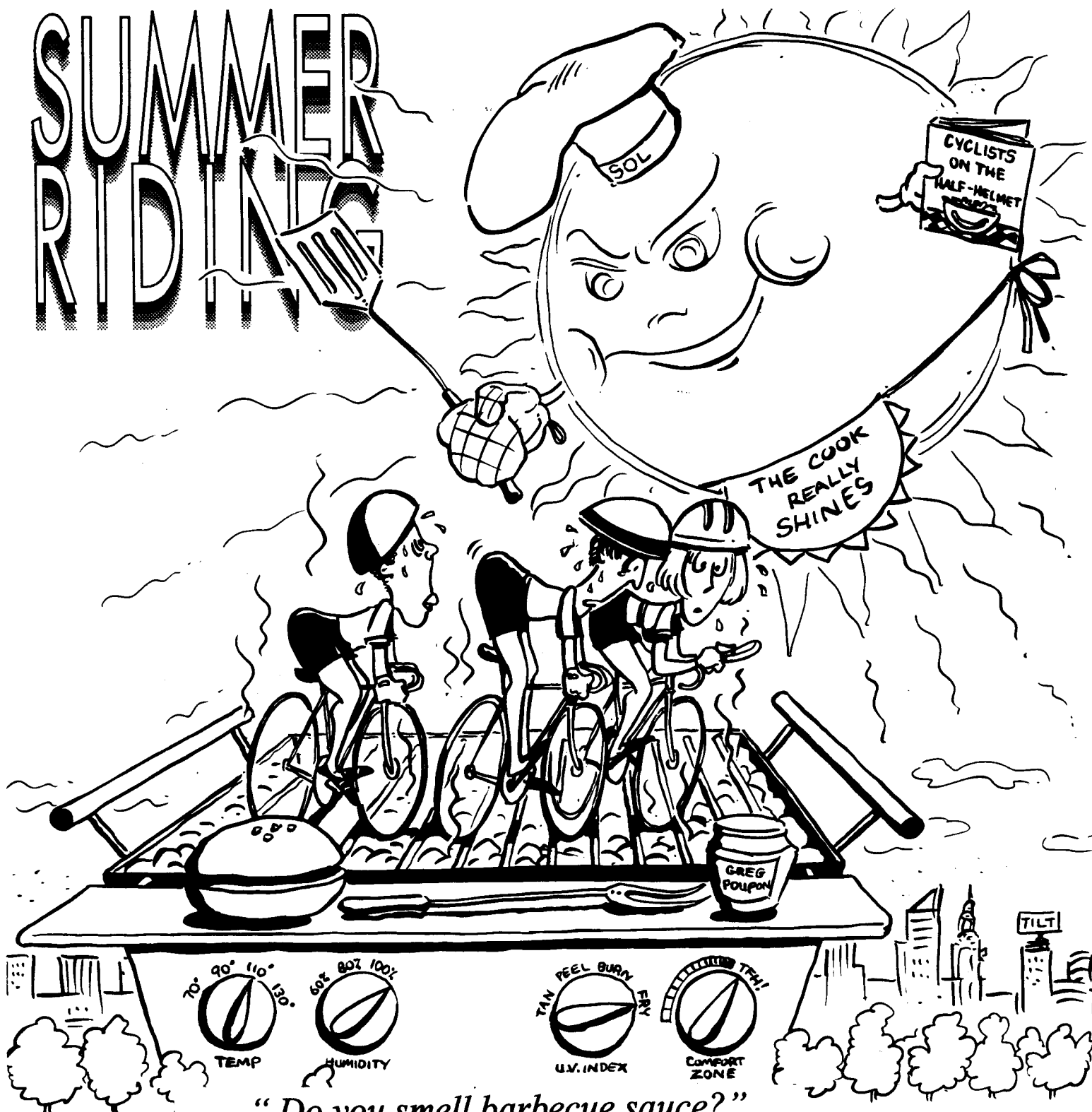


August  
1994

# NYCC Bulletin

## SUMMER RIDING



"Do you smell barbecue sauce?"

## New York Cycle Club

P.O. Box 199  
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New York, N.Y. 10276  
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Mitch Yarvin  
(212) 769-2637

### C-Rides Coordinator

Barbara Julich  
(212)982-8936

## Guidelines for Club Rides

NYCC rides are friendly group rides by individuals of similar riding skills. 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 recom-

mended at all times. Head-phones are illegal in New York State.

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	Central Park Self Class Times (4 laps = 24.5 mi.)
<b>Road Riding</b>			
<b>A</b>	Vigorous riding, frequently in pacelines. High regard for good riding style. Stops every 2 hours or so.	22+ mph 20 - 22 18.5 - 20 17 - 18.5	<1:10 min. 1:10 - 1:16 1:16 - 1:23 1:23 - 1:30
<b>B</b>	Moderate to brisk riding with more attention to scenery. Stops every hour or 2.	16 - 17 15 - 16 14 - 15	1:30 - 1:38 1:38 - 1:48 1:48 - 2:00
<b>C</b>	Liesurely 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 >
<b>All -Terrain Riding</b>			
<b>ATB 1</b>	Hilly to mountainous and single track riding (mountain bikes only)	Average speed will vary with terrain and rider experience.	
<b>ATB 2</b>	Rolling to hilly with some single track and trail riding (mountain and hybrid bikes)		
<b>ATB 3</b>	Flat to rolling, trails and road riding (mountain and hybrid bikes)		

## BIKE TRAINS!

**Metro-North Commuter Railroad.** 212/340-4916.

MetroNorth provides weekend "Bike Trains" to accommodate cyclists and large group rides. Passes are still required. From April 16 through October 30, this schedule applies on Saturday and Sundays; there are no Bike Trains on holiday weekends.

	From GCT	To GCT	To/From
<b>Hudson Line</b>	7:55 am	4:19 pm	Poughkeepsie
<b>Harlem Line</b>	8:47 am	4:08 pm	Brewster North
<b>New Haven Line</b>	8:07 am	3:58 pm	New Haven

If you are leading a ride and absolutely require a Bike Train at another time, you must call the NYCC MetroNorth liaison, Jeff Vogel (718/275-6978), to try to arrange another train for your ride.

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.

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**Subscriptions:** 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 President.

**Address:** Send correspondence to the editor: Caryl

Baron, 165 West End Avenue, Apt. 29K, NY NY 10023.

**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

**Credits:** Front Cover art by Mike Samuel. The typography is by Stevan A. Baron. The serif type is Habitat, designed for the Mac by Joe Treacy of West Haven, Ct., in this decade. Habitat has been described as "the best face since Gutenberg". The sanserif type is Gill Sans, designed in 1930 by Eric Gill and adapted to the Mac by The Monotype Corporation. Gill is also known for designing Perpetua and Joanna. Spelling compliments of Bill Gates. Printed at Dandy Printing, Brooklyn, N.Y.

## Club Rides

### EVERY WEDNESDAY UNTIL FURTHER NOTICE

#### Wednesday Night Pickup Rides

Coordinator - Ellen Richard (212) 213-4616. Beginning on May 4th. Rides to State Line and or River Rd. will resume. These rides will leave the Boathouse at 6:15 p.m. sharp in order to maximize the day-light hours available. I strongly recommend at least a rear light and brightly colored clothes. The state line ride is fast, running between 20 to 25 MPH. Those in need of mid-week hills get their thrills on River Rd. Please call me if you have any other questions.

### FRIDAY, AUGUST 5TH

**A/B/C 24mi Pizza Ride #6 6:30 p.m.**  
Leaders: Jonathan Silvers & Mitch Yarvin (212) 794-4692 & (212) 769-2637. From the Boathouse. A very friendly evening get together for all level riders. Ride all you want until 8:00 p.m. & then engage in cyclings most popular off the bike activity in Sheeps Meadow. Please bring \$8.00 in exact change. Rain or power failure cancels.

### SATURDAY, AUGUST 6TH

**A21-23 50-60mi Northern Sizzler Reprise 8:30 a.m.**  
Leader: Bob Moulder (212) 682-5669. From the Boathouse. Meet for an early jaunt to White Plains or Nyack, with the specific route and speed to be determined just before, or even during the ride, totally at the whim of the leader. back in time to engage in other forms of frolic with significant others. Serious attitudes or serious threat of precip. (over 40% chance) cancels.

**A18 60+mi Rockland Lake 9:00 a.m.**  
Leader: George Tsugranes (212) 988-0689. From the Boathouse. Some hills: River Road, Tweed, 9W. A Lake: Rockland Lake. Some Food? and a smooth return.

**B17 50-60mi "Passin' Through" 9:00 a.m.**  
Leader: Lawrence Ksiez (718) 478-0644. From the Boathouse/Queen's & Yellowstone Blvd's. A short trip to Westbury. Bring a musette bag for Deli stop just before lunch at Eisenhower Park. Back in the city by 2:30 p.m. Rain cancels.

**B17 65mi Croton Reservoir 8:15 a.m.**  
Leader: Charlie Komanoff (212) 334-9767. From the Boathouse. Route encompasses lovely (and hilly) Westchester back roads, including Frank Lloyd Wright-inspired community of Usonia; possible quick architectural tour with a local. Two water bottles, immense stocks of food a must. Late-afternoon swim a possibility. Metro-North return (permit required). Joint T.A.

**C13 25mi The Cloisters 10:00 a.m.**  
Leader: Gene Vezzani (212) 875-1615. From the Boathouse. See the side of upper Manhattan on this easy morning ride to the Cloisters. Bring lunch and we'll picnic in Ft. Tryon Park. Helmets, smiling faces

and a spare tube required. Rain cancels.

**C12 40+mi C Ride 101 - Northvale 8:30 a.m.**  
Leader: Don Montalvo (212) 307-7753. From the Boathouse. Beautiful country - Northvale Diner for lunch. Chance to ask all your cycling related questions to your leader. Rain cancels.

### SUNDAY, AUGUST 7TH

**A22 60mi Iced Cappucino V 7:30 a.m.**  
Leader: Rich Burow (212) 866-1966. From the Boathouse. The series continues. Want to beat the heat, avoid traffic and get back home for prime time hill-hangin' or a second brunch with the bipeds? Then join us on the Early Shift. Route & Feed Zone to be determined by the leader du jour. Join Rich today on his foray up to Rockland Lake. Don't be Latte'.

**A20 105mi Rockland Country 8:00 a.m.**  
Leaders: Karl Dittbrandt & Jane Kenyon (212) 477-1387 & (212) 662-1935. From the Boathouse. Some back roads through Rockland, the usual hills and a Peekskill return via Metro-North. Pass required. Precip. cancels.

**B14 55mi Rye Beach Ball 9:00 a.m.**  
Leader: Maggie Clarke (212) 567-8272. From Triangle Park at Dyckman St. (200th St.) "A" train-Dyckman St. stop. Let's explore the manicured lawns and well-tended gardens of the Westchester 'burbs again; this time we'll hang a right in Connecticut and visit the beaches of the L.I. Sound. Lunch at Rye Playland, return on N. Bronx Bikeway. 60% chance of precipitation cancels, very hot weather modifies.

**C12 35+mi Beach Bums 9:00/10:00 a.m.**  
Leader: Mark Masuelli (201) 860-9401. 9:00 a.m. at City Hall and 10:00 a.m. at Grand Army Plaza. A leisurely or speedy - as you desire - trip through Flatbush, Midwood, etc. to the Beach at Belle Harbor - Bring swimsuit, towel, sun block, etc. Change at Riis Park bathhouse. 4th year of this series in conjunction with 5BBC. Rain, etc. cancels.

**Tuesday, Aug 9, 6:00 p.m.**  
**NYCC Meeting at O'Hara's**  
**120 Cedar St.**  
*See back page for details.*

### TUESDAY, AUGUST 9TH

**A19-23 65mi Tuesday Morning Spin 8:00 a.m.**  
Leader: Jeff Vogel (718) 275-6978. From the Boathouse. Let's take a quick spin through Bergen and Rockland Counties, hoping to return by about 1:00 p.m. We'll do 40 miles before lunch so be prepared with two water bottles and pocket food. Rain cancels.

## Submission Guidelines

All submissions may be edited for length and clarity. Publication of material is determined by available space. 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. All articles must be submitted to the Editor on a 3.5 inch diskette plus hard copy. Advise operating system, software and your phone number.

**Length:** A full page of type is 4150 - 6000 characters (750 - 1090 words).

**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.

**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.

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

**The deadline for the SEPT Bulletin is AUG 9!**

## Club Rides (cont.)

### SATURDAY, AUGUST 13TH

**A21-23 50-60mi Northern Sizzler Reprise 8:30 a.m.**  
Leader: Bob Moulder (212) 682-5669. From the Boathouse. See August 6th listing for details.

**A20 115mi Dutchess' Delight 5:50 a.m.**  
Leader: Ray Malecki (718) 426-7383. From Grand Central Station at 5:50 a.m. for train to Brewster. This corner of the state is wonderful, it'll take your breath away. Farms and pastures, bucolic backroads. You'll see many new roads even if ridden Grossman's great routes. 6000 feet vertical climbing approx. Please call to confirm.

**B17 55mi Nyack the Easy Way 9:00 a.m.**  
Leader: Marc Yatkowsky (212) 410-6284. From the Boathouse. Nice Flat ride to Nyack Beach Park with no hills, almost, be prepared to carry in lunch & trash out from park. Swimming optional.

**B16 60+-mi Long Beach 9:00 a.m.**  
Leader: Don Montalvo (212) 307-7753. From the Boathouse. Long Beach, the direct route (FLAT!) Bring your beach gear & \$5.00. We'll cruise out to the beach, and spend an hour or so in the water, then spin back an easy pace. Rain cancels.

**C12 25mi Dimsum! At Fort Lee? 9:30 a.m.**  
Leaders: Liane Montesa & Kevin Mulvenna (212) 534-5736 & (212) 595-1560. From the Boathouse. Let's build up an appetite by riding through the Cloisters. Then it's Dimsum at the best place outside of Chinatown. Limited to 25 riders - call leaders to reserve a spot. Your cycling related questions can be answered by your leaders. Won't go if leader loses her chopsticks.

### SUNDAY, AUGUST 14TH

**A22 60mi Iced Cappuccino VI 7:30 a.m.**  
Leader: The Shadow (212) 495-5518. From the Boathouse. The Shadow must have clouded the wrong minds last month as his July 3rd listing was invisible. Today's destination: The Montvale Ramada. (See August 7th listing for series details) Rain cancels.

**A19 90mi Connecticut Connection 8:00 a.m.**  
Leader: Steven Britt (718) 204-4970. From the Boathouse. We head to some great roads in Connecticut via Westchester. Plenty of places to 'play', as some of these roads are made for cycling. Bring plenty of liquids and some pocket food. Return via Metro-North (pass required) from Westport. Rain cancels.

**B16 65mi Rockland Lake 8:00 a.m.**  
Leader: Karl Dittbrandt (212) 447-1387. From the Boathouse. Easy, relaxed pace with a few hills. Lunch at Rockland Lake with an even easier, more relaxed ride home. Rain, temp. above 100 cancels.

**C12 35+-mi Beach Bums 9:00/10:00 a.m.**  
Leader: Geo Karl Kaplan (212) 989-0883. From City Hall at 9:00 a.m. and 10:00 a.m. at Grand Army Plaza. A leisurely or speedy - as you desire - trip through Flatbush, Midwood, etc. to the beach at Belle Harbor - Bring Swimsuit, towel, sun block, etc. - Change at Riis Park Bathhouse - 4th year in conjunction with 5BBC. Rain, etc. cancels.

### FRIDAY, AUGUST 19TH

**A/B/C 24mi Pizza Ride #7 6:30 p.m.**  
Leaders: Jonathan Silvers & Mitch Yarvin (212) 794-4692 & (212) 769-2637. From the Boathouse. See August 5th listing for details. Rain or cheese shortage cancels.

### SATURDAY, AUGUST 20TH

**A22 70+-mi Rockland Lake 9:00 a.m.**

Leader: Don Montalvo (212) 307-7753. From the Boathouse. We'll peline up 9W all the way to Rockland Lake for a few laps, and then make a pit stop in Nyack on the way back. (501 or 9W). Rain, predicted high above 90 degrees cancels. (call if questionable).

**A21-23 50-60mi Northern Sizzler Reprise 8:30 a.m.**  
Leader: Bob Moulder (212) 682-5669. From the Boathouse. See August 6th listing for details.

**A\* 110mi Catskills' Snowcaps Call Leaders**  
Leaders: Ray Malecki & Miguel Vilaro (718) 426-7383 & (718) 789-0325. Call leaders for cartop arrangements. Peekamoose, Samson, Slide and Mount Tremper for the cool high ground, or is it the final meltdown? \* no flat cruising pace. 30% chance of rain cancels.

**B14 50mi Peekskill Bike/Swim/Slide 8:00 a.m.**  
Leader: Bill Schwarz (212) 288-7862. From the Plaza Hotel, 59th St. and 5th Ave. Hilly romp through Westchester - back roads emphasized. Ends at Peekskill Town Park with pool & waterslide. Bring swim wear, lock & Metro-North pass for return trip. Park fee is \$8. Metro-North is \$6.00. Helmets required. Joint w/ 5BBC. Rain cancels.

**C13 25mi Gracie Mansion to Wall Street 10:00 a.m.**  
Leader: Gene Vezzani (212) 875-1615. From the Boathouse. If the Mayor biked to work everyday, this is the route he would take, plus some neat extras. This is a short, easy circuit with a water front lunch at South Street Seaport. Helmets, spare tube required. Rain cancels.

**C12 30mi Bike Rockland County 10:00 a.m.**  
Leaders: Richard Fine (day) (914) 429-5361 & Ethan Brook (evening) (914) 425-2361. From Memorial Park in Nyack. Scenic trip - bring or buy lunch. Rain cancels.

**C10 25mi Manhattan in Moonlight 12:30 a.m.**  
Leaders: Richard Fine (day) (914) 429-5361 & Ethan Brook (evening) (914) 429-2361. From the Plaza Hotel fountain. Bike Mid and South Manhattan. Sunrise Breakfast. Experience the annual well attended trip.

### SUNDAY, AUGUST 21ST

**A22 55mi Iced Cappuccino VII 7:30 a.m.**  
Leader: Lamont Cranston (212) 496-5518. From the Boathouse. Find out what evil lurks in the Blauvelt Coach. Hills up, flat back. (See August 7th listing for details). Rain cancels.

**A19 65mi Huntington Grimpeur 8:00/10:00 a.m.**  
Leader: James Rosar (516) 549-4576. From the Boathouse at 8:00 a.m. and the Syosset Firehouse at 10:00 a.m. A slow-paced but strenuous group ride that meanders playfully through a surprisingly wide variety of neighborhoods and terrain. Riding from NYC to Syosset start not recommended. Triple chain rings will be useful. A small group with LIRR passes may take the 8:41 from Penn. Station to Syosset for 10:00 a.m. start. Rain date, call leader.

**A18 65+-mi Seven Lakes 8:00 a.m.**  
Leader: Carey Chu (718) 507-7140. From the Boathouse. We'll head up to Seven Lakes Drive via Gate Hill Road. Bring along pocket food and your Metro-North pass as we'll cross the Bear Mountain Bridge for the train home. Precip. cancels.

**B17 60+-mi Mamaroneck and Beyond 8:45 a.m.**  
Leader: Abe Varron (212) 777-1519. From the Boathouse. Ride to Mamaroneck Harbor, great old world Italian deli, extra miles group willing. Rain at Boathouse cancels.

**B17 60/90mi Croton on my Mind 8:15 a.m.**  
Leader: Charlie Komanoff (212) 334-9767. From the Boathouse. Route skirts four big reservoirs, has 8-10 climbs, no killers. Lunch in Bedford, but bring pocket food. End at Croton Falls Reservoir (near

## Club Rides (cont.)

train station). Optional extra leg to Croton Reservoir, ending at Croton-on-Hudson. Metro-North return (permit required). Joint T.A.

**C12 35+-mi Beach Bums 9:00/10:00 a.m.**  
Leader: Don Passantino (718) 446-9025. 9:00 a.m. from City Hall and 10:00 a.m. from Grand Army Plaza. A leisurely or speedy as you desire trip through Flatbush, Midwood, etc. to the beach at Belle Harbor. Bring swimsuit, towel, sun block, etc. Change at Riis Park Bathhouse. 4th year of this series in conjunction with 5BBC. Rain cancels.

### SATURDAY, AUGUST 27TH

**A21-23 50-60mi Northern Sizzler Reprise 8:30 a.m.**  
Leader: Bob Moulder (212) 682-5669. From the Boathouse. See August 6th listing for details.

**A18 65mi Kensico Dam Picnic 9:00 a.m.**  
Leader: Miguel Vilaro (718) 789-0325. From the Boathouse. Nice Westchester/Connecticut hills to get us to lunch. Regular club route home. Rain cancels.

**A17 70mi Chappaqua Hills 8:00 a.m.**  
Leaders: Steve and Carol Baron (212) 595-7010. From the Boathouse. Steve says "If there's a hilly way of getting there, we'll find it." Well, yeah but that's the scenic route, too. You get what you pay for.

**B17 70mi Rockland Lake Scenic 9:00 a.m.**  
Leader: Manfred Keuchler (212) 628-9585. From the Boathouse. Not all the hills, but some nice detours. Bring pocket food. 50% chance of rain cancels.

**B14 70mi Bedford Hills 9:15 a.m.**  
Leaders: Sandy Gold (212) 222-4076 & Grace Lichtenstein (212) 580-3285. Meet at Bedford Park Blvd. (D train). A very scenic ride off the beaten path. Meander along rustic roads, past opulent estates as we weave through Westchester and Connecticut. Lunch on the green in Bedford Hills. This is a fairly hilly ride, especially after lunch, so bring low gears as well as a Metro-North pass for the return from White Plains. Spare tube, helmets required. Rain cancels.

**C14 45mi Magical Mystery Tour 8:30 a.m.**  
Leader: Mark Masuelli (201) 860-9401. From the Boathouse. Tour of lower Westchester, Scarsdale, White Plains. Deli stop, eat in picnic area. Improve your skills with an "A" biker. Rain cancels.

### SUNDAY, AUGUST 28TH

**A22 55-60mi Iced Capuccino VIII 7:30 a.m.**  
Leader: Mark Martinez (212) 496-5518. From the Boathouse. Last ride of the series. (See August 7th listing for details). Rain cancels.

**A20 65mi New City 8:30 a.m.**  
Leader: Mary Allen (212) 666-6844. From the Boathouse. A nice comfy ride up to New City. Don't wear yellow for bees were reported in Rockland County.

**KB18 80mi We'll Bee in Rockland 8:00 a.m.**  
Leader: Buzz (718) 204-4970. From the Boathouse. Here's a chance to show your stripes! We'll buzz over to GW and bee-line it up to Rockland County where we'll be enjoying some nice hills and assorted back roads. Sharpen up your stingers for a bee-tiful day. Rain cancels.

**C13 40mi A Cancelled Newcomers Ride 9:00 a.m.**  
Leaders: Anne Grossman & Irv Weissman (212) 924-1549 & (212) 567-9672. From the GWB bus terminal 178th St. and Ft. Washington Ave. (Take "A" train to 175th St. station) This is the longest of the cancelled Newcomers "C" rides. Pretty suburbia, a few hills. 1 or 2 snack stops; picnic lunch (bring or buy nearby). Leaders will give pointers on preferred riding style - predictability, smooth startup,

straight lines, effective cadence, appropriate gearing, helmets required. 60% chance of rain cancels.

**C12 35+-mi Beach Bums 9:00/10:00 a.m.**  
Leader: Don Passantino (718) 446-9025. From City Hall at 9:00 a.m. and Grand Army Plaza Brooklyn at 10:00 a.m. A leisurely or speedy - as you desire trip through Flatbush, Midwood, etc. to the beach at Belle Harbor. Bring swimsuit, towel sun block, etc.. Change at Riis Park Bathhouse. 4th year of this series with 5BBC. Rain, etc. cancels.

### SATURDAY, SEPTEMBER 3RD-5TH

**A20 ???mi Lay Low at Mount Snow 1:30 a.m.**  
Leader: Ray Malecki (718) 426-7383. From G.C. station at 1:30 a.m./Brewster at 3:19 a.m. Wee hour start from Brewster. Sat. 150 miles. Sunday lay low, or rent a mountain bike! Monday 125 mile return to Dover Plains. Call for accommodations list at Mount Snow. Bad weather forecast for Sat. cancels.

### RIDE PREVIEWS

#### Saturday, September 10th

**A/B/C All Class Club Ride to Bethpage State Park**  
A/B/C leaders needed to lead rides. Call respective Coordinators for info.

#### Sunday, September 11

**5th Annual NYC Century Bike Tour**  
100, 75, 55, 35 or 12 miles. \$35 proceeds benefit Transportation Alternatives. Call TA to register at (212) 475-4600. Rain or shine.



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A RESOURCE!**

**8:00 pm every Wednesday night**

**Join us at our FREE bicycle repair  
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**TOGA 110 West End Ave (64th St) 212-799-9625**

## Club Rides (con't)

### Sunday September 18th

#### Connecticut Coalition of Bicyclists Bike Ride

Leaders: Larry Ksiez & Caryl Baron. Larry is leading the CCBers to the Statue of Liberty and Ellis Island through NYC, and Caryl is taking them to Coney Island and Nathan's. This is the group that hosted our Conn. Shore rides, so let's show them a great time in the Apple. If you have a favorite New York ride you'd like to lead, please call the Larry Ksiez (718) 478-0644.

### Friday, October 7-10th

#### All Class Columbus Day Weekend

Coords. Christy Guzetta & Jeff Vogel (212) 595-3674 & (718) 275-6978. We provide party buses to Su Casa, near Woodstock in the Catskills. Great riding, great Rock 'n Roll dance party, great fall foliage, great fun. Approx. \$200-\$215 gets it all. Mark your calendar. Keep your eyes on upcoming bulletins for further details.

## OUT-OF-BOUNDS

### Training in Prospect Park

Organizer: Alex Von Braun (718) 965-3552. Join me and other veterans of years past in doing laps around this park of Brooklyn on weekdays mornings and evenings if possible. If needed, the group will be divided according to level of performance. Call organizer for more information.

### Saturday, August 13th

#### 3rd Annual Fire Island Beach Walk

7:35 a.m.

Organizer: Andrea Goodman (212) 254-1717. See the whole world on the beach at Fire Island! Ask anyone who's been there before, this is a trip not to be missed! Meet at Penn Station, front car of the 7:35 to Babylon, buy one way ticket. Shortened from 15 to 10 mile walk this year to leave swimming time, return ferry still being decided. Bring at least \$35.00 for trian/food/ferry, water bottle, suntan cream, hat, glasses strong legs, aquatic socks or walkable beach sandals helpful. No bikes. Rain date, August 14th.

### August 20-21st

#### B-M-B Twin Centuries

Organizer: Jeff Vogel (718) 275-6978. So you don't think you're ready for the full 750 miles of Boston-Montreal-Boston? Try the Twin Centuries instead - 108 miles on Saturday, and ride another 108 on Sunday with the returning B-M-B riders. \$115 includes motel, dinner, breakfast, snacks, arrowed course, a B-M-B souvenir duffle bag, and a ticket to the B-M-B victory party at the finish.

### sunday, September 11

#### Hi-Point, LI's Oldest Bicycle Ride

Choice of 12, 25, 50, 75 and 100 mile rides. Starts 7-9:00 a.m. Contact: Paumonok Bicycle Clubs, Inc., PO Box 7159, Hicksville, NY 11802.

#### 1994 Hudson Valley Century

7:00 a.m.

From Arlington HS, Stringham Road, LaGrange, NY. 25-100 mile rides in central Dutchess County. Sags, restrooms, fruits, baked goods, beverages. \$12 till Aug. 22, \$16 after. \$20 with T-shirt. Contact: Jim Lankering, Box 665, New Paltz, NY 12561-0665.

### Sunday, August 21st

#### Tour of the Hamptons

25,50,65,100 miles, 7:30 a.m. start from Southampton High School. Flat to rolling terrain. \$10 until 8/8 then \$12. Includes map, SAG, route markings, snacks, T-shirt; helmet required SASE to Massapequa Park Bicycle Club.c/o Ed Zeiser, 129 Orchid Road, Levittown, NY 11756.

### Sunday, September 4th

#### N.J. Shore Touring Society Annual "No Frills" Century

100 miles 7:00 a.m. start from Brookdale Comm. College Lot #1. No fee; includes map, SAG, helmet required; SASE to Jersey Shore Touring Society. Attn: Joe Rutch 231 Brookside Ave., Laurence Harbor, N.J. 08879 or call (908) 566-9536.

### September 17-25 & October 1-9

#### A/B+ 55 to 85mi daily

#### BIKE ITALY!

La Corsa Tours in conjunction with the League of American Bicyclists are sponsoring a 9 day van supported point to point tour in the Marche and Umbria regions of Italy. Nice hotels, lots of delicious food, incredible & challenging cycling. \$1699 plus airfare. Call Lori Vendinello or Howie Turoff for further information at (212) 353-9068.

### Saturday, September 17-18th

#### By the Time I Get to Woodstock

A few of us are forming an NYCC challenge team to ride the MS 150 Wheel and Rock to Woodstock Bike Tour the weekend of September 17th. Last year, there were several A,B, and C riders who got out their tie-dyes and made the pilgrimage to Yasgur's Farm, and even though we didn't find Sly of Jimi onstage - not to mention Wavy Gravy, a good time was had by all. This year, with all the 25th anniversary hype, the ride may fill up early, so if you're interested, contact Rich Burow at (212) 866-1966.

### Saturday, October 8th

#### Sea Gull Century

Come and enjoy the nationally acclaimed Sea Gull Century - a 100 mile (or 63 mile) bicycle tour of Maryland's Eastern Shore. Named in 1993 one of the top ten best century rides in the nation by Bicycling magazine, the sixth Sea Gull Century promises yet again to be one of the premier bicycling events of the year. SASE to Salisbury State University, SSU Campus Box 3046, 1101 Camden Avenue, Salisbury Maryland 21801-6860.





### Shawangunk Tour, October 2 1994 Start at 0900

A multiple "Thon", sponsored by the Wallkill Volunteer Ambulance Corps, includes 35 and 50 Mile Bike-a-thon as well as a 5mi and 12 K run. The course through southern Ulster County offers beautiful vistas of the Shawangunk Ridge and horse farms, apple orchards, dairy farms and fall foliage. All donations go to the Volunteer Ambulance Corps. For Info, contact Wallkill Volunteer Ambulance Corp., Inc. P.O. Box 221, Wallkill, N.Y. 12589. Phone (914) 895-2028. Fax (914) 895-3954.

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## FROM THE BOATHOUSE

Geo Carl Kaplan

August 1, 1994

This is a big and hearty thank you to Christy Guzzetta for the magnificent job he did in leading the July 4th Weekend Trip to West Point. Thank you, again! And... thank yous to Fred Steinberg and Jeff Vogel for not only leading rides, but preparing routes for others to lead. And thank yous to the following who led rides over the weekend: Liane Montesa, Andrea Goodman, Margaret Ipolla, Dick Goldberg, Bob Moulder, Reyna Franco, Ed Fishkin, Irv Weisman, and Cliff Kranish. And thank yous to any and all whose name I have omitted. And, finally, a thank you to Erica Fortgang for the fabulous "T" Shirts she designed and prepared for Christy and Jeff.

The meeting at O'Haras on July 12 was a big improvement over the June meeting - service was greatly improved as was the quality and quantity of the food. In August we are going to try something different - a two tiered pricing for dinner. You will have two choices - for \$9.00 you will get a Pasta Buffet, and for \$14.00 you can have the standard Sit-Down Dinner - you can sit anywhere - no distinction in the seating for the dinners. The Pasta Buffet will consist of several types of bare pasta, several sauces - both animal and vegetable - rice and beans and steamed vegetables. The Sit-Down Dinner will offer a choice of London Broil, Chicken Breast or Fish of the Day, all with baked potato and steamed vegetables. Both dinners will have salad and rolls and the coffee service will be improved to include brewed decaf.

Congratulations to Drew Herman, Mary Allen and Lee Kennedy who all won races in Central Park on July 9.

A long time member who is very active in the club wrote to me recently about something that should be of concern to all of us. The

writer noted that rides are leaving the boathouse without a cue sheet and/or map, without a sign-up sheet, and without some opening remarks by the leader on the ride including pace and stopping points. Now, veteran riders with the club know the way to Nyack and White Plains and Kensico, etc. but newcomers don't. We pride ourselves in making newcomers welcome to any and all rides. So let's be considerate of the rookie who doesn't know the way, may get behind - we've all had flats - and then is lost.

If you're going to lead a ride, then please provide a map and/or a cue sheet. The sign-up sheet is vital to protect the New York Cycle Club. We need the sheets for our insurance. The sign up sheets contain a waiver, and it is important and vital that all participants in our rides are aware of and acknowledge the waiver by signing the sheet. If you need blank sheets contact your ride coordinator or the VP of Rides.

Be on your guard in Central Park. An active cyclist was attacked at the north end on an early AM training ride. It's never a good idea to go it alone up there, nor to let your guard down for even a second. There are no safe times of day.

A number of riders have informed me that the Palisades Park Police - River Road - will arrest and take to the Police Station cyclists who are stopped for violations, and who do not have proper identification, such as a valid drivers license. Caveat Cyclists.

Speaking of drivers licenses. The New York State Department of Motor Vehicles has opened an express office at 300 West 34th Street. It took me eight and one-half minutes (8.5) to renew my drivers license the other day.

See you on the road.



## From SIGgies to Roadies in 12 Easy Weeks

by Ernie Yu

For the record, 25 dedicated cyclists completed the Progressive 'A' SIG ride series this year. They were: **Karen Barbosa, Doug Bixby, Brian Blackburn, Ron Blount, Marion Crowley, Reyna Franco, Julia Goodman, David Greenberg, Stanley Greenberg, Eileen Harrington, Drew Herman, Mike Hortens, Paul Janus, Richard Kaufman, Hal Malament, Steve Moy, Pete Negron, Kristi Roberts, Gus Rogerson, Michael Russ, Peter Schug, Mark Segall, David Stern, Morris Taub and Randy Taylor.**

We started on Saturday, March 5th, another desperate band of bicycle riders searching for redemption and a better spin. Due to winter's leftovers on the Central Park drive, our first ride was a less-than challenging one-mile ride for coffee. As the weeks progressed, and the jokes regressed, we worked hard on our skills—pacelining, hill climbing and socializing. We definitely needed the practice. But, true to form, we improved bit by bit every week, as our legs grew stronger and our spins smoothed out and as we got to know each other. The rides got longer, too, and we finished up on Saturday, May 21st, with a scenic 110-mile ride up through New Jersey and Rockland County to the top of Bear Mountain, and returning down through Westchester County.

The level of commitment shown by this year's graduates was out-

standing. This was best symbolized by the six riders who attended all twelve SIG rides this year: **Reyna Franco, Richard Kaufman, Hal Malament, Pete Negron, Kristi Roberts and Peter Schug.** There were five others who missed only one ride.

Even before the ink dried on their certificates, our graduates were moving on to bigger and better things. Several riders jumped into the Montauk Century the day after graduating, and completed the S&M Paris-Brest-Paris ride in 1995, or starting bicycle racing careers with the CRCA. Space precludes me from talking about all of them here, but I'm sure you'll be reading about their efforts in future issues of the bulletin. Whether they're winning races or leading 'A' rides or just spinning in the peline, they are all stars.

As always, the SIG cannot be run without the dedication of its leaders. I am grateful to have had six outstanding leaders assist me this year: **Herb Dershowitz, Ed Fishkin, Rikki Furman, Christy Guzzetta, Jane Kenyon and Paul Leibowitz.** It was their volunteer time and tireless work that made the Progressive 'A' SIG the most rewarding cycling experience in New York.

Ride fast, ride smooth, and may the tailwind be with you!

## From the editor

First, a warning to all. It was reported to me that a cyclist (female, not a NYCC member) was attacked at the north end of Central Park at about 6:30 AM while training alone one morning. DON'T DO IT ALONE!

Second, our thanks and recognition to the "Health Professionals" who provided a lively and informative program at the July meeting.

Dr. Russell B. Cohen, DC, CCSP, (713-0180) who demonstrated stretches for before, during and after riding; Samantha Powell, MS, RD, (861-7178) for her advice on nutrition and hydration before, during and after, Mo Slotin, Physical Therapist (420-2750) who spoke of treatment of injuries, and NYCC's own Kathleen Eaton who graciously stepped in with her knowledge of pharmacology.



**Share your experience...lead a ride!**





## BLOWOUTS

by Lou S. Pokes

I'm sorry I can't start this column as I have in the past several months - with **Rob Kohn** quotes. Rob conveniently disappeared for awhile (you would too if you had been credited with his quotes), claiming his frame had to be repainted. Without Rob's chatter on rides, I don't have any quotes. But the big question is - without a bike, did Rob get a date?!

In Rob Kohn's absence, the quote of the month goes to **Marion Crowley**, who was overheard at the June Club meeting saying "I'm just here to get my damn certificate". Marion though, had a good excuse for being a little grumpy - she had just completed a 400 kilometer all-night ride in the pouring rain and was still trying to catch up on her sleep. By the way, the SIG certificates were worth waiting for. Thank you **Mike Samuel** for once again being so creative.

**Corrections and amplifications.** Last month I got one of my (yes/no)'s wrong. It should have read **Fred Steinberg** and **Stephanie Blecher** (yes) and his maps (yes). Sorry, Fred and Stephanie! Also, credit for the Tuesday night races (Tuesdays, through August 16th at 6:50) at Floyd Bennett Field goes to **Bath Beach Cycles, Brooklyn Velo Force** and **Team Brooklyn**. So come on out to participate in, or watch, some exciting, totally flat racing (have you ever seen a hill on an airport runway?)

Speaking of corrections, has anyone seen the latest CRCA newsletter. Editors **Stefani Jackenthal** and **Mark Maljanian** (no) are giving new meaning to the term "cut and paste". It seems that something in "At the Bench", their anonymously written gossip column, upset the subject so much that he threatened to sue. Fortunately word of the impending lawsuit got out before the newsletter was mailed. Stefani and Mark spent an exciting evening, scissors in hand, cutting the offending paragraph out of each and every newsletter before mailing them. My congratulations go to the CRCA gossip columnist who managed to get threatened with a lawsuit after only five months. It took me almost a year and a half!

Congratulations also go to **Mark Masuelli** and **Carmen Perez** (yes) who announced their engagement recently.

And finally, here's some cycling news. With **Alan Cohen** the perennial climbing champ taking the day off, **Don Montalvo** won the polka dot jersey as the first one to reach the summit of Devils Kitchen. On a day when the fog and drizzle was interrupted only by an occasional downpour, Don felt like he was home in El Yunque, the Puerto Rican Rain Forest. **Reyna Franco** won the Queen of the Mountain title, edging out **Julia Goodman**, despite using a mangled bike that almost didn't survive the car trip to the start.

Congratulations to **Karl Dittebrandt**, who in his first year of track racing won the gold medal in the Kilo and a silver in the Pursuit in the Masters 40 + District Championship. Or was it a gold in the Pursuit and a silver in the Kilo? I don't remember. Neither did **Jane Kenyon** (yes? no? I'm not allowed to say). Anyway, ask Karl - he might remember!

Congratulations also go to SIG graduate **Drew (Andy Rooney) Herman** for winning a CRCA B Race and being promoted to the A's. But did you ever notice that he was promoted twice from C to B??? How did that happen??? Did he not know??? What's the real story???

How many more questions are there???

And congratulations for not just cycling, but for swimming and running too go to **Jeanine Hartnett** who competed in the Ironman-Japan. Her 6 hour, 14 minute bike segment for the 112 miles (17.97 mph with no drafting) followed a 1:28 swim. She finished with an impressive 4:25 marathon and qualified for the Hawaii Ironman. Good luck in October, Jeanine!

Best new call of a road hazard goes to **Mary** and **Ed Allen** (yes) for "Lightning up!" It seems they decided to wait out a thunderstorm under the Palisades Parkway overpass on Route 9W just south of the Stateline hill, when a bolt of lightning struck about 50 feet from where they were standing! Just ask on your next ride and they'll be happy to point out the charred guardrail where the lightning struck.

And thank you **Christy Guzzetta** for again putting together a fantastic Fourth of July Weekend for us. Saturday featured a beautiful ride through Harriman State Park, a refreshing swim at the West Point quarry, Christy's guided tour of the campus, and a long wait for **Wendy Sharp** and **Michael Toomey** (yes). They finally arrived at West Point at 8:30 as everyone was finishing dinner. What took so long? Some unplanned hills and stops at three bike shops. Why did they

need to stop at three bike shops? Because they were there! Sunday night's picnic was a huge success despite the fact we all missed the boat! Each night when people went out for ice cream, **Margaret Cipolla** tried her "but I didn't bring any money" trick. **Mike DeLillo** and **Tony Nappi** (no) were the willing victims. And thank you **Don Montalvo** for bringing along two new members. **Isella Mercado** rode the three longest rides of her life during the weekend and never stopped smiling and laughing. We hope to see more of her. And Don, your other friend - at least she gave us something to talk about! On Monday's ride back, **Kristi Roberts**, **Ellen Richard**, **Cathe Neukum**, **Reyna Franco**, **Don Montalvo** and **Jeff Vogel** made it to the Peekskill train station just in time. The train wasn't sched-

uled to leave for 45 minutes, but coverage of the Tour de France was just starting in the bar across the street! Meanwhile, **Irv Welsman** was leading his group back to the Apple via Seven Lakes Drive. Finally thank you **Erica Fortgang** (**Abe Karron**-yes) for ignoring the leaders request that no gifts be given for all their hard work. Erica, all of your hard work in the hand made gifts was greatly appreciated.

The worst excuse for cancelling a ride goes to **Howie Turoff** and **Lori Vendinello** (yes). They decided to drive all the way to Pittsburgh to watch the U.S. Open Golf Tournament when they got last minute clubhouse passes.

While Lori and Howie were deserving of a Road Bozo for choosing golf over cycling, as was **Steve Britt** for not knowing what gearing he had when he tried Devils Kitchen, by popular demand this month's Road Bozo award goes to **Jeff Vogel**. What do Wilfried Nelissen, Laurent Jalabert and Jeff Vogel have in common? All have stitches where their helmets should have been.

"I don't do that anymore" - **Tara Crowley**. Yeah, right that's not what I heard!



**What do Wilfried Nelissen,  
Laurent Jalabert and Jeff  
Vogel have in common? All  
have stitches where their  
helmets should have been.**

**CHILDREN UNDER 14 ARE NOW REQUIRED BY LAW TO WEAR A HELMET WHEN CYCLING**

# No Tech Tips

by Bob Moulder

## Lost in Space

Compared to cantilever brakes, sidepull brakes are ridiculously simple to maintain and adjust. Whereas sidepull brakes are designed as compact little units that bolt onto the frame and fork in standardized positions and then operate within a narrow range of adjustment, cantilevers consist of separate pieces that bolt onto frame and fork bosses with non-standardized positions. Because of this wide variation in boss positions, cantilever brakes must be designed with plenty of latitude for adjustment. This also leaves a lot of room for adjustment options, which are sometimes mis-identified as adjustment problems — after all, one robust guy's mushy, overly-sensitive brakes might be just right for a small lady with less hand strength.

Fortunately, although their various doo-hickeys and thing-a-ma-jigs might look different, nearly all canti's function the same way and respond similarly to basic adjustments. Once you understand your own brakeset you're ready to tackle any of them, but the only way to develop a sense of how they work is to get down and dirty with your brakes and their manufacturer's instructions. After you've completed the prerequisite fiddling, cursing and knuckle-busting, you'll be ready to absorb some of the info below. And keep in mind, this isn't one of my A-B-C 1-2-3 articles, but more of a trouble-shooting guide. Good luck!

## A brief history of leverage

The amount of hand force that eventually winds up at the brake pads is determined by the length of the hand levers and cantilevers involved, by the relative locations of pivot points and cable attachment points, by the positions of brake pads on the brake arms, and by the "Effective Brake Arm Angle" (EBAA for short; see diagram). Since lever lengths, pivot points and cable attachment points are fixed by design, basic changes in brake "power" ("leverage," actually) and feel are made by altering the EBAA (longer or shorter straddle cable) and by adjusting brake pad position.

The net effect of any changes in the EBAA and pad position is to increase or decrease the amount of pad travel for a given amount of hand lever travel. Less pad travel means more power, but results in a mushier feel, very small tolerances for pad adjustment and more frequent pad adjustments. More travel delivers a solid feel with better modulation, but at the expense of power. (A common misconception is that a solid feel equates to more braking power.) Any devices that increase leverage, such as "power cams," do so by decreasing brake pad travel and will result in a mushier feel and more finicky set-up.

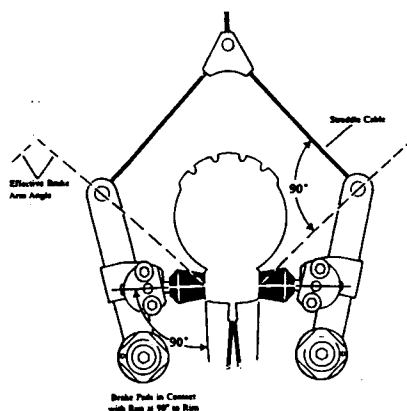
Adverse factors — some of which can be controlled to a limited extent — are component flex (cables, bosses, brake arms, brake arches, frame stays and forks), brake pad

stiffness and friction at pivot points.

Balancing power; EBAA and straddle cable

The Effective Brake Arm Angle shown in the accompanying diagram is 90°, which in most instances provides a nice balance between power and brake feel. If the straddle cable is shortened so that the EBAA is 75°, the result is more brake power with a softer feel (requiring more hand lever travel), while lengthening the straddle cable so that the EBAA is 105° will produce less power with a more solid feel (requiring less hand lever travel).

Shimano has tried to eliminate guesswork with its brakes by using a fixed-length "link wire" and setting tools to consistently achieve a 90° EBAA. (See mfg's instructions for set-up.) This is okay unless you prefer a firmer feel or need more assistance in the hand strength department, which in either case means a modification of the straddle



cable length. But no problem — it's easy to end-run Shimano by using a Dia-Compe ATB straddle cable and a straddle cable bridge unit that attaches to the main brake cable. (Parts # DC-B1274.38 and DC-B1242 from Loose Screws, tel. 503/488-4800. Real cheap!)

If your canti's employ "power cam," "power hanger" or other leverage-enhancing doo-dads, you'll find you get smoother, more futz-free operation by going to a straight straddle cable and bridge unit, if possible.

## Of oatmeal and brakes

Soft brake pad material can certainly contribute to brake mushiness, but even the stiffest brake pads can feel mushy if they are not installed correctly. I tried Aztec, Kool-Stop and Shimano pads, and although their stiffnesses varied they all worked fine as long as all other adjustments were done properly.

Very important, but often overlooked, is the relationship between the brake pad surface and the rim. The pads will feel firmer — and the brakes will work more efficiently —

if the full area of the brake pad contacts the rim when the brakes are applied. If the pads are tipped slightly up or down so that only one edge of the pad touches the rim, mushiness will result until the pads wear down a bit. For this reason, as far as canti's are concerned even squeal-reducing toe-in should be kept to an absolute minimum.

## A real chore

With most cantilever brakes, replacing brake pads is a pain in the butt because of the design of the brake pad fixing unit. A single bolt secures the brake pad stud, the angle of the pad's vertical and horizontal tilt and rotation, and its vertical position relative to the brake arm. Getting it right on the first try would require the skill and luck needed to catch a gnat with chopsticks... without injuring the gnat.

The best way to manage this delicate operation is to tighten the fixing bolt lightly and move the brake pad assembly into position by hand, then gradually tighten and make smaller and smaller adjustments until you're happy with the result.

I informally canvassed various catalogs and magazines for canti designs that address this problem and came up with one, the Avid Tri-Align, although there may be others. The Avid design uses one bolt to set the fixing assembly position on the brake arm, as well as brake pad tilt and rotation, and another bolt to secure the brake pad stud. Brake pads can be replaced without disturbing the basic settings. I would not be surprised if, in the near future, the major component manufacturers adopt a design that incorporates a two-bolt system similar to Avid's.

## The flex factor

A certain amount of brake power can be lost to the flexing of brake bosses, brake arches, forks and seat stays. Flex is not desirable because it represents wasted effort that does not contribute to stopping your bike, but as long as your brakes are functioning efficiently otherwise, flex isn't a major issue. Flex can be a big deal for downhill racers who might have to brake hard and often on a technical course, so they sometimes take steps to reduce flex.

Front and rear brake bosses — and, to some extent, rigid forks and seat stays — can be made stiffer by using "brake boosters," which are horseshoe-shaped braces that help resist outward flex. Extra-stiff brake arches for front (and rear) suspension also fight "the spread" and give extra support for wimpy cable hangers. Also, a few small American manufacturers produce super-beefy cantilever brake arms that really fight flex, although the above-mentioned Avid Tri-Align canti's definitely don't fit in that category.

**Now... Let's go cycling!**

## Clueless in the Catskills

by Peter Schug

Lou S. Pokes always mentions road bozos, but recently my friend Hanley and I wound up becoming roadless (and clueless) bozos. There were actually plenty of roads involved, just none of them was the one we were looking for.

I missed the Devil's Kitchen ride this year, but Jeff Vogel was kind enough to send me a map and cue sheet so I could do it on my own. My friend Hanley (who I can't talk into joining NYCC because his idea of early is early afternoon and the morning light hurts his eyes) has wanted to try the Devil's Kitchen since first hearing about it. We went this July 1st, and true to form this involved several progress phone calls from Hanley starting at 9 AM on the day of the ride with the announcement that consciousness had returned and as soon as the french toast was done...

We embarked around 10:20 and found Queens Boulevard after only a short search. We were even pointed in the right direction and the trip was not only uneventful, but we also coasted through a few of the toll booths because Hanley has one of those cards that is read automatically and bills your credit card.

We got to the parking lot in Saugerties just a bit after noon and unloaded the bikes. I showed Hanley the map and the cue sheet. Jeff had outlined a warm-up run at the start but caffeine induced bit champing caused us to decide to go by the shortest route. If you plan to ride slow in a really low gear (both of us have 24 - 32 granny's) you don't need the same warm-up that 39 - 26 and the urge to race to the top needs. We memorized the beginning of the route, 212, a right at 35 etc. Somehow we missed rte 35, I know we were looking for it, but we sailed right by. A mile or two past where we should have turned, we checked the map again and knew we had missed it. Since there were a lot of little roads indicated and I hate backtracking I talked Hanley into a little creative cross country to get on course. The map showed lots of little roads, but that was a massive understatement. There were far more roads than the map showed and they all looked the same.

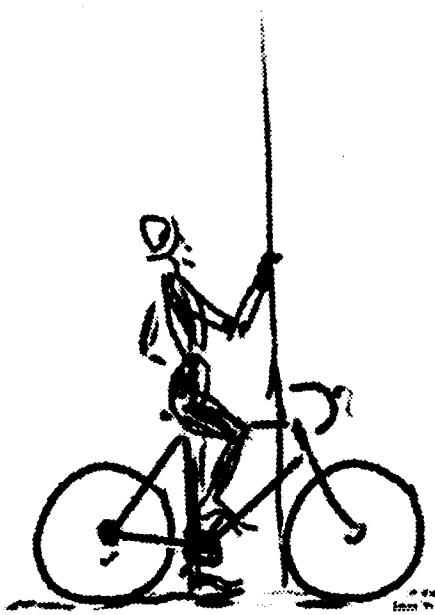
Wandering around the back roads, looking for Rte 35 or 33 or Plattekill Clove Road, we saw this guy on a riding mower with a big german shepherd trotting alongside. We rode over to ask directions. The dog, whose name was Bear and was about the size of his namesake was friendly, as was the owner. As soon as we asked, we were warned that there was a really big hill in the way. We said that was why we were there. I mentioned that I climbed it last year with one stop and I wanted to redeem myself and do it non-stop, and that a group from my club did it the week before and the club does it every year. Our new acquaintance was fascinated. He hopped off the mower and said that he had not done a lot of riding lately, but that he had crossed the country on his bike a couple of years earlier. He flexed his quads (he looked like an 'A' rider!!!) and said he was in

shape mostly from running now and he didn't know anyone ever rode up that hill but he would like to try it with us! He started to get his bike, then hesitated and said he had a ball game in a couple of hours and if he strained himself and couldn't play his friends would not forgive him. He gave us directions and with an exchange of names we parted company. His name is Mike Bender, he looks like a good athlete and seems really friendly. He asked us to call him if we plan on coming up again because he'd like to go along!

Mike's directions may have been perfect but our ability to follow them left a lot to be desired. We soon found ourselves lost in the maze of twisty, turny roads, all the same. Bear left at the Y intersection became a puzzle when we found cross roads, dirt roads, T intersections, driveways and lots of Y intersections. We finally popped out of the woods onto a major road that was unmarked. Was it 33, 35, 212? Who knows? None of the roads that crossed it were on our maps. (Hanley brought a few maps of the catskills.) We wandered this way and that, eyeing the mountains and eventually we began referring to Hanley's compass. We found a road marked 33 and followed it, but it was a county road and it became increasingly obvious that it was not the 33 we were looking for.

After almost twenty miles of riding around very pleasant countryside, and climbing 1500 or so feet of rolling hills, with no real altitude gain we suddenly found ourselves back on 212. A quick check of Hanley's compass and we zipped off to look for rte 35 and the Devil's Kitchen once more. Unfortunately, despite the compass we were going the wrong way. Had we looked at the map once more we would have seen, by the towns we were passing, that we had it backwards but the road was beautiful, the day pleasant and the riding fun. So on we went, not questioning anything 'til we reached Rte 28 and the end of 212.

At this point we were on familiar ground. We decided that backtracking 15 or 20 miles would not be that enjoyable and that rte 214, only four miles away, would get us into the mountains. We had gotten a late start, and it was a lot later at that point, so we decided to climb 214, and turn right on 23A, descend to Palenville and take 32A and 32 back to Saugerties. The rest of the ride was uneventful. We stopped at the falls on the horseshoe bend of 23A, then rode the rest of the descent somewhat cautiously, hitting speeds around 40 mph on the straights, but always slowing for the frequent sharp turns. The great and pleasant surprise was how much of 32 was downhill. We flew back to Saugerties and arrived with enough daylight left to consider doing the Devil's Kitchen. Sanity prevailed and we decided to save it for another day! Meanwhile, I'm in the market for a small satellite navigation global positioning system for my bike.



## CONNECTICUT COMES TO NEW YORK CITY

All of you who have gone up to New Haven for our Connecticut Shore Rides are aware of the numbers of Connecticut Cyclists who joined us as guides and just to have fun riding with us. The Connecticut people were the ones who supplied us with the routes, and now its payback time. The Connecticut Coalition of Cyclists is coming to New York City via Metro North early Sunday Morning September 18, and they have asked us to help out with some rides in the City. Larry Ksiez, Caryl Baron, and Dave Lutz have graciously agreed to work on

this. They will need help in planning routes, maps and cue sheets, and they will need leaders - A and B and C, and riders who just want to go along for the fun. The rides will be listed as New York Cycle Club rides, and the more of you that participate the merrier. This is our opportunity to pay back the Connecticut riders for all they have done for us in the past. The only downside to this is that they will not have Pepe's Pizza for the ride home.

## Re-Cycling

**For Sale:** Performance Peak Load **Wind Trainer** with fans. \$75.  
**Bike stand**, black aluminum floor to ceiling, hold two bikes. \$60. Call Ellen Richard 213-4616.

**Wanted:** Used **Aero bar**. Call Don (212) 307-7753.

**Wanted: Trekkers** for a 2-week trip to Nepal. Trekking in the Himalaya and sightseeing on mountain bikes in the Kathmandu Valley. Total cost approx. \$2,000 (including RT airfare from NYC). October/ November departure. Call Susan at (914) 358-6545.

**Injured?** Torn muscle, ligament, tendon or cartilage: Club veteran of bike injuries will pinpoint (free) NYC's tricky-to-locate national-stature handful of teaching hospital soft tissue and muscle reconstructive micro-surgeons. Call Paul at (212) 740-9123.

**Vitus 992 Road Bike** 1-1/2 years old, only 50 miles on frame. 53 cm Shimano 600 Ultegra STI; Mavic open 4CD wheels; Flite saddle; Look pedals. Call Mark, (212) 410-6284. \$1000 firm.

## Nutrition Class Series

On behalf of Claudia Schwide-Slavin, nutritionist and registered dietitian, Christy Guzzetta is coordinating yet another nutrition education series for members of the New York Cycle Club. This is a basic, straightforward program designed for the regular A, B, and C riders amongst us. The goal of this program is to provide a better understanding of basic dietary guidelines, USDA pyramid review, modification of portions, fats, identifying individual needs, eating out, plus.

Several people have previously taken this course, learned, incorporated key concepts, and lost upwards of 15, 20, and more pounds each. Do you want to do that? Others just feel better, have more energy, and are happy to have a better understanding of basic dietary needs. Whatever your dietary goal, this program may provide assistance in achieving it.

The first class in this series will be Monday, September 12 at 6:30 PM. The classes run about an hour to an hour and a half. There will be 6 classes, one each Monday. The cost of the program is \$150 per person in advance. Call/ sign up early, space for this small group is limited.

**Christy Guzzetta is at (212) 595-3674.**

## Natural assets

**River Road** is open to cyclists with helmets only. Probably most beautiful in the fall, it is great any time of the year, if a bit hilly. Cross the GW bridge, turn left, go through one set of lights, one stop sign, and turn left about half-way down the hill. If the gate is closed, you can one-foot it around the right side. In two places the road goes down to boat basins; one has a food stand open during the summer. There are several little waterfalls, beautiful views up and down, and a couple of rest rooms, including one in the headquarters building near

the far end of the ride.

**Tallman trails.** My bike has skinny tires and I don't like slipping and sliding much. So, for me to recommend an unpaved path, it must be pretty easy. Riding north on 9W, turn right onto the trail just after the Gulf station / Top Dog bike-food-trailer, and just before the driving range across the road. It is hard to get lost, but it is another quiet section of woods, easily accessible.

## 1994 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: \_\_\_\_\_ Check Amount: \_\_\_\_\_

New \_\_\_\_\_ Renewal \_\_\_\_\_ Change of Address \_\_\_\_\_

Circle if applicable: I do not want my (Address) (Phone Number) published in the semi-annual roster.  
Other cycling memberships: AMC AYH Bikecentennial CCC CRCA LAW TA  
1994 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.

# NYCC August MEETING

T U E S D A Y, A U G U S T 9, 1 9 9 4  
O'Hara's 120 Cedar St. – 1 block south of WTC

Meet at 6:00 p.m. □ Dinner at 7:00 p.m. □ Program at 8:00 p.m.

Salad, rolls, coffee, choice of entrees, \$14 or pasta buffet \$9

## "The Battle for Your Buck"

Meet and listen to the major Metropolitan area shop owners and managers discuss their wares, their service, and their customers' interests.

Indoor bike parking! or...subway

1,9 to Cortlandt St., N,R to Cortlandt St.,4,5 to Wall St., E to WTC

**NYCC**  
New York Cycle Club  
P.O. Box 199  
Cooper Station  
New York, N.Y. 10276

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**Beat the heat - lead a race!**