

June
1994

NYCC Bulletin



"...Our altitude is 7400 ft., my recovery pulse is 87, brain wave activity is alpha stage two, and I'm within 5% of my VO^2 max. How's your blood glucose?"

New York Cycle Club

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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 recommended at all times. Headphones 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.)
Road Riding			
A	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	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
C	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 >
All -Terrain Riding			
ATB 1	Hilly to mountainous and single track riding (mountain bikes only)	Average speed will vary with terrain and rider experience.	
ATB 2	Rolling to hilly with some single track and trail riding (mountain and hybrid bikes)		
ATB 3	Flat to rolling, trails and road riding (mountain and hybrid bikes)		

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) 505-0697. 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 daylight 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.

MOST WEDNESDAYS IN JUNE

Wednesday Night at the Races

Coordinators: Jeff Vogel & Margaret Cipolla (718) 275-6978. Do the Wednesday morning ride so you can come to the track races at the Kissena Velodrome tonight. With 15 or more races from 6:30 p.m. till dark there's plenty of non-stop action. After the races we'll head out for Greek/Israeli/Italian/Chinese food (group decision) or a group ride back to Manhattan. Call coordinators for bike/car/subway directions.

FRIDAY, JUNE 3

B17 70/75mi Pre-Weekend Croton Falls 7:15 a.m.

Leader: Damon Hart (212) 753-0204. From the Boathouse. A meandering, scenic route with a few hills to Upper Westchester County via a corner of Fairfield County and lunch in Bedford Village. Metro-North pass for return or early bailout. Is there sufficient interest to establish a semi-regular Friday B+ ride series? Call leader with feedback. Rain cancels.

SATURDAY, JUNE 4

A20 90mi To the 'Burbs 8:00 a.m.

Leader: Ben Goldberg (212) 982-4681. From the Boathouse. We'll do some hills. We'll do some miles. We'll do some food. Rain cancels.

A19 60mi 9:45 a.m.

Dan's House is a Picnic: the Hills After it Aren't

Leader: Richard Rosenthal (212) 371-4700. From the Boathouse. We don't go to Dover Plains today but I'll change the tire of the first rider who flats who knows why we should. Instead, generally, it's the hills en route to and around Nyack (Sneden's, Bradley, Tweed, maybe Old Mtn.). Lunch is in the backyard of Quilici's House on Kings. Really bad, I mean really

rotten hill climbers are especially welcomed. I need company. Rain cancels.

B15 55/60mi Bayville 9:00 a.m.

Leader: Brian McCaffrey (718) 634-1742. From the Statue of Civic Virtue, E or F train to Union Turnpike & Queen's Blvd. A nice "B" paced ride along Long Islands north shore. Expect a few hills on the way there. Picnic lunch on the beach. Rain at start cancels.

C13 40mi Greenway to Bennett 9:00/9:45 a.m.

Leaders: Caryl & Steve Baron (212) 595-7010. From the Boathouse at 9:30 a.m. and Grand Army Plaza at 10:15 a.m. Ecology Festival - Music - Will arrive in time to explore Fort Tilden and wildlife areas of Floyd Bennett. Rain at start cancels.

C12 35mi Baywatch 9:00 a.m.

Leader: Mark Masuelli (201) 860-9401 and Carmen Perez (212) 628-8959 From the steps of City Hall. One of the more charming sights is the stretch by Jamaica Bay - Enjoy this urban wildlife refuge within confines of New York City. Rain cancels.

SUNDAY, JUNE 5 ALL-CLASS RIDES

A22 80mi All Class - Mystery Train 8:00 a.m.

Leader: Mark Martinez (212) 496-5518. Get your ticket to ride at the Boathouse. Our train will go where THERE IS NO JOY, Roll over 3 LITTLE PIGS and up A LAZY RIVER. After a quick food stop at 30 miles, we'll SADDLE UP our mounts and ride through a GHETTO before descending a MOUNTAIN. Then we'll cross some EELS with haste as we make HAY before the SUN SETS ON OUR HIGHWAY. Free lunch at Tallman at 60 miles. (A cold beer at lunch to the first participant on this ride to decode all 9 Clues to our route - NYCC Officers not eligible). Bring a musette or bag for trash. Rain cancels.

A19 70mi All-Class - Turkey's in the Straw 8:30 a.m.

Leader: C.J. Obregon (212) 876-6614. From the Boathouse. Thru New Jersey with a few hills and return to the park via Strawtown Road and Western Highway. Helmets required. Precipitation cancels.

B17 60+mi All Class - Tallman State Park 9:00 a.m.

Leaders: Judy & Conrad Meyer (212) 535-2444. From the Boathouse. Beautiful N.J. route to park via scenic roads at a comfortable, appetite - building pace. Rain cancels.

B14 50+mi All Class - Tallman State Park 9:00 a.m.

Leader: Don Passantino (718) 446-9025. From the Boathouse.

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 JULY Bulletin is JUNE 1.

Club Rides (cont.)

June is bustin' out all over. Smell the flowers at this pace.

C12 30+mi All Class to Tallman 9:15 a.m.
 Leaders: Geo Carl Kaplan (212) 989-0883 & Mindy Kaufman (212) 749-0156. From the G.W. Bridge Bus Station, Fort Washington Ave. A leisurely ride through scenic Bergen County ending with free lunch at Tallman. Return with entire Club via historic 9W. Rain cancels.

WEDNESDAY, JUNE 8

A20 60+/-mi Sick Day 8:00 a.m.
 Leader: Jeff Vogel (718) 275-6978. From the Boathouse. Everyone knows cyclists don't get sick, so take a mental health day! The self-employed and unemployed are welcome too, as are all SIG graduates. One quick stop and we're back in the city early. Rain cancels.

SATURDAY, JUNE 11

A18 200mi Shelter Island 4:00 a.m.
 Leader: Ray Malecki (718) 426-7383. From the Statue of Civic Virtue. A 9 mile tour of the Island, plus there and back. LIRR permit required. 30% chance of rain cancels.

A20 65mi Nyack Hills 9:00 a.m.
 Leader: Don Montalvo (212) 307-7753. From the Boathouse. You know the route. You know the hills. We'll throw in a lap or two at Rockland Lake. Rain cancels.

A/B River Road Time Trial 9:30 a.m.
 Leader: Ellen Richard (212) 505-0697. Meet at start of River Rd. (South of G.W. Bridge) Come see how you measure up on this hilly 8 mile time trial. Please bring \$1.00 to cover the cost of insurance. I need several marshalls for this time trial, so please call and volunteer. Meet at Boathouse at 9:00 a.m. to cooperatively ride to starting point.

B17 60/70mi Somewhere in LI, Not Oyster Bay 9:00 a.m.
 Leader: Michael Brennen (718) 458-1762. From the Statue of Civic Virtue. Definitely not Oyster Bay, not today, no way, no where near Oyster Bay today. Huntington! Rain cancels.

B16 50mi Park Ridge Run 9:00 a.m.
 Leader: Carlos Cardona (212) 581-2858. From the Boathouse. It's June, so let's pick up the pace a bit on this pretty ride to Park Ridge. No "B" minus riders on mountain bikes please. 60% chance of rain cancels.

C13 39mi Is Staten Island an Island? 9:00 a.m.
 Leader: Henry Joseph (212) 989-8176. From the Staten Island Ferry (Ray's Pizza). Prove Staten Island an island: circumnavigate the island with a lunch stop at the conference center made famous by Ben Franklin. Rain cancels.

SUNDAY, JUNE 12

A22 80mi Bedford 8:00 a.m.
 Leader: Mark Martinez (212) 496-5518. From the Boathouse. Rolling hills, quaint churches and a grassy sward for lunch in the center of patrician Bedford. After lunch, a gradual warm-up and then it's time to use the big ring as we hammer homeward. Rain cancels.

A18 100mi "Contemplate Your Navel" 9:25 a.m.
 Leader: Ron Grossman (718) 965-2168. From Metro-North station in Beacon, N.Y. - 7:55 a.m. train from Grand Central Station. A pure premium loop through Orange County passing near Florida (the town, not the state). Bonus style points if you wear orange, have OJ in your bottles, have an orange bike, or your name is "William or Mary". Bring pocket food and Metro-North bike permit. Ride cancelled if the weather's the pits (rain)!

A18 75mi The Hills are Alive 9:00 a.m.
 Leader: Reyna Franco (212) 529-6717. From the Boathouse and McDonald Park, Yellowstone & Queens Blvd's at 9:30 a.m. We will prove that Long Island is not flat. we'll find some fun hills on the north shore, then picnic along the sound. Rain cancels.

B18 70mi L.I.E. 8:30 a.m.
 Leader: Larry Ubell (718) 448-8190. From the Boathouse and McDonald Park, Yellowstone and Queens Blvds. at 9:00 a.m. It's the only ride I know that's not Nyack. Rain cancels.

B15 60+mi BYOB (Burn Your Buns Off) II 9:00 a.m.
 Leader: Henry Joseph (212) 989-8176. From the Boathouse. Move over Jack LaLanne, I guarantee a fast burn on this pseudo-hilly ride to beautiful Rockland Lake. The usual cancels.

C12 60mi Nyack 9:00 a.m.
 Leaders: Hindy & Irv Schachter (212) 758-5738. From the N.W. corner of First Avenue and 64th street. This is a slow paced ride to one of the more popular "A & B" destinations. Lions move more slowly than many of their prey - but you don't hear them complaining. Stopping at the Farmers Market at Piermont. Rain cancels.

C12 25mi Car Free Bronx River Parkway 10:30 a.m.
 Leaders: Richard Fine (914) 429-5361 & Ethan Brook (914) 425-2361 Meet at steps of Westchester County Center in White Plains. Car free Bronx River Parkway and surrounding area. Rain cancels.

ATB South Again? Mountain 9:30 a.m.
 Leaders: Bob Moulder (212) 682-5669 & Herb Dershowitz (212) 929-0787 From 7th Avenue & 23rd Street. Climbing mountains, fiording streams, over hill and dale we go. Solar Eclipse cancels.

Tuesday, June 14, 6:00 p.m.

**NYCC Meeting at O'Hara's
 120 Cedar St.**

NOTE OUR NEW LOCATION!
See back page for details.

SATURDAY, JUNE 18

A21 72mi Polka Lessons 8:30 a.m.
 Leader: Mark Martinez (212) 496-5518. From the Boathouse. That's "Polka-Dot-Lessons" as they say on the internet. If you're thinking of doing Devil's Kitchen next week, you might want to

Club Rides (cont.)

test your climbing legs beforehand. River Rd., Ash, Old Mountain Rd., Bradley, Tweed, Mountainview. Feed zone in New city Then... Little Tor, Gate Hill, and Perkins for dessert. Coast downhill to Bear Mt. Bridge and spin a flat 4 mi. to Garrison to catch the 3:49 p.m. to G.C.T. Metro-North pass required, 39X24 or 42X26 gearing or lower recommended. Tank you boyz. Rain cancels.

A21 45mi Race & Eat 9:00 a.m.
Leader: Bob Moulder (212) 682-5669. From the Boathouse. Didja race this morning? Well you must be hungry. Let's schmooze on up to Northvale & eat. 40% chance of rain cancels.

A18+ 150/180mi Century of the Month #6-Mattituck 6:00am
Leader: Marty Wolf (212) 935-1460. Mattituck Strawberry Festival Twin. LIRR pass recommended. Call leader for start location and more details.

A18 80mi Paceline Power 8:00 a.m.
Leader: Lori Vendinello. (212) 353-9068. From the Boathouse. We'll use the L.I.E. service road to get us to the tranquil back roads of Brookville, Muttontown. While on the service road we will practice an open advance - closed retreat rotating double paceline as taught at Walden. Pacelining skills are mandatory to guarantee a fun and successful day. Precip. cancels.

A18 55+mi Ash and Trash 9:00 a.m.
Leader: C. J. Obregon (212) 876-6614. From the Boathouse. We'll work a bunch of hills (real slow) and finish up on Booth. Helmets required. Precip. at start cancels.

B16 70mi What's that Sound? 8:30 a.m.
Leaders: Reyna Franco & Charlie Katz (212) 529-6717. From the Boathouse and McDonald Park, Yellowstone & Queens Blvds. at 9:15 a.m. It's a fun ride along Long Island's north shore. Lets ride past horse farms and mansions for a picnic by the Long Island Sound. The usual cancels.

B13 60mi Kensico Dam/Bronx River Bike Path 9:15 a.m.
Leader: Sandy Gold (212) 222-4076. From the Boathouse. This is a leisurely ride on a path (shared by walkers/joggers) which follows the Bronx River and winds along through some beautiful, wooded areas. Lunch under the trees. Ideal for hybrid bikes. Helmets, spare tube required.

SUNDAY, JUNE 19

A21 60/70mi Rockland Hills 8:30 a.m
Leader: Steve Connell (212) 534-0724. From the Boathouse. If you haven't gotten your full of hills yet this month, come on out and I'm sure we'll find a few in Rockland County.

A17 65mi Oxymoron Ride #2 9:00 a.m.
Leaders: Liane Montesa (212) 534-5736 & Kevin Mulvenna (212) 595-1560. From the Boathouse. Spin easy to New City. We'll ride a hill-less way out, and a less hilly way back.

B14 50mi Father's Day Ride to? 9:00 a.m.
Leader: Us. From the Boathouse. If you are ignoring your Dad on his day, don't fret, as there's lots of riding to be done. Let's get together, find a good place to ride and raise out Gatorade to Dear olde Dad. Rain, total eclipse of the sun cancels.

C13 45mi Seacliff S.S. 9:30 a.m.
Leaders: Arlene Ellner (212) 677-3306 & Athena Foroglou

(212) 677-3306. From the Statue of Civic Virtue, E or F train to Union Tpke. Rolling ride via the North Shore. Lunch in park overlooking Hempstead Harbor. 60% chance of rain cancels.

C13 25+/-mi Staten Island Cross County Fat Wheel 9:20 a.m.
Leader: Dave Lutz (718) 624-0346. From the S.I. Ferry Terminal, 9:30 a.m. ferry. Some on-road, some off-road, some walking, some portaging and some improvisation. we will explore Staten Island trails & hills with the exact route somewhat dependant on trail conditions. Bring lunch - there will be no stop to buy it. Rain cancels.

WEDNESDAY, JUNE 22

A20 60+/-mi Birthday Ride 8:00 a.m.
Leader: Jeff Vogel (718) 275-6978. From the Boathouse. Help your leader celebrate his birthday by calling in sick and joining him on this ride to Rockland County (singing is optional) Rain cancels.

FRIDAY, JUNE 24

B17 80/85mi Pre-Weekend Rockland County 9:30 a.m.
Leader: Damon Hart (212) 753-0204. From the Boathouse. Rockland Lake/Congers area via Nyack. Precise route open to suggestions. Helmet required. Is there sufficient interest in establishing a semi-regular Friday B+ ride series? Call leader with feedback. Rain cancels.



**NOT JUST A STORE
A RESOURCE!**

8:00 pm every Wednesday night

**Join us at our FREE bicycle repair
and maintenance clinic.**

TOGA 110 West End Ave (64th St) 212-799-9625

Club Rides (con't)

SATURDAY, JUNE 25

A 65mi 5th Annual Devils Kitchen Cartop 9:00 a.m.
Leader: Jeff Vogel (718) 275-6978. Meet at Jamesway/Grand Union parking lot off of NYS Thruway, exit 20 in Saugerties, N.Y. (1 hour 45 minute drive from GWB). Last year my car couldn't make it. This year, I'll give out maps and cue sheets at the June club meeting. Note how this ride has no flat cruising speed. The bad news is the two climbs after lunch. the good news is ... there is no good news. Recommended gearing 39X26. Rain date, Sunday, June 26.

A20 65mi Armonk 9:00 a.m.
Leader: Mary Allen (212) 666-6844. From the Boathouse. Typical Westchester hills as we head to Armonk. As is my luck, prepare for hot and humid weather, but no rain! Rain cancels.

A17 110mi Seven Lakes and Then Some 7:30 a.m.
Leaders: Steve and Caryl Baron (212) 595-7010. From the Boathouse. Are the rhododendron blooming in Harriman? Join us on our favorite Saddle River route to Seven Lakes Drive to find out. Return via Strawtown, or train (M-N pass) from Garrison!

B17 45mi Kingsland Point Park 9:30 a.m.
Leader: Carlos Cardona (212) 581-2858. From 242nd St. & Broadway (last stop on the 1 or 9 train) Gorgeous country ride to Kingsland Point Park on the Hudson. Very hilly and fast!!! Bring low gears, strong legs and good VO2 max. 60% chance of rain cancels.

B14 50mi Pick a Place to Go 9:00 a.m.
Leader: Us. From the Boathouse. Let's get together to burn some serious rubber on our way to somewhere special. Think of a favorite spot to cruise to & go there. Rain, one of the plagues cancels.

C14 45mi 2nd Annual Stonewall/Pride Ride 10:00 a.m.
Leader: Sandy Gold (212) 222-4076. From the Boathouse. Join me in celebrating Pride Week with a ride to Piermont. We'll take my scenic backroads route both going and returning. Everyone welcome whether you're gay, bi, or straight, but not narrow. Helmets, spare tube required. The usual cancels.

SUNDAY, JUNE 26

A21 52mi Cool Down After Devil's Kitchen 9:00 a.m.
Leader: Christy Guzzetta (212) 595-3674. From the Boathouse. Devil's Kitchen was something else yesterday. I'm tired. Nice, easy paced "A" ride to Park Ridge & Back to the hill. Maybe, just maybe, we'll find a few hot spots to cook on. Rain cancels.

A19 65mi Port Chester 9:00 a.m.
Leader: Andrea Goodman (212) 254-1717. From the Boathouse. New and different route based on old and familiar roads. Lunch at Diner in Port Chester. Rain at start cancels.

C12 45mi Piermont - Last Chance before July 9:00 a.m.
Leaders: Mark Masuelli (201) 860-9401 & Carmen Perez (212) 628-8959 From the Boathouse. Beautiful countryside, great doughnuts. Rain cancels.

C12 20mi Park to Park 10:30 a.m.
Leaders: Ethan Brook (914) 425-2361 & Richard Fine (914) 429-5361. From the Boathouse. Bike from Central Park Boathouse to Prospect Park. Rain cancels.

SATURDAY, JULY 2

A/B/C Happy Birthday, America!!

Leader: Christy Guzzetta (212) 595-3674. JULY 4TH at West Point 3 days, 2 nights, dinner cruise. A, B, and C rides to get you there, baggage transport. See article p.9 for more 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 weekday mornings and evenings if possible. If needed, the group will be divided according to level of performance. Call organizer for more information.

JUNE 11,12

Saratoga Challenge, 24 Hour Race

8:30 a.m.

Coordinator: John Ceceri (518) 587-4338. Start at Saratoga Springs, N.Y. Terrain: Rolling. Lights are required. \$50.00 registration fee. 31 mile loop east to Schuylerville, north to South Glen Falls, then south back to Schuylerville. Two check points. Call coordinator for more information.

JULY 21-24

GEAR '94

The Annual L.A.W. Great Eastern Rally, Salisbury, M.D.

See Wild ponies on Assateague Island, cross Chesapeake Bay on an historic ferry, over 30 rides through Maryland's Eastern Shore at GEAR '94. Technical and leadership workshops led by experts. National Advocacy Conference featuring national, state and local bicycling advocates. Contact the League of American Bicyclists, 190 W. Ostend St., Suite 120, Baltimore MD. 21230-3755. Phone (410) 539-3399, Fax (410) 539-3496.

BIKE ITALY!

A/B+ Average 70 Miles Daily Depending on Terrain Marche and Umbria. Full van support, 3 star hotels, delicious meals. Circular route, great destinations including beach, lake, medieval hill towns. 9 day tours beginning on May 20th and June 24th. Chance to see two stages of the Giro d'Italia on May tour. \$1600 plus air per person. Special NYCC discounts available! Call leaders, Lori Vendinello and Howard Turoff for more info. (212) 353-9068.

AUGUST 18-21

Boston-Montreal-Boston

Organizer: Jeff Vogel (718) 275-6978 A beautiful 750 miles through Massachusetts, New Hampshire, Vermont, New York and Quebec. Over 30,000 feet of climbing. \$245.00 get's you meals at every checkpoint (50 to 75 miles), some accommodations, mechanical support, bag drop service, a jersey, a duffle bag and a great party at the finish. if you can complete this ride, it's the accomplishment of a lifetime.

Please help me enjoy my June vacation.

**EVERYTHING in by June 1.
Send all disks to: Caryl Baron 165
West End Ave. 29K NY 10023**

BLOWOUTS

by Lou S. Pokes

So, who was rescued from somewhere in the swamps of New Jersey? No, it wasn't Bruce Springsteen or Jimmy Hoffa (no). It was **Nancy Neiditz** and **Henry Joseph** (no). And, what were they doing in a Biker Bar (Harley's not Colnago's) anyway? It seems they missed a turn on the Farmlands Century and kept going and going and going... When they finally realized they were lost in the middle of nowhere, they stopped at the first place they could find, which happened to be the biker bar. When one of the toothless wonders in the bar told Henry and Nancy how far off course they were, they called for the sag wagon. While they may not have finished the ride they sure had some interesting stories to tell on the way home.

One who did finish the Farmlands Century was **Marla Kittler**, who did her first sub-7 hour century. Her goal now is a sub-6 hour century before the end of the year.

And congratulations to **Ellen Richard**, who found time during a business trip to Arizona to do the Papago Desert Double Century in Tucson. Not only did she have to battle the 95 degree heat, but the 30 mph winds too in completing her first double century.

Thank you, **John Ceceri** for organizing a series of Paris-Brest-Paris and Boston-Montreal-Boston qualifiers. His rides in Saratoga Springs attracted about 15 NYCC members and other riders came from as far as Rochester, NY and Boston, MA. The final qualifier of his series is 400 kilometers on June 25th.

And thanks, **Bob Moulder** for running the A Training Series almost single handedly. Unfortunately, life and work sometimes get in the way of riding and Bob had to miss a couple of his own rides. There's no need to apologize. Without you, Bob, there might not have been an A Training Series. Just keep catching the bad guys!

By the time you read this there will be lots of new "A" riders as 20 to 25 Siglets will have graduated the SIG. While all the graduates are welcome on "A" rides (the graduates usually have better skills than the existing "A" riders), one will have a tough time living up to his reputation. With a nickname of **Robo Doug** for his perfect spin, we'll all be watching **Doug Bixby**.

A rider we'll all be listening to is **Marion Crowley**. Reportedly she "climbs" just like Tara. Her response has been "You guys are just pissed that I'm ahead of you".

How have the SIG leaders held up? **Ernie Yu** relaxed by racing with the CRCA before each SIG ride. **Rikki Furman** was spotted one Saturday night having a spitball fight with herself (she lost). And **Jane Kenyon** claims she entertains herself by tormenting SIG riders.

Overheard in the paceline. "My bike and I have become very intimate lately. I haven't had a girlfriend in two years." Help save **Rob Kohn's** bike. Request personal ads in the Bulletin. Or, better yet, call Rob directly! (Rob, the decision on whether to print this was left to your "friend" Keith Goldstein. His answer, "Print it, he deserves it". Some friend.)

Overheard on the hill, while watching accidents waiting to happen. "Children should be allowed to do dangerous things. The really stupid ones will be killed off before they pollute the gene pool." Gee, I can probably do a whole column just on Rob Kohn quotes.

And did **Tara Crowley** really say "I can't change a flat"? The way I heard the story is that when Tara flatted on a pick up ride, the three guys on the ride went looking for a place to pee. When they came back Tara was still standing there staring at her wheel. They proceeded to change her flat, admitting that her rim-tire combination was extremely tight. But Tara wasn't even carrying a spare tube or a pump!

Why do guys shave their legs? Don't ask **Ron Blount**. He took shaving way too far! And what was that about "looking for a cycling nymph"?

Do you know that **Ferdi Scharf** and **Stuart Desser** (no) have been participating in the CRCA's Tuesday and Thursday early morning training sessions? According to the CRCA newsletter these sessions are titled "Workout for Women". I'm not going any further with this story. You can all make up your own ending.

So who is the quietest couple in the NYCC? They've never even been mentioned in this column with a "(yes)" after their names. Congratulations to **Bill Voegeli** and **Ellen Richard** (yes) who announced their engagement last month.

Also, congratulations to **Carolyn** and **Bill White** on the birth of their **Baby Boy White** on May 10th. Lucky Mom said labor was only two hours, shorter than most of the races she's suffered through.

Congratulations to **Lior Trestman**, whose parents, **Rosanna** and **Bob** hosted his first birthday party on the Manhattan side of the GWB one beautiful April afternoon.

It's hard to congratulate **Alan Cohen** for winning a recent CRCA race. It was a "B" race and as is customary, he was moved up to the "A's" and now has to race against the best of the CRCA. The only problem is Alan complained endlessly about now having to race against better competition. Only a Road Bozo wins and complains, Alan!

FROM THE BOATHOUSE

Geo Carl Kaplan

This is a thank you to Peter Hochstein and Jody Sayler who, due to business pressures, will no longer be able to serve on the board. And, this is a thank you and welcome to Barbara Julich and Lori Vendinello who, in mid-term, have so graciously agreed to replace them, respectively, as C Rides Coordinator and VP of Programs. Jobs well done by Peter and Jody, and we look forward to great accomplishments by Lori and Barbara.

This month we are returning to O'Hara's on Cedar Street for our meeting - June 14 - and we look forward to being there. Since the fire, some 20 months ago, the place has been rebuilt completely. We will meet on the third floor in a space that will easily seat two hundred people, with a full service bar, round tables for eight, and that has microphone, speakers, screen, etc.

Bikes may be parked on the fourth floor. Come join on our return "home."

The club is facing a deficit - a deficit of ride leaders - you out there - we need you to lead rides. If you are reluctant to lead a ride because you have never done so, come to the June meeting to learn how. Your VP of Rides, Larry Ksiez, and your ride coordinators will make arrangements for an experienced co-leader to show you the ropes. We need you.

June 5th is the day for the first of our three Annual All-Class Rides. The June 5th Ride is to Tallman State Park and features a free lunch arranged by Special Events Person Jane Kenyon. Unless you sign up for one of the rides you don't get lunch.

No ticket, no lunch!

See you on the road!

No Tech Tips

by Bob Moulder

Keeping Pace

Bike ride after bike ride, what experienced cyclists appreciate most is a smooth, steady, predictable wheel to follow in a paceline. Not only is a steady wheel safer to ride behind, but it also requires less physical effort by the follower because there are far fewer accelerations and decelerations that needlessly sap energy and waste momentum. But any activity that involves more than one person, even if they are all pretty good at it as individuals, can be exasperatingly difficult if all the players don't interpret the rules the same way. That's why we have things like orchestra rehearsals, cheerleader practice and NATO joint military exercises. And that's why it is good to review occasionally some of the basic points of paceline riding.

As I have mentioned before in columns dealing with such topics, this is not a treatise on bike handling. It is intended to help refine the skills of those who are already fairly proficient at riding in pacelines. Beginners might be interested in a longer article I put together a couple of years ago for participants of the S.I.G. Progressive "A" Ride Series. It draws upon information I've gathered over the years from many books and magazine pieces, from seasoned cyclists and from personal experience. For the complete 4-page article, send SASE (business size, 1 stamp) to me at 300 E. 40th St., #10E, NYC, NY 10016-2150.

We're a truck

Whether leading a paceline or riding in one, it's always good to think of ourselves as a big, lumbering truck with multiple trailers full of hazardous cargo, and brakes that are iffy at best. When pulling away from a stop light it takes a big truck longer to get up to speed, and a paceline is no different — the bigger the group the slower the acceleration at the front should be because of the larger number of riders who must click into their pedals and settle onto the wheel ahead. Likewise, paceline leaders should learn to anticipate stops (How long has that light been green?) and sing out immediately and loudly so everybody behind can pass the message back in time to bring the "truck" to a safe halt. By the way, the singer-outer shouldn't say "Slowing!" if he or she really means "Stopping!"

Remain calm

There's plenty to get excited about when cycling on the cratered, trash-strewn strips referred to in these parts as "roads," but they're all we've got, so we've got to get used to them. While it is necessary to react to the blizzard of road hazards, over-reacting serves no purpose and increases the risk of accidents. I have seen cyclists swing wildly several feet out into traffic rapidly approaching from the rear — without first glancing back — to avoid a small, shallow pothole when a simple flick of the handlebars would've done the job. I can't count the times I've seen riders jerk their entire upper bodies around and veer off line to get a look at a pothole or small piece of trash they've just ridden over, and for what reason? And then there's the tendency of some riders to stop pedaling immediately after passing through a rough patch as if to collect their thoughts.

There are several things that can be done to counter these problems. Cyclists should learn to "ride lightly" by using arms and legs to rise about 1/2 inch off the saddle through rough sections. They can buy peace of mind by using tires with larger (23-25mm) cross-sections that protect rims much better than the popular 20mm variety. And they should learn to ignore hazards they've passed and focus on those ahead.

Terrain-following cruise missiles

Leading a paceline on the flats is a straightforward thing; just maintain the advertised flat cruising speed. But the fact is we are almost always going slightly uphill or downhill, upwind or downwind, so we must make appropriate speed adjustments. Trying to maintain moral purity by keeping to the advertised pace, no matter what, is just plain silly.

Downhill

Leading a paceline down a hill might seem to be a lead-pipe cinch, but alas, it ain't. Very few riders appreciate the dynamics of a group hurtling downhill, nor the compensations that must be made to avoid "stringing out" or "stacking up" the riders behind.

On slight downhills the object is to try to maintain the same level of effort as needed for the flats. The sheer variety of road grades and levels of wind resistance

make it impossible to predict the appropriate speed for a particular section of road, so paceline riders must learn to evaluate objectively their perceived level of effort. For new riders this can be a rather crude, subjective guesstimate. A heart rate monitor or (heaven help us) one of the new power meters can match a number with the perception, but this is overkill. It's better in the long run to develop a feel for such things. Squealing brakes and muffled grumbling are definite cues for the paceline leader to pick it up a bit.

When descending steep grades the paceline leader should accelerate, but gently, and keep on accelerating until reaching the bottom, or terminal velocity, whichever comes first.

Transition to uphill

This is the twilight zone between the hill you just went down and the one you're about to go up. Do not, as many cyclists do, stop pedaling at the bottom and immediately change to a lower gear. Keep pedaling hard for a short distance past the bottom, then change to a lower gear and very gradually bleed off speed. Gear down again, if necessary, and settle into your hill climbing rhythm.

Uphill

On a slight grade where speeds of 15-18 mph can be maintained, paceline riding is still effective. As with slight downhills, the idea is to maintain the level of effort, not the advertised pace. But on steep uphill sections pacelines are of little value, and disparity in rider ability makes them all but impossible to maintain. At such times the best (and only) solution is for the stronger riders to spin slowly at the top until the paceline group reassembles there.

An inch deep...

Expert paceline riders know well that the above info barely puts a dent in the topic of cycling in a paceline, and even the most capable riders learn something new on each ride, like, for instance, which cyclists need a really wide berth. Next ride, try paying close attention to other riders and analyze what's right or wrong with their technique. For as Yogi Berra once said, "It's amazing what you see when you observe." Or something like that, anyway.

July 4th All Class Club Weekend at West Point

Hooray for the Red, White and Blue!!

Celebrate the birth of the USA with your friends from the New York Cycle Club. We'll be partying at West Point for the entire weekend – the place Ulysses S. Grant called, "the prettiest place in the world".

3 days, 2 nights and great fun. We'll be staying right on campus at the historic Hotel Thayer. We will ride our bikes up on Saturday, July 2nd, with a baggage shuttle to carry our clothes. Plans for the weekend include dinners, breakfasts, a guided bicycle tour of the campus, rides for A, B, and C riders,

and – the absolute highlight of the weekend – a sunset dinner cruise aboard the historic M.V. Commander on Sunday, July 3rd. We have chartered this boat for the exclusive use of the New York Cycle Club. \$165 covers all of the above plus.

Send check made out to Christy Guzzetta, 49 West 75th Street, New York, N.Y. 10023. Sign up ASAP, since space is limited.

Questions? Christy Guzzetta, 212-595-3674.

Rides designed by Jeff Vogel, 718-275-6978.

Equatorial Action

by Neil Schafer

Happy Chinese New Year to you all, from the capital city of Malaysia, where every day seems like New York in August, except it's more humid.

After 3 months in Kuala Lumpur, I'm still getting used to the change. Although after the recent New York winter I'm not complaining.

When I signed on some months ago to leave New York and my good friends in the NYCC to take a 2-year assignment in Kuala Lumpur (just 12 hours cycling up the jungle from Singapore) I knew it would be different. So far, I haven't been disappointed.

Cycling in this part of the orient is definitely a pre-dawn thing, when the temperature is only hot – not boiling, when the exhaust pollution is relatively better; when the crazy drivers are a little less heat-affected and, most importantly, before the afternoon tropical storms wash everything, including cyclists, away.

Cycling does, however, have a hold. In fact, I attended the Asian cycling championship held here last November, where the bikes were as high-tech as any in New York. And as in most developing Asian countries, cycling has always been a popular means of commuting, although carbon fiber has yet to catch on as the substance of choice for the early morning crowd.

Mountain bikes here are really jungle bikes, the roads make New York streets look safe, water bottles come in gallon sizes, road creatures include snakes, monkeys and elephants (the big ones usually get the right of way), and legend has it that the tigers can sometimes get very interested around a tyre changing. Oh, and as for the nude beach ride here, the crocodiles really have a good time.

So, if you're looking for a little low altitude training with the chance to sweat out 20 lbs. before breakfast, or just feel like a break from the frostbite, come on across. After all, it's officially Visit Malaysia Year and only a 20 hour flight, wind assisted.

Love to see you here.

Neil Schafer
Citibank, N.A.
28, Medan Pasar
50050 Kuala Lumpur
Malaysia

Bike Trains!

Until Sunday, October 30, Metro-North is providing weekend bike-trains. Bike cars are located at the head end of north and east bound trains, and at the rear end of south and west bound trains. Permits are still required.

🚲 Bike trains will not operate on holiday weekends – Mother's Day, Memorial Day, Father's Day, Independence Day, Labor Day, Yom Kippur, and Columbus Day.

🚲 Hudson Line: 7:55am from Grand Central / 4:19pm from Poughkeepsie: one coach accommodating a maximum of 15 bikes. Bikes are to be placed only in the aisles.

🚲 Harlem Line: 8:47am from Grand Central / 4:08pm from Brewster North: two coaches, each accommodating a maximum of 15 bikes. Bikes are to be placed only in vestibules and aisles.

🚲 New Haven Line: 8:07am from Grand Central / 3:58 from New Haven will have one bar car and one coach for cyclists. Bikes will only be put in the bar car, which will accommodate a maximum of 40 bikes. Cyclists will be restricted to boarding and detraining only at Stamford, South Norwalk, Westport, Fairfield, Bridgeport and New Haven.

🚲 Bikes will still be allowed on other trains under the existing regulations. Groups wishing to travel between Grand Central and Croton-Harmon, White Plains, and Stamford will need to make prior arrangements.

NYCC groups should make arrangements through Jeff Vogel, (718) 275-6978.

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Energy Conservation

Have you ever found yourself out on a ride and in over your head—dropped on a climb, unable to hang on, about to get spit out the back. Whether riding a fast crit, a long hilly road race or a training ride with the club, the key to success or merely survival is conserving your finite energy supply. The following steps, some scientific fact and others based on experience can maximize your staying power, lengthen your time to fatigue and minimize your effort.

Eat a diet high (approximately 70%) in carbohydrate.

Ingest 40 gm of carbs every 30-40 minutes in either liquid or solid form.

Drink a 20 oz water bottle of water every 30-60 minutes depending on exertion level and weather conditions. After hard exertions allow your breathing and heart rate to recover before eating or drinking.

Find a wheel and stay on it. Stay as close as comfortable to a rider directly in front of you or slightly off to the side (not overlapping wheels) if in a strong cross wind. Drafting will reduce your effort by approximately one third. Factors leading to greater savings are getting closer to the wheel in front of you, drafting a larger rider, and higher speeds and wind velocity. A word of caution, remember when drafting that you are the eyes for those behind you and at the mercy of the rider in front. You can usually get a sense of the competency of the front rider pretty quickly. Leave extra room when the road gets rough or the weather is inclement—when sudden braking or steering around obstacles may be more frequent.

When it's your turn to take a pull in a rotating pace line—pull through and pull off. Rather than upsetting the rhythm of the pack by taking a slow pull or creating a dangerous situation by pulling off with the lead rider, take your pull at the proper pace but pull off to the side immediately after passing the front wheel of the rider who preceded you. Stay close to the faster line and drift back behind the next person to pull off until you again join the faster line.

Skip a pull in the pace line while you are at the back of the line by pulling off to the side behind the rider that is sliding back. This will give you a bit more time to recover from your pull and does not disturb the flow of the pace line.

Get to the front of the pack just before a hill so that you won't lose much ground while maintaining a slower climbing pace.

Start climbs in a low spinning gear and shift up accordingly as energy levels dictate. If you need to shift down you started the climb too hard and in too high a gear. Find a comfortable climbing rhythm and relax. Reserve out of saddle climbing for very steep portions or all out sprints since seated riding exerts less energy. The affects of drafting while climbing slowly are less effective but the psychological benefits of pacing yourself against another rider is significant.

Become an efficient rider by limiting excessive movement and remember to relax. Avoid the death grip on the handlebars, relax the shoulders and don't force your breathing. Everyone has a different riding style. Some hold their bike completely still others sway it back and forth. In most cases what comes naturally is probably the most efficient style for you. Don't force your self to ride like someone else.

Get aero and stay aero. Assume an aerodynamic position from the start of the ride and maintain it. Don't break form during lulls in the pace. Every second counts and the wind is constantly slapping you in the face and zapping you of your energy. Get small—bring the elbows down and in, back flat. Aerodynamic form is dependent on flexibility. Don't overly compromise your comfort for a more aero position.

Last but not least, keep your equipment fine tuned and rolling smoothly. Inflate tires to maximum recommended pressure.

Dr. Russell B. Cohen is a certified chiropractic sports practitioner, USCF CAT3 racer and a member of the NYCC. He can be reached for questions or comments at 212/713-0180.

The "A" SIG

by Peter Schug



I love the A SIG. I've done mostly A and B rides since I've been a member of NYCC (getting dropped now and then), but there are many things you don't know about pace lines if you are not told. Obviously you don't use your brakes when someone is riding inches from your wheel, and not overlapping the wheel in front of you is easy to understand, but the need to pedal all the time,

never coasting, especially if you are leading and going downhill is not obvious. Learning these things and having lots of opportunity to see it done wrong, and see the improvement as more and more of the participants do it properly is really worthwhile. Thank you Christy for starting the SIG and Ernie, Jane, Rikki and everyone else involved for perpetuating it.

Minutes

NYCC BOARD MEETING TUESDAY, APRIL 5, 1994
Present: Geo Kaplan, Larry Ksiez, Jody Saylor, C. J. Obregon, Reyna Franco, Herb Dershowitz, Jane Kenyon, Caryl Baron, Steve Britt, and Mitch Yarvin.
Absent: Karin Fantus.

Geo opened the meeting at 6:42 P.M. The minutes of the meeting of March 1, 1994 were introduced and approved as corrected.

Geo explained many members had not received the Bulletin, due to a SNAFU by the Post Office. The PO is investigating the problem.

Herb reported there were 650 members as of March 31 compared to May 11, 1993 when it was 700.

Geo reported Peter Hochstein resigned as C rides coordinator. Barbara Julich was nominated and seconded to fill the position. She was unanimously approved.

Geo noted Richard Rosenthal was no longer interested in presenting bicycle repair courses. Steve asked if this was an essential club activity. It was generally felt to be useful. The Board will search

for someone to take over this project.

It was noted that LAW had apparently used our mailing list without our consent. The secretary was directed to send LAW a tactful letter noting this impropriety.

Geo noted Jane will insure the Montauk busses are arranged for, but may not be available to organize the return. Steve will get ride leaders and someone will be found to take charge of the bus.

Jane reported on arrangements for the Sheffield Weekend. Also the Tallman ride will take place on June 5. The club will provide lunch to those who sign up for rides. Jane will notify the park.

The members discussed the quality of Houlihan's as a meeting place. It was suggested we explore the possibility of returning to O'Hara's.

Jody suggested a raffle of two tickets for the Empire State Building Observation Deck at the meetings at Houlihan's. The proposal was unanimously accepted. The meeting adjourned at 8:15 P.M.

Respectfully Submitted,

Conrad J. Obregon, Secretary

Re-Cycling

Wanted: Players for an informal Central Park Handball League. Romans loved handball, which developed all 600 muscles. Call Paul at 212/740-9123.

For Sale: 1993 Basso Ti Road Bike, Mavic SUP Rims, D/A/ Ultegra STI. Call Dave (212) 427-8381. \$2500 firm. (from Dave & Judith Visoky 185 E 85 22L 10028)

For Rent: Charming Southern Columbia County house for occasional weekends or full weeks this summer and fall. Great cycling! 2 bedrooms, 2 baths, in-ground pool. 1st available date w/e June 11, Fri.-Sun. \$215. Bob & Rosanna Trestman 212-928-8456.

TOUR DE CURE - BEAT DIABETES.

Have fun cycling as you raise funds for the American Diabetes Association. 100K (62.5 mi) - 7:30 am 50K (30 miles) - 8:30 am 25K (15 miles) - 9:00 am. Contact American Diabetes Association 149 Madison Ave. NY, NY 10016-6713, Phone 1-800-TOUR-888, fax (212) 725-8916.

June 5 - White Plains, NY: Stouffer Westchester Hotel.

June 12 - Queens/ Nassau, NY: Gateway National Recreation Area - Floyd Bennett Field, Bklyn.

June 26 - Garden City, NY: Nassau Community College

**Rally for a Car-Free Central Park
Friday, June 3 at 5:30 p.m.**

Ruth Messinger, Keynote Spreaker

Meet at the Columbus Circle entrance to Central Park.

For more information, call:

Transportation Alternatives (212) 475-4600

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 June MEETING

T U E S D A Y , J U N E 1 4 , 1 9 9 4

We return to 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, choice of entrees, coffee \$14

So you want to lead a ride...NYCC's ride coordinators tell all !

Indoor bike parking!

or...subway

1,9 to Cortlandt St.

N,R to Rector St.

4,5 to Wall St.

E to WTC

What's in it for you?

The Leader's role

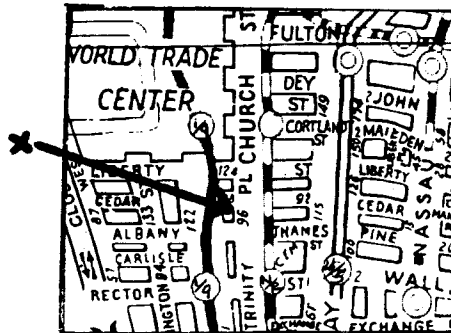
At the start

On the road

Route planning

Maps and cue sheets

Where to eat!



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