

May  
1994

# NYCC Bulletin

THE FIRST NEW YORK  
CYCLE CLUB MEETING...



*"With this invention our species embarks upon an age of technological marvels beyond our wildest imaginings. Behold! I give you...The Horse!"*

**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.)
<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)		

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.

### EVERY WEDNESDAY IN MAY

#### 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 6:00 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.

### SUNDAY, MAY 1

#### A22 60 mi May Day! May Day! 9:00 a.m.

Leader: Greg Worley (212) 781-6702. From the Boathouse. Alright, May is here. Mother Nature must be ready to be kind. Ring out the April showers, we May ride. Precip. anytime during the day cancels.

#### A18.5 120 mi "I'm a Steady Rolling Man" 7:00 a.m.

Leader: Lawrence T. Ksiez (718) 478-0644. From the Boathouse and Macdonald Park, Queens. I've gotten a lot of requests for this ride, so I'm finally going to do it. It may be Montauk or Greenport, group decision at start. Finished by 4:30 p.m. train back at 5:00. Precip. at start cancels.

#### KB17 70-80 mi Somewhere Out There 8:30 a.m.

Leader: Buzz (718) 204-4970. From the Boathouse. I haven't visited the hive yet this year, so my wings may be heavy. We'll set off in search of the perfect pollen-bearers somewhere in Westchester/ Connecticut Hills. Bring Metro-North Pass in case your wings get clipped. Rain cancels.

#### B15 60 mi BYOB (Burn Your Buns Off) 9:00 a.m.

Leader: Henry Joseph (212) 989-8176. From the Boat-

house. Move over, Jack LaLanne, the P.I.G. (Piermont Interest Group) will guarantee a fast burn on this pseudo-hilly ride to Nyack. The usual cancels.

#### B14 50/63 mi C to B Training Ride 9:00 a.m.

Leaders: Irv Weisman (212) 567-9672, David Miller (212) 794-9365, Maggie Clark (212) 567-8272. From the Boathouse at 9:00 a.m. and 9:30 a.m. at the GW Bridge Bus Terminal. A traditional 50 mile route in Bergen & Rockland Counties with some hills. 60% chance of rain cancels.

#### C7 16mi Victorian Bayonne's Waterfront Parks 1:00 p.m.

Leader: Paul Rubenfarb (212) 740-9123. From the top of the escalators at PATH, Journal Square, N.J. Exquisitely cited on the peninsula between brand Newark Bay and N.Y. harbor, Victorian Bayonne drowns in the pearlescent waterous sky coveted by watercolorists. Rain or shine.

### THURSDAY, MAY 5

#### A19 50-60 mi Thursday Morning Spinalong 8:00 a.m.

Leader: Jeff Vogel (718) 275-6978. From the Boathouse. Take the day off from work and spin up to Rockland County. The self employed and unemployed are welcome too as are all SIG participants. One quick stop and we're back in the city early. Rain cancels.

### SATURDAY, MAY 7

#### A20 200mi Montauk Double 5:00 a.m.

Leader: Alex Bekkerman (212) 213-5359, Karl Dittebrandt (212) 477-1387. From the Plaza Hotel, 59th & 5th Ave. The south shore out to Montauk, cross Shelter Island, then the north shore to return by train from Ronkonkoma. Bring LIRR train pass. Call leaders for cancellation conditions.

#### A17 108 mi Dover Plains 7:00 a.m.

Leader: Ray Malecki (718) 426-7383. From the Boathouse. It may be hilly, but I really love this ride. Please call to confirm. Metro-North pass required for return.

#### A19 70 mi The Huntington Grimpeur\* Premiere 8:00 a.m.

Leader: James Rosar (516) 421-5865. From the Boathouse at 8:00 a.m. and 10:00 a.m. from the Syosset Firehouse. Do you climb to ride or ride to climb? A relaxed but strenuous group

## 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 May 1994 Bulletin is April 12.*

## Club Rides (cont.)

ride that meanders playfully through a wide variety of neighborhoods and terrain. Guaranteed to surprise and refresh the weary and answer the above query. 8:41 train to Syosset to meet at firehouse. LIRR pass required. Early lunch in Cold Spring Harbor, late lunch in Centerport. (A grimpeur is a randonneur term for an event that climbs at least 15 meters for every kilometer of route) 80 feet per mile.  
Rain date, call leader.

**A20 50 mi Saturday in Staten Island 7:30 a.m.**  
Leader: John Luisi (718) 442-4366. Take the 7:30 a.m. Staten Island Ferry, meet at 8:00 a.m. Joint SIBA ride for those who want to go island hopping. No riding in the bay allowed. Precip. or wet roads cancel.

**SigA 90 mi Progressive "A" SIG Ride #10 8:00 a.m.**  
Leaders: Paul Leibowitz (212) 799-0161, Ernie Yu (212) 663-5747. From the Boathouse. Today, we practice out technique on the fabled climbs of the Rockland/Bergen Alps: Col de la Route de Rive, Col de Bradley, Col du Petit Tor. Learn to love the hills as we head towards our date with destiny. Follow those polka dots! Monsoon conditions postpone to Sunday - call Mom early.

**C7 18 mi Little Switzerland's Mansions-Grymes Hill S.I. 11:30 a.m.**  
Leader: Paul Rubenfarb (212) 740-9123. From behind Ray's Pizza (South Ferry stop on the 1 or 9 train). Hilltop upon hilltop is crowned with spreading victorian mansions, with panoramic vistas unfolding from every quadrant. Rain or shine.

### SUNDAY, MAY 8

**A21 52 mi Early Mother's Day Morn. 8:00 a.m.**  
Leader: Christy Guzetta (212) 595-3674. From the Boathouse. Early morning fast-paced ride up & back to Nyack. Many of us want to be back early to spend time with Mom. As a surprise, we may have a special guest join us; a beautiful, elegant lady, a super cyclist She may join us for the morning. Golly I hope so. Very bad weather cancels.

**A18 75mi Mother's Day Stray 9:00 a.m.**  
Leaders: Lori Vendinello & Howard Turoff (212) 353-9068. From the Boathouse. We're headed for the North Shore in search of Mom. She's out there somewhere. Even if unsuccessful, we'll get a good mix of hills and views. Precip. cancels.

**KB18 85 mi Picnic at Croton Dam 8:30 a.m.**  
Leader: Honey (212) 758-5738. From the Boathouse. The first and last 20 miles are relatively flat, the rest is very hilly. The rated pace is for whatever level road we can find. Don't miss this opportunity to train for the Montauk Century. Food stops are few and far apart, so be prepared to carry a picnic lunch approx. 10 miles. Bring Metro-North pass in case. The usual cancels.

**B16 50 ish Nyack and Maybe a Little Rockland Lake 9:00 a.m.**  
Leader: Karl Dittebrandt. (212) 477-1387. From the Boathouse. To Nyack by a little known route. Return the same old way 9W. Call leader for cancellation.

### SUNDAY, MAY 8 Newcomers' Rides

See write-up elsewhere in the Bulletin. Cancelled if 60% chance of rain.

**ALL "B" RIDES MEET AT 9:00 A.M. AT CENTRAL PARK BOATHOUSE**

**ALL "C" RIDES MEET AT 9:30 A.M. AT G.W. BRIDGE BUS TERMINAL**

**RIDE #1 B15 60 mi**  
Leader: Mike DiCerbo (212) 645-1120

**RIDE #2 B14 53 mi**  
Leaders: David Miller (212) 794-9365  
Pat Thomson (718) 499-2618

**RIDE #3 B13 48 mi**  
Leader: Irv Weisman (212) 567-9672

**RIDE #4 C13 40 mi**  
Leaders: Don Passantino (718) 446-9025  
Athena Foroglu (212) 570-9726

**RIDE #5 C12 35 mi**  
Leader: Maggie Clarke (212) 567-8272

**RIDE #6 C11 30 mi**  
Leader: George Kaplan (212) 989-0883

**Tuesday, May 10, 6:00 p.m.**

## NYCC Meeting

Downstairs at **Houlihan's** in the Empire State Building, 5th Avenue at 34th Street.  
*See back page for details.*

### WEDNESDAY, MAY 11

**A20 55-60 mi Wednesday Morning Spinalong 8:00 a.m.**

Leader: Jeff Vogel (718) 275-6978. From the Boathouse. Call in sick or play hooky as we take another easy spin to Rockland County, probably to Pearl River. Rain cancels.

**C7 15mi Wednesday Aft. Hooky - Brownstone Prospect Heights 1:00 p.m.**

Leader: Paul Rubenfarb (212) 740-9123. From East Side City Hall Park at Spruce St. Help bring over Europe's 28 hour work week by sick-calling Wed. afts and getting suntan, not fluorescent tan. Brownstones in spring glory. Rain or Shine.

### SATURDAY, MAY 14

**A23 88 mi The Little Tor 9:00 a.m.**  
Leaders: Ellen Richard (212) 505-0697 and Lance Leener (212) 947-9392. From the Boathouse? South Mountain Road with a twist. Saddle River up 9W home. Bring pocket food and two water bottles. Call leaders for cancellations.

## Club Rides (cont.)

**A18 70 mi New City News 9:00 a.m.**  
Leader: C.J. Obregon (212) 876-6614. From the Boathouse. Mostly flat, but a few hills to New City for Jamaican Pancakes. Helmets required. Precip. cancels.

**SigA 91 mi SIG #11 to Bedfor 8:00 a.m.**  
Leaders: Christy Guzzetta (212) 595-3674, Herb Dershowitz (212) 929-0787. From the Boathouse. Miles, hills, blood, sweat and tears. Next week is the big one - the big A ride. We'd better be ready today. North through White Plains, 40 miles to our first stop in Bedford - Fast. South through Greenwich, Purchase, Scarsdale - 2nd stop - fast, then home; I am whupped!!! Very bad weather postpones until Sunday the 15th.

**B17 60+ mi Oyster Bay Area 9:00 a.m.**  
Leader: Michael Brennan (718) 458-1762. From the Statue of Civic Virtue (Queens Blvd. and Union Tpke.) E,F and R trains. A not too strenuous expedition to one of the more popular destinations on L.I. LIRR train pass recommended. Rain cancels.

**C13 Hillwork 101, Part III 2:00p.m.**  
Leader: Isabel Kirsch (212) 362-8266. Leaving on the dot from the Boathouse. A short hilly, after lunch ride up River Road in New Jersey to the end, then back the way we came. Low gears or strong legs, please. Helmets mandatory. There is a bathroom and snack stop at Alpine Boat Basin.

### SUNDAY, MAY 15

**A21 70 mi For Girly Men and Manly Girls 8:30 a.m.**  
Leader: Mark Martinez (212) 496-5518. From the Boathouse. He: shaves legs, preens in designer Lycra; She: sweats like Michael Jordan, blows nose like New York cabbie. Armonk. Long way up, short back. Whippoorwill for the climbers, Routes 128 & 22 for the Big Ring Dings. (Thanks, G.W. & L.L.) No Beauzeaus. Rain cancels.

**A17 55 mi Oxymoron Ride #1 9:00 a.m.**  
Leader: Liane Montesa (212) 534-5736, Kevin Mulvanna (212) 595-1560. From the Boathouse. What's that? A "Slow A" Ride? Fun ride to Nyack - Schmoozy and Smooth. Precip. cancels.

**B14 50 mi C to B Training Ride #9 OPEN**  
Leader: Irv Weisman (212) 567-9672. Call ride leader during the week. We may do 55/68 miles in Rockland County or take Metro-North to Westport, CT for the Bloomin' Metric rides \$15 registration plus Metro-North fare & bring train pass. 60% chance of rain cancels.

**C12 45 mi Split Personality 9:00 a.m.**  
Leaders: Irv and Hindy Schachter (212) 758-5738. From the N.W. corner of First Avenue and 64th street. For most of its life, this ride to Piermont is a sedate "C" excursion. But at Piermont, it develops a split personality. One leader intends to sit on a bench and have a leisurely lunch. The other intends to charge up Tweed and Ash, two hills not normally included in "C" rides. Participants can choose either pattern before heading home at a "C" pace. Rain cancels.

**C7 15 mi**  
**Ridgewood's Butterscotch Historic Architecture 1:00 p.m.**  
Leader: Paul Rubenfarb (212) 740-9123. From the front of

Brooklyn Museum (Eastern Pkwy. stop on 2 or 3 train) Of sumptuous yellow brick and limestone, Ridgewood's Germanic townhouses rival those of York Penn. or Landau Germany. Rain or shine.

### WEDNESDAY, MAY 18

**A20 60 mi Wednesday Morning Spinalong 8:00 a.m.**  
Leader: Jeff Vogel (718) 275-6978. From the Boathouse, 8:45 a.m. at Queens and Yellowstone Blvds. In honor of bike to work week, let's take the day off. Long Island's long flat stretches are perfect for practicing our spin. Ride in the morning and you won't feel guilty about skipping tonight's ride to go watch the track races. Rain cancels.

### SATURDAY MAY 21

**A17-22 250 mi Century of the Month #5 (May 21-22)**  
Leader: Marty Wolf (212) 935-1460. As in past years, we'll take a central Long Island route out on Sat. and return on Sun. by the same route used by the 5BBC and NYCC so we can wave to our friends. Our group will stay in a hotel in Montauk Sat. night. Call leader before May 14th for details and motel cost.

**A20 90-100mi Sheffield Warm up 8:00 a.m.**  
Leader: Mark Martinez (212) 495-5518. From the Boathouse. White Plains, Thornwood, Croton Reservoir, Mt. Kisco, Armonk, White Plains. Two stops, long & short. Rain at start cancels.

## Free 2nd Annual Women's Cycling & Fitness Clinic

**Inga Thompson Dr. Jay Aldersberg**

3-time U.S.  
Olympian,  
Silver Medalist  
1991 World  
Championships

WABC-TV's  
health reporter  
and practicing  
internist

**inmotion**



**QUEST**  
REFRESHER

**TUESDAY, MAY 17 6:00 P.M.**

**Lincoln Square Neighborhood Center,  
250 West 65 St.**

TOGA will donate 5% of the profits from the sale of any women-specific products for the entire week of May 15 - 21 to Women in Need, a non-profit organization for homeless mothers.

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

## Club Rides (con't)

**A19 50 mi Montauk Warm-up 8:00 a.m.**  
Leader: Ben Goldberg (212) 982-4681. From the Boathouse. Quick warm-up ride with a short deli stop to help keep those legs warm. Precip. cancels.

**SigA 100 mi Progressive "A" SIG Graduation Ride 7:00 a.m.**

Leaders: Herb Dershowitz (212) 929-0787, Rikki Furman (212) 734-2887, Christy Guzzetta (212) 595-3674, Jane Kenyon (212) 662-1935, Paul Liebowitz (212) 799-0161, Ernie Yu (212) 663-5747. From the Boathouse. Today is the BIG DAY! Early to bed, early to rise—we rock and roll at dawn. Pull on your jazziest jersey, buff up your bicycle and pedal proud! On this final ride, we will attain honor, glory, and inner peace. Prior participation required. The apocalypse switches the ride to Sunday, May 22.

### SUNDAY, MAY 22

**A22 125 mi Montauk Express 5:30 a.m.**  
Leader: Rich Borow (212) 866-1956. Meet at the Plaza Hotel, 5th Ave & 59th St. Fast, cooperative paceline ride to Montauk. Roll out of Bed, eat your Wheaties, and jump on your bike. We'll start promptly at 5:30

**A19 125 mi Montauk (Not So) Easy 5:00 a.m.**  
Leaders: C.J. Obregon (212) 876-6614, Steven Britt (718) 204-4970. Meet at the Plaza Hotel, 5th Ave. and 59th St. You know the ride. You know the route. get a good night's sleep and join us at the crack of dawn. Quick pick-up at Union Tpke. & Queens Blvd. at 5:20 a.m.

**A22+ 70+/- mi Not Quite Montauk 5:30 a.m.**  
Leader: Jeff Vogel (718) 275-6978. From the Plaza Hotel, 5th Ave and 59th St. No Friendlys, no Southampton, No Montauk. We'll start the Montauk ride, do about 30-35 miles, turn around, make one 5 minute deli stop and be home before 11:00 a.m. Rain cancels.

**B14 62/75 mi C to B Training Ride #10 9:00 a.m.**  
Leader: See May 1st Listing. 9:00 a.m. at the Boathouse and 9:30 a.m. at G.W. Bridge Bus Terminal. We go deeper into Rockland County to South Mountain Rd. and one killer hill (for "B" riders) 60% chance of rain cancels.

**C7 16 mi Newark's Antique Factories 1:00 p.m.**  
Leader: Paul Rubenfarb (212) 740-9123. From the front of Greyhound office at PATH Newark Terminal. Rain or shine.

### WEDNESDAY, MAY 25

**C7 14 mi Wednesday Aft Hooky - Victorian Downtown Bklyn. 1:00 p.m.**  
Leader: Paul Rubenfarb (212) 740-9123. From E. side City Hall Park at Spruce St. Help bring over Europe's 28 hour work-week by sick-calling Wed. afts and getting suntan, not fluorescent tan. Italianate stores besides vast new granite plazas. Rain or shine.

### FRIDAY, MAY 27

**A19 40mi Easy Sheffield Warm-up 10:30 a.m.**  
Leader: Jeff Vogel (718) 275-6978. From Grand Central Ter-

minal (10:47 Train). Why kill yourself before the weekend even starts? Sleep late and take the 10:47 train to Dover Plains. We'll do the remaining 40 miles at an easy pace and be well rested for the rest of the weekend. Metro-North's limit is 10 bikes. Call leader if you're interested. Metro-North pass required. Rain cancels.

**A 104mi On to Sheffield 7:30 a.m.**  
Leader: Christy Guzzetta (212) 595-3674. From the Boathouse. Maps will be available for "A" riders going to Sheffield/ Berkshires for the long holiday weekend. We take Metro-North from 125th St. Metro-North pass required. Don't be late at the boathouse - we are gone at 7:35 a.m. Long, beautiful, hilly, challenging ride.

### SATURDAY, MAY 28

**A19 200 mi Boathouse to Bennington 3:00 a.m.**  
Leader: Ray Malecki (718) 426-7383. From the Plaza Hotel. Saturday - 200 miles, Sunday, your choice, Monday, 135 miles (Bennington to Brewster) Call for accommodations list. Make your own reservations. Metro-North pass required.

**A19 70 mi "Speed of Life" 8:00 a.m.**  
Leader: Lawrence T. Ksiez (718) 478-0644. From Macdonald Park, Yellowstone & Queens Blvds. This could either be a rather hilly ride, or a rather flat ride depending on the amount of hill work I've been able to do this year. Bayville/Oyster Bay and back. Precip. at start.

### SUNDAY, MAY 29

**A19 ?? mi City Dwellers 9:00 a.m.**  
Leader: Unknown Rider (???) ???-?????. From the Boathouse. If you have decided to enjoy a quiet weekend in N.Y. while the maddening crowds bottle up the highways, meet at the boathouse and lead by committee, the weather will leave ample clues to the proper destination.

**C7 13 mi Skyline Adorned Roosevelt Island & L.I. City 1:00 p.m.**  
Leader: Paul Rubenfarb (212) 740-9123. From front of Roosevelt Island stop on "B" train. Rain or shine.

### SATURDAY, JUNE 4

**C13 40 mi Greenway to Bennett 9:30 a.m.**  
Leaders: Caryl & Steve Baron (212) 595-7010. From the Boathouse to Floyd Bennett Field for an ecology festival. Rain at start cancels.

### SUNDAY, JUNE 5

**A21 80 mi 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 & lunch to the first participant in this ride to decode all 9 Clues to our route - NYCC Officers not eligible.) Bring a musette or bag for trash. Rain cancels.

## Club Rides (con't)

**A17 60 mi Tallman - Lunch - All Class 9:00 a.m.**  
Leader: Tony Dean (718) 852-4275. From the Boathouse. The ride of choice for burnt-out siggers, over-the-hill racers and friends of the hive. Same as the other rides for cancellation.

### RIDE PREVIEW

#### SATURDAY, JUNE 25

**A 65 mi**  
**5th Annual Devils Kitchen Cartop 9:00 a.m.**  
Leader: Jeff Vogel (718) 275-6978. Meet at Jamesway/Grand Union parking lot off NYS thruway exit 20 in Saugerties, NY (1 hour 45 minute drive from GWB) Last year my car couldn't make it This year I'll give out maps and queue 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 39 & 26. Rain date Sunday, June 26

#### JULY 2 - 4 AT WEST POINT

**3 Days, 2 Nights at West Point's Hotel Thayer**  
Sunday dinner cruise on the Hudson, all breakfasts and dinners, sag support included: cost approximately \$160-\$175. Call Christy Guzzetta (212) 595-3674 for info and reservations.

### OUT-OF-BOUNDS

#### SATURDAY, MAY 7

**25,40,50,62,100 mi**  
**Farmlands Flat Tour 7:00 a.m.**  
Coor. Lawrence Ksiez (718) 478-0644. From Macy's on Queen's Blvd. & Columbus Circle. Scenic miles through Monmouth and nearby counties. Flat terrain. A fee of \$11 pre-registered, \$13 day of the ride will get you a map, SAG support, route markings, snacks and a T-shirt. A helmet is required. Contact coordinator for more info. and registration forms. Rain or shine.

#### .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

#### Learn to True Your Own Wheels Before Your Rides in May

At the boathouse from 8:30 to 9:00, before the start of your rides May 7, 8, 21, and 22. Buy, bring, and carry a spoke wrench that fits your spokes. (No, they're not all the same size.) Recommended brand: Park.  
Richard Rosenthal (212) 371-4700.

#### SATURDAY, MAY 14

##### 300 KM Brevet, Potomac, MD

Coordinator: Steven Britt (718) 204-4970.

Here's a great opportunity to do a Brevet in a different area, nice and early in the season. Call if interested. Ride registration/information: David Berning (301) 926-3371.

#### GEAR '94 JULY 21-24

**The Annual L.A.W. Great Eastern Rally, Salisbury, MD.**  
See wild ponies an Assateague Island, cross Chesapeake Bay on historic ferry, choose from over 30 rides through Maryland's Eastern Shore at GEAR '94. Technical and leadership workshops lead 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 in May 20th of 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.

##### A-/B+ 3000 mi. Bicycle Across America

John Koo (718) 796-2236. If you have time off starting in mid-May and seek a great adventure, then join me on a bicycle tour to California following the TransAmerica Bicycle Trails. Average 70+ MPD. Cost is minimal. Requires camping gear. To veteran transamerica cyclists; Any advice or suggestions would be greatly appreciated.

**Don't leave home without your new NYCC Jersey!**  
*See March & April Bulletins for details.*

*Please help me enjoy my June vacation.*

**I just couldn't convince Stanford University to change their graduation dates, so...I'm asking for your help. I've arranged for assistance in producing the NYCC Bulletin for July, but I want to have most of it ready. For the JULY bulletin only, I'll need all material in my hands by June 1 (ride listings excepted). This means articles, announcements, ads, classifieds, minutes, meeting program,**

**EVERYTHING in by June 1.**

**Send all disks to: Caryl Baron 165 West End Ave. 29K NY 10023**



## From the Boathouse

We are getting into the heart of our riding season, so let's all of us make a special effort to ride safely and call our hazards for other riders. In additions, let's all make an effort to greet newcomers to the club - both at meetings and on rides.

Our thanks to Barbara Julich who has graciously volunteered her talents as temporary C-ride coordinator until Peter Hochstein can resume his position.

Because of the foul-up in mail delivery of the April Bulletin, we are extending the deadline for orders for NYCC club jerseys, shorts and musette bags to May 15. Absolute deadline. Use order forms in the March and April Bulletins.

On April 19, CJ and I met at the Road

Runners Club with representatives from RRC and the in-line skaters concerning safety measures pertaining to shared use of Central Park roadways. Everyone felt that education is our best bet. We will issue a joint press release in May as well as an educational booklet for park users.

About Houlihan's and other places to meet: many of you contacted me about Houlihan's, and I must say, with 100% unanimity. Well, at this writing, we are exploring several avenues, including a return to a refurbished O'Hara's. Once again, I welcome your comments, ideas, whatever, about this and anything else about the New York Cycle Club that you wish to discuss.

Happy riding!

## Not rain nor snow nor ha, ha, ha...

a note from the editor

Yes, I know you didn't get your April Bulletin on time, at least not if you live in Manhattan. April's production schedule was no different than any other month's schedule for the last decade or so. The Bulletin went to the printer on March 19, was mailed First Class Presort (which means half the Post Office's work has been done for them) on March 29 and was transferred to the Morgan PO in Manhattan on March 30.

No one has any idea what happened after that, least of all the Post Office. I recieved my copy of April 8, ten days after it was mailed, and two of three hours of phone calls to the Post Office. Many have still not arrived, and may never reach their destination. Since all mail in Manhattan, presort or not, goes through the Morgan office, I can't guar-

antee you any better results unless the postmaster can get his act together. You can, however, complain to your Senators, Congressperson, and:

Sylvester Black, Postmaster  
US Postal Service  
421 Eighth Avenue, Room 3018  
New York, N.Y. 10199-9998

Marvin Runyon,  
Postmaster General  
United States Postal Service  
475 L'Enfant Plaza SW  
Washington, DC 20260-9998

Mr. Jim Kumm  
Customer Service  
GPO1040 Forbell Street  
Brooklyn, NY 11256

## Party Bus From Montauk

This year's NYCC ride to Montauk will be on May 22nd. We have arranged for a private bus to take us back to New York City. Seats on the bus will be available only to members of the NYCC and their guests. Advance sign-up is absolutely required. The bus will depart 'downtown' Montauk (the Green just next to the bank in town) at 3:00pm SHARP. Plan on completing the ride before 3:00pm, and be prepared to take off your own pedals, and possibly lower your saddle. The bus will drive directly to Grand Army Plaza, in Manhattan, with no other stops.

Come home in party style with your friends from the New York Cycle Club after the long challenging ride.

The cost is \$26.00 per person. Make checks payable to NYCC, and mail to: Reyna Franco, One Irving Place, #1-10C, New York, NY 10003 as soon as possible. Space is limited, so reserve now. Questions? Jane Kenyon (212)662-1935 or Reyna Franco (212)529-6717.

## Bike-to-Work Week

by Jesse Kalb

All week you look forward to doing the thing you love - why not do it during your commute? **Transportation Alternatives**, is making it possible.

**Bike-to-Work Week, May 16-20**, showcases the joys and benefits of cycling in NYC. Join the morning rush and scarf up free bagels and coffee at T.A.-sponsored breakfasts.

BTWW benefits all cyclists. It is a display of force that shows the city more people would bicycle if the streets were safer. It shows employers that their workers would ride if they had building access. Now is the time to assert your rights as a cyclist and take the extra step: **Bike to Work**.

**All breakfasts** are free to bike commuters and are from 8 am to 9 am.

### EVENTS

**Wednesday, May 11:** Pre-BTWW safe cycling workshop, by Ed Serrano, 5 BBBC pres. Learn the fundamentals of riding in traffic. What you need, what you don't. 7 pm, T.A., 92 St. Marks Pl.

**Monday, May 16:** Elected and appointed city officials ride - City Hall, 12 noon.

Cycling safety workshop II: 7 pm, T.A., 92 St. Marks Pl.

**Tuesday, May 17:** Breakfast at the Municipal Building, sponsored by Manhattan Boro Pres. Ruth Messinger.


Cycling & Fitness workshop, by sports physician and bike racer Dr. Errol Toran. 6 pm, Bethesda Fountain, 72nd St., Central Park.

**Wednesday, May 18:** breakfast - Bronx County Courthouse.

Bicycle Basics seminar: includes braking, shifting gears, simple maintenance, and fixing flats. 8 pm, at Toga Bike Shop, 110 West End Ave. at 64th St.

**Thursday, May 19:** Brooklyn Boro Hall breakfast.

Basic bike repair class: brake adjustment, cable replacement and other advanced repairs. 6:30 pm, T.A. office 92 St. Marks.

**Friday, May 20:** Breakfast at the Greenmarket, Union Square: 17th St. between Broadway and Park. Sunset bike ride: Riverside-Harlem-Central Park; Meet: Union Square Park 17th & Bway, 6 pm; or, 72nd and Riverside Dr., 6:20 pm. Finish: PARTY! Central Park Sheep Meadow, across from T.O.G. 

# BLOWOUTS

by Lou S. Pokes

Two broken bones, one chipped tooth and a pretzeled wheel. Yeah...I want to take the SIG, too. That's how the first month of the SIG was described to me by one of its leaders. (Ernie and Christy (no), you know I would never say anything bad about the SIG). The first crash happened when **Ellen Medins** fell after hitting one of those new, Winter of '94 pot-holes. Ellen wasn't hurt but **Sandra Kudrecki** hit her and she also went down. Sandra's chipped tooth and road rash were bad enough that everyone chipped in for a cab for her. It wasn't until later that they found out she had broken her elbow too.

The following week **Kathleen Eaton** was a crash victim. The broken bones in her left hand had to be pinned. Of course, she's left handed. Ouch!

Also suffering a minor crash was **Marion Crowley** who rode off the road and into a large mud bog to soften the fall. Two weeks later she had a second minor accident. It looks like she inherited the "accident prone" gene from Dad.

What makes all these accidents really interesting is the way the SIG leaders divided the participants into three groups. They did it by address - Upper East Side, Upper West Side, and Downtown. All of the accident victims were in the Upper East Side group. Stay away from the Upper East Side!

Proving that accidents don't only happen to SIG riders, **Dave Visoky** crashed, breaking several bones, while on vacation in Florida. Some vacation. Oh yeah, he lives on the Upper East Side too. Get well soon, Sandra, Kathleen and Dave.

No good deed shall go unpunished. **Ellen Richard** did her good deed for the day early in the morning on March 26. She was marshalling the CRCA race when an unleashed dog ran across the road imperiling the oncoming racers. Ellen grabbed the dog and the race safely passed. The story would have a happy ending except that while Ellen was chastising the dog's owner, the dog was eating Ellen's bagel! While Ellen may have gone hungry, she is one of our Road Heroes this month.

If you remember, last month's Road Hero was **Bob Moulder**. His benevolent act was returning a lost wallet. Bob claims the story was all blown out of proportion and that everyone on the ride played a part in reuniting the wallet with its owner. O.K. Bob, you're no hero! But, congratulations on No Tech Tips going national. The entire membership of the League of American Wheelmen will now benefit from Bob's expert tips.

Congratulations to **Rachel Spevak** and **Clif Kranish** on their upcoming wedding. I was told not to give out too many details so all I can say is Rachel and Clif will be in Harrison instead of Montauk this year. And thanks **Amy Weinstock-Slavin** for a great job at matchmaking.

And, congratulations to **Jeffrey Slavin** on the arrival of his new sister. Five pound, twelve ounce **Hannah Joy** was born at 3:41 p.m. on March 18th.

Also getting married in May are **Tom Lowenthal** and **Alessandra Ragozzino**. Not only do I have all the details, but I heard Tom and Ally would love to have some of their cycling friends stop by for the cocktail hour. So, if you're going to be near Bear Mountain on Saturday May 21 (the SIG Graduation?) here's how to find them: The reception is at Monteverde Restaurant at Oldstone at the intersection of Routes 9, 6 and 202 in Peekskill, 2 1/2 miles south of the Bear Mountain Bridge. Be there between 2:00 and 2:30 to wish them well.

The late breaking gossip is about the continuing merger of the Women's Open Road and Men's Tom Cat Bakery Teams, as **Catherine Chatham** and **Craig Spiegel** announced their engagement. They haven't set a date yet but it will undoubtedly be during the off season.

For those of you who spend Mondays recovering in front of the television now there's something worth watching. "The Bike Show", which debuted on April 4th, promises to cover all aspects of cycling from commuting to racing to century rides. The focus for the first two weeks was on racing with Race Correspondent **Stefani Jackenthal** jumping off her bike at the end of a race to grab a microphone. Come on, Stef, get a wireless mike and a helmet-cam and give us some real insight on life in the peloton! Catch all the action every Monday at 9:00 p.m. on Channel 16.

Stefani's also continuing her racing successes - second (again) at the Ocala Road Race and fourth in the Criterium. And, congratulations to **Jay Rosen** who has been racing extremely well this spring.

When Hilary Clinton was in town last month touring Kings County Hospital, that was **Dave Regen** following her as the official photographer. Why? It was **Ed Fishkin** giving the tour! Ed, is "pull my finger" a medical term?

April's in Traffic was their Special Commuter Issue. Among the commuter features were an article by **Steve Baron** and photos of **Geo Kaplan**, **Glenn Weiss** and cover girl **Jody Saylor**. Unfortunately it depicts Jody riding smack-dab down the center of Fifth Avenue. Pick a side, Jody! And if you're going to ride dangerously, adjust your helmet!

Thank you **Bob Foss** and **Shari Horowitz** (yes) for hosting the barbeque after that Purdy Ride to New Canaan, and **Mitch Yarvin** for his natural knack at BBQ. Let's do it again in the summer so we can use the Reservoir too!

After winning two CRCA Races in April, **Steve Connell** is also the recipient of a Road Hero award. No, it's not for his racing successes but for being such a gracious winner and taking his losing NYCC friends out for breakfast after the races.





Our other award this month goes to the unidentified club member who spotted Greg Lemond (and his cast after crashing in Paris-Roubaix the previous weekend) in New York on the afternoon of Tuesday, April 12th and didn't invite him to the club meeting that night. You could have been a Road Hero instead of being a Road Bozo!

Finally, look for a feature on Bicycling in New York City that will appear in the City Section of the Sunday Times on May 15th. It's written by **Bruce Webber**, the guest speaker at last October's club meeting. In addition to Bruce's story it will describe several routes in the Five Boroughs designed by NYCC & TA members **Cindy Arlinsky**, **Charlie Komanoff**, **Mark Roland** and **Jeff Vogel**.

## SPORTS CHIROPRACTIC

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# No Tech Tips

## Summer Personals

As I sit to write this month's column on a cool, drizzly April morning after an early ride in Central Park, I am thinking about the warm days to come. Memories of the long, sweltering hot days of last August have been buried by a brutally cold winter, so I forgive Mother Nature for her past summer excesses and welcome the warmth again. Time to ride.

Here a few tips that might make your summer cycling more enjoyable.

### Cool "un" wisdom

Sometimes it's a good idea to question conventional wisdom. We've all seen clothing ads in cycling magazines and catalogs that tout the virtues of "wicking" fabrics. These materials are claimed to, and in fact do, "move perspiration off your skin through a one way capillary action," as one catalog ad says. Another ad states "The inner layer stays dry, so you feel cool and dry on the bike." Is this really the case?

I have tried four or five of these super wicking jerseys over the past few seasons, none of which seemed to work as promised, and a couple of which actually felt very hot and uncomfortable. The same Mother Nature that serves up those summer sizzlers also came up with a clever process to help us cope with them; we sweat and the cooling perspiration evaporates directly from the skin. Is it possible textile designers have made a mistake by trying to short-circuit the natural process? Could it just be that the wet layer should remain next to the skin with the wicking layer on the outside?

I know it sounds implausible, but the way to restore the natural order while the folks in the white lab coats sort things out is to add a layer! That's right — wear a T-shirt under your hi-tech, super wicking jersey. The undershirt holds cooling moisture next to the skin, and — get this — the amount of moisture can be adjusted to personal preference by trying out various poly/cotton blends. I found that a 100% cotton T-shirt felt a bit clammy, but a poly/cotton blend is just right for me. Blends are available in the range of 30/70, 50/50 and 70/30, so start your own testing now.

The person who first introduced me to the idea of wearing a T-shirt under a jersey is NYCC member David Walls. He now lives in Colorado where is CFO of Inside Communications, publisher of Velo News. I didn't feel the need to use David's technique until jerseys made of "advanced" materials came along.

### Combating the cooties

Did you ever ride behind someone who smells like a biological warfare experiment gone haywire? In a few cases the weak link is personal hygiene, but it often happens that fabrics, especially some of the synthetics, can't be rid of odors through normal machine washing. Synthetic chamois in padded bike shorts presents a serious challenge to even the

most fastidious among us. Here are some suggestions for really tough smells:

🚲 Wash your stuff as soon as possible after every ride. That way odor-causing microbes can't get a foothold, and you'll reduce the chance of getting skin infections.

🚲 Wash with cold water. Hot water makes protein-based grungies coagulate and hang onto fabrics even more tenaciously.

🚲 Use unscented detergents. The perfumed stuff is supposed to mask unpleasant smells, but if it doesn't work, the cooties and perfume tango together to create an odor most foul.

🚲 For extra pesky cases, such as chamois, try hand washing with anti-fungal and/or anti-bacterial detergents, available at drug stores. Also, try machine washing and then treating the area with a generous dose of lemon juice for about 30 minutes. Rinse out the lemon juice, wring out the water, then lay out the chamois to dry in full sunlight where the strong UV rays can bombard the little microscopic bastards. Finally, treat the area with an anti-bacterial chamois cream available at some bike shops and mail order houses.

🚲 Ripe helmets can be neutralized by removing pads/headbands and washing as per above, but here's my super-duper tip for stinky styrofoam: Remove the helmet's

pads and spray the inside of the helmet with Aftate liquid (not powder) athlete's foot spray. This stuff is unsurpassed at taming wild headgear.

🚲 Smelly footwear gets blasted with Aftate, too. Remove the insole liners, wash and dry them, then hose down the liners and insides of the shoes with Aftate.

### Fundamental review

Drink lots, because dehydration is a bad thing. Carbohydrate/electrolyte replacement drinks are good for longer rides, but plain water is fine for shorter rides. Dehydration leads to lowered blood volume, rapid heart rate, slowing or stoppage of digestion, body chemistry imbalances, dizziness, heat stroke and other negative things your doctor could rattle off for you. So drink lots.

Use a waterproof sunblock with a SPF of 15 or higher. Many have a strong, medicinal smell, but I find the lightly-scented Neutrogena sunblock to be least objectionable. Any smell is better than sunburn, though.

If you use a headband to keep sweat out of your eyes, you might try using a cotton bandanna instead of the usual elasticized terry cloth kind. I find that once the cotton bandanna becomes soaked, the sweat evaporates at the same rate it is produced, and it can be spread out to dry at snack stops — the terry just loads up and keeps on dripping.

Carry a small sponge and give yourself a refreshing mini-bath. Washing salt and road grime off your face, arms and legs with plain water does wonders when you find your spirits sagging in the heat.

**Keep cool!**

***The same Mother Nature that serves up those summer sizzlers also came up with a clever process to help us cope with them; we sweat and the cooling perspiration evaporates directly from the skin. Is it possible textile designers have made a mistake by trying to short-circuit the natural process?***

## Off the Side

**"It's 1994.**

**Do you know where your culture is?"**

It's now May and the GWB bikeway is still covered with piles of gravel spread on the bridge in the winter. Why hasn't it been cleaned? Two workers could easily sweep it clean in a morning. Instead, we often see bridge workers standing around b.s.ing and goofing off instead of working. Is that just part of their culture?

Is it cultural that those assholes who break beer bottles on the GWB ramp and sidewalk leading to it break beer bottles? (Why doesn't the Port Authority, which maintains the bridge, ever sweep up the glass? Answer: See above.)

Is it cultural that Chinese bike delivery guys seems to go out of their way to ride the wrong way on one-way streets and always against traffic...unless they're riding on the sidewalk?

Is it cultural that not one of those Central and South American guys that paceline up and down 9W wears a helmet?

Is it cultural that those crude NYCCers who pee on the NJ side of the bridge do that when they could just as well have used a toilet at the Central Park Boathouse twenty-five minutes and seven miles before, before the start of their ride? It's not as though they have to urinate every seven miles or that they're taken by surprise by the time it takes them to get to the bridge since the same ones seem to do it over and over.

The Palisades Interstate Park Commission Police have been giving out tickets to cyclists who've proceeded past the "No traffic" sign to inspect the avalanche on River Road (which is their turf). The question is: if the police were really were so concerned with safety rather than revenue, why aren't they posted at the chain to stop cyclists from entering instead of waiting for them up the road after they've gone past it and ridden the distance to the rock slide? Maybe this is just part of their culture. I'm also told one or more of them aggressively insist(s) the sign specifically says, "No bikes" but that it doesn't. ...Not that that exculpates the cyclists since they are traffic.

Ye who are headed to Montauk, be forewarned again: you risk getting a ticket if you ride on Southampton's downtown blocks. The outgoing mayor insisted the reason bikes are banned is because they're not safe and they're not safe because cars angle park (so more of them can be crowded into the shopping area) and the drivers can't see bikes when they back up—although he couldn't cite and didn't know of a single car-bike injury that lead to the ban on bikes. May we mention that

by Richard Sanders Rosenthal

Greenwich has angle parking and allows bikes on its downtown streets?

If what the ex-mayor says is true, would it be terribly unaesthetic to put signs on the parking meters warning drivers to look out for cyclists? What we have here is yet another example of penalizing the law abiding person rather than punishing the law breaker, in this case the careless or reckless operator of a motor vehicle.) It calls to mind when a California State Police commander halted the Race Across America because there would be a lot of drunk drivers on the road! You'd think tony Southampton would sooner cast out noisy, polluting, traffic-clogging cars than bikes and consign the cars to the roads and parking lots immediately behind the shops. Lest you think Southampton is really in earnest in protecting the health of its residents and visitors, it is legal to sell tobacco and liquor in the town. But, hey, the Hamptons have a culture to protect.

Why should any bike cost \$3500? I guess it's just a part of our culture. But why should a bike that costs \$3500 at Toga and R&A cost \$1000 more at a couple eastside bike shops? Perhaps it's just part of the eastside Culture of Excess. One of the overpriced shops said, "But we'll give you service." A thousand bucks worth? What crap!

A digression: A Specialized helmet that sells for \$70 in the Performance catalog sells for \$43 in the REI catalog.

Let me relent for a moment in this bashing of our culture to praise R&A, the Brooklyn bike shop with a national following...although it may not welcome my reporting this story of its extraordinary, literally unbelievable service lest others request the same. One Friday at 5:00PM I telephoned them in Brooklyn, learned they had what I wanted (and at a price one-third less than Toga), and asked whether there was anyone who worked there who lived in Manhattan and who would bring it with him for me to pick up anywhere in Manhattan. For a five buck delivery charge they delivered it to my front door within three hours!

A final word on culture, at least for the time being: Question: How do you know the hasidic students at the Kehilath Yakov yeshiva in Ossining aren't supposed to have bikes at their school? Answer: Because two of them hide their bikes in the underbrush on the property next door...which happens to be Clay Heydorn's3 new land mass. Clay, a drop-out seminarian (and, for that matter, a drop-out Catholic) has an idea to teach them there is a god. His idea? Clean, polish, adjust, and lubricate their rusty, PoS bikes and leave them where they're hidden for the boys to discover.

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## The old crank (rides) writes again

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This is a true story, overheard on a recent "A" ride. Why I was on an "A" ride is a subject for another month.

"Great looking bike. New?"

"No, it is about four months old, but I keep it clean".

"How do you like those new-fangled shifters; I hear they're great?"

"I love 'em, except I cant figure out how to get into my low gear. I've tried everything I can think of, and can't make a proper adjustment."

"Why don't you take the bike back where you bought it and have them fix it and show you how?"

"They aren't near-by".

"So, call them".

"Well, I bought the bike at the best price around and they don't know anything about the equipment they're selling!"

But then I'm told by Richard Rosenthal, who writes elsewhere, reported recently that the difference between two good shops in the city, for exactly the same bike, was \$1,000. There is a rumor that folks living on the upper east side can and will spend more than folks on the upper west side. I don't believe it: Hot and Crusty gets the same price for a muffin regardless of location.

## R.I.C.E.

Although we have seen significant advances in sports medicine in the last decade, with all the new technologies available to us clearly RICE is still the standard for most acute athletic injuries. The acronym RICE stands for rest, ice, compress, and elevate.. Most sports injuries involve some degree of tissue tearing or bruising, the two most common being sprains (over stretched or torn ligaments) and strains (over stretched or torn muscles or tendons). The body's response to these types of traumas are swelling, inflammation, bleeding and muscle spasm. RICE should begin immediately for the most beneficial outcome.

Rest the injured area to allow the damaged tissues to heal and to avoid further insult. The amount and type of rest are dependent on the severity of the injury and the body part involved.

Ice acts by cooling the tissues. The decreased temperature evokes three important reactions. Cold causes constriction of

by Russell B. Cohen, DC CCSP

blood vessels that limits swelling and bleeding. It also dulls the pain by acting on nerve endings. Lastly, it reduces muscle spasm via a neurological reflex..

Compression can be accomplished by applying an ace bandage or the like to the injured body part. This limits the amount of swelling and bleeding which will result in faster healing. The compression also restricts the contraction and movement of the injured part facilitating rest.

Elevation of the injured body part above the heart aids in reducing blood flow to the area, hence, less swelling and bleeding.

So the next time you experience a sports injury remember RICE. It's so simple, yet so effective. I know of no better immediate treatment.

*Dr. Russell B. Cohen is a certified chiropractic sports practitioner, a USCF CAT 3 racer and a NYCC member. He can be reached for questions or comments at 212/713-0180.*

## Bike Italy!!!

- ☐ 70+ miles daily
  - ☐ Italian-speaking American leaders
  - ☐ Van support
  - ☐ 3 star hotels and superb meals
- 9-day trips: May 20 or June 24. \$1600  
Lori Vendinello  
LaCorsa Tours, Inc. 212-353-9068

## "FREE LUNCH" All Class Club Ride

Come to the first club picnic of the year in scenic Tallman Mt. State Park just off route 9W. "C", "B" and "A" rides will converge on this beautiful Rockland County park at around 1:00 pm. Circulate among all types of NYCC riders while enjoying a free lunch provided by the Club to all those who sign up on the leader's ride sheet of any of the rides listed in the May 8 listing..

See you at Tallman!

## Nutrition Series Instant Replay

by Christy Guzzetta

I am coordinating a second nutrition education series for members of the New York Cycle Club. It is a basic, straightforward program designed for the regular people among us: A, B, and C riders who want a better understanding of practical nutrition. Topics include dietary guidelines, USDA pyramid review, modification of portions, protein, carbohydrates (simple and complex), fats, exercise and energy, identification of individual needs, label reading, eating out, and more.

The program is taught by Claudia Schwide-Slavin, nutritionist and registered dietitian. Claudia has already conducted one program for members of the New York Cycle Club.

You may call any of these people to ask about the program:

Karl Dittebrandt (212) 477-1387  
Andrea Goodman (212) 254-1717

Henry Joseph (212) 989-8176  
Karen Reich (212) 874-7923  
Lin Saberski (212) 787-2810  
Susan Tallheimer (718) 832-0152  
Rusty Worden (212) 877-9281  
Jody Sayler (212) 799-8293

The first class will be Monday June 6 from 6:30 - 7:30 or 8:00pm. There will be a total of 6 classes, one each Monday. The cost of the program is \$150 per person in advance. Space for this small group is limited. Call/sign up early. Maybe you'd like more energy, maybe you just want to have a better understanding of basic dietary needs. Whatever, this program is a good foundation toward accomplishing these goals.

Christy Guzzetta (212) 595-3674

## Notes from the Mystery

### Bike Shop

by Anon D. Mechanic

Thanks to your bulletin editor for taking a gamble to publish my anonymous comments. I'll try to live up to the burden of my office. (I feel like a super-hero vowing to protect my secret identity. All I need now is a side-kick.) So here goes:

We see tech tips from Bob Moulder regularly. My hat's off to him for the quality of his mechanical comments and the way he describes those mechanical things so hard to articulate.

A suggestion to you, Bob: mushy brakes are rarely due to brake pads. Look carefully at the cable, especially any housing that may be stretched or bent, as well as the length of the transverse cable (on C.P. or cantilever brakes). Most manufacturers as a poor generalization suggest that the transverse wire make a 90 degree angle with the brake arm when the pads are touching the rim. Substituting or changing the length of this transverse wire will make brakes mushier than a new bungie. Changing the brand of your brake pad does not change the stiffness of your brakes except that the pad size may require you to readjust or change the cross wire, and that's what the real problem is. (Wow, didn't that sound like Fred Zahradnik?) Shimano has had such a serious problem with cross wire length that they sent all of us special measuring tools to use. I presume you've ruled out flexing of the levers and calipers and incompatible "extension levers".

Another item, Bob: you mentioned your rim was ticking like a time bomb on a new bike every time you applied the brakes. By doing your own bump and grind routine to smooth out the rim joint, you are making two serious mistakes: 1) you void the warranty and 2) you undermine the quality assurance of the store and the manufacturer. If you don't tell anyone, how can we monitor &/or correct the problem for the next customer?

This brings up an interesting thought, Bob. Not to badger you or anything, but why didn't you bring it back to the bike shop? Even if you enjoy tinkering, you are entitled to have a new bike work right! Are you unhappy with your bike shop? If it is the shop I work in, please take a moment to let us know.

## Bob Replies

Gee, Anon, I feel a bit uncomfortable getting involved in a tit-for-tat with a pro such as yourself. It's not that I'm some sensitive artist type who can't handle constructive criticism - but it seems somehow inappropriate that two regular columnists should use NYCC Bulletin space to engage in an ongoing debate, particularly the never-ending local bike shop vs. mail-order-and-do-it-yourself argument. So...just this once, then we go bi-coastal for good, okay?

A general rule I go by is: When something happens once it is a coincidence; twice is a pattern. On several occasions I experienced mushy brake performance which was directly attributable to brake pads, as did other cyclists. The brands involved were DiaCompe, Campy and some generic pads, and changing pads cured the problem when nothing else would. Of course, this doesn't rule out the time-honored procedure of first checking the more obvious causes such as kinked or bent cables and housings, to which I devoted an entire column in the May '93 NYCC Bulletin. Anon, I must defer to you on the topic of transverse wire induced mushiness since I only recently started riding a mountain bike with cantilever brakes. I'll have to wait a few months before I start yapping about ATB's.

As for rim ticks, I estimate that as many as 5 out of 10 Mavic Open 4CD rims tick because of uneven joints. (MY most recent gripe concerned a Weinmann Bontrager.) It doesn't take a great leap in logic to infer from Mavic's introduction of the premium-priced S.U.P. (welded and machined joints) rim series that Mavic has been made aware of the problem, probably by professional cyclists whose sponsors are willing to ante up \$130 per rim to get rid of that infernal tick. I bet we soon see the S.U.P. process trickle down to Mavic's less expensive rims and trickle sideways to other rim manufacturers. In the meantime, for many bikers who do their own wrenching, the difficulty level of the simple remedy I described rates right up there with trimming their toenails. As for myself, I wouldn't even dream of mailing my mountain bike back to Excel Sports in Boulder, Colorado because of an annoying but easily cured rim tick, especially considering their patience, the general excellence of their service and the several hundreds of dollars they saved me over local retail.

## Bike Trains!

From Saturday, April 16 through Sunday, October 30, Metro-North is providing 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.

• 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.

• Each person must present a valid one-way or monthly commutation ticket, and a bike permit.

• Only standard two wheeled bikes are allowed aboard trains.

• Cyclists are to remain in the car with the bikes for security reasons or in the event of an emergency.

• Cyclists may board and detrain at any of the regularly scheduled stops except Manitou, Breakneck Ridge, Mt. Pleasant and Appalachian Trail. The conductor must be notified prior to the detraining station.

• Hudson Line: the 7:55am from Grand Central and the 4:19pm train from Poughkeepsie will have one coach for bicyclists, accommodating a maximum of 15 bikes. Bikes are to be placed only in the aisles of the coach.

• Harlem Line: the 8:47am train from Grand Central and the 4:08pm train from Brewster North will have two coaches for cyclists, each accommodating a maximum of 15 bikes. Bikes are to be placed only in the door vestibules and aisles.

• New Haven Line: the 8:07am train from Grand Central 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.

These trains will operate under the same restrictions as in previous years. Metro-North cannot assume responsibility for inconvenience, expense or damage resulting from errors in timetables, delayed trains, failure to make connections or for changes in or shortage of equipment.

## Media Watch

by Richard Sanders Rosenthal

From a narrow perspective, the magazine stand on the downtown level of the E and F trains at Fifth Ave. and 53rd can be regarded as the best underground newsstand there is: it carries six cycling rags in its small, cramped space.

Perhaps those Siggies who completely blocked a road from one shoulder to the other with unfortunate consequences modeled themselves after the print ad for the movie "Who Ate Gilbert Grape?" It features a bicycle stopped in the middle of a highway, perpendicular to the road.

An indisposed club rider salved her wounds by renting videos of "American Flyer," "Breaking Away," and "Quicksilver," three of the greatest American films ever made about cycling. Talk of "Quicksilver" calls to mind club member Jonathan Silvers, a ballsy TV journalist and producer of the first rank whose peregrinations have taken him to the drug factories of Colombia and very recently to the West Bank settlements where he produced pieces for NBC News, BBC-1, and "Day One." His next trip there will find him biking the west bank, the forty miles from Jerusalem to Masada.

Silvers is not the club's senior TV journalism producer. That distinction belongs to Karin Fantus who practices a somewhat different, form of it, having worked for "Gerald," "Inside Edition," and now "Rolonda."

How strange that the current Cycling Times turned to the Century Road Club (CRCA, the bike racers), not Transportation Alternatives or the NYCC, for advice on how to share Central Park with non-cyclists. According to New York City's legal papers and testimony in the case brought by TA and the NYCC to overturn the 15MPH speed limit on bikes, it was largely pack riding that brought the complaints that resulted in the imposition of the speed limit in the first place. Side note: Richard Henry, the past president of the CRCA, wouldn't join in the suit as a plaintiff even though his riders were perhaps the ones most affected by it. By his own admission, he didn't want to jeopardize the special favor the Parks Dept. grants the CRCA by letting them race in the park.

The model in a current Scope mouthwash commercial (who probably doesn't know better), and the model on the cover of a current cycling magazine (who does) wear their helmets in a very rakish, soigné manner: pushed up and back.

Obviously their concern was solely with their appearance and not at all with safety. Still, that's a whole helluva lot better than most of the riders shown in the opening segment of a six part series that aired April 13th on Channel 31. The show is about "Heros in the City." The opening segment was on cyclists. Given how much could be said (Transportation Alternative's City Cyclist says it six times a year), it was profoundly uninformative and uninteresting. Probably ten riders were shown. Only two of them wore helmets: Cindy Arlinsky of TA and George Plimpton, the writer, who wears an old, old Bell V-1 Pro with his initials in brass on the front of it. Mark Martínez points out Plimpton is the pitchman for a car in a TV commercial. It was disturbing to see the irresponsible and dangerous riding of bike messengers celebrated. It's true they must be greatly admired for their oftentimes superb bike handling skills and for doing honest and hard, hard, grueling work in miserable, really horrible conditions and for only a slight amount of money...but riding as they do, or at least as those pictured did—heros, my ass.

The TV commercial for Prevention magazine shows a bike rider. No surprise there. Prevention is owned by Rodale Press, publishers of Bicycling. The current TV commercial for Bermuda doesn't just show bikes, it sings of riding them. A line in the lyric of the song talks about the "glorious" biking.

Bikes on the cover of two current books that aren't about bikes: *Rebellions, Perversities, and Main Events* by Murray Kempton (Times Books, a division of Random House) and *Inside Adobe Illustrator* by Sue Plumley (NRP).

This notwithstanding, the Times has had a spate of bike stuff recently. There was Sam Abt's article on world road champion, Lance Armstrong, (Apr. 14), and in the Sunday Travel Section, "Away on Wheels t Bryce and Zion" (Mar. 20) and two follow-up letters to that article and a photo (Apr. 17). The front page of the Apr. 17 Travel section had a wonderfully evocative color photo of a presumably French woman on a clunker, holding her coat around her against the Norman chill as she rides by a manicured lawn, a church, and a sign that is in English: Utah Beach, 6K. If you're not of a certain age, you'll wonder why the sign is in English. The April 11th NYT pictured two cyclists standing watch on the Brooklyn Bridge as part of the Police Department's Fear Reduction Program. (Doncha love that

name?) They're citizen volunteers and the can report crimes on cellular phones but, as the Times says, "(T)hey will not be able to interfere physically or verbally in a crime." Huh? What's this? They aren't even allowed to yell out, "Hey, putz, don't do that!"

NYCC member and lawyer Lori Vendinello faxed us a page from the March 31, 1993 New York Law Journal, the daily exegesis of what's going on in the courts. It contained a three graf note headlined "Injured Bicyclist Awarded \$2 Million." Seems Richard Voss, age 49, hit a pothole on the 79th Street transverse through Central Park and the city had prior notice of that pothole which rendered the city 100% liable for his unspecified injuries. Voss is a theatrical producer.

God knows I'm as P.C. as the next guy but Core States, the bank holding corporation that sponsors the US Pro road championships, was stretching it in its large ad in the April 18th Wall Street Journal. The theme of it was cooperation or teamwork or some nebulous thing like that. It pictured a white road racer passing off his bottle to a African-American one. Nothing wrong with that...except, sad to sad, the fact of the matter is that big time bike racing just doesn't have any African-American road riders.

NYCC member and City Cyclist Commuter-of-the-Month Dorothy Fong sends us an article from a Brooklyn Heights paper called The Paper (April 8-14). It reports a 62 year old woman died after being struck by a 13-year old boy who was riding his bicycle fast on the sidewalk, heading towards a ramp he had set up.

The March 25th Los Angeles Times "Dear Abby" column contained a letter from "Mrs. Bryan's (eighth grade) Class" asking whether cyclists should ride with or against traffic. Abby got the answer right and if you don't know it, I consign you to eat Chinese takeout in perpetuity.

On the, by now, infamous March 31st "Late Night with David Letterman," which featured Madonna, Madonna brought film clips from past Letterman shows supporting her contention he was obsessed with her sex life. Among them was one Letterman had previously run which she showed. It purported to show Madonna riding her bike. It was shot from the rear. And of the rear. It was of a naked woman riding a bike. (...And, no, it was not Madonna.)



## Minutes

NYCC Minutes, Tuesday 1 March 1994

George opened the meeting at 6:46.

Present: George Kaplan, Jody Saylor, Reyna Franco, Herb Der-showitz, Caryl Baron, Steven Britt, Mitch Yarvin, Peter Hochstein.

Absent: Larry Ksiez, C.J. Obregon, Karin Fantus, Jane Kenyon.

It was agreed that the club would have a banner (not a sign) to be displayed on the hill in Central Park. Steve Britt suggested a kite. Herb fantasized a batman beacon with the NYCC logo. We settled on a banner.

The February minutes were approved as amended.

Membership: Herb reported we have 499 paid members as of this date, as opposed to 418 last year. GCK acknowledged NYCC has a 50% yearly turnover in membership.

Reyna reported we have \$4660 in checking, \$8888 in CD. More data is needed to evaluate the efficiency and cost effectiveness of bulk mailing.

Jody noted more than 40 people attended the Feb. meeting in a heavy snowstorm. 2 (Herb and Bob Moul

George is planning the Connecticut Shoreline ride for October 13 or 30.



The meeting adjourned at 8:15 p.m.

Respectfully submitted,  
Caryl Baron, Editor

## Re-Cycling

**For sale:** Basso Ascot frame 52cm, Col. m.s., C. rec. s.p., Mavic b.b., paint by Tom Kellogg \$425. Time Ti. Mag. pedals—very little used. New \$295. Sell \$125. Syncros Ti. s.p. 27.2 230 mm. \$90. TTT h.b. 41cm \$25. TTT stem 10cm \$25. Sun-tour XC Pro 93 mtn. bike levers \$35. Call Maynard 212-265-6330 anytime.

**For Sale:** Nashbar Rain Suit. Brand New, Bright Yellow Pants and Jacket. Size: Medium. \$25 (Save over 50%). Call Norm at 212-989-4136.

 **Shimano Ultegra** 172.5cm cranks (used). Willing to sell or trade for 170's or 167.5's (used OK).  **Selle San Marco** Turbomatic Titanium White (used). Willing to sell or trade for Flite (used OK). Call Jane (212) 662-1935.

**Raleigh Technium** 45053cm (c-c). Blue/White Highlights. Aluminum main frame tubes. 18spd. Upgrades. 2 pair wheels, 3 sets tires. Meticulous. \$225. (718) 426-7383. Ray Malecki 58-17 84 Pl Elmhurst, NY 11373

**For sale or trade:** A pair of off road speed play pedals. Suitable for paperweights. Trade for road or MB pedals. Purchased at Philadelphia show for \$60. Let go cheap or swap. Don (212) 307-7753.

**Time Titanium pedals.** Brand new and boxed Below wholesale: \$130. Used Time Ti: \$80. Look women's shoes: 6 1/2-7; slightly used Look men's shoes: 10. Richard. 371-4700.

## Maps!

As reported in the Mid-Hudson Bicycle Club's newsletter, the NYS Dept. of Transportation has undertaken a multi-year project to publish county maps. The following are currently available, and cost \$4.50, including shipping and handling:

-  Albany and Schnectady
-  Dutchess and Putnam
-  Erie (Buffalo area)
-  Monroe
-  Nassau
-  Onondaga (Syracuse)
-  Orange
-  Saratoga
-  Suffolk
-  Warren
-  Washington
-  Westchester / Rockland

Order from:  
Map Information Unit,  
NYS DOT  
State Campus, Bldg. 4,  
Room 105  
Albany, N.Y. 12232  
The Dutchess County Highway Department publishes an excellent map. Order from:  
Department of Public Service  
18 Dutchess Turnpike  
Poughkeepsie, NY 12538

# 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 May MEETING

T U E S D A Y , M A Y 1 0 , 1 9 9 4

## Downstairs at Houlihan's

in the Empire State Building at 34th St. & Fifth Ave.

### New York Cycle Club Ice Cream Invitational Party

Bring your friends   Bring your sweet tooth

And we will have a very social evening as we slurp up our desserts.  
This is the meeting to bring the friend who keeps saying, "I'd like to join the club,  
but..." (they need inspiration!) or to introduce your non-cycling friends  
to the bikies you're always talking about.  
So don't dare show up alone without a friend!

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

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

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### In May the training pays off!

