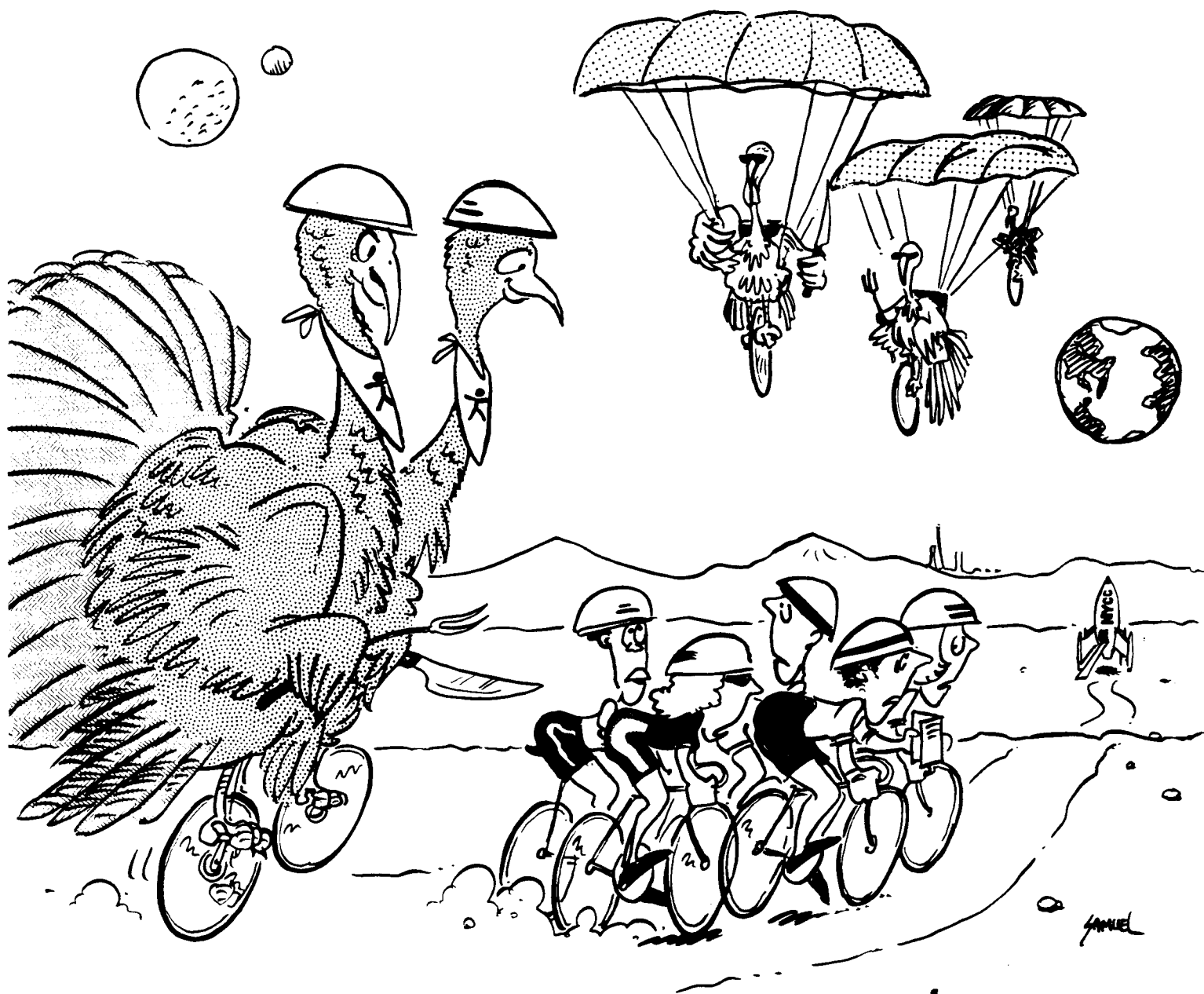


November
1994

NYCC Bulletin



"The brochure said, 'Join us for a vigorous ride followed by a delicious Thanksgiving feast on The Planet of the Turkeys.' I guess I didn't read the fine print."

New York Cycle Club

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NYCC Ride Guidelines

Ride Style	Description
A	Vigorous riding with advanced bike handling ability including cooperative paceline skills. Stops every 2 hours or so.
B	Moderate to brisk riding with more attention to scenery. Stops every hour or so.
C	Leisurely to moderate riding, sightseeing and destination oriented. Stops every half hour or so.
ATB 1	Hilly to mountainous and single-track riding. Mountain bikes only.
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.

Ride Cruising Speed	Central Park Self-test 4 - Lap Time
22 + mph	1:10 or less
21	1:10 - 1:13
20	1:13 - 1:16
19	1:16 - 1:20
18	1:20 - 1:25
17	1:25 - 1:30
16	1:30 - 1:38
15	1:38 - 1:48
14	1:48 - 2:00
13	2:00 - 2:14
12	2:14 - 2:30
11	2:30 - 2:50

The NYCC Bulletin is published monthly by the New York Cycle Club. The opinions expressed are those of the authors and do not reflect the official position of the NYCC.

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Subscriptions: Free to NYCC members. See inside back cover for information. If you don't receive your copy by the first of the month contact the President.

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

NYCC rides are friendly group rides by people of similar riding abilities. A volunteer leader plans the route and maintains the listed pace (e.g. B15 - see charts).

RIDE STYLE indicates the type of riding. See chart left.

CRUISING SPEED indicates the ride's speed on flat terrain.

Over rolling terrain, **AVERAGE RIDING SPEED** is 3 mph less than cruising speed; **OVERALL SPEED**, including stops, is about 6 mph less than cruising speed. These speeds will vary plus or minus 1 mph according to terrain.

SELF-TEST: Assess your personal cruising speed by riding 4 laps (24.08 miles) around Central Park at a comfortable pace and matching your time with the chart at left. NOTE: Riding one loop will give you a false assessment. (*The northern end of the park can be dangerous; ride with other cyclists.*)

YOUR FIRST NYCC RIDE: For your own enjoyment, be conservative. Choose a ride easier and shorter than you think you can ultimately handle. You won't enjoy struggling to keep up, nor make new friends by causing them to wait for you. It's a good idea to call the leader a day or so before the ride, and to introduce yourself when signing up at the start.

BEFORE THE RIDE: Check that your bike is in good riding condition: brakes and derailleurs working well, tires pumped to the pressure specified on the sidewall. Eat breakfast.

BRING: spare tube water **SUGGESTED:** lock
patch kit snacks rail pass
tire levers medical ID map
pump emergency phone # money

Leaders may specify other items in their ride listings.

WEAR YOUR HELMET! NO HEADPHONES.

WEEKEND EVENTS: These are usually in hilly country. You should be able to cruise at 14 mph, otherwise you may not find any groups to ride with.

Bike Trains

Saturdays and Sundays from April 16 through November 30, MetroNorth has scheduled specific trains to/from Grand Central Station to accommodate large groups of cyclists.

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

Bike passes are always required. There are no Bike Trains on holiday weekends. Refer to roster for restrictions which apply at other times. If you are leading a ride and absolutely require a Bike Train at another time, you must call NYCC's MetroNorth liaison, Jeff Vogel at (718)275-6978 well in advance to try to arrange another train for your ride.

Submission Guidelines: Editor is Caryl Baron, 165 West End Avenue, Apt. 29K, NY NY 10023. All articles must be submitted to the Editor on a 3.5 inch diskette plus hard copy. Advise operating system, software and phone number.

Material may be edited for length and clarity. *A full page of text is 4150 - 6000 characters (750 - 1090 words).* Publication is determined by available space, and we cannot guarantee that all submissions will be published. Submission is contributor's warranty that material is in no way an infringement on the rights of another and that material may be published without additional approval. Call the Editor for guidelines and/or advance approval.

Deadline. All submissions and advertising are due the day of the Club meeting of the month prior to publication.

All material for the DEC. Bulletin is due NOV. 8!

Club Rides

RIDE LISTINGS: To lead a NYCC ride next month and list it in the Bulletin, contact the Rides Coordinator (listed on page 2) for that ride class on or before this month's club meeting date.

Unless otherwise stated, precipitation at starting time cancels the ride.

WEDNESDAY, NOVEMBER 2ND

C7 19mi Bedford Stuyvesant-Climax of Brownstone Architecture :00 p.m.

Leader: Paul Rubenfarb (212) 740-9123. From the east side of City Hall Park at Spruce Street. Bedford's brownstones, lavishes in North America eulogize the gay 1890's. Rain or Shine.

SATURDAY, NOVEMBER 5TH

A20 65mi Destination: Food 9:00 a.m.

Leader: Mary Allen (212) 666-6844. From the Boathouse. Mission: burn enough calories for large lunch. Destination: Nyack. Method: approach from the North. Temp below 40 degrees at start cancels.

A18 55mi White Plains, the Hilly (?) Way 9:15 a.m.

Leader: C.J. Obregon (212) 876-6614. From the Boathouse. Around Saxon Woods, Mamaroneck Ave. and Ridge Road. Helmets required.

B16 70mi Rockland Lake 9:30 a.m.

Leader: Gene Vezzani (212) 875-1615. From the Boathouse. Enjoy the magnificent fall colors as we ride on the bike path around Rockland Lake. Call leader for cancellation condition.

SUNDAY, NOVEMBER 6TH

A20 55+mi Nyack 9:00 a.m.

Leader: Kristi Roberts (212) 229-9804. From the Boathouse. A round-about way into Nyack (Rockland Lake - weather permitting) for lunch. Direct return unless teased by Indian Summer. Temp below 34 degrees at start cancels.

A17-20 130mi Last Time to Montauk 7:00/7:40 a.m.

Leader: Lawrence T. Ksiez (718) 478-0644. From the Boathouse and Queens and Yellowstone Blvds. A bright and crisp day is what's called for on this ride to Montauk. We'll be there by 4:30 p.m. for last deli stop and the train at 5:02 p.m. Call leader to confirm. Limited space available. LIRR pass required.

A17 50mi Not the NYC Marathon! 7:50 a.m.

Leaders: Steve and Caryl Baron (212) 595-7010 eves. From the Boathouse. As Charlie, Dave, Alex, Liane, Kevin and 25,000 others, prepare to run the 25th NYC Marathon from the Verrazzano, head with us to Scarsdale for breakfast, down the Concourse to occupy "our spot" on the Madison Avenue bridge in time to see the leaders. Walkmen welcome - for catching race commentary while we watch! Bring warm clothes for spectating. **NYCC runners:** let us know your number and ETA at 20.5 miles (or expected pace - we'll do the math).

C14 40mi Flat & Fun 8:30 a.m.

Leaders: Carmen Perez (212) 628-8959 & Mark Masuelli (201) 860-9401. From the Boathouse. Lower Westchester county - Deli stops and a class on how to fix flats.

C12 50mi Stuck in a Rut 9:00 a.m.

Leaders: Irv and Hindy Schacter (212) 758-5738. From the Northwest corner of 64th St. and First Avenue. Once again over the G.W. Bridge to Piermont.

TUESDAY, NOVEMBER 8TH

A19-21 60+/-mi Election Day - Vote! 9:00 a.m.

Leader: Jeff Vogel (718) 275-6978. From the Boathouse. Let's exercise our rights and vote with our legs. The polls will be open from 8:45 to 9:15 a.m. Vote for your favorite destination. Republicans can go up the right side of the Hudson to White Plains. Democrats can go up the left side to Nyack. Extreme liberals can continue to Bear Mountain. Independents can ride alone. Anarchists can let the ride just happen. Communists will ensure that everyone does their share of the work by maintaining a rotating paceline. Dictators can try dictating the pace to Cuba. If we get caught with illegal tapes, we'll be resigned to going to Park Ridge. Those who would like to filibuster the issue can sit on the hill all day.

Tuesday, Nov. 8, 6:00 p.m.

NYCC Meeting

at O'Hara's 120 Cedar St.

Elections for Club Officers

All Rides and Bulletin material due!

See back page for details.

WEDNESDAY, NOVEMBER 9TH

C7 14mi Bronx's Art Deco Masterpieces 1:00 p.m.

Leader: Paul Rubenfarb (212) 740-9123. From the NE corner of 181st St. & Ft. Washington Ave. (A Train). The art deco triumphant buildings eponymous with the Bronx were in the heyday called not art deco but "moderne". Rain or shine.

SATURDAY, NOVEMBER 12TH

A20 65mi Are There Still Leaves on the Trees? 9:00 a.m.

Leader: Rich Borow (212) 866-1966. From the Boathouse. Let's wind down with a relaxed ride up to Armonk - I'll throw in a hill or two (if the weather and legs are willing). Otherwise let's take it easy! optional trip to the Rabbit Festival with Andrea Goodman. Temps. below 40 degrees cancels.

A18 55mi Marathon Recovery Ride 8:00 a.m.

Leader: Lori Vendinello (212) 353-9068. From the Boathouse. Regular route to Nyack with a quick stop at a bakery so we can be back by 1:00 p.m. Call leader for cancellation conditions.

A17 66mi New City Christmas Bazaar 8:30 a.m.

Leaders: Steve and Caryl Baron (212) 595-7010 eves. From the Boathouse. Once we get to St. Paul's Lutheran Church in New City, the question is whether to load up on handcrafts first, or homemade lunch and desserts. This ride has been a tradition for several years, and the best stuff goes fast.

B16 60mi Round-a-bout to Nyack 8:00/8:45 a.m.

Leader: Lawrence T. Ksiez (718) 478-0644. From the Queens and Yellowstone Blvds. and the Boathouse. The Back way to Nyack through Orangeburg. Stop at "THE DINER". 9W Route back. Temp below freezing cancels.

C14 45mi Piermonster 9:00 a.m.

Leaders: Carmen Perez (212) 628-8959 & Mark Masuelli (201) 860-9401. From the Boathouse. Piermont, the hilly way. Neither

Club Rides

snow nor freezing temperatures will cancel!

C14 35mi Back-By-Noon Series 9:30 a.m.
Leader: Gene Vezzani (212) 875-1615. From the Boathouse. Here's a new route through New Jersey with only one hill that will get you home by noon.

SUNDAY, NOVEMBER 13TH

A18+ 65mi 4th Annual Post-Season, 10:30 a.m.
Post-Party Hedgehog Ride

Leaders: Stephani Jackenthal (212) 769-8718, Jeff Vogel (718) 275-6978, Dan Schwartzman (212) 362-5493 & Margaret Cipolla (in absentia). From the Boathouse. You can sleep late for this traditional end of the season ride, Scandinavian style. The first stop is for a civilized brunch at the Flagship. We then climb the Trollstigen before stopping for Margaritas and Coronas at Santa Fe on Main Street in Tarrytown. Bike home along the Hudson Fjord or bring your Metro-Norsk pass. Riding skills appreciated, social skills mandatory. P.S. traditionally someone throws a party the night before a hedgehog ride. At press time, we don't know of any. If you hear of one, please remember to invite the leaders (except Stephani).

B15 50?mi Late to Bed, Late to Rise 9:30 a.m.
Leader: Jim Babbitt (718) 296-0027. From Queen's Blvd. & Union Tpke. (E and F train). Laid back ride to somewhere on L.I. Indoor eating place. Destination not yet known. Temps. below 28 degrees, rain cancels.

C7 16mi Edward Hopper's Weehawken 1:00 p.m.
Leader: Paul Rubenfarb (212) 740-9123. From the NE corner 181st St. and Ft. Washington Ave. (A Train). Victorian mansions were esteemed in Weehawken because the vigorous hills afforded vistas of the river and Manhattan's West side. Rain or Shine.

SATURDAY, NOVEMBER 19TH

ATB1 20mi Rocky Road - It Ain't No Ice Cream 9:30 a.m.
Leaders: Bob Moulder (212) 682-5669 & (212) 929-0787. From 7th Ave. & 23rd St. South Mountain for lots of fun. A Super Nova cancels.

A19-21 70+/-mi Sleepy Hollow 9:00 a.m.
Leaders: Rikki Furman (212) 734-2887 & Robert Samuel (212) 496-1113. From the Boathouse. We'll do some rolling Westchester hills to keep us warm today. A quick stop at Walter's deli to ward off rigor-mortis. More miles if it's warmer than we expect. 38 degrees at start cancels.

A18 60mi French Toast 9:00 a.m.
Leader: Reyna Franco (212) 529-6717. From the Boathouse. We're headed to Ramsey, N.J. today in search of the best French toast. Or as zzee fronch wood zay, "Toast American"! Bad weather cancels.

B15 45mi Piermont Outing 9:30 a.m.
Leader: Gene Vezzani (212) 875-1615. From the Boathouse. Cool weather riding rules! You'll have a great view of the Hudson when we stop for lunch at the Pier.

C15 45mi Piermont Outing 9:30 a.m.
Leader: Gene Vezzani (212) 875-1615. From the Boathouse. Cool weather riding rules! You'll have a great view of the Hudson when we stop for lunch at the Pier.

C 45mi Not Piermont! 8:30 a.m.
Leaders: Carmen Perez (212) 628-8959 & Mark Masuelli (201) 860-9401. From the Boathouse. We will ride to someplace warm and stay there!

SUNDAY, NOVEMBER 20TH

A20 80+mi Croton Reservoir 9:00 a.m.
Leader: David Younglove (212) 933-1276. From the Boathouse. We'll follow the well-worn path to the Flagship Diner in White Plains. From there, we'll loop around the reservoir with a quick deli stop on the way home. If cold weather dictates, we can cut the ride short.

A18 65mi Half New-leader Ride 9:00 a.m.
to New City (one new/one old)

Leaders: Stan Greenberg (718) 935-9786 & Mary Allen (212) 666-6844. From the Boathouse. Depending on which leader you are with, you may or may not get to eat. Leaving at 9:00 sharp. Rain, temp. below 40 degrees, snow, nuclear fallout cancels.

B16 55+mi Back Way to Nyack 9:00/9:45 a.m.
Leader: Lawrence T. Ksiez (718) 478-0644. I think that this route is the prettiest way to Nyack. 9W route return. Temp. below freezing cancels.

C13-14 40+mi Loop De Loop II 9:00 a.m.
Leaders: Steven Britt (718) 204-4970 & Karl Dittebrandt (212) 477-1387. From the N.Y. side of the Staten Island Ferry. A circumnavigational tour of the Island of Staten. Sit down lunch stop in Totenville. Be prepared for warm conversation on a chilly day. Rain, Temp. below 38 degrees cancels.

WEDNESDAY, NOVEMBER 23RD

C7 20mi Biking, The Last Free Recreation 1:00 p.m.
Leader: Paul Rubenfarb (212) 740-9123. From the East Side City Hall Park at Spruce Street. A hallowed American dictum ran; bibles, biking and museums are always free fun - while it's now the only free fun - bike around historic Ridgewood. Rain or Shine.

THURSDAY, NOVEMBER 24TH

A20-21 58mi Thanksgiving 8:00 a.m.
at the Formica Country Inn

Leader: Jeff Vogel (718) 275-6978. From the Boathouse. Let's work up an appetite and earn tonight's stuffing. We'll take an interesting route to get to a unique eatery in Blauvelt. Guaranteed return by 1:00 p.m.

FRIDAY, NOVEMBER 25TH

A19-21 65mi In Search of Wild Turkeys 9:00 a.m.
Leader: Jeff Vogel (718) 275-6978. From the Boathouse. Fell guilty about yesterday's overindulgence? Then join us in search of the last wild turkey. This ride goes through Saddle River, but doesn't stop at Elmer's (Elmer is out hunting wabbits.) It's 39 miles to lunch so bring pocket food (Turkey Power Bars?)

SATURDAY, NOVEMBER 26TH

A/B/C 56/28mi Bicycle Christmas Shopping- 9:00 a.m.
Hicksville

Leader: Marty Wolf (212) 935-1460. From Tramway Plaza (2nd Ave. & 59th St.) Objective: A Christmas sale of bike paraphernalia - books, posters, scale models, jewelry, etc. Ride will be at an A18 pace but "B" & "C" riders welcome to join and ride at their own pace. Maps and cue sheets provided. Bring LIRR pass if you want to return by train. Ride leaves at 9:10 a.m. sharp.

A20-22 64/82+mi River Saddle-Up 9:00 a.m.
Leader: Christy Guzzetta (212) 595-3674. From the Boathouse. Spir

Club Rides

ited ride up Saddle River Rd. to the Diner at the Ramada Inn. *Weather permitting (South Mountain Rd.) Bad weather cancels.

B16 60+mi White Plains 9:00 a.m.
Leader: Karl Dittebrandt (212) 477-1387. From the Boathouse. The ride I was going to lead in October, but didn't due to the flu.

SUNDAY, NOVEMBER 27TH

A18 50+mi Park Ridge 9:00 a.m.
Leader: Karl Dittebrandt (212) 477-1387. From the Boathouse. We'll head west today. You know the Diner. Food preferences: any thing without turkey on it.

B18 60+mi Pearl River 9:00 a.m.
Leaders: Tim Andon (718) 937-9272 & Ed Allan (212) 666-6844. From the Boathouse. A fast paced but scenic ride with limited stops. Lunch at Pearl River. Marginal weather cancels. Call leaders if in doubt.

WEDNESDAY, NOVEMBER 30TH

C7 17mi Trade Your Fluorescent Tan For a Bronx Suntan 1:00 p.m.

Leader: Paul Rubenfarb (212) 740-9123. From NE corner of 181st St. and Ft Washington Ave. (A Train). Absorb the final solar vitamins from 1994 - The art deco Bronx constitutes America's miraculous ladder of upward mobility. Rain or Shine.

SATURDAY, DECEMBER 3RD

B16 35mi Back-By-Noon Series 9:30 a.m.
Leader: Gene Vezzani (212) 875-1615. From the Boathouse. Get your heart rate up during this 2 1/2 hour spin into New Jersey.

Ride Previews

SATURDAY, DECEMBER 3RD

A/B/C Dim Sum Ride to Fort Lee
Call leaders for start time

Leaders: Liane Montesa (212) 534-5736 & Geo Carl Kaplan (212) 989-0883. From the Boathouse. Details in Dec. Bulletin. Reservations required.

SUNDAYS IN DEC., JAN., & FEB.

C12-14 25mi Frostbite Series 9:30 a.m.
Leaders: To be Announced. From the Boathouse. A leisurely short ride - Home by 2:30 p.m.

Out of Bounds

MONDAY, NOVEMBER 14TH

The Pilates Method 6:50 p.m.
Ray Malecki (718) 426-7383.

The Pilates Studio 2121 Broadway (74th St.) Joe Pilates is a fitness maven who devoted most of his life developing regimen prized by the likes of George Balanchine, Martha (Gotham?), Katherine Hepburn, Laurence Oliver; not Tour winners, but these folks were on to something. Bring workout clothes, no footwear. Improves abdominals, lower back. It will be a very new experience. \$10. for 1 hour. Exclusive NYCC class.

From the Boathouse

November 1, 1994

CAVEAT CYCLISTS: Recently we have heard several horror stories about confrontations between cyclists and local police authorities. Most of them occurred in Bergen and Rockland Counties, but no matter where you may have a confrontation with a police officer these suggestions should be followed.

If you break or fail to observe traffic rules and regulations a police officer may give you a summons or a ticket. Accept it! Do not argue - repeat - do not argue with the police officer. Save your arguments, defenses, excuses, whatever for your day or evening in court - to which you are entitled. If you do not have adequate identification with you, then the police officer may, at his or her discretion, arrest you and bring you to a police station.

Now, what is adequate identification? A valid drivers license, especially with your photograph on it, will generally be sufficient, but a credit card which does not have your address and your photograph will be of doubtful utility in this situation. You don't have a drivers license? Well, the NYS Department of Motor Vehicles will issue you a photo ID with your address, etc., and this should do the trick.

One other item of consequence - some cyclists, upon failing to satisfy police officers demand for proper identification, have been threatened with confiscation of their bicycles. **No way!** The Constitution protects you here - tell the officer, quietly and firmly, that the Constitution of the United States prohibits unlawful searches and seizures. If the officer insists upon confiscating then it is Caveat Officer, and your attorney will have a ball with your law suit.

Thanks and many thanks to Christy Guzzetta for organizing the third annual Su Casa Columbus Day Weekend, and thanks and many thanks to Jeff Vogel for planning the ride routes. We understand that a great time was had by all who attended.

The New York Cycle Club extends its sincere condolences to the New York Road Runners Club and the friends and family of the late Fred Lebow, who died on October 9. Fred did more for sport for New York than anyone else in the past twenty years. He was a friend of the New York Cycle Club, and it was a pleasure to deal with him on matters of common interest. Like all of New York we shall miss him!

See you on the road!

Geo Carl Kaplan

Attention ride leaders and ride coordinators:

In planning your ride listing for the coming month, please also include the first weekend of the month after. This will allow a cushion if the postal service fails us.

TOUR DI TOSCANA: A/B level rides, 55 to 80 hilly miles daily. Early Spring 1995 (exact date TBA). Very special one-time, limited offer to ten NYCC members.

La Corsa Tours will trial its new 9 day tour of Tuscany as a non-profit club ride before offering it commercially. Preliminary route research and exploration, maps and cue sheets are completed. In exchange for being our first group and giving us your feedback, you get a first rate, professionally run cycling vacation in Tuscany including 3 and 4 star hotels, breakfasts, gourmet dinners, bi-lingual leaders and full van support. Diverse itinerary includes Impruneta (just outside Florence), the Casentino area (Vallombrosa mountains and natural forests), medieval cities of Arezzo, Cortona, Montepulciano, Siena, Volterra, and the Chianti wine region. Approx. \$1,000 - \$1,200 per person plus airfare. Will be offered to the general public at over \$1,900. Call Lori Vendinello at (212) 353-9068.

Blowouts

by Lou S. Pokes

With all the weddings last month, somehow I missed one. **Elizabeth Emery** and **Evan Wachs** were married on Saturday, October 22nd. The only question is - What bike race are they going to do for their honeymoon?! Congratulations!

Here's the late breaking news about a mixed - cultural wedding. NYCC member/tourist/recreational cyclist **Dan Schwartzman** (Sorry, Dan, one race in 1990 doesn't make you a racer) announced his engagement to CRCA racer **Julie Nives**. Where and how did Dan propose and give Julie the ring? On the bike, of course!

And how did **Ellen Richard** calm her nerves before her wedding? With two laps of the Park with **Carolyn White!**

Congratulations to **Catherine Chatham** (I'll announce her wedding to **Craig Spiegel** next month) for another great season of racing and being picked up by a new team. She'll be racing with, and against, the best women in the country as part of the World TEAM next year.

Belated best wishes and congratulations to **Jeanine Hartnett** who competed in the Hawaii Ironman last month. I'm sure we'll have a great report next month.

And good luck to our NYCC Marathon competitors, **Charlie Katz**, **Liane Montesa** and **Kevin Mulvenna**. Let's all join **Steve** and **Caryl Baron's** ride to cheer on our running friends. It's too bad we can't root for **Nick Pisculli** too, but he's going to Washington for the Marine Corp Marathon. Good luck to all of you.

Our junior septuagenarian, **Irv Weisman**, celebrated his "71 (miles) for 71 (years)" ride in the company of **Louis Bernardinucci** (merely 77 years old) and his 2 speed bike; **Jim Babbitt** who came out to give Irv some pointers on hill climbing out of the saddle (but Irv insists on using his low gears instead); **Douglas Riccardi**, who detoured the ride to his parents' home near the route for a birthday celebration with cake and demitasse; **Ed Sobin** who recently suffered the shock of becoming 40; and **Phil Liben** who is always looking for different routes. Both septuagenarians survived fine, but Louis was heard to mutter, "next time, more low gears." Irv, we can't wait for the century ride in 2023.

And finally, the Su Casa report - phenomenal riding and fall foliage at its finest. There were leaves to match the color of any cycling jersey and nary a car in sight. One of the highlights of the Columbus Day Weekend was the volleyball game between the NYCC and the Su Casa regulars. The bet was if Su Casa won they would get our bikes. If the NYCC won, the Su Casans would actually have to ride the bikes. **Allison Holden**, **Conrad** and **Judy Meyer**, **Dave Younglove**, **Rich Borow** and **Steve Britt** came through for us and we were able to keep our bikes. Of course we had an unfair advantage in volleyball as **Conrad** and **Judy** (yes) lived in California for years. Other highlights included **Mike DeLillo**, **Reyna Franco**, **Amy Hanowitz** and **Liane Montesa** scrambling in the Gunks. Mostly they were scrambling to avoid the park police as no one had paid an entry fee. Mike is still looking over his shoulder. The only time **Tony**

Nappi got off the dance floor was to play the drums. He was certainly the hit of the party. The marathon doubles Ping Pong tournament was won by **Manfred Kuechler** and **Steve Britt** over **Charlie Katz** and **Jeff Vogel**. Jeff is still trying to figure out which way the ball will bounce when it comes off Manfred's paddle. **Amy Hanowitz'** fish story keeps getting bigger and bigger. Supposedly the fish was on the road. If it was a Land Shark or a Barracuda we would understand. And thank you **Richard Kixmiller** for taking a group to your friend's Ukrainian

restaurant. Fortunately there were no mountains to climb after the pierogies and potato pancakes. **Gabriella Clapp** was the latest victim of **Christy Guzzetta's** mouse. But don't worry. Gabriella got even with him. And **Dick Goldberg** kept his clothes on. On Friday's ride up to Su Casa **Kristi Roberts** did her good deed for the day. She's this month's Road Hero for rescuing a chipmunk from the jaws of a cat. Unfortunately, **Margaret Cipolla** ran over a chipmunk later in the weekend. It may have even been the same one. Margaret was alright. The chipmunk wasn't. So Kristi, you're also our Road Bozo this month for not protecting your new found little friend for the rest of the weekend!

Good luck to our NYCC Marathon competitors, Charlie Katz, Liane Montesa and Kevin Mulvenna. And to Nick Pisculli too, but he's going to Washington for the Marine Corp Marathon.

The First Annual NYCC Century Needs Your Help

We want to make this an event that every Club member can be proud of. The steering committee has met and formed committees to work on various tasks in organizing this event.

But there's a lot to do between now and next fall. We need help with all aspects, but especially with **promotions and publicity**, as well as **sponsorship procurement**. Everyone has the talent to help out, and it would be a great donation to the Club. Please call **Geo Kaplan (989-0883)** or **Jane Kenyon (662-1935)** as soon as possible, and join us at the next great Century 1995 planning meeting!

No Tech Tips

Greasy Kid Stuff

After my little side trip last month I figure I'd better dive back into the dirty fingernail and busted knuckle topics that are the mainstay of this column. And I'd better hurry — the November, '94 issue of *Bicycling* magazine darn near, but not quite, scooped me on a tip I had been pondering for several months but only recently resolved. Let's send this and another tip to the head of the line this month before they become old news.

For whom the cup creaks

Those Shimano sealed-cartridge bearing bottom brackets sure are easy to install — as simple as screwing on a jelly jar lid, with the proper splined tool! — but an ugly epidemic of bottom bracket creak has spread coast to coast, infecting a large percentage of these otherwise reliable units.

When I experienced this nerve-wracking creak with a BB-UN70 (the pre-'94 Ultegra version) I removed and reinstalled the unit at least a dozen times, utilizing every trick I knew, with no effect whatever. I put my "worn out" cup-and-spindle BB back in (it just needed a good cleaning and fresh grease, after all) and tossed the gleaming BB-UN70 into my leftover parts box in the closet.

The recent *Bicycling* magazine (Technical Q&A, p. 44) mentions most of the things I tried, which mainly involve greasing everything within a six foot radius of the bottom bracket and making sure the frame's BB shell faces are perfectly parallel. The mag's article also passed along a tip from Shimano rep Wayne Stetina. He suggested "putting a non hardening gasket compound between the inside of the cup and the outer surface of the bottom bracket cartridge... Avoid getting compound on the cup threads, however." When you consider the way these units are designed — with a machine-pressed cup on the fixed (chainring) end of the bearing cartridge and a slide-on plastic (some models are

aluminum) adapter cup for the other end — it is obvious that Stetina's treatment is intended for the adapter cup only.

If your Shimano sealed-cartridge BB is creaking, try everything else first, but if your BB still creaks relentlessly, try my tip. I'm fairly sure it will be disavowed by Shimano American Corporation.

Here's the deal: Sometimes the source of the creak is the interface between the bearing cartridge and the machine-pressed, "fixed" cup. Although this cup/cartridge is designed not to be disassembled, it's amazingly simple to remove the cup, load it with grease and reinstall, all in about 10 minutes.

Here's how: With your crank puller, remove only — and I mean only — the chainring-side crank arm. Next, using either a Shimano TL-UN72 or Park BBT-2 (recommended) splined BB tool and a large adjustable wrench, unscrew the fixed cup (it's reverse threaded, so turn it clockwise). Glob the inside of the cup with lots of gray (don't use white) waterproof lithium grease, put some on the cup threads and screw the cup back in with the BBT-2. Remove any grease you may have gotten on the spindle tapers, then reinstall the chainring crank arm. (Tool #'s SH-UN72 and PA-BBT2, about \$10, available from The Third Hand, 916/926-2600.)

HyperGliding away

If you're stuck with one of the original Dura-Ace (DA) 8-speed freehubs — the ones with the thread-on small cog instead of the HyperGlide (HG) locking — you know how hard it is to find replacement cogs, and how hard it is to get them to work smoothly with STI shifters. It's easy to "HyperGlide-ize" these hubs by replacing the old freehub body with a later version. This is possible since the threads on the main hub body, as well as the axles and bearing cones, are compatible.

The operation isn't cheap, but it's a lot cheaper than a new rear wheel. In addition to tools you already have, you'll

by Bob Moulder

need a splined freehub tool (Item #SH-FH10, about \$12 from The Third Hand) to remove the old freehub, and you might as well get a 10mm hex wrench (Item #CH-AW10, about \$2) since you'll need to remove the new freehub body sooner or later. (New freehub bodies simply screw into the main hub body, so you don't need a tool for that step.)

DA HG freehub bodies can be obtained from Loose Screws, 503/488-4800 (Stock #SH-33A9801, about \$58, ouch!). I can't vouch for the compatibility of older Ultegra or 105 freehub bodies and their newer counterparts because I haven't tried them, but if you want to chat with the folks at Loose Screws they can probably tell you. Oh yeah... you'll also have to buy a cog set, but buy that someplace besides Loose Screws because they sell "by the piece." Ultegra and 105 cog sets work fine with DA freehubs.

To remove the old freehub body, first unscrew the small cog from your old freehub with chain whips, then slide off the remaining cogs. Loosen the locknut and bearing cone on the non-freehub side of the main hub body and pull out the axle and all the bearings from both sides of the hub. Insert the TL-FH10 into the old freehub, grab the tool with your biggest adjustable wrench, then turn it counterclockwise with all your might. You may have to try it a couple more times, but it'll loosen eventually. When it does, finish unscrewing it by hand then install the new freehub body, making sure you have installed the spacer that goes between the freehub body and the main hub body. Clean and regrease the bearings, put the axle back in and readjust the cone/locknut. You might have to readjust your rear derailleur, too, since there may be slight differences (about 1mm by my reckoning) in the gap between the freehub and the main hub body. Make double dog sure to check your derailleur's low limit screw so you don't throw a chain into your spokes and mangle your rear wheel.

Now... Let's go cycling!

Minutes

SPECIAL BOARD MEETING, TUESDAY, AUG. 9

Present: Geo Kaplan, Larry Ksiez, Lori Vendinello, C. J. Obregon, Caryl Baron, Herb Dershowitz, Jane Kenyon, Mitch Yarvin, Barbara Julich. Absent: Reyna Franco, Steve Britt, Karin Fantus. Geo opened the meeting at 6:48 P.M. Approval of the minutes of the meeting of July 25 was waived. The board reviewed the new ride rules prepared for publication by Caryl and approved them. The board approved the sale of a club tee shirt at a price of \$10.00. The meeting adjourned at 6:55 P.M.

BOARD MEETING OF THURSDAY, SEPTEMBER 8

Present: Geo Kaplan, C. J. Obregon, Reyna Franco, Caryl Baron, Herb Dershowitz, Jane Kenyon, Mitch Yarvin and Barbara Julich. Absent: Lori Vendinello, Larry Ksiez, Steve Britt and Karin Fantus. The minutes of the meeting of July 25, 1994 were accepted.

Jane advised that the tee-shirts would be available at the next membership meeting. The board expressed its thanks to Mike Samuel for designing the tee-shirt.

Geo received approval to return dues to a member who had complained about rides. Geo raised the

issue of raising dues. The board reviewed the budget performance, noting that there were some costs that could be controlled. While all the board members felt that a dues increase might be necessary, there was no agreement on an amount.

It was noted the club century would be held on September 17, 1995. The board discussed nomination of officers. The Editor was authorized to get an advertising director to assist her.

The meeting adjourned at 8:24 P.M.

Respectfully Submitted, Conrad J. Obregon,
Secretary

Media Watch

Elite Echelons

Perhaps the largest photo The New York Times has ever run of a cyclist and bike appeared on The Arts page October 11. Trouble is, it was hard to make out the cyclist and all but impossible to make out the bike. Maybe that's because it was in black and white. Nah, that's not it; color doesn't help that much. The picture was of Willem de Kooning's painting entitled "Woman and Bicycle." If you want to squint at it yourself, check it out at the Met Museum.

We cyclists who think ourselves an enlightened elite—o, would that we weren't so elite, meaning that there were more of us plying the streets—like to adduce accomplished members of the fraternity. The October 4 Science section of the NYT ran a picture of Dr. Tryon Brennan of the Harvard School of Public Health. The studied eye notices his POS bike in the background, leaning against his office wall.

A Los Angeles Times front page article promised titillation of a high degree with a headline about gambling and corruption in a bicycle club. Turns out, there is a gambling club in LA County there called The Bicycle Club.

Pedaling the Ether

NYCC member Charles Komanoff was on the Internet to help us understand the circumstances of the deaths of two cyclists.

Electronic bulletin boards abide by a self-imposed netiquette that rigidly restricts them to their dedicated subject. So when a bike cop stumbled onto a bike racing bulletin board with some cycling comment or question having nothing to do with racing, boy, did he get flamed. "Flamed." That's a BBS term for meaning shit upon. You shouldn't speak to officers the way he was spoken to electronically.

And now this from AOL (America Online). A subscriber with the handle MtBikeDave writes as follows:

"Could someone tell me about Team ONCE? I see their logo with a urinating man, but I don't know what it has to do with their team. Are rolling pit stops their trademark?"

Uh, Dave, I don't mean to be blunt but you are really one stupid schmuck. ONCE is a Spanish association aiding the blind and is the sponsor of one of Spain's two great professional teams. That logo of a "pissing man" you refer to is actually a silhouette of a blind man leaning forward on his cane!

Auto pilot

And now for our regular digression into engine-powered transport.

The only decor in an otherwise completely bare office of the sales director for a San Diego Lexus dealer is a picture of him and his wife on their tandem. His chief salesman joins him in feeling a great deal more passionate about bikes than cars.

There is, in advertising, something referred to as "borrowed interest" and, as offensive as it is to my aesthetics to have cars trade on the healthful, clean, and fun image of cycling to sell their products, an especially dumb use of this is in a current Mazda commercial. What are those cyclists doing in it?

A Honda dealer in San Diego invited listeners to write commercials for his dealership with the promise he would pick one from time to time and run it. The first one was by—and has—a ten year old boy reciting his decidedly very white rap to the effect that he'd like to trade in his bike on a car from the dealer. ...And who says kids are being cheated out of their youth?

Mike Toomey sends in an article from the Wall Street Journal about some entrepreneur's money-making idea—a motor-

ized bicycle. Michael believes he saw it working the Upper West Side a few days later.

A Wal-Mart TV commercial seen in southern California gives lots of air time to Roadmaster bicycles.

Interbike

NYCCer Peter Meitzler was seen walking around the Interbike (trade) Show in Anaheim. The sales literature at the Bio-Cleat booth contained a review written of it by NYCCer Moe Slotin that originally appeared in the sadly defunct local journal InTraffic.

As for the show, get ready for hydraulic and disc brakes on bikes. (Are we not getting farther and farther away from the simplicity of the simple machine that is called the bicycle?) Death in three different forms was on sale. First, there was a clothing company called, are you ready for this?, Body Bags. (Would you be caught dead in one?) Second is the eerie graphic for Louis Garneau, half living face-half skeleton. Third is Vetta which also features a skull topped by a Vetta. Granted, supposedly thousands of years from now, but still....

And...

It had nothing whatsoever to do with cycling, but NYCCer Neal Spitzer had a fine, fine letter to the editor in the Village Voice.

Lisa Halle (is she still in the club?) was pictured in the November issue of Road Bike Action.

Bike racers strike me generally as notoriously uncaring for their merely recreational and commuter brethren. (We are fortunate to have a few noteworthy exceptions in our midst.) Therefore I found it particularly wonderful that former world champion (and club meeting speaker) Mike McCarthy should have shown the interest and taken the time and trouble to attend a meeting seeking to join NY bike messengers, bike racers, and industry forces with TA-types to discuss formation of something akin to a local Cycling Chamber of Commerce.

Ellen Richard showed theatrical flair and media savvy in the favor she gave those attending her wedding reception: a water bottle with an imprint appropriate to the occasion.

And finally this: Howard Turoff sent in an article from the Wall St. Journal (Oct. 6) about a man who ran for the Danish parliament to "lampoon politicians." He promised better weather, the right to be impotent, and tail winds for all Danish cyclists. He was elected.



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NYCC 1994 Ballot for Board of Directors

Candidates' Statements

V.P. Programs

Lori Vendinello

I will continue to provide interesting, animated and informative programs on an even wider variety of topics that will appeal to a broad range of club members and will make for even livelier club meetings.

Irv Weisman

In the "olden days" of the '70's (during which time I served as Chair of the first By-Laws Committee and held several offices including President, V.P. Programs, Editor and Treasurer), some of our best programs were when members shared their know-how on riding, technical and touring matters, bicycling adventures, fitness and dietary matters, legal questions, and occasional equipment auctions. I would like to re-emphasize such self-entertainment and knowledge-sharing, utilizing the rich and varied cycling related expertise within the Club itself, in addition to a few outside experts, and thus to encourage increased interaction and camaraderie among our members.

Because the Club's membership is constantly changing and embraces a wide range of bicycling interests, I plan to develop a questionnaire to characterize the current membership and determine its interests in rides, training programs, and monthly program topics so that our Board has a good picture of the total membership's interests and can tailor the programs accordingly.

B Rides Coordinator

Henry Joseph

As B ride Coordinator, I will continue the NYCC tradition of spirited and diverse rides within the B Ride classification.

Gene Vezzani

Cycling is so accommodating that anyone, given time and the proper training, will excel. The only constraints placed upon us are those that we impose.

Let's consider designing our club with the future in mind. What if we set and publish a series of goals for the NYCC for 1995, and then focus our combined energy on achieving those goals.

Instructions

1. Every member, including both members of a couple, is eligible to vote.

2. Tear out or photocopy this ballot. Couples should photocopy a separate ballot for each. One ballot equals one vote. Two people MAY NOT vote on the same ballot.

3. PRINT your name and address on the reverse side. This is for the purpose of validation against the roster only and will be removed before the ballot is opened and votes counted.

4. Indicate your choice - one only - for each office on the ballot.

5. Cut out, fold and staple the ballot as indicated on the reverse, or put in an envelope, and mail to:

Marty Wolf
360 East 50 St. # 2G
New York, NY 10023

in sufficient time to be received by Monday, November 7th, 1994, or deliver the sealed ballots at the club meeting on Tuesday, November 8th, 1994 by 8:00 PM.

6. Ballots will be counted at the November club meeting and the results announced at that meeting and published in the December bulletin.

**Helmets are
brain gear!**

Candidates: Check one only for each office

President

☐ Geo Carl Kaplan

☐ _____

V.P. Programs

☐ Lori Vendinello

☐ Irv Weisman

☐ _____

V.P. Rides

☐ Steve Britt

☐ _____

Secretary

☐ C.J. Obregon

☐ _____

Treasurer

☐ Reyna Franco

☐ _____

Public Relations

☐ Michael Toomey

☐ _____

Membership

☐ Mitch Yarvin

☐ _____

Special Events

☐ Barbara Julich

☐ _____

Bulletin Editor

☐ Caryl Baron

☐ _____

A-Rides Coordinator

☐ Rich Borow

☐ Ernie Yu

☐ _____

B-Rides Coordinator

☐ Henry Joseph

☐ Gene Vezzani

☐ _____

C-Rides Coordinator

☐ Linda Witner

☐ _____

Membership Application and Change of Address

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.

New ☐ Renew ☐ Change of Address ☐ Date _____ Check Amount _____

Name: _____ Signature: _____

Name: _____ Signature: _____

Address/Apt. _____ Tel.(H) _____

City/State/Zip _____ Tel.(W) _____

Where did you hear about NYCC? _____

Circle if applicable: I do not want my (Address) (Phone Number) published in the semi-annual roster.

Other cycling memberships: AMC ☐ AYH ☐ Adventure Cycling ☐ CCC ☐ CRCA ☐ LAB ☐ TA ☐

Members joining after Labor Day pay one-half (\$8.50 individual, \$11.50 couple). 1994 dues are \$17 per individual, \$23 per couple residing at the same address and receiving one Bulletin. 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.

Fold

From: _____

Please
Place
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Marty Wolf

360 East 50 Street #2G

New York, New York 10022

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Re-Cycling

Please send classified listings directly to the Editor, Caryl Baron, 165 West End Ave. 29K, NY, NY 10023. Two classified ads per member per year are free (up to 6 lines). Additional ads are \$1.00 per line.

GIANT PRODIGY Women's 19" Hybrid Bike. 2 years old, black metallic frame. Excellent condition and extremely comfortable. Included: Back rack, rack pack, Cannondale handlebar bag, Zefal pump and 4 extra tubes. \$375. Rear panniers also available. Call Lisa (212) 966-8624.

19" BIANCHI BRAVA, Triple Chainring, New Tires, Gelflex Seat. EXCELLENT CONDITION, \$325.00. (212) 576-5916 Marjorie Bonfils

TREK 1200 ROAD BIKE, 23", 100 miles use, black Shimano 105 racing pedals, Vetta seat, matrix rims w/ low flange hubs. \$400 offer. Message 628-7911.

NEW ZEALAND BIKE RIDE. Experienced rider and SIG graduate would like to bike tour the South Island of NZ this winter. The 3-4 week ride would include camping and B&B's. I'm interested in meeting self reliant riders for this self guided adventure. Call (212) 242-8315 and leave a message for Hal.

KREITLER CHALLENGER ROLLERS with FAN ATTACHMENT. Get a jump on 1995! Expand off-season & rainy day training! Improve your balance and spin! Fan creates a 'killer' workout. Folds for storage; alloy drums; precision bearings; very quiet; low usage. Only \$225. (Compare to what Paragon, Colorado or R&A want!) (212) 777-7353, leave message.

MAG TURBO TRAINER, excellent condition. \$75. Call Randy Cochran at 718-599-4588

MINOURA MAG TURBO II BIKE TRAINER, \$75 o.b.o. Call Carrie at (212) 316-9896.

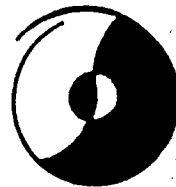
FREE BEAUTIFUL PANASONIC STATIONARY BIKE! I will give this indoor bike, in excellent condition, cyclocomputer, all set to keep you in shape this winter, to the first person who will take it. Call Barbara (212) 982-8936 *before November 10.*

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find out how!**

NYCC Holiday Party and annual Awards

Monday, December 12, 1994 at 6:00 p.m. until...

(NOTE: THE PARTY IS ON A MONDAY, NOT A TUESDAY)

at The Roundabout Theater, 1530 Broadway at 45th Street

 Introduction of the new Board 

 Dinner, Soft drinks, Wine, Beer 

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 Socialize, Schmooze with old and new friends! 

Tickets in advance, members (checks received before Dec. 2)...\$20.00

Tickets purchased at the door, and non-members...\$25.00

Send your check early – last year was so much fun, we're expecting a huge crowd!

SEND CHECKS TO: NYCC, PO BOX 199, COOPER STATION, NYC 10276

OR BRING CHECKS ONLY (NO CASH, PLEASE) TO NOVEMBER 8TH CLUB MEETING.

NYCC MEETING
TUESDAY, November 8, 1994
O'Hara's 120 Cedar St. - 1 block south of WTC

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

Salad, rolls, coffee, choice of entrees, \$14 or pasta buffet \$10

  Elections for NYCC Officers  

**All you ever wanted to know about frame building...
and more! Tom Kellogg, Harry Harvoonian, Richard
Sachs and Peter Weigle tell how they create their spe-
cial bikes and what to look for in a frame.**

Indoor bike parking! or...subway

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Holiday Party Dec. 12
Details inside!

NYCC Elections - your vote counts!