

September  
1994

# NYCC Bulletin

## FUTURE RIDING...

**NYCC.RideComm. Sat. 03 Sept • 2094**

**A-87 • 410km.**

**Ground-Zero Zoom**

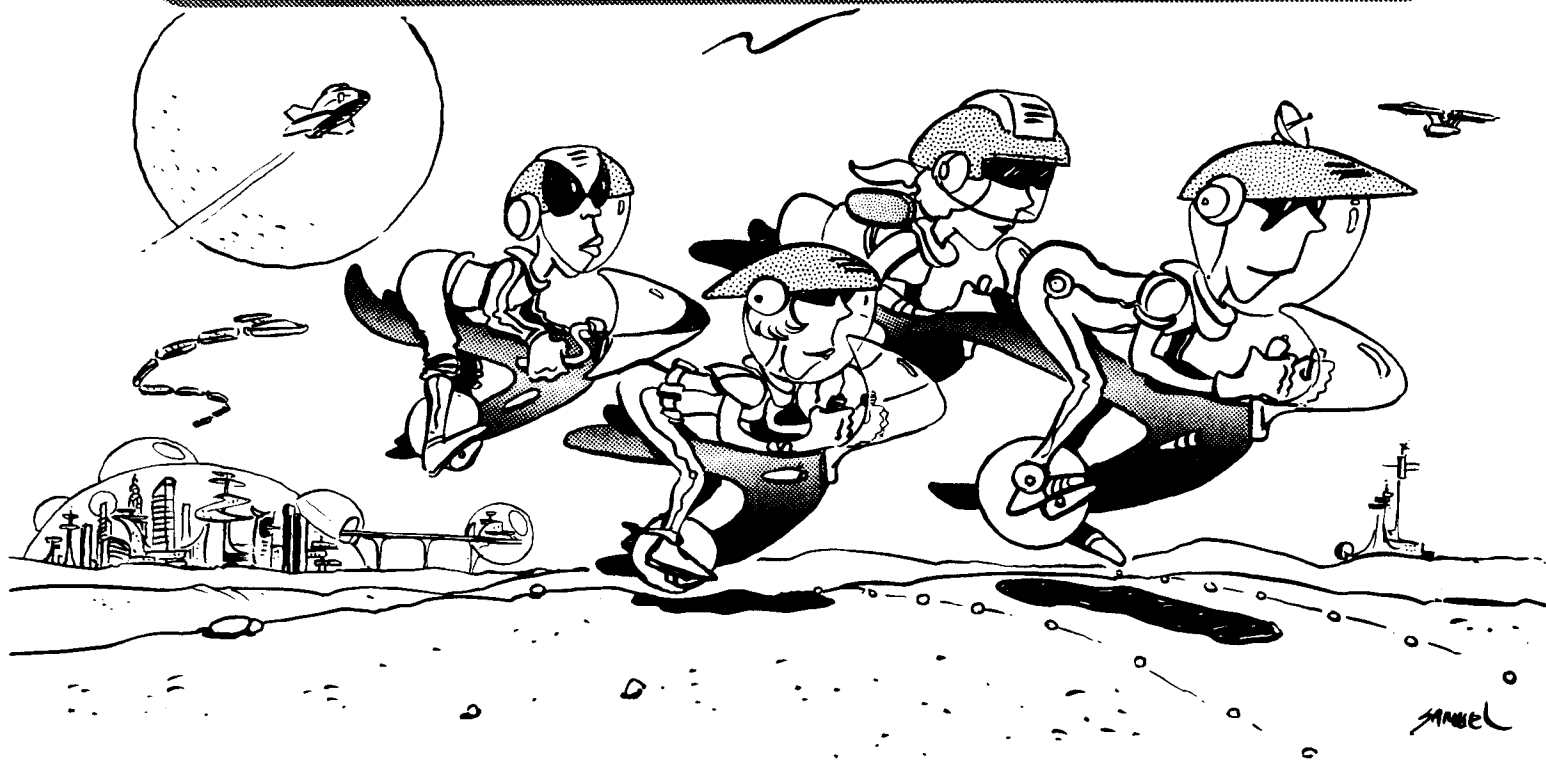
**9:00.00 units**

**Leader: Karl Dittebrandroid<sup>3</sup>**

**From GCT-MetYork**

☐ Break out your *friction sheilds* and *anti-grav pedals* for a relaxed ride (cruising speed around 82kph on the flats) to northern Vermont. Meet at *GranCentTerm*, take the 9:15.40 *MagRail* (Transpass required) to the edge of the *MetroYork Biodome*. We'll start with a quick spin to the *Quasar* in *NewHartford* for *mid-nutri* and then a steep climb into and out of the *WestMass NukeCrater* and finish with some rolling hills to Burlington, VT. *Teleport* back to the *Hoverboathouse* by 15:30.00 standard units.

Bring *MegaPills* and 3 litres *purified H<sub>2</sub>O*. *Helmfilters* required, *OxyPaks* optional. under 20% *ozone index* or *acid rain* cancels.



## New York Cycle Club

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## NYCC Ride Guidelines

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

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

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 October 30, MetroNorth has scheduled specific trains to/from Grand Central Station to accommodate large groups of cyclists.

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

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.

**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.

**Change of Address:** Fill out membership application, check off change of address, and mail attention Membership.

**Credits:** Front Cover art is by Mike Samuel. The serif type is Habitat, designed for the Mac by Joe Treacy. The sanserif type is Gill Sans, designed in 1930 by Eric Gill and adapted to the Mac by The Monotype Corporation. Spelling compliments of Bill Gates. Printed at Dandy Printing, Brooklyn, N.Y.

**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.

**Classifieds:** Two classified ads per member per year are free (up to 6 lines). Additional ads are \$1.00 per 50 character line. Please send classified listings directly to the Editor.

**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.

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

**All material for the OCT. Bulletin is due SEPT. 13!**

## Club Rides

### And now a word from the VP of Rides

Ride guidelines are only words on paper until you, our ride leaders, bring them to life. Please, please, please be aware that if you intend to average 17 mph on your ride, you should be listing it at a 20mph cruising speed! As a ride leader, you should also provide cue sheets and/or maps, maintain a sign-in sheet, and introduce yourself and point out any specifics to expect on the ride before the start.

The new "user friendly" guidelines will make it easier for members to choose an appropriate ride ONLY if you really adhere to the style and speed you've chosen when listing your ride. True, six weeks before a ride, it's difficult to know how you'll feel on that day, but it is still your responsibility to your riders to maintain a cruising pace very close to what you listed. You are providing a great service to the club and to those on your ride by sharing your routes, your skills, your love of cycling with the group. Please save your competitive instincts for your friendly pick-up rides, or for races.

**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.

*Happy riding!*

*Larry Ksiez*

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

#### Training in Prospect Park

Organizer: Alex Von Braun (718) 965-3552. Join me and other veterans of years past 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 info.

### SATURDAY, SEPT. 3RD-5TH

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

**A19 70+mi "Pumping on Steel" 8:30/9:00 a.m.**  
Leader: Lawrence T. Ksiez (718) 478-0644. From the Boathouse / Queen's and Yellowstone Blvds. A friendly, group ride to Oyster Bay with some hills after lunch.

**B14 ??mi Pick-up Ride 9:00 a.m.**  
Leader: You (212) YOUR-NUM. From the Boathouse. I don't know, where do you want to go? Pick up a map and let's go!

**C ??mi Leaderless Labor Day 9:30 a.m.**  
Leader: A volunteer from the audience. 1 (800) LEA-DERS. From the Boathouse. Follow your wanderlust & look for the rainbow - enjoy beautiful weather & car free streets - Coney Island? Staten Island? White Plains? Bergen County? - See you on the road!

### SUNDAY, SEPT. 4TH

**A20 97mi Cross River 8:00 a.m.**  
Leader: Mark Martinez (212) 496-5518. From the Boathouse. Take some rarely travelled backroads (lots of shade) past genteel estates on the way to a picnic lunch in beautiful Ward-Pound Ridge Reservation. We'll follow the "Sheffield Route" over rolling terrain on the way up. Fairly flat return (one shady hill). Pocket food required as our first stop is after 45 miles. Also recommended; 2 water bottles, musette and a Metro-North pass for bailout. Raindate: Monday, Sept. 5th.

**B17 70+mi "Pumping on Steel" Redux 8:00/8:45 a.m.**  
Leader: Lawrence T. Ksiez (718) 478-0644. From the Boathouse/Queens and Yellowstone Blvds. A leisurely ride to Oyster Bay again, but almost no hills.

**B16 ??mi Leaderless "B" Ride 9:00 a.m.**  
Leader: The first one who opens their mouth. From the Boathouse. Let's go to that same place we always go to.

**B14 ??mi Leaderless Ride 9:00 a.m.**  
Leader: The second one who opens their mouth. From the Boathouse. I have no idea. Where do you want to go?

**C ??mi Leaderless Labor Day 9:30 a.m.**  
Leader: Take one pedal forward. From the Boathouse. Follow your wanderlust & look for the rainbow - enjoy beautiful weather & car free streets - Coney Island? Staten Island? White Plains? Bergen County - See you on the road!

### MONDAY, SEPT. 5TH

**B16 ??mi Leaderless Ride 9:00 a.m.**  
Leader: You, no You, no You, oh no, You. From the Boathouse. I think we should just start riding & see where we end up.

**B14 ??mi Leaderless Ride 9:00 a.m.**  
Leader: Whoever didn't make the first leaderless ride. From the Boathouse. I guess we should have just stayed in bed.

**C ??mi Leaderless Labor Day 9:30 a.m.**  
Leader: The Foreign Legion awaits. From the Boathouse. Follow your wanderlust & look for the rainbow - enjoy beautiful weather & car free streets - Coney Island? Staten Island? White Plains? Bergen County - See you on the road!

### SATURDAY, SEPT. 10TH

#### New York Cycle Club All-Class Ride To Bethpage

**A21 75mi All-Class To Bethpage 9:00 a.m.**  
Leader: Rich Borow (212) 866-1966. From the Boathouse. We'll head out to L.I. for the last of the clubs All-Class rides. Long Island, isn't that over the 59th St. Bridge?

**A18 80mi All-Class to Bethpage 8:30/9:00 a.m.**  
Leader: Lawrence T. Ksiez (718) 478-0644. From the Boathouse/Queens and Yellowstone Blvds. A nicely paced ride to the park with a deli stop on Old Country Rd. If you want extra miles, follow me on my way back to the city via the L.I.E. Bring a musette bag, or a shirt with pockets, I don't like the food at the park.

**B16 60mi All-Class to Bethpage 9:00 a.m.**  
Leader: Mitch Yarvin (212) 769-2637. From the Boathouse. A social ride to Long Island for a picnic lunch.

**B14 50+mi All-Class to Bethpage 9:00 a.m.**  
Leader: Jim Babbitt (718) 296-0027. From Queens Blvd. & Union Tpke. (E or F train). A schmoozy ride to Long Island for a picnic with all your N.Y.C.C. friends.

**C12/C14 45mi All-Class to Bethpage 9:00 a.m.**  
Leader: Geo Karl Kaplan (212) 989-0883. From the Statue of Civic Virtue (Union Tpke. Stop on the E & F trains). A leisurely trip to Bethpage for the All class lunch with the rest of the club. We expect to have 2 sections C12 & C14 to accommodate all riders.

## Club Rides (cont.)

### SUNDAY, SEPT. 11TH

#### A21 100mi Croton Reservoir Loop 8:00 a.m.

Leader: Mark Martinez (212) 496-5518. From the Boathouse. The "I can't believe it's a Century, Century." FLAT Westchester route (really!) with NO Route 9 ugliness! This route has it all. We'll cruise over long flat stretches wringing it out cooperatively at 25-30 mph! At other time we may poke along closer to 10 mph as scenery and road conditions dictate. No junk miles here. White Plains, Thornwood (dinner), Croton Reservoir, Mt. Kisco, Armonk (deli), White Plains. Two stops, long and short. Suggested: pocket food, 2 water bottles & Metro-North pass for bailout.

#### B17 50mi Mamaroneck Harbor 9:00 a.m.

Leaders: Judy & Conrad Meyer (212) 535-2444. From the Boathouse. Did you miss the All-Class Ride yesterday? Or did you ride it and want to go for a quick short cruise? Come for a "Schmoozy" ride to Mamaroneck Harbor and have fun?

### TUESDAY, SEPT. 13TH

#### A19-23 67mi Tuesday Morning Spin 8:00 a.m.

Leader: Jeff Vogel (718) 275-6978. From the Boathouse. Let's take a quick spin using a round-a-bout, backroads route to Nyack. We'll do 40+ miles before lunch so be prepared with two water bottles and pocket food. If we can keep this ride to just one stop, we'll be home by 1:15.

**Tuesday, Sept. 13, 6:00 p.m.**  
**NYCC Meeting at**  
**O'Hara's 120 Cedar St.**  
**Nominations**  
**All Rides and Bulletin material due!**  
*See back page for details.*

### THURSDAY, SEPTEMBER 15

#### NYCC Century Volunteers

Please call Geo (212)989-0883 or Jane (212)662-1935 to volunteer for the First Annual NYCC Century!

### SATURDAY, SEPT. 17TH

#### A20\* 120mi Greenwood Lake 7:30 a.m.

Leaders: Herb Dershowitz (212) 929-0787 & Mark Martinez (212) 496-5518. From the Boathouse. The Classic Ride. Beautiful roads. O.K., beautiful hilly roads, but you'd feel cheated if we found a flat way. Gate Hill Rd., a woodsy roller-coaster ride through Harriman Park, and after all that climbing, a nice long downhill into Greenwood Lake. After a lakeside lunch, we head home via Skyline Drive. Pocket food, second water bottle and climbing gears highly recommended. \* This ride is not recommended for the gravitationally challenged. Rain-date: Sunday, Sept. 18th.

#### B17 65mi Rolling N' Rockland 9:00 a.m.

Leader: Jon Silvers (212) 794-4692. From the Boathouse. A brisk ride up River Road and 9W to a lakeside lunch. Equally brisk but flatter return along route 501. We'll try some elementary pacelining if the group seems competent.

#### B14 35mi Back by Noon 9:30 a.m.

Leader: Gene Vezzani (212) 875-1615. From the Boathouse. Have something to do Sat. afternoon? Then this is the ride for you. We'll

leave the Boathouse at 9:30, cross the G.W. Bridge and spin up 9W to Alpine. Then we'll turn onto the Henry Hudson Drive (AKA -River Road) for some of the most excellent scenery within 100 miles of Manhattan. This is a great training ride for our Rockland Lake State Park picnic on Sept. 24th.

#### C14 35mi Back by Noon 9:30 a.m.

Leader: Gene Vezzani (212) 875-1615. From the Boathouse. Have something to do Sat. afternoon? Then this is the ride for you. We'll leave the Boathouse at 9:30, cross the G.W. Bridge and spin up 9W to Alpine. Then we'll turn onto the Henry Hudson Drive (AKA - River Rd.) for some of the most excellent scenery within 100 miles of Manhattan. This is a great training ride for our Rockland Lake State Park picnic on Sept. 24th.

### SUNDAY, SEPT. 18TH

#### A20 70mi South Mountain 8:30 a.m.

Leader: Karl Dittebrandt (212) 477-1387. From the Boathouse. We'll head up to Rockland County and go down South Mountain Road, not up.

#### A 30mi The Sights of Manhattan 9:45 a.m.

Leader: Lawrence T. Ksiez (718) 478-0644. From Grand Central Station, joint with Connecticut Coalition of Cyclists. I'll stay in Manhattan and show everyone the buildings, parks, and the Statue of Liberty and Ellis Island by Ferry. Bring a musette for picnic lunch at Liberty Island, and \$6 for the ferry.

#### B15 50-60mi See the World in Brooklyn 9:45 a.m.

Leaders: Steve and Caryl Baron (212) 595-7010. From Grand Central Station, joint with Connecticut Coalition of Cyclists. Through placid Park Slope, Hassidic Boro Park, from the Family mansions of Dyker Heights to the Russian and Islamic streets and magnificent beaches of Coney Island, and if time permits a skyline view from Jamaica Bay, Brooklyn will amaze you. No Pacebusters - this is a sightseeing tour.

#### B14 56mi Bike Paths and Bridges 9:00 a.m.

Leader: Mike DiCerbo (212) 645-1120. From the Boathouse. Scenic ride with three different paved bike paths. The largest one meandering back and forth over the Saddle River. Picnic lunch in Ridgewood.

#### C 25mi Tallman Park the Nice Way 9:30 a.m.

Leader: Don Passatino (718) 446-9025. From the G.W. Bridge Terminal. A scenic ride through the "Garden State" to Tallman park for lunch. I'll bring the tablecloth, you buy or bring your lunch. 50% chance or rain cancels.

#### C14 50mi Beautiful Piermont & Nyack 9:30 a.m.

Leaders: Claire Wyckoff & Dan McGuire (212) 249-3157. From the Boathouse. Discover the oft rumored but seldom utilized trail/bike path from Piermont to Nyack.

### WEDNESDAY, SEPT. 21ST

#### A19-23 65mi Wednesday Morning Spin 8:00 a.m.

Leader: Jeff Vogel (718) 275-6978. From the Boathouse. Today it's the famous Pearl River Ride (not to be confused with the HoHokus Ride). We'll do 40 miles before lunch so be prepared with two water bottles and pocket food.

### SATURDAY, SEPT. 24TH

#### A20 130mi Candlewood Lake 6:00 a.m.

Leader: Ray Malecki (718) 426-7383 From the Plaza Hotel. For its proximity to New York, Lake Candlewood is exquisite, and a tour around an unmitigated treat. Approx. 6,000 ft. vertical gain. Lights recommended, MetroNorth pass required. Please call to confirm.

## Club Rides (cont.)

**A20 65mi Rockland Lake 8:30 a.m.**  
 Leaders: Doug Bixby (212) 366-1879 & Steve Britt (718) 204-4970.  
 The title says it all, but we may get there via the backroads.

**A17 110mi From the Ferry! 7:15 a.m.**  
 Leaders: Steve and Caryl Baron (212) 595-7010. Be on the S.I. Ferry. We're heading for Princeton. Well maybe not all the way to Princeton. The real pleasures of this hilly out/flat back ride are Watchung Reservation and the D & R Canal. Return is fast, and not on Route 27, with Yogurt Express just when you need it!

**B17 55mi Tricky Dick Slept Here 9:00 a.m.**  
 Leader: Wayne Wright (718) 626-1002. From the Boathouse. Can you believe that someone's leading a ride to pay homage to the only U.S. president to say "I am not a crook!" Well, Park Ridge, N.J. makes for a good ride destination regardless of whether or not its home of the rich and infamous. Besides, I was too young to have voted for McGovern anyway.

**B16 60+mi Armonk 9:00 a.m.**  
 Leader: Lisa Davis (212) 689-0704. From the Boathouse. A fast ride through the back roads of Westchester with some hills. Bring Metro-North pass in case of rain.

**B/C14 65mi Rockland Lake S. P. Picnic 9:30 a.m.**  
 Leader: Gene Vezzani (212) 875-1615. From the Boathouse. Rockland Lake is one of a chain of parks that comprise the Palisades Interstate Park System. Enroute, we'll stop at the country store in Piermont and pick-up lunch - then spin through Nyack to the Park.

**C14 ??mi September in Nyack 9:30 a.m.**  
 Leader: Henry Joseph (212) 989-8176. From the Boathouse. Nyack again for the first time.

### SUNDAY, SEPT. 25TH

**A20-22 75mi A Pearl of a Ride 8:00/8:45 a.m.**  
 Leaders: Jeff Vogel (718) 275-6978 & Keith Goldstein (212) 982-9461. From the Boathouse and Queens and Yellowstone Blvds. Are you bored with the Pearl River ride? Who is Pearl Izumi? Is Pearl River in New York or New Jersey? For what anniversary do you give a pearl gift? Is the source of the Pearl River really an overflowing toilet at Elmers? Find the answers to these and other strange questions on today's ride to OYSTER Bay. It's 40 miles to the first stop so two water bottles and pocket food are mandatory.

**B16 55mi White Plains 8:30 a.m.**  
 Leader: Karl Dittebrandt (212) 477-1387. From the Boathouse. We will take the back way to White Plains. Is there a back way? Come along and find out.

**B14 71mi 71 For 71 8:30 a.m.**  
 Leader: Irv Weisman (212) 567-9672. From the G.W. Bridge Terminal. Ft. Washington Ave & 178th St. (Take "A" train to 175th St.) I think I can still do this ride through the sparsely populated Rockland suburbia which I have enjoyed over the years. We may be joined by another senior rider, L.B., who will demonstrate that a 77 year old can still do such rides. Two or three food stops; a few nasty hills - low gears needed. 60 percent chance of rain cancels. (Happy Birthday, Irv!)

**B14 55mi Ride to Connecticut 9:00 a.m.**  
 (A Scouting Experience)

Leader: Maggie Clarke (212) 567-8272. From the Triangle Garden (Dyckman St. - 200th St. & Broadway) "A" train. Let's ride out through the manicured lawns & estates of Westchester County, into

the wilds of Greenwich and beyond into the great unknown. Return by Metro-North - so bring bike pass and money. 60 percent chance of rain cancels.

**C12 40mi Piermont Again 9:30 a.m.**  
**Piermont Forever**

Leaders: Hindy & Irv Schachter (212) 758-5738. From First Ave. and 64th St. N.W. corner. We've done it before and had a good time, we'll do it again.

## Ride Previews

### SEPT. 17-25TH & OCTOBER 1-9

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

**BIKE ITALY!**

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

### FRIDAY-MONDAY, OCTOBER 7-10TH

**All Class Columbus Day Weekend**

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

### NOT JUST A STORE - A RESOURCE!



**All 1994 CANNONDALE, MARIN  
 and SPECIALIZED bikes on sale!**

**Join us at our FREE bicycle repair and maintenance  
 clinics 8:00 pm every Wednesday night.**

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

**A helmet is brain gear**

## Club Rides (con't)

### Out of Bounds – Centuries

#### SUNDAY, SEPT. 4TH

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

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

##### 5th Annual NYC Century Bike Tour (TA)

100, 75, 55, 35 and 12 miles. \$35 proceeds benefit Transportation Alternatives. Call TA to register at (212) 475-4600. Rain or shine

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

From Sunken Meadow Stat Park. Choice of 12, 25, 50, 75 and 100 mile routes. Starts at 7:00 a.m. Fee of \$15 after 8/20 Helmet mandatory. Contact: Paumonok Bicycle Club, Inc. P.O. Box 7159, Hicksville, N.Y. 11802.

##### Hudson Valley Century

Starts at 7:00 a.m. From Arlington H.S. Stringham Rd., LaGrange N.Y. 25-100 mile rides in central Dutchess County. \$16 Reg. fee includes map, SAG, snacks, and \$4 more for a T-Shirt. Contact: Jim Lankering, Box 665, New Paltz, N.Y. 12561-0665.

##### Pocono Century Tour

From Scranton University, Scranton, PA. choice of 25, 50 and 100 mile routes. Varying fees according to route choice, highest \$10. Start time 7:00 a.m. Contact: Lackawanna Bicycle Club, P.O. Box 149, Dunmore, PA 18512. Call Paul Gronski at (717) 344-8558 for more information.

#### SUNDAY, SEPTEMBER 18TH

##### 13th Annual Golden Apple Century,

Sponsored by the Country Cycle Club. 25, 50, 75, 100 and 125 mile rides leave from Franklin D. Roosevelt State Park, Yorktown Heights, NY at 7:00 a.m. All levels of riders welcome for a self paced tour through rolling hills. Cue sheets, fully stocked rest stops provided. \$12.00 fee. More information: (914) 428-4687 or (914) 949-3611.

#### SUNDAY, OCTOBER 2ND

##### Shawangunk Tour

Starting at 9:00 a.m. a multiple "Thon", sponsored by the Walkill Volunteer Ambulance Corps, includes 35 and 50 mile Bike-A-Thon as well as a 5mi and a 12K run through southern Ulster County. All donations go to the Volunteer Ambulance Corps. For info., contact Walkill Volunteer Ambulance Corp. Inc. P.O. Box 221, Wallkill, N.Y. 12589. Phone (914) 895-2028, Fax (914) 895-3954

#### SATURDAY, OCTOBER 8TH

##### 6th Annual Sea Gull Century

Come and enjoy the nationally acclaimed Sea Gull Century - a 100 mile (or 63 mile) bicycle tour of Maryland's Eastern Shore. One of Bicycling Magazine's, top ten century rides in 1993, the 1994 Sea Gull Century promises yet again to be one of the premier bicycling events of the year. SASE to Salisbury State University, SSU Campus Box 3046, 1101 Camden Ave., Salisbury Maryland 21801-6860

**CYCLISTS UNDER 14 ARE NOW REQUIRED  
BY LAW TO WEAR A HELMET**

### CYCLING FOR CAUSES

#### Saturday & Sunday, September 10-11

**American Diabetes Association Tour 150 Twin Forks of L.I.** Saturday cycling in the Hamptons, Saturday night accommodations, then Sunday on the North Fork. Sag, refreshments, party. \$300 minimum pledges/ \$25 registration. Register by phone 1-800-281-4925

#### Sat/Sun September 17-18

##### By the Time I Get to Woodstock

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

#### American Diabetes Association Tour 150 Hills and Dales of Orange County

Starts in Monroe, accommodations at Mountain View Inn in Port Jervis. Sag, refreshments, party. \$300 minimum pledges/ \$25 registration. Register by phone 1-800-281-4925

#### Saturday, September 24, 1994

##### 1994 Food & Hunger Hotline 4th Annual Fall Cycling Tour

40 or 60 miles over GWB, breakfast and lunch prepared by Montra-chet, TriBeCa Grill, Odeon, Bubby's and Nosmo King. Benefits Food & Hunger Hotline which connects needy NY'ers with soup kitchens and open pantries and is opening One City Cafe, a non-profit restaurant that will offer job training and employment to sheltered or formerly homeless people. Call Francine Cohen at (212) 533-7600.

#### Sunday, October 16

##### The 3rd Annual Red Cross Challenge Sterling Forest Ski Resort, Tuxedo, NY

62.5, 45, 25, 10 miles. \$20 registration before Oct 11, pledges. 201-676-2270.

#### Sunday, October 23, 1994





##### The Blue Hill Challenge

50K & 100K bike rides, 10K walk in and around Pearl River to benefit The American Cancer Society Rockland County Unit. Call (914) 368-1251 for detailed brochure or if you would like to volunteer.

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## From the Boathouse

September 1, 1994

Over a hundred members of the club took part in the All-Class Ride to Kingsland Park in Tarrytown on July 31, and a great time was had by all. Thank you to all of the leaders who organized the various rides.

The September meeting is very important. We begin the nominating procedures to elect the new Board for the following year. Would you like to serve on the Board? Do you want some insight on what being a Board Member entails? Just curious about the election procedure? Give me a bell at (212) 989 0883 and tell me. I'll listen and try to help, and even encourage you to run for office. Nominations close at the October meeting, and elections take place by mail before the November meeting, and at that meeting. The new Board takes office after the December meeting.

Yes, Virginia, the New York Cycle Club will sponsor a Century in September 1995. A steering committee consisting of Jane Kenyon, Special Events Coordinator, Steve Britt, A Rides Coordinator, Mitch Varvin, B Rides Coordinator, and I began meeting in August to get

Geo Carl Kaplan

'the ride on the road!' (See Jane Kenyon's article in this issue of the Bulletin.) At the August meeting a call was made for volunteers to work on the Century, and meetings of various committees are underway. Give a call if you are interested in working on this "first" for the NYCC - we need your help!

This is a request to Ride Leaders. Every week I receive phone calls (note the plural) from disgruntled members who went on a ride expecting a stated pace, and then learned that the leader was riding two to three or more miles faster than advertised in the ride listing. Please, dear leaders whoever you are, stick to the advertised pace, or in the alternative, list your rides at the pace you truly intend to set. This is not the place for caveat rider!

There have been additional incidents in New Jersey of police officers being unduly and unjustly nasty to cyclists. Be careful about red lights, signalling, observing the center line, and anything else to insure that you do not get a summons or, worse, taken off to a station house.

See you at the final All-Class Ride of the season to Bethpage on September 10.

## Editor's note

On the newly redesigned page 2 you'll find new NYCC Ride Guidelines AND a lot of other useful information like bike train schedules, where to send a change of address and what to do if your Bulletin doesn't arrive in time.

Thanks go to Irv Weisman, who refined the Self-test times and worked to make the guidelines easier to understand, especially for new members. And thanks go to the board members who conscientiously discussed each and every aspect.

And, just in case you don't have enough rules, the Central Park administration has adopted a set of rules, published on page 10. They were developed with input from NYCC, NYRRC, NYRSA, AYH, MAC, CP Skate Patrol, DOT, The Parks Department, NYPD, and The Central Park Conservancy. Be a good sport and abide by these rules for the good of all.

## Nutrition Class Series

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

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

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

Christy Guzzetta is at (212) 595-3674.

## Boats and Bikes

I saw something a while back where folks were searching for alternatives to the tried and true and sometimes all-too-frequent destinations. It may be here soon. The Staten Island Borough President's Office has been working extensively with a (soon to be) committed cycling fan to develop a series of bicycle routes, all of which will tie into the world's favorite upper-bay cruise line. Despite the occasional foray into this borough's hills, most NYCC'ers haven't experienced the range of cycling Staten Island has (or will have) to offer. Most of the routes will tie into the cultural and recreational wonders of the area, such as Snug Harbor, the Greenbelt, and a series of fine beaches. Long-term (over the next couple of years) plans call for the development of completely separate paths for bicycles along the waterfront and through the Island's extensive network of parkland. On Saturday, September 10, there will be a series of events taking place in St. George, near the ferry terminal, to publicize these plans. There will be a race (licensed racers have already received notices), pee-wee races, a street fair, and an informal series of rides which will be on or parallel to the eventual final routes. Sound like fun? Boats leave Manhattan every hour on the half-hour. Rides will leave at the race area (follow signs off the boat) probably around 9:15, armed with some maps. Native guides will be available to assist with translations. Races start at 11:00. Race, ride and/or watch. For info, call 718-816-2116 or John Luisi at 718-442-4366.

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**It's fun to be a leader...lead a ride in October!**





## Blowouts

So we finally figured out why we haven't seen **John Gatsos** in a while. He's been too busy planing his September 4 wedding to **Deborah Waldman**! The other reason we haven't seen him is because he separated his shoulder in a recent cycling accident. The sling is scheduled to come off the day before the wedding! Deborah, take good care of John, please.

Also separating his shoulder, although not getting married (as far as I know), was **Sherman Pazner**. Best wishes for a speedy recovery.

The new bump in the Park at West 102 Street where the road buckled claimed several NYCC members as victims. The most seriously injured was **John Becker** who broke his elbow. Heal fast, John.

The answer to last month's question about **Rob Kohn** is "No". (Look it up if you need to know the question.) The problem is he may get to spend even more time off his bike as he too crashed recently. It seems a loose dog ran onto Riverside Drive taking down **Rob** and **Cathe Neukum** (no). Cathe's first response was to see how the dog was. She was worried for the wrong reason. It was a Pit Bull! You don't want to make him mad, Cathe!

This month's Road Bozo award goes to usually mild-mannered **Don Montalvo**. Without going into all the details, after yet another accident on Hudson Terrace, Don did his best "Jack Nicholson with a golf club" impression. The strangest part of this entire incident is that Don wasn't even involved in the accident!

While the Englewood Cliffs Police have a well deserved reputation for trying to harass us, they do an excellent job when one of us is unfortunate enough to have an accident, and plenty of us have needed their help in the past few years. So lets try to make their job easier and our lives less painful - lets try to ride safely. And, if you didn't crash last month, it's only because you said it's too hot to ride!

In a correction to last month's corrections, something in some prior Bulletin should have read **Fred Steinberg** and **Stephanie Bleacher** (yes) and their maps (yes). When last seen Stephanie was seen studying the maps, looking for a route Fred hadn't tried yet.

And **Tara Crowley** has responded to my questioning her quote of "I don't do that anymore". Now it's "I only do that once per ride". Just let us know, Tara, all the guys want to be there when it happens!

So those A riders think they're so tough with their ultra-light bikes? Who was it on the Beach Burns Ride that dragged the bowling ball all the way to Neponset Beach? And, is it true that **John Kalish** was the ten pin?

The second of our All-Class Rides, the Bill Baumgarten Memorial, took us to Kingsland Point Park. Even though there was no free

**The new bump in the Park at West 102 Street where the road buckled claimed several NYCC members as victims.**

lunch, over 100 people showed up for the picnic. One of the highlights was **Kristi Roberts** falling victim to the missing pedal prank. Beware of cyclists walking around with strange tools at picnics!

If you were at the Princeton Century last month you may have noticed that there were more New York Cycle Club jerseys than Princeton Freewheelers, as about 20 NYCC members made the trip to Central Jersey for their annual event. **Peter Morales**, **Karen Sherman** and **Cynthia Ryan** (no) all did their century in just over 7 hours. The Princeton Staff were astonished that Karen and Cynthia were doing the entire century on their hybrids. **Doug Bixby**, **Kristi Roberts** and **Steve Britt** all pacelined their way to their fastest centuries ever in about five hours, fifteen minutes. **Conrad Meyer**, **Amy Hanowitz** and **Margaret Cipolla** all rode their fastest 100 miles too, finishing in under six hours. Amy cut it pretty close, finishing in 5:59:45, with just 15 seconds to spare! The question of the day though, is how did Amy pass **Judy Meyer** without her knowing it?

Once again **Lori Vendinello** arranged a great program for last month's meeting. Special thanks go to our panelists, bike shop owner/managers who took the time to talk to us - **Roger Bergman** of Pedal Pushers, **Sukon Chon** of Bicycle Renaissance, **Richard Newman** of Toga and **Charlie McCorkle** of Bicycle Habitat. And best of all, unlike the O'Hara's of old, the food was great. If you haven't been to a meeting in a while, come to one soon.

By the time you read this, the 1994 Boston-Montreal-Boston will be over. If you want to hear all the stories first hand, ask **Karl Dittbrandt** and **Bill Strachan** who are trying to become the first four time finishers, not just from our club, but in the history of the event. Or, ask rookie participants, **Jim Babbitt**, **Joe Foglia**, **Drew Olewnick** and SIG graduate **Paul Janus**. I'm sure they'll all have great stories to tell.

Mark this historic date - maybe we'll celebrate it annually - Sunday, August 7, 1994 - the day **Barry Shapiro** took a pull! Reportedly he also took a pull on the Montauk Ride several years ago but no one can confirm it. Hopefully we won't have to wait until the year 2001 for our next pull, Barry!

And finally, it's a constant battle to bring you the latest in cycling gossip. Now it seems that the CRCA editors lost last month's At The Bench, their monthly gossip column. (Or maybe they didn't lose it, but were just afraid of another lawsuit.) Anyway bringing you up to date on CRCA gossip, those of you who know and love **Mike Gacki** will be happy to know he was suspended for three months for throwing his helmet at a roller blader.

## 1st Annual NYCC Century

We, the New York Cycle Club, are planning to put on a Century Event for the entire local bicycling community. We'd like to show the strength and pride of our club to area cyclists. What a wonderful opportunity to encourage New York riders to get out of the Park and join us on some of our favorite routes (up the Hudson through New Jersey to Rockland County). But we can't put on an event this big without your help. We need any and all members to come forward and volunteer your time and energy on our various committees, including Promotions and publicity, Sponsorship, Route and rest stops, Traffic and police relations, Marshall support, Registration and end-of-ride party, and Treasury.

The success of our first NYCC Century depends on your enthusiasm and energy. We welcome all contributions and volunteers. To volunteer for any of the above committees, or if you have any other talents or ideas, please contact:

Geo Kaplan at (212) 989-0883

Jane Kenyon at (212) 662-1935 before September 15th.

**Make the call now and make a difference!**

## Columbus Day at Su Casa

**A New and Improved All-Class Columbus Day Weekend at Su Casa!** If you came on this weekend before and stayed in the worst room of your life, come again - the worst rooms are now off-limits to members of the New York Cycle Club!

But don't come for the accommodations, come to see the oldest street in the United States (in New Paltz), come to see the oldest Hip-pies left on the Planet Earth (in Woodstock), come to dance to the rock'n'roll music, come for the hot tub, the spectacular riding, the fall foliage, come for the fun! Rides schedules for A, B, and C riders.

Private bus takes us to Su Casa on Friday evening, October 7 for three great autumn riding days. The bus will pick us up on Monday, October 10 to get us home for dinner.

\$210 includes: 3 breakfasts, 3 dinners, 3 nights' accommodations, round trip transportation, game room, and more. (\$180 if you make your own travel arrangements.) Send check made out to:

Christy Guzzetta, 49 West 75 Street, New York, New York 10023  
Questions? Call Christy at (212) 595-3674.

Rides designed by the incomparable Jeff Vogel, (718) 275-6978.

# No Tech Tips

## Radial Lust

Are radially spoked wheels really any faster than "normal," tangentially spoked wheels?

There is no doubt that radially spoked wheels with deep-section carbon fiber or aluminum rims, such as the ZIPP or the Campagnolo Shamal, offer significant aerodynamic benefits. But even wheels with standard U- or V-shaped rims combined with appropriate tires and bladed spokes laced in a radial pattern offer small, though definitely perceptible, aero' advantages. Of the various elements of this "aero' package," the radial spoke pattern is probably the least important — I could be convinced easily that it counts for nothing — but it does look damn cool!

This month, let's take a look at component selection and review some special tips for building radial wheels.

### The aero' package

**SPOKES:** I think it's a boo-boo to build a radially spoked wheel with round spokes, butted or not. Because the spokes rotate on a flatter plane, the radial pattern alone might reduce the "egg beater effect" by a truly insignificant amount. However, the real drag reduction comes from using bladed spokes, whether laced radially or cross-1, -2 or -3.

For a very long time the only aero' spokes commonly available were 14-gauge ones mashed flat into a blade shape with blunt edges. My guess is that while these spokes are more slippery than round 14-ga. spokes, those dull edges and flat sides don't really promote laminar (low turbulence) airflow — as anyone who has ridden wheels built up with these spokes can attest, they whistle while they work. Their wide blades won't fit through regular hub spoke holes, so hubs must be specially slotted to accept spoke heads. Hook-end blades? Nah... I don't think so.

On the exotic end of the spectrum are Fiberflight spokes. They have threaded ends and elbows like regular spokes, but their long center sections are made of carbon fiber formed into an airfoil shape that is claimed to reduce drag by 28% and spoke weight by 40% compared (I must presume, since their ad doesn't mention it) to round, 14-ga. spokes. They are very expensive and can't handle nearly as much abuse as stainless steel spokes. Also, they can be used only for radial lacing. (Confidential to closet aerodynamicists: Are these spokes "ten times more efficient than round spokes," as Fiberflight's ad states?)

My current fave aero' spokes are Wheelsmith 15-ga. blades. They are smaller, lighter and have a more aero' shape and sharper edges than 14-ga. blades, and they lace right through normal, non-slotted hubs. I wouldn't

be surprised if these spokes' drag numbers compare quite favorably with Fiberflight's.

**RIMS, TIRES and HUBS:** In the realm of "normal" rims, just about any U- or V-shaped rim, such as Mavic Open 4 CD, Campy Omega and many others, will be faster than any box section rim.

Equally important is tire selection. Several good wind tunnel studies have shown that maximum aero' benefits come from choosing a tire whose width (sidewall to sidewall) does not exceed the width of the rim. Most aero' rims are 18.5-20mm wide, so this limits tire selection to 700x20c (for this size, I like Specialized's Turbo CR) or 700x18c (Conti's Grand Prix gets my nod here) for those seeking maximum performance, namely road racers and time trialists. I still strongly recommend 700x23c for non-racers, or for those racing on rough roads.

While radial lacing puts more stress on hub flanges than tangential lacing does, this usually poses no problem for most hub designs. Nevertheless, it's always good to check manufacturers' instruction sheets for warnings; I am aware that there is at least one manufacturer (Nuke Proof, perhaps?) that advises against lacing its hubs in the radial pattern.

### Building a better radial

The following tips are for folks who have reached the point in their wheel-building careers where they are willing to ride their own handiwork down a hill at 50 mph. Aspiring wheel builders should start by reading *The Bicycle Wheel* by Jobst Brandt, then build some wheels, starting with front wheels and working their way up to dished-construction rear wheels. For the wheel pros, here we go:

• Radial wheel construction allows little or no room for spoke length miscalculations. Charts and formulas work pretty well most of the time, but with the flood of odd-sized stuff entering the market nowadays at such a rapid clip, many charts are obsolete. If you are having trouble figuring out the proper spoke length for a particular hub and rim combination, simply contact the hub manufacturer. For some reason, hub manufacturers seem to supply better numbers than most rim manufacturers. I have found the spoke length chart in the Nashbar catalog to be quite reliable for the limited range of hub and rim combinations they sell.

• As with the rear wheel pulling spoke elbow-in, elbow-out debate (I don't think it matters a whit one way or the other), the question also arises when discussing radial wheels. On radial wheels I think the spoke elbows should be on the inside of the hub flange (i.e., all spokes inbound) because it reduces the amount of bending required to

by Bob Moulder

"improve the spoke line." If you decide to build elbow-out, you'll find that improving the spoke line before threading the spoke into the nipple eases construction and gives a clearer indication of exactly how much bend you've put into the spoke.

• Well-built tangentially spoked wheels do not require a thread locking compound on the spoke threads; radially spoked wheels most definitely do. This is because radial spokes pull straight from the nipple — unlike tangential spokes which tug the nipples to the side and create lots of friction with spoke threads — and road vibration quickly loosens them unless steps are taken to secure them. Wheelsmith Spoke Prep is made just for this purpose. If you realize after the fact that you need a thread compound, no problem — place about a half drop of Loc-Tite thread compound on the spoke just above the nipple, give the wheel a good spin and let centrifugal force carry it down to the threads. Always use a light thread compound, not a heavy thread adhesive or retaining compound.

• Spoke twist is a huge problem with bladed spokes because they have very low torsional rigidity about the long axis, which means they are easily twisted into an old-fashioned barber pole during the truing process. If a wheel builder persists in truing a blade-spoke wheel without taking this into account, he or she will eventually put a permanent twist in the blade, which, from an aerodynamic standpoint, really sucks. As soon as you get to the stage in wheel construction that you start feeling some resistance on your spoke wrench, use small needle nose pliers to grasp the spoke near the nipple and prevent the inevitable twist. This slows down construction somewhat, but it's either that or botch the whole job — take your pick. When nearing completion, make sure the blades are perfectly parallel to the direction of travel by viewing them critically from the front or rear as the wheel spins slowly. Skewed blades will stand out a little, or you will notice a slight difference in the way they reflect light.

• The radial pattern may be used on the non-drive side of rear wheels, but the usual construction sequence of lacing all inbound spokes on both sides, twisting the hub, then installing all outbound spokes does not apply. To build a rear wheel with this mixed pattern (Never, never lace the drive side radially.), start by lacing all the tangential spokes of the drive side very loosely, by engaging only 3 or 4 spoke threads. This extra slack makes it easier for the inbound radial spokes to be snaked through the drive side and coaxed into the spoke nipples. When the initial lacing is done, true the wheel as usual.

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

**B e a b i g w h e e l - r u n f o r o f f i c e .**

## Central Park Rules of the Road

The Central Park Drive is often very crowded. We need your help to keep it safe for everyone. Thousands of people use the drive in many different ways. They run, ride, walk or skate. They are of all ages and skill levels. Some are there for exercise and some just for fun. Some go fast, others slow.

Most park visitors don't go on the drives at all except to get to playgrounds, ballfields, meadows, lakes, woodlands, performances, or just to walk across the park. With a little courtesy and common sense everyone can be safe. Remember, it's everyone's playground!

### When the Park Drive is closed to motor traffic:

1. **Lane Restriction:** All cyclists and skaters must stay out of the inside lane which is for runners and walkers. Everyone may use the center and outside lanes.
2. **Direction of Travel:** In the center and outside lanes everyone, including runners and walkers, must travel counter-clockwise.

### When the Park Drive is open to traffic:

- Runners use the inside half of the recreation lane and travel clockwise.
- Cyclists use the outside half of the recreation lane and travel counter-clockwise.
- Skating in the recreation lane is unsafe when there are cars in the park.
- Young children should not use the drive when there are cars in the park.
- Remember, you are sharing space with cars. The risk of serious injury is increased.

### Important telephone numbers:

24 hour line to report any problem in the park,  
for park enforcement, and information: (800) 201-PARK (7275).  
Central Park Police Precinct: 570-4820. In an emergency, dial 911.  
Park Maintenance and Operations: 628-1036.  
Permits: 408-0226

*Central Park is managed by a unique public-private partnership between the New York City Department of Parks and Recreation and the Central Park Conservancy. To contribute, please call 315-0385.*

## A Plea to Leaders and Riders

by Maggie Clarke

One of the great things that distinguishes rides of the New York Cycle Club from those of other clubs is our ride classification system and expectation that leaders and riders would use it to form cohesive groups going at a single, defined pace, for our weekend rides. In fact Club members who have moved out of New York have written letters to the Bulletin commenting how other clubs' riders string out for miles, with riders depending on cue sheets or the point-and-drop system for direction.

A couple of years ago, Irv Weisman and I worked with the Board to further refine and revise the original system (A+, A, A-, B+, B, etc.) and developed the one we have used over the last two years (e.g., A22, A17, B17, B14, C14, etc.). This has allowed riders of different styles (A, B, C) to go at any pace, increasing the flexibility of our rides. The classification also provided another means of measuring a leader's speed: *cruising* speed on flat terrain, rather than the average speed, which obviously is affected by the terrain.

Happily, many leaders stick closely to the advertised pace as defined in the ride guidelines. However at the last All-Class Club Ride, it was obvious that some leaders are still confused and think the advertised speed of the ride is to be average speed, or consider the advertised pace to be a guideline only – and do not feel obligated to lead at the listed pace. Not unexpectedly, some of the rides to Kingsland Point Park were considerably faster than advertised. One ride was very hilly, but the leader did not compensate his average speed accordingly. Another ride (the C ride) split in two when one part of the group tore through Central Park at a reported 23 mph. An A rider told me his group was going 2 mph faster than it should have. This disregard for the classification system will eventually undermine our club's attempts to achieve cohesive riding style. At the very least it results in a lot of misunderstandings,

and can result in unnecessary rider exhaustion or accidents.

To the rescue comes the NYCC Board, who with suggestions from Irv and myself, has further refined the Ride Guidelines. These new guidelines, which appear for the first time in this Bulletin, provide leaders and riders with not one, but three measures by which to gauge ride pace and times – *cruising*, *average riding*, and *overall* including all stops and breaks. The new guidelines also specify that the severity of terrain will affect the average and overall speeds by plus or minus one mile per hour. Thus, the leader of, say, a B17 ride over rolling terrain will maintain a *cruising* speed of 17 mph on the level stretches. But the *average riding* speed will be 3 mph less, i.e. 14 mph, and the *overall* speed will be 11 mph. If the terrain is hilly, the *average riding* speed will be 4 or more mph less than the *cruising* speed, i.e. 13 mph. Over flat terrain, the *average riding* speed will be closer to the *cruising* speed, maybe 15 mph. The *overall* speed for the day is usually 3 mph less than the *average* speed. I would like to point out that there are other riding conditions, like the weather (e.g. heat/cold, wind velocity, wet/icy roads), which may adversely affect ride speeds and cannot be predicted before the day of the ride. In addition, it would seem imperative that leaders always list the terrain conditions in their ride listings, particularly if the terrain is hilly, to adequately prepare riders.

But, most important, in order for all this to work out as we hope, ride leaders must both understand and adhere to this classification system, sticking closely to their *advertised* speed. And riders should expect and insist that the leaders follow the system. Then we will consistently achieve the well-matched groups to which we have always aspired, and which many leaders have already achieved.

## Re-Cycling

**SCREAMING YELLOW ZONKERS** is selling team jerseys, \$60. 88% poly/ 12% lycra blend. *Cool design* - mostly popcorn! Blue/black/yellow/red on white. Contact: Catherine Chatham or Elizabeth Emery: (212) 663-6536 (212) 865-0010.

**ROUGH 'N'READY RACE WHEELS** - GP4 rear, GL330 front. Dura-Ace non-HG 8 spd. Dead true and strong. Hand built by owner, slightly used. Assortment of new and used Vittoria Corsa/fave tires and extra cogs included. Literally a steal at \$250 firm, no haggling. Call Bob (212) 682-5669.

**TREK 1400 ROAD BIKE**, 2 1/2 years old, 54cm, white, Shimano 105, Look pedals, excellent condition, new Continental tires. \$350. Call Aryeh Friedman (212) 350-2255.

**VOLUNTEERS** wanted for rewarding NYCC board positions and for the 1995 NYCC Century.

## CT comes to NYC

All of you who have gone up to New Haven for our Connecticut Shore Rides are aware of the numbers of Connecticut Cyclists who joined us as guides and just to have fun riding with us. The Connecticut people were the ones who supplied us with the routes, and now its payback time. The Connecticut Coalition of Cyclists is coming to New York City via Metro North early Sunday Morning September 18, and they have asked us to help out with some rides in the City. Larry Ksiez, Caryl Baron, and Dave Lutz have graciously agreed to work on this. They will need help in planning routes, maps and cue sheets, and they will need leaders - A and B and C, and riders who just want to go along for the fun. The rides will be listed as New York Cycle Club rides, and the more of you that participate the merrier. This is our opportunity to pay back the Connecticut riders for all they have done for us in the past. The only downside to this is that they will not have Pepe's Pizza for the ride home.

## Staying alive

The sun is coming up later and setting earlier, a good way to be seen is "Hot Dots" from Specialized. These 1 1/2" flashing dots operate on two watch batteries, weigh almost nothing, and come with three options for attachment: a strap, a clip, or velcro. Playing now at your local bike shop. These neat little gadgets can be clipped onto helmet, pocket, even shoes.

Or, wear them to your favorite club.

None of the locals we know of carry the best reflective ankle bands: the highly visible felt lined 2" wide cube prism reflectors from Jog-a-Lite in Silver Lake, NH, but most have some variety of reflective bands.

## 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  
Members joining after Labor Day pay one-half (\$8.50 individual, \$11.50 couple). 1995 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.

# NYCC MEETING

TUESDAY, September 13, 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 \$9

## Nominations for NYCC Officers



## HANK WILLIAMS: Bike Mechanic to the Stars

Behind the scenes stories from renowned races plus

Hank's way of preparing a bike for a cross-country tour  
and introducing NYCC T-shirts designed by Mike Samuel

Indoor bike parking! or...subway

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

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

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**September is Century Month!**