

NYCC *Bulletin*



Pssst...! Free food!

Can't tell you where just yet...

check out July 22nd listing on page 7.

President's Message

I'm happy to say that July is jam-packed with club events. It starts with our wonderful annual July 4th weekend at West Point, followed by our club meeting on Tuesday, July 11th where our proud SIG graduates will be celebrated, followed by our fabulous third annual all-class ride and picnic on Saturday, September 22nd. This picnic is catered and is free to all members riding with us that day. Last year, we had over 160 people having fun socializing and feasting. Be sure to join us this year!

Have a great July, everybody!

Ben Goldberg, President

July 4th Weekend

West Point - All Class Club Weekend

It is the annual July 4th NYCC All Class Club Weekend at West Point! We'll bicycle up to West Point from Central Park on Saturday, July 1st - rides for A, B, and C riders planned. And don't worry, a baggage shuttle will carry our clothes. We'll enjoy a fun and informative all class bicycle tour of the historic West Point campus on Saturday afternoon. We'll visit and learn about some of great highlights of this historic and beautiful campus. We'll have dinner in our own private dining room on Saturday night. A, B, and C rides are planned for Sunday, July 2nd and Monday, July 3rd. There's also a swimming hole, Storm King Art Center, holiday celebrations in town, a museum, the campus - West Point is the greatest!

Don't miss the dinner cruise aboard the historic M. V. Commander, chartered for our exclusive use. Tuesday, July 4th, wear your red white and blue for the bike ride home. Four days, three nights at the historic Hotel Thayer, 3 full breakfasts, 3 dinners, baggage shuttle to carry our clothes, dinner cruise, bicycle tour of the campus, pretty much everything except lunch and drinks - all included. Reserve your space now. \$330.00 per person covers it all. Space is very limited for this long 4 day holiday weekend this year. Sign up now! Don't delay! We will send out an information packet answering all your questions shortly after you sign up. This will detail the schedule, departure times, places, etc.

Make your check out to Jody Saylor, 49 West 75th Street, New York, NY 10023. Shortly after receipt of your check, the information packet will sent to you. Questions? Jody Saylor, 212-799-8293. Accommodations; Jody Saylor (212) 799-8293; Events Planner, Christy Guzzetta (212) 595-3674.

Yes, Virginia, there IS such a thing as a free lunch!

Please join us for the NYCC annual picnic lunch on Saturday, July 22 -- at a secret location! A, B and C rides will leave from the Boathouse, and converge for a picnic lunch at 2 pm at an undisclosed location -- last year it was the Cloisters, the year before it was Roosevelt Island, this year it could be Rudy's house. Ya never know! You have to show up at the boathouse to be admitted to the lunch (so we can get a headcount).

Better than 50% chance of rain as reported on 1010 WINS Radio causes cancel. Raindate is the following day, Sunday, July 23. Rides will be listed in the bulletin and the biweekly email. Come one, come all!

Editor's note

So what do you do if you find yourself behind a pack of riders spread all over the road? You keep to the right...or so I thought. Tell that to the NJ Police. A few weeks ago one of their finest took the easy way out and instead of stopping the people at the front of a huge, reckless pack of riders, they arrested the ones at the back of the pack who were following the rules of the road. Poor guy must have been running low on his quota for the week.

So, I'm getting more articles and stuff, but still no images! Wazzupwitdat? Hey, we're digital now, so why not take advantage of the digital age and send an image with your article? Nothing gets more attention than imagery.

Well, I'm going to try to make it to the picnic on the 22nd (I can can tell you where it will be held, but then I'll have to kill you). See you there!

Don Montalvo, Editor

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LKN8@columbia.edu

...or call (212) 961-1129. Email is preferable. Please include your name and full address in your message.

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Submissions: There are two ways to send your materials to the editor:

(1) **Snail mail.** Mail your raw text files on a PC or Mac formatted Zip, Jaz or floppy disks; images should be flat art, photos, transparencies or negatives. **Include a self-addressed, stamped envelope, and mail to:**

Don Montalvo
747-10th Avenue, #281
New York City, New York
10019

(2) **Email** your text in the body of a message. Call before sending attachments! Email to:

dmjgraphics@earthlink.net

Material may be edited for brevity and clarity. A full page of text is 750 to 1,090 words. Publication is determined by available space. We cannot guarantee that all submissions will be published. Submission is contributor's warranty to the NYCC that material is in no way an infringement on the rights of another and may be published without additional approval.

Deadline: All submissions and advertising are due at the editor by the second Tuesday of the month prior to publication. Sorry, no exceptions. Thanks.

Thanks for all of you who sent items to nycnews@yahoo.com. It seems that the weekend in the Berkshires produced enough happenings to fill a book, starting with **Irv Weisman** totaling **Jim Janoff's** almost new SUV, shaking up **Vilma Mendez**, his passenger who thought the wise thing to do was take a ride when feeling too tired to continue to safely pedal. To add insult to injury, her bike was impounded for the weekend by the police. Then there was the rebreaking of **Nancy Woods's** arm when she went over the bike of **Eileen Baicra**, who was attacked by a piece of wood which broke every spoke of her front wheel and dumped her on the ground on her face, which required stitches.

The Berkshires bring out latent teen age behavior - **Spencer Koromilas** always seems to be the center of it. Was it a case of Berkshire lightheadedness brought on by 85 Bash-Bished miles? Spencer was persuaded before the ride by the smiles of the Race Brook gals that smooth was sexier than shaggy and subjected himself (spread-eagled on the Stagecoach's lawn, shorts hiked up to) to being shaved by **Rita Tellerman** and **Julienne Follitt**, who gave his very Greek legs their undivided attention. **Wendy Cohen** fetched party snacks, **Jaimie Epstein** fetched pitchers of warm water, **Robin Read** fetched her digital camera (to document the shavedown for the NYCC Web site), **Henry Joseph** fetched his tripod and bigger-than-a-breadbox camera (to make gallery-worthy Art of the denuding); **Tim Andon** fetched music and a good time was had by all. Talking about Spencer, a mere week after the weekend, leading a troupe down his favorite Farms Rd. near Stamford, Spencer, having wagged his finger at all to get squeamish on the downhill, got a wee bit too excited himself, and, having survived the hairpin unscathed, let loose, only to be felled by a swath of sand. Out went his bike, down went Spencer and down he stayed. Right leg and arm raw with road rash. "Good thing I shaved, huh?" he said while insisting that he could ride to the hospital for a little cleanup. Which would've been tough given that he couldn't move his right arm. Broken collarbone was the verdict at the hospital. His helmet was D.O.A. -- having done what it's supposed to do. The attending doctor made a crack that he won't be able to shave for a while, eying Spencer's baby-soft gums.

On the same ride that Spencer was on, **Fred Steinberg** and **Tim Andon** were comparing their Sevens at a pit stop. Fred was trying to convince Tim that his chainstays were thicker. When it became obvious that no consensus would be reached, Henry Joseph stepped in with his Merlin and said, "It doesn't matter. My bike is smarter than either of yours." This immediately ended the discussion and drew perplexed looks from the other riders. Oh well, Henry will be Henry.

Over 120 members attended the Berkshires weekend. The weather was surprisingly good, despite all the forecasts of rain, and there were catered lunches on two mountain-top lakes (too high-up for some of us riders). There was a huge Sunday night dinner bash, replete with a noisy bullhorn (that replaced the one that **Ira Mitchneck** lost on a train platform), not to mention an irate Sheffield police officer who questioned our right

to use the parking lot in which we assembled for our rides, despite having obtained written permission from the township). On the mountain tops it was so cold, **Jeff Vogel** lent various articles of clothing and is still waiting for some of them to be returned.

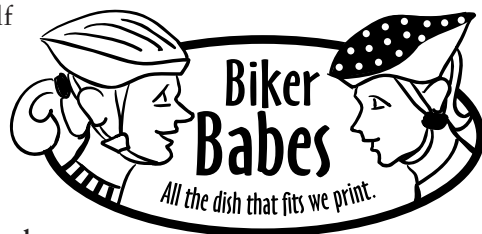
The baby boomers have finally realized their namesake. **Sue Theilheimer** and **Alberto Zonca** introduced the handsome Carlo Luigi to **Sheri Gorelick** and **Don Mikkelson's** darling Eva Rose and **Judy and Conrad Meyer's** lovely Alexandra. **Catherine Chatham** and **Craig Spiegel's** Andrew celebrated his first birthday at their historic Lakeville home, complete with party cake and rhubarb pie. **Bob and "Ruby" Trestman's** older Lior and Moss, showed promise as future road stars as they went in search of great adventure.

All in all the weekend was great - many thanks to **Fred Steinberg** and **Ira Mitchneck** for pulling it all off - no easy task.

The trip home was mostly uneventful, except for the fact that **Jim Galante** received a warm welcome back into Manhattan by a pair of New York's finest on mountain bikes (one of them lighting a smoke, while the other did paper work). Jim was issued a \$40. summons for riding the wrong way, one block up the bike lane, on Fifth Avenue, between 17th and 18th Streets. The officer reminded him that he was most generous by overlooking the fact that Jim did not have a bell or horn on his bike - oh well, welcome back to the city.

The A, B, and C Sigs are now just a memory and graduation is coming up with diplomas to all those who successfully completed the training session. We should give awards to the spouses and special others who are "widowed" for so many weekends. A special recognition should go to **Regina Bonsignore**, who having given birth to twins (**Renzo** and **Sofia**) on April 16th, magnanimously allowed, and even encouraged hubby **Greg** to ride 6-8 hours on Saturdays so he could complete the A-Sig, while attending to the new borns on her own. He sure owes her.

Keep the dish coming - see you on the road.



Letter To The Editor

A NOT-QUITE FABLE

New saddle to replace shorn one: \$60
 New club jersey to replace shorn one: \$50
 New shorts to replace shorn one: \$45
 New shoes to replace ripped ones: \$125
 New computer to replace shredded one: \$30
 Medical and physical therapist bills: indeterminate.

Laughing at the cyclist in Central Park, who you, a runner, almost hit when you, all of a sudden and without looking or signaling, suddenly bolted perpendicular to the road, only to be yelled at by him to WATCH OUT!, who you then see 200 yards later, lying in the road, dazed and bleeding after a skater did the exact same thing to him, priceless.

By Anonymous



Ride Listings



Note: All SIG graduation ceremonies will take place at the July 11th meeting.

Saturday, July 1st

A18 90+/- MI 7:30 AM

Holiday on Ice (Caves)

Leader: Fred Steinberg 212 787-5204 fcs1@worldnet.att.net
From: Grand Central Terminal

Stuck in the city for the holidays? Here's a day trip with a weekend's worth of cycling as compensation. We'll take the 7:43 AM Bike train to Poughkeepsie, cross the Hudson and make a roller coaster tour of the Shawangunks: Minnewaska, Cragmere/Ice caves and Mohonk, returning to Poughkeepsie via New Paltz for one of the PM bike trains. Be warned, there are lots of climbing and some hard pack, but it's worth it. There are few delis for water/food stops, bring at least two (2) water bottles and pocket food. Cancel conditions: threatening weather forecast for Mid- Hudson Valley. Rain date: Sunday 7/2. Please confirm participation w/leader.

B18 70/80 MI 8:30/9:15 AM

Real New Yorkers' Oyster Bay Ride

Leader: Scott Malone (718)783-7033 or malones123@aol.com
From: Grand Army Plaza at 8:30 AM and Statue of Civic Virtue at 9:15 AM

Real New Yorkers know that holiday weekends are the time to stay in town. Everyone else leaves and finally you have a little space. Real New Yorkers also know that there's no reason to go to New Jersey when you can possibly avoid it. So we'll forget the George Washington Bridge this weekend and head eastward, on a top-secret route that involves almost no time on Queens Boulevard. We'll pick up our lunches at a deli in the town of Oyster Bay and eat them in the lovely park overlooking said body of water. What more could you want?

B17 100 +/- MI 6:30 AM

Ironman Long Ride Series

Leader: Joe Jaffe (212) 987-9585
From: the Boathouse

Designed for first time Ironman triathletes training for Ironman Lake Placid, Canada, and Santa Rosa, Ca. Goal time for the race 16/17 mph with a 6.5 to 7 hour bike leg. Training rides will be out and back to Bear Mountain with snack stops at the Runcible. There will be no lunch stop. Training pace will be slow - we are going for distance not time. Only one rule: No dropping ride leader on the hills. Spare tubes, patch kit, pump, and helmet required. Minimum of two water bottles, maximum twelve. All are welcome. Mountain bikes and hybrids discouraged. Please bring snack and emergency money. Also bring your favorite anti-bonk performance gels or bars.

C14+ 40 MI 9:00 AM

I Cover the Waterfront

Leader: Ludwig Vogel (212) 838-0852 or ludwig@bway.net
From: The Boathouse

A loop across the GWB and south brings us to a little bit of Japan. Then we take in the million-dollar views of Manhattan, and further south along the Jersey Coast, the area's best Polish food. After our multi-cultural experience in New Jersey, we'll head across the Bayonne Bridge to Staten Island where we'll circle around to the ferry for a free ride home. The usual cancels.

Sunday, July 2nd

A19 50+ MI 9:00 AM

Pick-Up Ride

Leader: TBA
From: the Boathouse

The city and especially the roads are nice and quiet. When would be a better time to go out for a friendly group ride? Meet others at the park to share the experience.

B16 50+ MI 9:00 AM

Pick-Up Ride

Leader: TBA
From: the Boathouse

The city and especially the roads are nice and quiet. When would be a better time to go out for a friendly group ride? Meet others at the park to share the experience.

C14 50 MI 9:30 AM

Oyster Bay

Leader: Scott Wasserman (914) 723-6607
From: The Statue of Civic Virtue (Queens)

My favorite destination with a health food store, a park to eat outdoors with a view of the sailboats on the water, a convenient train to take home. But who would rather ride a train or anything else rather than a bicycle??? Expected heat index over 110 cancels.

C12 25 or 15 MI 12:30/1:30 PM

Y'ar Ole Salt

Leader: Terry Chin (718) 680-5227
From: City Hall, Manhattan: Picnic House, Prospect Park (2 blocks from 3rd St. entrance.)

The fleets is in! This midday departure to Sheepshead Bay gives us a chance to join in a flurry of activity at Brooklyn's Cape Cod. Bring your favorite fish tale to tell over clam chowder. Co-led with 5BBC. Bring lock and plastic bag for fish shopping. Helmets required.

Tuesday, July 4th

C12 18 MI 12:45 PM

The Great Brooklyn-Manhattan Historical Tour

Leader: Terry Chin (718) 680-5227
From: Soldiers and Sailors Monument, Grand Army Plaza (Brooklyn)
A meandering exploration of the historical sites of Prospect Park, Brooklyn Heights, the Brooklyn Bridge, the African-American Cemetery, Trinity Church, Vietnam Veteran's Memorial and others. This tour has many, many, many stops. We'll conclude our ride with a late lunch at the South Street Seaport. Co-led with 5BBC. Helmets are required. Rain cancels.

Wednesday, July 5th

A19 55 MI 10:00 AM

Nyack

Leader: Gay Shaheen (212) 452-1784
From: Benches across from the Boathouse

Yes, this Wednesday series will continue into July, but your leader will miss this week due to 4th of July plans. Come and ride anyway - you just won't have to wait so long for me to make it up those 9W hills! See you next week.

C14 18 MI 7:00 PM

Thrice Around the Park

Leader: Paul Hofherr (212) 737-1553
From: 5th Ave at 90th ST. Central Park Entrance

I wanted to give Peter Hochstein a night off from his usual Wednesday jaunt, so join me for three spins around the Park at a leisurely pace. The usual cancels. Helmets are required.

Thursday, July 6

B17 24 MI 10:00 AM

Morning Training Series...July

Leader: Joe Jaffe (212) 987-9585
From: The Boathouse

Back by unpopular demand from the people that brought you schmaltz, and borscht, it's the Morning Training Series. Keep up the training base that we have acquired over the last few months. This is a double rotating paceline ride. We do four laps in the Park. Due to summer park congestion, the group may opt for a Piermont or Nyack out and back ride. This is a slow comfortable pace ride.

The only rule: No dropping ride leader on Harlem Hill or Cat Hill. Cancels: Thunderstorm or blocked arteries due to too much schmaltz.

B16 15 MI 7:00 PM

Laps and Jokes in Prospect Park - Week #8

Leaders: Suzanne Levin and Peter Morales (718) 398-2649

From: Grand Army Plaza for laps and jokes in Prospect Park.

The funniest jokester wins a prize. Can you believe we have been doing this for eight weeks straight ^ give yourself a pat on the back and keep on spinning.

Saturday, July 8th

A19 125+/- MI 8:00 AM

7 Lakes/ 7 Bridges

Leader: Hank Schiffman (212) 529-9082 or schiffhank@aol.com

From: Parking Lot North of the Boathouse

For the hillbilly in us all. Little Tor, Old Gate, Perkins & Anthony's Nose, plus a dash around the Croton Reservoir. You've done parts, now go for the gestalt. Bring water bottles, toned quads, cash for eats and a Metro North Card if you need to bail. It could be a clean century if you catch the iron horse at White Plains. Weather Channel predictions of persistent wet weather scrubs ride.

B17/18 35-40 MI 8:30 AM

Coney Loop

Leader: Greg Bonsignore (212) 945 0655

From: City Hall side of the Brooklyn Bridge at the subway exit

Lets go for a quick one out to Coney Island. We will do a couple of laps around Prospect Park and then head to the VZ bike path. We will stop at

B17 100 +/- MI 6:30 AM

Ironman Long Ride Series

Leader: Joe Jaffe (212) 987-9585

From: The Boathouse

See description on July 1

B17 65/55 MI 9:00/9:45 AM

The Gatsby Ride

Leader: C.J. Obregon (212) 876-6614

From: The boathouse (9 AM) and Civic Virtue (9:45AM)

A ride through Kings Point and Sands Point looking for traces of Jay and Daisy. We will try to avoid the Valley of Ashes. Helmets required. Chance of rain greater than 50% or predicted temperature greater than 95 degrees on the 7:58 AM Weather Channel forecast cancels.

B15 50+/-MI 9:00 AM

Mamaroneck

Leaders: Linda Wintner (212)876-2798 and Becky Hrdy (212) 533-3288

From: The Boathouse

Join us for a lovely ride through the suburbs of Westchester. We'll buy lunch in Mamaroneck and picnic by the water. We will cruise at 15 MPH which means that our average speed will be between 12 to 13 MPH over the course of the day. If this is too slow or too fast for you, you're welcome to take a cue sheet and meet us at lunch. We emphasize safe, orderly, predictable riding skills on our rides (e.g., staying behind the leader and riding in a line), and we're more than happy to teach you how to ride that way if you don't already know how. Please bring plenty of water, a few snacks, sunscreen, and good cheer. Helmets required. Precipitation cancels. Nathans for quick water / bio break and head back via the Ocean Parkway bike path. Safety first and proper riding etiquette on this ride. Bring pocket food if you don't like hot dogs in the AM. Rain at 8 AM cancels.

C/14 45MI 9:00 AM

Piermont, a poetic ride to freedom (recycled)

Leader: Bernie Brandell (718) 633-1759

From: The Boathouse

Standing on the pier with a wide smile, He's been waiting for this moment quite a while. To give the line a hefty toss, Away from in-laws and demanding boss. Two eagles circle in acrobatic display, What did the wind to the billowing sails convey? Piermont, small-with a horizon wide, And the child within you gets a free ride. So come along. Rain cancels.

Sunday, July 9th

A 17/18 100 MI 7:15 AM

Catskills Loop

Leaders: Karin Fantus (212-873-5559), Beth Thompson (212-567-9070) and Paul Secor (212) 673-6288

From: Grand Central Information Booth (for early bike train to Beacon)

From Beacon, across the bridge to Newburgh, then New Paltz for a bakery snack. We'll loop up to the Asokan Reservoir and meander over to Minnewaska State Park and the last, and longest climb of the day. Once you do this ride, it will be one of your all-time favorites. Mostly rural, spectacular scenery, lots of hills. We'll stop a few times for snacks/water, but there are long stretches with no services so please bring pocket food and plenty to drink. No train bailouts available. No wimps or whiners, please. We'll aim for the 6:52 PM bike train home. Please call with questions.

B15 55 MI 9:00 AM

Picnic at Kensico Dam

Leader: Stan Oldak (212) 780-9950

From: The Boathouse

Had to cancel this ride on 5/21 due to weather. Let's try it again!! A scenic ride through Westchester that will include waterfalls, streams, a lake or two, a path through woods (not off-road), a section of highway without cars, and a picnic lunch at Kensico Dam Plaza. Come along for a leisurely B15 ride along a picturesque route through Westchester. Once again, rain cancels.

B15 40 Miles 9:00 AM (Prompt)

Oradell Express

Leader: Isaac Brumer 212 734 6039

From: GWB Terminal - 178 St & Ft Washington Av

Experience the beauty and history that is New Jersey. Arrive early for coffee & donuts at the terminal, then head west over rolling hills through the quaint villages of Fort Lee, Leonia and Bogota. Meander along the Hackensack River and cross a "new" bridge that's over 200 years old. Visit the hometown of the first New Jerseyan in space and take in the breathtaking views at Oradell Reservoir. Stop for a quick snack, then early return and afternoon off. Rain or threatened rain cancel.

C14 30 MI 9:30 AM

Introduction to Manhattan's other island, Queens and Brooklyn

Leader: Robert Gray (212) 593-0986 nyarchitect@email.msn.com

From: Tramway Plaza 59th & 2nd Avenue

Cross the river twice and explore Queens and Brooklyn almost without losing sight of Manhattan. Rich and poor, industrial and residential, low and high, new and old, banal and historic. Roosevelt Island, Long Island City, Gantry Park, Greenpoint, Williamsburg, Fort Greene, Prospect Park, Park Slope, Carroll Gardens, Brooklyn Heights, Brooklyn Bridge, return up East side to start. A few hill and two large bridges with bike paths. Stops for refreshments as required and for a modest deli lunch in Carroll Gardens. Strong forecast for rain cancels.

C14 35MI 12:30 PM

New Jersey Ramble

Leader: Terry Chin (718) 680-5227

From: AYH, 103rd ST./Amsterdam Ave.

Let's celebrate the summer solstice with a scenic and hilly tour of Bergen County. There are many rolling hills to conquer with a hardy snack shop in Tenafly. Co-led with 5BBC. Helmets required.

Tuesday, July 11th

B17 24 MI 10:00 AM

Morning Training Series...July

Leader: Joe Jaffe (212) 987-9585

From: The Boathouse

See description of July 6, 2000

Note: All SIG graduation ceremonies will take place at the July 11th meeting.

Wednesday, July 12th**A19 55 MI 10 AM****Nyack****Leader:** Gay Shaheen (212) 452-1784**From:** Benches across from the Boathouse

Off to Nyack again, and perhaps we'll add in a few hills this week if we're feeling strong. Rain cancels, forecasted highs above 90F may cancel or shorten ride. Call leader if in doubt.

B14/C14 40 MI 10:00 AM**Wednesday Is Sundayes****Leader:** Larry Rutkowski (212) 304-8503 (Eve)**From:** New Jersey side of GW Bridge at Hudson Terrace

For those of us who have to work on Sunday, I've borrowed Tom Carvels' slogan and promise a fun ride and maybe some Sundayes. Rain or bad weather cancel.

C14 18 MI 7:00 PM**Thrice Around the Park****Leader:** Peter Hochstein (212) 427-1041**From:** 5th Ave. at 90th St. Central Park Entrance.

You know the drill. Three laps. Pizza possible afterwards, though it rarely happens.

Thursday, July 13th**B17 24 MI 10:00 AM****Morning Training Series...July****Leader:** Joe Jaffe (212) 987-9585**From:** The Boathouse

See description of July 6, 2000

B16 15-20 MI 7:00 PM**Anything But Laps in Prospect Park - Week #9****Leader:** Suzanne Levin and Peter Morales (718)398-2649**From:** Grand Army Plaza

Lets meet at Grand Army Plaza and figure out where we want to ride. If nobody has any suggestions, its laps, laps, laps.

Friday, July 14th**B15 50 MI 9:15 AM****Both sides of the Hudson****Leader:** Ron Grossberg (718) 369 -2413 or ARGEE401@AOL.com**From:** City Hall Park

Up the Hudson on the Manhattan side and then down on the Jersey side through Liberty State Park and over the Bayonne Bridge returning via the Staten Island Ferry terminal

Saturday, July 15th**A19 85 MI 8:30 AM****Pound Ridge...One Month Later...Finally!****Leader:** Spencer "B.C.B.C." Koromilas (212) 867-8678 or

SpencerNYCC@Juno.com and Jack Lehnert(718) 884-6437 or

Lehtiger@aol.com

From: The Boathouse @ 8:30 AM; 102 & 5 Ave @ 8:40 AM or Bedford Park & Grand Concourse & 9:15 AM

Now that I am finally a member of the prestigious "Broken Collar Bone Club" . . . it's time to get back on the road that . . . threw me! Just like in my horse back riding days, "you've got to get back on the horse that threw you" . . . especially if the road in question is one of your favorites! Hopefully my membership in the "B.C.B.C." will have a "tempering effect" on my descending. Now back to the route, classic "Roller Coaster" Westchester/ Connecticut; beautiful scenery, gorgeous roads, very few cars, just great riding. Unless you overdo it like I did last month, return from either Greenwich or White Plains (therefore bring Metro-North Bike Pass) Required: All "B.C.B.C." members of course encouraged to attend, especially if A SIG Graduates or A riders with the required paeline/skills. Cancels: Lets not even talk about it . . . I'm back . . . just talk to my doc!

A19 78 MI 8:30 AM**Stitch and Bitch****Leaders:** Robin Read (212)627-0026 or greenandread@earthlink.net

and Julienne Pollitt (718) 522-3219 or jewelheart@prodigy.net

From: Parking lot north of the boathouse

That's what my mother would call it when she'd get her ladies' quilting group together. I'd always thought it was just this quaint collective interest in home crafts, but it turns out there was another, perhaps more pressing agenda: getting together with "the girls." A few hours of chatting, laughing, eating (and maybe even a little stitching) put my mom in a good mood for the rest of the week. I don't have the patience for fine needlework, but I sure do enjoy the camaraderie that results from sharing a passion with other like-minded gals. So let's do it--let's bond, paeline-style, to and from the Orchard by way of South Mountain Road. Please bring: 2 water bottles, pocket food, spare tube, sense of humor. Please wear: helmet, your coolest jersey. All A-"Classic" and A-19 SIG graduate women are encouraged to join this ride.

B16 50 MI 6:00 AM**6AM Beat the Heat****Leader:** Michael Di Cerbo (212) 645-1120**From:** The Century Building, Central Park West between 62 and 63rd St.

A ride through the suburbs of Bergen County. Please bring pocket food and 2 water bottles.

B14 45/55 MI (Flat) 9:00 AM**CT Gold Coast Ride****Leaders:** John Zap Day 212-219-3339, Eve 203-972-9339

and Chris Trivell (212) 260-3010

From: Grand Central Station for the 9:07 AM New Heaven train to Darien, CT. Leader will meet group at Darien Train Station arrive 09:59 AM A leisurely scenic ride along Fairfield County's coastline from Darien to Captain's Cove in Bridgeport. A snack stop at Compo Beach in Westport (Mi#25) and a late lunch at Captain's Cover (Mi#38) or nearby vegetarian restaurant. After lunch options to hang out, go to the beach, or continue up the coast to Stratford. Return approx. 3:18pm or 4:18pm or 5:18pm train depending of finish time.

C13 48 MI 9:30 AM**Annual Hanged Spy Ride****Leader:** Peter Hochstein (212) 427-1041**From:** Boathouse Perimeter

I do this every July - a ride to the spot where George Washington hanged Major Andre to even the score with the Brits for hanging Nathan Hale. (Did you ask "Who's Andre?" Or worse, "Who's Hale?" You napped in history class, eh?) After visiting the only monument to an enemy spy in America, we'll lunch clandestinely in Piermont.

Sunday, July 16th**A18 80 MI 8:00 AM****South Mountain Road & Jay's Cycling Sanctuary****Leaders:** Spencer "B.C.B.C." Koromilas (212) 867-8678

or SpencerNYCC@Juno.com and Reem Jishi (718) 522-2675

or RJishi@kenyon.com

From: The Boathouse @ 8:00 AM or New Jersey side of the G.W.B. @ 8:30 AM Now that I'm back in the saddle, it's time to get back to the Saddle . . . River that is. Then some classic Bergen and Rockland County roads; Saddle River Rd., Cherry Lane, Spook Rock, South Mountain Rd., Strawtown and Sickletown Roads . . . and presto, we're back in Orangeburg, visiting Jay's "Globe Pedaling" Sanctuary and enjoying refreshments. Then off to the races . . . no, not Belmont . . . Park Ridge Cycling! What else could you want? Required: Group riding/paeline skills. Classic & A-19 SIG graduates encouraged. Cancels: I'm planning on behaving on my Pound Ridge ride Saturday. . . so we be ridin'

KB18+ 55 MI 9:00 AM**Climbfest 2000****Leader:** Michael Kuor (212) 699-3825 x5553 or bikehikemike@onebox.com**From:** Manhattan Ferry Terminal

Have aspirations of climbing L'Alpe d'Huez? Well look no further than our own backyard. Let's venture into Staten Island for some spirited climbing. This scenic course includes Grymes Hill (16% grade), Todt Hill(1mi. climb), and many

more! Warning: Very Hilly, Westchester's got nothing on SI! For all A/B mountain goats... check it out!! Helmets mandatory.

B17/18 65+ MI 9:00 AM

A Day at the Races

Leaders: Robert Dinkelman (212) 876-1344, Cathy Martone (212) 979-0969

From: The Boathouse

We are heading north across the Hudson to Jay and Joan Jacobson for a picnic lunch and a tour of a mini bike museum. An optional excursion to the bike races at Park Ridge. Please bring sunscreen, two water bottles, spare inner tube, pump and a helmet.

B17 100+/- MI 6:30 AM

Ironman Long Ride Series

Leader: Joe Jaffe (212) 987-9585

From: the Boathouse

See description on July 1

B15/16 55+ MI 9:00 AM

A Day at the Races

Leader: Laurie Nisco (212) 961-1129

From: The Boathouse

We are heading north across the Hudson to Jay and Joan Jacobson for a picnic lunch and a tour of a mini bike museum. An optional excursion to the bike races at Park Ridge. Please bring sunscreen, two water bottles, spare inner tube, pump and a helmet.

C14 55+/- TBA

A Day at the Races

Leaders: Linda Wintner (212) 876-2798 &

Annaline Dinkelman (212) 876-1344

From: The Boathouse

We are heading north across the Hudson to Jay and Joan Jacobson for a picnic lunch and a tour of a mini bike museum. An optional excursion to the bike races at Park Ridge. Please bring sunscreen, two water bottles, spare inner tube, pump and a helmet.

Tuesday, July 18th

B17 24 MI 10:00 AM

Morning Training Series...July

Leader: Joe Jaffe (212) 987-9585

From: The Boathouse

See description of July 6, 2000

Wednesday, July 19th

A19 55 MI 10 AM

Nyack

Leader: Gay Shaheen (212) 452-1784

From: Benches across from the Boathouse

See July 12 listing.

C14 18MI 7:00 PM

Thrice Around the Park

Leader: Peter Hochstein (212) 427-1041

From: 5th Ave. at 90th St. Central Park Entrance.

You know the drill. Three laps. Pizza possible afterwards, though it rarely happens.

Thursday, July 20th

B16 15 miles 7:00 PM

Laps in Prospect Park - Week #10

Leader: Suzanne Levin and Peter Morales (718) 398-2649

From: Grand Army Plaza

Meet at Grand Army Plaza for this leaderless ride around and around and around the park. While you are sweating and panting up the hill, think of Suzanne and Peter in sunny Puerto Rico on the beach drinking rum punch.

B17 24 MI 10:00 AM

Morning Training Series...July

Leader: Joe Jaffe (212) 987-9585

From: The Boathouse

See description of July 6, 2000

Saturday, July 22th

Yes, Virginia, there IS such a thing as a free lunch!

Please join us for the NYCC annual picnic lunch on Saturday, July 22 -- at a secret location! A, B and C rides will leave from the Boathouse, and converge for a picnic lunch at 2 pm at an undisclosed location -- last year it was the Cloisters, the year before it was Roosevelt Island, this year it could be Rudy's house. Ya never know! You have to show up at the boathouse to be admitted to the lunch (so we can get a headcount).

Better than 50% chance of rain as reported on 1010 WINS Radio causes cancel. Raindate is the following day, Sunday, July 23. Rides will be listed in the bulletin and the biweekly email.

Come one, come all!

All-Class Ride

A19/20 70 MI 9:00 AM

Leaders: Jack Lehnert (718) 884-6437 and Frank Grazioli (212) 529-9462

From: Parking lot north of the Boathouse

70 Miles (or so) to a familiar destination (or thereabout) for refueling with good, steady, sometimes chatty, sometimes not, company. Our ultimate destination--a grassy spot, some trees, and 150+ other of our favorite NYCC club members for a picnic. Paceline skills, helmets, water bottles, common sense, and a smile necessary. A19 and A-Classic SIG grads welcome.

A18 55 MI 9:30 AM

Leaders: Robert Dinkelman & Robert Gray

From: the Boathouse Parking Lot

Ridgewood North Bergen Clockwise Loop. Looking to work up a good appetite for the 2 PM club picnic with a relaxed spin West to Ridgewood then North, East and back South to the bridge. We hope to see some of our friends from the 19 SIG joining us. Just breaks for water and snacks - we are looking forward to the picnic.

B15/16/18 50+ MI 9:00 AM

Leaders: Linda Wintner (212) 876-2798, Robert Gray (212) 593-0986, Annaline Dinkelman (212) 876-1344, Stan Oldak (212)780-9950, Judy Goldberg (212) 873-4104

From: The Boathouse

Join us on the various B rides on quiet roads in New Jersey in search of shade. A pace for everybody. Please bring helmets, sunscreen and two water bottles.

C13/14 40 MI 9:00 AM

Leader: Gary McGraime (212) 877-4257

From: The Boathouse Parking lot

New Jersey Loop to the picnic. Let's look for some nice shaded roads in Bergen County before we head back for some good eats and fun at our All-Class picnic. We should be back around 2 p.m. Please bring snacks, plenty of water, sunscreen and a spare tube. Helmets required.

Sunday, July 23th

A18 50+ MI 7:00 AM

Back By Noon

Leader: Gary McGraime (212) 877-4257

From: the Boathouse

Do you have a significant other that doesn't ride, an early afternoon flick you'd like to catch, little ones running around the house in need of attention, skin sensitive to the hot afternoon sun or chores that you can never ever seem to get to? Well I have a solution that will energize or passify you for the day a brisk early morning spin into Jersey with only one brief stop for gatorade or iced latte' and bathrooms. Helmets and paceline skills required.

B16-18 **65+/- MI** **7:30 AM****South Mountain Road****Leader:** Dan Krebs (201) 791-7955 or dkrebs@csnet.net**From:** George Washington Bridge, NJ Side at Hudson Terrace

It's time for another B-ride to South Mountain Road. We'll head up Knickerbocker and wind through Tappan for a bagel stop near Bradley Mountain. Depending on the weather and the leader's mood that day, we may do some frivolous climbing in the form of Bradley Mountain and then Route 9W into Rockland Lake before winding our way to Kings Highway and eventually South Mountain Road. Either way, expect a fair amount of climbing (minimum 42x23 recommended for the mountain goats, granny gears for everyone else). After a well deserved break, we have a mostly flat/downhill return to the GWB. Please note early start time to avoid the heat and unusual start location. Cue sheet will be available at <http://people.csnet.net/dkrebs/cycling/cue.htm>. Better than 50% chance of rain at start cancels.

B17 **100+/- MI** **6:30 AM****Ironman Long Ride Series****Leader:** Joe Jaffe (212) 987-9585**From:** The Boathouse

See description on July 1

B15 **50 MI** **9:00 AM****New Canaan Round about to Ridgefield****Leader:** John Zap Day (212)219-3339, Eve (203)972-9339**From:** Grand Central Station

Terrain: Rolling/Hilly. Meet at Grand Central Station for the 9:07 AM New Heaven train to Darien. Leader will meet group at Darien Train Station arrive 09:59AM Beautiful ride through backroads of Darien, Silvermine, Wilton, Ridgefield, Pound Ridge, and Stamford. Lunch in Ridgefield. Return approx. 3:45pm or 4:45pm or 5:45pm train depending of finish time. Those wishing to hang out for BBQ and Free Concert At 6:00 pm in Wilton (Cheryl Wheeler) welcome. Joint Westchester Cycle Club.

B14/16 **50 MI** **9:30 AM****Double Your Pleasure****Leaders:** Hindy and Irving Schachter (212) 758 5738**From:** First Avenue and E. 64 St., NW corner

Another ride to Piermont--what makes this one different? Well, for one thing we give you some choice of speed and altitude change after you start riding. Double your pleasure splits into two rides after the GW Bridge. The fast group has plenty of hills; the slower group probably has as flat a ride as possible with this destination. We meet in Piermont and share stories of our road adventures. Rain cancels.

C12 **25 MI** **10:00 AM****Upper Manhattan and the Cloisters****Leaders:** Richard Fine (201) 460-6959 and Ethan Brook (201) 816-0815**From:** The Boathouse, near E. 72nd Street

Terrain: (Flat) See the sights of the East and West sides of Upper Manhattan. Ride along the bike paths of the Hudson and East Rivers and tour some newly discovered historical sights (new to us). We'll stop for lunch at a café in Ft. Tryon Park (site of the Cloisters). Bring or buy lunch.

Tuesday, July 25th**B17** **24 MI** **10:00 AM****Morning Training Series...July****Leader:** Joe Jaffe (212) 987-9585**From:** The Boathouse

See description of July 6, 2000

Wednesday July 26th**A19** **55 MI** **10:00 AM****Nyack****Leader:** Gay Shaheen (212) 452-1784**From:** Benches across from the Boathouse

See July 12 listing.

B14/C14 **40 MI** **10:00 AM****Wednesday Is Sundayes****Leader:** Larry Rutkowski (212) 304-8503 (Eve)**From:** New Jersey side of GW Bridge at Hudson Terrace

For those of us who have to work on Sunday, I've borrowed Tom Carvels' slogan and promise a fun ride and maybe some Sundaes. Rain or bad weather cancel.

C14 **18 MI** **7:00 PM****Thrice Around the Park****Leader:** Peter Hochstein (212) 427-1041**From:** 5th Ave. at 90th St. Central Park Entrance.

You know the drill. Three laps. Pizza possible afterwards, though it rarely happens.

Thursday, July 27th**B17** **24 MI** **10:00 AM****Morning Training Series...July****Leader:** Joe Jaffe (212) 987-9585**From:** The Boathouse

See description of July 6, 2000

B16 **20 MI** **7:00 PM****Break from Laps in Prospect Park to Celebrate Suzanne's****Birthday - Week #11****Leaders:** Suzanne Levin and Peter Morales 718-398-2649**From:** Grand Army Plaza

Let's meet at the Grand Army Plaza entrance to Prospect Park and ride down to Brighton Beach the somewhat scenic way (under the Verrazano Bridge) for dinner on the Boardwalk. Unless you want to be dropped, don't ask Suzanne how old she is. (There is no point anyway because she'll lie.) Bring lights because we will be riding home in the dark.

Friday, July 28th**B15** **50 MI** **9:15 AM****Point Lookout****Leader:** Ron Grossberg (718) 369 -2413 or ARGEE401@AOL.com**From:** City Hall Park

Take a day off work and join me on this ride to start the weekend early. Please bring pocket food and two water bottles.

Saturday, July 29th**A18** **110+/- MI** **7:30 AM****Bear Mountain****Leader:** Fred Steinberg (212) 787-5204 fcs1@worldnet.att.net**From:** Boathouse

Haven't been up Perkins Dr. for a while; let's check out that magnificent view, along with the Hudson shoreline, 7 Lakes Dr., down Gate Hill Rd. From there on, who knows? Bring at least two (2) water bottles and pocket food. Cancel conditions: the usual. Fog/drizzle w/a promising forecast- check w/leader after 6:30AM

B17 **65 MI** **9:00 AM****West To Nyack****Leaders:** Wayne Wright (212) 873-7103 and David Hallerman (718) 499-4467**From:** The Boathouse

Everybody knows that Nyack is north of New York City. That's why we'll go west on quiet suburban roads to reach the shining shores of that beautiful town by the Hudson River. That is, we'll go west until we go north and then east over Bradley Hill Road to reach the Runcible Spoon and other fine eateries. Our return route south will be more direct, but will exclude 9W and Churchill Road. Helmets please.

B 15/16 **55 MI** **9:00 AM****A Poetic Ride to Kensico Dam****Leaders:** Bernie Brandell (718) 633-1759 and Alinda Barth (212) 928-5399**From:** The Boathouse

Let's get away from concrete towers,And the spewing honking trucks,You'll be greeted by wild flowers chirping birds and quacking ducks.Take your fancy for a ride--and it's real as peach and cream,-For the moment just reside in a world

fantastic dream. So come on, Julie, Mike, or Sam,--let us picnic by the Dam. Rain or predicted temps above 94 cancels.

B14/15 50+ MI 8:40 AM

Brewster North

Leader: John Zap Day (212) 219-3339, Eve (203)972-9339

From: Grand Central Station for the 8:48 AM Brewster North train to Katonah
Terrain: Hilly. Leader will meet group at Katonah train Station arrive 09:51A M Horse Farms, nice roads, green woods. A very hilly ride up to North Salem, Titicus Reservoir or Brewster and mostly down approx 6 miles of bike path and flat 10 miles back to Katonah. Return approx. 4:25pm or 5:25pm train depending of finish time. Joint WCC.

B16 50 MI 6 AM

Beat the Heat

Leader: Michael Di Cerbo (212) 645-1120

From: The Century Building, Central Park West between 62 and 63rd St.

A ride through the suburbs of Bergen County. Please bring pocket food and 2 water bottles.

B17 100+/- MI 6:30 AM

Ironman Long Ride Series

Leader: Joe Jaffe (212) 987-9585

From: The Boathouse

See description on July 1

C14 48 MI 9:00 AM

Pascack Brook Park

Leader: Lynn Sarro (212) 722-8495

From: The Boathouse Parking lot

Tired of Piermont? How about a scenic ride through pretty suburbia where we'll pick up lunch at a delicious bagel place and having equally enjoyable outdoor lunch. Helmets required, rain at start cancels.

Sunday, July 30th

A18 50+ MI 7:00 AM

Back By Noon

Leader: Gary McGraime (212) 877-4257

From: the Boathouse

See July 23 listing

B16/17 65 or 75 MI 8:15 or 9:15 AM

Sagamore Hill but no Rough Riders

Leader: Ron Grossberg (718) 369 -2413 or ARGEE401@AOL.com

From: Grand Army Plaza at 8:15am or Statue of Civic virtue at 9:15 am

Enjoy this lovely ride through bucolic countryside in quaint neighborhoods on the north shore of Long Island. Some hills, but not too many. We are taking the longer route through Bayville. Bring pocket food and two water bottles.

C13 25 MI 12:45 PM

Gateway Getaway - A Great Kills Excursion

Leader: Terry Chin (718) 680-5227

From: Staten Island Ferry Terminal, pierside entrance

Enjoy the views of the Narrows and Lower N.Y. Bay with a tour of historic Fort Wadsworth, Miller Field and the natural habitats of the Great Kills national park. We'll time our return baywatching on the late afternoon ferry. Bring bike light, just in case, snack and lock. Co-led with 5BBC. Helmets required.

Tuesday, August 1st

B17 24 MI 10:00 AM

Morning Training Series...July

Leader: Joe Jaffe (212) 987-9585

From: The Boathouse

See description of July 6, 2000

Wednesday, August 2nd

A19 55 MI 10 AM

Nyack

Leader: Gay Shaheen (212) 452-1784

From: Benches across from the Boathouse

See July 12 listing.

Thursday, August 3rd

B17 24 MI 10:00 AM

Morning Training Series...July

Leader: Joe Jaffe (212) 987-9585

From: The Boathouse

See description of July 6, 2000

B16 40 MI 7:00 PM

Laps in Prospect Park - Week #12

Leader: Suzanne Levin and Peter Morales (718)398-2649

From: Grand Army Plaza

Let's meet at Grand Army Plaza for more laps in Prospect Park. We can,t possibly do 40 miles in the Park without going crazy, but let's see how many we can do. I know that laps can get tedious but good conversation and gossip will keep us going. (If you don,t show up we may have to gossip about you.)

Saturday, August 5th

A19+ 100+ MI 7:43 AM

Rhinebeck and Beyond Century+: The 4 County Tour

Leaders: Kimberly Sorrell (212) 691-4236, Shelly J. Smith (914) 737-7613, Stev Taylor (212) 206-7413

From: Grand Central Terminal/9:00 AM Peekskill Train Station

Meet to depart on 7:43 am Hudson Green Line train from Grand Central Terminal to Peekskill Train Station (appears on electronic schedule as "Poughkeepsie" train). Actual ride departure is 9:00 am from the Peekskill Train Station. The route begins climbing out of Westchester and into Putnam Co., follows rolling stretches along the Hudson into Dutchess Co., around Vassar, and up 9 North to Rhinebeck for lunch. The route continues with a hilly loop north into Columbia County, and back to Rhinebeck, then to Poughkeepsie for the 6:35 PM train back to Peekskill and on to NYC. Metro North bike pass, pocket food, \$ for lunch, helmets, double paceline and social skills required. Those hotdogger/hammerheads desperate for attention won't be tolerated, so pick another ride. Though the route is spectacular, the day is long, and the pace will be monitored to keep the group together! RSVP absolutely required if you plan on attending this ride, and rain cancels.

B16 50 MI 6:00 AM

Beat the Heat

Leader: Michael Di Cerbo (212) 645-1120

From: The Century Building, Central Park West between 62 and 63

A ride through the suburbs of Bergen County. Please bring pocket food and 2 water bottles.

B17 100+/- MI 6:30 AM

Ironman Long Ride Series

Leader: Joe Jaffe (212) 987-9585

From: the Boathouse

See description on July 1

C14 47 MI 9:00 AM

Mamaroneck

Leader: Scott Wasserman

From: Boathouse parking lot

Eating outdoors at the harbor always feels 10-15 degrees cooler. Not such an advantage when it's 65 but when it 90, ahhhh. Expected high below 70 just might change the destination.

Note: All SIG graduation ceremonies will take place at the July 11th meeting.

Sunday, August 6th

C12 25 MI 12:45 PM

A Brooklyn Residential tour

Leader: Terry Chin (718) 680-5227

From: Picnic House, Prospect Park, (2 blocks from the 3rd St. entrance.)

Explore some of the quieter sections of Brooklyn. We'll ride through Borough Park, Bay Ridge, Brighton Beach, Sheepshead Bay, Midwood, Kensington, and others. Co-led with 5BBC. Bring lock, snack or \$ for it. Helmets required.

C12 25 MI 10:00 AM

Tour de Roosevelt, Wards, Randalls, and Manhattan Islands.

Leaders: Richard Fine (201) 461-6959 and Ethan Brook (201) 816-0815

From: Central Park Boathouse, near 72nd Street

Lighthouses, Sculpture Gardens, European Gardens, Lakes, Waterfalls, Tram Rides, and more. All in New York City. WHO WOULD HAVE THUNK IT??? Bring or buy lunch.

OUT OF BOUNDS

Saturday, July 29th

Denver to Aspen Classic

Built on the tradition of Colorado's Triple Bypass Ride, the Rocky Mountain Cycling Club is pleased to offer the 6th annual DENVER to ASPEN CLASSIC! The D/A Classic again promises cycling thrills and an achievement you'll remember for a lifetime. This is a great ride for those century riders looking for a 'double dare' challenge. Volunteers staff aid stations at Pine Junction, Kenosha Pass, Fairplay, Buena Vista and Twin Lakes. Mechanical assistance provided. A forwarded day bag is available at Buena Vista to be used for the remaining part of the trip. All riders finishing within the 18hr qualifying time will receive a special award engraved with the rider's name and time. These and many other details are available by visiting the RMCC web sight at www.rmccrides.com or dwslowey@aol.com for questions or app. (Ride is limited to 1st 200 registrants) 200 miles (or 142 mile option) Vertical climb 13,0001 (10,0001 on 142 mi option).

August 13 - 20

Eighth Wonder of the World

The New York Parks and Conservation Association invites you to join us for 8 days, August 13-20, for a fully supported bike ride along the canalway trail. Celebrate the 175 anniversary of the Eighth Wonder of the World, the Erie Canal (1825-2000). On and off road cycling, tent camping, luggage transport and more. See our Web Site: www.nypca.org/canal-tour. For questions contact: Suzanne Toomey Spinks, Ride Director at suzanne147@juno.com or canal-tour@nypca.org

August 18 - 21

Cascades to the Coast Rally Bellingham, Washington

Four-day cycling extravaganza based at Western Washington University in Bellingham, Washington. Pedal through miles and miles of spectacular scenery under the watchful eye of snow-capped Mount Baker. Routes will lead to the Dutch farm community of Lynden, the coastal town of LaConner, the pioneer heritage sites of Ferndale, and scenic Chuckanut Drive. Road rides ranging from 15-100 miles, mountain biking from novice to advanced, educational sessions, feature presentations, including adventure cyclist Willie Weir; special guests from the world of bicycling, including Klein Bikes founder Gary Klein; ice cream social. Arrowed routes, maps & cue sheets, rides escorted or accompanied by roving sag. On-campus lodging and meal packages available. Cost varies with options selected. Hosted by the Mt. Baker and Skagit Bicycle Clubs. Information: 202-822-1333; bikeleague@bikeleague.org; www.bikeleague.org. Contact: League of American Bicyclists 1612 K Street NW, Suite 401, Washington DC 20006. 202-822-1333. Fax 202-822-1334. bikeleague@bikeleague.org. www.bikeleague.org.

Summer Rides in the Hamptons

As you look forward to extending those tan lines beyond your forearms and knees, don't forget that there are NYCC members searching out riding partners for Sat./Sun. rides in eastern Long Island. Rides are expected to leave from the Easthampton area and will cover the backroads of the north and south forks, as well as Shelter Island, single and double pacelines at a moderate rate (AB19). For more information, contact Melissa Butensky (melbutensky@yahoo.com) or Bill Greene (bgreene@nac.net).



Free Food! Come to the July 22nd picnic! Be at the Boathouse early to sign up!

<p>Rosenthal's Definitions <i>(final installment)</i></p> <p>STAGE RACE: A route from St. Jo, MO to Sacramento</p> <p>STATIONARY TRAINER: Using club letterhead to housebreak a puppy.</p> <p>STI: An eyesore.</p> <p>STRAIGHT BARS: Boy meets girl pick-up joint.</p> <p>STROKE: Exercising at 101% of VO2 Max. for a</p>	<p>sustained period.</p> <p>TANDEM: A work order to saddle makers; also, see Arc welding.</p> <p>TERRY: A non-suffergette.</p> <p>THE YELLOW JERSEY: A cow that is a chicken to dice.</p> <p>THREE CROSS: A show biz act featuring those zany comedians, "Ku," "Klux," and "Klan".</p> <p>THROW THE BIKE: A frameset made on a potter's wheel.</p>	<p>THROWING ELBOWS: The ritual tossing of macaroni instead of rice at weddings.</p> <p>TIRE SAVERS: A confection that prevents holes from forming in the middle.</p> <p>TIRE IRON: A piece of plastic.</p> <p>TPI: A form of housing; a mathematical formula to determine the circumference of a golf ball holder.</p> <p>TRUEING STAND: A wed-</p>	<p>ding altar.</p> <p>TUBE: The opening of a soliloquy by Hamlet.</p> <p>TUBULAR: Characteristic of a Sousa march.</p> <p>TWIGG: A meter maid.</p> <p>VELODRONES: "B" riders.</p> <p>VINER: Vun who complains incessantly.</p> <p>VITUS: An almost saintly dance.</p> <p>VO2: An earlier formulation of VO 5 hair tonic.</p> <p>WAIT TRAINING:</p>	<p>Choosing to lie down on the sofa and read cycling magazines instead of going out and riding; cf. Interval Training.</p> <p>WASHER: See Domestique.</p> <p>WHEEL SUCKERS: 200 lb. riders who buy 300 g. rims.</p> <p>WIND RESISTANCE: Eschewing beans.</p> <p>YOKE: A food that puts a brake on your life.</p>
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NYCC Columbus Day Weekend in the Catskills

October 6-9

The calendar may say July 4th but it's time to start thinking about Columbus Day. Last year rooms sold out fast. Don't be left home alone.

The weekend features spectacular fall foliage, delicious food, fun people and great rides. Join us October 6-9 for a fabulous weekend in Ulster County.

Phoenicia, 25 miles west of Kingston on Route 28, in the heart of the Catskills, is the perfect location for our fall escape. Bed and breakfasts, inns, lodges, and motels abound, and we all know the riding is excellent. (People never get lost - they just wind up on the wrong beautiful road!) New Paltz is about 70 miles round trip by bike (with or without climbing Mohonk Mountain); Woodstock is 15 miles away, and it's just a short detour from there to Devils Kitchen. The notorious Peekamoose-Samson-Slide Mountain loop is a mere 75 mile ride, albeit most of it is vertical! And there are literally thousands of miles of other scenic roads to explore.

Rides will be led by Fred Steinberg, Paul Hofherr, Margaret Cipolla and Jeff Vogel. Hopefully, more leaders will volunteer. All rides will start and end at the Phoenicia Elementary School on Route 214. On Friday morning October 6th, Fred Steinberg and Jeff Vogel will lead 45-50 mile rides from the Poughkeepsie Metro North Station.

And don't forget to bring your hiking boots - you may want to forgo a day in the saddle to take advantage of the area's many hiking trails. Or, stay over on Monday night to hike Slide Mountain with Margaret and Jeff on Tuesday.

The group dinner on Sunday will be an all-you-can-eat, all-you-can-drink barbecue Sunday afternoon, outside at Al's Restaurant in Phoenicia.

There will be barbecued chicken and more vegetarian options, in addition to everything else served in the past. The price is \$25 per person and must be paid in advance. Please send a check payable to Jeff Vogel, 102-10 66th Rd., Apt. 14E, Forest Hills, NY 11375, by September 15.

For those of you who haven't checked your calendar, Sunday night/Monday, October 8-9 is Yom Kippur. Plan accordingly.

The following is a list of accommodations in the area. Please make your own reservations (all are in area code 914). Most towns in the Catskills are served by Trailways 800-858-8555. The one way fare is \$27.00. Bikes are free, but must be boxed. Any questions, call Jeff Vogel, (718) 275-6978.

Phoenicia

Cobblestone Motel: 688-7871 (Inexpensive)

Phoenicia Motor Village: 688-7772 (Inexpensive)

Rays Cabins: 688-5410 (Inexpensive)

Claudes B&B: 688-2561 (Inexpensive)

Mount Tremper (4 miles away)

La Duchesse Anne: 688-5260 (Moderate)

Lodge at Catskill Corners: 688-7900 (Moderate)

Fatima's B&B: 425-4793

Chichester (2 miles away)

Maplewood B&B: 688-5433 (Inexpensive)

Silver Creek Cottages: 688-9912 (Inexpensive)

Shandaken (6 miles away)

Copper Hood Inn & Spa: 688-9962 (Very expensive)

Lamplite Motor Lodge: 688-7130 (Moderate)

Ramblebrook House B&B: 688-5784 (Moderate)

Shandaken Inn: 688-5100 (Expensive)

Stupid Rubberband Trick

by Hank Schiffman

Here are 2 tips that using thick rubber bands, like those found on asparagus and broccoli.

Two situations when trying to secure your bike on Metro North trains are 1-keeping your bike in the vestibule of the doors and, 2- the hand-capped free wall found on some of the newer trains.

When you have ascertained which doors will not be opening for your ride (or portion of your ride,) check to see if the pole on the inside of the vestibule extends all the way to the floor. If it does, you are in luck. Wrangle your bike so the front wheel rests into the line angle between the wall to the outside of door and the molding around the door (not the door itself as if it opens things may get strange.) Place the rear wheel between the pole and the opposite wall in the vestibule from your front wheel. Yes, you are now blocking the exit, with the bike sitting on a diagonal in the vestibule. Now loop a rubber band over the base of your rear air valve stem, around the pole and then back over the base of the air valve stem. If your rubber band is too thick and will not reach, have a second rubber band on hand and loop the 2 rubber bands together to gain length.

The second situation is when you have a free wall but no means to secure the bike to it. You can lean your bike against the wall and brake the rear wheel by looping rubber bands as just described in the vestibule/pole scenario from your rear air valve stem around your seat tube and back to the base of the air valve stem. You will need to rotate the rear wheel so the air valve stem is in the closest position to the seat tube. The stem will be pointing to the rear, perpendicular to the tube. You will probably need to loop at least a couple of bands together for this one. The bike will not be 'hard wired' to the train but it won't roll.

Important things to remember;

- 1- When placing the rubber band over the air valve stem on your tire it is essential to place it at the base of the valve stem. If it is placed high up on the stem you run the risk of ripping the stem from the tube, thus leaving you with an unreparable flat! This will really leave you flat.
- 2- Secure the tire to the pole with the valve stem from 3:00 o'clock to 1:00 o'clock. You lose mechanical advantage when the stem is below 3:00 o'clock. You'll probably get dirty as well.
- 3- Always be ready to undo the connection at 125th Street. You never know what side the doors will open.
- 4- If you are standing up and holding an unsecured bike and the train lurches, use your handbrakes.

RECYCLE

Performance Travel Trac3 variable resistance trainer w/ handlebar remote resistance lever. Excellent condition. \$50.00. e-mail biker-c@rcn.com or call Carol at 212-581-0509.

Bikes for Sale. '92 Richard Sachs w/ Campy Record - \$950. '95 Klein Special (as new) w/ Campy Record - \$2,000. Contact Richard DeBoe (H: 914-756-3007 or W: 212-237-2420)

For Sale: Bianchi Eros, 53cm. Pearl white, Mavic wheels, new Michelin axial pro tires, 24 speed, computer, cage, and Topeak saddle bag. \$950. Call Betsy 718-596-9820.

BLOWOUTS

By Lou S. Pokes

Watch what you say, watch what you do, Lou is back! With as much good/funny/dumb stuff as you gave me this month, how could I refuse?

Did everybody hear about **Fred Steinberg's** ride to the Poughkeepsie train station on Memorial Day? The group arrived over an hour earlier than planned. Fred argued to allow all ten cyclists on the train. The conductor agreed with the condition that the group spread out with two bikes per car, neatly placed. When he later found some bikes blocking the aisles, he said six bikes must get off at Beacon. This was a club first - thrown off the train for sloppiness! But wait, it gets better. The group was confused as to who was getting off and who was remaining on, so it turns out all ten got off the train! Better still. As they are getting off, two new riders get on. The train starts to pull out. **Spencer** yells. The train stops! Yes, Spencer stopped a Metro North train. The two cyclists, **Suzanne Rohr** and a friend, get off and now there are 12 people waiting for the next train. Fortunately, the next train had room for everybody, no matter how sloppy they were.

Spencer's story continues the following week. On his famous Pound Ridge ride, he stopped everyone to warn them about the hairpin turns on Farms Road. Similar warnings were on his cue sheet. Spencer managed to ignore his own warnings, "got overly enthusiastic and took the switchbacks with too much gusto." A broken collarbone and lots of road rash will keep him off his bike for several weeks. Spencer, you know you have to be our **Road Bozo** this month. You even beat out **Irv Weisman!** Get well soon, we need you.

In a medical breakthrough, **Ed Fishkin**, from the comfort of his own home, was able to diagnose Spencer over the phone. Ed called Spencer after the accident. Spencer who obviously only had use of one arm at this point, couldn't follow Ed's instructions so he gave the phone to a friend (female, of course) who played nurse. Ed's instructions were to "feel his bone."

And, finally, the following weekend Spencer volunteered to help the CRCA/Setanta Team talk about bicycle safety to youngsters in Central Park. This, with his arm in a sling and lots of visible road rash. "Do as I say, not as I do" were his instructions.

Lest you forget, this column always had a **Stefani Jackenthal** report. Stefani is a former SIG graduate, former pro bike racer and former adventure racer. What's she up to now? She's one of the hosts of an adventure radio-talk show over the internet. It's on Monday thru Friday 10:00am to Noon. Go to www.eyada.com, then pick the "Health and Fitness" channel and her show called "Buff and the Adventurers" will come up on the screen. She'll be talking about all sorts of adventure and endurance activities. Listeners/viewers will be able to see pictures and video as well as hear her commentary. Some of her early guests included club members **Olive White** and **Jeff Vogel**. It's hard to imagine Jeff Vogel on internet radio - Jeff thinks call-waiting is too high tech!

The New Jersey Police crackdown continues. As usual, there are hundreds, if not thousands, of riders on 9W every day. One day, as several groups turned onto 9W North within seconds of each other, the police got fed up. They tried to pull over everybody, all 50 of them, for riding two abreast, or three or four as was probably the case. Some stopped, some didn't. The police tried again. They got the last seven cyclists to stop. But they got the wrong guys! They got the ones who knew what was going on. They were in the back, riding legally, single file. The group included **Mark Martinez**, **Rob Kohn**, **Don Montalvo**, **Regina Hammond**, **Rob Ragusa** and two others. They all got tickets and need to appear in Englewood Cliffs Court on July 7th. Some of them gave fictitious names and will probably get away with it. There's a lesson to be learned here, but I'm not sure what it is!

Most of the SIG graduates are joining "regular" rides. Many graduates of the A SIG will be disappointed. First of all, half the regular A riders never took the SIG, though maybe they should. Second, fast A rides are rarely as fast as anticipated. On Saturday the A's say "we're saving ourselves for tomorrow." On Sunday they say "we're tired, we rode hard yesterday!" What the SIG graduates need to learn is the A rider motto: "We're A riders, we could ride faster if we wanted to!"

Last month's program was a talk and slide show by **Dona Kahn**, **Lynn Sarro**, **Gerry Wendrowsky** and **Karen Reich**, all of whom discussed their trips to Cuba. Don't they know we have at least two FBI agents in the club?

Stay out of trouble, or I'll write again next month!

An Ode to the 'Century' Rider

Bernie Brandell

Spin, spin, my roadside hero
With endurance—iron will.
Grin, grin, thou muscles aching
Standing-up climbing the hill.
Ride, ride, my helmeted warrior
With colors,—a rainbow does lack
Now that your bike has a blessing

And wind,—pressing your back.
Eschew the car my roadside hero
For it is a lifestyle best
After a grueling training,
Burst,—of energy and zest.
Nibble, nibble, my helmeted hero
For it energy restores,
Drink, drink and with fluids replenished,
While sweat drains from your pores.
Farewell, my roadside heroes
As one body—single file

Pointing out roadside hazards,
Riding,—caterpillar style.
Ride well my urban cowboy,
Its,—not meant to deride
For in this your ambitious journey
An angel rides at your side.
So sigh, groan, my weary warrior
As you near your final quest,
You'll be feasted and cheered,
At the upcoming—well deserved rest.

J'aime Paris—à vélo

By Carol A. Wood

Thanks to a charming French cycling club, the highlight of my trip to Paris in April was bike related. I found them on the Internet, described thus: "Our club: an ambience, some friends who plan and realize beautiful, sometimes difficult, rides in which they take a maximum of pleasure." My e-mail was immediately answered by club president Michel Hamel, followed by directions from two ride leaders, Gilbert Rachmuhl and Benoît Canler. So on my first Sunday in Paris, instead of lying in bed all morning, I excitedly caught the 8:33 train to La Celle Saint Cloud, a verdant south-western suburb.

My hosts were waiting for me: Gilbert with his feather-light road bike, Benoît and Guy with hybrids (or "VTTs," for "vélo tout-terrain"). Their friendly greetings no doubt concealed surprise at my rental bike: heavy Peugeot cruiser with five grip-shift speeds. The chain fell off on our first hill. But my companions' durable humor saved the day. And their route was a delightful mix of terrain (hills and flats), sights (three country chateaux), and camaraderie (coffee and sightseeing breaks).

We first toured the gardens at Versailles, then headed for more rural roadways, one of which recalled the long poplar-lined allées painted by Claude Monet. In the misty distance, I saw a band of cyclists circling a clutch of houses. The surrounding fields were full of yellow-flowered rapeseed.

The next landmark was less attractive—the 16-degree hill leading to the fortresslike Château de la Madeleine. "There's no shame in walking," Gilbert said, dismounting to keep me company. After descending, we stopped in the little town of Chevreuse for a coffee. By 11am, cyclists were everywhere—families on clunkers, packs of skinny men on racers—all out enjoying the lush countryside. (Not without reason do the French fight to protect their agri-

culture!) Motorists were cautious and respectful, and pedestrians applauded when we passed.

After passing the enormous château at Dampierre, we returned to the station around 1pm, having clocked 62 kilometers. I spent the rest of the afternoon with Gilbert and his gracious wife Françoise, lingering over Sunday dinner (roast pork scented with garlic and herbs, ratatouille, numerous wines), spiced with political debate.

Over the next week, I checked out many of Paris's 130 km of "pistes cyclables"—bike lanes. I cruised up and down the Seine and visited multitudes of monuments en plein air. Overall, I found the cycling comfortable. For one thing, people obey traffic laws—cars and cyclists alike. Near the Gare du Nord, a teenager scolded me for just looking like I wanted to run a red light. My only near-accident occurred on the Boulevard St. Michel, when only a loud scream kept a gigantic tour bus from turning me to pulp.

The next Sunday, I met my new cycling friends for another randonnée. Gilbert and Benoît were there, joined by Christine, Alain, Christophe, and Michel, who presented me with the club's beautiful jersey. We wound through the Bois de Boulogne and 16th arrondissement, and passed the Trocadero, Eiffel Tower, and Hôtel des Invalides. Asked to pose for many photographs, I felt unusually important. Reaching the Palais Royale at midday, everyone dispersed for Sunday dinner, except Benoît and Michel, who led me through the Latin Quarter, past the Bastille, and along the Canal St. Martin.

As we climbed the tourist-clogged streets of Montmartre, rain began to fall. When we reached the church of the Sacré-Coeur, with all of Paris below us, I found myself unable to speak coherently in English or French. How do you properly thank people you've just met for sharing indelibly wonderful times with you? I despaired of ever being able to do so. My only solution was this: to become a lifelong ambassador for this glorious nation. Vive la France!

NYCC Board Meeting, Tuesday, May 2, 2000

Present: B. Goldberg, C. Martone, I. Weisman, I. Mitchneck, W. Cohen, D. Montalvo, A. Dinkelmann, P. Hofherr, L. Sarro, L. Nisco

Absent: G. McGraime, F. Grazioli

Meeting was opened at 6:45pm.

Minutes for April 5 were approved.

Reports:

EDITOR: D. Montalvo. An insert in the May Bulletin regarding the July 4th weekend caused some delay in getting the Bulletin out.

VP-PROG: C. Martone. We were bumped from the Citrus Bar and Grill. They had booked someone else. We scheduled with Annie Moore Restaurant (43rd St) for the next 2 meetings. Regarding O'Hara's Restaurant, travel is considered not too convenient. We need space for 50 to 60 people.

SPECIAL EVENTS: L. Sarro. The Planetarium Special Event drew 30 people. The Irv Roast was a fun event. Saturday, May 20 in Central Park, there will be a "Wheel Fun" event, in which NYCC will cooperate. We've arranged for permits in a park for the picnic lunch for our July All-Class ride, with the rain date on Sunday. The December party has been booked at St. Maggie's Cafe.

B - RIDES: A. Dinkelmann. The B SIG was hampered by the weather. For ride scheduling, leaders are reluctant to lead if someone else is also leading a similar ride that same day.

C - RIDES: P. Hofherr. Paul inquired about the scheduling of all-class rides. June 17 will be an Oyster Bay all-class ride. There will be one in July (picnic), and another in August. The C SIG was hampered by the weather, but is doing rides at C14.

I Weisman: The C12 SIG emphasized adjustments and repair, and achieved C13 speed.

THE BIKE COMMITTEE: The report (guidelines for ride leaders) is to be written by Damon Hart from notes based on Frank Grazioli's blackboard work of the committee's discussion.

TREASURER: I Mitchneck. Submitted expenses, income, and budget proposal for 2000 for approval. The budget was approved.

PUBLIC REL: W. Cohen. Needs 100 Bulletins for the Bike Show at the World Trade Center. The discount card for bike shops is in the works.

PRES: B. Goldberg. Ben appeared on BBC radio, discussing the Club's website. The website is effective for reaching potential new members.

A discussion was held regarding JUNIOR RIDERS. Irv made a motion that junior riders (under 18) must be accompanied on rides by a Club member. This was approved by the Board.

The Century ride will be Sept. 23, rain or shine.

Next Board Mtg: Monday, June 05, 2000 6:30pm. at Ben's office.

Meeting adjourned: 8:45pm

Submitted by Irv Weisman, Secretary, assisted by Maggie Clarke

attention-getting
Club members, here's your club jersey.

New York and cycling. Can you think of a more striking image to communicate those two things than the Statue of Liberty wearing a bicycle helmet?

Our club jersey, designed by NYCC member Richard Rosenthal and manufactured by Louis Garneau, has deep zippers for controlled cooling and easy on-and-off, and state-of-the-art, super-wicking materials in both its long-sleeve and short-sleeve versions.

It's so stunning that non-club members from California to Europe have sought to buy it. But they can't; it's only available to club members. (You won't believe what someone in Bali offered Jay Jacobson in exchange for his club jersey. And you won't believe he turned it down!)

White, with black type, green Liberty and red helmet. Graphic on front & back.

Also available: matching Specialized 21 oz. water bottle with an ice-friendly, wide-mouth, screw-on top.



NYCC Jersey Form
Mail to: Ben Goldberg
1 Washington Square
Building #5B
NYC 10012
Email:
goldberg@cs.nyu.edu

LONG SLEEVE @ \$57 (Unigender)

Size	Chest	Quantity
S	36	_____
M	38	_____
L	40	_____
XL	42	_____
XXL	44	_____

SHORT SLEEVE @ \$50

Men's		Women's	
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M	38	_____	S 32 _____
L	40	_____	M 34 _____
XL	42	_____	L 36 _____
XXL	44	_____	XL 38 _____
XXXL	46	_____	XXL 40 _____

Add shipping: 1-2 jersey(s): \$3.20; 3 or more: \$6.40

Make check payable to **New York Cycle Club** Total

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Call (212) 371-4700 ~ Price: \$3.50

2000 RENEWAL / MEMBERSHIP APPLICATION / CHANGE OF ADDRESS



In consideration of being permitted to participate in any way in New York Cycle Club ("Club") sponsored Bicycling Activities ("Activity") I for myself, my personal representatives, assigns, heirs, and next of kin: 1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately cease further participation in the Activity. 2. FULLY UNDERSTAND that (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these risks and dangers may be caused by my own actions, or inactions, the action or inaction of others participating in the Activity, the condition in which the

Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time, and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS AND DAMAGES I incur as a result of my participation in the Activity. 3. HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE the Club, the LAB, their respective administrators, directors, agents and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS, AND I FURTHER AGREE that if, despite the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as the result of such claim. I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Mail this application with a check made payable to: **New York Cycle Club, P.O. Box 20541, Columbus Circle Station, New York, NY 10023**

PLEASE PRINT OR USE ADDRESS LABEL. ZIP CODE IS REQUIRED.

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

NAME: _____ SIGNATURE: _____ RIDING STYLE: A B C

NAME: _____ SIGNATURE: _____ RIDING STYLE: A B C

ADDRESS: _____ APT: _____

CITY: _____ STATE: _____ ZIP (REQUIRED): _____

DAY TEL: _____ NIGHT TEL: _____ EMAIL: _____

Check if applicable: I do not want my Address Phone Email published in the NYCC semi-annual roster.

ANNUAL MEMBERSHIP: Jan. 1 - Dec. 31, 2000. Please check the appropriate box:

Individual — \$21 (\$10.50 after Labor Day) Couple residing at the same address — \$27 (\$13.50 after Labor Day)

Please read this before your first club ride

NYCC RIDES are led by volunteer leaders who plan the route and maintain the listed speed (eg. B15 = B Style / 15 mph cruising speed - see charts). Our rides are described by pace and style because it's more fun when the group is of similar ability. We ride for fun, fitness, and food.

RIDE STYLE indicates the type of riding. See chart at right. **CRUISING SPEED** indicates the ride's speed on flat terrain. **AVERAGE RIDING SPEED** over rolling terrain is 3 mph less than cruising speed. This will vary plus or minus 1 mph, according to terrain. **OVERALL SPEED**, including all rest and food stops, is about 3 mph less than average riding speed.

SELF-TEST: Assess your personal cruising speed by riding 4 laps (24.4 miles) around Central Park at a comfortable pace and matching your time with the chart. **NOTE:** Riding fewer than 4 laps will give you a false assessment. *The northern end of the park can be dangerous; ride with other cyclists.*

YOUR FIRST NYCC RIDE: Be conservative. Choose a ride easier and shorter than you think you can ultimately handle. You won't enjoy struggling to keep up with a ride that's too fast for you, nor will the group enjoy waiting for you. It's a good idea to call the leader a day or so before the ride, and introduce yourself when signing up at the start.

BEFORE ANY 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 a breakfast consisting of carbohydrates and proteins.

BRING: spare tube, tire levers, patch kit, pump, water, snacks, money, medical ID, emergency phone numbers and rail pass. We also suggest that you bring a lock. Leaders may specify other items in their ride listings.

BIKE TRAINS: On Saturdays and Sundays, MetroNorth has scheduled specific trains to/from Grand Central Station to accommodate large groups of cyclists. Bike trains are indicated by a bicycle symbol on the MetroNorth timetable. Schedules change frequently.

Here is the schedule as of February 6th, 2000. **Contact Metro North for the most current schedule:**

OUTGOING FROM GCT		RETURNING TO GCT	
GCT>Poughkeepsie	7:43am (Hudson Line)	Poughkeepsie>GCT	3:40pm (Hudson Line)
GCT>Poughkeepsie	8:54am (Hudson Line)	Poughkeepsie>GCT	4:35pm (Hudson Line)
GCT>Brewster N.	7:48am (Harlem Line)	Poughkeepsie>GCT	5:40pm (Hudson Line)
GCT>Brewster N.	8:48am (Harlem Line)	Brewster N.>GCT	3:07pm (Harlem Line)
GCT>New Haven	8:07am (New Haven Line)	Brewster N.>GCT	4:07pm (Harlem Line)
GCT>New Haven	9:07am (New Haven Line)	Brewster N.>GCT	5:07pm (Harlem Line)
		New Haven>GCT	2:57pm (New Haven Line)
		New Haven>GCT	3:57pm (New Haven Line)
		New Haven>GCT	4:57pm (New Haven Line)

Riding 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 & trail riding. Mountain and hybrid bikes.
ATB 3	Flat to rolling, trails and road riding. Mountain and hybrid bikes.

CRUISING SPEED	CENTRAL PARK SELF TEST FOUR LAP TIME
22+ mph	1:10 OR LESS
21	1:10 TO 1:13
20	1:13 TO 1:16
19	1:16 TO 1:20
18	1:20 TO 1:25
17	1:25 TO 1:30
16	1:30 TO 1:38
15	1:38 TO 1:48
14	1:48 TO 2:00
13	2:00 TO 2:14
12	2:14 TO 2:30
11	2:30 TO 2:50

Bike passes are always required. There are no Bike Trains on holidays. 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 Metro North liaison, Jeff Vogel at (718) 275-6978 well in advance to try to arrange another train for your ride. Bike passes are available at Window 27 at Grand Central or by calling (212) 499-4398 for an application.

Membership card! Cut me out!

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Marie DeRosa ~ 212.799.5064
mastermdr@aol.com



Bikeshop discounts

BICYCLE HABITAT, 244 LAFAYETTE STREET; (212)431-3315
...cmcbike@aol.com; 15% off parts and accessories, 10% off bikes, no discounts on sale items, no double discounts

A BICYCLE SHOP, 345 WEST 14 TH STREET; (212)691-6149...www.a-bicycleshop.com; abikshp@aol.com; 10% non sale items not items already discounted

SID'S BIKE SHIP, 235 EAST 34 TH STREET; (212)213-8360
...www.sidesbikes.com; 8% parts, accessories and, clothing

CNC BICYCLE WORKS, 1101 FIRST AVE; (212) 230-1919 ...cncbicy-cleworks@juno.com; 8.25% accessories, repairs, rental and bikes

CONRAD'S BIKE SHOP, 25 TUDOR CITY PLACE; (212)697-6966
...conradbike@aol.com; 8.25% everything

BICYCLE RENAISSANCE, 430 COLUMBUS AVE; (212)724-2350...10% off repairs, accessories (not on sales items and new bikes)

TOGA BIKE SHOP, 110 WEST END AVE; (212)799-9625...gotbik@aol.com; 10% parts, accessories, and repairs

GOTHAM BIKES, 112 WEST BROADWAY; (212)732-2453...gotbik@aol.com; 10% parts, accessories and repairs

CONGRATULATIONS – THEY’VE DONE IT!!!

Join us at the July 11th meeting for the A, A-19, B and C SIG GRADUATIONS

Come celebrate with the SIG graduates and leaders at an evening of camaraderie and good food at:

**Annie Moore’s
Pub and Restaurant
50 East 43rd Street**

(west of Grand Central Station between Madison & Vanderbilt Aves.)

Buffet Dinner with chicken marsala, baked ziti, shepherd’s pie and green salad. Coffee or tea. Dinner is \$20 (cash only, includes tax and tip). Cash bar at 6pm. Dinner at 7pm. Graduation at 8pm. Take 4/5/6/7 & S to 42nd Street/Grand Central Station.

“Bernice, stick it in the box!” (Wendy)

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