

# ***NYCC Bulletin***

# 2001!

It's time to start planning on joining next year's SIG!  
Burn off those winter pounds while improving your riding skills.  
(See details on page 12)

## President's message

My first New York Cycle Club ride seems like just yesterday, a roughly 40 mile C ride to Scarsdale. Six years, two board positions, two Escape From New Yorks and many thousands of miles later, I'm president!? Go figure. I can honestly say I've thoroughly enjoyed everything about being a member of NYCC during that time, the events, the people and especially the riding. And now I'm thrilled at the prospect of presiding over what truly looks to be a very exciting time for the club, more on that a little later.

First, I want to thank the outgoing board members for the great job they've done this past year: Dona Kahn, Irv Weisman, Wendy Cohen, Laurie Nisco, Lynn Sarro, Frank Grazioli and Paul Hofher you all deserve high praise for your contributions to the club.

Don Montalvo, bulletin editor will be staying on temporarily while we look for a new editor. Thanks, Don, for bringing us into the 21st century with a new paperless bulletin system. Finally, Ben Goldberg who, thankfully for all of us will be staying involved with the board as past-president, has managed the club's business these last two years with an uncommon mix of wisdom, intelligence and ease, special thanks to Ben!

As for the future, we have a great new crop of board members: Bob Hancock, Rita Tellerman, Carol Wasser, Jim Galante and Stan Oldack will be great new additions to the board and of course let's not forget those brave souls who will be staying on for another year: Gary McGraime, Cathy Martone, Ira Mitchneck and Annaline Dinkelmann. I think the next year will present several interesting challenges and opportunities for the club including on-line membership renewal and bulletin distribution, the expansion of our fantastic web site – thanks to our fantastic web-mistress Robin Read – and maintaining and improving the many great club sponsored events our members look forward to each year, not to mention increasing our rides listings more and more.

Speaking of yearly events, I want to mention one that is near and dear to me, the Escape From New York Century. Having chaired the organizing committee for the last two years, I will have to relinquish that post in order to concentrate on my new role with the club. Also, many of the members of the committee will be moving on which means that once again, if we are going to have an ENY in 2001 we will need fresh blood, new volunteers, folks to take over for us and those people will have to start getting organized soon. If you're interested, please let me know at the next club meeting or send me an email at tomoboe@mindspring.com.

*Last, don't forget to renew your membership!!!*

- Tom Laskey

## Editor's note

Wow, is it already 2001?! Boy, the year just flew by. This is my 13th bulletin and possibly my last. If I have the time in 2002 I may run for the gig again. It's a lot of fun and an excellent way to hone your publishing skills. I thought I knew all I needed to know when I first started. I was wrong. I only had some of the skill I needed. I think I got a little better over time. It was fun and a real challenge.

We're still looking for an editor who's willing to put in the time and effort necessary for putting together a great bulletin. The key is dedication. You have to have the skill and the will to stick it out. Oh, it can get rough but it's well worth it.

*Thanks for a great year!*

- Don Montalvo

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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. If you don't receive your Bulletin on time, have a change of address, or any other questions about your membership, email Laurie Nisco:

LKN8@columbia.edu

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

**Cover:** This month's cover is a desperate attempt to throw something together in time to go to press...it's the holidays.

**Mailing Service:** NYC Institute for the Blind, Brooklyn, NY (718) 854-7300

**Printing:** Dandy Printing, Brooklyn, NY (718) 774-6837.

Mailer: NYC Institute for the Blind

**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; Bottom blurb, \$40. Frequency discounts available.

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

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

Don Montalvo  
747-10th Avenue  
Apt #28i  
NY, NY 10019

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

dmjgraphics@earthlink.net

Material may be edited for brevity and clarity... **please proof-read your submissions carefully.** 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 each month prior to publication. Sorry, no exceptions.

Check out our fabulous web site:

<http://www.nycc.org>

Check out the new NYCC Message Board:

[http://www.nycc.org/bb\\_frame.html](http://www.nycc.org/bb_frame.html)

## The Ride Leader's Mantra

### Cycling Instructions for the New Millennium

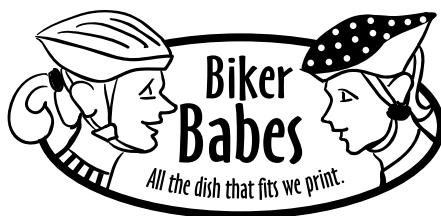
1. Take into account that great descents involve great risk. Don't crash!
2. When the sweep passes you, try not to get dropped!
3. Follow the three pace line rules: Smooth motion, steady pace, predictability.
4. Remember that not having the bike that you want is sometimes a wonderful stroke of luck. Every year brings new advances.
5. When your ride leader points out a mistake, don't repeat it ever!
6. Do one ride alone every month; it will help you appreciate your companions.
7. Open yourself to new routes and destinations, but don't get lost.
8. Remind those that talk, or kvetch too much, that silence is golden.
9. Do a lot of long fast rides. When you slow down with age and think back, you'll be able to enjoy those experiences a second time.
10. A friendly atmosphere with your fellow riders is the foundation of a good ride.

11. In disagreements with other riders, deal only with the present. Forget the past.
12. Share your routes with other cyclists. It's a way to achieve immortality.
13. Be gentle to the road never forget, the road is your friend!
14. Once a year, scout and lead a ride to a destination you've never been to before.
15. Remember that the best cycling relationship is one in which your drafting for each other exceeds your need for each other.
16. Become a mentor to the next generation of ride leaders. Share your passion with at least one new ride leader every year.
17. Judge your routes by what you ate once you get there.
18. Be respectful of cars; ride defensively.
19. Enjoy the freedom and exuberance that cycling provides, but don't forget to do the required maintenance.
20. Never cancel a ride. There is no such thing as bad weather, just inappropriate clothing.
21. Always look good. Our clothes are our feathers; don't forget, birds are admired for their plumage!
22. Have fun. Life is short ride if it makes you happy.

- Anne O. Nymous

## Biker Babes

O.K., guys (and gals), now that you're done wrapping and unwrapping gifts and embarrassing yourselves at office parties, it's time to make New Year's resolutions. So repeat after us: "I promise to send Biker Babes at least one dish this year to serve up to all my bike buddies." Hey, don't stress yourselves, it can be an appetizer. Stuff happens, and everyone wants to hear about it. Especially us. We're at [nycnews@yahoo.com](mailto:nycnews@yahoo.com). Cheers!



Outta Here: **Rich Borow** has headed to the Garden State with his wife, **Stephanie Blecher**, on his wheel. (You can be sure he'd be on her wheel if her back problems weren't still being such problems.) Oh, how we'll miss his early-morning bark as he laps us in the park. Oh, how we'll miss Boris and Natasha's A28's to Greenwich! Oh, how we'll miss the élan with which he maintains everyone's high standards for steady and safe (not to mention supersonic) pacelines!

Not So Fast: **Jeff Vogel** and **Margaret Cipolla** have also headed to other climes (climbs is more like it), theirs way more distant. So distant, in fact, that a whole different language is required. But Jeff and Margaret didn't have to trip over high school Spanish during their first week in Costa Rica because it was spent at the Casa de Cipolla ... on Long Island. Wha' happened? Well, it seems that despite confirmation by phone several weeks earlier, LACSA, the Costa Rican airline, refused to accept their bike boxes (something about too many inches). So Jeff proceeded to argue with some five-star burócrata for two hours. Jeff, argue? Hard to imagine. Needless to say, Jeff got nowhere. That is, until Margaret's father picked them up in his van and took them out to his house on Long Island (Jeff and Margaret's Queens pad having already been inhabited by a sublessee). There they hiked and biked and made numerous phone calls trying to figure out how to not only get their bikes to Costa Rica, but get them there as cheaply as possible. UPS's \$240 a bike was nixed. The best deal came from the shipping company that the oh-so-friendly Costa Rican airline uses -- \$80 per bike, based on weight, box size being irrelevant, the Grupo Taca gal confirmed on the phone. Box size was irrelevant, but only until Jeff and Margaret arrived at the Grupo office with their

bikes. At which point their boxes were measured and the cost, based on "volume weight," shot up \$120. Naturally, Jeff wanted to go back to Casa de Cipolla and repack the bikes into smaller boxes to save some dinero, but Margaret's good sense prevailed. Jeff and Margaret landed in Costa

Rica on a Sunday, six days after they first left for JFK, and their bikes were expected to arrive on Monday. By Tuesday afternoon, within seconds of the cargo bay's closing for the day, they finally (thanks to much more hand-greasing than Jeff cared to do) had their bikes firmly in hand and pedaled happily uphill away -- happily, because just hours before takeoff Jeff had actually cleaned and lubed the chain he'd ignored since his Alaska

adventure in August '99. The moral of this story? It's not crystal clear, but it has something to do with not believing anything some nearly third-world office slave tells you over the phone.

Catch 'Em if You Can: We knew the A-SIG Class of '99 was fast, but we didn't know it was this fast! The Polo team has swooped up Ironwoman **Sylvie Burlot, Regina (Her Mother Rox) Hammond** and Web Mistress (and Best Wheel to Follow -- you can be sure we'll be on her wheel in the next race) **Robin Read. Lynn (the Climbing Machine) Faulhaber** has been seduced by Dash Renaissance (as has the former Women's Sports & (continued on page 10)

### *La Dolce Vita Wine Tours*

BIKE TOURS IN ITALY  
TUSCANY, UMBRIA & PIEDMONT

Special \$150 discount for NYCC members  
For an additional \$150 off, sign up by March 31

For detailed itineraries, see [www.dolcetours.com](http://www.dolcetours.com)  
To get on the mailing list, call 718-788-6365  
or contact [info@dolcetours.com](mailto:info@dolcetours.com)

## 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.

**SCHEDULE:** Here is the schedule as of February 6th, 2000. *Contact Metro North for the most current schedule:* 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, Geo Kaplan at (212) 989-0883 well in advance to try to arrange another train for your ride. Bike

Riding 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 & trail riding. Mountain and hybrid bikes.
<b>ATB 3</b>	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

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 North	7:48am (Harlem Line)	Poughkeepsie>GCT	5:40pm (Hudson Line)
GCT>Brewster North	8:48am (Harlem Line)	Brewster North>GCT	3:07pm (Harlem Line)
GCT>New Haven	8:07am (New Haven Line)	Brewster North>GCT	4:07pm (Harlem Line)
GCT>New Haven	9:07am (New Haven Line)	Brewster North>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)

# Rides List

**Always wear your helmet!**

### Monday, January 1st

**A17                      55 MI                      10:00 AM**

#### Annual New Year's Day Ride

**Leader: Marty Wolf (212) 935-1460**

**From: The Boathouse**

The "Start the New Year Right" ride. A chance to get off on an easy-pace start. Brunch in White Plains at the Sea Star Diner. Obvious cancels.

### Wednesday, January 3rd

**A/B/C                      1MI                      6:00 PM**

#### Frosty Ice-Skating + Ballroom Touch Dancing

**Leader: Paul Snowman (212) 740-9123**

**From : Wollman Rink, walk one block N of Central Park South & 6th Ave.**

After 2 hours of skating at Wollman, we'll visit one of Manhattan's ballroom studios featuring such popular touch dances as tango, swing, foxtrot & more. Thrill to the touch dance obsession by which Nyers are meeting to find romance, plus enjoying the best winter muscle toning. Admission 3.50, skate rental 6.00. Pin on lapel card reading "NYCC" to help identify each other.

### Saturday, January 6th

**A-19                      60+/-MI                      9:00 AM**

#### New Years ride to THE dog's house

**Leaders: Spencer Koromilas (212) 867-8678 or**

**SpencerNYCC@juno.com and John Vazquez (212) 544-9450**

**From: The Boathouse South-East corner of West 215th Street & Broadway @ 9:45 AM**

Just like riding to Grandma's house . . . but different! Very similar to "What long ears you have" . . . but them ain't ears! First we pick up John and other riders on Broadway and 215th Street, then off to Sleepy Hollow, Briarcliff Manor, for a little lunch in Chappaqua. Then a quick vist to THE DOG HOUSE, and straight back home via Spain and Grassy Sprain to the Bronx. Ride ends @ Bedford Ave. & Grand Concourse (Subway return suggested . . . or ride?). Required: Smooth riding skills & steady pace; warm clothing . . . it's bloody cold out! Cancels: Who let the dog out? . . . call to confirm!

**C/B14/15                      45 MI                      9:30 AM**

#### A Non- Poetic ride to the Northvale Diner

**Leader: Bernie Brandell (718) 633-1759**

**From: the Boathouse**

A most direct route so we can warm up on pancakes and get home early, strong winds or temp. below 32 at the start cancels.

Check out our fabulous web site: <http://www.nycc.org>  
Check out the new NYCC Message Board: [http://www.nycc.org/bb\\_frame.html](http://www.nycc.org/bb_frame.html)

## Sunday, January 7th

A-19 55 MI+/- 9:00 AM

### Pearl River . . . the anti-Nyack!

Leaders: Spencer Koromilas (212) 867-8678 or SpencerNYCC@juno.com and Robert Reimann (RReimann@thesherpa.com)

From: The Boathouse

With the cold weather clearly on us, and my number of long scenic routes reduced to one hand, it's great to know that we need not limit ourselves to Nyack . . . we got Pearl! A relatively easy (no major climbs) yet lovely (Lake Tappan) route featuring a good hearty breakfast in Pearl River. Return features a screaming downhill (Blauvelt) to charming Closter, a civilized 501 and Walnut to the GWB. Winter is here, spring is around the corner . . . time to get ready! Required: Smooth riding skills; steady pace; warm clothing . . . it's freezing out! Cancels: Horrific road conditions . . . we'll take our skis . . . call!

B16 50+/-MI 10:00 AM

### Maintenance Ride

Leader: Gary McGraime (212) 877-4257 garynycc@aol.com

From: the Boathouse

"kind of quiet out there - too quiet." The winter will be over soon enough, so let's get together and enjoy it while we can and get ready for the spring -- it's right around the corner. What corner are "they" talking about? We will look around corners as we ride and hopefully be able to get glimpses into the future. Hint: this type of postulating may be remedied by regular cycling. Extreme cold (below 30), precipitation or slick roads cancel.

C12 25 MI 10:00 AM

### Frostbite #6: New York Botanical Garden

Leaders: Elly Spagenberg, Alfredo Garcia (212) 802-2441 cyclist23@email.com

From: Plaza Hotel, 59th St. & Fifth Ave.

(Please note different Frostbite start location).

Memories of green. Smell the sweet aroma of spring (which is months away). Possible visits to Snuff Mill Cafe and renowned Haupt Conservatory. Take along a bike lock, \$ for admission (6.50 for grounds/conservatory; 3.00 for grounds only.), lunch, maybe gifts. If you did the Tour de Bronx and got a complimentary ticket, bring it and you'll get in free. Co-listed with 5BBC. Check out the <http://www.nybg.org> website. Helmets required.

## Saturday, January 13th

A/B15+ 35 MI 10:00 AM

### My Nathan's ride

Leaders: Herb Dershowitz (212) 929-0787

From: the Boathouse

A friendly ride to Nathan's in Coney Island for franks and fries. Any type of bike welcome. Weather day the 14th.

B16 45 MI 10:00 AM

### No Cue Sheet Required: Scarsdale

Leaders: Wayne Wright (212) 873-7103

From: The Boathouse

A slightly hilly spin to Scarsdale for lunch indoors. Wet roads/precip, temp <=32 at 9am on NY1, or Giants playoff game cancels.

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<http://www.nycc.org>

Check out the new NYCC Message Board:

[http://www.nycc.org/bb\\_frame.html](http://www.nycc.org/bb_frame.html)

## Sunday, January 14th

A18 50+/-MI 9:30 AM

### Quick Fix

Leader: Gary McGraime (212) 877-4257 garynycc@aol.com

From: the Boathouse

It'll be great just to get out on the open road. Yes, the rollers and spin classes are helpful in maintaining fitness over the winter, but not necessarily one's sanity - mine anyway. Let's meet for a quick spin to Northvale or Nyack to enjoy the invigorating winter air accompanied by perhaps a hot cup of cappuccino. Extreme cold, precipitation or slick roads cancel.

B-15 40/50 MI 10:00 AM

Leaders: Carol Waaser (212) 581-0509 or biker-c@rcn.com and Linda Wintner (212) 876-2798

From: The Boathouse

We'll do an easy spin up to Scarsdale. If the weather's nice, we'll take the longer way up. If it's cold and damp, we'll go the direct route. Lunch indoors at the coffee shop, and if you're very, very good, Carol will lead you to the best carrot cake in the city toward the end of the ride. Any precipitation or temps below 32 at 9:00 a.m. cancel.

C12 25 MI 10:00 AM

### Frostbite #7: Alice Austen House

Leader: Ed Defreitias (718) 237-0989

From: City Hall

Travel to the home of a 20th century photographer, via ferry and two-wheeler. Bring a lock & \$ for lunch @ Cargo's. Co-listed with 5BBC. Helmets required. Check out Alice at the <http://www.preserve.org/hht/alice/austen.htm> website.

MTB only ?MI 6:39/7:39 AM

### Still well enough for Stillwell Park.

Leaders: Richard Ramon (718) 745-7025 or Ramonr@coned.com and Spencer Koromilas (212) 867-8678 or SpencerNYCC@juno.com

From: Penn St. LIRR 6:39 (more technical) or

7:39 train to Syosset (switch @ Jamaica)

Mountain bike only ride. Location - Stillwell Park Trail (8:00 A.M. - 9:00 A.M.) and Trail to Bethpage (9:00 A.M. - 11:00 A.M.). From: Trailhead Parking lot located adjacent (east) of Syosset Pathmark on Jericho Turnpike at 8:15 A.M or 9:15 A.M. Trailhead is located east of South Woods road next to Pathmark. Directions by car - Take LIE to exit 44 - Seaford-Oyster Bay Expwy. (Route 135) North to Jericho Turnpike East - park on north side of Jericho, just past Pathmark Supermarket. From Syosset Train Station: Ride to South Woods Road - right on South Woods Road - Trailhead is just east of Jericho tpk and South Woods Road intersection. Please contact leaders to confirm since we (leaders) will be going by car. For those of you looking to get some real dirt, mud and gunk on that MTB but don't know the local trails, this is the ride for you. Please note that this is an intermediate trail and may have some difficult sections for beginners. Expect lots of roots, stumps, rocks, logs, and a switchback or two. Required: Suspension fork, helmet, MTB shoes, and warm clothes. Cancels: Rain, icy trail or temps below 10 degrees at 6:00 A.M. Stillwell Park is a loop; Bethpage ride starts at 9:15 A.M. (less technical than the first) Expect to finish by 11:15 A.M in time for 11:44 train back to Penn Station.

All class hike (?)MI 10:30 AM

### Manhattan Wilderness Hike

Leader: Alinda Barth (212) 928-5399

From: The triangle on Broadway and Dyckman St. (take the A train to Dyckman St.)

Explore Inwood Hill Park, the most natural, unspoiled and least known of the city's parks. Wear layers; it is windy up there. Snow/rain cancel.

Temperature below 25 F may cancel depending on wind conditions. Call leader if in doubt.

## Saturday, January 20th

A18 +/- 55+/-MI 9:00 AM

### Inauguration ride

Leader: Tom Laskey (212) 961-1610, email: tomobo@mindpsring.com  
From: The Boathouse

If our country ever figures out who won the presidential election, that person will be inaugurated on this day. Fortunately, the NYCC already knows who its next president is, me! So join me on my inaugural ride to some place where there are diners with working heaters and pancakes aplenty. Ride destination will in part be determined by weather/road conditions, in part by group consensus and in part by the recount that may or may not be proceeding in Florida. Better than 50% chance of precipitation according to the Weather Channel or temps below 30 (superscript: o )at 8:30 am on ride day cancel. If unsure call leader.

A18 55+/-MI 9:30 AM

### Brooklyn-Queens Ramble

Leader: Scott Malone (718) 783-7044 or malones123@aol.com and Greg Bonsignore (212) 945 0655  
From: Grand Army Plaza, Brooklyn

Well, it's still probably going to be winter, unless the effects of global warming manifest themselves with a mind-numbing rapidity. Join us for a leisurely but orderly spin through two of the greatest boroughs of our fair city. What will we encounter? Shorelines, hills, parks and whatever else happens to strike our fancy. Should the Earth's warming hit a scary pace, we'll change the route and head for high ground. Cancels: Precipitation, snow on the ground or temperature below 30 degrees Fahrenheit at 9 a.m.

B17 35/50 MI 10:00 AM

### Freakin' Frigid Figthing Freaks

Leader: Peter O'Reilly (212) 414-1937  
From: The Boathouse

In cooperation with the NYCC, the 4F Association would like to cordially invite you to join us for our last and only event of the year to commemorate your right as an adult to be a little freaky by riding a bicycle in the middle of winter. Proper obfuscating-the-populace cycling attire required. No RSVP necessary; only you and your bicycles presence are required at the Central Park boathouse. If Temps are 40 degrees or above, we'll ride to a nice pancake house in Ridgewood or a fab diner in Westwood. Below 40 degrees, we'll ride along the Jersey waterfront to ultimately catch a nice view of the Statue of Liberty while refueling with some fresh Japanese baked goods. For the shorter, waterfront route, we'll take a PATH train or ferry back to New York. Severe wind chill factor or temps below 30 cancels.

## Sunday, January 21st

A18 60+/-MI 9:00 AM

### Sleepy Hollow/Pocantico Hills 30/30

Leader(s): Fred Steinberg (212) 787-5204 fsteinberg@nyc.rr.com  
From: the Boathouse

A prettier alternative to 9W/Nyack. Route 9 to Tarrytown/Sleepy Hollow for brunch at the Horseman. Then a pretty loop through Sleepy Hollow/Pocantico Hills, returning on scenic Route 9 and some interesting backroads through Riverdale and Marble Hill(!) The ride is on if the 8AM Central Park temp is over 30 and the winds are under 30 and the city streets are dry and ice free. Bad weather advisory: Metro North pass.

B16 45+/-MI 10:00 AM

### Time Ride

Leader: TBA  
From: the Boathouse

"kind of quiet out there - too quiet." The winter will be over soon enough, so let's get together and enjoy it while we can and get ready for the spring - it's right around the corner. Does time have corners? Extreme cold, precipitation or slick roads cancel.

C14 40 MI 9:30 AM

### Northvale

Leaders: Stan Oldak (212) 780-9950 and Janet Zinberg (212) 674-6851

From: the Boathouse

Yes it is a winter Sunday, and probably a good museum day! But just think of those luscious pancakes and satisfying hot chocolate awaiting us at the Northvale Diner. And only 20 miles away. How could you possibly pass that up??? We'll try not to unless there is rain, snow, icy roads, or temp. below 38 at 9:00 AM.

C12 25 MI 10:00 AM

### Frostbite #8: Coney Island Dreamin'

Leader: Ed Defreitas (718) 237-0989

From: City Hall

Head to Brooklyn and munch on Totonno's pizza, regarded as the best in NYC. Then head for the boardwalk and possibly see Russians taking their afternoon stroll. Bring a lock & \$ for lunch. 5BBC. Helmets required. See some images at <http://www.tommybrown.com/Pages/Brighton.html>

## Saturday, January 27th

A-19 50 MI+/- 9:30 AM

### White Plains

Leaders: Reem Jishi (718) 522 2675 rjishi@kenyon.com  
From: The Boathouse

A quick spin thru the prairie and on to the plains. Diner stop for lunch. cancels -- below 25 at 8 am.

B16 45+/-MI 10:00 AM

### Time Ride

Leader: TBA  
From: the Boathouse

"kind of quiet out there - too quiet." The winter will be over soon enough, so let's get together and enjoy it while we can and get ready for the spring - it's right around the corner. Does time have corners? Extreme cold, precipitation or slick roads cancel.

## Sunday, January 28th

A-19 50 MI+/- 10:00 AM

### Northvale, Piermont, Nyack

Leaders: Jim Galante (212) 529 9627 jim@jimgalante.com  
From: The Boathouse

Let's see who shows and what kind of day it turns out to be. Cancels -- below 25 at 9 am. High Winds, Rain, Snow, or Ice

B16 45+/-MI 10:00 AM

### Time Ride

Leader: TBA  
From: the Boathouse

"kind of quiet out there - too quiet." The winter will be over soon enough, so let's get together and enjoy it while we can and get ready for the spring - it's right around the corner. Does time have corners? Extreme cold, precipitation or slick roads cancel.

Renew! Renew! Renew! Renew! Renew! Renew! Renew!

**C12 35 MI 9:30 AM**

**More Urban Exploration**

Leaders: Linda Wintner (212) 876-2798 and Dick Goldberg (212) 874-2008

From: Boathouse

35 or so pretty flat miles. More leisurely, quirky city stuff with good (or interesting) food somewhere. Slippery roads and precipitation cancel.

**C12 25 MI 10:00 AM**

**Frostbite #9: Under and Over the Hudson**

Leader: Ed Defreitas (718) 237-0989

From: City Hall

Take the PATH, ride up New Jersey. Crossing the Hudson on the GWB. Ride down to Manhattan, past a "Seinfeld" locale, tell off George Costanza and then eat a hot meal. Bring a lock & \$ for lunch. City Hall. Co-listed with 5BBC. HELMETS REQUIRED.

Saturday, February 3rd

**A19 55+/-MI 9:30 AM**

**Quick Fix**

Leader: TBA

From: the Boathouse

It'll be great just to get out on the open road. Yes, the rollers and spin classes are helpful in maintaining fitness over the winter, but not necessarily one's sanity. Let's meet and share a dose of invigorating fresh air. Extreme cold, precipitation or slick roads cancel.

**B16 45+/-MI 10:00 AM**

**Time Ride**

Leader: TBA

From: the Boathouse

"kind of quiet out there - too quiet." The winter will be over soon enough, so let's get together and enjoy it while we can and get ready for the spring

- it's right around the corner. Does time have corners? Extreme cold, precipitation or slick roads cancel.

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**Sunday, February 4th**

**A19 55+/-MI 9:30 AM**

**Quick Fix**

Leader: TBA

From: the Boathouse

It'll be great just to get out on the open road. Yes, the rollers and spin classes are helpful in maintaining fitness over the winter, but not necessarily one's sanity. Let's meet and share a dose of invigorating fresh air. Extreme cold, precipitation or slick roads cancel.

**B16 45+/-MI 10:00 AM**

**Time Ride**

Leader: TBA

From: the Boathouse

"kind of quiet out there - too quiet." The winter will be over soon enough, so let's get together and enjoy it while we can and get ready for the spring - it's right around the corner. Does time have corners? Extreme cold, precipitation or slick roads cancel.

**C13/14 30 MI 10:00 AM**

**Hudson Overlook**

Leader: Gary McGraime (212) 877-4257 [garynycc@aol.com](mailto:garynycc@aol.com)

From: the Boathouse

We will ride north to cross the Broadway Bridge and enter a secluded area of old estates overlooking the lush Palisades across a quiet length of the Hudson River. One of those estates has been willed to the public where we may stop to warm up, use the rest rooms and sit down for fresh muffins, hot tea, coffee or cider while enjoying a spectacular view. Walt Whitman would be proud. Bring a camera - I think it's where George Bush crossed the Hudson. We will return by early afternoon. Extreme cold (below 32}, high winds, precipitation or slick roads cancel.

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**Minutes of the February 2000 NYCC Board Meeting**

Tuesday, February 1, 2000 at 6:30pm

Present were: Wendy Cohen, Annaline Dinkelmann, Ben Goldberg, Frank Grazioli, Paul Hofherr, Dona Kahn, Ira Mitchneck, Gary McGraime, Cathy Martone, Laurie Nisco, Don Montalvo, and Lynn Sarro.

The January minutes were approved.

Reports from the board were presented.

Ben Goldberg nominated Jeff Vogel for a lifetime membership award for his contributions to the club over many years. This was approved with a unanimous vote.

Wendy Cohen discussed the upcoming NY City Bicycle Show, occurring in May just prior to Bike New York. The board approved the expenditure of funds to rent a table and two chairs at the show. The booth space is being donated to the club by the organizers of the show.

Cathy Martone and Annaline Dinkelmann discussed handing out NYCC flyers at Bike New York. The board agreed this was a good idea.

Wendy suggested that the club provide a membership card which our members can show to local bike shops in order to receive a discount on purchases. It was agreed that this card would be printed within the bulletin, in the area where the mailing label is placed.

Wendy announced the annual "Bless the Bikes" event. The board confirmed that the club would list the event in the bulletin.

Wendy nominated Robin Read to assume the role of webmaster. This was approved unanimously by the board.

Irv Weisman and Gary McGraime led a discussion on creating and publishing rider and leader guidelines. Gary McGraime was tasked by the board to create a committee to write a draft of such guidelines.

Irv discussed ways to make our members aware of the safest manner to negotiate some of the more treacherous intersections, such as the intersection of Palisades Avenue and Rt. 9W.

Irv also suggested that the club organize a meeting to inform our members on the proper configuration and use of gearing. The board accepted Irv's suggestion that he volunteer to organize such a meeting.

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**Minutes of the April 2000 NYCC Board Meeting**

Tuesday, April 4, 2000 at 6:30pm

Present were: Wendy Cohen, Annaline Dinkelmann, Ben Goldberg, Frank Grazioli, Paul Hofherr, Dona Kahn, Ira Mitchneck, Gary McGraime, Cathy Martone, Laurie Nisco, Don Montalvo, and Lynn Sarro.

Reports were presented by the individual board members.

Robin Read presented ideas for the look and content of the club web site, which the board approved.

Wendy Cohen reported on the arrangements for the NYCC booth at the New York City Bicycle Show. She also reported on the progress being made in designing a membership card for inclusion in the bulletin.

The board discussed the extent to which SIG's would be funded by the board, and whether SIG participants should contribute to the incidental expenses (photocopying, etc.). Frank Grazioli expressed the sentiment that the SIG has always been a benefit of membership and that given the small amount of expense involved, the club could easily afford to underwrite the costs. The board approved the amount of \$50 per SIG for incidental expenses.

Don Montalvo informed the board that the printing shop that the club uses has installed digital equipment, allowing us to submit the bulletin electronically and

to print photos with higher quality. Don also requested that the club put some previous bulletins on the web for prospective members to see.

Ben reported that the board needed to appoint a club representative for the Central Park Safety Committee and to the Central Park Conservancy, replacing Gene Vezzani who has served in that capacity for many years. Geo Kaplan and Dona Kahn were nominated. The board unanimously voted to appoint both Geo and Dona as club representatives.

Gary and Irv reported that the ride leader guidelines committee had met and were making progress on the writing of the guidelines.

Annaline asked whether SIG leaders are eligible to earn NYCC ride leader vests for their work on the SIG. Ben reported that any SIG leader who leads 12 rides, whether as part of a SIG or in a regular club ride, would earn a vest.

A discussion was held on the subject of whether rides that included A, B, and C groups could be considered "All Class" rides. Ben reported that the club policy for several years has been that the club runs three official All Class rides. These events are special in that the club offers no other rides on the day of an All Class Ride. Ben also suggested that the board continue the policy of being willing to list other rides on the day on which a regular club ride, which happens to have A, B, and C, groups, occurs.

Irv stated that he felt that the black back of the ride leader vest was a poor choice of color, due to reduced visibility. Ben reported that he had contacted Louis Garneau about this issue and was told that this was the only available color.

The issue of club insurance was raised by Irv. Ben and Ira reported that the club does indeed carry insurance issued through the League of American Bicyclists insurance program.

Irv reminded the board that sign-up sheets should be signed by all participants on club rides and that the sheets should be returned to the VP of Rides by the ride leaders.

## Minutes of the June 2000 NYCC Board Meeting

June 5, 2000 at 6:30pm

Present were: Wendy Cohen, Annaline Dinkelmann, Ben Goldberg, Frank Grazioli, Paul Hofherr, Dona Kahn, Ira Mitchneck, Gary McGraime, Cathy Martone, Laurie Nisco, Don Montalvo, and Lynn Sarro.

The May minutes were approved.

Reports were presented by the individual board members.

Laurie Nisco and Don Montalvo reported that they expected the club roster to be mailed with the July bulletin.

Annaline asked if the club program of rewarding leaders of 6 rides by allowing them to purchase a special ride leader jersey at club cost (currently \$40) was still in effect. Ben reported that this was the case for the time being, although the special ride leader jerseys were being phased out due to the difficulties involved in keeping so many different kinds of jerseys in stock. This phasing out had been approved previously by the board.

Don Montalvo asked if there were any objections to including images in classified ads, provided the ads did not occupy an unreasonable amount of space. There were no objections.

Cathy Martone asked for a consensus on whether the club should continue to use Annie Moore's as the meeting location or switch back to Citrus Cafe. There was no consensus, since both locations had support from various board members. Cathy reported that, for the time being, she would prefer to stay with Annie Moore's.

Ben Goldberg reported that Geo Kaplan and Dona Kahn both agreed to serve as club representatives to the Central Park Safety Committee.

Ben reported that he would be taking over the job of sending out the weekly NYCC announcements by email, replacing Gene Vezzani who has done a wonderful job in this role. Ben also reported that Geo Kaplan has volunteered to take over the role of liaison with MetroNorth, replacing Jeff Vogel who has performed this task for many years.

Ben brought up the possibility of the club having cycling gloves made with the NYCC logo and the image of the Statue of Liberty in a helmet. The board voiced approval for continued investigation into the cost of the gloves and the logistics of selling them.

## Minutes - NYCC Board Meeting

November 9, 2000

Present were Wendy Cohen, Annaline Dinkelmann, Ben Goldberg, Frank Grazioli, Paul Hofherr, Dona Kahn, Ira Mitchneck, and Gary McGraime.

Absent were Cathy Martone, Laurie Nisco, Don Montalvo, Lynn Sarro

The meeting was called to order 6:50 p.m. at the offices of Dona Kahn.

Minutes for the October 3, 2000, meeting of the Board were reviewed and approved.

Ira Mitchneck reported that an application to the IRS (with a \$500 payment) to register NYCC as a non-profit organization, had been completed and mailed. The status was necessary to file tax returns and for other tax related reasons. New York State has always recognized the Club as non-profit because it was incorporated as such.

Frank Grazioli announced that there are 2 A SIGs in the planning - an A19 and the A Classic. The emphasis on rider leaders learning the routes is part of the winter leader training (not to be confused with the active program that will be taught to new "cadets"). Improvement will be made in assigning riders to the proper section in the first few weeks of the SIG. Guidelines for the leaders are being drafted. An effort is being made to increase the number of women ride leaders for next year.

Paul Hofherr presented a draft of the ride leader guidelines for all groups. Some modifications were suggested and adopted. The guidelines were endorsed by a unanimous vote of the Board. The Board expressed its gratitude to all the efforts of Paul's committee which developed the guidelines. The Board suggested the Guidelines be published in the Bulletin. Paul reported that he is now working on plans to institute a training program for ride leaders.

Gary McGraime reported that the New Haven ride was a big success. He is looking for someone to head up next year's ride.

Mailing costs have increased because of the increase in pages of the bulletin and because of additional postage costs. An attempt will be made to limit the number of pages and in numerous other ways try to keep the costs down. The new roster will be prepared for distribution in December or January.

Don Montalvo is unable to be the Editor of the Bulletin because of a career change. The Board is conducting a search for qualified candidates from whom to appoint a successor.

The board reiterated its policy of not listing rides by leaders who pose safety risks.

The holiday party is scheduled for Monday, December 4, 2000, and plans are in place for it.

Minutes for past Board meeting, which have not been completed, will be reconstructed by Ben Goldberg.

Suggestions for the recipient of the League of American Bicyclists' Volunteer of the Year award for this year were made by the members of the Board and Ed Fishkin was unanimously selected. Ed will receive a year's free membership to the Club.

The eNYCC committee, to investigate on-line registration, PDF publication of the Bulletin, etc. will be meeting this month to start the process. It is charged with determining the impact of such action on the Club's finances and membership.

The next meeting will be with both the old and new board members.

The meeting adjourned at 8:25 p.m.

Respectfully submitted, Dona Kahn

Renew! Renew! Renew! Renew! Renew! Renew! Renew! Renew! Renew!  
Renew! Renew! Renew! Renew! Renew! Renew! Renew! Renew! Renew!





(continued from page 3)  
 Fitness team's **Ann Marie Miller**, who must be a Cat 0 by now, but she's a SIGgie of a whole other vintage, so pretend we didn't say anything). And **Hanna Robson**, who rode like a bat out of hell (excuse the cliché, we're tired) for Women's Sports & Fitness last season, will be back on board this year, providing her knagging knee-itis stops knagging her, though now that the magazine is no longer, who knows what the team'll be called. What we wanna know is, Where are all the fast SIG guysz? Oh, who cares? You go, girlz!

Vote Fraud? It seems that ballot-counting irregularities exist outside the political morass of Florida. Dimples and pimples had nothing to do with it, but nearly 17 percent (don't hold us to our math, it's not our strong point) of NYCC'ers who voted for Best Dressed, Most Improved, etc. in November were technically disenfranchised. It's doubtful that partisanship came into play. When cross-examined, **Geo Kaplan** said he was unaware of the electronic option and so didn't include the votes of anyone who cast them on the NYCC Web site. And, without conferring with the Supremest of authorities, he said that according to our constitution (you guess which one), it would have been illegal to do so anyway. But at least we don't have to worry about being governed by a president who was "elected" by only .3 percent of the electorate (or one justice) -- Web voting was an option for Special Awards only, not for officers. So. Time to rethink a constitution or two?

Speaking of Weddings: They haven't said when yet, but **Hanna Robson** and veteran SIG leader **John Vasquez** are going to make their cozy domesticity legal when they can fit it into their hectic bike and work schedules. And **Sandy Tananbaum** and **Damon Hart**, whoops, Hart (it's an easy mistake to make with him) have picked a date to walk down the proverbial aisle as soon as Captain Damon graduates SIGgies from the A-SIG Classic this spring. May the weather be with them. Who's next?

**Best of 2000!!!**

- Best Dressed Woman** Wendy Cohen
- Most Improved Man** Jim Gallante
- Most Improved Woman** Frances Harrison
- Comeback Rider of the Year** Chris Goebel
- Best Riding Couple** Joan and Jay Jacobson
- Best Ride Leader** Spencer Koromilas
- Best Diner / Food Destination** Runcible Spoon & Skylark (tie)
- Fastest Flat Fixer** Ed Fishkin
- Most Shameless Gear-Head** Irv Weisman
- Best Retrogrouch** Todd Billante
- Best Wheel (to Follow in a Paceline)** Robin Read

Check out our fabulous web site: <http://www.nycc.org>

Check out the new NYCC Message Board: [http://www.nycc.org/bb\\_frame.html](http://www.nycc.org/bb_frame.html)

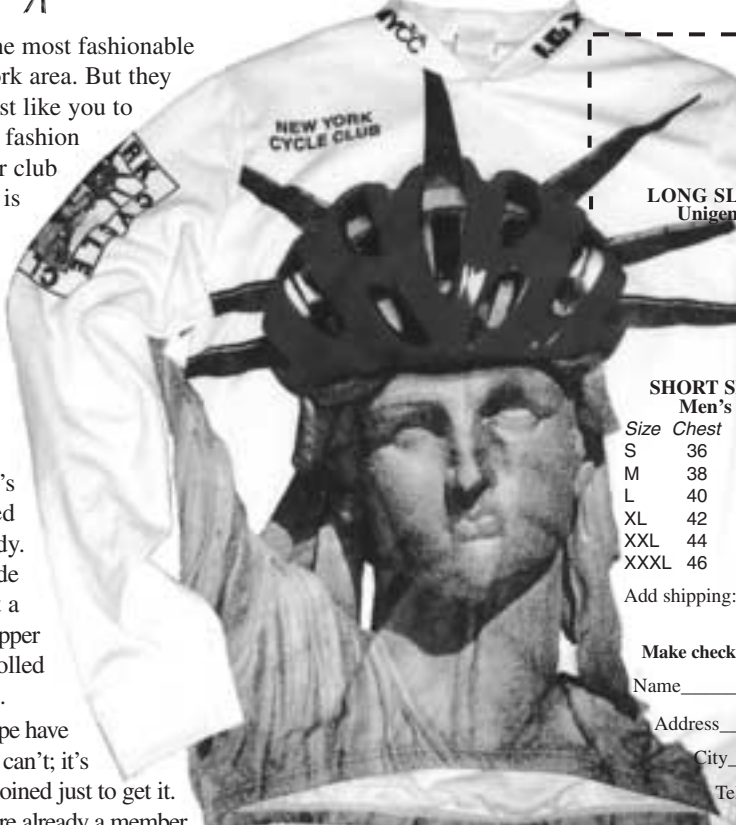
*attention-getting*  
**Club members, your long-sleeve jersey is here: keep warm and make a statement.**

You've seen the NYCC jersey on the most fashionable roads throughout the entire New York area. But they had short sleeves. So what's a cyclist like you to do to remain on the cutting edge of fashion and make a proud statement of your club membership now that cold weather is here? Answer: Wear the new *long-sleeve* club jersey.

It has the same eye-popping graphic as the short-sleeve jersey: the Statue of Liberty wearing a helmet. The same designer: club member Richard Rosenthal. And the same manufacturer: Louis Garneau.

What's new is the Airdry® fabric. It's a 100% polyester microfiber, treated to keep moisture away from the body. It has the same rip-stop/waffle outside finish as the short-sleeve jersey, but a brushed inside surface. A deep, 15" zipper makes for easy on-and-off and controlled cooling (yes, useful even in winter).

Riders from around the U.S. & Europe have sought to buy the club jersey. But they can't; it's limited to club members. Some have joined just to get it. But, lucky you, you don't have to. You're already a member.



**NYCC Jersey Order Form**

Mail to:  
 Ben Goldberg  
 1 Washington Sq. Village, #5B  
 New York, NY 10012  
 goldberg@cs.nyu.edu

**LONG SLEEVE Unigender @ \$57**

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

**SHORT SLEEVE @ \$50**

Men's			Women's		
Size	Chest	Quantity	Size	Chest	Quantity
S	36	_____	XS	30	_____
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*

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_  
 Tel :Day \_\_\_\_\_ Eve. \_\_\_\_\_

**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 NEGLIGENCE 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: January 1st - December 31st, 2001. Please check the appropriate box:**

Individual — \$21     Couple residing at the same address — \$27

**Recycle**

**Lightweight wheels for sale!** Lightweight Italian wheelset - FiR rims/FRM hubs, 28 spokes front and rear - radial front and rear non-drive side, three-cross drive side. Used less than 1000 miles, good for someone under 150 lbs (not me). Rear wheel recently rebuilt, \$200 o.b.o. Best Dressed Man Spencer Koromilas & Tony Nappi (tie)

**Don't forget to renew! Don't miss out on all the great rides, parties and club meetings in 2001! Fill out the membership application above and send it in today!**

Membership card!  
Cut me out!

**Bike shop discounts!**  
**BICYCLE HABITAT**  
244 Lafayette Street  
(212) 431-3315 or cmcbike@aol.com; 15% off parts and accessories, 10% off bikes, no discounts on sale items (no double discounts)

**A BICYCLE SHOP**  
345 West 14th Street  
(212) 691-6149 or www.a-bicycleshop.com; abikshp@aol.com;  
10% on non sale items (not items already discounted)

**SID'S BIKE SHIP**  
235 East 34th Street  
(212) 213-8360 or www.sidesbikes.com; 8% parts, accessories and clothing

**CNC BICYCLE WORKS**  
1101-1st Ave (212) 230-1919 or cncbicycleworks@juno.com;  
8.25% accessories, repairs, rental and bikes



Membership card!  
Cut me out!

**CONRAD'S BIKE SHOP**  
25 Tudor City Place  
(212) 697-6966 or conradbike@aol.com;  
8.25% on parts, accessories and repairs

**BICYCLE RENAISSANCE**  
430 Columbus Ave  
(212) 724-2350. 10% off repairs and accessories (not on sales items and new bikes)

**TOGA BIKE SHOP**  
110 West End Ave  
(212) 799-9625 or gotbik@aol.com;  
10% parts, accessories and repairs

**GOTHAM BIKES**  
112 West Broadway  
(212) 732-2453 or gotbik@aol.com;  
10% parts, accessories and repairs



# The SIG's are only 2 months away! Get ready for Spring riding now.

Find out more at our JANUARY 9TH meeting

## LeRoi Freeman Fitness Professional

Winter is the perfect time to get in shape or, if you're in shape, to get stronger - without getting cold or wet! LeRoi will tell us about building endurance, core strength, and support through circuit training (cardio/resistance/abs), stretching, and breathing. Become as balanced as a fine-tuned machine. Learn what you can do to relieve neck and back pain. LeRoi will suggest specific exercises for both working out at the gym and at home, and then how to transition back to outdoor riding. This is for all level of riders.

Join your fellow members for 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 with rice, pasta primavera and green salad. Coffee or tea. Dinner is \$20 (cash only, includes tax and tip). Social hour with cash bar at 6pm. Dinner at 7pm. Program at 8pm. Take 4/5/6/7 & S to 42nd Street/Grand Central Station.

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**Dated Material!**

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