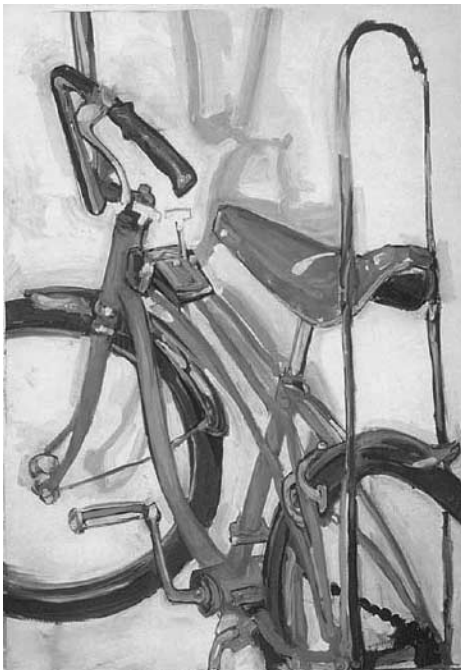


NYCC Bulletin



Taliah Lempert, Bicycle Portraitist
(details on page 12)

President's message

Exciting news!! The board is instituting several new policies designed to make joining the club, renewing membership and listing rides even easier than it has been!

On-Line Membership: Starting immediately club members can renew their membership ON-LINE! It's all at our website, www.nycc.org. Follow the links and you'll be taken to Active.com (a secure site that handled on-line registrations for Escape from New York), supply your payment information and presto! You're paid up for another year!! No more checks, no more snail mail, no more wondering if your check made it to its destination: Instant Gratification! And, at no additional charge to you.

PDF Bulletin: Our membership/renewal form now includes an option to receive the NYCC bulletin on-line rather than on paper. The cost of printing and mailing the bulletin is the single largest expense of the Club. Membership money not spent on printing and mailing becomes available to support and create other Club events such as social gatherings, participation in cycling exhibitions, and guest speakers. Other PDF advantages include earlier access than the paper bulletin (at least one week) and clearer, sharper images and text. Consider the options, weigh the benefits, and sign up for PDF delivery when you renew your membership!

Erides: If a ride coordinator has heard it once, they've heard it a million times "I can't commit to leading a ride that early." What to do? Now there's Erides. The club will now be accepting ride listings for either three-day weekends or on the last weekend of a month if they are sent to the ride coordinator no later than two Fridays before the day of the ride. Notice of the rides will appear in the weekly email announcements and on the club website. Erides will not be accepted for any other time during the month and will not be accepted if there is already a full slate of rides listed in the bulletin for the same day.

On a sadder note, by now most of you have heard that Irv Weisman, a past-president, board member and club member for over 40 years, passed away on January 7 after a long struggle with cancer. Many club members – myself included – considered Irv an inspiration and mentor. His outspoken ideas on everything from gearing to the hazards of A rides are ingrained in the minds of everyone who knew him – whether they agreed or not – and his generosity and unique sense of humor are legendary.

I first met Irv the last year he led the B Sig and my first year with NYCC. My first impression was that he seemed a bit old to be leading bike rides, after all I assumed, he must be in his mid-50's at least. Eventually, I found out my ideas on what constitutes old where a bit out of whack as well as my ideas of how old Irv was; he was in fact in his early 70's at the time! Irv wasn't the strongest rider in the group but he surely had the strongest spirit. I think that spirit is still with me every mile that I ride, certainly everytime I change gears, and I think it will always be with me, as it will for all members of "The Cult of Irv." Irv's sister Minna Lafort, his daughter Judy Weisman and grandsons Gabriel and Dana Malseptic survive him.

In the March bulletin, we will be including remembrances of Irv from club members. If you have an anecdote or personal note to share with the rest of the club, send it to me at Tomoboe@mindspring.com. Please try to keep them brief, we would like to include as many as possible.

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

- Tom Laskey

Editor's note (really!)

Well, a few people asked why there was no annual mileage chart in the January bulletin. Since the year was winding down and we needed to get the bulletin down to 12 pages, we couldn't include the chart. However, it's available online: <http://nycc.org/images/mileage.pdf>.

- Don Montalvo

Check out our fabulous web site:

<http://www.nycc.org>

Check out the new NYCC Message Board:

http://www.nycc.org/bb_frame.html

register online @ **active.com**

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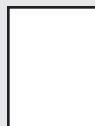


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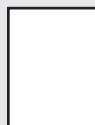


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The **NYCC Bulletin** is published monthly by the New York Cycle Club. The opinions expressed are those of the authors and do not reflect the official position of the NYCC.

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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 Carol Waaser: biker-c@rcn.com, 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 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:

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

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.

Harlem Hill

Harlem Hill is probably the most frequently climbed moderately steep hill among our membership. Located on the northwestern corner of Central Park it is convenient to Manhattanites and can be a joy to ascend. Riding up Harlem Hill is akin to playing golf at Pebble Beach: as part of the race circuit of Central Park the citizen athlete can participate on a course used by world class competitors.

What we refer to as Harlem Hill is actually the Park Drive ascending most of Great Hill, summit elevation 134 feet. The high point is west of the top of our climb. Great Hill is the third highest point in Central Park. Summit Rock (duh), located between 83rd and 84th Street near Central Park West at 141 feet is the park's high point.

Historically, Washington's retreating Continental army marched north along its western flank while the pursuing British army marched north to its east. The Blockhouse, the oldest structure in the park, sits near the top the hill. This stone relic was built in 1814 as part of a line of northern fortifications defending Manhattan against the British. It did not see active service. Riding north, west and south on the northern section of the drive you wend in and out of the site of a fortification line that was manned by the British in the war of revolution and the Americans in the War of 1812.

As part of the park drive system, the roadway up Harlem Hill was designed as a carriageway predating both bicycle and automobile. The original plan for Greensward, the proposed name for the project, which was to later to become Central Park, only projected northwards to 106 Street. Olmstead and Vaux were able to extend the northern boundary to its current 110 Street.

Before ascending Harlem Hill the road follows a moderate descent from the heights of the northern reaches of the East Drive then crossing The Ravine at Huddleston Arch.

At the hill's low point of 27 feet above sea level the road rises gradually along the western shore of the Harlem Meer. The grade develops its characteristic steady grade of 4.4 % at 0.15 miles after a ten-foot rise. This occurs just beyond the entry from 110th Street at Adam Clayton Powell Boulevard. As it continues to climb, the road turns just about 180 degrees before cresting (111 feet above sea level) at 0.32 miles from the 110th Street entry. After a 0.25 mile decent it ends at the western end of The Ravine at 62 feet above sea level just short of the junction of the northern cut-off. The descent has an average grade of 3.7 %.

Here is what Beth Renaud has to say about this hill: "Harlem Hill, 110th Street Hill, "The Hill." Whatever you call it, it's hard to talk about it without talking about climbing in general. It's easy to fall into thinking that Harlem Hill is difficult. But consider how it looks coming back to the park after riding

over in Jersey or Westchester. Does it seem hard now? Not really. But it's not inconsequential. Even when I'm not riding at my max effort, I can get my heart rate over 180 by the time I reach the top. It is only a third of a mile long, with a measly amount of elevation gain. But it still sparks fear and loathing in the hearts of city cyclists. And occasionally I avoid it altogether, by taking the amusingly named "Fat Man's Cutoff." Even at this point in the year, when I am not out to push the envelope, hills are something that I prefer to get over with as soon as possible. So, no matter how tired I am, I attack a hill, out of the saddle usually. To my mind, it's better than toodling in the 25-tooth cog, which I usually reserve only for those rides or races when a hill is just so big and/or steep that I can't ride in anything else. Over the years I've been told that the only way you're going to get faster at climbing is by pushing a slightly bigger gear, rather than spinning like mad. Of course the ideal situation is to spin a bigger gear, but that takes time and lots of practice. And pacing is also crucial; better to hold back slightly in the first half, so you can shift to the next harder gear just before the top, and glide over the top. Many times, on larger climbs, I've let the front people surge away early on, while I stay at my preferred speed, and catch them after they peter out.

Jeff Vogel's take on this hill is this: "Hey, it's just a hill." But he then adds, "It is a relatively short easy hill even in comparison to other hills around. River Road and State Line are both longer; all the climbs back up the Palisades to 9W are steeper. We usually try to avoid anything more difficult. We treat South Mountain Road and Little Tor as "destinations". IMHO we treat most hills with fear. Thank god we don't live in western Pennsylvania or in Colorado. If we treat Harlem Hill with the same fear as some of the previously mentioned hills, our collective climbing ability will decline.

Amen. As a 51-year-old codgerette, your author feels he is in a fine fettle if he can maintain a speed of 15 throughout the climb. One early morning last year I was ascending this hill at the aforementioned rate. Just in the last third of the climb I heard a whirling sound behind me. The next instant I was passed by a line of 15 to 20 cyclists in a tight pack. They went by me like I was stationary. It was a most impressive and humbling experience.

I would like to add that we are lucky to have such a hill in our midst, bounded by the streets of our fair city and the imagination of misters Olmstead and Vaux.

Long may we contribute good rubber to its character.

Hank Schiffman

The map is courtesy of the Greensward Foundation, Friends of Central Park. George Colbert and Guenter Vollath drew it. Henry Hope Reed did the text. It looks superb framed (this is only a detail of the map of Central Park.). Many thanks to Bob Makla.

THE "A-19" SIG

The second running of the "A-19" SIG is warmly dedicated to all the fabulous leaders and enthusiastic and patient participants in last year's inaugural SIG. It was with trepidation the "A-19" was launched in Y2K. Because of you, we were very successful and confident enough to run it again.

Are you ready to blast out of your frosty winter of outdoor inactivity with one of the most thrilling experiences of your life? Do you want to feel exhilarated every Saturday afternoon? Are you prepared to embark on a three month journey that will challenge you physically and mentally? Are you ready to develop an intense camaraderie born of the extremes of physical endurance, weather, unexplored terrain and the privation from Saturday mornings lazing with the Times and a steamy cup of coffee? If reading this makes you salivate for more, maybe you're the type of person we need to kick off the 2nd running of the "A-19" SIG.

This program was carefully designed for serious riders interested in improving their cycling skills and physical capabilities. Each week, under the watchful eye of our fantastic team of leaders, you'll ride a little further, a little faster and a lot more confidently. Each week, you'll be learning the skills needed by "A" riders. You'll also look incredible on your two wheeled weapon of choice. Safety of the rider and group is the focal point of this program at all times. By graduation, you'll be comfortably expert at riding single and double rotating pacelines, hill climbing, shifting, braking and communicating while riding. You'll learn how to train, eat, dress and prepare for cycling success. You'll become familiar with the essentials of bike maintenance. Your leaders will make you ready to enter

the cycling season as a capable ride leader and an enthusiastic supporter of the NYCC. Sound a lot like the Classic A SIG? Well it should. All the leaders of the "A-19" SIG are either seasoned A SIG leaders, A SIG graduates, or "A-19" SIG graduates. Both the A-SIGs are coordinated and there is an opportunity to change groups during the first 5 weeks of the program if you or the leaders feel you made the wrong choice.

The main difference between the two programs is the target cruising speed. For the "A-19" SIG, we aim to achieve a target, flat terrain cruising speed of 19 mph before graduation from the program. The venerable Classic A SIG graduates are expected to cruise at faster speeds.

What do I have to do to participate and graduate? There is still no such thing as a free lunch. The leadership team expects all participants to take this program very seriously. From the first ride on March 3, 2001 to the graduation ride 11 weeks later, we own your Saturdays. You should attend all sessions. We expect you to be self-motivated and to train several times a week on your own or in small groups. No one with more than two unexcused absences will be permitted to continue. Everyone must become a member of the NYCC by the third week, sign up to lead two non-SIG rides and take our fre cyclists' first aid course. You are expected to show up on time, with you road bike ready to go. Mountain bikes are not encouraged; bikes with aero/tri bars and riders without helmets will not be permitted.

There it is in a nutshell. We will nurture you while we beat you into shape. Some of you will love us; others will hate us, but all of you will thank us

(continued on page 8)

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.

RISE 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, 2001. *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
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

Outgoing from GCT

GCT>Poughkeepsie 7:43am (Hudson Line)
 GCT>Poughkeepsie 8:54am (Hudson Line)
 GCT>Brewster North 7:48am (Harlem Line)
 GCT>Brewster North 8:48am (Harlem Line)
 GCT>New Haven 8:07am (New Haven Line)
 GCT>New Haven 9:07am (New Haven Line)

Returning to GCT

Poughkeepsie>GCT 3:40pm (Hudson Line)
 Poughkeepsie>GCT 4:35pm (Hudson Line)
 Poughkeepsie>GCT 5:40pm (Hudson Line)
 Brewster North>GCT 3:07pm (Harlem Line)
 Brewster North>GCT 4:07pm (Harlem 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!



Wednesday, January 31st

A/B/C 1 MI 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, February 3rd

A18/19 55 MI 9:30 AM

NYACK via Bradley more or less

Leaders: Hank Schiffman (212) 529-9082 schiffhank@AOL.com / Spencer Koromilas (212) 867-8678 or SpencerNYCC@juno.com

From: The Boathouse

If the roads are passable we will go over a hill or 2 to Nyack. If the group is charged and the weather is clement we will return over hills as well. If the weather is below 25 degrees and/or the winds are over 20 mph via the Weather Channel at 9:00 AM or the roads are wet/icy the ride is scrubbed. You can call me at 9:00 AM if any doubt.

Check out the new NYCC Message Board:
http://www.nycc.org/bb_frame.html

B15 45 MI 9.30 AM

Scarsdale

Leaders: Cathy Martone (212) 979-0969 and Annaline Dinkelmann
 From: The Boathouse

An easy spin in the small chainring to Scarsdale for coffee and bagels. This is our first ride of the year and if its cold (under 35), bad weather forecast or wet roads, we will not ride.

C12 23 MI 9:15 AM

40,, Roger Kantor, & Kung Hey Fat Choi!*

Leader: Alfredo Garcia (212) 802-2441, <mailto:cyclist23@email.com>

From: South Ferry vehicle entrance

We'll ride Staten Island for a nice pedal. Then go to an open house at the Chinese Scholar's Garden, for the Year of the Snake and the Tea Ceremony. IMPORTANT: snow, ice, wet roads, rain, and/or starting temperatures below 40° cancels. Bring a lock and \$ for lunch. Co-listed with 5BBC. Trip related web site at www.sibg.com. Helmets required. *Happy New Year!

Sunday, February 4th

A17/18 45/55 MI 10:00 AM

Some where close

Leader: Jim Galante (212) 529 9627.

From: The Boathouse

We haven't been riding much? Jan was a white out. Its time to get out and get into shape for those sigs. Don't wait.....don't put it off any longer. Get on your bike and ride. Temps much below 30 @ 8:45 or high winds, ice etc. may cancel.

B16 50 MI 10:00 AM**Winter Ride****Leader: You Decide****From: the Boathouse**

A friendly "get out on the road" ride. It's getting colder and we'll leave later and return earlier to make the most of the day. Rain, below freezing or slick roads cancel.

C13/14 30 MI 10:00 AM**Hudson Overlook****Leader: Gary McGraime (212) 877-4257 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.

C12 25 MI 10:00 AM**Frost Bite #10 -- Ethnic Food In Astoria****Leader: TBA****From: City Hall**

Join us for a feast at Uncle George's, the ultimate in Greek cuisine in NYC, namely in the lovely borough of Queens. Take in authentic oilcloth tabletops and native music that'll keep our spirits high. It's like dining in Athens (minus the winter!). Co-listed with 5BBC. Some bridge climbs, so ready your granny gear. Helmets required.

Wednesday, February 7th**A/B/C 1 MI 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**

See description of Jan 31, 2001

Saturday, February 10th**A19 40-55 MI 9:30 AM****SIG Orientation Ride: Northvale, Ridgewood, White Plains or Evercliff****Leaders: Ed Fishkin (718) 633-3038, Jim Galante (212) 529-9627****From: Le Boathouse**

A little cabin fever? Excited about getting the blood moving in Spring? Considering one of the SIG training series but you're not sure which one to sign up for? Please join a few of the "A-19" SIG leaders for leisurely rides to one of the locations listed. On this easy paced ride, you chat with us see how we ride and we'll help you figure out which of the training series suits you best. Helmets mandatory, the usual cancels. Be sure to visit the NYCC website at www.nycc.org for more information about the A-19 SIG.

A19 60/65 MI 9:00/9:45 AM**Back to THE dog's house ... in Chappaqua****Leaders: Spencer Koromilas (212) 867-8678 or****SpencerNYCC@juno.com and John Vazquez (212) 544-9450****From: The Boathouse @ 9:00AM, South-East corner of West 215th Street & Broadway @ 9:45 AM**

Our favorite DOG just moved out of his digs on Pennsylvania Ave. It's time to go by and give him a warm welcome to the Empire State ... we may even bring him a bone, or two! Monicas not welcome, as they can

cause impeachment! 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 stop by THE DOG HOUSE, and either straight back (117) or Whippoorwill, back to Sprain and Grassy Sprain to the Bronx. Ride ends @ Bedford Ave. & Grand Concourse. Subway (4/5) return. Required: Smooth riding skills & steady pace; FENDERS & warm clothing ... it's bloody COLD, and WET out! Cancels: HORRENDOUS ROAD CONDITIONS ... call between 8:00 and 8:45 AM to confirm!

B16 50 MI 10:00 AM**Winter Ride****Leader: You Decide****From: the Boathouse**

A friendly "get out on the road" ride. It's getting colder and we'll leave later and return earlier to make the most of the day. Rain, below freezing or slick roads cancel.

C 14 40 MI 9:30 AM**Northvale****Leaders: Stan Oldak (212) 780-9950 and Rick Braun (212) 477-2575****From: the Boathouse**

As of this writing, the weather did not seem promising for our Jan. ride to the Northvale Diner. So, whether we did it or not, let's do it again - what better way to spend a winter weekend day than a 20 mile bike ride for delicious pancakes, hot chocolate, or whatever - and 20 miles back to work it off. Rain, snow, icy roads, or temp. below 35 at 9:00 AM cancels.

Sunday, February 11th**A18 55 +/-MI 9:00 AM****Early Season Hill Primer****Leaders: Ron Roth 9212) 875-0905 ronroth@bellatlantic.net and Timothy McCarthy 97180 204-7484 timothymc@earthlink.net****From: Boathouse parking lot.**

Ok. You haven't done a heck of a lot of climbing over the last few weeks (months?). Neither have most other sane humans (sorry, Tim). But at some point, it's time to shake out the cobwebs from our muscles and our minds, and visualize what we want to be able to accomplish in the nascent season. Enough visualizing--time to get out and ride. We'll go up Riverside (unless it's too cold and windy), slide on down to the splendor (and often wind shielding) of River Road, pace up 9W to Tweed, detour up to one of the most magnificent views in the area, then enjoy the effort we have expended by gliding off the mountain all the way down to the Runcible for some relaxed ingestion. Return via 501, Walnut, etc. Uncooperative mercury readings reduce ride distance / destination. Downright evil conditions (i.e. snow or ice, precipitation, temps below 28 or serious wind chills) nix the outing. Call if unsure on ride day (after 7:30 please). Requirements: a warm, sunny disposition, warm clothes to complement if necessary, a skid-lid, good cooperative skills, and a willingness to confront the terrain.

B16 50 MI 10:00 AM**Winter Ride****Leader: You Decide****From: the Boathouse**

A friendly "get out on the road" ride. It's getting colder and we'll leave later and return earlier to make the most of the day. Rain, below freezing or slick roads cancel.

C12 25 MI 10:00 AM**Frost Bite #11 -- Flat Rock Brook Nature Preserve****Leader: TBA****From: City Hall**

Get some fresh air and scenery on a Bike-Hike-Bike journey to this Bergen County nature preserve. Bring a lock and \$ for lunch and park

contribution. 25 miles, mostly flat with some hills. 10AM, City Hall. Related trip web site at www.flatrockbrook.org. Co-listed with 5BBC. HELMETS REQUIRED.

MTB only Ride

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)

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. Cancells: 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.

Wednesday, February 14th

A/B/C 1 MI 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

See description of Jan 31, 2001

Saturday, February 17th

A19 SIG Orientation Ride. See Feb 10 listing.

A18 60+ MI 9:00 AM

New City/Old City/Which City?

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

From: Boathouse

We'll aim for New City and the Good Times/Serendipity/Whatever Diner is in the usual spot. The route will be adjusted for weather and temperature. If it's really threatening we'll stay on the NY side of the GWB and visit Westchester County. The ride is on if 8AM Central Park temp is over, 30 winds are under 30 and roads are dry.

B16 50 MI 10:00 AM

Winter Ride

Leader: You Decide

From: the Boathouse

A friendly "get out on the road" ride. It's getting colder and we'll leave later and return earlier to make the most of the day. Rain, below freezing or slick roads cancel.

Sunday, February 18th

A18 55 +/-MI 9:00 AM

Off-Season???

Leader: Timothy McCarthy (718) 204-7484

timothymc@earthlink.net

From: Boathouse parking lot.

Join me while I continue to blaze through the frigid months. Can't promise where we'll go--somewhere past the GW Bridge, but if the roads are dry there will be some hills thrown in to help heat us up. If the temps really drop and the wind blows we'll just hammer off to the shelter of a diner. Requirements: helmet and the usual good cheer. Cancells: the usual; call if in doubt.

B16 50 MI 10:00 AM

Winter Ride

Leader: You Decide

From: the Boathouse

A friendly "get out on the road" ride. It's getting colder and we'll leave later and return earlier to make the most of the day. Rain, below freezing or slick roads cancel.

C12 45 MI 10:00 AM

Scarsdale for Lunch

Leaders: Arlene Ellner (212) .677-3306 aellner@webtv.net, Dick

Goldberg (212) 874-2008

From: The Boathouse

Join us as we venture beyond The Bronx along a familiar route to Scarsdale. Lunch at the diner across the street from the train station--should you need or simply desire it. Wet or slippery weather cancel as do temps below 32 at 9 am. Phone if in doubt.

C12 25 MI 10:00 AM

Frost Bite #12 -- Coney Island Dreamin'

Leader: TBA

From: City Hall

Head to Brooklyn for Tototonno's pizza and Mrs. Stahl's knishes. Then we'll head for the boardwalk to work it off. Bring a lock and \$ for lunch. Mostly flat, some climbs on the Brooklyn Bridge and Prospect Park. Co-listed with 5BBC. Trip related web site images at www.tommybrown.com/Pages/Brighton. Helmets required.

All Class 8 MI 9:00 AM

Cross Training: The Sixth Annual "Great Frozen Foot Expedition"

Leaders: Marilyn and Ken Weissman (212) 222-5527

Meet 9:00 am for breakfast at the food court in the lower level of GCT. Starting at 9:30, we'll head south towards Gramercy park and the East Village, then on to Orchard Street for freshly baked bialys. After walking through parts of Chinatown, we'll cross the Brooklyn Bridge and end at Junior's for a late lunch. Ample bail-out/subway return points. If the weather is very cold or snowing or if there's snow on the ground...Great! More reasons to stop for coffee, etc. on the route: we go in anything but rain.

Monday, February 19th

B16 45+/-MI 10:00AM

President for a day

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

From: The Boathouse

It's nobody's birthday today, or is it? But a bank holiday is a holiday, so if you're off, or playing hooky from the job/the malls/ or the mountains, lets take a spin over the GWB and visit one of GW's haunts in Northvale and

**Renew! Renew! Renew! Renew! Renew! Renew! Renew!
 Renew! Renew! Renew! Renew! Renew! Renew! Renew!
 Renew! Renew! Renew! Renew! Renew! Renew! Renew!
 Renew! Renew! Renew! Renew! Renew! Renew! Renew!**

the diner nearby. The ride is on if 9:00 AM Central Park temp is over 30 winds are under 30 and roads are dry.

Wednesday, February 21st

A/B/C 1 MI 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

See description of Jan 31, 2001

Saturday, February 24th

A-SIG 24 MI 8:00 AM

Classic Ride 1: Getting to Know You; Getting to Know Us: Laps in Central Park

Leaders: Damon Hart (212) 753-0204 and the 2001 A-SIG Classic Leaders

From: the Boathouse

Give us the next 12 Saturdays, and we'll change your life. The A-SIG Classic kicks off at the Boathouse in Central Park at 8:00 AM sharp. If you can complete 4 loops in 1 hr. 35 min. or better, then this is your training series. The A-SIG aims to make safe, skilled, strong A-riders, and leaders, out of YOU! Be at the boathouse by 7:45 AM for the big count-off where we'll divide into smaller riding groups and complete our first informal ride in time for an important informational and organization meeting at 9:40 AM at the Boathouse. Helmets required. NO aerobars, NO hybrid or mountain bikes. NO exceptions. ROAD BIKES ONLY. Rain Date: Sunday, February 25. If it rains both days, meet at the Boathouse on Sunday at 9:00 AM anyway for the intro. Be sure to visit the NYCC website at www.nycc.org for more information about the A-SIG Classic.

A-19 SIG Orientation Ride. See Feb 10 listing.

B16 50 MI 10:00 AM

Winter Ride

Leader: You Decide

From: the Boathouse

A friendly "get out on the road" ride. It's getting colder and we'll leave later and return earlier to make the most of the day. Rain, below freezing or slick roads cancel.

C13 45 MI 9:30 AM

Scarsdale

Leader: Scott Wasserman (914) 723-6607 or bicyclelife@cs.com

From: Near the Boathouse

By the time you see this I'll be back from 10 days in south Florida and I'll be sick of riding in 70 degree weather with roads not covered with salt. Join me for a refreshing ride in a place with real seasons, assuming I didn't get into a fight with any of those fine Florida drivers. Precipitation, icy roads or temps below 28 at the start cancels.

Sunday, February 25th

A18 55 +/-MI 9:00 AM

Who Knows?

Leader: Tom Laskey (212) 961-1610

From: The Boathouse

Will it be freezing? Will it be raining, snowing, sleeting? Will there be massive amounts of snow and ice on the ground? Will I be able to maintain an A18 pace? Who knows. Destination and distance will be determined by group consensus. Temps below 30 or better than 70%

chance of rain according to the weather channel at 8:30 am on ride day cancel. If unsure, call leader.

B16 45 MI 9:20 AM

Staten Island

Leader: Ron Grossberg (718) 369-2413 or Argee401@AOL.com

From: Manhattan terminal of Staten Island Ferry

Staten Island Loop with a few extra hills thrown in (High Rock, Lighthouse etc).

B15 50 MI 10:00 AM

White Plains

Leaders: Hindy and Irving Schachter (212) 758 5738

From : First Avenue and E. 64 St NW corner

So far every time we plan a winter trip to Westchester it either rains or snows. Let's see what happens this time. Rain, snow or high below 45 cancels.

C12 25 MI 10:00 AM

Frost Bite #13 – Ride To Pancakes

Leader: TBA

From: City Hall

Series finale! Yes, Florence, it seems like a C10, but you had fun, didn't you? Like the first Frost Bite, we'll take the ferry to Staten Island and then ride to the Garden State, where we'll replenish ourselves in Bayonne with delicious hot cakes. Then, we'll visit Liberty State Park, for a moving tribute to the Liberation Monument, and check out the Central Railroad of New Jersey's historical site. Co-led with NYCC. 25 miles, mostly flat. Reference trip related web site: www.libertystatepark.com

Wednesday, February 28th

A/B/C 1 MI 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

See description of Jan 31, 2001

Saturday, March 3rd

A-SIG 40 MI 9:00 AM

Classic Ride 2: Northvale...Introduction to single, non-rotating paceline riding.

Leaders: Frank Grazioli (212) 529-9642 and Paul Frio (212) 902-1841

From: Boathouse Parking Lot

On this leisurely ride to Northvale via 505, we will introduce you to cooperative group riding and we'll begin to form pacelines. Speeds will be moderate, and strictly enforced. We will focus on riding in traffic and communicating with your fellow riders, as well as the basics of paceline riding: feathering brakes; being alert to the wheel in front of you and those riders behind you; not riding off the front or jumping out of line: Staying together. After a breakfast stop at the Northvale Diner, we will return to NYC via 501 and the scenic streets of Englewood Cliffs where we'll climb our first hills together. Helmets required. Rain Date: Sunday March 4.

A19 SIG 24 MI 9:00 AM

Introductory session "Shake your booties"

Co leaders: Ed Fishkin (718) 633-3038 and

Jim Galante (212) 529-9627.

From: The Boathouse Parking Lot.

Please see the article in the February bulletin for a complete description. Rain Date Sunday, March 4, 2001. If it rains on Sunday, please show up at the boathouse "sans bike," for an introduction to the A-19 SIG and meet all of the leaders. After a brief hello with the leaders, you'll take a 4

loop shakedown cruise in Central Park. We'll focus on group riding skills, building some base miles, and getting the cob webs out of our legs. All A-19 siglets should be able to complete the 4 loops in under 1 hour and 50 minutes. Each week there after, we'll go a little further and a little faster, all the learning what it takes to become a safe and elegant rider. Give us your next 12 Saturdays and you'll make history. All participants must wear a helmet. Road bikes preferred. Under no circumstance will bikes with aero-bars be permitted.

B SIG 24.4 MI 10:00AM **B Training Series #1 : Self-Classification Ride**

Leaders: B-SIG leaders team.

From : North side of parking lot at the Boathouse

B-SIG series start. Meet your leaders, meet the people you'll be riding with for the next 10 weeks, learn what the B-SIG is all about. A shakedown ride to find out who's who and set goals for the ten-week progressive B SIG Training Series. Safe cycling skills and group riding etiquette will be the order of the day. Each person planning to participate in the B-SIG will do four timed laps around the park. At the end of the four laps, you'll have your total time from which you can determine your cruising speed. Rain date : Sunday March 4. If both days are not rideable, we will meet Saturday, March 10. Helmets required, cyclocomputers no required. Cancelled if roads are wet, or temp at 9am is below 40.

Sunday, March 4th

B15 45 MI 10:00 AM **Scarsdale**

Leaders: Hindy and Irving Schachter (212) 758 5738

From : First Avenue and E. 64 St NW corner

Let's head up through the Bronx and lower Westchester to coffee at the Coffee Tree in Scarsdale with an interesting route home. Let's see if we actually get riding this time. Let's see if even the fish complain that there is too much water. As usual with our winter Westchester rides, rain, snow or high below mid forties cancels.

(continued from page 3)

for the great experience that will be the "A-19" SIG. You will be so proud of yourselves!

If you're not sure if this is the right SIG for you, check out this month's ride listings. There will be three "A-19" SIG orientation rides. Meet some of the leaders, ride with us, and we'll answer your questions about the series on the road.

If you have any questions, come on the orientation rides or feel free to contact Ed Fishkin (718)633-3038 after 8:00 p.m. For your information and enticement, the "A-19" SIG leadership team will include most of the following (a couple of hard cores are still weighing their options for professional racing contracts): Douglas Riccardi, the venerable Herb (Hubs) Dershowitz, Mike Samuel, Carolyn White, the legendary Angel Rivera, Dawn Philcox, Kelleigh Dulaney, Reem Jishi, Jim Galante, Robert Dinkelmann, Tony Monge, Joe Irizzary, Spencer Koromilas, Greg Bonsignore, John Bundy, Rosemary Moukad, Gay Shaheen, Ray Thomas and Keith Goldstein.

Ed Fishkin

The NYCC Offers **A-SIG Classic Series for 2001**

On Saturday, February 24th at 8:00 AM at the Boathouse in Central Park, the 15th annual A-SIG Classic Training begins; the series will continue every Saturday through May 19, 2001.

The A-SIG Classic is a progressive strength and speed building series with a focus on the handling and communication skills needed for safe, efficient group riding at the A-Ride level.

Over the years, men and women "graduates" of the A-SIG have become outstanding ride leaders and riders among their peers in the NYCC; many have

OUT OF BOUNDS

June 16th ~ Ride for Hope,

Join us for this fun(d) raising, non-competitive bike ride to help a great cause and enjoy the best cycling the Philadelphia region has to offer. Choose from 8, 25, 50, or 100-mile course from Philadelphia to New Hope and Back. Fully Supported. All riders welcome. Call Steve Arch at 215-563-0652 x222

June 23-24 ~ CAPE IN A DAY(PLUS ONE)

Join HI-AYH on a 100-mile ride from Boston to N.Truro or Eastham on Saturday, tour Provincetown or relax on nearby beaches Sunday, and take the ferry back to Boston late Sunday afternoon. Cost of \$80 includes four meals, lots of snacks, hostel lodging, sag wagon support, and the ferry. For more information, visit our website at www.hi-travel.org/activities_capeday.shtml. Send full payment (refundable until June 1st) to Seth Davis, 60 Albemarle Ave, Lexington, MA 02420 or SASE for more info.

February 17-24 ~ Steven Roche bicycle camp

For all wannabe A19's. A few B16/17 types who would like to take the A19 Sig in the Spring are thinking of spending a week at the Steven Roche bicycle camp in Majorca, Spain to train for it. The training rides are geared toward different levels of riders, depending on how many are at the camp that week, so if we have a group of 6-8 B riders, we can probably have a ride group for that level. Carol Waaser's been there and says the island of Majorca is gorgeous, the food and wine are great, the company is international and lots of fun, and the hills are (our friends?). Anyway, we really think it would be a wonderful, fun experience. The price would be approximately \$500 for a week at the camp (two to a room), including most meals (there's a \$106 single supplement for those who don't want to share a room). Airfare is extra. We are thinking of going the week of February 17-24 (President's Day week). Please let us know if you're interested. Carol Waaser, 212-581-0509, biker-c@rcn.com; or Linda Wintner, 212-876-2798, lwintner@metlife.com.

gone on to become successful local and even nationally ranked road racers; and several have returned to the A-SIG to offer their experience to coach, train, and encourage cyclists in developing collaborative, group-aware and group-efficient riding skills and ride safety.

The series begins with 4 loops of Central Park on Saturday, February 24th (see the Ride Listings), and is followed immediately by an informational meeting where the Captain and Leaders of the A-SIG will introduce themselves and outline the program for new participants.

We will gradually increase the distances and pace over the next 12 weeks as we ride on some of the most beautiful roads in the tri-state area, finishing with a 110 mile over Bear Mountain in May. We will attain average cruising speeds of 21+mph AFTER everyone has the experience and bike handling skills necessary to ride safely at that speed. We will teach you how to take care of your bike and yourself on the road. You will be encouraged to join participants in other SIG groups in bike mechanics and first aid instruction. Our goal is to make safe, skilled, strong, confident, self-reliant cyclists and future A Ride leaders out of each and every SIG graduate. Ask any one of last year's 25 A SIG graduates about how much fun the SIG was, how it changed their approach to cycling and made them stronger and more confident cyclists than they ever imagined. They will tell you about the thrill of riding in a smooth double paceline, listening to the "whiiiiirrrrrr" of wheels and pedals, taking turns at the lead. They will talk of being undaunted by such hills as Whippoorwill, Little Tor, or Perkins Drive, followed by the thrill of cruising back down the other side knowing they could handle their bike at any pace. They will talk of the incredible feeling of accomplishment at having established a goal and met a challenge.

If you are an able-bodied cyclist with at least 2 solid years of cycling under your belt, you have a willingness to be coached and instructed, and you are willing to commit to the time and training this involves, we look forward to seeing on the 24th.

The A-SIG Classic does insist on a few ground rules:

Look for details about the 2001 A-SIG Classic on the web site of the New York Cycle Club at www.nycc.org. Or contact us with any questions directly at asig.captain@nycc.org.

B-SIG 2001

B-SIG co-ordinator this year will be Carol Wasser. The SIG Leaders group leaders are Jack Lehnert, Paula Khan, Le-Anne, CJ Obregon, Paul Hoffer and Jim Janoff. The phone-numbers of SIG volunteers to call for information will be published on the website and via the weekly email.

Everyone must become a member of the NYCC by the third week and sign up to lead two non-SIG rides. (Additional ride leader training will also be given during the year) You are expected to show up on time, with you road bike ready to go (tires properly inflated, clean chain and generally have a well maintained bike.)

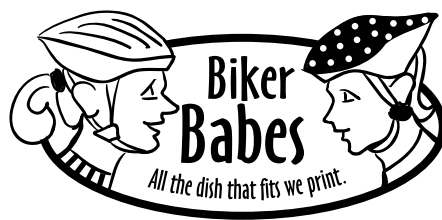
C SIG

The C SIG will carry on Irv Weisman's philosophy on "gearing," touring (smell the roses) and safe cycling.

[illegible]

Biker Babes

O.K., so the weather's been lousy -- for riding outdoors anyway -- but you guys must've been up to some mischief. There must be SOMETHING new in your lives. Why you A's, B's and C's holding out on us? Keep it up and you'll soon be treated to all-Spencer all the time. Not that we don't love him, but. ... Soooo, get out your pens, PalmPilots and keyboards and drop us a line. Because, stuff happens, and everyone wants ta hear about it. Especially us. We're at nycnews@yahoo.com. Cheers! SNO-BOUND Speaking of Spencer, Koromilas, that is, lest anyone think we could possibly ever speak of another Spencer (not that one is really enough): He did actually cancel a ride in December! But he didn't let sub-riding conditions cancel all his December fun. He simply headed to Canada with his bonne amie Marie-Christine for aerobic activity of another sort -- hey, get your minds outta da gutter, we're talking cross-country skiing. As we all know, Spencer can turn a ride to Nyack into an adventure, so imagine what he did with a trek up Black Mountain. O.K., you don't have to imagine. We'll



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that fits we print.

gift for sniffing out new and exciting routes isn't limited to bicycles. But, Spencer, a word of advice: If you want some cozy alone time in the dark with a gal, next time try a cabin with a fire and a decent bottle of vino!

SNO-JOB? Spencer (that's the last mention of him in this column, we swear!) was not the only cyclist to chase the snow when roads in NYC proved unrideable. Wendy Cohen, a gal who really knows how to spell the word "fun," decided to likewise give cross-country skiing a go over the holidays and drove up to Quebec with some friends. But the outdoors, to Wendy's mind anyway, proved inhospitable to outdoor activity of any kind. Soooooo, while her pals glided among Quebec's legendary trails, she simply rode her bike indoors to her little track-racer heart's content. Yes, she schlepped bike and trainer north (!), which makes you wonder: Was she psychic about the subzero temps or did she really have no intention of trying a new sport? Wendy, not want to try something new? Hard to imagine.

SNO-WAY Some people dealt/are dealing with the snow by not dealing with it. Timothy McCarthy kissed the frigid East Coast goodbye (for 10 days or so, anyway) and the energy-challenged West Coast hello. Fuel was not a problem. All he had to do was eat and ride, and ride, and ride. Mostly up. We can't remember how many peaks he peaked, but let's just say he bagged more feet in elevation between Xmas and New Year's than we're likely to bag between now and the summer solstice. Summer is coming, right? ... Lisa Lurie, never one to keep her bike out of a bike box or off a hill for long, decided the steep, beach-hugging roads of sunny Southern Cal were preferable to the sloshy, snow-clogged roads and bridges of New York. Then, after dispatching mountains of the usual sort there, she packed up her wheels again and went searching for truly volcanic climbs. And where best to find them but Hawaii. We're so jealous, we hope the snow is handlebar height when she returns to un-volcanic, un-beachy NYC. ... Ken Shidler is taking a different sno-tack: He's looking to

the future. Specifically, May, when he'll be competing in the St. Croix Half Ironman Triathlon as a member of the Leukemia and Lymphoma Society's Team in Training Program. Translation: He'll be swimming, biking and running to raise big bucks to hopefully save some lives. He claims to not know the difference between a running shoe and the Australian crawl, but he does know the difference between a DeRosa (his old bike) and a Seven (his new bike) and he does climb as if he's got wings, so he'll have at least a third of the event nailed. Still, this is going to be "one of the largest personal challenges I have ever undertaken," he was overheard to say, so if you want to help inspire his training by donating to the cause (by February 9), just e-mail him at kenneth.b.shidler@ssmb.com for details. And if you want to participate in the triathlon or find out more about it, check out the Web site: www.stcroixtriathlon.com. ... Meanwhile, back in Costa Rica: Jeff Vogel and Margaret Cipolla have discovered the Spanish word for "flat," as in flat roads, is a relative term and that the reason Costa Rica is called "Little Switzerland" is not just because of its neutral government. But while the Swiss had the smarts to build their roads using switchbacks to ease the grades, the Costa Ricans built them for the Lance Armstrongs of the world -- what's a 20 percent grade to them? Jeff and Margaret have been exploring places where the roads defy the term "Vogel route" and the bus takes two hours to travel 24 miles (Jeff and Margaret had the good sense to stow their bikes in the luggage bay rather than be bike heroes). And then there has been the "passport incident" and the problem of trying to find an ATM that actually dispenses money and the challenge of connecting roads by bike. But at least the food has been good (and cheap) and the scenery eye-popping. Let's hope their escapades continue to be as colorful -- and that they're taking lots of pictures to share with all us green-with-envy folks back home. Until next month.

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

Check out the new NYCC Message Board: http://www.nycc.org/bb_frame.html

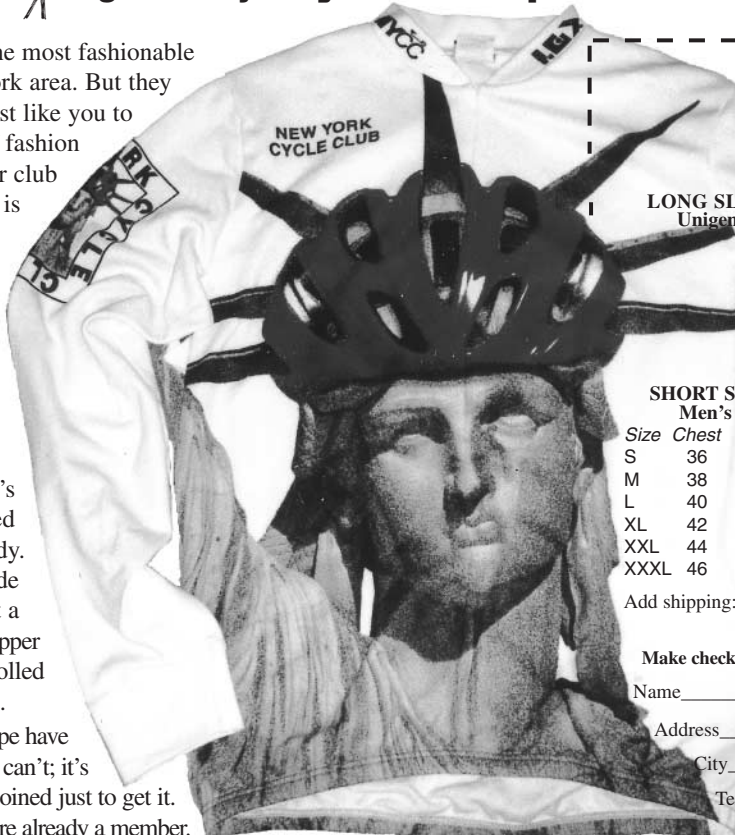
attention-getting Club members, your long-sleeve jersey is here: keep warm *and* make a statement.

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): \$3.50; 3 or more: \$6.40

Make check payable to New York Cycle Club ☐ Total

Name _____

Address _____

City _____ State _____ Zip _____

Tel: Day _____ Eve. _____

2001 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.

Bulletin Delivery Option (choose one): ☐ Paper Version, U.S. Mail ☐ On-Line PDF version (website access with password supplied via email)

Annual Membership: January 1st - December 31st, 2001. Please check the appropriate box:

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

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 acces-
sories (not on sale 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





BICYCLES AS ART

Find out more at our February 13th meeting Taliah Lempert, Bicycle Portraitist

Taliah has found a way to combine her love of bike riding and painting. How does she do it? By painting portraits of bicycles, of course. She'll explain her process of painting, how long it takes and what's involved. Join us for a private showing of Taliah's beautiful artwork.

It's time for some early spring cleaning.

SWAP MEET

Exchange/sell your extra equipment & clothing

6-8 pm before the program

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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