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 by the second Tuesday of each month. Advertising are due at the editor by the second Tuesday of each month. Deadline: Advertising is due the second Tuesday of each month. Material may be edited for brevity of a message. Contact me before sending attachments! Email to: (212) 961-1129. Email is preferred.

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

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

Cover: Taliah Lempert, Bicycle Portraitist. Please check out page 12 for monthly meeting details, where you can meet the artist.

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

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Display Advertising: Only bicycle-related advertising is accepted. Page size is 7.5 by 10 inches. Rates for camera-ready copy: Full page, $250; Half-page, $135; Quarter-page, $75; Eighth-page, $45; Bottom blur, $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:
(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 not be reprinted in whole or part without editor’s written permission.

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

register online @ www.active.com
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 Huddlestone 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

able to extend the northern boundary to its current 110 Street.clubs.

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, you 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 your 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)

http://www.nycc.org

February 2001
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 phone, and get into shape for those rides. Don’t wait.....don’t put it off any longer.

W e haven’t been riding much? Jan was a white out. It’s time to get out and enjoy the weather and scenery. Stops every hour or so.

NYCC Message Board:
http://www.nycc.org/bb_frame.html

New York Cycle Club

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, fox trot & more. Thrill to the touch dance obsession by which New Yorkers ballroom studios featuring such popular touch dances as tango, swing, FoxTrot & more. Thrill to the touch dance obsession by which New Yorkers
bidden to help identify each other.

Central Park Self Test

Cruising Speed | Central Park Self Test
--- | ---
22+ mph | ‘11” or less
21 | ‘10” to ‘11
20 | ‘10” to ‘11.5
19 | ‘11” to ‘12
18 | ‘12” to ‘12.5
17 | ‘12.5” to ‘13
16 | ‘13” to ‘13.5
15 | ‘13.5” to ‘14
14 | ‘14” to ‘14.5
13 | ‘14.5” to ‘15
12 | ‘15” to ‘15.5
11 | ‘15.5” to ‘16

Outgoing from GCT

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

Returning to GCT

| GCT | Time |
--- | --- |
Poughkeepsie> GCT | 3:40 pm (Hudson Line) |
Poughkeepsie> GCT | 4:35 pm (Hudson Line) |
Brewster North> GCT | 5:40 pm (Hudson Line) |
Brewster North> GCT | 6:30 pm (Harlem Line) |
New Haven> GCT | 5:07 pm (Harlem Line) |
New Haven> GCT | 5:57 pm (New Haven Line) |
New Haven> GCT | 4:57 pm (New Haven Line) |

Rides List

Always wear your helmet!

Thursday, February 2nd
A18/19 55 MI 9:30 AM
NYACK via Bradley more or less
Leaders: Hank Schiffman (212) 529-9082 schwifhank@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 element 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.

Saturday, February 3rd
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 rides. 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.

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 rides. 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.

http://www.nycc.org
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 Lookover
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 tablecloths 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! Monica 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.

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 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.

C14  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, wether we did it or not, let’s do it again - what better way to spend a winter weekend day then 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.

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 for 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 - Seafood-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 to 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.

Wednesday, February 14th

A/B/C 1 MI 6:00 PM
Frosty Ice-Skating + Balloon 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
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.

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. Cancels: 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
Leader: 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.

All Class 8 MI 9:00 AM
Cross Training: The Sixth Annual "Great Frozen Foot
Expedition"
Leader: 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 Prospect Park. Co-listed
with 5BBC. Trip related web site images at www.tommybrown.com/
Pages/Brighton. Helmets required.

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 hookey from the job/the malls/ or the mountains, let's
take a spin over the GWB and visit one of GW's haunts in Northvale and

http://www.nycc.org
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.

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 Grazioi (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 (Lighthouse etc).

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.

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
loop showdown 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 Ricardi, 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.

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 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 make safe, 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 "whirrrrrrr" of wheels and pedals, taking turns at the lead. They will talk of being unchallenged 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:

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.hitravel.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.

http://www.nycc.org
All A-SIG participants must be NYCC members within the first 3 weeks of the series. All graduates will be expected to lead a NYCC A ride after the series ends. Because of the skills we’ll be learning and kind of riding we’re doing, we cannot allow aerobars under any circumstances, mountain or hybrid bikes. And there are no exceptions. And HELMETS ARE ALWAYS REQUIRED.

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**

Do you want to learn good bike handling skills; improve your stamina, strength and speed; brush up on bike maintenance; get to know some of the great NYCC routes; learn how to ride safely in a group and work together with other riders to make the ride easier and more enjoyable? Then join our 10-week progressive training series this spring. The B-SIG will have two groups - a faster and a slower group. The slower group will progress from a 14 pace and a 40 mile distance on the first day to a 16 pace and 85 miles in May; The faster group will start at a 16 pace, 45 miles and work up to a 17/18 pace on the 85 mile graduation ride.

While the B-SIG is not as rigorous as the A-SIG, we do require that you make a commitment to do each week of the series. We understand if you must miss a week, or possibly two, in the event of an emergency, but the SIG rides are not meant to be casual pick-up rides and if you have more than two unexcused absences you will not be permitted to continue. In order for the whole group to progress safely to new skill levels, everyone in the group must learn and improve together each week. For the first seven weeks we will have classes in various skills prior to starting our ride. We have no requirement of weekday training; however, its strongly suggested to do one or two midweek training rides. A spin class at the gym or two laps around Central Park twice each week will help you progress through the series.

The SIG stress safety, bike handling, equipment preparation and maintenance. But the B-SIG’s dirty little secret is that we also put extra emphasis on making friends and eating great food. So bring your appetites and your social skills as well as your desire to become better all-around cyclists.

B-SIG co-ordinator this year will be Carol Wasser. The SIG Leaders group leaders are Jack Lehner, 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.


The start date of the B SIG is Saturday March 3. We will start with the 4 lap classification ride around the park and do our first training ride on March 10.

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**

Are you interested in developing the basic (and not so basic) skills of cycling to enhance your joy and confidence on the bike? Or do you want to become more “street smart” and able to cycle through traffic with a group or alone more safely? Whether you’re new to cycling or just want to brush up on your skills, the C SIG is for YOU.

The C SIG will show you how to ride more efficiently. We will cover everything from proper bike fit for more comfort, to climbing a hill with less effort. Topics such as gearing and spinning, safe group and solo riding, negotiating traffic and intersections, basic bike maintenance and repairing a flat will be covered.

The most fun will be the beautiful routes we’ll discover on the more scenic roads in New Jersey, Westchester and Long Island. The SIG will begin with a self classification ride on Sunday, March 18th, in Central Park to establish what level you will be comfortable starting with. It is NOT a race, but rather a tool for you to measure your own progress. The following week we will begin with a 25 mile ride at an average cruising speed of 11 MPH. We will stop at a secluded place during each ride to discuss and practice skills and technique. We will gradually increase our speed and distance to reach more scenic areas. The series will conclude with a 65 mile graduation ride at an average cruising speed of 13 or 14 MPH.

The rides will be focused on the journey rather than the end. You’ll have the opportunity to socialize and enjoy the scenery and exercise. We guarantee that you will be a skilled cyclist when you graduate. You’ll look and feel good when you’re on the road and will be able to enjoy cycling to the fullest.

The C SIG will carry on Irv Weisman’s philosophy on “gearing,” touring (smell the roses) and safe cycling.
gift for sniffling 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 unridable. 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 Thanksgiving and the summer solstice. Summer is coming, right? ... Lisa Lurie, never to keep her bike out of a bike box or off a hill for long, decided the steep, un-clogged roads and bridges of New York. Then, after dispatching mountains above the Statue of Liberty wearing a graphic as the short-sleeve jersey: "WNYC’s Classic Bike Race 2000." 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.

February 2001

New York Cycle Club

NYCC Jersey Order Form

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

Add shipping:
1-2 jersey(s): $3.50; 3 or more: $6.40

Name______________________________
Address______________________________
City________________________State______Zip________
Tel:____________________Day____Eve.

Make check payable to New York Cycle Club

Total

http://www.nycc.org
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 INHERENT RISKS AND DANGERS OF SERIOUS BODILY INJURY INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH; (b) these risks and dangers may be caused by my own actions, or inactions, the action or inaction of others participating in the Activity; the condition in which the Activity takes place; or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS AND DAMAGES I incur as a result of my participation in the Activity. 3. HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE the Club, the LAB, their respective administrators, directors, agents and employees, other participants, any sponsors, advertisers, and if applicable owners and lessors of premises on which the Activity takes place (each considered one of the "RELEASEES" herein), FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS, AND I FURTHER AGREE that I, 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 Ilogation expenses; attorney fees; loss, liability, damage, or cost which may incur as the result of such claim. I HAVE READ THIS AGREEMENT FULLY UNDERSTAND IT 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: ___________________________

NAME: ___________________________  SIGNATURE: ___________________________

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

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% off parts and accessories, 10% off bikes, no discounts on 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 cnbcycleworks@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 gotobike@aol.com; 10% parts, accessories and repairs

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

http://www.nycc.org
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