

# **NYCC** *Bulletin*

## ***In Memoriam***



**Irv Weisman**  
**1924 - 2001**

## President's message

For cyclists, March is the light at the end of a long and cold tunnel and the start of the new season! And what would the start of the season be without the SIGs? (Special Interest Group). For you newbies out there, the SIGs are a series of progressive training rides where participants are taught a wide variety of cycling essentials, everything from nutrition, proper clothing, repair and maintenance, not to mention bike handling skills, strength and endurance training and safety guidelines. If you are a fairly inexperienced rider, the C SIG is for you, C riders who want to move up to the B category can take the B SIG, strong B riders have their choice of either the A19 SIG or for you hardcores, the A Classic SIG. Whichever you chose, I can tell you as a graduate of both the B and A Classic SIGs it's a great experience, one that will serve you as long as you ride a bike. You can get more details on each SIG elsewhere in this bulletin or from our website.

Of course for the rest of us, March means more, longer and more challenging rides than we may have been doing these past few months in the frozen tundra we call home. And what make all these rides possible? Leaders! As you'll see later in this bulletin's ride listings, we're off to a good start with a healthy slate of March rides. Don't get complacent! It's up to every club member to contribute to a healthy slate of rides for the entire year. Toward this end, Gary McGraime, our VP of Rides is organizing a ride leader training series/seminar along with the ride coordinators and some of our more stalwart ride leaders. Those of you who want to lead rides but aren't really sure how to get started, look for more details in future bulletins, the new ride leader program is for you.

And since we're all going to be riding a lot more in the coming months, I want to stress yet again the importance of wearing a helmet. Rather than preach, I'll just relate a short story from my own experience. This past fall, I was on the last leg of a club ride when a leaf got wedged between my fork and front wheel. If you've had this happen to you, you know the noise can be very irritating but still, most sane people would either have ignored it or stopped and pulled the offending leaf out from its niche. Not me. Thinking I was the hotshot cycling stud of my imagination, I thought I could pull it out whilst riding, forgetting totally about the rough terrain I happened to be riding over at the time. BOOM! Down I went with a thud. As I was assessing the damage (nothing serious thank you) I noticed a large chunk of my helmet was dangling by a thread in a place roughly adjacent to the area above my right ear. Had I not been wearing a helmet, the piece of my head above my right ear might have been hanging by a thread. As you can imagine, I'm rather fond of that part of my head and might miss it if it were gone. This was about as benign a crash as one can have and still, had I not been wearing a helmet, the consequences could have been as serious as a crash during a screaming descent down L'Alpe-D'Huez. So that I'm not misunderstood: **WEAR YOUR HELMET!** It's not a club rule, but it is common sense.

Finally, don't forget to **RENEW**. This will be the last bulletin for those who don't renew by the end of the month.

Tom Laskey

## Editor's Note

For those NYCC members wishing to receive their copy of the Bulletin electronically, it is best to have a copy of Adobe Acrobat reader 4.0. This software is a free download available at Adobe's web site: <http://www.adobe.com>

Attempting to view PDF files using older Reader Version 3.0 will result in larger file sizes and slower downloads

David Getlen

Check out our fabulous web site:

<http://www.nycc.org>

Check out the new NYCC Message board:

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

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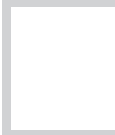
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The **NYCC Bulletin** is published monthly by the New York Cycle Club. The opinions expressed are those of the authors and do not reflect the official position of the NYCC.

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

**Cover:** This month's cover is a tribute to long-time NYCC member Irv Weisman.

**Mailing Service / Mailer:** NYC Industries for the Blind, Brooklyn, NY (718) 854-7300.

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

**Display Advertising:** Only bicycle related advertising is accepted. Page size is 7.5 by 10 inches. Rates for camera-ready copy. Full page, \$250. Half page, \$135. Quarter page, \$75. Eighth page, \$45. Bottom blurb, \$40. Frequency discounts available.

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

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

David Getlen  
60 Gramercy Park North  
New York, NY 10010

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

[dgetlen@aol.com](mailto:dgetlen@aol.com)

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.

## Introduction to Club Riding Maggie Clarke

Have you noticed that some rides are really pleasurable, and others, well, are less so? A part of what makes a Club ride great is when everyone has bike savvy. Though many acquire this knowledge by trial and error over years of riding, we will impart as much of this wisdom as we can to you in a short course in the setting of Hunter College. All Club members are invited to this two-session course, inspired by Irv Weisman's Effective Cycling curriculum, and designed for members who are relatively new to our sport and for those who want to increase their bike savvy. C-SIG leader, Maggie Clarke will teach the course, ably assisted by C-SIG leaders Ed Sobin, Dona Kahn, and Patricia Janof. We'll cover many topics, among these: the special requirements of group vs. solo riding, bike and helmet fit, brakes, derailleurs and their adjustments, repairing flats, smart selection and use of gears, map reading, traffic safety skills, dressing appropriately for the weather and comfort, and eating and drinking for good performance. These are the first two sessions of the C-SIG, but we encourage all who want to increase their bike savvy to come.

The sessions start at 10 am and should last about two and a half hours, Sundays, March 4 and March 11. Each session covers different material, so please come to both! More details on the curriculum will appear on the Club's website. Come to the Hunter College North building, accessed from 69th Street just east of Park Avenue, 10th floor, left to the Geography Dept. Room 1028. After the sessions we will go out to lunch nearby. Please bring your helmet to the first session.

If you have any questions, please email Maggie at [□ HYPERLINK mailto:mclarke@shiva.hunter.cuny.edu](mailto:mclarke@shiva.hunter.cuny.edu) [mclarke@shiva.hunter.cuny.edu](mailto:mclarke@shiva.hunter.cuny.edu). or phone her at: 212-567-8272. If you know you will be coming, please let her know so we can get an approximate head count.

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

## Join the C-SIG!

Maggie Clarke, Leader of C-SIG

Would you like to get in shape to do some bike touring this summer, to boldly go into uncharted terrain with self-confidence, and to gain the competence to handle whatever traffic situations you might encounter? We invite you to join the C SIG, where C stands for Competence!

The C-SIG begins with two indoor sessions, inspired by Irv Weisman's Effective Cycling curriculum, and designed to introduce you to the concepts of Effective Cycling and increase your bike savvy. A group of the NYCC's experienced ride leaders, Maggie Clarke, Ed Sobin, Dona Kahn, Patricia Janof, Lynn Sarro and Arlene Ellner, will help you put into practice what you learned at the indoor sessions, and then train you for moderate distance riding (up to 60 miles or so).

The C-SIG starts on March 4 with the 2-session Introduction to Club Riding (see write up elsewhere in this bulletin). The first ride is the Self-Classification Ride, March 18, where we go at least 3 times, preferably 4, around Central Park to get a good idea of everyone's fitness. For a few weeks at the beginning, you will be drilled on various bike handling skills in a parking lot before setting out on the day's ride. On rides the leaders will stress bike handling and traffic skills, and critique your riding to improve your competence. Rides slowly progress in distance and speed over the ensuing weeks. There will likely be two groups, beginning at 9 and 11 mph and ending at 12 and 14 mph, but this will depend on the fitness of those participating. Most of the rides will leave from the George Washington Bridge bus terminal and use Irv's loop rides through Bergen and Rockland counties, but we'll throw in the Cherry Blossom ride and one or two rides in Westchester as well. There will also be an evening session or two to go into further detail on gears and map reading. The graduation ride will be May 20 at the Bloomin' Metric rides leaving from Westport, CT. The graduation tour will be the 4-day Great Barrington (Berkshires) NYCC weekend ending Memorial Day. By the end of the C-SIG you'll not only have more strength and endurance to complete this four-day tour in hilly, beautiful country, but also the know-how to blend in on Club rides, avoiding the uncomfortable pitfalls of inexperience, and the confidence and competence to go anywhere on a bike.



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bars be permitted. If it rains Sunday, show up sans bicycle at 9:30 A.M. for your introduction to the SIG and your leaders. Make sure your NYCC membership is paid up. It's easy to join or renew on our website.

**A18 55 MI 9:00 AM**  
**A-Rider Spring Training Series: RIDE #1 of 12 (Nyack)**

**Leaders: Michael Lin (212) 744-6174, mtjlin@msn.com and Peter Walker (212) 831-4418, peter.walker@gs.com**

**From: Hill across from the boathouse**

Stop pining for the good old days of your SIG! Join 6 graduates of last year's A-SIG in a spring training series. Over the next 12 weeks, we'll gradually build up speed, strength, & distance, culminating in a beautiful (=mountainous!) 115 mile ride over Mt. Minnewaska and Glade Hill (12% x 1.9 miles). This will be a three phase program: 1) aerobic base and group riding skills refresher, 2) HILLS!, 3) speed and endurance. Today, it's paceline skills. Remember those? Keeping together, staying tight, staying steady, always pedaling, smooth starts, gradual stops, good communication/calling out, short pulls.... always working safely and cooperatively like one well-oiled machine. We'll practice these skills today on a flat route back and forth to a familiar destination. Helmets absolutely required. Cancels: slick roads, >70% chance of precipitation, wind chill < 25 F. Rain date: Sunday.

**A18 55 MI +/- 9:30 AM**

**A LATE WINTER'S RIDE - PEARL RIVER**

**Leader: Richard Ramon (718) 745-7025 or Ramonr@coned.com**

**From: The Boathouse**

We'll cross the G.W. Bridge and head straight to Pearl River for lunch. My first road-ride as a leader, so patience and a pleasant attitude are mandatory. Required: Paceline and Group Riding Skills & Helmets. Cancels: The usual. Must leave Bay Ridge by 8:00 A.M., so if I don't answer. The phone after 8:00 A.M., it means I'm on my way.

**B-SIG 24 MI 9:30 AM**

**DAY 1 Classification Ride**

**Leaders: Carol Waaser (212) 581-0509, biker-c@rcn.com and Paul Hofherr (212) 737-1553, bikeman999@aol.com**

**From: the north end of the Boathouse parking lot**

We'll start with a brief orientation, then do 4 laps of the park. You'll calculate your total time for the 4 laps to determine which group to start in. After the classification ride we'll go to another location (we think indoors) to have our first class: a lot of basic information we all need to start out safely as we work together to improve skills and fitness. Cancels: below freezing at 8:00; > 50% chance of precipitation; wet or slick roads; steady winds above 20 mph. If weather cancels, we try again on Sunday.

**C/B 14/15 45 MI 9:30 AM**

**Escape to Northvale, -a Poetic ride**

**Leaders: Bernie Brandell (718) 633-1759 and mystery L.**

**From: Boathouse**

Observing clouds behind a drape, --does a storm gather?

What about a great escape? --and gamble on the weather,

Winter, Spring, --all Summer long, carry in your heart a song

Flashing your infectious smile, puts a bounce into each mile.

Seize the day!! --glum office gnome, --for a great escape from home.

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**SUNDAY, MARCH 4**

**A-19 65 Miles+/- 9:00 AM**

**Saddles, Chestnuts & Pearls!**

**Leaders: Spencer Koromilas (212) 867-8678 or SpencerNYCC@juno.com, Michael Kuor (718) 998-4714, bike-hikemike@bikerider.com**

**From: The Boathouse**

Leading Siggies during the next 12 weeks will preclude my leading Saturday rides, but not Sundays! So take your baby out of hibernation; dust her off, apply some lube, and pump up those tires . . . you're ready to go! We won't be hammering, but we will have some hills to climb on our way to Saddle River, Chestnut Ridge, and Pearl River . . . a short version of my South Mountain Road Route, which we'll do next month. Required: Smooth riding, and Group riding skills (Single & double pace line). Helmet, bike & water bottle. Cancels: Horrific weather conditions! Call leader by 8:30 AM to confirm.

**B15 40+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.

**C-SIG #1 10:00 AM**

**Introduction to Club Riding Session 1**

**Instructors: Maggie Clarke 212-567-8272; Ed Sobin 718-625-7452, Patricia Janof 212-737-1668, Dona Kahn 212-399-9009**

**From: Hunter College North building on E. 69th St. just east of Park Avenue; 10th floor, Room 1028**

Topics for today's session include: Clothing, things to put on yourself (sunscreen, sunglasses, Bag Balm etc.), How/what to eat and drink, and why Bike fit, Helmet fit, How to get to rides: Subway, What to bring on a ride (tools (flat repair), money, food, bike pass, maps, water), Maps (reading, route planning, topography), Off-bike Stretching (before, during, after ride), How to pick a bike (if enough people need that info). Please bring your helmet to this session.

**C13/14 35 MI 9:00 AM**

**Kensico Dam**

**Leaders: Stan Oldak (212) 780-9950 and Rick Braun (212) 477-2575**

**From: Last stop on the #4 train - Woodlawn Station**

We'll start and end this ride in the Bronx. Take the #4 train (front car) to the last stop (Woodlawn Station). After exiting the station, use the right stairs and meet at the bottom on Jerome Ave. A scenic ride through Westchester that will include waterfalls, streams, a lake or two, a path through woods (not off-road), and lunch at Kensico Dam Plaza. Come along for a leisurely ride along a picturesque route through Westchester. Rain cancels.

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**MONDAY, MARCH 5**

**A17/18 18 MI 10:10 AM**

**OUTDOOR GROUP SPIN - laps in the park**

**Leader: Siddeeq (718) 519-7892 email: hsidd1@aol.com**

**From: 90th Street at Central Park West**

See March 1 ride listing

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**THURSDAY, MARCH 8**

**A17/18 18 MI 10:10 AM**

**OUTDOOR GROUP SPIN - laps in the park**

Leader: Siddeeq (718) 519-7892 email: [hsidd1@aol.com](mailto:hsidd1@aol.com)

From: 90th Street at Central Park West

See March 1 ride listing

## SATURDAY, MARCH 10

**A-SIG Classic 50 MI 9:00 AM**

**Ride #3: Montvale--Introduction to Single, Non-Rotating Paceline**

**Last Day for New A-SIG Classic Participants to Join the SIG Series**

Leaders: Christy Guzzetta (212) 595-3674 and Frank Grazioli (212) 529-9462

From: Boathouse Parking Lot

Get to the boathouse parking lot by 8:30 to sign in, form our groups, and talk with the leaders before riding. You will be expected to have trained during the week. Although today's pace will still be somewhat moderate, the distance is steadily increasing, and there will be some hill work involved. We don't want to lose anyone on a hill! We will begin to focus more on riding in a single pace line, too. A first taste of how cool it is to ride on someone's wheel and be pulled along in a draft. Better yet, the leaders are doing all the pulling! Helmets required. Aerobars Verboten. 2 full water bottles. Rain Date Sunday, March 11

**A-19 SIG 41 MI 9:30 AM**

**Ride #2: SKILL - GROUP RIDING: Northvale**

Leaders: Robert Dinkelmann (212) 876-1344 or (917) 689-5421 and Ray Thomas (212) 280-3416

From: Boathouse Parking Lot

Don't take the tape off your helmet!!!

Keeping the pace respectable and easy, we'll focus on the discipline and communication needed for excellent group riding. NO one will be dropped. This is the second to the last week you can participate in this series without being a NYCC member. You'll feel the stirrings of muscle power starting to develop after your last week training for this on your own. You'll have a fine (but nutritious) meal at the Northvale Diner and look fabulous as we roll in unison back into Central Park after completing 40+ miles. Rain and the other usual crummy stuff cancels

**A19 60 MI 9:00 AM**

**A-Rider Spring Training Series: RIDE #2 of 12 (Rockland Lake)**

Leaders: Mike Mitchell (212) 245-2473, [mmitchell@tuna.net](mailto:mmitchell@tuna.net) and Phil Kiracofe (917) 680-4714, [pkiracofe@bigfoot.com](mailto:pkiracofe@bigfoot.com)

From: Hill across from the boathouse

More base miles and group riding practice. Slightly farther and faster than last week (you ARE doing laps of the park during the week, aren't you?), but still pretty leisurely. Safe and cooperative riding is the goal, in single and double rotating pacelines. Helmets required. Cancels: see March 3rd listing. Rain date: Sunday.

**A19 65 MI+/- 9:00 AM**

**Saddles, Chestnuts & Pearls Again! Thanks Spencer**

Leaders: Michael Kuor (718) 998-4714

e-mail: [bikehikemike@bikerider.com](mailto:bikehikemike@bikerider.com)

From: The Boathouse

Just in case you missed it, this will be a repeat of Spencers ride from March 4. So take your baby out of hibernation; dust her off, apply some lube, and pump up those tires . . . you're ready to go! We won't be hammering, but we will have some hills to climb on our way to Saddle River, Chestnut Ridge, and Pearl River . . . a short version of Spencers South Mountain Road Route, which he'll do next month. Required: Smooth riding, and Group riding skills (Single & double pace line). Helmet, bike & water bottle. Cancels: Horrific weather conditions! Call leader by 8:30 AM to confirm.

**B-SIG 14/16 42-47 MI 9:30 AM**

**Northvale**

Leaders: Paula Kahn (646) 321-2248 [Paula.f.kahn@marsh.com](mailto:Paula.f.kahn@marsh.com) and Jack Lehnert (718) 884-6437 [lehtiger@aol.com](mailto:lehtiger@aol.com)

From: Rambles Shed (north of Boat House on East Drive)

Class this morning on bike handling skills: cornering, braking, holding a line. This is a required class, which we'll do prior to the ride. On our first full ride today, we'll take it easy as we go to the Northvale Diner. We'll practice communication and bike handling skills we've learned over the last two weeks. Only one hill – the infamous Churchill, to get us back up the Palisades. Cancels: below freezing at 8:00; > 50% chance of precipitation; wet or slick roads; steady winds above 20 mph. If weather cancels, we try again on Sunday.

**B15/16 50 MI +/- 9:30 AM**

**No Particular Interest Group Life Affirming Ride to Nyack**

Leader: Charles Lam (212) 875-8572 (call after 8:00 am)

From: Eleanor Roosevelt Statue at w.72nd & Riverside Dr.

Beautiful early spring ride to log some miles. Somewhat relaxed undulating pace up 505, food and drinks, and back down on 501. We can cut it short at Piermont if it's not a great riding day. Helmets and bicycles required. Really Wet roads cancels.

## SUNDAY, MARCH 11

**A19 50 MI 8:00 AM**

**Start Early, Back Early**

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

From: The Boathouse

Let's head over the GWB and take a spin into NJ and visit the Country store for a stack of pancakes or the like in Ridgewood or at fab diner in Westwood. Expect to be back early in time to catch an afternoon matinee or sprawl on the couch with your favorite beverage and watch baseball players get into shape, too. Wet stuff cancels. Questionable weather forecast, call ride leader the night before.

**B15 24 MI 10.00 AM**

**Recovery laps around the Park**

Leader: Cathy Martone (212) 979-0969

From: The Boathouse

Any easy spin to warm up the legs. Get to the Boathouse early that we can leave promptly at 10.00. Ride cancels if Saturday was rainy and SIG rides go out on Sunday.

**C-SIG #2 10:00 AM**

**Introduction to Club Riding Session 2**

Instructors: Maggie Clarke 212-567-8272; Ed Sobin 718-625-7452, Patricia Janof 212-737-1668, Dona Kahn 212-399-9009

Meet at: Hunter College North building on E. 69th St. just east of Park Avenue; 10th floor, Room 1028

Today's sessions covers: Mechanical ( tire inflation, valve types, brakes, maintenance/lube, gears, Individual Bike check: Advice on gears, fit, How Gears work and how/why to use them, 2 min bike check, What to expect on a group ride; Orderliness! Predictability! No massing at lights! How to ride (cadence, pedal position on turns, over maneuvering, Train tracks, Signaling, taking the whole lane), Traffic strategy, group riding (signal, call out hazards), Rules of the road - same as cars. Please bring your Gear Count (chainrings and cogs) to this session.

**C12 25 MI 12:15 PM**

**A Brooklyn Residential Tour**

Leaders: Terry Chin (718) 680-5227

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

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

**C12** **45 MI** **9:00/10:15 AM**

### Jamaica Bay Wildlife Refuge

Leaders: Marina Bekkerman (718) 783-5355

marinab@mindspring.com, Dick Goldberg (212) 874-2008

From: Boathouse @ 9:00 AM, Grand Army Plaza, Brooklyn @ 10:15 AM

Grab your cameras, bird books and bike locks! We're off to spend some time afoot in nature. Home before dark.

## MONDAY, MARCH 12

**A17/18** **18 MI** **10:10 AM**

### OUTDOOR GROUP SPIN - laps in the park

Leader: Siddeeq (718) 519-7892 email: hsidd1@aol.com

From: 90th Street at Central Park West

See March 1 ride listing

## THURSDAY, MARCH 15

**A17/18** **18 MI** **10:10 AM**

### OUTDOOR GROUP SPIN - laps in the park

Leader: Siddeeq (718) 519-7892 email: hsidd1@aol.com

From: 90th Street at Central Park West

See March 5th ride listing

## SATURDAY, MARCH 17

**A-SIG Classic** **54 MI** **9:00 AM**

### Ride #4: Nyack--Introduction to Single, Rotating Pace Line. Deadline for Registering NYCC Membership (www.nycc.org)

Leaders: Rita Tellerman (212) 865-8489 and

Rich Sporer (718) 522-4415

From: Boathouse Parking Lot

OK, yeah, you've been to Nyack. Or have you? Have you been there in STYLE? In a paceline? Have you shown up not as a straggling wobbly single rider but in tight formation, managing traffic and feeling awesome? Besides, who can resist a latte at the Runcible? We've already had a taste of paceline riding from last week. You are now getting to be a steady, smooth, PREDICTABLE rider. This week, more of the same, just getting comfortable with it. Ride out to Nyack on flat 505, and we'll eat breakfast at the Runcible or the Diner. On the way home on 9W, we will start rotating the lead. NO NEW SIG PARTICIPANTS WILL BE ACCEPTED TODAY. Get to the Boathouse parking lot by 8:30 to sign in, group, and talk with your group leaders. Helmets required. Aerobars? Never heard of such things. Rain Date Sunday, March 18.

**A-19 SIG** **50 MI** **9:30 AM**

### Ride #3: SKILL - NON ROTATING SINGLE PACELINE: Park Ridge

Leaders: Mike Samuel 212 722-8125 and

Keith Goldstein 212-982-9461

From: Boathouse Parking Lot: Who let the dogs out??!

DEADLINE FOR NYCC MEMBERSHIP: This week, all of us should be NYCC members. If not, You can get an application and leave your check with Ed today. Now that we've all been training diligently, the differences between our performances are starting to diminish. We'll pick up the pace just a smidgen and cruise one of the classic routes to Park Ridge as we teach you the beauty and elegance of single paceline riding. The speed will be held down to focus on safety and skills. This is called, "holding the juices in." No one will be dropped today.

<http://www.nycc.org>

**A19** **65 MI** **9:00 AM**

### A-Rider Spring Training Series: RIDE #3 of 12 (Pleasantville)

Leaders: Peter Walker (212-831-4418, peter.walker@gs.com) and

Greg Cohen (212-749-5163, mrlovely@earthlink.com)

From: Hill across from the boathouse

We continue building up those base miles and working on those cooperative riding skills. Slightly further and hillier than last week (aren't you glad you're doing those mid-week laps in the park?), and on this side of the Hudson. Helmets required. Cancels: see March 3rd listing. Rain date: Sunday.

**A18** **65 MI** **9:30 AM**

### A BRIDGE TOO FAR - NYACK WITH HILLS

Leader: Richard Ramon (718) 745-7025 or Ramonr@coned.com

From: The Boathouse

A ride to Nyack past Lake Tappan and the Rockland Psychiatric Center with hills to climb (and descend). We'll catch a glimpse of the Tappan Zee Bridge, which is too far to cross. Lunch at the Runcible Spoon for green tea and green bagels. Only my second road-ride as a leader, so patience and a pleasant attitude are mandatory. Required: Paceline and Group Riding Skills & Helmets. Cancels: The usual. Must leave Bay Ridge by 8:00 A.M., so if I don't answer the phone after 8:00 A.M., it means I'm on my way.

**B-SIG 14/16** **47-52 MI** **9:30 AM**

### Scarsdale

Leaders: Liane Montesa (212) 929-0787 liane.montesa@asbinc.com,

CJ Obregon (212) 876-6614 obregon@lou.fordham.edu

From: Rambles Shed

We'll start with a class in spinning – that all-important skill that will save your knees as the years go by. Then we head up into Westchester to Scarsdale – several feeding stations available. There will be a few hills (not too daunting) to practice your spinning. Cancels: below freezing at 8:00; > 50% chance of precipitation; wet or slick roads; steady winds above 20 mph. If weather cancels, we try again on Sunday.

**B15/16** **50 MI+** **9:30 AM**

### Get back on you bike and get back in shape

Leader: TBA

From: the Boathouse

Two very busy fathers and a grand father promised me to each lead a ride in March. They could not commit to long in advance and therefor the leader will be announced in the weekly email from Ben. A steady pace as the ride winds through a few hills in either Westchester, New Jersey or Long island. Rain, below freezing or slick roads cancel.

## SUNDAY, MARCH 18

**A19** **60 MI** **10:00 AM**

Erin Go Brah!

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

From: The Boathouse

All lads and lasses are welcome on this ride to the very green town of Nanuet. As the luck of the Irish would have it, this is a nice alternative route to the usual Rockland destination, Nyack. We'll kick back at one of Rockland's fine speak-easy (and very kitschy) establishments. Note the sleep friendly start time. Wet weather or roads, ride cancels. Questionable weather forecast, call ride leader the night before.

(Continued on bottom of Page 9)

**Minutes of the January 2001 Board meeting**

Tuesday, January 3, 2001 at 6:37 PM

Present were: Tom Laskey, Bob Hancock, Ira Mitchnek, Rita Tellerman, Jim Galante, Cathy Martone, Stan Oldak, Gary McGraime, Ben Goldberg

Absent: Annaline Dinkelman, Carol Waaser

Meeting called to order at 6:57 P.M.

Ira presented the year-end report for 2000. It was noted that no membership checks were received by the treasurer in December.

Because numerous current agenda items can affect the 2001 budget, it was decided to suspend approval of the 2001 budget until the February meeting.

It was approved to allow Ben to spend up to \$3,000.00 for a club jersey order.

Bob will come up with a list of suggestions for training and skill development to occur outside of the SIGs and the Board will discuss them at the next meeting.

Gary and Stan will poll veteran C riders to see if it would be beneficial to start the C SIG later in the year. Perhaps the end of March or early April.

After discussion, the board appointed Lauren Grushkin as Special Events Coordinator for the 2001 term.

The Board approved Active.com as the provider for online membership.

People who join online will receive the new member's package in PDF format. The cost of the current hard copy package that is mailed to new members is approximately \$4.00.

PDF Online Bulletin Delivery in 2001, will be published in the February 2001 bulletin. The Board officially recognized and thanked Frank for his work on the article

Members who elect to receive the bulletin only via PDF will receive a password to access the bulletin on the website as soon as it is sent to the printer. This can be up to two weeks prior to receipt of the paper edition. Once the bulletin has been mailed, all members will have access to the PDF version on the website.

The dates for the All Class and Newcomers's ride were decided.

Gary reported that the member survey is in the works. He will report on the progress at the next meeting.

Rita will be the CRCA liaison. The CRCA occasionally offers seminars that are open to non-CRCA members, and an attempt will be made to make NYCC members aware of these opportunities.

After much discussion, an eRide was defined as: a ride that is listed electronically and not listed in the bulletin. It was approved that eRides will be accepted, via the A, B, and C ride coordinators, only for three day weekends, last weekends of the months, and midweek holidays since these are the periods most likely to have gaps. Member notification will be via email. Notice of eRides will be made via the website and/or the email.

A Ride Leader Training Series will be developed by a committee of club members chaired by Gary.

The Ride Guidelines will be made available on the website.

Photographs of new Board members were taken by Jim with Ben's camera and will be sent to Don for inclusion in the bulletin.

9:05 P.M. the meeting was adjourned.

**Minutes of the February 2001 Board Meeting**

Wednesday, February 7, 2001 at 6:30 PM

Present were: Tom Laskey, Carol Waaser, Jim Galante, Lauren Grushkin, David Getlen, Annaline Dinkelman, Rita Tellerman, Ira Mitchneck, Gary McGraime, Stan Oldak, Ben Goldberg.

Meeting called to order at 6:45 P.M.

The new board members were introduced, and the Board approved David as Bulletin Editor.

Discussion of the Treasurer's 2000 year end report was deferred until next month.

The Club's current printer has gone out of business. David has put out a request for quotes.

All PDF files will be created in Adobe Acrobat 4.0 for both the bulletin and the website.

The Board voted not to post the roster on the website.

7:15 Gary arrived. Gary reviewed the results of the Ride Leader's Development Committee's first meeting and will continue to update the board on its progress via email.

Even with the online registration, roster reconciliation still takes a lot of manual work since there is no way to uniquely identify individual members. Club members will be assigned a club member number consisting of the last four digits of their social security number plus the first letter of the last name. Bob and Carol will implement this.

7:32 Ben arrived.

Gary reported that all SIGs are staffed and will go forward. Maggie Clarke will lead the C SIG.

Skill rides will be scheduled after the SIGs. More next month.

Discussion of change of venue for the Christmas party. Lauren will search out alternate sites.

Distribution of ENY profits. \$1,200 to Recycle-A-Bike. \$500 for a program in the Saddle River area, preferably one associated with the Police or Fire Department since they have been kind enough to let us use their parking lot as a rest stop for the past two years. The Board will ask Karin Fantus to act on its behalf to find a suitable program.

Ira noted that the club needs to find a new accountant with since Jeff Vogel has relocated to Costa Rica. Ira will search and report back next month.

Rita asked the Board if they were interested in nominating ENY for a New York State Department of Health initiative, "Eat Well Play Hard" which pushes exercise, low-fat milk and fruits and vegetables to preschoolers and their families. ENY not only promotes physical activity but includes fresh fruit at the lunch and snack stops and veggies in the wrap sandwiches. If selected, ENY will receive an Award for Excellence from the DOH.

Carol suggested new gathering spots for rides in Central Park. She will write an article for the bulletin.

Meeting adjourned at 9:04 P.M. Date of the next meeting - March 7, 2001.

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





**Yorktown Heights Ride**  
Ride Leaders - Spencer Karomilas and John Vasquez

(Photo by Hank Schiffman)

Rides List (Continued from Page 7)

**B16**                      **55 MI**                      **9:30 AM**

**I Love a Parade**

Leader: Jay Jacobson (845) 359-6260 or joanandjay@aol.com

From: the Boathouse

Taking Rio Vista/Esplanade, checking out latest additions to the mini bike/travel museum, then to Pearl River, dining on corned beef and cabbage or Shepherd's pie (perhaps served by Joan!) at Gallagher's followed by viewing NY state's second biggest St. Patrick's parade.

**C-SIG #3**                      **24 MI**                      **10:00 AM**

**Self-Classification Ride**

Leaders: Maggie Clarke 212-567-8272; Patricia Janof 212-737-1668, Dona Kahn 212-399-9009, Lynn Sarro 212-722-8495, Arlene Ellner 212-677-3306

From: Central park East Drive & 72nd St. (Near Fifth Ave. entrance)  
We'll ride 4 laps (or at least a minimum of 3) and be timed each lap. This ride will let you know your current riding ability and thus help you make appropriate choices for your club rides and/or which section of the C SIG you should join: C1 Group (4 laps) or C2 Group (at least 3 laps), (minimum 9 mph). If you want to join the C-SIG and can't make this ride, please try to do the self-classification on your own AND call us. Cancellation conditions: Starting temps below 35o, excessive windchill, icy streets, or prediction of precipitation of 50%. Call Maggie if in doubt.

**C13**                      **25 MI**                      **9:30 AM**

**Knish Ride**

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

From: East side of City Hall

I finally finished the supply of Mrs. Stahl's knishes I brought back from my last visit to Brooklyn so it's time to go back. I'll have a pannier so I can carry the dozen or so you buy too. Likely precipitation cancels and I'll

have to get them mail order.

**MONDAY, MARCH 19**

**A17/18**                      **18 MI**                      **10:10 AM**

**OUTDOOR GROUP SPIN - laps in the park**

Leader: Siddeeq (718) 519-7892 email: hsidd1@aol.com

From: 90th Street at Central Park West

See March 1 ride listing

**THURSDAY, MARCH 22**

**A17/18**                      **18 MI**                      **10:10 AM**

**OUTDOOR GROUP SPIN - laps in the park**

Leader: Siddeeq (718) 519-7892 email: hsidd1@aol.com

From: 90th Street at Central Park West

See March 1 ride listing

**SATURDAY, MARCH 24**

**A-SIG Classic**                      **55 MI**                      **9:00 AM**

**Ride #5: Pleasantville--More Single, Rotating Pace Line**

Leaders: Jody Saylor (212) 799-8293 and

David Grogan (718) 875-1977

From: Boathouse Parking Lot

Whoa! This ride is REALLY HILLY! Did you train during the week, maybe even do some hill repeats? You'll be glad if you did! Now you're getting really comfortable in that single pace line, and now there's more time for practice. Up to Tarrytown on Route 9--a great place to practice rotating the lead. Over a big hill to the Thornwood Diner, returning via

(Continued on Page 13)



# ***A Celebration of the Life of Irv Weisman 1924 - 2001***

This spring we will hold a celebration of the life and contributions of Irv Weisman, past president, board member and mentor of generations of NYCC members.

The celebration Committee is currently collecting reminiscences, photos and other memorabilia to be part of this event.

If you have memories you'd like to share, contact Dick Goldberg (212) 874-2008.

If you wish to make music at this event or have photos you'd like displayed, contact Maggie Clarke (212) 567-8272, mail to: ([Mclarke@shiva.hunter.cuny.edu](mailto:Mclarke@shiva.hunter.cuny.edu))

if you want to bring food, contact Lynn Sarro (212) 722-8495 ([Sarka@erols.com](mailto:Sarka@erols.com)).

And, if you can be of help in setting up, organizing or in any other capacity, contact George Kaplan (212) 989-0883, mail to: ([Geocarl@juno.com](mailto:Geocarl@juno.com))

**Spread the word.** Irv touched so many of our lives in so many ways. This is the chance for us to share that legacy.

## **Irv's New Gears By Maggie Clarke**

Currently there are costly, labor intensive tests for determining water quality. And as a result, these tests are not used often enough to describe changes in water quality over time, especially after storms wash pollutants into our reservoirs. Irv's friend, Bob Jaffe has developed a cost-effective and rapid method to monitor water quality using the flagellate, Tetramitus, a microorganism. Because Tetramitus had a gullet (mouth) and ingests particles, whole particle toxicity can be measured directly without the need for labor-intensive extraction procedures. Comparison testing with the standard tests is currently being planned for the State of Washington. Bob Jaffe's company, Environmental Toxicology Laboratory and New York Water Watch are working with the USGS (Troy) to develop a Toxicity Map of the Croton Watershed. There are 18 sampling stations where the US Geological Survey has stream flow meters, in addition to 20 other sites monitored in previous studies.

I would like to designate that any contributions in Irv's memory be donated to New York Water Watch for the purpose of creating the first Croton Watershed Toxicity Map.

This will be the beginning of the creation of a nation-wide USGS/Tetramitus Toxicity Map. I am sure that Irv will be smiling as this project swings into full gear (whatever the ratio may be). Contributions would fund the work to map the toxicity of the waters throughout the watershed, using GIS techniques.

New York Water Watch  
P.O. Box 2043  
Canal Street Station  
New York, NY 10013

Designate donation in memory of Irv Weisman

Address correspondence to Vincent Keane

Telephone # 212-334-7870

Website with details of the research:

<http://www.envirolab.com/>



## Remembrances of Irv Weisman

I am truly saddened to hear of passing of Irv Weisman. He was the first NYCC member I met at a B Sig in 1995. I admired him for his dedication to helping people becoming better cyclists, his knowledge not only about bikes but life. I will miss him.

### Joel Englander

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At the risk of reducing Irv to a cartoon and making it appear he was but a one-note trumpeter with nothing other than his proselytizing low gearing by which to be remembered, I report the following absolutely true story.

Perhaps four weeks before he died I visited him in Sloan-Kettering Memorial Hospital. He was clear headed, clear spoken, and utterly un sentimental about his oncoming death-so much so that he spoke of the fact of it with perfect ease. I won't say he was "resigned" to dying because that applies a melancholy color to the coloring of our visit and he wasn't and it wasn't. I plumbed him for stories of his life. I asked him about his youth, his parents, his college experience, his marriage, his daughter, his profession, etc. and he spoke with perfect ease about them. Although these scant few weeks later, I don't recall so well what he said (an all too clear reminder of my own addled, superannuated self and my own mortality), it really was a review of the gamut of his life. We walked around the perimeter of his floor.

His gait was surprisingly vigorous and steady given his condition. At the end of an hour, our conversation wound down and it seemed to come time for me to take leave of him; but as I prepared to go there was one thing, in closing, he wanted to leave me with. After I had lead him into reminiscing about subject after subject, it was the one subject of conversation that he lead into: ...oh, of course you already knew where this was going, didn't you? Use low gears and spin.

### Richard Rosenthal

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I didn't have a long personal relationship with Irv nor did I know much about his life, other than his fierce dedication to the New York Cycle Club. Ours was a friendship born out of our mutual passion for cycling and because of that and for his honesty and integrity, my affection grew along with my admiration for this kind, considerate, and thoughtful man. Irv was always willing to listen to any problems or concerns I had whether it was cycling related or not. Even though he often had strong feelings about whatever we might be discussing, I found him to be encouraging, flexible and understanding of my views. And of course, we used to make each other laugh a lot, usually making fun of ourselves for this wonderful "obsession" we had with riding.

Irv not only expanded my knowledge about cycling, he reinforced my beliefs about how I could be a better leader and later convinced me to assist him with the club's training rides. With his support, positive experiences I've had, both in terms of my own personal fulfillment and in the ability to share my enthusiasm and passion with others. He gave me that and something else too. I think he helped me find my own voice and a belief in myself that I really could make a difference. For that and everything else that he shared, I will always be grateful.

So thank you Irv, thank you.

### Paul Hofherr

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Despite having known Irv since 1986 and having co-led with Ed Sobin the last few Birthday rides, Irv and I became close only as he confronted his death. Dinners, phone conversations and, of course, hospital visits served more than rides to help us past each other's public face and into areas both philosophical and emotional. Irv accepted being at the end of his life long before the rest of us were able to do so, and, as such, he led

us in confronting this new territory. Just as he would on a ride, he led with determination, curiosity and a curmudgeonly if sometimes painful sense of humor to bring us over the tough spots. During this time I saw him become more intellectually open and outwardly emotional than I'd known him to be in the past, and will be forever grateful to him for sharing this time with me.

### Dick Goldberg

---

I'd only known Irv Weisman for a very short time, having met him during the C Sig last Spring. For some reason still unknown to me, I was immediately drawn to this wiry man with a big voice, warm smile and brightness in his eyes. He became my mentor and friend, and was always ready to talk when I called - whether it be about cycling or whatever strange twists and turns our lives were taking. He touched me deeply. I will miss his wisdom, his warmth and the times that we shared.

### Ilene Avery

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## My Tribute to Irv by Maggie Clarke

What was the essence of Irv Weisman? He was a trained engineer, an innovator, a problem-solver, and really cared about people. Irv spent most of his waking hours trying to do good for others, even if he had to delay, or never get to, pressing personal priorities. The Club always came first.

### Irv's Contributions to Cycling

Irv began leading bike rides in the 1940s, no one knows exactly when. I found a photo and article from a 1950 Toronto newspaper showing and quoting Irv as he led a group of teenagers on balloon bikes on an American Youth Hostels trip through Canada. Early in his cycling career Irv saw that many cyclists found hill-climbing an unnecessarily fatiguing, painful, and sometimes injurious experience. To solve that problem, he worked tirelessly to get gear manufacturers to make appropriate gears for hill climbing by mere mortals (he succeeded), and designed and personally installed wide-ranging gearing systems for well over 100 New York Cycle Club members. His expertise was recognized by *Bicycling Magazine* and *The League of American Wheelmen*, and starting in the early 1970s, Irv presented his popular "Wide-Range Gearing for Happy Touring" talk at GEAR (the League of American Wheelmen's Great Eastern Rally) and occasionally at Club meetings. During his life he helped literally thousands of cyclists all over this country with proper gears and how to use them, by virtue of his gearing talks at bicycle rallies over 25 years. His last presentation was for the Spring 2000 C-SIG, the latest additions to the "Cult of Irv".

In the New York Cycle Club, which he joined in 1968, a veteran tour leader for American Youth Hostels, he tried hard to instill the message of safety and responsibility on the road, above all else (except maybe having the right gears). Irv served us as:

- Board member (President, VP Rides, Bulletin Editor, B Rides Coordinator, Secretary, probably others)
- Route designer -- Since the NYCC was largely a "car-top" Club when Irv joined, and he didn't own a car, Irv became an explorer, innovating and perfecting routes into Bergen/Rockland counties; Essex and Passic Counties, NJ, Westchester, and even some on Long Island, many of which we use today. His group of routes in Bergen and Rockland Counties were designed for an invitational Club century, 50-mile and 25-mile ride probably held in the 1970s, a much earlier version of "Escape New York".
- SIG innovator and leader -- In 1983 (and probably in earlier years too) Irv led a six-month SIG, or at that time, called a "Progressive Training Series", which involved training unconditioned novices into touring cyclists capable of riding 100 miles in a day. For the next several years, Irv led a spring training series for "C to B", starting at 25, ending around 65 miles. In the early 1990s, Irv took the LAW's Effective Cycling Instructor course, and began teaching such a course as part of the modern-day C-SIG. This course began with 6 to 8 indoor sessions during January and February with reading assignments, lectures, and instructional videos. Starting in March, SIGgies would learn more bike handling in a parking lot and on progressively more strenuous road rides. The Sheffield tour on Memorial Day was the culmination. Many of Irv's C-SIG graduates became Board members, ride leaders, SIG leaders: all Irv's Angels.
- Ride Classification innovator -- In the 1970s Irv saw that in order to have cohesiveness on rides, we needed to have rides and riders classified according to speed and ride philosophy (touring vs. paceline). His engineering curves showed that a one mile per hour difference in speed was significant. The solution was the ride classification table that appears in the Bulletin. His annual spring Self-Classification rides gave everyone the opportunity to gauge their fitness and choose rides appropriately. The NYCC classification system is perhaps the single most important difference between our rides and rides of some other clubs that attract riders of all abilities on single rides, strung out for miles on the road, depending on cue sheets, or point-and-drop systems for order. Our system, when used

as intended, results in groups of similar riding ability, riding together harmoniously.

- Ride Leader -- Irv led several hundred B and C rides for the NYCC.
- Tour Leader -- Irv led contingents of NYCC touring cyclists to GEARS, the most memorable being the to the rally in Trenton.
- Irv's Birthday Ride series -- Starting in the year of Irv's 69th birthday, he started his birthday ride series. He led "69 for 69" that year, and continued leading it until the "72 for 72" in 1995. When his cancer precluded him from leading in 1996, Ed Sobin and Dick Goldberg led the ride. Subsequently, it became a collection of 2 or 3 rides of varying length, meeting for lunch at Pascack Brook Park.
- Cherry Blossom Ride -- Starting in the 1970s, Irv began leading "The Cherry Blossom Ride". This ride, starting from Newark, led riders through the largest collection of cherry trees this side of Washington (Branch Brook Park), at the peak of their glory. Irv and I led many variations through the years.
- Newcomers Ride -- Though Irv was first to give credit to Debbie Bell for innovating the Newcomers Rides, Irv was the organizer of these rides for many years throughout the 1990s.
- Proponent of Leader and Rider Training and Guidelines. In the last few years Irv worked hard to establish NYCC rider and ride leader guidelines, that would be actively supported by the Board, and a Leader SIG, to make rides more predictable, safe, and enjoyable by all.

Irv was one of a select few that transcended cliques and was friends with riders of every level. This served him and the Club well. The Club will become a different place, if we don't continue his traditions.

### Irv Photo Pages

On a personal note, I hope that Club members would do me the huge favor of sending photos of Irv and remembrances. **I will gladly pay for reprints if you only have single copies. Having a date and place (caption) for each would be very helpful. Recollections of times you had with Irv could have been on rides, rallies, club meetings, phone calls, anywhere, any time. All of these that I've seen so far have been a great comfort to me, and I will be putting together a web page of photos of Irv with captions and another of photos that Irv took so that we all can share and remember.**

### On a Personal Level

As we know, Irv was gregarious with a great sense of humor. He told a story of how on a train in Scotland he spoke with a young couple, delivering a monologue lasting 45 minutes. At the end, very pleased, he said: "That was a marvelous conversation!" Many of us have experienced wonderful phone conversations with Irv that lasted hours. Mine started in 1983, often lasting as late as 3 or 4 in the morning, days in a row, covering a multitude of topics. Our deep friendship blossomed quickly after that.

Irv was not only generous to the Club. He told me he would not have achieved what he did in life without his training at Yeshiva's Talmudical Academy, where he set up the Irving Weisman scholarship.

Irv was nothing short of courageous throughout his illness, taking each of many (routine) indignities in stride, facing each new procedure, and each setback matter-of-factly. His doctor said recently that he lived two years beyond what they had originally expected. Dr. Slovin had grown quite fond of him, and offered to speak at his memorial. As some of you know, Irv was accepting of his death in the weeks before.

Irv was always there for me, an anchor at home, looking out for my welfare, instilling confidence and giving advice (most of it quite brilliant). We shared countless Club rides and numerous multi-day tours that took us all over the Northeast and Canada. I'm grateful that he chose to share the last 17 years of his life with me, and allowed me to share mine with him.

(Continued on bottom of page 13)

**Rides List (Continued from page 9)**

you will be), we'll introduce you to a double pace line (non-rotating), so you'll be ahead of the game next week. You know the drill by now: get there AT LEAST 20 mins. (try 30!) early, name on helmet, helmets on heads, ready to group, talk with your group leaders before riding-we leave at 9:00 AM sharp. You're getting to be a real A-Rider now. Rain Date Sunday, March 25

**A-19 SIG 50 MI 9:30 AM**  
**Ride #4: SKILL - SINGLE, ROTATING PACELINE: Nyack**  
**Leaders: Herb (Hubs) Dershowitz (212) 929-0787 and**  
**Joe Irizarry (718) 230-0756**  
**From: Boathouse Parking Lot**

NO NEW RIDERS MAY JOIN THE SIG TODAY: Payoff begins. You're feeling stronger, muscles ripple a little. Heartbreak Hill seemed little easier this time. Today, there's only a small change in velocity, but we'll learn and practice single rotating pacelines. A more beautiful thing to behold you haven't seen. We'll cruise out along scenic Route 505 through Englewood, Tenafly and pastoral Piermont to the cyclists hallowed ground, NYACK. On the way back, we'll cruise merrily along perfecting this critical "A" riding skill. If you haven't been training, this is the week you see the difference. This is the last week of our "no drop" policy. Train Harder!! The usual cancels; bring lots of water.

**A18 65 MI 9:00 AM**  
**SIMON SAYS: LETS GO TO "NYACK AND THE LAKES"**  
**Leader: Simon Nadulek (212) 685-5797 or CallSimon@aol.com**  
**From: The Boathouse**

A scenic ride past the Oradell Reservoir, Lake Tappan, and Lake De Forrest, then up Christian Herald (oy!) and down into Nyack for a well deserved lunch! Return via 340/501 and Churchill/Walnut or a 9W hammer -Group Consensus Required: Paceline & group riding skills . . . and helmets too. Cancels: the usual - call before 8:30 A.M.to confirm.

**A19 65 MI 9:00 AM**  
**A-Rider Spring Training Series: RIDE #4 of 12**  
**(Chappaqua)**  
**Leader: Michael Lin (212-744-6174, mtjlin@msn.com) and Phil**  
**Kiracofe (917-680-4714, pkiracofe@bigfoot.com)**  
**From: Hill across from the boathouse**

One more week to consolidate aerobic base. Sixty five miles? Easy. Riding together like a well-oiled machine? Old hat. Maybe we'll chat with the secret service too. Helmets required. Cancels: see March 3rd listing. Rain date: Sunday.

**B-SIG 15/17 52-57 MI 9:00 AM**  
**Ridgewood**  
**Leaders: Eva Wirth (212) 477-9322 ewirth@yahoo.com,**  
**Jim Janof (212) 737-1668**  
**Fom: Rambles Shed**

All the cobwebs are gone from our winter hibernation, so we're picking up speed. Class today will be about gears, and you'll need most of them on this pretty, but somewhat hilly ride west into New Jersey. Be careful, though: most of the hills are after lunch and one of our restaurant choices

**My Tribute to Irv by Maggie Clarke (Continued from page 12)**

We can all take some comfort in the fact, that he was able to do so many rides and help so many people during his life, and that he left us a wealth of information in written, graphical, audio and video form, that we can adapt for future generations of cyclists. Thanks Irv. Your generosity to the Club was a shining example for all of us. You will be sorely missed, but your advice and your actions will live on in our hearts.

is the best pancake house in the tri-state area! NOTE THE EARLIER START TIME. Cancels: below freezing at 8:00; > 50% chance of precipitation; wet or slick roads; steady winds above 20 mph. If weather cancels, we try again on Sunday.

**C12 20 MI 12:45 PM**  
**West Side Story**

**Leader: Terry Chin (718) 680-5227**  
**From: A.Y.H., 103rd St./Amsterdam Ave.**

We'll explore the West Side with a tour of N.Y.C.'s National Landmarks. From Grant's Tomb to the Battery. We'll finish our ride with a snack at the South Street Seaport. Co-led with 5BBC. Bring lock, snack or \$ for it. Helmets are required. Rain cancels. Cancellation conditions: Starting temps below 35o, excessive windchill, icy streets, or prediction of precipitation of 50%. Call Maggie if in doubt.

**SUNDAY, MARCH 25**

**A19 50 - 60 MI 9:00 AM**

**Destination: Pearl River**  
**Leader: Tom Laskey 9212) 961-1610**  
**Email: Tomoboe@mindspring.com**  
**From: The Boathouse**

I've been trying to get to Pearl River since December and each time the gods have forbidden it. Well the weather at least. Join me as I try again to ascend the citadel of this Rockland stronghold with it's newly renovated coffee shop and old world charm (okay so the renovation isn't so new anymore and old world?) Temps below 25 degrees at 8:30 or better than 75% chance of rain cancel.

**A19 75 MI +/- 9:00 AM**

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

It is a few days officially into Spring. Hopefully at this time the winter booties have been given the boot and the legs are feeling fresh and strong. Stateline diner in Mahwah is the destination in mind for this ride. A few roundabout hills on the way up and a more relaxed scenic route follows on the way back to the city. Wet stuff cancels; call the night before if in doubt.

**B16 60 MI 9:15 AM**

**Long Beach and Point Lookout**  
**Leader: Ron Grossberg (718) 369 -2413 or ARGEE401@AOL.com**  
**From: City Hall Park just Across from the entrance to the Brooklyn**  
**Bridge Bike path.**

Picnic lunch at Point Lookout overlooking the water (bathing suits optional)

**C-SIG 10/12 23/25 MI 10:00 AM**

**#4 Bergen Ramble**  
**Leaders: Maggie Clarke 212-567-8272; Patricia Janof 212-737-1668,**  
**Dona Kahn 212-399-9009, Lynn Sarro 212-722-8495, Arlene Ellner**  
**212-677-3306**

**From: George Washington Bridge Bus Terminal, 178th St. & Ft.**  
**Washington Ave.**

If you haven't registered for the C-SIG by this time, please call to verify start time and location for this ride. We will do Irv's 25-mile Club route through the lovely suburban residential areas of close-in Bergen County and practice skills including: 1) walking our bikes while steering from the saddle, 2) smooth starts and stops, 3) straight line riding, maintaining uniform spacing of approximately 2 bike lengths, 4) figure 8s, and 5) signalling. Lunch in a diner in Closter. Return to GW Bridge by 4:30pm.

Cancellation conditions: Starting temps below 35o, excessive windchill, icy streets, or prediction of precipitation of 50%. Call Maggie if in doubt.

(Continued on page 15)

## Remembrances of Irv Weisman by Bill Hoffman

I first met Irv on a summer Saturday afternoon in 1971. I passed him as we both were cycling up a hill on Pondfield Rd. in Bronxville. I had recently bought my first ten-speed bike. His first comment to me, after "Hello", was "Your seat's too low." So we stopped and raised the saddle. We continued on together for a while. I don't recall exactly where we went or how long we rode together, but before we parted, we agreed to meet again the next day to go cycling. I was living in New Rochelle then, and I think Irv met me at my apartment.

That was the beginning of my nearly 30-year friendship with Irv. When we met on that Sunday, Irv gave me the addresses of the New York Cycle Club and LAB, which was then called LAW. I joined both organizations, and have never been the same since.

I started going on NYCC rides. NYCC was the only club in the metropolitan area then, other than the Central Jersey club, so I would go to rides not only in Westchester County, but on Long Island and in New Jersey.

From the beginning it was clear to me that I could learn a lot from Irv. At first it was about cycling, but then I realized that he was knowledgeable on many subjects, and always eager to learn more about the ones in which he had no expertise.

It wasn't long before I became heavily involved in NYCC, and LAW. The position of New York Area Director of the League became vacant and I was appointed to it. That was in 1972. I held one League office or another continuously from then until just a few months ago, when I was replaced as Education Committee chair. For a number of years I had several positions, including three terms--a total of eight years--as the elected Board member representing New York and New Jersey. At the 2000 National Rally, I received the Phyllis Harmon Volunteer of the Year Award from LAB, the highest honor I could hope to attain from them. It all began with Irv.

In the NYCC, I served as the first formal rides chairman. Prior to that, the rides were scheduled at the monthly dinner meetings, based upon who showed up and was willing to lead. Irv, as I recall, was the person, or one of the persons, who advocated this more formal structure for carrying out the most basic function of the club--riding. I think I was also Secretary, and Treasurer, during my early years in the club. I know I was Acting President around 1974 when a schism developed over whether or not to have bylaws. (Irv eventually co-authored the Club's first bylaws.) I don't recall if there was an election, or whether I was just left standing after the other combatants had called it quits in disgust, but for a short time I held the club's highest office. That too all began with Irv.

Irv was the guiding force behind the Greater New York Coalition for Bicycling, which I helped found around 1974. I consider myself mostly a figurehead in that organization. Irv was the real brains. It was the forerunner of the current New York Bicycling Coalition.

but for a short time I held the club's highest office. That too all began with Irv.

Irv was the guiding force behind the Greater New York Coalition for Bicycling, which I helped found around 1974. I consider myself mostly a figurehead in that organization. Irv was the real brains. It was the forerunner of the current New York Bicycling Coalition.

Irv and I started traveling together to rallies, beginning with GEAR in 1972. I had a car, and he bought a rack. I don't remember how many GEARS, National Rallies, and SCORs we went to together, as well as NYCC weekends in the Catskills, but it was easily dozens. How many of you remember Pakatakan Lodge, the club's haunt every holiday weekend in the summer?

Irv and I made one bike tour together, a hosteling trip in Lancaster County, where I have lived in retirement for the past 11 years. His nephew Stuart Lefort was with us. That was my first itinerant tour. In one sense it was two trips in one--my first and my last. I found hosteling not to be my cup of tea, but that had nothing to do with Irv or Stuart. What I did learn was how to pack for touring, knowledge that has served me well in 28 subsequent years and probably 50,000 miles of long-distance touring that has taken me to 46 states and seven foreign countries. That all began with Irv.

Irv helped me improve the gearing on my first bike, and just last year showed me that I still had a few things to learn, after nearly a quarter of a million miles, with the modifications he suggested, and which I dutifully made with good results, on my present touring bike.

I undoubtedly would have learned much of what I know about the technical side of bicycles, but without Irv it would have taken much longer. Bicycling is the most important thing I have done in my life, and Irv taught me more about it than anyone else.

But there is another thing I'll always remember Irv for, and that is his sense of honesty and fair play. Irv was by no means a wealthy man financially; in fact, I would characterize him as living not too far above the poverty line. He was out of work for a number of years before and after I first met him. But he never expected anything for nothing and was impeccably honest in his dealings with everyone.

Irv, as an engineer, approached all matters in a typically dispassionate, analytical manner. This included his own mortality. In my last contact with him, probably in October or November, I phoned him because he had not responded to an e-mail I sent him. Prepared for the worst, I was relieved when he answered the phone. I asked, "How are you doing?" His response, very matter-of-factly as if I had said, "It's a beautiful day today", was "Very poorly!" He then filled me in on his condition. In so many words, he said that his doctors had given him maybe two more months, but he thought he might have a little longer.

Irv is one of the few people who has truly made a difference in my life, and that is a debt I can never repay.

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

## Rides List (Continued from Page 13)

**C 14**                                **40+/- MI**                                **9:00 AM**

**Ride to a Classic Diner**

**Leader:** Alinda Barth (212)928-5399    ahh1@columbia.edu

**From:** the top of the Path escalators at the World Trade Center.

Meet at 9 for the 9:20 Path train to Newark. From there we will ride over gently rolling terrain to lunch at a classic 1950's diner and then return to Newark Station. Bring change for the Path fare which may have gone from \$ 1 to 1.50, one way, by then. Rain cancels.

**MONDAY, MARCH 26**

**A17/18**                                **18 MI**                                **10:10 AM**

**OUTDOOR GROUP SPIN - laps in the park**

**Leader:** Siddeeq (718) 519-7892    email: hsidd1@aol.com

**From:** 90th Street at Central Park West

See March 1 ride listing

**THURSDAY, MARCH 29**

**A17/18**                                **18 MI**                                **10:10 AM**

**OUTDOOR GROUP SPIN - laps in the park**

**Leader:** Siddeeq (718) 519-7892    email: hsidd1@aol.com

**From:** 90th Street at Central Park West

See March 1 ride listing

**SATURDAY, MARCH 31****A-SIG Classic 61 MI plus laps 9:00 AM****Ride #6: Rockland Lake--Double, Rotating Pace Lines and Bike Handling Drills**

**Leaders:** Paul Frio (212) 529-9462 and Tony Haddad (212) 570-1166

**From:** Boathouse Parking Lot

You don't want to miss this one. This is the first big turning point for the A-SIG, where the leaders work with you to refine double-pace lining, alternating the lead on a line, and some critical bike handling skills (what do I do if someone knocks into me, or taps my back wheel?), all in the SIG skills-friendly setting of Rockland Lake. Double, non-rotating pace line to Nyack for breakfast. (Leaders pull!) Then a hilly 5 MI north to Rockland Lake Park, where we'll do loop after loop after loop of double, rotating pace lines, followed by bike handling drills on the grass. On the way home, more rotating double AND single pace lines. And more HILLS. You're getting really good at this stuff now. In fact, you are wondering why you thought biking was fun before you learned about pace lines. If you haven't been riding consistently during the week, you would not have gotten this far. Congrats! The usual: 8:30 to sign in, butts in saddles by 9:00 SHARP, helmets mandatory. Rain Date Sunday, April 1. No fooling.

**A-19 SIG**                                **65 MI**                                **9:30 AM**

**Ride #5: SKILL - DOUBLE - NON-ROTATING PACELINE: Syosset**

**Leaders:** Ed Fishkin (718) 633-3038    and Jim Galante (212)529-9627

**From:** Boathouse Parking Lot

You are all looking so fine. The pacelining we learned over the last few weeks will evolve into a thing of beauty today. We'll advance to double paceline riding to take advantage of the wind breaking effect of the front riders. This will enable us to keep the speed up and preserve our energy. You'll make short work of the spacious Long Island Expressway Frontage Road as we steam out to Syosset in record time. You won't believe how your training pays off. If you continue on the steep learning you've demonstrated thus far, we'll even rotate the double pacelines today. Today, stragglers will have to use their cue sheets, the "no drop policy has expired" Leaders will also decide today recommendations for reassignment to the "A Classic SIG or the "A Sig." The usual cancels.

**A19/20**                                **72 MI**                                **8:30 AM**

**A-Rider Spring Training Series: RIDE #5 of 12 (Mt. Kisco)**

**Leader:** Mike Mitchell (212) 245-2473, mmitchell@tuna.net and Jay Borok (212) 929-4711, jborok@netzero.net

**From:** Hill across from the boathouse

By now we're feeling pretty good, with 500 miles under the belt and impeccable paceline technique. So it's time to kick it up a notch. Phase 2 of the program: HILLS! Today, we'll do some nice Westchester rollers. Seven Bridges, Little Tor, and Co. to come in the weeks ahead. This week, one of us will also start leading hill repeats mid-week. Stay tuned to April's bulletin! As always, helmets required. Cancels: see March 3rd listing. Rain date: Sunday.

**A18**    **55 MI**                                **9:15 AM**

**Destination: Park Ridge**

**Leader:** Bob Hancock (212) 496-4075 rhancock@bellatlantic.net

**From:** Parking lot north of the boathouse

Description: Want a moderate pace to get those winter legs spinning? This ride is for you. We'll take an alternate route to Park Ridge with lots of flats and few turns. No hammerheads. "A" skills and helmets required. Rain, snow, locusts, or temperatures below 33 degrees cancel. If in doubt, call leader after 7:00 A.M.

**B-SIG 15/17**                                **55-60 MI**                                **9:00 AM**

**Mamaroneck Harbor**

**Leaders:** Carol Waaser (212) 581-0509 biker-c@rcn.com,

Paul Hofherr (212) 737-1553 bikeman999@aol.com

**From:** Rambles Shed

Our class will be about riding in traffic – skills we all need just to get to the start of our rides each week! And we'll practice those skills a bit today, especially on Route 1. But this is a pretty ride and, if the weather's nice, we can picnic on the beach. (If not, we have a few indoor choices.) Cancels: below freezing at 8:00; > 50% chance of precipitation; wet or slick roads; steady winds above 20 mph. If weather cancels, we try again on Sunday.

**SUNDAY, APRIL 1**

**B15**    **24 MI**                                **10:00 AM**

**Laps around the park**

**Leader:** Cathy Martone (212) 979-0969

**From:** The Boathouse

See description of March 11.

**C-SIG 10/12**                                **30/32 MI**                                **10:00 AM**

**#5 Closter**

**Leaders:** Maggie Clarke 212-567-8272; Patricia Janof 212-737-1668, Dona Kahn 212-399-9009, Lynn Sarro 212-722-8495, Arlene Ellner 212-677-3306

**From:** George Washington Bridge Bus Terminal, 178th St. & Ft. Washington Ave.

If you have not registered for the C-SIG, you must call us. We add a few miles to Irv's 25-mile Club route through the lovely suburban residential areas of close-in Bergen County. Lunch in a diner in Closter. Our skill practice includes: 1) review of previous work, 2) synchronized shift from one side of lane to the other, 3) emergency stop and resume, and 4) rock dodging. Return to GW Bridge by 4:30 pm or so. Cancellation conditions: Starting temps below 35o, excessive windchill, icy streets, or prediction of precipitation of 50%. Call Maggie if in doubt.

(Continued on page 16)

**Rides List (Continued from page 15)****C 12/14            32 MI            10 AM  
The Complete Flab-o's Guide To River Road****Leader: Peter Hochstein (212) 427-1041****From: Perimeter fence of the boathouse.**

Yecch! I've grown fat and out of shape over the winter. Time to turn soft lumpy fat into slightly harder and less lumpy fat. So we'll head across the GWB and up River Road, where you can proceed at your own C-ish pace, depending on your own state of physical decrepitude. We'll wait for everybody (including me) at the police station at the end. Home at a C-12 pace on Route 9W, with a late lunch stop at the Royal Cliffs Diner. Helmet required, lock and tire repair stuff strongly recommended. Precip, late season ice or snow on ground, or predicted high below 40 degrees cancels.

**SATURDAY, APRIL 7****A-SIG Classic            81 MI            8:30 AM  
Ride #7: SADDLE RIVER-- Endurance, Endurance,  
Endurance****Leaders: Christy Guzzetta (212) 595-3674 and****Rita Tellerman (212) 865-8489****From: Boathouse Parking Lot****NOTE EARLIER START TIME: RIDES AND DAYS ARE GETTING LONGER**

This is one of the best rides of the SIG...and one of the toughest. It involves pacing yourself for the long day ahead, working together with the group as a team versus blowing up on the way out only to find you have nothing left at the end. We'll take Saddle River Road north to Spring Valley for a stop at the Mt. Ivy Diner. On the way home, your reward: South Mountain Road. This is a yet a second turning point for many riders, and a taste of things to come. We're picking up the pace, achieving that targeted 21-22mph on the flats. This is what an A-Ride is like: challenging, long, fast. We've been working together for weeks now, training hard during the week so we can make it through rides like this. If you finish this ride, you're almost there. Departure at 8:30 SHARP. Get to the boathouse parking lot by 8:00 to sign in, group, and talk with your group leaders. The usual applies: helmets, names, pocket food, water, and a strong spirit. Rain Date: Sunday April 8.

**A-19 SIG            65 MI            7:30 AM  
Ride #6: SKILL - DOUBLE ROTATING PACELINE:  
Westport, Connecticut****Leaders: Ed Fishkin (718) 633-3038 and****Jim Galante (212) 529-9627****From: Grand Central Terminal: 8:07 Train (New Haven Line) to Westport Ct. Note the ridiculously early start time!**

This is one beautiful ride! You will have a phenomenating time today.

The elegance of double rotating pacelines in the pastoral setting of rural Connecticut will combine to present you with a breathtaking tour de force in an incredible ride. You are feeling so strong because your weekday training has reaped benefits for you. You're awesome! We'll be able to pick up the pace a little and really see the energy preserving and aerodynamic advantages of double rotating pacelines. Please get to Grand Central at least 1/2 hour prior to the scheduled departure time. You can get coffee and a bagel in the terminal and bring it on the train. **MAKE CERTAIN YOU HAVE A METRO NORTH TRAIN PASS. YOU Won't BE PERMITTED ABOARD WITHOUT ONE.** You must obtain one at Grand Central during the week; not on the day of the ride. The usual cancels.

**MONDAY, APRIL 16****All SIGs            First Aid            6:30 PM  
All SIGs: First Aid Class for Cyclists (limited to "Classic  
A, A-19, B and C" SIG participants only; sorry) 6:30 P.M.  
- 8:00 P.M.****Leader: Ed Fishkin (718) 633-3038****Location: Woodhull Hospital, Conference Room #1: Take the "J or M" train, last car, direction Metropolitan Ave. to the Flushing Ave. Stop. Go down the stairs, main hospital entrance and follow signs to Conference. Room # 1 on 3rd Floor.**

This class is mandatory for "A-19" Siglets. Other SIG participants confer with your leaders. This session is designed to make you more comfortable preventing and dealing with accidents and first aid requirements for common cycling injuries. Hopefully you'll never need to use what we cover this evening, but it's always better to be prepared.

Recommendations for small, portable first aid kit will be shown too.

**SUNDAY, APRIL 22****A-19 SIG            ? MI            9:30 A.M.  
Ride #8A: Skills riding and bike maintenance essentials  
Leaders: Michael Samuel (212) 722-8125 and  
Angel Rivera (212) 889-9346 , Ed Fishkin (718) 633-3038 and others.  
From: Boathouse Parking Lot**

Bring your bike. This activity is limited to "A-19" SIG participants, sorry. Half the group will ride with the pros and learn the skills necessary for crisis management on your bike (riding over gravel, sand, glass, sudden flat tires, bumping another rider, etc.), the other half will learn how to change a flat, lube your chain and several other essential skills to keep your bike running like new.

**SUNDAY, APRIL 29****A-19 SIG            ? MI            9:30 A.M.  
Ride #8A: Skills riding and bike maintenance essentials**

The Ride Leader Training committee will be forming to begin the Development of a program that will benefit all our members. If you would like to Attend and contribute your ideas or experience, contact:

**Gary McGraine****VP Rides****(212) 877-4257 email: garynycc@aol.com**



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

If you have any questions, 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

(Continued on Page 18)

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

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

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

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

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

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

**NYCC Jersey Form**

Mail to: Ben Goldberg  
1 Washington Square  
Building #5B  
NYC 10012

Email:  
goldberg@cs.nyu.edu

**LONG SLEEVE @ \$57 (Unigender)**

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

**SHORT SLEEVE @ \$50**

Men's		Women's	
Size	Chest	Quantity	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: \$7.00

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

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Tel.: Day \_\_\_\_\_ Eve. \_\_\_\_\_

**For Matching Water Bottles**  
Call (212) 371-4700 ~ Price: \$3.50

**The A-19 SIG (Continued from Page 17)**

White, the legendary Angel Rivera, Dawn Philcox, Kelleigh Dulaney, Reem Jishi, Jim Galante, Robert Dinkelman, 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 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 anyone 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

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**NYCC Memorial Day Weekend  
Berkshire Hills and Beyond  
May 26, 27 and 28, 2001**

As sure as spring turns to summer, the swallows return to San Juan Capistrano and the SIG's return to the boathouse, the New York Cycle Club returns to the Berkshires and settle into Sheffield, Massachusetts for the holiday weekend. Join us for three days of riding at all levels, picnic lunches and beautiful scenery. We will be trying some new routes this year and revisiting some classic old ones. (Is it Bish Bash or Bash Bish?) After riding, we will have a dinner at one of the Southern Berkshires nicest restaurants with details to follow. Though the snow is still on the ground, it is time to start making your plans. For additional information, e-mail at [Sheffield@nycc.org](mailto:Sheffield@nycc.org), or call ira Mitchneck (General Info) at (212) 663-2997 or Fred Steinberg (Rides) at (212) 787-5204. This year, there are two wonderful websites with information on lodging - Southern Berkshires Chamber of Commerce ([www.greatbarrington.org](http://www.greatbarrington.org)) and The Lodging Guide to the Southern Berkshires ([www.berkshirelodging.com](http://www.berkshirelodging.com)). The Chamber of Commerce also has a great deal of additional information on the area while the Lodging Guide features photos of many B & B's.

**For more info -**

Southern Berkshires Chamber of Commerce (413) 528-1510  
South County Lodging Association (413) 528-4006

the "whiiiiirrrrr" 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 you.

The A-SIG Classic does insist on a few ground rules: 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, mountain or hybrid bikes under any circumstances, 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](http://www.nycc.org). Or contact us with any questions directly at [asig.captain@nycc.org](mailto: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, it's 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 stresses 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 Waaser. The SIG group leaders are Jack Lehnert, Paula Kahn, Liane Montesa, CJ Obregon, Paul Hofherr and Jim Janof. 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 your road bike ready to go (tires properly inflated, clean chain and generally have a well maintained bike).

**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 NEGLIGENT RESCUE OPERATIONS, AND I FURTHER AGREE that if, despite the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as the result of such claim. I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

New     Renew     Change of Address    Date: \_\_\_\_\_    Check Amount: \_\_\_\_\_

**PLEASE PRINT OR USE ADDRESS LABEL. ZIP CODE IS REQUIRED.** Mail this application with a check made payable to the:

**New York Cycle Club, P.O. Box 20541, Columbus Circle Station, New York, NY 10023**

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: Jan. 1 - Dec. 31, 2001. Please check the appropriate box:**

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

**Recycle**

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

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

Membership card  
Cut me out. →

**Bike shop discounts!**

**BICYCLE HABITAT**

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

**A BICYCLE SHOP**

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

**SID'S BIKE SHOP**

235 East 34th Street (212) 213-8360 or www.sidesbikes.com, 8% parts, accessories and clothing.

**CNC BICYCLE WORKS**

1101 - 1st Avenue (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 Avenue  
(212) 724-2350. 10% off repairs and accessories (not on sale items and new bikes)

**TOGA BIKE SHOP**

110 West End Avenue  
(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



## LEADING A RIDE

Have you ever wondered what it takes to lead a club ride or why anyone Leading a Ride would want to? Well, that is a question a group of NYCC ride leaders were trying to answer recently at a preliminary meeting of the Ride Leader Training committee.

The value of any club or organization is dependent on the contributions of members. The goal of the committee is to encourage responsible members, new and old, to get involved.

How? By taking the mystery and fear out of leading rides through the demonstration of basic techniques and leaders sharing their experience in planning, scouting and leading a safe and enjoyable ride.

Why? Because it is important to promote cycling, it's fun, it's healthy and it's rewarding.

When? Stay tuned this spring to your club email, website and bulletin for more information on the Ride Leader Training series. And if someone asks you for assistance in coleading his or her ride, say yes.

We need YOU and are willing to go to any length to help you feel more comfortable and be more competent in leading a ride.

It is time to focus on quality rather than quantity.

The NYCC is up to almost fifteen hundred members and still growing. Impressive! Yet the number of members who have actually lead a ride is relatively small. More members leading only one or two rides is preferable to a few members leading several rides.

New blood is essential in maintaining health.

### **Don't Miss the Next Club Meeting!!**

**Tuesday / March 13**

**Annie Moore's Pub and Restaurant**, 50 East 43rd Street (west of Grand Central Station between Madison & Vanderbilt Aves) Dinner is \$20 (cash only, includes tax and tip). Social hour with cash bar at 6 PM. Dinner at 7 PM. Program (to be announced) at 8 PM. Take 4/5/6/7 to 42nd Street / Grand Central Station.

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