

NYCC *Bulletin*



President's message

Finally, Spring is here!! Here's a list of the top 10 sure signs of Spring for cyclists:

- 10) Riders begin to show off their legs
- 9) You have a lot of company in Central Park on those 6:00am training rides
- 8) You can hear what your fellow riders are saying because you don't have an inch of ultrasensor over your ears
- 7) You can still feel your toes at the end of a ride
- 6) You're starting to realize there are other destinations besides Nyack
- 5) You're not afraid to go back outside after a lunch stop
- 4) The thought of drinking from your water bottle doesn't give you hypothermia
- 3) The snow on the sidewalks in Bergen and Rockland has melted to reveal: there are no sidewalks in Bergen and Rockland
- 2) Spencer is modeling his Spring cycling wardrobe
- 1) The NYCC SIGs are in full swing

As I said in last month's column, Spring brings new cycling opportunities, longer and more challenging rides, riding during the week and later into the day. And with more riding comes more club activities and with more club activities comes more volunteer opportunities. It's been said before, our strength is in our 1500 members, that's a lot of potential volunteers to make the club activities the best they can be. Also as I mentioned, leading rides is one of the prime opportunities for volunteerism but far from the only one. Toward that end, we will be instituting a new feature to our fabulous website: a volunteer list. In the coming months there will be chances to help out the club in several non-cycling areas. First, in May, the second annual New York Bike Show will be held at the World Trade Center and the NYCC will be taking a booth. You'll find more information about helping out later in this bulletin but the bottom line is, we need people to man (or woman) the booth. You will now be able to sign up to help out through the website. Getting into the summer, we will have our annual free lunch/all-class ride, we'll need folks to help out there. And the season finale, Escape From New York, will take many volunteers for many different tasks. If you are interested in helping in any of these areas, it's never too early to make yourself known and now it's easier than ever by just going to www.nycc.org and follow the links to the volunteer list.

Last, but by no means least, if you plan on attending the club weekend in Sheffield, MA over Memorial Day Weekend, get your reservations in now. Again, there is more information on this later in the bulletin but space at the local B&B's is filling up fast. The Sheffield weekend is one of the club's highlights and you don't want to miss it.

See you on the road!

- Tom

Editor's Note

Well! It's done. My first issue as Bulletin Editor is behind me. My predecessor, Don Montalvo, said that the first issue would be rough. Was he kidding? It was ghastly. I only hope that my inexperience didn't show too much in the March issue and that future issues will go smoother. My thanks to the Board members who provided assistance. Don said that it would be a learning experience AND HOW!!!

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

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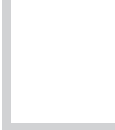
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LKN8@columbia.edu

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

Cover: This month's cover shows Hank Schiffman and ride group outside Patsy's Deli in Garnerville, NY.

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

(1) Snail mail. Mail your text files on a PC or Mac formatted ZIP, 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

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.**

<http://www.nycc.org>

Help Preserve Irv's Legacy to Cycling

By Maggie Clarke

Irv Weisman left a wealth of information behind, dealing with everything from gearing to spinning, to heart rates and fitness, and effective cycling. There are many files of handwritten notes, as well as cassettes of his talks (some as far back as the early 1970s), slides used in those talks, videos taken during 5 of his 1999 C SIG lectures, and a 1989 video: Wide-Range Gearing for Happy Touring, presented at the last New England Area Rally (NEAR) in 1989. (I also shot a video of the Irv's roast from last May where he spoke nearly as much as his roasters did.)

Irv had wanted to write a book on these topics, but he never stopped advising people on gearing and effective cycling long enough to sit down and organize everything. Before he died I told him I would put this information up on the web for all to see and benefit from, now and into the future. Depending on the availability of webspace and advanced technolo-

gy, some of the things we could do would be to colorize and animate his slides, clip audio bits to go with them, create slide shows, clip video bits,

where available, and make these topic-specific and interactive. Visitors to the site could ask for help on a specific area of gearing, safety, or whatever, and could get a 3- minute slide show or video clip, for example. Where audio or video of Irv is not available on a given topic, but there are writings, these too could be presented graphically.

In the interim I have mentioned this project to some of Irv's friends, and a committee is in formation now to help me organize these materials and make them web-ready. I see this as a long-term project, with people having a range of skills helping as their time allows for the love of Irv and his legacy. Some skills include technical knowledge of gearing, of course, website creation, translation of audio and video analog to digital form, powerpoint, graphic arts, and editing to mention a few. Anyone who would like to join this noble effort, please contact Maggie Clarke: mclarke@shiva.hunter.cuny.edu or 212-567-8272.

Montauk: The first great century of the season Sunday, May 20 (but register today!)

One of the great traditions of the New York Cycle Club is participating in the Montauk Century, an almost totally flat ride from Manhattan to the tip of Long Island, along the south shore. Even if you've never done a century before, or are just attaining your cycling fitness, this is the century to do!

We'll be using the transportation and support facilities of the 5BBC. Below are the instructions for registering. Unlike the 5BBC, though, we will be riding in groups, like our usual rides. We'll have several A and B groups. The ride is 130 miles, but, remember, it is almost entirely flat. The 5BBC provides food stops along the way. The organizers will also transport a bag to Montauk for you, if you want to have a change of clothes waiting for you. Since free hot showers are provided in Montauk, be sure to include a towel and shampoo in the bag. On the way back, your bikes will be transported by truck.

To accommodate riding as a group, you will not have to show up at the 5BBC registration desk on the morning of the ride, but rather should proceed directly to the NYCC meeting point announced in the May bulletin. Please be sure to pre-register on-line or by mail, though, as soon as possible.\

Here is what you need to do:

Today:

1. Register on-line at www.5bbc.org, or
2. Get a Montauk Century registration form
 - a. from your local bike shop, or
 - b. off the Web at www.5bbc.org, or
 - c. by calling (212) 932-2300 x139 and leaving your name and address.
 Fill out and sign the registration form and mail it in with a check for \$56 (remember, that includes food, sag, return transportation, and bike transportation). You will receive an information packet giving all the necessary details.

Saturday, May 19:

3. The day before the ride, you will be able to drop off a bagcon-

taining a change of clothes, towel, etc., to be transported to Montauk. The details will be provided in the May NYCC bulletin.

Sunday, May 20:

4. Get up early. Put on sunscreen (very important!).
5. Go directly to the NYCC meeting place announced in the May bulletin. You will NOT have to go to the 5BBC registration area. Be sure to bring your number, which you will receive in your registration packet.
6. Have a GREAT ride!

Questions? Contact Ben Goldberg at (212) 982-4681 or goldberg@cs.nyu.edu.

Please read this before your first club ride

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

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

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

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

BEFORE ANY RIDE: Check that your bike is in good riding condition: brakes and derailleurs working well, tires pumped to the pressure specified on the sidewall. Eat a breakfast consisting of carbohydrates and proteins.

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

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

SCHEDULE: Here is the schedule as of February 6th, 2000. **Contact Metro North for the most current schedule:**
Bike passes are always required. There are no Bike Trains on holidays. Refer to roster for restrictions which apply at other times. If you are leading a ride and absolutely require a Bike Train at another time, you must call NYCC's Metro North liaison, George Kaplan at (212) 989-0883 well in advance to try to arrange another train for your ride. Bike passes are available at Window 27 at Grand Central or by calling (212) 499-4398 for an application.

Riding	Description
A	Vigorous riding with advanced bike handling ability including cooperative paceline skills. Stops every 2 hours or so.
B	Moderate to brisk riding with more attention to scenery. Stops every hour or so.
C	Leisurely to moderate riding, sightseeing and destination oriented. Stops every half-hour or so.

Cruising Speed	Central Park Self Test
22+ mph	1'10" or less
21	1'10" to 1'13
20	1'13" to 1'16
19	1'16" to 1'20
18	1'20" to 1'25
17	1'25" to 1'30
16	1'30" to 1'38
15	1'38" to 1'48
14	1'48" to 2'00
13	2'00" to 2'14
12	2'14" to 2'30
11	2'30" to 2'50

Outgoing from GCT	Returning to GCT
GCT>Poughkeepsie 7:43am (Hudson Line)	Poughkeepsie>GCT 3:40pm (Hudson Line)
GCT>Poughkeepsie 8:54am (Hudson Line)	Poughkeepsie>GCT 4:35pm (Hudson Line)
GCT>Brewster North 7:48am (Harlem Line)	Poughkeepsie>GCT 5:40pm (Hudson Line)
GCT>Brewster North 8:48am (Harlem Line)	Brewster North>GCT 3:07pm (Harlem Line)
GCT>New Haven 8:07am (New Haven Line)	Brewster North>GCT 4:07pm (Harlem Line)
GCT>New Haven 9:07am (New Haven Line)	Brewster North>GCT 5:07pm (Harlem Line)
	New Haven>GCT 2:57pm (New Haven Line)
	New Haven>GCT 3:57pm (New Haven Line)
	New Haven>GCT 4:57pm (New Haven Line)



Rides List

Always wear your helmet!



SUNDAY, APRIL 1 (April Fools Day)

A19 65 MI 9:00 AM (daylight savings time)

A foolish ride to the "Dog's House" . . . in Chappaqua!

Leader: Spencer Koromilas (212) 867-8678 or

SpencerNYCC@juno.com,

Co-leader: Simon Nadulek (212) 685-5797 CallSimon@aol.com

From: The Boathouse

Calling all "trained" cyclists who have come out of hibernation . . . and back to their wheels. Join us on a beautiful ride up the Hudson, thru Sleepy Hollow, on our way to "The Dog's House" in Chappaqua, for a lunch and possible hello (barking permitted). Return up Whipoorwill, Nanny Hagen and the Sprains. Subway (4/5) return from Bedford Park & The Grand Concourse. No serious political finger pointing permitted. Marc Rich and Monica jokes encouraged. Required: Qualified group riding skills (Single & double pace line). Smooth riding. Cancels: Horrific weather conditions! Call leader by 8:30 AM to confirm.

A18 50+/- MI 8:00 AM

Tough Guys Ride

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

From: The Boathouse

Being that it is April Fool's Day, I figure I'd lead a less than typical A ride. It is an urban excursion passing through some neighborhoods of past and present "tough guys" like Frank Sinatra, Tony Soprano and Tube Bar's Louis "Red" Deutsch. Some highlights of the ride include a few hills alongside River road, a little taste of Japan and Paris-Robaix, a nice view of Lady Liberty, the Manhattan skyline and Jersey brownstones, a

cool river breeze, a bark or two by Butch - the spirited junk yard dog and a not so glamorous view of Exxon Valdez or one of its incarnates. A little bit of hard pack dirt road ridin' is thrown in for good measure. (Yo! It's a tough guys ride, remember?) Road bikes are perfectly up for the task (700x20s not recommended). Tough gals and a friendly 'tude are most welcome, too. Ride ends with Staten Island ferry ride to lower Manhattan. Start early, back early.

B17 55 MI 9:00 AM

Blini and Caviar Ride

Leader : Ira Mitchneck (212) 663-2997

From : The Boathouse

If it's your birthday this weekend, I'll pick up the tab for blini and caviar after your troika ride. The rest of us will celebrate the day (April Fool's Day), spin our legs a bit, ride two across and have pancakes and eggs in Pearl River. Obscure question of the day - Why is April 1 given it's name? All answers and B17 riders welcome.

C12 / 14 32 MI 10:00 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.

ALL RIDERS PLEASE NOTE - Effective this issue, the regular rides are being separated from the SIG (Special Interest Group) rides. The SIG rides listing begins on **Page 12**.

Helmet required, lock and tire repair stuff strongly recommended. Precip, late season ice or snow on ground, or predicted high below 40 degrees cancels.

C12 **25 MI** **10:00 AM**
Raiders of the Lost Greenway
Leaders: Dick Goldberg (212).874-2008, Richard.Goldberg.64@alum-ni.brown.edu, and Ed Ravin
From: AYH Hostel, 103rd Street and Amsterdam Ave.
Visit the bike paths that New York City forgot! Discover miles and miles of Manhattan's off-road waterfront trails that have been abandoned and neglected by the city, but which have wonderful river views. *Hybrid or mountain bikes only.* Terrain: 25 mostly flat miles of rocks, broken glass, ruts, and discarded automobile parts, with occasional interludes of pavement.
Bring a patch kit and an extra tube - Just In Case. Co-led with 5BBC. Helmets required.

TUESDAY, APRIL 3

A19 **20+/- MI** **6:00 AM**
SIG training rides in Central Park
Leaders: Cathy Martone (212) 979-0969 and Linda Wintner (212) 876-2798
From: 60th Street and Fifth Ave. at Park entrance at 6:00 am* and 90th Street and Fifth Ave. at 6:10 am*
* (Start time may get earlier as it gets lighter so check Ben Goldberg's weekly email listing or check with us on Saturdays before the SIG ride for the exact time) We'll be doing laps, hill repeats, interval training, pacelining, and whatever other exercises we learn in the A19 SIG. We'll gradually increase the speed as the SIG speed increases. Good group riding skills required. We hope to see you out there. No calls after 9:00 pm or the morning of the rides please. Precipitation cancels.

A19 **20+/- MI** **7:00 PM**
Sig Evening Training Rides
Leader: Harvey Minsky (212) 595-9344 spokes609@aol.com
From: Central Park West at 90th St.
Dist: 3 Loops of Central Park @ 20 miles. The usual Cancels

WEDNESDAY, APRIL 4

A18 **15 MI** **7:00 PM**
A-Rider Spring Training Series Addendum: Hill Repeats
Leader: Greg Cohen (212) 749-5163, mrlovely@earthlink.com + guests
From: 90th St. and Central Park West
On Wednesdays this month, we'll work on building up the strength, form and technique needed for the steep mountains we're going to climb as part of our series. We'll start out by doing an easy pace warm-up lap around the park. On the second lap, we'll shift into our big chainring at the base of Harlem Hill and hammer it up, preferably seated. This is a power workout, speed is not important. In fact, I expect cadences to be in the 55 to 85 rpm range. We will then spin it down, take the cut-off and do four more repeats. This will be followed with an easy pace recovery lap, shortcut included. These sessions should be buffered by quick-spin recovery laps around the park on Tuesdays and Thursdays. Rain cancels.

THURSDAY, APRIL 5

A19 **20+/- MI** **6:00 AM**
SIG training rides in Central Park on Tuesday and Thursday mornings
Leaders: Cathy Martone (212) 979-0969 and Linda Wintner (212) 876-2798
From: 60th St. and Fifth Ave. at Park entrance at 6:00 am* and 90th St. and Fifth Ave. at 6:10 am*
See description for Tuesday, April 3rd.

A19 **20+/- MI** **7:00 PM**
Sig Evening Training RidesTime
Leader: Harvey Minsky (212) 595-9344 spokes609@aol.com
From: Central Park West at 90th St.
See description for Tuesday, April 3rd.

SATURDAY, APRIL 7

A19 / 20 **75 MI** **7:30 AM (Sharp!)**
A-Rider Spring Training Series: Ride #6 of 12 (Katonah)
Leaders: Peter Walker (212-831-4418, peter.walker@gs.com) and Greg Cohen (212-749-5163, mrlovely@earthlink.com)
From: Grand Central Terminal @ 7:50 am or 125th @ 8:00 am
This week we're doing something a little different by taking the train out of the city in order to ride along some of upper Westchester's most beautiful roads. There's plenty of space on these empty flats to do big chainring, long double rotating pacelines and lots of rolling hills to build up the strength needed for the second half of our series. Of course, helmets required. Rain date: Sunday.

A18 **65 MI** **8:50 AM**
Some where on Long Island flat to rolling hills.
Leader: Siddeeq (718) 519-7892 hsidd1@aol.com
From: 59th St. and 2nd Ave.
Arrive 8:50 am, leave 9:10 Sharp! Nice tight group ride. Pace line skills required. No cue sheets. Must keep 18 mph pace on the flats quick 45 minute lunch stop at Bagel store. Then return. Subway bailout option on return at Woodhaven/QueensBlvd. "R or G" train. Rain cancels.

B15 / 16 **50+ MI** **9:30 AM**
Get back on you bike and get back in shape
Leader: Ben Goldberg (212) 982-4681
From: the Boathouse
Need motivation to get back on your bike? Join me for a steady pace ride through either Westchester, New Jersey or Long island. Rain, below freezing or slick roads cancel.

C14 **30 MI** **9:30AM**
Manhattan's other Island, Queens and Brooklyn
Leader: Robert Gray (212) 593-0986 nyarchitect@email.msn.com
From: The Boathouse
Cross the river twice and explore Queens and Brooklyn on my favorite training ride. Rich and poor, industrial and residential, low and high, new and old, banal and historic. Roosevelt Island, Long Island City, Gantry Park, Green point, Williamsburg, Fort Greene, Prospect Park, Park slope, Carroll Gardens, Brooklyn Heights, Brooklyn Bridge, return up East side to start. A few hills and two large bridges with bike paths. Stops for refreshments as required and for a modest deli lunch in Carroll Gardens. Not really a leisurely ride, we do some climbing and keep moving. Strong forecast for rain cancels.

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

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

SUNDAY, APRIL 8

A19 65 MI 9:30 AM
Backdoor To Nyack
 Leader: Peter O'Reilly (212) 414-1937,
 Co Leader Reem Jishi (718) 522-2675
 From: The Boathouse

Hey, it's Spring already. It's time to get in shape. Will you be the hunter or the hunted this season? It all starts with the "If you win, you win. If you lose you still win. There's no way you can lose!" kind of attitude. Unleash the raging bull inside of you and get out and ride! Join us for a spin to a common destination with a less common approach via Bradley Hill/Nyack College

B15 / 16 50+ MI 9:00 AM
New route to Nyack
 Leader: David Charig, ksyrrium007@aol.com
 From: the Boathouse

A beautiful backroads ride to Nyack. There are a few hills, but not too many. Rain, bad weather or slick roads cancel.

MONDAY, APRIL 9

A19 25 MI 5:45 PM
River Road Hill Repeats
 Leader: Dawn Philcox (212) 283-0806
 email: dawn_philcox@hotmail.com
 From: GWB - New York side

A19 SIGGIES - Come learn a variety of hill training strategies as we begin a once-weekly ritual from now until the end of the SIG on beautiful River Road. Rain cancels. Helmets required always; bike tail lights required first few weeks. You should also be comfortable riding home through the city at dusk.

B15 18MI 10.10AM
Laps around the park
 Leader: Hannah 9212) 348-2601, gasiorcj@att.net
 From: Engineers Gate, 90th St. and 5th Ave.

Need extra motivation to get out on a Monday morning? Let's meet in the park for a few moderately paced laps. Heavy rain cancels.

TUESDAY, APRIL 10

A19 20+/- MI 6:00 AM
SIG training rides in Central Park on Tuesday and Thursday mornings
 Leaders: Cathy Martone (212) 979-0969 and
 Linda Wintner (212) 876-2798

From: 60th St. and Fifth Ave. at Park entrance at 6:00 am* and 90th St. and Fifth Ave. at 6:10 am*

See description for Tuesday, April 3rd.

A19 20+/- MI 7:00 PM
Sig Evening Training Rides

Leader: Harvey Minskey (212) 595-9344 spokes609@aol.com

From: Central Park West at 90th St.

See description for Tuesday, April 3rd.

WEDNESDAY, APRIL 11

A18 15 MI 7:00 PM
A-Rider Spring Training Series Addendum: Hill Repeats
 Leader: Greg Cohen (212) 749-5163, mrlovely@earthlink.com +
 guests
 From: 90th St. and Central Park West
 See April 4 listing.

THURSDAY, APRIL 12

A19 20+/- MI 6:00 AM
SIG training rides in Central Park on Tuesday and Thursday mornings
 Leaders: Cathy Martone (212) 979-0969 and
 Linda Wintner (212) 876-2798
 From: 60th St. and Fifth Ave. at Park entrance at 6:00 am* and 90th St. and Fifth Ave. at 6:10 am*
 See description for Tuesday, April 3rd.

A19 20+/- MI 7:00 PM
Sig Evening Training Rides
 Leader: Harvey Minskey (212) 595-9344 spokes609@aol.com
 From: Central Park West at 90th St.
 See description for Tuesday, April 3rd..

SATURDAY, APRIL 14

A19 / 20 80 MI 8:30 AM
A-Rider Spring Training Series: RIDE #7 of 12 (Pound Ridge)
 Leaders: Michael Lin (212-744-6174, mtjlin@msn.com) and
 Mike Mitchell (212-245-2473, mmitchell@tuna.net)
 From: Hill across from the boathouse
 Yet another lovely bucolic Westchester ride, this one courtesy of the gallant Spencer Koromilas. We'll get an excellent workout on this roller-coaster ride, and watch out for that clavicle-eating hairpin turn on Farms Road! Of course, we're NOT going to let that happen, because, as in all rides in this series, were going to ride COOPERATIVELY and SAFELY, looking out for each other. Helmets required. Return is via Metro North, so bring pass and fare. Rain date: Sunday.

A18 65+/- MI 9:00 AM
Destination: Nyack with Hills
 Leaders: Richard Ramon (718) 745-7025 or Ramonr@coned.com and
 Simon Nadulek (212) 685-5797 or CallSimon@aol.com
 From: Boathouse
 TIME TO PAY THE TAXMAN - NYACK WITH HILLS. A ride to Nyack with some taxing hills. Lunch at the Runcible Spoon. Required: Paceline, Group Riding Skills & Helmets. Cancels: The usual.

A18 / 20 75 MI 9:00 AM
Sleepy Hollow/Armonk
 Leader(s): Fred Steinberg (212) 787-5204 fsteinberg@nyc.rr.com,
 Hank Schiffman (212) 529-8092 schiffhank@aol.com
 From: The Boathouse
 Pick your pace; two leaders, same hills. Up the river to Sleepy Hollow, over Bear Ridge and Wipoorwill to Armonk. River return including backroads of Riverdale and Marble Hill(!) A Concourse-free traverse through 'da Bronx. Cancel condition: wet/icy roads; wind chill -0. Metro North pass advisable.

B16 50 MI 9:00 AM
Spy Ride

Leader: Diane Goodwin (212) 875-9547 and Chris Pile (203) 849-1038

From : The Boathouse

50 mile hilly ride to Elmsford - Westchester County. Let's visit the grave of Pvt. Issac Van Wart - captor of Major John Andre. Also, we'll visit the oldest Dutch Reformed Church which still conducts services. Do you know about the schoolhouse? Learn about Elmsford - the Van Tassels, Van Cortlandts, Storms, etc... Meet the mayor! If you want to know a little of the history of this area, come on this ride. Lunch at a diner.

SUNDAY, APRIL 15

A17 40 MI 9:00, 9:30, 10:00 AM

A-Rider Supplemental Hill Training (Staten Island)

Leaders: Mike Kuor (212)699-3825 x 5553

bikehikemike@bikerider.com and Greg Cohen (212) 749-5163

mrlovely@earthlink.net

From: The Boathouse at 9:00AM SHARP!

Manhattan Ferry Terminal at 9:30AM or St. George Terminal (S.I.) at 10:00AM

This ride is for all you animals who did'nt get enough vertical mileage on Saturday. We'll offer guidance to help improve your climbing skills and strength. Scenic hills o' plenty with gradients ranging from 4% to 16%, who needs Westchester? So if you're tired of river road, laps around the park etc. - try this workout. We'll take the ferry across for a quick climb,

quick deli stop, and a speedy return home. I know it'll take some effort but the payoffs are worth it, Don't Miss This One! All A-riders/ Siggies welcomed. Helmets and pocket food rec., the usual cancels.

B16 50 MI 9:00 AM
Spring Ride

Leader: You Decide

From: the Boathouse

If you road hard in the SIG yesterday, your legs need that easy spin. And if you are not in the SIG, get your bike and get out for a ride. Any volunteers to lead? If you would like to lead, but need a que sheet or a destination, contact the ride co-ordinator or visit the website.

C12 20 MI 12:45 PM

Brooklyn Queens Mosaic

Leader: Terry Chin (718) 680-5227

From: Soldiers/Sailors Monument - Grand Army Plaza (near Prospect Park)

From borscht to arroz con pollo, we'll tour some interesting neighborhoods: L.I.C., Greenpoint, Williamsburgh, Fort Greene, the Waterfront and Brooklyn Heights. We'll stop at the Brooklyn Botanical Gardens. Brooklyn library cardholders can get a free pass at local branches: all others \$3 entry fee. The ride is mostly flat with a few steep hills. This tour ends with a snack on the Brooklyn Promenade, several blocks from the Brooklyn Bridge. Co-led with the 5BBC. Bring lock, lunch or \$ for it.

(Continued on Page 8)

A MEMORIAL CELEBRATION FOR IRV WEISMAN

As Spring returns and we resume cycling full tilt, please join with us to remember Irv Weisman: former NYCC president, board member, outstanding advocate of safe and efficient cycling, curmudgeon and ultimately mentor to us all. An evening of reminiscence, music and potluck food is planned for -

Monday, April 30 - 6:30 PM

Hunter West Building (SW corner 68th Street & Lexington Avenue, NYC)

(Lexington Avenue Subway #6 train, 68th Street stop)

Room 217 (Up the escalator, right at the snackbar, room is to right)

Please contact George Kaplan if you can make it: geocarl@juno.com or 212.989-0883

If you'd like to participate by speaking, loaning us some photos to display, making music or bringing food to share, please let us know in advance:

Speakers: contact Dick Goldberg: Richard.Goldberg.64@alumni.brown.edu or 212.874-2008

Music and photos: Maggie Clarke: mclarke@shiva.hunter.cuny.edu or 212.567-8272

Food: Lynn Sarro: Sarka@erols.com or 212.722-8495



We look forward to seeing you!

TUESDAY, APRIL 17**A19 20+/- MI 6:00 AM**
SIG training rides in Central Park on Tuesday and Thursday mornings

Leaders: Cathy Martone (212) 979-0969 and Linda Wintner (212) 876-2798

From: 60th St. and Fifth Ave. at Park entrance at 6:00 am* and 90th St. and Fifth Ave. at 6:10 am*

See description for Tuesday, April 3rd.

A19 20+/- MI 7:00 PM
Sig Evening Training Rides

Leader: Harvey Minsky (212) 595-9344 spokes609@aol.com

From: Central Park West at 90th St.

See description for Tuesday, April 3rd.

WEDNESDAY, APRIL 18**A18 15 MI 7:00 PM**
A-Rider Spring Training Series Addendum: Hill Repeats

Leader: Greg Cohen (212) 749-5163, mrlovely@earthlink.com + guests

From: 90th St. and Central Park West

See April 4 listing.

C12 / 14 12 / 18 MI 7:00 PM SHARP
Wednesday Night Stressbuster Series

Leaders: Peter Hochstein (212) 427-1041 and David Sabbarese DSabbarese@firstmanhattan.com

From: 90th Street & 5th Ave Central Park Entrance

Reduce tension, elevate your heart rate and improve your social skills. Sprint 2 to 3 laps around the park (according to the whim of the group) at your own C pace. We compress after each lap to schmooze for a few minutes and wait for the slower riders before we start again. Pizza afterwards is always a possibility. Join us solo or bring a cycling partner. The group developed a small but devoted following last year. We hope for a larger following in 2001. Precip cancels.

THURSDAY, APRIL 19**A19 20+/- MI 6:00 AM**
SIG training rides in Central Park on Tuesday and Thursday mornings

Leaders: Cathy Martone (212) 979-0969 and Linda Wintner (212) 876-2798

From: 60th St. and Fifth Ave. at Park entrance at 6:00 am* and 90th St. and Fifth Ave. at 6:10 am*

See description for Tuesday, April 3rd.

A19 20+/- MI 7:00 PM
Sig Evening Training Rides

Leader: Harvey Minsky (212) 595-9344 spokes609@aol.com

From: Central Park West at 90th St.

See description for Tuesday, April 3rd.

SATURDAY, APRIL 21**A19 / 20 85 MI 8:30 AM**
A-Rider Spring Training Series: RIDE #8 of 12 (Little Tor)

Leaders: Jay Borok (212-929-4711, jborok@netzero.net) and Phil Kiracofe (917-680-4714, pkiracofe@bigfoot.com)

From: Hill across from the boathouse

Back to New Jersey today! We'll warm up on Knickerbocker and then go to work, climbing 9W past Nyack and Rockland Park, approaching the hill via South Mountain Road, and rewarding ourselves with lunch at the Mt Ivy diner (note strategic placement AFTER the climb). The return features a long, fun (=slightly downhill) section via Spook Rock/Cherry Lane, some rollers, and then the last climb to the bridge. It's a hard day in the saddle, so good company appreciated, and cooperative spirit required. Helmets required. Rain date: Sunday.

A18 60 MI 8:30 AM
Kensico Dam, Out & Back Westchester

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

From: Lenox Ave. and Central Park Drive. (First exit after pool. North end of Central Park)

Arrive by 8:30 am, Leave 8:50 Sharp! Nice tight group ride. Pace line skills required. No cue sheets. Some hills. Must keep 18 mph pace on the flats quick 45 minute lunch stop at Bagel store. Then return. Subway bailout option on return at Bedford Park "D" train. Rain cancels.

B15 45 MI 9.30 AM
Spring ride to Piermont

Leader: Laurie Nisco (212) 961-1129 or email lkn8@columbia.edu

From: The Boathouse

Join me on this ride in pursuit of spring, fitness and fun. Many of us have not been very active so far this year so this is a great opportunity to get back in gear. We will have lunch in Piermont. April showers cancels the ride.

C14 50 MI 9:00 AM
Ridgewood New Jersey, a charming town in a charming neighborhood

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

From: The boathouse parking lot

Englewood, Haworth, Oradel, Ridgewood and more of the older and near New Jersey suburbs on the way back. A quick look at Radburn, the famous greenway planned community. Only two notable hills, the climb to the GW bridge through upper Manhattan and the palisades on the way back to the bridge. We will take the easiest route for both those hills. The terrain is somewhat rolling, a little more so than the typical trip to the North toward Piermont. Lunch in Ridgewood at the half way point. Please expect to keep moving at the rated pace, after all this is really about exercise. Bring an extra tube, 2 water bottles, and expect to be back by about 3 PM.

SUNDAY, APRIL 22**A19 70 MI 8:00 / 8:30 AM**
Oyster Bay

Leader Lawrence Ksiez (718) 478-0644

From: The Boathouse @ 8:00,

Jewel Ave and Queens Blvd @ 8:30 am.

This is probably one of the nicer rides I know on Long Island. It's quiet and peaceful at the park in Oyster Bay, so let's go crash the party and make some noise!!! (just kidding). We'll probably grab food at the Deli and eat at the park or at the gazebo. Rain cancels.

B16 50 MI 9:00 AM
Spring Ride

Leader: You Decide

From: the Boathouse

(Continued on Page 10)

Welcome to our Newest Members

Derrick Acker	Maria Ciunga	Mario Grande	Erik Morr	Mary Soley
Naeem Ahmed	Edgar Coatman	Daniel Greenberg	Artie Nathan	Jeanne Solomon
Ahmed Alcantara	Eurydice Damianos	Noh Greenhill	Douglas Nervik	Alan Stempel
Jed Alpert	Scott Demel	Richard Griffith	Dimitri Nikas	Stuart Stevens
Daniel Baratta	Katherine Dennison	Paul Grower	Chim Nudell	Frank Tantillo
David Bauhs	Rachel Diamond	Tanya Harroun	Hillary Oberstein	Robert Tas
Donald Belfer	Felix Diaz	Evelyn Heinbach	Norene Oldfield	Jeffrey Terosky
Evan Bergstrom	Rebekah Diller	Jonelle Hinchcliffe	Lucy Palmer	Hajo Thiele
Lissy Binder	Francis Dillon	Steve Ho	Jacqueline Parris	Peter Trunfio
Kal Bittianda	Kathleen Donohue	Erica Hutchinson	Stafford Perkins	Karen Tsui
Jim Bixler	Konstantin Dzhibilov	Pamela Hyder	Jennifer Petrie	Lexi Van de Walle
Monica Blauner	Sarah Edgar	Divya Jhingran	Elizabeth Propp	Chris Van Winkle
Kimberly Bliss	Thomas Egan	Flor Jorge	Mandy Redman	Mark Vogel
Tracey Bobb	Nicole Erdman	Andrea Kannappell	Todd Reemtsma	Megan Watkins
Dana Bol	Doug Ferguson	Colleen Kelly	Stacie Renfro	Kathleen Watkins
Ali Boneval	Sue Foster	Jeannine Kiely	Peter Rippon	Anne Wheeler
Ray Bracken	Cathy Gallagher	Brian Kirk	Alvin Rodolfo	Maureen Wright
Michael Braga	Justin Gardinier	Becky Koh	Franca Rofe	Gary Young
Sheila Brandwein	Ralf Gehrke	Nicole Kruck	Adam Rolston	
Joseph Brazil	Stephen Geist	Katerina Kucera	Kathryn Ross	
Cristina Bucci	Jackie Geller	James Lane	Glen Schauer	
Kthryn Buerkert	Scott Geller	Brad Lawliss	Maurice Schilder	
Leslie Camacho	Rob Gensior	Taliah Lempert	Cidney Schultz	
Brian Cameron	Rob Gloddy	Marc Maier	Ronald Schwartz	
Erin Cartwright	Joann Gonchar	Barb Mangold	Ken Schwartz	
Timothy Casey	Jill Gordon	Robert Martinez	Charles Shellhorn	
Dr. Frank Celenza	Ben Gosseen	Carlen Moday	Jonathan Silvers	
Ming Cheung	Jay Gottfried	Simon Moore	Heather Simpson	

Remembering Irv by the Numbers

Back around 1984 when I joined NYCC, there was no SIG. I'd joined in the Fall, and done a cautious all class ride with a C group. But I wanted to ride to Montauk. There was a series of A-training rides early in the spring, led mostly by Chris Mailing, Doug Blackburn, and Maxim Vickers. I remember my first, with Maxim, and what hard work it was to climb Bradley in the 45/23 low gear I had on my old \$50 Ross. Stella in Toga had set up the gears when I needed a new cluster, and she said I looked strong and didn't really need those big ones in the rear.

Irv ran the club's yearly 4-lap self tests, and he commented that the cluster was too small, and that I probably worked too hard to make the 18mph average I'd achieved. The tone was set for the push-pull on gears and heart rate that continued for over a decade between Irv and I. That little cluster got me to Montauk that year, but my next bike, a Cannondale, had conventional gears.

Chris Mailing used to teach riding technique. He'd run gymkhanas in a parking lot in Nyack, and practice turns on the 110 St. downhill in Central Park. But Irv was clearly the passionate proponent of efficient gears. When I signed up for the club's Utah trip organized by Art Guterding, I consulted Irv about gearing for those formidable western inclines. He replaced my 50/45 chainring with a 48/36, and the 13-26 rear cluster with a custom array that went up to 30. It had one gear that was a strange tooth count and was of a different colored metal (could it have been a 27???), and the largest cog could be jokingly referred to as a pizza pie. I needed a different derailleur to accommodate the range. Strange though it all appeared, I had no trouble with any of the hills in the five national parks we visited in Utah. I remember surprising a couple of the guys when I passed them near the top of one 8% grades they'd done standing most of the way.

Irv kept track of his gears, and about six months after that trip, he called to see if he could get that funny-colored cog back to put on someone else's bike. I'd gone to a more conventional but still larger than usual

13-28 by then and was happy to comply. I kept the 48-36 front and what I missed was the 109 top for downhills, especially in a club time trial when, pedalling hard as I could, I couldn't keep up on the 9W downhills between the GWB and Nyack.

Irv and I were both on the NYCC board for a few years, I as Bulletin editor, Irv as secretary. He was constantly working on refining the ride classifications, and to convince leaders to stick to them. And of course, it was never completely successful because there's always someone off the front, and someone puffing in the rear. For my Spectrum, I didn't consult Irv. The range I had on my Cannondale worked well, I just wanted more fine-tuning in between. Tom Kellogg worked out a triple that did just that, and added a little more power on the downhill end, though not 109. It's a 49-45-32 chainring, with a 13-14-16-18-20-23-26 cassette. The range is from 102 gear inches to 33.2. Irv surely didn't approve of the way I avoided using the 32 chainring!

I wonder what Irv would have recommended for our End to End tour of England and Scotland. We were astonished when we encountered an incredible 30% grade, 22% was not uncommon, and there were long foggy climbs up 12% grades. I had to walk two hills (the 30% was one), but got through the rest and felt stronger at the end than when I started. The triple got a good workout. When I look back on what I've written, I sound like a real gear-head! Irv's influence. His excellent advice certainly enhanced my enjoyment of cycling. There's something to add to it all. Think of the wonderful thrill of screaming down a long mountain road at breakneck speed. How did you get to the top? Think of the most spectacular scenery, of all the places in the world you'd love to go, love to cycle through feeling the wind on your face. Are they flat? I suggest that if the NYCC decides to institute an Irv Weisman award for service to the cycling community, it should be in the form of a very large cog engraved with Irv's name.

Caryl Baron baron@adiglobal.com NY NY

We all move on the fringes of eternity, and are sometimes granted vistas through the fabric of illusion.
(Ansel Adams)

If you rode hard in the SIG yesterday, your legs need that easy spin. And if you are not in the SIG, get your bike and get out for a ride. Any volunteers to lead? If you would like to lead, but need a que sheet or a destination, contact the ride co-ordinator or visit the website.

B14 / 16 **50 MI** **9:30 AM**

Leaders: Hindy and Irving Schachter (212) 758-5738

From: First Ave nue and E. 64 St. NW corner

Shortly after crossing the GW bridge, we break into two groups. One group takes a leisurely pace to Piermont with a relatively flat route. The other group has a faster pace and a hillier ride. Everyone meets at Piermont and exchanges experiences. Rain, snow, hail, sleet, etc. cancel. Although all our winter rides were cancelled due to rain or snow, we remain optimistic that we will see our goal this time.

C14 **3** **5 MI** **12:45 PM**

New Jersey Ramble

Leader: Terry Chin (718) 680-5227

From: American Youth Hostel, 103rd St. and Amsterdam Ave.

Let's celebrate Spring with a scenic and hilly tour of Bergen County. There are many rolling hills to conquer with a hardy lunch stop in Tenefly. Co-led with the 5BBC

MONDAY, APRIL 23

A19 **25 MI** **5:45 PM**

River Road Hill Repeats

Leader Dawn Philcox Phone: (212) 283-0806

email:dawn_philcox@hotmail.com

From: GWB - New York side

A19 SIGGIES- Come learn a variety of hill training strategies as we begin a once-weekly ritual from now until the end of the SIG on beautiful River Road. Rain cancels. Helmets required always; bike tail lights required first few weeks. You should also be comfortable riding home through the city at dusk.

TUESDAY, APRIL 24

A19 **20+/- MI** **6:00 AM**

SIG training rides in Central Park on Tuesday and Thursday mornings

Leaders: Cathy Martone (212) 979-0969 and

Linda Wintner (212) 876-2798

From: 60th St. and Fifth Ave. at Park entrance at 6:00 am* and 90th St. and Fifth Ave. at 6:10 am*

See description for Tuesday, April 3rd.

A19 **20+/- MI** **7:00 PM**

Sig Evening Training RidesTime

Leader: Harvey Minsky (212) 595-9344 spokes609@aol.com

From: Central Park West at 90th St.

See description for Tuesday, April 3rd.

WEDNESDAY, APRIL 25

A18 **15 MI** **7:00 PM**

A-Rider Spring Training Series Addendum: Hill Repeats

Leader: Greg Cohen (212-749-5163, mrlovely@earthlink.com) + guests

RIDE SAFELY - WEAR YOUR HELMET

From: 90th St. and Central Park West

See April 4 listing.

C12 / 14 **12 / 18 MI** **7:00 PM SHARP**

Wednesday Night Stressbuster Series

Leaders: Peter Hochstein (212) 427-1041 and David Sabbarese

DSabbarese@firstmanhattan.com

From: 90th Street & 5th Ave Central Park Entrance

Reduce tension, elevate your heart rate and improve your social skills.

Sprint 2 to 3 laps around the park (according to the whim of the group) at your own C pace. We compress after each lap to schmooze for a few minutes and wait for the slower riders before we start again. Pizza afterwards is always a possibility. Join us solo or bring a cycling partner. The group developed a small but devoted following last year. We hope for a larger following in 2001. Precip cancels.

THURSDAY, APRIL 26

A19 **20+/- MI** **6:00 AM**

SIG training rides in Central Park on Tuesday and Thursday mornings

Leaders: Cathy Martone (212) 979-0969 and

Linda Wintner (212) 876-2798

From: 60th St. and Fifth Ave. at Park entrance at 6:00 am* and 90th St. and Fifth Ave. at 6:10 am*

See description for Tuesday, April 3rd.

A19 **20+/- MI** **7:00 PM**

Sig Evening Training RidesTime

Leader: Harvey Minsky (212) 595-9344 spokes609@aol.com

From: Central Park West at 90th St.

See description for Tuesday, April 3rd.

SATURDAY, APRIL 28

A19 / 20 **90 MI** **8:30 AM**

A-Rider Spring Training Series: RIDE #9 of 12 (Croton Reservoir)

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

Another classic, beautiful ride. We'll follow the coastline up to Crotonville, turn inland to circumnavigate the dam, and then climb up the afore-promised Seven Bridges and Hardscrabble. Lunch in Pleasantville will occur AFTER the climbing, followed by return via Grassy Sprain. As in all the rides of this series, cooperative riding and helmets required. Rain date: Sunday.

A18 **80+/- MI** **8:30 AM**

South Mountain Road and Apple Orchard

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

From: Boathouse

To Saddle River, then North to South Mountain Road, then South to West Nyack and back to the GW bridge. Lunch at Deli on Route 59. Required: Paceline, Group Riding Skills & Helmets. Cancels: The usual. Must leave Bay Ridge by 7:00 A.M., so if I don't answer the phone after 7:00 A.M., it means I'm on my way.

B15, 16 **45 MI** **9:15 AM**

Hibernators ride to Scarsdale

Leader: Bernie Brandell (718) 633-1759 and mystery leader

From: Boathouse

The "A"-rider in shape,-true to form, And you slept through another storm
 The "B"SIG trains as a team While you were ensconced in your dream
 A missive arrived by air-mail express As you stirred to sun-rays caress
 your garden critters became adept, All while you slept Sean "Puffy"
 Combs visits courthouse The genome shrinks-in both man and mouse,
 Washington State rumbles in shock, Satellite lands on pint sized rock. FBI
 uncovers a "Friendly" mole Stock market in one big hole. A surface boat
 in two just snapped, At Subs helm-a captain napped Hold on to your
 seat,—stay cool I say, D.C,—is giving money away . Rain or severe cold
 cancels

SUNDAY, APRIL 29**A17 40 MI 9:00, 9:30, 10:00 AM
A-Rider Supplemental Hill Training (Staten Island)**

Leaders: Mike Kuor (212) 699-3825 x 5553

**bikehikemike@bikerider.com and Greg Cohen (212) 749-5163 or
 mrlovely@earthlink.net**

**From: The Boathouse at 9:00AM SHARP! Manhattan Ferry
 Terminal at 9:30AM or St. George Terminal (S.I.) at 10:00AM**

This ride is for all you animals who didn't get enough vertical mileage on
 Saturday. We'll offer guidance to help improve your climbing skills and
 strength. Scenic hills o' plenty with gradients ranging from 4% to 16%,
 who needs Westchester? So if you're tired of river road, laps around the
 park etc. - try this workout. We'll take the ferry across for a quick climb,
 quick deli stop, and a speedy return home. I know it'll take some effort
 but the payoffs are worth it, Don't Miss This One! All A-riders/ Siggies
 welcomed. Helmets and pocket food rec., the usual cancels.

**B16 50 MI 9:00 AM
Spring Ride**

Leader: You Decide

From: the Boathouse

If you rode hard in the SIG yesterday, your legs need that easy spin. And
 if you are not in the SIG, get your bike and get out. Any volunteers to
 lead? If you would like to lead, but need a que sheet or a destination,
 contact the ride co-ordinator or visit the website.

**C14 46 / 33 MI 7:30 AM
North County Trailway**

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

From: GCT Information Booth for 7:48 AM bike train to CrotonFalls

The North County Trailway is Westchester County's newly completed
 PAVED rail-trail, running about 25 relatively-flat miles—trains don't
 climb hills—from the Westchester/Putnam border to Tarrytown. This
 mostly tree-shaded route uses the roadbed of Metro North's abandoned
 Putnam Line, crossing the Croton Reservoir on a reconstructed rail bridge.
 Eight miles and a hill or two to the trailhead. Metro North return from
 Tarrytown, with an optional extra 13 miles to the #1 train. Picnic lunch in
 Millwood. Helmets and Metro North passes required.

MONDAY, APRIL 30**A19 25 MI 5:45 PM
River Road Hill Repeats**

Leader: Dawn Philcox (212) 283 0806, dawn_philcox@hotmail.com

From: GWB - New York side

A19 SIGGIES- Come learn a variety of hill training strategies as we begin
 a once-weekly ritual from now until the end of the SIG on beautiful River
 Road. Rain cancels. Helmets required always; bike tail lights required
 first few weeks. You should also be comfortable riding home through the
 city at dusk.

TUESDAY, MAY 1**A19 20+/- MI 6:00 AM****SIG training rides in Central Park on Tuesday and
Thursday mornings**

Leaders: Cathy Martone (212) 979-0969 and

Linda Wintner (212) 876-2798

**From: 60th St. and Fifth Ave. at Park entrance at 6:00 am* and 90th
 St. and Fifth Ave. at 6:10 am***

See description for Tuesday, April 3rd.

A19 20+/- MI 7:00 PM**Sig Evening Training Rides**

Leader: Harvey Minsky (212) 595-9344 spokes609@aol.com

From: Central Park West at 90th St.

See description for Tuesday, April 3rd.

THURSDAY, MAY 3**A19 20+/- MI 6:00 AM****SIG training rides in Central Park on Tuesday and
Thursday mornings**

Leaders: Cathy Martone (212) 979-0969 and

Linda Wintner (212) 876-2798

**From: 60th St. and Fifth Ave. at Park entrance at 6:00 am* and 90th
 St. and Fifth Ave. at 6:10 am***

See description for Tuesday, April 3rd.

A19 20+/- MI 7:00 PM**Sig Evening Training RidesTime**

Leader: Harvey Minsky (212) 595-9344 spokes609@aol.com

From: Central Park West at 90th St.

See description for Tuesday, April 3rd.

SATURDAY, MAY 5**B16 65 MI 9:00 AM****Rockland Adventure**

Leader: Alex Bekkerman (212) 686-3018

From: the Boathouse

A beautiful backroads ride in Rockland county. Yes, there are a few hills,
 and a huge one on the way back. Rain, bad weather or slick roads cancel.
 If in doubt, please contact ride leader.

SAT / SUN, MAY 19 / 20**A17 250 MI Time TBD****Montauk Twin Century**

Leader: Marty Wolf (212) 935-1460

From: Call leader to confirm.

Call for costs, time, meeting place. In our version of the Montauk
 Century, we bike out on Saturday and return on Sunday, on the same road
 used by the one-way century riders. Rooms are often limited and must be
 paid in full no later than Saturday, May 12 (which is also the cancellation
 date). I will have a few rooms reserved for the earliest callers.

RIDE SAFELY - WEAR YOUR HELMET



SIG (Special interest Group) Rides List

Always wear your helmet!



SUNDAY, APRIL 1

C-SIG 10 / 12 **30 / 33 MI** **10:00 AM**

Ride #5: Closter, Northvale

Leaders: Maggie Clarke (212) 567-8272; Patricia Janof (212) 737-1668, Dona Kahn (212) 399-9009, Arlene Ellner (212) 677-3306, Gary McGraime (212) 877-4257.

From: George Washington Bridge Bus Terminal, 178th St. & Ft. Washington Ave. "A" train to 175th street (north end of train)

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 at a diner in Closter or the Boston Market in Northvale. 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 4:30pm or so. Helmets are required. Cancellation conditions: Starting temps below 35, excessive windchill, icy streets, or prediction of precipitation of 50%. Call Maggie if in doubt.

SATURDAY, APRIL 7

A-SIG Classic **81 MI** **8:30 AM**

Ride #7: SADDLE RIVER— Endurance, Endurance, Endurance

Leaders: Christy Guzzetta (845) 265-7210 and Rita Tellerman (212) 865-8489

From: Boathouse Parking Lot

NOTE EARLIER START TIME

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 newly discovered Mt. Ivy Diner. On the way home, your reward: South Mountain Road. This is a 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. Arrive by 8 AM to sign in, group, and talk with your 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: Grand Central Station - Westport, Connecticut SKILL: DOUBLE ROTATING PACELINE

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. Rain Date Sunday 4/8.

B-SIG 15 / 17 **60 MI** **8:30 AM**

Ride #6 Nyack the Hilly Way

Leaders: Jack Lehnert (718) 884-6437 lehtiger@aol.com, David Hallerman (718) 499-4467 cycleman5@usa.net

From: Rambles Shed (north of boat house on East Drive)

We'll start the day with guest leaders Bob Hancock and Tom Ladkey giving their popular class on climbing and descending. Then we'll get lots of practice going to Nyack the back way over Bradley Hill and return up State Line. The faster groups will get a little extra climbing outbound on River Road. Bring pocket food – it's over 30 miles to the lunch stop (and what a lunch stop – your choice of the Runcible Spoon or the Skylark Café). Note: The start time is earlier still!

SUNDAY, APRIL 8

C-SIG 11 / 13 **35 / 40 MI** **10:00 AM**

Ride #6: Tappan, Park Ridge

Leaders: Maggie Clarke (212) 567-8272; Patricia Janof (212) 737-1668, Dona Kahn (212) 399-9009, Arlene Ellner (212) 677-3306, Gary McGraime (212) 877-4257

From: George Washington Bridge Bus Terminal, 178th St. & Ft. Washington Ave. "A" train to 175th street (north end of train)

Parking lot practice of more advanced skills, and then on to Rockland County, NY. We'll explore more of Irv's routes, passing through Tappan, NY. Registered C-Siggies only. Helmets are required.

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

SATURDAY, APRIL 14

A-SIG Classic **78 MI** **8:30 AM**

Ride #8: MT. KISCO AND WHIPPOORWILL ROAD— Practice Makes Perfect...and Hills Make Us Strong

Leaders: Kelleigh Dulany (212) 932-0171 (before 8 AM Only!) and Diane Kee (212) 628-8823

From: Boathouse Parking Lot

Now we have a chance to test our mettle. The leaders aren't pulling us all the time anymore. We'll ride up to White Plains via Pelham Parkway and Shore Road. Then we'll cruise up Route 22 to Route 120 North. A FANTASTIC place to hone those newly acquired double rotating paceline skills. The big challenge today: Whippoorwill. This is the longest climb we've had so far, and it is a beauty. We will focus on hill climbing skills, pacing and endurance, as well as the all-important, and often forgotten, downhill bike-handling skills. On the way home, we'll make a deli stop in Mt. Kisco. Hopefully Damon won't map out the hilliest route home like he did last year. We're getting stronger by the minute. The rides are getting longer, the pace is getting faster and steadier. We even know how to get home from Westchester now! Feeling like A-Riders yet? You sure are starting to look it! Be at the Boathouse by 8:00, sign in, and be on your bike by 8:30. Helmets, names, pocket food, water, Metro North Pass in case it rains. Rain Date: Sunday April 15.

A-19 SIG 72 MI 9:00 AM

Ride #7: Rockland Lake Fandango:

Leaders: John Kein Bundy (212) 932-1012, Herb (Hubs) Dershowitz (212) 929-0787

From Boathouse Parking Lot:

PLEASE NOTE THE EARLIER START TIME.

Did you miss your leaders during the week? You won't after today. The moment you've been waiting for has arrived. We'll power up to Rockland Lake State Park (your muscles will be quivering in anticipation of a full throttle workout). Once in the park, your group will double rotate the peline for three or four loops working like an aerodynamic peloton the whole time. You won't believe how Tour de France we'll look. Communicating perfectly all the way, you'll feel the "G" spot of cycling. Topping it off with lunch at the Runcible, we'll glow all the way home and recap it on the hill. For the next two weeks (not this one), make sure to keep your Sundays open for our skills and bike maintenance sessions. You know what'll cancel this ride?

B-SIG 16 / 18 65 MI 8:30 AM

Ride #7: Oyster Bay

Leaders: Liane Montesa (212) 929-0787 liane.montesa@asbinc.com, Eva Wirth (212) 477-9322 ewirth@yahoo.com

From: Heckscher Playground on South Drive opposite 7th Ave. exit

Today will be our last class: an introduction to peline riding. We'll practice on the long, straight LIE Service Road. This is a pretty ride through horse country on the north shore of Long Island. Bring pocket food – once again, you have to work before lunch. If the weather's nice, we can picnic by Long Island Sound. Metro North/LIRR train pass for bailout. Note the new starting location.

SUNDAY, APRIL 15

C-SIG 11, 13 40, 45 MI 9:00 AM

Ride #7: Irv's Cherry Blossom Ride

Leaders: Maggie Clarke (212) 567-8272; Patricia Janof (212) 737-1668, Dona Kahn (212) 399-9009, Arlene Ellner (212) 677-3306, Gary McGraime (212) 877-4257, Peter Hochstein 212-427-1041.

From: Top of PATH escalators, concourse level of World Trade Center. Enter at Vesey St. and foot of West Broadway, or from nearby E, A, C, N, R, and 1/9 trains.

Note new start time (9:00 AM) and different start location (PATH at World Trade Center). This is Irv Weisman's Classic Cherry Blossom ride, begun sometime in the 1970s and led just about every year since. Branch Brook Park, northwest of Newark, NJ has the largest collection of cherry trees this side of Washington, DC, and we hope to catch them blooming their heads off both on our way to Little Falls and maybe Paterson waterfalls, and on our way back to Newark. Bring money for PATH. Registered C-Siggies only. Helmets are required. Cancellation conditions: Starting temps below 35o, excessive windchill, icy streets, or prediction of precipitation of 50%. Call Maggie if in doubt.

MONDAY, APRIL 16

All SIG First Aid 6:30 PM

First Aid Class for Cyclists (limited to "Classic A, A-19, B and C" SIG participants only; sorry) 6:30 - 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 iA-19i Siglets. Other SIG participants confer with your leaders. This session is designed to make you more comfort-

able 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.

SATURDAY, APRIL 21

A-SIG Classic 82 MI 8:30 AM

Ride #9: CROTON RESERVOIR—More Endurance, and Map-Reading Skills (NOTE EARLIER START TIME)

Leaders: Damon Hart (212) 753-0204 and Jody Saylor (845) 265-7210

From: Boathouse Parking Lot

Up beautiful Route 9 North along the Hudson—35 hilly, smooth miles to the diner in Ossining (you'll feel like you're in a time warp in this place!). Don't eat too much or you'll never make it up the hills required to get you to the Croton Dam..."well worth the price of admission" to quote a '99 SIG grad. What a view! Around the reservoir to Seven Bridges Road if it isn't still washed out (or we'll take an alternate route). Down Grassy Sprain again on the way home...remember that? Now you can really fly down that thing! We are getting so good at this. Consistent, predictable, working together as a team, strong. You may even be dropping some of the leaders by now...we'll see! Get to the Boathouse by 8:00, sign in, helmets, 2 water bottles, and Metro North Pass. Rain Date: Sunday April 22.

A-19 SIG 80 MI 9:00 AM

Ride #8: Chappaqua Whippoorwill Rd. SKILL: INTRODUCTION TO HILLS (Hello Hill, nice to meet you)

Leaders: Ed Fishkin (718) 633-3038 and Herb (Hubs) Dershowitz 212-929-0787 and Rosemary Moukad (212) 873-0640

From Boathouse Parking Lot: Buongiorno Principessa

All right. You've got the form down. You're looking great, feeling strong, riding faster, and can't believe this is so easy (yeah right). Hills... You forgot about hills. We didn't. For the next two weeks, your leaders will show you the secrets of hill climbing. You will learn the concept of "hungness," or how to get to the top of the killer hill without really trying (well, it looks like you're not trying, but your lungs are making you taste blood). No smiles today! Except when you ride past that secret treat we have in store for you. Anyone who hasn't trained this week (intervals and hill repeats) is in for it. Let's see who returns to the hill with a smile on their face. Don't forget pocket food. The usual cancels. Don't forget your commitment for tomorrow (see Sunday, 4/22/01). By this time, you should have signed up to lead two rides. All ride listings for the rides you wish to lead should be given to Jim or Ed. Better yet submit them on the website <http://nycc.org/listride.html>. You can also find cue sheets on the website .

B-SIG 16 / 18 72 / 82 MI 8:30 AM

Ride #8: Armonk

Leaders: C J Obregon (212) 876-6614 obregon@lou.fordham.edu, Jim Janof (212) 737-1668

From: Rambles Shed

We're cranking up the miles and you're really lookin' smooth. Yup, you gotta bring the pocket food again t today. Lunch on the lawn of Schreifer's Deli in Armonk. We'll come home through Tarrytown and down Rte. 9, which means you can stop for cheesecake at the Horseman Diner or carrot cake (the best!) just before the subway bailout at 72 miles. If you're still game for more miles, you can ride all the way back in to Manhattan. Metro North pass for bailout in Tarrytown.

(Continued on page 18)

Hey there! Did ya miss us? You better've. Sorry about that black hole in March where this column ought to have been, but that's what happens when nothing happens . . . or nobody tells us when it does. But now spring is in the air (we presume), and you are on your bikes all the time and you've got lots to report. So talk to us. Like a few of you did this



month, for which we are eternally grateful. (Well, that may be a slight exaggeration.) We're at nyccnews@yahoo.com. Cheers!

Stillwell That Ends Well (Sort of) On Feb. 11, **Spencer Koromilas** and **Richard Ramon** finally got to co-lead their "Stillwell in Stillwell" mountain bike ride. Only two other crazies showed up — how surprising! — **Peter Trunfio** and his friend Mike. Was it the 25-degree temp or concerns planted by Biker Babes over Spencer's off-road navigational skills? Anyway, they all got on their bikes and headed for the trail . . . which was almost totally covered in snow and ice! (O.K., we won't say it.) Then the mechanicals set in. Broken chains. (How many chains can break when you've only got four bikes?) Flat tires. The only bright spot was the sunshine — heh heh! No wonder the trails were empty. Maybe next time will be different. Uh, next time?

Will Work for Food It was a rainy Sunday (Feb. 24), and all the heavy lifters must've been busy lifting popcorn to their lips and catching up on the season's latest crop of disappointing films because who showed up to help **Ira Mitchneck** pack and schlepp NYCC's mega-boxes of stuff stuff down flight after flight of narrow, twisty stairs and store it in the filthy, dirty basement (did we mention the part about how the basement had to be virtually cleaned out first?) but: **Fred Steinberg**, who has more heart than back these days; **Jaimie Epstein**, who was worried about having some arm strength left for yoga later; **Elena Acosta**, a wee lass with a fabulous new haircut who has twice as much energy as she is tall and is doing the A-19 this year (an early accident put an end to her SIG hopes last year — we wish her all the good luck she deserves, which is a lot); and **Kathleen Raub**, a brand-new clubbie, who admits that food events (brunch at Dock's before the schlepping was part of the deal) get her attention. She's doing the C-SIG and can't wait to learn how to change flats. (Kathleen, you can ride with us anytime and practice to your heart's content!)

The ABC's of the SIG: While the A-SIG Classic got off to a less-than-stellar start on Feb. 24, the C-SIG started off with a "bang" on Sunday, March 4, according to **Maggie Clarke**, who is carrying **Irv Weisman's** cycling philosophy into the next millennium for him. What happened to the A's? Well it seems that the always cautious Captain **Damon Hart** decided weather conditions were not propitious and told his crew to stay home. But **Timothy McCarthy** saved the day. Having slept late for once in his life — "7:30! Yikes!" he said to the clock when he woke — he realized there was no time to check in with Damon and decided he'd just better get on his bike and get himself to the Boathouse. He arrived — via the Queensborough Bridge — a mere 10 minutes late and found 30 eager A-SIGgies "muttering and stirring, with no leader in sight." Well, what's a leader to do but show a little leadership? And he did, shepherding his flock the four laps of Central Park that are required the first day. And would you believe, they actually showed up the next week? . . . More than twice as many A-19 hopefuls showed up to "shake" their "booties" for the first time under ur-cyclist **Ed Fishkin's** direction on Saturday, March 3. Actually, it wasn't the first time for several. Ed's program was so successful last year that he had some repeat customers and had to diplomatically excuse them from this year's series. Once is supposed to be enough (but it never really is, is it?). . . . The A-19 SIG leaders were having trouble doing a mile with aspiring A-SIGgy **Matt Nadler**, who'd just been too busy with his new training regimen. He spent the first two weeks of the SIG basking in the sun of the Turks and Caicos Islands. When invited to join Spencer's hearty group on a Saddle River ride, his response was, "I was home brewing a new batch of beer." Unorthodox training methods may work for some, but we say get thee on thy saddle and ride ride ride. Now! . . . About 55 riders showed up for the B-SIG on Saturday, March 3, being

captained by Queen-B **Carol Wasser**. They ranged from should-a-been A-19's to maybe-oughtta-be C's, but Carol and her posse will whip them into various shapes, turning them into Killer-B's, Worker-B's and Honey-B's. **C.J. Obregon** graciously arranged for the group to have a room at the Fordham-Lincoln Center campus for their post-four-lap-classification ride, and

the pizza delivery guy even managed to find them. Hey, if we knew there was gonna be pizza, we'd be B's, too! . . . So many folks showed up for the Introduction to Club Riding (aka the C-SIG) on Sunday, March 4, at Hunter College that Maggie had to find a bigger room — a testament to the power of e-mail and our gorgeous, informative Web site, since the March bulletin was still nowhere in snail-mail site! **Lynn Sarro** modeled her "Irv's Angels" T-shirt, and she and Maggie yakked convincingly about why the lessons from the course would make club rides so much more, ya know, pleasurable. **Patricia Janof**, **Dona Kahn** and **Ed Sobin** joined in to cover every aspect of cycling any wanna-be-rider could desire, from clothing (the cooler the better, we say) to nutrition (eat, stupid!) to weather to bike and helmet fit (it's so hard to find a good bike tailor these days) to what to bring on rides (we think they must've meant "whom" to bring on rides) to "galactic acid" to . . . well, let's just say they talked about everything you always wanted to know about cycling but were afraid to ask. And if you weren't there, you can always show up next year or corner Maggie at the next NYCC meeting. Or you can watch it on video. Yes, on video.

In the Pink: Speaking of Timothy McCarthy . . . it seems that his not-bubble-gum not-shocking pink custom steed just may have started a trend: **Tony** and **Linda Nappi** have been spied riding new pink Sevens. And while Timothy has been known to wear an Once jersey that's his bike's hue (and, rumor has it, he's got the shorts to match!), Linda take cycling fashion one step further — she was seen wearing a matching pink boa on one of **Gary McGraime's** rides! We can't wait to see how she accessorizes when the weather deems neck gaiters obsolete.

The Vogelization of the Third World Goes On Let's see, where were **Jeff Vogel** and **Margaret Cipolla**? Oh, yeah, Costa Rica. Where they finally found some great cycling routes. Which some enterprising tour organizers seem to have found first. Yes, Jeff and Margaret embarked on their own private Vuelta de Costa Rica (a 14-stage pro race with an international field), although they admit that while their route was identical, their riding styles weren't quite up to U.S. Postal standards. But the spectators gathered to watch the pros didn't seem to notice the difference in pedal-stroke technique, for Jeff and Margaret were cheered and hosed with water as if they were part of the peloton. Unfortunately, Jeff's handlebar bag (ya know, where he carries his spare undies and one credit card — he travels light), prevented him from throwing up his arms in the traditional victory salute. . . . In a town called Escazu, J & M found a bike shop that would overhaul their bikes for \$8 each — right in Jeff's price range. He was so thrilled, he treated himself to a new Selle Italia manganese saddle, which cost a whopping \$8. (Is everything \$8 in the bike shop there?) He may have wished he hadn't splurged, though, because it seems that a bike shop will be a bike shop anywhere, and Jeff's overhaul ended up costing \$12.50, Margaret's \$10. At least when you get nickel-and-dimed in the third world, it really is nickels and dimes. . . . Not content to Vogelize one small country, J & M (and some NYCC pals — who?) headed to another small country, Cuba, where, Jeff says, the Democrats here will be glad to know that most Cubans think "El President Boosh" is "estupido." Food was cheap and plentiful (though, Jeff says, it's not a vegetarian's paradise: pork seems to find it's way into every dish, including swordfish), the scenery scenic, the roads no worse than the average Westchester road. Their one real problem was caused by Coca-Cola, which is now making nonreturnable (how unenvironmentally friendly!) glass bottles in Mexico, which find their way to Cuba and wind up in 1,000 pieces on the road. FYI: Bring lots of tubes if you do the tour de Cuba cause ya can't buy any there.

Errata: With awe in their hearts and smiles on their lips, ex-clubbies

Arlene Brimer and Chris Mailing, who now live in Northbrook, IL. (is that, like, in the heartland?), announced the birth of their daughter Hope Estelle Mailing on Feb. 9. She weighed in at 7 pounds 2 ounces and was 20 inches long. They failed to mention whether she was a Campy or Shimano gal, tho. ... Randy Taylor and Judy Morrill produced a sure-to-be triathlete way back in the fall, but certain people (you know who you are) have been too lazy to answer our e-mail and tell us if it was a her or a him (not that it oughtta matter) and what s/he might be called. In any event, by now the little tyke is probably already doing laps with Ma and Pa on a, er, um, tri-cycle? ... O.K., this is practically ancient history, but ... While everyone else was griping about the snow snow snow over Xmas, Maryann Cotter and Marcy Bloomstein got their miles in by touring Vietnam with Backroads. So much for sedate rice fields and soul-transporting temples. Not that there weren't plenty of those, but what there also was plenty of was traffic traffic traffic. Even Irv Weisman, oh great obeyer of safe-riding-in-traffic rules would have been at a loss. The turns those drivers made would make your head spin. And made Marcy spin (sort of) when she got wacked by a moped doing its anarchic thing. But Marcy and her bike more than survived, and both Marcy and Maryann couldn't recommend the experience enough — Vietnam, not getting wacked by a moped! Stay safe, y'all. Until next month. ...



Wheel Fun Safety Challenge

**Saturday
June 9 - 11 AM to 4 PM
(rain date -Saturday / June 16)**

**Qualify for a raffle of Bikes
and other prizes.**

**Visit the information tables of
various NYC safety groups around
the park. Get your "Passport"
stamped. Raffle to be held at
102nd Strret and Park Drive at
3:45 PM**

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For a Cycling Bud with Cancer: A Meditation on an Old Photograph

by Richard Rosenthal

He is going up a hill. Well, not exactly a hill. A mountain. Yes, that's what it is; it's a mountain. The Col d'Izoard, to be exact. In the Tour de France, the world's toughest race, to be exact. In the 1925 Tour de France, to be exact. We know the mountain. We know the race. We know the year. What we don't know is who he is.

The pass is difficult. It's long. It's high. And it's steep. But what makes the climb really difficult isn't its height or its grade. It's the road itself. It is not paved. It is not even smooth. It's rutted, and pitted, and strewn with rocks. The road is steep. And long. And high. And rocky.

He is alone, all alone. A lone rider, climbing a mountain. But he's not riding. He's walking. He's walking his bike. He is walking into heavy clouds that hang just above him. It looks like they carry the threat of rain. It is summer but it's cold. The racer is wearing long sleeves against the cold and the coming rain. Still he walks on, towards the summit. He has just passed a broken guard rail. Someone broke through it and plunged over the side. But he is safe. He is safe for now. For the time being. Still he walks on. Alone and cold. Towards the summit.

Behind him are dilettantes—no, not cycling “dilettantes,” not amateur racers. They are well dressed against the cold and doubtlessly are well dressed under their coats. They're comfortable, very comfortable. And they're having a perfectly marvelous time. Riding in a car. The car has

right-hand drive: they've gone abroad for a few weeks for a tour of the continent, for an oh, so much fun tour of the continent. They're talking gayly among themselves. Chattering. Laughing. Comfortable. As they watch the racer. As they follow the racer.

Maybe they're attached to the race. In some dilettante fashion. Maybe. But probably not. More likely, they're just out having a good time. On a pleasant outing. Joking. Laughing among themselves. They're comfortable. Well dressed. And warm. In their car. Secure and confident. They, the chattering, nattering, comfortable class will reach the summit. But they will have accomplished nothing. Nothing.

No, hey, wait! What if they're not continental travellers who just happened upon the racer? What if they're his friends? What if they've come this far just to be with him, to cheer him on, to...to...to support him? To show their support for him? Too bad, because all their show of concern for him, all the concern in the world for him won't help him one bit. Not mere concern. But what if they're there to help, to actually help him in some way? They can't. Not while the race is on. They're large in the picture ... but there's nothing they can do.

The racer is a far smaller element of the picture. In fact, he is, the smallest part of it. But he is the clear focus of our attention as he walks on alone. Towards the summit. Past the broken guard rail. Over the rocks. In the cold. Through the coming rain. He will struggle. Through difficulty and pain and hardship. He will struggle. With doubt and depression. And fear not being able to make it. But he will continue. And by his struggle, alone, he will win. He will have won.

**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, 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) and The Lodging Guide to the Southern Berkshires (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 Chmber of Commerce (413) 528-1510
South County Lodging Association (413) 528-4006

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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

SUNDAY, APRIL 22

A-19 SIG **9:30 AM**
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. 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.

C-SIG 11 / 13 **45 / 50 MI** **9:30 AM**
Ride #8: West Nyack, Pascack
Leaders: Patricia Janof (212) 737-1668, Ed Sobin (718) 625-7452, Dona Kahn (212) 399-9009, Arlene Ellner (212) 677-3306, Gary McGraime (212) 877-4257

From: George Washington Bridge Bus Terminal, 178th St. & Ft. Washington Ave. "A" train to 175th street (north end of train)
We return to Irv's loop rides to explore even more deeply through Bergen and Rockland to such places as Tappan, West Nyack, Rivervale, and Pascack. Registered C-Siggies only. Helmets are required. Cancellation conditions: Starting temps below 35, excessive windchill, or prediction of precipitation of 50%. Call Maggie if in doubt.

SATURDAY, APRIL 28

A-SIG Classic **85 MI** **8:00 AM**
Ride #10: LITTLE TOR—Whoa! This Is ONE BIG HILL!
Leaders: Timothy McCarthy (718) 204-7484 and Rich Sporer (718) 522-4415
From: Boathouse Parking Lot NOTE EARLIER START TIME

Ok, so the mileage is lower than last week. What gives? Have YOU ever ridden up Little Tor? Well, once you have, you'll understand. We'll ride out in perfect formation, with whirring wheels and good communication at a strong, steady pace. Then, get into the right gear, and pace yourself. This thing is steep and long. On this ride, leaders often do get dropped because they've created monsters out of all you cycling Gods and Goddesses! The reward, again, is that we get to ride down South Mountain Road on the way home. You are almost ready for the big one, and almost ready to lead an A-Ride yourself. Be at the Boathouse by 7:45. Helmets, pocket food, and 2 water bottles required. Sunday April 29.

A-19 SIG **80 MI** **9:00 AM**
Ride #9: South Mountain Road about SKILL: MORE HILLIER HILLS
Leaders: Joe Irizarry (718) 230-0756, Keith Goldstein (212) 982-9461
From: Boathouse Parking Lot:

Arrive before 9:00 A.M. We want to get started on time. More hills today (they don't call it South Mountain Road for nothing). And you thought Whippoorwill was tough last week! Practice makes perfect. Maybe you'll see nirvana or are you just hallucinating from the oxygen debt? Today your groups will attack hill climbing again. By the time we finish with this ride, you will be repeating the mantra, "I love hills, I love hills, I hate Ed, I hate Ed" The payoff comes at the end. We'll sail into the park and cruise to the hill with the audience standing and screaming at our arrival. Don't forget pocket food. You won't believe how great you look and feel. Save a few smiles for the post ride social on the hill. Don't forget your commitment for tomorrow! Some of you still haven't submitted your ride listings yet. A commitment to lead two rides is a prerequisite for graduation. <http://nycc.org/listride.html>.

B-SIG 16 / 18 **75 / 90 MI** **7:30 AM**

Ride #9: Deepest Westchester
Leaders: Carol Waaser (212) 581-0509 biker-c@rcn.com, Paul Hofherr (212) 737-1553 bikeman999@aol.com
from: Grand Central Station

We'll meet by the ticket booths in the main concourse at Grand Central in time to buy tickets and coffee before catching the 7:50 a.m. train to White Plains. (Check the weekly email listing in case the schedule changes.) From there we'll take a beautiful ride through upper Westchester, stopping for lunch on the Bedford Green. It's another long ride, so bring the pocket food. You can take the train home from Tarrytown (75 miles) or ride all the way back into Manhattan. Metro North pass required.

SUNDAY, APRIL 29

A-19 SIG **9:30 AM**
Ride #9A: Skills riding and bike maintenance essentials
See listing from April 22: This week we'll reverse the groups

C-SIG 11 / 13 **45 MI** **9:30 AM**
Ride #9: Old Greenwich, Stamford, CT
Leaders: Maggie Clarke (212) 567-8272; Ed Sobin (718) 625-7452, Patricia Janof (212) 737-1668, Dona Kahn (212) 399-9009, Arlene Ellner (212) 677-3306, Gary McGraime (212) 877-4257
From: Isham Park benches (on Broadway just north of Isham St, which is one block north of 207th St) "A" train to northern terminus - 207th St. There are elevators in the station. Meeting place is just north of station.

This somewhat hillier ride takes us through the manicured Westchester 'burbs and deep into the beautiful estates of Connecticut, along the Mianus river, and if the Gods are with us (and we find a resident to go in with), we will have the great treat of riding on the Old Greenwich Point park peninsula that juts out into the Long Island Sound. Lunch is at a nice deli in Cos Cob that has picnic tables and flowering plants in the back yard. You must bring your Metro-North bike pass with you as we will return on the train from Old Greenwich or Stamford. Registered C-Siggies only. Helmets are required. Cancellation conditions: Starting temps below 35, excessive windchill, icy streets, or prediction of precipitation of 50%. Call Maggie if in doubt.

SATURDAY, MAY 5

A-SIG Classic **90 MI** **8:00 AM**
Ride #11: BEDFORD—Putting It All Together
Leaders: David Grogan (718) 875-1977 and Frank Grazioli (212) 529-9462
From: Boathouse Parking Lot

This ride is bar none the most beautiful ride of the SIG. Don't miss it! Now we have it all: skills, teamwork, predictability, endurance, and speed. Let's put this all together and see if we can operate on all cylinders. Eat a good breakfast and bring pocket food and 2 water bottles, because we're not stopping until we hit the 40 mile mark. We'll ride through Southern Westchester, Greenwich CT past Leona Helmesly's Estate, and up hilly roads to the idyllic town of Bedford for a picnic on the town green. On the way home, a beautiful, fast, downhill route. It's not long until Graduation Day. You're going to make it! Rain Date: Sunday May 6.

A-19 SIG **80 MI** **8:30 AM**
Ride #10: Pound Ridge:
SKILL: PUTTING IT ALL TOGETHER
Leaders: Spencer Koromilas (212) 867-8678 and Michael Samuel (212) 722-8125
From Boathouse Parking Lot: NOTE EARLIER START TIME:
Don't BE LATE: A more beautiful ride won't be happening this day.

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



UPCOMING SPECIAL EVENTS

April 17th Dinner at Kum Gang San Restaurant 7pm

Do you love bebibop? How about bulgogi? Join your fellow NYCC members and friends for a casual dinner of delicious Korean bar-b-q. Kum Gang San is considered one of the best Korean restaurants in New York and offers great grilled meats, chicken, fish as well as all the interesting side dishes you have come to love (and perhaps identify). The restaurant is located at 32nd St. and Broadway, very close to many subway lines. This will be a pay as you go event so no advance payment is required. However, if you plan to attend, please email Special Events coordinator Lauren Grushkin at LGrushkin@aol.com so we can have an idea of the number of attendees. Spouses, friends, budding cyclists are encouraged to join as well. Reservation will be under the name "NYCC".

April 25 EXTRA VERTICAL ROCK CLIMBING 7-10pm

And now for something completely different! For a bit of cross-training, we have arranged to rock climb at the Extra Vertical Rock Climbing Wall. Located on Broadway between 62nd and 63rd, this is an indoor wall with varying degrees of difficulty. Great for both beginners and more experienced climbers! Extra Vertical will supply the equipment, instructors and a space to have some pizza and drinks after the climbing. The climbing will begin at 7:00pm and go until 8:30pm. At 8:30pm, we can have some pizza and soda/beers at the same facility. The cost will be \$27 per person, inclusive. This number is based on 25 attendees so if fewer people register for the event, we may have to cancel.

Please come for what promises to be a fun, somewhat unusual and challenging evening! Make checks for \$27 per person payable to: Lauren Grushkin. Please send your checks to: 115 Central Park West, #10H, New York, NY 10023. The deadline for registration is April 20th.

SAVE THE DATE! --- December 11th, NYCC Christmas Party

The annual NYCC Christmas Party will be held on December 11th at the very charming, cozy and fun Savore restaurant on Spring Street. The menu will include a choice of appetizer, main course, dessert and coffee/tea. Savore is an Italian restaurant with great food, delicious foccacia and possibly, room to dance! More details to follow in future newsletters and on the website.

Don't Miss the Next Club Meeting!!

Tuesday / April 10 Who Can Resist Quiet Country Roads

River valleys, mountain peaks, landscaped parks, flowering meadows, historic bridges, beautiful farmland. Al Tiboni of Ride Noho will tell us about the fabulous riding in western Massachusetts, particularly around the Northampton area - from hills to flats and all with beautiful country roads. After riding, there's plenty of other attractions to chose from: local history, the arts, great food and shopping. Come find out more about the great riding available only a few hours from NYC. [Join your fellow members for an evening of camarederie and good food at:](#)

Annie Moore's Pub and Restaurant, 50 East 43rd Street (west of Grand Central Station between Madison & Vanderbilt Aves) Buffet dinner with Chicken Marsala with rice, pasta primavera and green salad. Coffee or tea. Dinner is \$20 (cash only, includes tax and tip). Social hour with cash bar at 6 PM. Dinner at 7 PM. Program at 8 PM. Take 4/5/6/7 to 42nd Street / Grand Central Station.

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