

NYCC *Bulletin*



Stephen Roche Cycling Camp MALLORCA 2001- John Reid (**NYCC**), Jennifer Rossano (Non-Member), Peter Mazza (Non-member, Richard Ramon (**NYCC**), Pamela (Pam) Nelson (**NYCC**), Barbara R. Shweky (**NYCC**), Alex Rossano (Non-Member)

President's Message

Many of you may have noticed that the quality of the bulletin covers has declined somewhat since the days when the great Mike Samuels provided his brilliant and witty illustrations. In an effort to regain some of our past glory, we're taking a slightly different route by featuring photos of actual club riders either on actual club rides or other cycling activities. Thanks to the age of digital technology, this has become far simpler than previously imagined so that anyone with a camera small enough to fit in a jersey pocket can see their work reproduced on our cover. We'd love to have representation from all types of rides whether they be A, B or C. It would also be nice to identify everyone in your picture but even if you can only identify a few riders, that's OK too. You can send me your photos in digital form to: tomoboe@mindspring.com or via snail mail to: 175 W.93rd St. #16H/NYC 10025.

If you want to join your fellow clubies for a fantastic weekend in the fabulous Berkshires for our Sheffield Memorial Day Weekend, better hurry up. B&B's are filling up fast. This is a great chance to spend quality time with your fellow members not too mention getting in some real quality miles. Fabulous vistas, country air, backcountry roads are only a few features of this great getaway. More information appears later in this bulletin or on our website: www.nycc.org.

The ultimate NYCC fashion statement!! You have the short sleeve jersey, you have the long sleeve jersey, you even have the water bottle adorning your bike. What next? The NYCC windbreaker with the design you've all come to know and love: her majesty the helmeted liberty. You may not want to think about windbreakers and cold weather cycling now that the warm weather is finally here but come the fall you'll be itching to proclaim your club pride by proudly wearing your NYCC jacket. Look for more information later in the bulletin, you can order the windbreaker now for fall delivery, only \$55 and it's yours.

Tom Laskey

Editor's Note

The warm weather has arrived. And with it, cycling swings into full activity. There are a host of rides, SIG's and Out of Bounds events. The New York Cycle Show is at the World Trade Center (Don't overlook the discount coupons). The Montauk Century is upon us. and the Sheffield event for the Memorial Day weekend. And don't forget the All-Singles event in June.

In your thirst to get on the road and enjoy, don't overlook the basic safety activities. Check out your bike (s) and helmet. Your helmet padding loses its foam after time and should be re-lined. Are your derailleurs working properly, has your bike had a tune-up recently, are your tires OK and do you have extra tubes? These are the things that will help assure a long and enjoyable cycling season.

Participate in the monthly meetings and Club Special Events. We'll bring all of these things to you via the Bulletin and for you techies, via the electronic PDF version on the web.

Ride safely and enjoy.

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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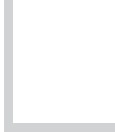
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LKN8@columbia.edu

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

Cover: This month's cover shows a NYCC cycling group at the Stephen Roche Cycling Camp in Mallorca Spring 2001..

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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>

CALLING ALL SINGLES!

On Sunday, June 10th, come and join a very special singles bike event, the Second all-club singles ride...the "Sunday Singles Cycling Affair"! Last year, the ride attracted 300 people from the tri-state area, so come out to ride and get acquainted with new friends and fellow cyclists.

Where? The event will begin near the New Jersey Transit train station at Princeton Junction, New Jersey. Take the train or drive down! Special bike transport is being provided for cyclists traveling from New York City for a fee of \$7.00 per bike. Only two bikes per car are permitted on New Jersey Transit (w/permit) so chances are not very good of getting your bike on the train.

Pre-Ride Breakfast: A simple breakfast will be served, consisting of bagels and a power drink.

Registration Time: 8:00- 9:30AM. We will have a "mass start" for the ride at exactly 9:45 AM.

The Rides: Cycle through the scenic farmlands of Central New Jersey. Two rides have been selected for this event, a 29-mile and a 47-mile ride. Both rides will be on moderately flat terrain. Cue sheets will be provided and the roads will be marked with arrows. Both rides will follow the same route for the first several miles and the last several miles.

Post Ride Lunch and Entertainment: Linger on the lawn afterwards, and enjoy the music of a live band and lunch immediately following the ride. Lunch will be available for \$5.00. Lunch tickets will be sold until 9:30AM. You must purchase your lunch ticket in advance. Lunch tickets won't be available after the ride. Lunch consists of a hoagie, chips and soft drink.

Sign-Up for Free, or Pay a Fee!

The ride is free for NYCC members but you must register by June 3rd. If you do not register in advance a \$10.00 fee will be applied on the day of the ride.

Registration: If you do not need bike transportation you can register by sending an email to: singlesride@nycbicycleshow.com with your name, bike club name, address, city, zip, year of birth and phone number. Registrations with incomplete information will not be recorded and will be returned. To register by snail-mail, send the above information to

5BBC/Singles Ride
AYH Hostel
891 Amsterdam Avenue — Room 003
New York, NY 10025

Bike transportation: If you need bike transportation to the start, you can register on-line at http://www.active.com/event_detail.cfm?event_id=958756. You will also find information on when and where to bring your bike. If you register by snail-mail, include a check for \$7.00 per person made out to 5BBC. Be sure to include your phone number so you can be contacted with information on when and where to bring your bike.



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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!



TUESDAY, MAY 1

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

SIG Training rides in Central Park Tuesday and Thursday mornings (AM)

Start time depends on when it gets light-probably before 6 am. Check Ben Goldberg's weekly email listing or check with us on Saturdays before the SIG ride for the exact time.

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

From: 60th Street and Fifth Ave. at Park entrance or 90th Street and Fifth Ave. **6:10 AM**

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 9pm or the morning of the ride please. Precipitation cancels.

A19 **18 MI** **7:00 PM**
Sig Evening Training Ride on Tuesdays and Thursdays in May

Leader: Harvey Minsky (212) 595-9344, Spokes609@aol.com
From: Central Park West at 90th Street

Description: We will practice single rotating paceline and if it is not too crowded we will practice double rotating paceline.

B16 **12 MI** **7:00 PM**

Training Laps in Prospect Park - Tuesdays

Leaders : Ralph Yozzo (718) 369 1568 (r_yozzo@yahoo.com) and Suzanne Levin (718) 398-2623 (slevin@medicarerights.org)

From: Grand Army Plaza in Brooklyn (Prospect Park)

Join us for practice laps in Prospect Park. We'll meet at 7pm at Grand Army Plaza (Northern Entrance of Prospect Park where Flatbush Ave., Eastern Pkwy, Union St. and Prospect Park West intersect.)

WEDNESDAY, MAY 2

A19 **55 MI** **10:00 AM**
Nyack

Leader: Gay Shaheen (212) 452-1784

From: The Boathouse

Job? What Job? Come join retirees, the underemployed, and those who still play hooky. Paceline skills and a pleasant personality are a must. Quick ride to Nyack with a brief stop at the Runcible Spoon for coffee, etc. Prompt departure from the Boathouse. Rain or forecast of rain cancels. No cue sheets or no-drop policy, so everyone who shows up is assumed to know how to get to and from Nyack.

C 12/14 **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 Avenue Central Park Entrance

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

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 10**.

Sprint 3 laps around the park 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.

THURSDAY, MAY 3

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

SIG Training rides in Central Park Tuesday and Thursday mornings (AM)

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

From: 60th Street and Fifth Ave. at Park entrance or 90th Street and Fifth Ave. **6:10 AM** See description for Tuesday, May 1

A19 **18 MI** **7:00 PM**

Sig Evening Training Ride on Tuesdays and Thursdays in May

Leader: Harvey Minsky (212) 595-9344, Spokes609@aol.com

From: Central Park West at 90th Street

See description for Tuesday, May 2nd

SATURDAY, MAY 5

A19/20 **100 MI** **8:00 AM**

A-Rider Spring Training Series: Ride #10 of 12 (Bear Mountain)

Leaders: Michael Lin (212) 744-6174, mtjlin@msn.com and Ron Roth (212) 875-0905, ronroth@bellatlantic.net

From: Hill across from The Boathouse

It's May...time to get out and ride! Join us as we gear up to close out our spring-training with a bang. This beautiful ride to a classic club destination will be a warm-up for our graduation doozy, and a perfect opportunity to put together all those A rider fundamentals: tightly cooperative group riding, speed, endurance, hill-climbing...the works! Return is via Metro North, so bring pass and fare. As always, helmets required. The usual cancels. Rain date: Sunday.

A18 **80MI+/- MI** **9:00 AM**

Byram Lake/Armonk

Leaders: Fred Steinberg (212) 787-5204 fsteinberg@nyc.rr.com and Hank Schiffman (212) 529-9082 schiffhank@aol.com

From: The Boathouse

That springtime classic; up the Concourse, the Pelham Parkway express, then into the hills, a touch of Connecticut, and that gorgeous swing around the lake and backroads to Armonk w/a picnic lunch option. Return via Rt22, Grassy Sprain and Broadway for a Concourse-free return. Rain date: Sunday May 6. Confirm w/Fred

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

Not Mallorca - South Mountain Road & Apple Orchard

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

In Mallorca the ride leader pulls the entire way. This is not Mallorca, and South Mountain is no Puig Major, so everyone gets a turn at the front. 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.

My Mallorca pics are available at <http://www.geocities.com/nyccbklly>
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.

B17 **60 MI** **9:00 AM**

Nyack with Hills

Leader: Michael Sopher (212) 873-7621 (msny98@yahoo.com)

From: The Boathouse

We'll take the long way to the Runcible and earn our breakfast climbing a few hills. Fast 9W return. Rain cancels. Helmets, social skills, tubes, pocket food and two water bottles required.

C14 **47MI** **9:15 AM**

Destination Mamaroneck

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

From: Near The Boathouse

This is Westchester so there are a few hills but you're rewarded with lunch overlooking the water at Harbor Park. Greater than 50% chance of rain or BikeNY ride moving to Saturday cancels.

A/B/C Hike **Approx. 6MI w/longer option** **9:10 AM**
Hook Mountain

Leader: John Zap Day 212-219-3339, Eve 203-972-9339

From: Meet at Port Authority for the 9:15AM Bus Route #9AT to North Nyack

Leader will meet group at 10:30am at bus stop. If driving is approx. 1 mile north of route 287 on 9W at dirt parking lot a few feet north of Christian Herald Rd traffic light on left (across from Citgo Station). How about a hike until the weather gets warmer! Approx. 6 mile hike with exceptional views of the Hudson River from top. The return will be on a trail along the waters edge. Wear hiking boots, Bring at least 2 quarts of water. Option for longer hike depending on group. Return approx. 3:33pm Bus Joint with CCC.

SUNDAY, MAY 6

A19ish **55 MI** **9:30 AM**

MAY DAY! MAY DAY! AFTER MAY DAY

Leader: Richard Rosenthal (212) 371-4700 BikeAdman@aol.com

From: The Boathouse

For my first ride of the year, I'm doing...I'm doing the same, ol' —in fact, the only—ride I ever do: gorgeous, untrafficked River Road, Bradley, Tweed. Also as always, I'll be off the back on all the uphill. I just as soon not stop for eats, but I may cave in to a democratic vote.

A19 **16 +/- MI** **9:30 AM**

Riverside Drive/NJ

Leader: Tom Egan (917) 860-3880 mail@tomegan.com

From: NYC side of GW Bridge

Ride along Riverside Drive to stretch out those legs after the Saturday rides. For those who can't get enough hills, there is a mile long ride uphill at the halfway point. We'll return along 9W. It's mostly flat to downhill on the return, so we'll keep up a good pace. Usual cancels, no rain date.

A17 **50 MI** **9:00 AM**

Nyack

Leader: Laura Matlow (from the back of the pack) (212) 665-5409

From: The Boathouse

Nice and easy ride to Nyack for those who haven't been pounding the pavement.

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

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

B17 **50+ MI** **9:00 AM****Nyack with a little extra****Leaders: Russ Berman (212) 595-8834 (rberman@klwhllp.com)****and Bob Mirell (212) 734-6916****From: The Boathouse**

We'll try to stick to the pace and go a bit West while heading North. We won't go out of our way for hills, but if they're there . . . The usual lunch stop and a decent chance we'll be back fairly early. Rain at 8:30 cancels.

C13 **48 MI** **9:30 AM****Pierside Picnic in Piermont****Leader: Peter Hochstein (212) 427-1041****From: Perimeter fence of The Boathouse**

Been there, done that? Well, do it differently this time, with lunch on the pier for which the first half of Piermont is named, instead of at the gazebo. (Be prepared to carry lunch about 1 mile.) We'll take a route that minimizes hills. Back in Manhattan by 4 p.m. or sooner. Rain cancels. Cold snap shortens the ride.

TUESDAY, MAY 8**A19** **20+/- MI** **6:00 AM****SIG Training rides in Central Park Tuesday and Thursday mornings (AM)****Leaders: Cathy Martone (212) 979-0969 and****Linda Wintner (212) 876-2798****From: 60th Street and Fifth Ave. at Park entrance or 90th Street and Fifth Ave. 6:10 AM**

Start time depends on when it gets light-probably before 6 am. Check BenGoldberg's weekly email listing or check with us on Saturdays before the SIG ride for the exact time. See description for Tuesday, May 1

A19 **18 MI** **7:00 PM****Sig Evening Training Ride on Tuesdays and Thursdays in May****Leader: Harvey Minsky (212) 595-9344, Spokes609@aol.com****From: Central Park West at 90th Street**

See description for Tuesday, May 1

B16 **12 MI** **7:00 PM****Training Laps in Prospect Park - Tuesdays****Leaders: Ralph Yozzo (718) 369 1568 (r_yozzo@yahoo.com)****and Suzanne Levin (718) 398-2623 (slevin@medicarerights.org)****From: Grand Army Plaza in Brooklyn (Prospect Park)**

See description of May 1.

WEDNESDAY, MAY 9**A19** **55 MI** **10:00 AM****Nyack****Leader: Gay Shaheen (212) 452-1784****From: The Boathouse**

See description for Wednesday, May 2

C **12/14 18 M** **7:00 P.M. Sharp****Wednesday Night Stressbuster Series****Leaders: peter hochstein (212) 427-1041 and David Sabbarese****DSabarese@firstmanhattan.com****From: 90th Street & 5th Avenue Central Park Entrance**

See description for Wednesday, May 2nd

THURSDAY, MAY 10**A19** **20+/- MI** **6:00 AM****SIG Training rides in Central Park Tuesday and Thursday mornings (AM)****Leaders: Cathy Martone (212) 979-0969 and****Linda Wintner (212) 876-2798****From: 60th Street and Fifth Ave. at Park entrance or 90th Street and Fifth Ave. 6:10 AM**

See description for Tuesday, May 1

A19 **18 MI** **7:00 PM****Sig Evening Training Ride on Tuesdays and Thursdays in May****Leader: Harvey Minsky (212) 595-9344, Spokes609@aol.com****From: Central Park West at 90th Street**

See description for Tuesday, May 1

FRIDAY, MAY 11**B16** **60 MI** **9:15 AM****Long Beach/Point Lookout****Leader: Ron Grossberg (718) 369-2413 (Argee401@aol.com)****From: City Hall Park opposite Brooklyn Bridge bike path entrance****Long Beach and Point Lookout via Jamaica Bay Wildlife Refuge and****Atlantic Beach Bridge. Please bring two water bottles and pocket food.****SATURDAY, MAY 12****A 20 +/-** **45 +/- MI** **10:30 AM****Setanta/Bicycle Habitat - Race to Race Ride: The Orchard Beach Crit****Leaders: Jeff Vogel (718) 275-6978, Todd Brilliant (212) 274-9463****From the Boathouse**

Some of us raced earlier this morning in Prospect Park, hence the late start. Some of us are racing this afternoon in the Orchard Beach Crit. This ride is timed to get us there to catch most of the action so we can cheer our teammates on. We will be happy to answer any of your race related questions, as long as you'll listen to our racing stories. Cooperative pace-line skills recommended; social skills required.

A19/20 **85 MI** **8:00 AM****A-Rider Spring Training Series: Ride #11 of 12 (Mastic)****Leaders: Jay Borok (212) 929-4711, jborok@netzero.net)****and Phil Kiracofe (917) 680-4714, pkiracofe@bigfoot.com)****From: Hill across from the boathouse**

Well, you worked hard last week and you'll work even harder next week!!! So this week, you'll get a little break as we head out into Long Island for a taste of the Montauk century. The route is flat and straight—a great taper before the grand finale. Return is via LIRR, so bring pass and fare. As always, helmets required. The usual cancels. Rain date: No rain date...take Mom out for Sunday brunch!

A19 **100+/-** **8:00 AM****Perkins (Bear Mtn) via Little Tor, Old Gate Hill, 7 Lakes Dr.****Leader: Hank Schiffman (212) 529-9082 schiffhank@aol.com****From: The Boathouse**

A wonderful ride with real beauty matched with real vertical. If you are not eager to climb hills this is not the ride for you. If your tires are threadbare please invest in new ones prior to ride. Helmets, water bottles and a MetroNorth pass advised as possible bailout in Garrison. Forecast of persistent rain cancels.

RIDE SAFELY - WEAR YOUR HELMET

B15/16 **50 MI** **9:15 AM**

A Dam Winters Tale Ride (Kensiko Dam)

From: The Boathouse,

Leaders: Bernie Brandell (718) 633-1759 and

Eva Wirth (212) 477-9322

Along the Bike Path. Good-bye to Numb Fingers and Cold Toes
Cabin Fever—Winter Woes, You Touch Your EAR and Nose So Bare
To Reassure that- Both Are There.

You Paddle Hard-Yet Ground You Lost - The Biting Wind- The Chilly Frost,
With Every Breath- Your Glasses Fog - It Seemed the World is Full of Smog.

Full of Promise May is Lush, - And with Variant Colors Blush,
Sportsmen, Heroes, Dragon-Slayers -Time to Shed the Extra Layers.

If You Ride Ever so Close,- Behind the Guy with Runny Nose
Why than Take it So Hard? - To A Miss-aimed Calling-Card
Rain or severe winds cancels.

B15 **52 MI** **9:00 AM**

CT Gold Coast Ride (Flat)

Leader: John Zap Day (212) 219-3339, Eve (203) 972-9339

From: Meet at Grand Central Station

for the 9:07 AM New Heaven train to Darien,

Leader will meet group at Darien Train Station arrive 9:59AM

A leisurely scenic ride along Fairfield County's coastline from Darien
to Stratford. A scenic easy ride to start the season with. We'll stop
at Compo Beach in Westport, (for snacks, water) and then a late lunch at

Captain's Cove or nearby vegetarian restaurant in Bridgeport. Then a
tour of Lordship on the way to Stratford Train Station. Return approx.
3:15pm or 4:11pm depending on finish time.

C12 **13 MI** **3:00 PM**

Socrates Sculpture Garden

Leader: Hannah Borgeson (212) 348-2601

From: The Tramway Plaza (2nd Ave. and 60th Street)

(Rides Continued on Page 8)

NYC Bike Week May 14-20, 2001

Now in it's tenth year, is an annual celebration of
bicycle culture organized by Transportation
Alternatives - the advocates for cyclists, pedestrians,
car-free parks and sensible transportation. Check out
the full schedule of events at

www.BikeWeekNYC.org. While you are there, sign-
up for the Commuter Challenge!

You can become a member of Transportation
Alternatives online at **www.transalt.org** or by calling
212-629-8080. Your support helps win victories for
cyclists and pedestrians -

Transportation Alternatives
115 West 30th St. #1207, New York, NY 10001
ph 212-629-8080, fax 212-629-8334

**New York Cycle Club Windbreaker
The Ultimate Fashion Statement**

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delivery- only**

☆☆ **\$55.00** ☆☆

**Helmeted Miss Liberty adorn the
Front & Back of the Jacket
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DISCOUNT PASS FOR NYCC MEMBERS

ADMIT ONE **ADMIT ONE**

SPECIAL SNEAK PREVIEW NIGHT!!
THURSDAY MAY 3 ONLY
5pm - 8pm
Pay just \$3 with this pass!

The New York City

BICYCLE SHOW

2001

DISCOUNT ADMISSION with this pass:

\$7

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Friday May 4
noon - 7pm
Saturday May 5
noon - 8pm

TAKE THE A C N R 1 2 3 9 SUBWAYS, OR THE PATH TRAIN TO: WORLD TRADE CENTER • TOWER 1 • MEZZANINE
www.nycbicycleshow.com

Round-trip from Manhattan to Socrates Sculpture Garden in Long Island City, Queens. Ride along the shore in Manhattan, Wards and Randalls Islands, and Queens, cross exciting bridges, and enjoy the peaceful park and its ever-changing large-scale sculptures set against the East River and the Manhattan skyline. Most of the ride is through parks and on bike paths. We'll stop to pick up snacks on the way and have a picnic amid the sculptures. Two return options: the Roosevelt Island Tram (\$1.50) or the Queensboro Bridge. Bring snacks or money for some and \$1.50 (no Metrocards!) if you want to take the tram. Strong tires recommended! Co-listed with TIME'S UP www.times-up.org or 212-802-8222

SUNDAY, MAY 13

A19 **80 +/-** **8:30 AM**

Saddle River/South Mountain Road

Leader: Reem Jishi; (718) 522-2675 (between 6 and 7:15 am), rjishi@kenyon.com

From: upper parking lot of boat house, or 9:00AM at NJ side of the GW Bridge.

This is one of Spencer's beautiful rides, so how can you go wrong? Trip out is 501, Saddle River Road, with a Deli Stop on Route 59. Then after lunch, a glorious spin down South Mountain Road and through West Nyack. Required pacerline and group riding skills, pocket food, and patience for a new leader.

A19 **70 MI** **9:00 AM**

The Knot

Leaders: Timothy McCarthy (718) 204-7484

timothymc@earthlink.net and Ron Roth (212) 875-0905 ron@rroth.com

From: The Boathouse parking lot

How much do you LOVE hill climbing? Ready to tie The Knot? We will do River Road and then loops above Nyack on Tweed and Clausland Mt. Rd. Lunch break in Nyack and then more climbing on the way back. Bring appropriate gearing (no straight blocks!). Helmets mandatory. Rain cancels, call if in doubt.

B17 **43 MI** **8:30 AM**

Northvale

Leader : Janet Klutch (212) 724-8690 (jklutch@bethisraelny.org)

From: The Boathouse

It's Mom's Day! Join me for a quick spin with an early return. I'll try to find a new route to a familiar destination/diner. Rain cancels.

B14 **55 MI** **9:00 AM**

Bike Paths and Bridges

Leader : Michael Di Cerbo (212) 645-1120

From: The Boathouse.

A scenic ride with 3 different paved bike paths, the longest meandering back and forth over the Saddle River. Rain cancels.

C12 **28 MI** **9:30 AM**

It's Mother's Day!

From: Roosevelt Island Tramway (59th St. & 2nd Ave.)

Leader: Trudy Hutter (212) 838-2141

See the Manhattan skyline from Herman MacNeil Park in College Point, Queens. Join us for a scenic & leisurely ride as we go over the 59th St. Bridge, weave our way around Shea Stadium, and Flushing Meadow Park on some unfrequented roads. We'll pick up lunch and eat it in the park while we take in the wonderful view of the city. Bring a spare tube and money for lunch. Approximately 28 miles, mostly flat. Co-listed with 5BBC. Note: helmets are required and ride will leave promptly.

TUESDAY, MAY 15

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

SIG Training rides in Central Park Tuesday and Thursday mornings (AM)

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

From: 60th Street and Fifth Ave. at Park entrance or 90th Street and Fifth Ave. 6:10 AM

See description for Tuesday, May 1

A19 **18 MI** **7:00 PM**

Sig Evening Training Ride on Tuesdays and Thursdays in May

Leader: Harvey Minsky (212) 595-9344, Spokes609@aol.com

From: Central Park West at 90th Street

See description for Tuesday, May 1

B16 **12 MI** **7:00 PM**

Training Laps in Prospect Park - Tuesdays

Leaders : Ralph Yozzo (718) 369 1568 (r_yozzo@yahoo.com) and Suzanne Levin (718) 398-2623 (slevin@medicarerights.org)

From: Grand Army Plaza in Brooklyn (Prospect Park)

See description of May 1.

WEDNESDAY, MAY 16

A19 **55 MI** **10:00 AM**

Nyack

Leader: Gay Shaheen (212) 452-1784

From: The Boathouse

Job? What Job? Come join retirees, the underemployed, and those who still play hooky. Pacerline skills and a pleasant personality are a must. Quick ride to Nyack with a brief stop at the Runcible Spoon for coffee, etc. Prompt departure from the Boathouse. Rain or forecast of rain cancels. No cue sheets or no-drop policy, so everyone who shows up is assumed to know how to get to and from Nyack.

C12/14 **18 MI** **7:00 P.M. Sharp**

Wednesday Night Stressbuster Series

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

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

See description for Wednesday, May 2nd

THURSDAY, MAY 17

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

SIG Training rides in Central Park Tuesday and Thursday mornings (AM)

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

From: 60th Street and Fifth Ave. at Park entrance or 90th Street and Fifth Ave. 6:10 AM

See description for Tuesday, May 1

A19 **18 MI** **7:00 PM**

Sig Evening Training Ride on Tuesdays and Thursdays in May

Leader: Harvey Minsky (212) 595-9344, Spokes609@aol.com

From: Central Park West at 90th Street

See description for Tuesday, May 1

SATURDAY, MAY 19th**A/B/C 2:00 PM****Third Annual Blessing of the Bikes**

INSIDE the Cathedral of St. John the Divine WITH OUR BIKES
Regardless of your religious beliefs it never hurts to have some extra help in your corner when you're riding down Fifth Avenue in the rain during rush hour.

We'll be holding this event **INSIDE the Cathedral of St. John the Divine**. If you've never been, this is one of the great cathedrals in New York, if not the world. Feel free to wear your usual cycle clothing. However, if you have cycle shoes with exposed cleats, (and you don't have rubber cleat covers...) you will be asked to take your shoes off and leave them at the door, so you don't scratch up the floors.

The Reverend will say a few words to us, and then walk among the crowd, sprinkling Holy Water on the cycles while we ring our bike bells. This will be followed by a moment of silence for our fellow cyclists who have died on their bikes over the past year.

Before you leave the cathedral we will pass the hat (pass the helmet?) to raise some money for the church. They are not charging us for this event, and they do great work in the neighborhood for the homeless. (Besides, they have electricity and heating bills to pay too, just like everyone else...) No matter what your religion, these folks deserve our support. The contribution is entirely voluntary, although I would suggest that you kick in as much as you spent during your last snack break while out riding. 100% of the money raised will go to the Cathedral.

The Blessing of the Bikes is a joint effort of the Five Borough Bicycle Club and the New York Cycle Club.

A19/20 110 MI 7:30 AM (SHARP! Train leaves at 7:48)**A-Rider Spring Training Series: Ride #12 of 12 (Hills to pay the bills)**

Leaders: Peter Walker (212) 831-4418, peter.walker@gs.com and Greg Cohen (212) 749-5163, mrlovely@earthlink.com

From: Grand Central Terminal (7:48) or 125th St (7:58)

This is it! Everything you could want of an A ride: long, beautifully scenic, and challenging. Starting from Poughkeepsie, we'll cross the Hudson and tuck in. As an appetizer, we'll climb to the Mohonk Mountain House overlooking idyllic Lake Mohonk. The piece de resistance will be Glade Hill, which, as Greg has been telling us for months, is an average 12% grade for 1.9 miles (yikes! but fear not, your not-insane route mapper has a knee-friendly bail out). Dessert will be Mount Minnewaska, before returning back to Poughkeepsie. Don't salivate from the sidelines...come join us! Bring: train pass and fare, pocket food (we'll be far away from civilization most of the time), and, of course, the required helmet. The usual cancels. Rain date: Sunday.

A18 95 MI+/- 8:00 AM**A FAREWELL TO ARM WARMERS - BEAR MOUNTAIN**

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

From: The Boathouse

It's Armed Forces day, the last day of the SIG, and hopefully warm enough to go without arm warmers. River Road then straight up 9W; or maybe a more interesting route. Next week is Sheffield, so its time to go for the hills and the distance. Required: Paceline, Group Riding Skills & Helmets. Cancels: The usual. Must leave Bay Ridge by 6:30 A.M., so if I don't answer the phone after 6:30 A.M., it means I'm on my way.

A17-22 Sat/Sun May 19/20 250 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. We also tend to break into tiny groups of 2 or 3 as we find others who ride our pace, so some riders will go much faster than the named pace. 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.

B17/18 60+ MI 9:00 AM North Bergen Sampler

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

From: The Boathouse

An energetic B ride around Bergen County starting in Englewood and continuing west through some of Bergen's best burbs to Ridgewood for a break. Rolling terrain but not difficult. From there, we follow the Saddle River north to Upper Saddle River, turn east to Montvale and get glimpses of the Manhattan Skyline. Yes, that means some hills, but they will not be terribly steep. On down south to River Vale, The Tappans, another break and then a group decision to return on 9W or one of the lower routes. A lot of scenic roads and a bit of work but this is a B ride. Two water bottles as always to mind our hydration.

C12 23 MI 10:00 AM

Pre-Ride To The Blessing Of The Little Red Lighthouse and Cherry Walk. We'll get to the Cathedral of St. John The Divine in time for the 3rd annual Blessing of The Bikes. Please bring snacks, maybe a film or digital camera. Co-listed with 5BBC and TA. Some hills and spots where you have to Bikes

Leader: Alfredo Garcia <mailto:cyclist23@email.com>

From: Plaza Hotel (Fifth Ave. & 59th St.)

You have a good life, why not take a pedal to enhance it? A nice ride towards the Hudson River Greenway, which includes the-walk down and carry the bike. Wet weather at the start cancels.

SUNDAY, MAY 20**A19 65 MI+/- 7:30 AM The Bloomin' metric . . . in Connecticut (organized event)**

Leaders: Spencer Koromilas (212) 867-8678 or SpencerNYCC@juno.com

Jim Galante (212) 529-9627 or jim@jimgalante.com

From: Grand Central Terminal Information Booth @ 7:30 AM

We will be taking the 8:07 AM train to Norwalk, Connecticut (New Haven Line) Calling all newly graduated Siggies, and other qualified riders to do astunning ride through charming Connecticut. Spring is in the air - and the flowers will be everywhere! Highly recommend you preregister (\$20 prior to May 11th - \$25 after) First 1,500 to register receive T-shirt. For more information and to download an entry form contact web sight: www.soundcyclists.com Required: HELMETS & Metro-North Pass. Qualified group riding skills. Smooth & steady riding. Cancels: Call leaders between 6:45 and 7:15 AM to confirm.

Ride Safely! Wear Your Helmet!

(Rides Continued on Page 13)



SIG (Special interest Group) Rides List

Always wear your helmet!



SATURDAY, MAY 5

A-SIG Classic 95 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've passed the 40 mile mark. We'll ride through Southern Westchester, Greenwich CT past Leona Helmsley'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 Ride #10: 80 MI 8:30 AM.

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. As we disappear powerfully over Cat's Paw Hill, your "leaders" hearts are pounding near their VO2 max because today we ride as "A" riders. In SIG language however, beautiful ride = hills. The ride to the Ridge has some nice climbing and beautiful pastoral vistas. We'll see if the hill repeats we've been preaching to you really work. Bring plenty of water, pocket food and determination. We might try a picnic this time or the Samuel Parker Deli. Helmets mandatory of course. The skills you learned the past few weeks, especially working together, communicating and forming incredible pacelines are expected. This will be great practice for graduation next week. Remember the carbo load dinner this week!! The usual cancels. We better have all the rides you're going to lead; the diplomas are being printed this week.

B-SIG 16/18 90 MI 8:00 AM

Ride #10 Thru West Point to Cold Spring

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

From: Rambles Shed

Congratulations! This is your graduation ride. It's a beautiful route through northern New Jersey, Rockland and Orange Counties. Look for wildlife as we climb gently up Seven Lakes Drive through Harriman State Park. (Look for a different kind of wild life as we tour through the West Point Campus.) We'll cross the Beacon-Newburgh Bridge north of West Point and ride down 9D to Cold Spring where we'll catch the train home. Bring pocket food and then some - there aren't many food stops and it's a long ride. Metro North pass required.

SUNDAY, MAY 6

C11/12/13 45 MI 9:30 AM

C-SIG #10: Old Greenwich, Stamford, CT

Leaders: Maggie Clarke (212) 567-8272, Ed Sobin (718) 625-7452, Patricia and Jim Janof (212) 737-1668, 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 a block and a half north of the 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. Helmets are required. Cancellation conditions: Starting temps below 35, excessive windchill, icy streets, or prediction of precipitation of 50%. Call Maggie if in doubt.

The C SIG is now closed to new participants. Note: This is a change from what appeared in the April Bulletin.

SATURDAY, MAY 12

A-SIG Classic 70MI 8:00 AM

RIDE #12: CALM BEFORE THE CONQUEST

Leaders: The A-SIGees (and their SIG Leaders)

From: Parking Lot North of The Boathouse

This is the Pre-Graduation Ride-in one week we conquest Bear Mountain and the rolling scenery of Seven Lakes Drive. This is a day for the A-SIG Classic participants to show their leaders their all they've learned: strength, character, and finesse! They're going to lead us up to Rockland Lake and take us through those beautiful double, rotating pacelines. They'll be watching their spin, maintaining that even pace on the lead, dropping back in harmonious parallel teamwork as they pull off. Be at the parking lot north of the Boathouse by 7:30 to group and chat before pulling out at 8:00 sharp!

A-19 SIG Ride #11: Miles Smiles 7:30 AM

GRADUATION RIDE

Leaders: ALL OF US: AND YOU BETTER NOT BE LATE!!

From Boathouse Parking Lot:

Congratulations!!! Here is the moment you've all been waiting for. Bring your caps and gowns, your pomp and circumstance and your champagne. Today, we'll finish off this puppy with a blast. We'll barrel north along the Hudson at breakneck speed (safely of course), observing all the rules of the road and of good sportsmanship. We'll paceline into the mountains and up Perkins Memorial Drive near Bear Mountain. The ride will have a surprise ending. Warm and fuzzy (hopefully not too smelly) we'll return to NYC. What a fabulous day!! Bring your Metro North train pass, pocket food, sun block and lots of water. The usual cancels. Remember, we want to let you down easy; no cold turkey without us on Saturday mornings. Ergo, your leaders expect to see you next weekend from the Bloomin Metric and the Sheffield Memorial Day Weekend in the Berkshires. Ask us for the details. How much will you miss us from now on?

SUNDAY, MAY 13

C12/13/14 45/50 MI 9:30 AM

C-SIG #11: West Nyack, Pascack

Leaders: Maggie Clarke (212) 567-8272, Dona Kahn (212) 399-9009, Arlene Ellner (212) 877-(212) 677-3306, Gary McGraime d4257, Peter Hochstein (212) 427-1041, Cynthia Aquila (718) 858-9279. 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. Helmets are required.

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

The C SIG is now closed to new participants.

SATURDAY, MAY 19

A-SIG Classic 108+ MI 7:00 AM

GRADUATION RIDE

Leaders: The A-SIG Posse - you know them all by now!

From: Parking Lot North of the Boathouse

Today we take off at 7! Be at the parking lot, signed in, helmets on, bladders emptied, by 6:45. NOTE THE EARLIER TIME.

Congratulations!!! Here is the moment you've all been waiting for. Bring your caps and gowns, Polaroid and champagne. Today we finish with a blast. We'll barrel north along the Hudson, stopping for fuel in Haverstraw, NY, then pacelining into the hills, and up Perkins Drive at Bear Mountain. From this point of conquest, we head west along the rolling beauty of Seven Lakes Drive out to Sloatsburg, NY. From a refueling stop in Sloatsburg, we head SSE through Suffern, Airmont, Saddle River, and Ridgewood, toward NY. Along the way, we'll meet 3 formidable beauties who live on 502 known (on a nice ay) as The Three Sisters. The ride will end in a celebratory reunion on the hill across from the Boathouse in Central Park. What a fabulous day and a fabulous series it's been!! Bring your, pocket food, sun block, and lot's of water. How much will you miss us next week?

SUNDAY, MAY 20

C12/13/14 47 MI

C-SIG #12: The Bloomin' Metric!

Leaders: Maggie Clarke (212) 567-8272, Patricia and Jim Janof (212) 737-1668, Ed Sobin (718) 625-7452, Dona Kahn (212) 399-9009, Arlene Ellner (212) 677-3306, Gary McGraime (212) 877-4257, Cynthia Aquila (718) 858-9279.

From: Grand Central Station (8:07 am train to New Haven, get round trip to East Norwalk arrives 9:08 am). (Optional for upper Manhattanites - Bronxers: Take same train leaving Fordham station at 8:24 am)

Sound Cyclists Bicycle Club's 24th Annual Bloomin' Metric bicycle tour will once again be offering three great scenic rides - 25 miles, 75 kilometers and 100 kilometers all starting at a brand new location at Calf Pasture Beach in Norwalk, Connecticut. Routes: 25 Mile, 75 Kilometer and 100 Kilometer tours along beautiful scenic roads

of Fairfield County Connecticut. All riders receive a map and cue sheet. Route will be marked and patrolled with sag wagon services. Plenty of food and water and restrooms available. T-shirt to first 1500 registered. A raffle will be held and prizes will be announced. Fee: \$20.00 (non-refundable & pre-registered by May 14, 2001. \$25.00 (after May 14, 2001). For more information, or a registration form, go to:

<http://www.soundcyclists.com/bloomin.htm> Ride is not limited to SIG, but SIG will ride together.

Cancellation conditions for SIG: Starting temps below 35, excessive windchill, or prediction of precipitation of 50%. Bloomin' Metric itself goes on rain or shine. Call Maggie if in doubt.

SEBAGO CANOE CLUB

1400 Paerdegat Ave.North (At the foot of Ave.N)
(Near the Shore Parkway Bike Path)
Brooklyn, NY 11236

OPEN HOUSE AND BBQ

May 19, 2001

10:00 AM - 5:00 PM

(Rain date: May 20, 2001)

Join us on the water (Weather permitting)
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Learn Kayaking, Canoeing, Sailing, Rowing, Racing

Information: 718 241-3683
membership Info: Yv22n5@aol.com
www.sebagocanoecub.org

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or contact info@dolcetours.com

Letters to the Editor

To the editor,

So listen dude, I have a great idea. I want to take your bike and trash it. In it's place, I'll give you a bike that's new and different. I'm thinking of widening your tires an inch or so. And of a brand new gearing system that's way different from your old one. Admittedly, it will take some getting used to, but you'll have a way cool bike.

For example, I want to put the shift levers under your saddle. And the gear positions will go up and down in waves, instead of being progressive. Oh, and by the way, instead of cleats or toe cages, I'm thinking of rattan ropes. Did I mention making one crank arm slightly longer than the other? I mean, it's time you rode something that's like, a fresh idea, dude.

Crazy? Well, no crazier than the proposal afoot to trash our current jersey and club logo and replace it with a new design to be determined by competition.

The Statue of Liberty wearing a bicycle helmet says New York Cycle Club clearly dramatically, distinctively, and to the envy of other bicycle clubs that can't seem to come up with an identifying logo a zillionth as powerful as ours. In fact, until the current design was created by Richard Rosenthal, WE couldn't come up with an identifying visual symbol as powerful as ours.

Past NYCC jerseys were nice-looking enough, but lacked that extremely rare commodity, a stroke of conceptual genius. One way or another, most tried to say "New York" and "Cycle Club" - with words, or polkadot skyscrapers, or abstract skyscrapers, or a silhouette of a guy on a bicycle. Compared to the current jersey, they just didn't make it. They weren't even close.

The first rule of branding and advertising communications is to stick with your winners. Dupont has been using the same distinctive logo since before most, if not all, of our club members were born. Ditto jello. Ditto Dutch Boy Paint. Ditto Ritz Crackers. Ditto Ford. Ditto Mercedes. Ditto Ivory Soap. Ditto A&P. Close your eyes and you can "see" their brand symbols in your head. Don't get me started or I'll fill the Bulletin with classic names and logos that somebody was smart enough not to change just for the hell of it.

So why are we screwing around with a jersey that says loud, clear and proudly that we are riding with the New York Cycle Club? Hey guy, whoever you are, I'm not asking you to be the next Bill Bernbach or David Ogilvy or Herb Lubalin. But didn't you even take a Moron Marketing 101 course in junior college? If thinking about brand identity, visual recall, cumulative impressions, conceptual originality and the psychology of brand imagery is just way too, like, heavy for you, at least think about what I could do to your bicycle simply for the sake of change when I'm in my own lunatic mode. Also remember this ancient (and still-reliable) aphorism:

"If it ain't busted, don't fix it."

Peter Hochstein



Lost & Found

Lost Pannier - Found a single pannier on the brooklyn bridge this morning (Thursday april 5, 2001) at about 8am. It fell off of a cyclist's bike and after yelling without being heard I waited for 15 minutes hoping they would come back, but did not. The owner can call me at 718-625-2182 and describe the pannier and they will be reunited. Any further spreading of this would be appreciated. Thanks.

Glen Nison

Out of Bounds

On April 29th, as part of the 8th Annual Local Produce Festival of the Performing Arts, Spoke the Hub is starting a new tradition: a parade among and around half a dozen community gardens in Park Slope, Brooklyn beginning at The Brooklyn Bears Garden at Flatbush and 4th Avenue. The parade will start around 12:30. We'd love to have a bike brigade and want as many bikers as possible. The theme is Spring. Come dressed as a tulip or a tomato. Or dress your bike as a butterfly.

For more information call: 718-857-5158

"Ramapo Rally", the Bicycle Touring Club of North Jersey's 24th annual rally will be held rain or shine Sunday September 30, 2001. The start at The Center For Family Resources in Ringwood, New Jersey is in the scenic Ramapo Valley, a short drive from either Route 287 or Route 17. It will feature a choice of 5 routes of 20/30/50/62/100 miles. Rides are geared for all levels of cyclists. **For more information -- call Bette Bigonzi at 973-744-5924 or visit our website at www.btenj.com**

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**

Show up for Safety Day

Montauk Century

B18 130 MI 6:00 AM

Leader: Jack Lehnert (718) 884-6437 (lehtiger@aol.com)

B16/17 130MI 5:30AM

Leader: Carol Wasser (212) 581-0509 (biker-c@rcn.com)

From: The Plaza Hotel

We'll meet early enough to awaken the rooster and forge a path for the 1000+ riders behind us. The 5 BBC has arranged pre-registration, luggage drop-off at AYH and a start from the Plaza Hotel. We'll be able to take advantage of the designated food-pit stops while briskly spinning along the South Shore. Two water bottles, pocket food, helmets are required. Rain or shine.

B16/17/18 65 MI 6:25 AM

24th Annual Blooming Metric.

Leaders: Don Belfer (212) 316-1876, David Hallerman and

Maura Leeds (212) 529-9176

From: Grand Central Station (6:25am) or East Norwalk (by car) 8:15am

The Sound Cyclist Bicycle Club's 24th Annual Blooming Metric bicycle tour tours along beautiful scenic roads of Fairfield County Connecticut. All riders receive a map and cue sheet. Route will be marked and patrolled with a sag wagon. Plenty of food, water and restrooms are available. We are taking the 6:40AM train to Westport, Connecticut. The website for download of registration forms and additional information is <http://www.soundcyclists.com>. Brochures will also be available at the May club meeting. This year the starting point has moved to the beach and it's a 3-mile ride to the start. We aim to get the 1:35pm train back from Westport.

B14 42 MI 6:00 AM

Back by Noon

Leader : Michael Di Cerbo (212) 645-1120

From: In front of the Century Building CPW bet 62 & 63St

A scenic ride through the suburbs of Bergen County. Lunch in a beautiful park. Rain cancels.

C14 40+ MI 7:35 AM

Ridgefield, CT and Points Northeast

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

From: GCT Info Booth for 7:48 AM Bike Train to Purdys

A "SEE" paced ride through the outer reaches of NYCC-land that includes tree-covered country lanes, lightly-traveled suburban roads, a couple of suburban towns, a few hills and even a bit of hard-pack. "C" conditions except "B" for stops. If your NYCC experience is limited to Nyack RT, you'll enjoy the change. Indoor lunch in Ridgefield or New Caanan. Metro North pass and Helmet required.

TUESDAY, MAY 22

A19 20+/- MI 6:00 AM

SIG Training rides in Central Park Tuesday and Thursday mornings (AM)

Leaders: Cathy Martone (212) 979-0969 and

Linda Wintner (212) 876-2798

From: 60th Street and Fifth Ave. at Park entrance or 90th Street and Fifth Ave. 6:10 AM

See description for Tuesday, May 1

A19 18 MI 7:00 PM
Sig Evening Training Ride on Tuesdays and Thursdays in May

Leader: Harvey Minsky (212) 595-9344, Spokes609@aol.com

From: Central Park West at 90th Street

See description for Tuesday, May 1

B16 12 MI 7:00 PM

Training Laps in Prospect Park - Tuesdays

Leaders : Ralph Yozzo (718) 369 1568 (r_yozzo@yahoo.com)

and Suzanne Levin (718) 398-2623 (slevin@medicarerights.org)

From: Grand Army Plaza in Brooklyn (Prospect Park)

See description of May 1.

WEDNESDAY, MAY 23

A19 55 MI 10:00 AM

Nyack

Leader: Gay Shaheen (212) 452-1784

From: The Boathouse

See description for Wednesday, May 2nd.

C12/14 18 MI 7:00 P.M. Sharp

Wednesday Night Stressbuster Series

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

DSabbarese@firstmanhattan.com

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

See Description for Wednesday, May 2nd

THURSDAY, MAY 24

A19 20+/- MI 6:00 AM

SIG Training rides in Central Park Tuesday and Thursday mornings (AM)

Leaders: Cathy Martone (212) 979-0969 and

Linda Wintner (212) 876-2798

From: 60th Street and Fifth Ave. at Park entrance or 90th Street and Fifth Ave. 6:10 AM

Start time depends on when it gets light-probably before 6 am. Check Ben Goldberg's weekly email listing or check with us on Saturdays before the SIG ride for the exact time. See description for Tuesday, May 1

A19 18 MI 7:00 PM

Sig Evening Training Ride on Tuesdays and Thursdays in May

Leader: Harvey Minsky (212) 595-9344, Spokes609@aol.com

From: Central Park West at 90th Street

See description for Tuesday, May 1

B16 Thurs, May 24 & Fri, May 25 135 MI Total 7:00 AM

Self-contained overnight ride to Sheffield

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

and Annaline Dinkelmann (212) 207-8689 (dinkelmann@att.net)

From: The Boathouse

Pack your overnight gear in a pannier and ride to Sheffield from Manhattan. This ride will be touring style - no need to rush. We'll take back roads as much as possible and stay overnight in a motel or B & B near Brewster on Thursday, then ride the rest of the way to Sheffield on Friday. Mileage will be between 60 and 75 miles each day, depending on where we stay (research was still being done at press time). Contact leader by May 11 so reservations can be made.

Ride Safely! Obey the Road Rules!

FRIDAY, MAY 25**MEMORIAL DAY - BERKSHIRE WEEKEND METRO****NORTH RIDES**

This applies to all May 25 rides scheduled to meet at Grand Central Terminal. The MTA schedule for May 25 has not been published.. Not all rides will take the same train. Check with the leader for the correct train or check the Metro North schedule at http://www.mta.nyc.ny.us/mnr/html/planning/schedules/sched_form.cfm. A Metro North bike pass is required for these rides. Plan your arrival at Grand Central Terminal to ensure sufficient time to purchase a ticket, a Metro North bike pass if you don't have one, find the correct platform and get you and your bicycle loaded in the bike car. That's a minimum of 30 minutes prior to scheduled departure time. If you have any questions contact the ride leaders or the weekend ride coordinator, Fred Steinberg (212 787-5204 fsteinberg@nyc.rr.com). If the rides following do not match your riding level, contact the ride coordinator or monitor. NYCC.org. Additional rides may be posted.

A 20+ 99 +/- MI 7:30 AM

Vogel Route To Sheffield

Leader: Jeff Vogel (718) 275-6978

From Grand Central Terminal

This is the quintessential Vogel Route. There is incredible scenery and some almost traffic-free roads. But, of course, it wouldn't be a Vogel Route without the obligatory unpaved road. Oh yeah, and a mountain or two to brag about over beers at the Stagecoach Inn at the end of the ride. (Yes, I guarantee that you'll be talking about Joe's Hill for a long time afterwards.) If you do the hard ride today, you'll enjoy the easy ride tomorrow. We're on the 7:48 Harlem Line train to North White Plains. Buy a ticket, meet on the train. We should be on the northernmost available car. Rain cancels.

A19 70 MI 9:30 AM

"A Tale of Two Sodoms" Sheffield, MA

Leader: Mark Martinez (212) 496-5518

Email: retrogrouch@my-deja.com

From: Grand Central Terminal

Memorial Day Weekend getaway ride from Brewster, NY to Sheffield, MA. via Sodom, NY and Sodom, CT. Did you know there was a Sodom, New York and a Sodom Connecticut? Did you know they are both on the route from Brewster to Sheffield? (Actually, New York has TWO Sodoms, but don't tell Jessie Helms.) It makes sense to me that we should roll through both of them on our way up to the Club's annual Memorial Day weekend in the Berkshires. You say "Why?"; I say, "Why not?" This is not a political statement, but it sounds like a pretty good photo opportunity. Meet near the GCT Info booth where we'll gather before boarding the 9:46 for Brewster (see schedule note below.)

Required: Metro-North pass. Highly recommended: climbing gears, 2 water bottles, pocket food and camera.

Rain does NOT cancel.

Schedule Note: Please confirm 9:46 A.M. departure from GCT to Brewster before day of ride. If schedule change call leader(s). Metro North Info: <http://www.mta.nyc.ny.us/mnr/> or (212) 532-4900.

A18 65+/- MI 9:15 AM NO LATER

Brewster Sheffield

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

Location: Grand Central Terminal

A reprise of last years highly regarded Brewster Sheffield route thru the rolling hills and farmland of Putnam, Fairfield, Litchfield and Berkshire counties. Oh yes, there's a mountain or two thrown in too.

Lunch as always in Kent, Ct.

There's some challenging climbing after lunch. The leader can provide an alternate route with less climbing.

Please note the general information for the Memorial Day Weekend Metro North rides

C13/14 35/40 MI

One Way to Sheffield, Great Barrington, MA

Leader: Maggie Clarke (212) 567-8272

From: Metro-North Harlem line train leaves 9:46am from Grand Central Terminal or the 9:41 am local from Fordham station (switch at White Plains).

Now that Metro-North's Harlem commuter train line has been extended north, we won't have quite as far to ride to get to the Berkshires weekend in Great Barrington/Sheffield. This is one glorious ride in lightly traveled country roads up to CT, then to "roller coaster" country between Sharon and Lakeville in the hills of NW CT, a stop at our friendly Internet Coffee shop in Lakeville, and on to Massachusetts. Bring your low gears! Bring your breakfast for the train ride. Since this will be our first time leaving from north of Dover Plains, we may need to bring a snack or lunch as well to tide us over till we reach these CT towns. Bring your Metro-North pass and a bungee cord to hold your bike down. We must have a headcount for Metro-North in advance, so please call one of the leaders ASAP if you are planning to come.

No cancellation conditions.

SATURDAY, MAY 26

"A" e ride

Great Day for an "e ride".

If you are still looking for something to do this weekend. Lead a ride! E mail me the details on or before May 18, to jim@jimgalante.com and I'll get it into the NYCC weekly e mail ride listings.

B15 60 MI 9:00 AM

To Hillary's & Back

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

From: The Boathouse

Let's visit Chappaqua. We'll ride north thru Manhattan headed toward Tarrytown and Sleepy Hollow. And then on to Chappaqua where we'll enjoy lunch in town, but not without a side trip to Hillary's. Perhaps she'll have us in for tea! And then back home thru Scarsdale. Metro North pass for bailouts. Rain or significant forecast of, cancels.

B15 50 MI 9:30 AM

Berkshire Weekend /Stockbridge Bowl

Leader: Carol Waaser and Annaline Dinkelmann

From: Sheffield

This is a leisurely ride up along the Housatonic River past Stockbridge and Tanglewood. We'll go up one side of Stockbridge Bowl to Lenox for lunch and then come back down the other side of the Bowl. The hills on this ride are gentle.

C13/14 35 MI 9:45 AM

Tanglewood / Stockbridge Ride

Leader: Maggie Clarke, Days Inn, Gt. Barrington

From: Days Inn, Great Barrington

The 7th annual Tanglewood ride leaves from Gt. Barrington, passes by the Church made famous in "Alice's Restaurant", follows the Housatonic river north through the town of Housatonic up to Lenox, with a picnic lunch overlooking the Stockbridge Bowl (lake) and surrounding mountains. After lunch we cycle down to Stockbridge, have some time to walk around this quaint town, then back to Gt. Barrington via the Monument Valley. Mileage is about 35; only one serious hill (to Lenox), so those starting and ending in Sheffield add round trip of 14 miles via Rt 7.

(Rides Continued on Page 18)

Spring is in the air. The time has changed. And so has our name, but the game's the same: what's good, bad, ugly and pretty in our little (or not so little) cycling universe. You've got our new, improved address. So stay safe and don't forget to write!

WHERE THE ACTION IS In the SIG's, of course, which have been full to bursting with exuberance – and bigger and better than last year from all accounts, which means that in a few short weeks, we're gonna be blessed with mega new riding buds (and ride leaders). Rumor has it that the A-SIGgies are soooo fit and have such good bike-handling skills that the leaders are getting quite a workout themselves. In fact, one leader was overheard to say that the riders are so

fast and furious that if s/he can keep up with them, s/he'll be an A rider by the end! And speaking of the end, that's when Captain **Damon Hart** and **Sandy Tannenbaum** are getting married. The festivities (and we know it will be FESTIVE) will take place on Mother's Day weekend, an off-weekend in the SIG world. And no coincidence that. Damon and Sandy planned their nuptials so as not to interfere with the SIG! We think you should definitely take cycling seriously, but we also think they might wanna talk to someone about getting a handle on what life's true priorities are. ... **Christy Guzzetta's** infamous tongue et al have been going through their own SIG paces to such an extent that fellow A-SIG leader **Diane Kee** apparently flinches when Christy so much as comes *near* her. And we all know that Christy usually has the opposite effect on females. ... The A-19'ers were just getting in a tight double-pacelining groove one Saturday on 9W when the rider in front of **Carol Wood** said "slowing," as well he ought when slowing in a tight double paceline. Unfortunately, Carol didn't have quite enough time to keep her front wheel out of harm's way and down down down she went. Fortunately, **Ed Fishkin** (everyone's favorite doc and SIG commander) was on call. He attended to her bloody forehead and asked the appropriate questions to make sure Carol wasn't concussed: What's the latest bill George Bush tried to pass? Do you mean the tax cut or the rollback in arsenic regulations? asked Carol. At this point, Dr. Ed needed to go home and reread his copies of The New York Times to find out the answer to Carol's lucid question, so he released her into the custody of a passing motorist, who wasn't even going her way but drove her all the way back to Manhattan – with a baby in the back seat. See, we two-wheelers are not shunned by all drivers of four-wheeled vehicles. ... **Andy Rakeman** has developed quite a reputation as the tire-changer extraordinaire of the Killer-B SIG. He changed three on his first ride (two his own, the third belonging to a pretty colleen who was last seen expressing deep appreciation – hmmm). ... The C-SIG is now divided, more or less, into what are affectionately known as the Baltic C's, the Caribbean C's and the Mediterranean C's. We know inspired SIG Queen **Maggie Clarke** has touring on the brain, but isn't she being just a wee bit optimistic? Hey, you never know: today a roundtrip to the Cloisters, tomorrow Anguilla.

READ IT OR WEEP (OR STARVE) **Henry Joseph** made the mistake of doing his own ride to Northvale on March 10. With both the A-19 and B SIG's already chowing down, there was no room in the diner for Henry. Henry, do you read your Bulletin? Do you not plan your life around it?

DOWN AND OUT Several folks have been sidelined by injuries: **Jack Lehnert** with a strained wrist, allegedly from basketball; **Caryl Baron** with a whiplash; **Bob Hancock** with a grapefruit-size ankle, the result of dancing with a partner who was too fast for him. Jeez, and people say cycling's dangerous!

FOWL DEEDS When: Saturday, March 31, around 1 p.m. Where: A wooded section of 9W a few miles south of State Line. Who: **Jim Modula** and **Mark Martinez**. The conversation: Mark: "Hey, Jim, take a look on your right." Jim: "All I see is a white plastic bag blowing in the brush." Mark: "Look again." So Jim does. And realizes that the aforemen-

★★★★★

ROAD DIRT

Send tips to: roaddirt@nycc.org

tioned "white plastic bag" is actually a healthy-looking rooster pecking his way through the flora. Ya don't see that every day, no sirree. But lots of other people have. Our white-feathered friend has become quite the inspiration to passing cyclists – a real barnyard rebel, "ya can't fence me in" his *cri de coeur*.

PASSAGES It's twue, it's twue, **Mark Martinez** and **Allison Holden** have done gone and got married. It was a stealth wedding, and the church has a no-cleats-allowed policy, so it was probably a good thing. ... **Anne Grossman**, a babe's babe, is having one of her own in the not-too-distant future. ... **Tom Laskey**, our fearless president, and his wife, **Debra Rothschild** (like The

Rothschilds?) hosted their first Passover seder. It turned out to be a night of firsts (hey, that night is supposed to be different from all other nights, isn't it?) as Tom fearlessly took control of the first course and prepared the essential gefilte fish from scratch! What we're wondering is if he's gonna blow his oboe on Rosh Hashana instead of a shofar. Well, stay, uh, tuned.

REPEAT THAT Oh, there are so many opportunities to get out and train with like-minded SIGgies and non-SIGgies — pre-work, during work and post-work — that we can't make up our minds whom to meet when. **Cathy Martone** and **Linda Wintner's** SIG-training crew meets Tuesday and Thursday mornings. None of this "let's do some laps and see who gets dropped" business for them. No, they've got a serious agenda. On Tuesdays, they do hill repeats and on Thursdays sprints or intervals. They're a pretty enthusiastic group. In fact, sometimes they work harder than they mean to. On a recent Tuesday, one crew member (who shall remain nameless because she's married to our prez!) was heard to exclaim: "I think I did seven [hill repeats]. I didn't mean to do so many." Watch out for her guys. She'll be dusting you on River Road!

EL JEFÉ REPORTS That Costa Rica is home to a surprisingly large population of nice bikes. Cannondale, Gary Fisher and Marin models abound. But upon closer examination they turn out to be crummy bikes plastered with whatever decals someone managed to scrounge! If you want a Seven cheap, you know where to go. ... As far as climbing goes (and you know its **Jeff Vogel's** middle name), while we've got the third-of-a-mile hill at the north end of the park or the milelong bump at the end of River Road, Jeff's got the Irazu volcano – 11,193 feet of spinning pleasure. You wanna know how loooooong that is? Imagine doing 15 to 20 hill repeats on River Road ... without the downhills to rest in between. Eight members of the Pizza Hut team, Costa Rica's premier professionals, passed him, but Jeff did make it to the top. (Did you think he wouldn't?) Was it worth it? He says the climb was "three hours of leg-burning, lung-searing, total-body-ache torture" and adds that while people say that men can't bear children because they wouldn't be able to bear the pain, "I'm ready to get pregnant!" We think he loved every delicious centimeter. ... As far as driving goes in Costa Rica, honking is pervasive and indiscriminating. People honk when they get in their cars, when they pull away from the curb, when they see someone they like. So when a car repeatedly honked behind Jeff, he thought nothing of it. But the driver kept honking. So when Jeff hit the downhill at 40 mph, he moved to the middle of the road, afraid to give the guy room to pass him. Still, he honked. Finally, the road flattened out and Jeff turned around to try to figure out what the guy might want. He was holding something up. Hey, what's that? A spare tube? Jeff's? Sure enough, the bag under his saddle had opened up and his spare tube had fallen out, and this guy had followed Jeff for miles and miles to return it. Who knew? A great leap for foreign relations. ... Jeff'll have to tell you all about the beisbol season when he sees ya. Until next month ...

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's 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 bag containing 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

Montauk Century - Sunday, May 20 Don't Miss It!!!

Give us a Few Hours and We'll Make you - "Leader of the Pack"

To Be a Ride Leader or Not to Be a Ride Leader? Whether you've always wanted to lead a ride, but didn't feel comfortable, or if you feel guilty for being a confirmed follower, the time has come to give up whatever's been keeping you from NOT developing your ride leadership abilities.

For the first time, the NYCC is offering a wonderful opportunity to ease yourself into becoming one of those people who leads A or B rides. We are pooling the resources of our most experienced A and B rider leaders to offer a two-part course in May: 1 classroom session + 1 riding session.

Classroom sessions will be offered mid-week on 4 dates; (May 9, 10, 16 & 17) Riding sessions on two consecutive Saturdays (May 12 & 19). You can pick one of each according to your schedule.

So, it looks like you've used-up all your excuses, doesn't it?

Remember, ride leaders are made, not born. Plan on joining us.

Sign-up information: Please email or call the A & B ride co-ordinators

A-rides co-ordinator = Jim Galante (212) 529-4300, jim@jimgalante.com
B-rides co-ordinator = Annaline Dinkelmann (212) 207-8689, dinkelmann@att.net
More information will be emailed or faxed to participants.



The Worker B's

Photo - Ludvig Vogel

Minutes of The NYCC March Board Meeting

Wednesday, March 7, 2001 at 6:30 PM

Present: Tom Laskey, David Getlen, Jim Galante, Cathy Martone, Lauren Grushkin, Bob Hancock, Ira Mitchneck, Annaline Dinkelmann

Absent: Gary McGraime, Rita Tellerman, Stan Oldack, Ben Goldberg

Meeting convened at 6:47.

March bulletin put in the mail 7 March 2001.

The balance sheet for 2000 shows that the club ended up about where they started the year.

The Board approved the 2001 budget with the amendment that the website costs will be tracked as a separate line item.

Peter Morales with do the club taxes this year.
Dandy Printing will continue to print the bulletin.

Unofficial weekday rides can be listed on the website bulletin board. Club sanctioned rides must be approved by the appropriate ride coordinator. A disclaimer will be posted on the website defining the club policy.

If the ride, that is part of another organization such as Time's Up, is organized by a club member, it may be listed as an NYCC ride.

Discussion of venues for special events and the Christmas party.

The abbreviated version of the ride leader guidelines will be included in the bulletin on a regular basis. The full version will made available for download on the website.

A list of tasks will be posted on the website to allow volunteers to sign up.

The Board approved \$350.00 as a one year commitment for upgrades to the website.

Next meeting scheduled for April 4, 2001.

Meeting was adjourned 9:05.

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

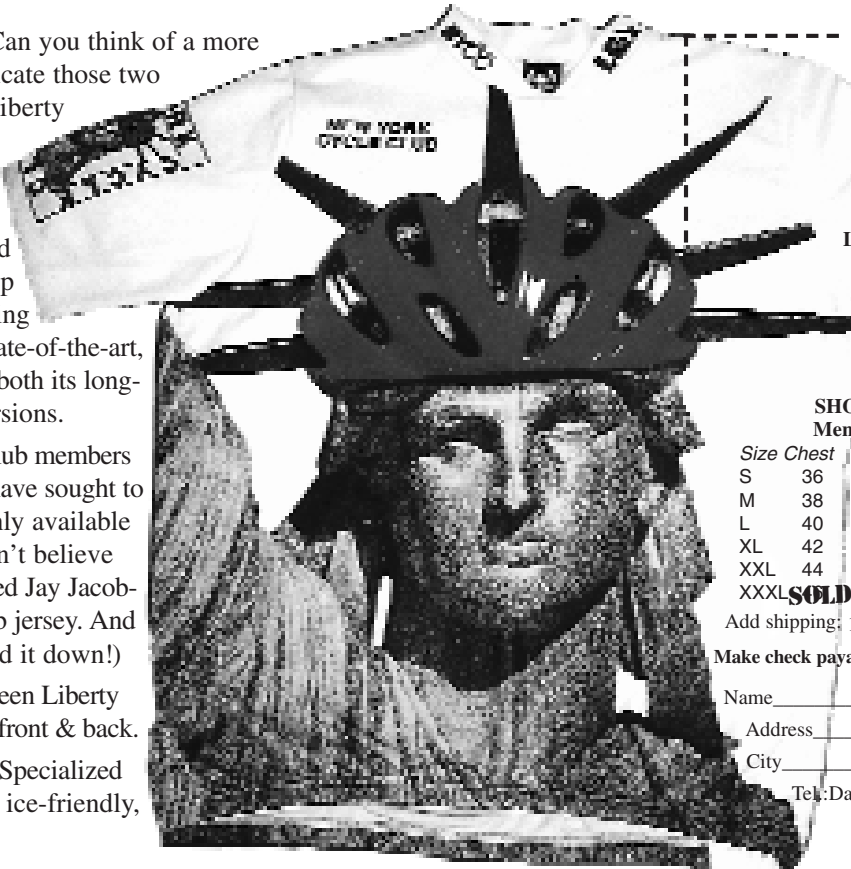
New York and cycling. Can you think of a more striking image to communicate those two things than the Statue of Liberty wearing a bicycle helmet?

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	SOLD OUT	_____

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	SOLD OUT	_____	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
Price: \$3.50

(Rides Continued from Page 14)

SUNDAY, MAY 27**A19 75+/- MI 7:30 AM SHARP****Bedford & Beyond #1**

Leader: Seth Prince (718) 422-0085 or birdrider@mindspring.com
From: G. C. T. to catch the 7:40 train to Mamaroneck (round trip is \$10 please remember bike pass).

I've ridden the Grand Concourse once and I see no reason to do that again when Metro North can speed us on to greener pastures. We will be heading up through White Plains, over Whipperwill, to Rt 100 northbound to Westchester horse country. Then back down through Bedford and along Rt 22. No formal lunch stop maybe casual picnic in Ward Pound Ridge (so bring pocket food), single and double pace-line skills highly recommended, helmets required. Rain cancels (if in doubt call the evening before). I will be leading rides similar to this throughout the summer, and later on in the season we will be taking an optional apres bike, pool stop at my parent's house.

C13/14 50 MI 9:45 AM**The Alford / Cooper Hill Ramble**

Leaders: Maggie Clarke, Peter Hochstein (Days Inn, Gt. Barrington)
From: Days Inn, Great Barrington

A brand new ride with some nice views, goes north from Gt. Barrington towards W. Stockbridge, thence south along a ridge to Alford, south through S. Egremont to Sheffield along a beautiful flat road with great views, then up a moderate incline to Cooper Hill, where there's a 270 degree panorama, and back to Gt. Barrington along the east side of the Housatonic river. Those starting in Sheffield travel north to Gt. Barrington to start, and drop off as we pass back through Sheffield on the way back.

C13 25 MI 12:15 PM**Tibetan Trek to Staten Island**

Leader: Terry Chin (718) 680-5227
From: South Ferry Terminal, pierside

We'll improve our karma by taking the quieter and flatter routes of Staten Island to the Jacques Marchais Center of Tibetan Art. We'll make some stops at New Dorp and Miller Field for some great views of the Atlantic and lower NY Bay. Co-led with 5BBC. Helmets are required. Rain cancels.

MONDAY, MAY 28**C13/14 135/ 140 MI 9:30 AM****One Way from Sheffield, Great Barrington, MA to NYC**

Leaders: Maggie Clarke (212) 557-8272, Peter Hochstein
From: Days Inn at Great Barrington, MA, with a pickup at Berkshire Schoolhouse Road and Rt. 41.

This will be the May 25 ride in reverse, ending up at the Metro-North Harlem line (near the end of the line), going through the beautiful Berkshires and dropping fast into the Harlem valley. Bring your Metro-North pass and a bungee cord to hold your bike down. We must have a headcount for Metro-North in advance, so please call one of the leaders ASAP if you are planning to come.

No cancellation conditions.

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

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

We'll explore the West Side with a tour of NYC's National Landmarks.

From Grant's Tomb to the Battery we'll finish our ride with snack at the South Street Seaport. Co-led with 5BBC. Helmets are required. Bring lock, snack or \$ for it. Rain cancels

TUESDAY, MAY 29**A19 20+/- MI 6:00 AM****SIG Training rides in Central Park Tuesday and Thursday mornings (AM)**

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

From: 60th Street and Fifth Ave. at Park entrance or 90th Street and Fifth Ave. 6:10 AM

See description for Tuesday, May 1

A19 18 MI 7:00 PM**Sig Evening Training Ride on Tuesdays and Thursdays in May**

Leader: Harvey Minsky (212) 595-9344, Spokes609@aol.com
From: Central Park West at 90th Street

Welcome to our Newest Members

Atkinson, Travis
 Avens, Mark
 Baer, Susan
 Barr, Valerie
 Batra, Barbara
 Benson, Emily
 Burke, John
 Cleland, Barbara
 Curley, Mark
 Davidson, Robert
 DeVoe, Danielle
 Douglas, Peter
 Eng, Eva
 Felice, Elizabeth
 Flaherty, Darryl
 Gomez, Victor
 Goodman, Fred
 Goodwin, Amanda
 Greenberg, Allan
 Grew, Patricia
 Hartley, John
 Heinlein, Johannes
 Huber, Doug
 Ishikawa, Chiaki
 Kahn, Gary
 Kanter, Roger
 Keane, Frank
 Kennedy, Susan
 Kennedy, Roger
 Kirchgaessner, Christiane
 Kunzweiler, Robert
 Lafontant, Betsy
 Lau, Kris
 Leonard, M.
 Magno, Nola
 McSeain, Concepta McSeain
 Meyer, Frank
 Michel, Nathalie

Moffett, Erica
 Murillo, Maribel
 Murphy, John
 Natividad, Rick
 Naylor, Simon
 Neely, Robert
 Notaro, Michael
 Oquendo, Carlos
 O'Shaughnessy, Narani
 Ottomanelli, Rosamarie
 Palmacci, Maryellen
 Paperny, Dmitry
 Payne, Kibbie
 Pennisi, Toni
 Petutschnig, Dietmar
 Ragone, Regina
 Randolph, Chris
 Rockhill, Linda
 Schreier, Robert
 Sears, Steven
 Shaffer, Marjorie
 Shaw, Christi
 Shippole, Jennifer
 Siegel, James
 Simon, Leonard
 Smith, David
 Smith, Roger
 Sollod, Celeste
 Squadron, Marcy
 Stanton, Rosemary
 Stern, Laura
 Taylor, Samantha
 Turett, Wayne
 Walas, Jon
 Weaver, Jr., Charles
 Weltha, Craig
 Wesley, Charles
 Wolff, Andrew

2001 RENEWAL / MEMBERSHIP APPLICATION / CHANGE OF ADDRESS



In consideration of being permitted to participate in any way in New York Cycle Club ("Club") sponsored Cycling 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 Cycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. 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



Re-cycle
17" Trek 520 for Sale - An excellent touring bike, this 1996 model has STI shifters. It looks a little beat up but works perfectly. Asking price, including a computer, and a front and back rack is \$450. Call 718 783-5355 or e-mail marinab@mindspring.com

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.

PIERMONT BICYCLE CONNECTION
 215 Ash Street, Piermont, NY 10968 (845) 365-0900
 4 Washington Street, Tenafly, NJ 07670 (201) 227-8211
www.piermontbike.com
 10% off EVERYTHING including bicycles. FREE SHIPPING on purchases over \$100.



← 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

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



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

As sure as spring turns turn 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 ?) as well as a new meeting location. The new start point is the high school on Berkshire School Road. Berkshire School Road is the first right heading south from the center of Sheffield, i.e. turn off of Route 7 at the police station. Berkshire School Road connects Rt. 7 and Route 43. The meeting time on Saturday is 9 AM with all groups meeting at Lakeville. The meeting times for Sunday, rides will be staggered by class, leaving between 9am and 10 am. Detailed Sunday schedules will be available in the published program and will be announced on Sunday. Sunday A and B rides will have a catered picnic with a catered lunch (\$10 prepaid on Saturday morning, CASH only) After riding, we will have a dinner at one of the Southern Berkshire's nicest restaurants on Sunday, The Pepper Mill, located just south of Great Barrington. The menu is at least as long as the ride listings, so just imagine. Dinner is \$35 prepaid on Saturday, CASH only and a cash bar at dinner. For those of you who will miss the early evening rides through the countryside evening in a convertible or getting lost in the dark afterwards, a detour can be arranged.

Please drop us a line at ssheffieldnycc.org and let us know where you are staying. This guarantees that we will send the program to you at your accommodations and have more than enough of the best food in the Berkshires on Sunday. Though the leaves are on the trees, there still is time to make your plans to be on the road for the Memorial Day weekend. 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 Berkshire Chamber of Commerce (www.great-barrington.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 the location of the starting point and other locations mentioned, see www.mapquest.com. For more info. Southern Berkshires Chamber of Commerce 413 528 1510 South County Lodging Association 413 528 4006



Don't Miss the Next Club Meeting!!

Achieving Fitness in Cycling

Find out more at our **May 8th** meeting

Karen Bauer, R.N., M.S., Wellness Director, Certified Personal Trainer of HealthyTrak

Cycling fitness is a relationship between numerous variables including diet, level of fitness, ability to recover, and mental-emotional health. Karen will outline ways to achieve optimal efficiency to enhance cycling pleasure and fitness. Join your fellow members for an evening of camaraderie and good food at:

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