Here is a group photo of the NYCC ride to Perkins (Bear Mountain) on May 12, 2001 taken at Tiorati Circle on Seven Lakes Drive. Pictured from Left to Right - Joe Kissner, David Chang, Bill Greene, Ron Roth, Tom Truskoff, Peter Walker, Rich Ramon, Mary Anne Cotter, and Simon Nadulek, Kwonie Tong (kneeling in foreground).

Photograph by Hank Schiffman
President's Message

Once again, it’s time to thank some of the many volunteers who help make the New York Cycle Club the great organization it is.

If you were at the club weekend in Sheffield, MA over Memorial Day weekend, you know that even the constant threat of rain did not manage to dampen the spirits of the participants. This is largely due to the efforts of the Sheffield Troika (plus 1) of Fred Steinberg, Gerry Wendrowsky, Karen Reich and Ira Mitchneck. Thanks everyone for your hard work and meticulous planning.

Believe it or not, there is more to keeping the NYCC going than finding rides, even things as mundane as filing our taxes. Special thanks goes to Peter Morales for handling this less than glamorous task and keeping us square with Uncle Sam.

If you attended last month’s club meeting, you would have witnessed the culmination of our annual SIG program (except the A19 SIG which will graduate at the July meeting). This year, over 100 riders took part in this 12 week program many of whom were on hand at the June meeting to receive their hard earned diplomas. A special thanks goes out to all the SIG leaders and in particular the SIG captains, Damon Hart (A Classic SIG), Ed Fishkin (A19 SIG), Carol Waaser (B SIG) and Maggie Clarke (C SIG). Without these dedicated volunteers who came out every weekend for 12 weeks, provided the routes and cue sheets, conducted instructional workshops and provided a general atmosphere of encouragement and inspiration, the club would not be able to offer this very special program.

Two dates to keep in mind. First, Saturday, July 21. That’s our second all-class ride of the season and our annual free lunch ride. All rides end with an outdoor picnic courtesy of the New York Cycle Club. The lunch venue is as yet undisclosed and in order to learn the location you must come on one of the rides. The other date is August 1. That is the last day orders will be accepted for the latest in cycling fashions, the NYCC windbreaker. You may not appreciate having a windbreaker during the dog days of summer, but come the end of September when the jackets will arrive, you’ll be glad to have one to protect you from the autumn chill.

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Everyday ride safe!!!

- Tom Laskey

Editor's Note

OK. It’s my fault. The “XOU@VUXO” computer lost a software program and it was days before I could correct it. So your July issue is late. My apologies for the delay. My apologies also to the club member who wanted to advertise some items for sale. Lost as well.

On the positive side, the mid-year roster is included. It has a new format that should be more easily readable. It includes a map of Central Park and a listing of Central Park ride meeting points. If you spot an error in the listings, please contact me at: dgetlen@aol.com and it will be corrected for the next roster in January. Also, the Board Member listing is now complete. No missing photos. That’s it until next month.

- David Getlen

Check out our fabulous web site: http://www.nyc.org
Check out the new NYCC Message board: http://www.nyc.org/bb_frame.html

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

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Subscriptions: Free to NYCC members. If you don’t receive your Bulletin on time, have a change of address, or any other questions about your membership, email Carol Waaser.

biker-c@rcn.com

... or call (212) 581-0509. Email is preferable. Please include your name and full address in your message.

Cover: This month's cover is a photograph taken on the ride to Perkins (Bear Mountain) in May by Hank Schiffman.

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

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


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 Getten
6 Gramercy Park North
New York, NY 10010

(2) Email your text in the body of a message. Contact me before sending attachments. E-mail 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 to the editor by the second Tuesday of each month prior to publication. Sorry. No exceptions.
SUNDAY, JULY 21

5BBC Sandy Hook Cycle
Join leader Alfredo Garcia [(212) 802-2441 cyclistxxiii@yahoo.com] at Pier 78 Waterway Terminal, 38th St. & 12th Ave. for a ferry ride to Sandy Hook.
Did you know Bruce Springsteen recorded a music video at the Hook? Ride four bridges and visit Mt. Mitchell Lookout, Navesink Twin Lights. Some hills. Hey, to reach Paradise, you must humble yourself. Then to the beach for summer fun. Bring $28 round trip fare, lock to secure bike, sunscreen, swim gear, lots of drinking water. Maybe a film or digital camera to record for posterity. Helmets required please. Wet weather at the start cancels. The ride will be at a C12 level and approx. 23 miles.

SATURDAY, AUGUST 4

21st Annual Princeton Free-Wheelers Bicycling Event
Tours range from an easy 16 miles to a scenic 100 miles, from mostly flat to mostly hilly. Price: $20 ($10 for 16 and under) regardless of when you register. Register by July 16 to get a free event T-shirt. All routes are marked, also cue sheets, rest stops with snacks, and sags for the sagging.
For more information, phone: (609) 882-4739; E-mail: webguy@princetonfreewheelers.com; web: [http://princetonfreewheelers.com](http://princetonfreewheelers.com).
For application, send SASE to P.O. Box 1204, Princeton, NJ 08542-1204.

SATURDAY, SEPTEMBER 15

New York to The Hamptons Challenge
The challenge is a one-day, 100-mile bike ride from the South Street Seaport in Manhattan to Southampton College. The ride benefits BiasHELP of Long Island, the Long Island Association for AIDS Care (LIAAC) and Bailey House of Manhattan. The ride consists of five rider teams, with each rider raising $1000 in pledges. Riders must wear jerseys or T-Shirts to identify their teams. Teams will receive plaques commemorating their participation, and all teams will be acknowledged in the New York to Hamptons Journal.Register at [www.BikeChallenge.com](http://www.bikechallenge.com) or call 1-800-512-BIKE. Registration fee is $55.00 for first ride riders and $30.00 for repeat riders.


Who are they? We don’t know. First person to identify the group to me via E-Mail gets a NYCC Water Bottle. Help!! E-Mail is dgeten@aol.com

Greenwich Village Orchestra live at Gramercy Park with our glorious leader, Tom Laskey on June 7. Dinner afterwards at Pete’s Tavern on Irving Place. A great time was had by all.

B-SIG. Leaders - David hallerman, Carol Waaser, Eva Wirth
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 815 = 8 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:

Outgoing from GCT

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Cruising Speed

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Cruising Speed Self Test

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<td>214&quot; to 230</td>
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<td>11</td>
<td>230&quot; to 250</td>
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</tbody>
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Rides List

Always wear your helmet!

SUNDAY, JULY 1

A18 60+ MI 9:00 AM
North Bergen Express
Leader: Robert Gray (212) 593-0986 nyarchitect@email.msn.com
From: The Boathouse
A disciplined pace A ride around Bergen county starting in Englewood and continuing west through some of Bergen’s best burbs to Ridgewood for a break, up the Saddle River north to Upper Saddle River, east to Montvale, down south to River Vale, The Tappans, and then a group decision to return on 9W or one of the lower routes. A lot of scenic roads with a consistent 18 pace. Just right for new A riders and those recovering from gung-ho ride yesterday. Cooperative paceline skills required and we will not ride if it rains.

B16/17 60 MI 9:00 AM
New Jersey
Leader: TBA (Please check email for RL name)
From: The Boathouse
A brisk B pace through New Jersey.

C14 50 MI 9:30 AM
The Easy Way To Oyster Bay
Leader: Maggie Clarke mclarke@shiva.hunter.cuny.edu (212) 567-8272
From: Statue of Civic Virtue “E” or “F” to Union Turnpike station in Queens, exit at northeastern end of station (forward left heading out of Manhattan).

This ride leaves from Queens to save us lots of ugly miles on Queens Blvd. It takes us on bike paths and trails through the woods out to the terminal moraines of Northern Nassau County and past many lovely homes and woodlands that are still plentiful along our route. We will picnic on the seawall looking out over the wide, sheltered harbor and Marina of Oyster Bay. We’ll take the easy way back (avoiding some of the killer hills in the area), Metro North/LIRR bike pass for emerg. or in case we want to explore the Oyster Bay area and take the later train back. Helmets required. Rain at start or 60% chance of cancels.

TUESDAY, JULY 3

A19 20+/MI 6:00 AM
Training rides in Central Park Tuesday and Thursday mornings
Leaders: Cathy Martone (212) 979-0969 and Linda Wintner (212) 876-2798
From: 60th Street and Fifth Ave. at Park entrance at 6:00 AM or 90th Street and Fifth Ave. at 6:10 AM
We’ve finished the SIG but we still love to train. So, please join us for hill repeats, interval training, sprints, and laps around the park in a paceline. Rain cancels.

A18 18 MI 7:15 PM
Train for Fame
Leader: Bob Mirell (212) 734-6916 BobTMC@aol.com
From: The Boathouse
Description: Let’s face it...we’re not going to improve our endurance and cycling skills by riding only on weekends. The season is still early and these weekday rides will not only make us stronger but they will make the weekend rides seem easier and more enjoyable. B-SIG grads welcome...so we’ll hold the pace as advertised. Learn paceline skills.
**Lead A Ride**

Pick a date, pick a pace, pick a destination, pick a route, write it all up and submit to the appropriate ride coordinator by the second Tuesday of the month before you want to lead your ride. Lead enough rides during the year and you qualify for a special prize:

- **5 Rides - FREE NYCC Water Bottle**
- **12 more Rides - FREE NYCC Ride leaders Vest** (You can’t buy one of these, you can only get one by leading 12 or more rides)

Ride leader incentives are given out in December. Leaders who lead 12 or more rides will receive the vest only. Leaders will only receive the vest for one year’s rides.

A Ride Coordinator - Jim Galante / (212) 529-9627 / E-mail: jim@jimgalante.com
B Ride Coordinator - Anneline Dinkelmann / (212) 207-8689 / E-mail: dinkelmann@att.net
C Ride Coordinator - Stan Oldak / (212) 780-9950 / E-mail: stanOnyc@aol.com

**WEDNESDAY, JULY 4**

A17/18 55 MI 9:45 AM
Leaders: Cathy Martone (212) 979-0969 and Joe Irizarry (718) 230-0756
From: The Boathouse
It’s a holiday and time for a picnic! We’ll head to Nyack - maybe the hilly way or maybe not. We’ll pick up a sandwich, ride to the beach, dine by the water and watch the holiday boaters. Red, white and blue dress code optional. Helmets and two water bottles required. Rain at start cancels.

B16 53 MI 9:30AM
Park Ridge
Leaders: Carol Waaser (212) 581-0509 or biker-c@rcn.com and John Herman (718) 706-6628 johnvic@earthlink.net
From: The Boathouse
A patriotic ride to Park Ridge - maybe we’ll become part of a parade along the way. Great diner destination (of course). Helmets a must, social skills a plus, no pace busters. Hideous weather cancels (call my machine after 8:00 a.m. morning of ride if in doubt).

C12 20 MI 9:00 AM
The Great Brooklyn-Manhattan Historical Tour
Leader: Terry Chin (718) 680-5227
From: Soldiers and Sailors Monument, Grand Army Plaza
A meandering exploration of the historical sites of Prospect Park, Brooklyn Heights, the Brooklyn Bridge, the African-American Cemetery, Trinity Church, Viet Nam Veteran’s Memorial and others. This tour has many, many, many stops. We’ll conclude our ride with a late lunch at the South St. Seaport. Co-led with 5BBC. Helmets required. Rain cancels.

C12 25/30 MI 8:15 AM
Wheels of Industry Tour
Leaders: Alfredo Garcia (212) 802-2441, Carol Wood (212) 683-0070, with special guests David Poleshuck and Denton Taylor (718) 788-5922
From: South Ferry, vehicle entrance (near 1/9 train)
Got an industrial complex? Then this ride’s for you! Come pay homage to past and present palaces of labor that made our country strong and our landfills overflowing. Staten Island stops include Port Ivory (where P&amp;G once made its famous soap), various brownfields (such as George W. Bush envisions as sites of future economic growth), and the Fresh Kills landfill (whose regal hillsides will be ceremoniously decommissioned on this very patriotic day). We’ll then roll into the (cough!) Garden State to ogle yet more earthly splendors, including Port Elizabeth and other marine terminals. Our mostly flat tour will end with a visit to working factory in Chelsea, courtesy proprietor Denton Taylor. Please pack a lunch and water bottle, sunglasses, and sunscreen. Bring $3 for NYC return via NY Waterways. Helmets required, radiation suit recommended. Colisted with 5BBC. Wet weather at the start cancels.

**THURSDAY, JULY 5**

A19 20+/- MI 6:00 AM
Training rides in Central Park Tuesday and Thursday mornings
Leaders: Cathy Martone (212) 979-0969 and Linda Wintner (212) 876-2798
See Description on July 3rd.

A18 18 MI 7:15 PM
Train for Fame Tuesday and Thursday evenings
Leader: Bob Mirell (212) 734-6916 BobTMC@aol.com
From: The Boathouse
See Description on July 3rd.

**SATURDAY, JULY 7**

A18 55+/-MI 9:00 AM
Nyack
Leaders: Alison Galante 529-9627 (agalante@sslicny.com) and Heather Malloy (heatherjmalloy@yahoo.com)
From: The Boathouse
A lovely, lazy spin to Nyack. We know it is not the most creative destination but it’s the only place we know how to get to without a cue sheet! Paceline skills required. The usual cancels.

B16/17 60 MI 9:00 AM
West to Nyack
Leaders: David Hallerman (718) 499-4467 (cycleman5@usa.net) and Eva Wirth (212) 477-9322 (ewirth@yahoo.com)
From: The Boathouse
Before we ignore being rained out last month and try once again to sail over Bradley Hill and descend into the Hudson River town some call Nyack, we’ll go deep into New Jersey, first west, then north, on a scenic route. Good bike handling and social skills desired. Helmets required. If rain threatens, call leaders.

(Continued on Page 6)
(Continued from Page 5)

**TUESDAY, JULY 10**

A19  20+- MI  6:00 AM
Training rides in Central Park Tuesday and Thursday mornings
Leaders: Cathy Martone (212) 979-0969 and Linda Wintner (212) 876-2798
See Description on July 3rd.

A18  18 MI  7:15 PM
Train for Fame Tuesday and Thursday evenings
Leader: Bob Mirell (212) 734-6916 BobTMC@aol.com
From: The Boathouse
See Description on July 3rd.

**WEDNESDAY, JULY 11**

A18  42 MI  8:00 AM
Staten Island Perimeter ride
Leader: Erik Morr (718) 966-5217 emorr@gis.net
From: S.I. Borough Hall across from the Staten Island side of the S.I. Ferry
Rolling terrain ride along the edges of the island. Should be completed in 2 hours (no stops). Opportunity to practice your single/double rotating paceline, top cruising speed and hill sprints on long stretches of deserted roads. All A riders/Siggies welcome. Helmets. Morning rain cancels. Call to confirm

A21  42 MI  8:00 AM

**SUNDAY, JULY 8**

A18  75 MI  8:30 AM
Scenic Rockland
Leader: Bob Mirell (212) 734-6916 BobTMC@aol.com
Co Leader Havey Minsky (212) 595-9344 spokes609@aol.com
From: The Boathouse Parking Lot.
No pace busting on this one. B Sig grads welcome. We’ll ride through Rio Vista and see some incredible homes. Then...West and North and back East to enjoy some beautiful scenery, stopping for lunch at the Spoon in Nyack. Then it’s flat 501 home. It’s 45 miles to lunch so bring pocket food...although there will be a stop for a quick snack. 50% forecast of rain at 8am cancels. Bring extra smiles in case someone forgets theirs.

A20  50 MI  8:30 AM
River Road, Bradley, Tweed
Leader: Richard Rosenthal (212) 371-4700; BikeAdman@aol.com
From: The Boathouse
I do the same ride over and over: gorgeous, untrafficked River Road, challenging Bradley and Tweed on which I unfailingly fail. If you’re out of shape with low mileage, you’re fit to co-lead. Rain? You’re kidding: I just overhauled my bike. Lunch? Maybe. Maybe not.

B16/17  60 MI  9:00 AM
New Jersey
Leader: TBA (Please check email for RL name)
From: The Boathouse
A brisk B pace through New Jersey.

C14  55 MI  9:00 AM
Chappaqua
Leader: Stan Oldak (212) 780-9950 stanOnyc@aol.com
From: The Boathouse
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 and Bill’s. Perhaps they’ll join us for a photo-op! And then back thru Scarsdale to the Bronx, where we’ll hop on the #4 train to avoid a city return. Metro North pass for bailouts. Rain or significant forecast of, cancels.

C12  23 MI  10:00 AM
Contra Dance Cycle
Leader: Alfredo García (212) 802-2441 cyclistsxxiii@yahoo.com
From: Plaza Hotel, 59th St., Fifth Ave.
Do a Volta! Ride to River Road for a lively afternoon of Contra dancing. No partners required. Trip will end upon return to Manhattan or lovely sojourn on the Hudson River Greenway. Bring lunch or $ for it, $7 for admission. Clipless pedal cyclists: bring cleat covers or comfortable dance shoes. Helmets required, please. Some hills. Co-listed with 5BBC. Wet weather at the start cancels. Check out the trip related website www.cdny.org.
THURSDAY, JULY 12

A19 20+/- MI 6:00 AM
Training rides in Central Park - Tuesday and Thursday mornings
Leaders: Cathy Martone (212) 979-0969 and Linda Wintner (212) 876-2798
See Description on July 3rd.

A18 18MI 7:15 PM
Train for Fame Tuesday and Thursday evenings
Leader: Bob Mirell (212) 734-6916  BobTMC@aol.com
From: The Boathouse
See Description on July 3rd.

FRIDAY, JULY 13

B15 50 MI 9:20 AM
Staten Island Perimeter
Leader: Ron Grossberg (718) 3692413 Argee401@aol.com
From: Staten Island Ferry Term
Perimeter of Staten Island with some interior hills. (Lighthouse Hill and Echo Rock Park) Call to confirm

SATURDAY, JULY 14

A/B/C Newcomers Ride

- New to the NYCC?
- Not a member but want to find out what it’s like to ride with our club?
- Already a member and would like to schmooze with other cycling enthusiasts?
- If you said yes to any of the above, join us for the annual Newcomers Ride.

You may choose a group with a pace and riding style that you prefer. See “before your first club ride” in our bulletin or visit our website to help you determine the best choice for an enjoyable and safe ride. We ride for fun, fitness and food - not necessarily in that order.

The rides will explore some of the great back roads of Bergen and Rockland Counties and will rendezvous @ 1:00 PM at Pascack Brook Park to have a picnic, swap stories and give out raffle tickets for free prizes (club jersey, waterbottles and more)! We’ll return home mid-afternoon.

Please make sure your bike is in good working order and remember to bring water, a spare tube, “deli” money for lunch and a helmet. 60% chance of rain or rain at start cancels.

For more details or if you have any questions, call your ride leader:

A18 65 MI 9:30 AM
Leaders: Alison and Jim Galante (212) 529 9627
From: The Boathouse parking lot

B16 50 MI 9:30 AM
Leaders: Linda Wintner (212) 876-2798, Robert Dinkelmann (212) 207-8689
From: The Boathouse parking lot

New York Cycle Club Windbreaker
The Ultimate Fashion Statement

Order the windbreaker NOW for fall delivery- only

星级 $55.00 Plus $3.50 Shipping 双星

Helmeted Miss Liberty adorns the Front & Back of the Jacket (Order Yours NOW )

Sizes Available - XS, S, M, L, XL, XXL

Men's and Women's sizes are the same. (Jackets are cut a little larger than jerseys)

Order from - Geo. Carl Kaplan
18 West 16th Street, New York, NY 10011

NOTE: Jacket orders must be received by August 1 for Fall delivery

http://www.nyc.org
(Continued from Page 7)

**TUESDAY, JULY 17**

A19  
20+/- MI  6:00 AM  
Training rides in Central Park Tuesday and Thursday mornings  
Leaders: Cathy Martone (212) 979-0969 and Linda Wintner (212) 876-2798  
See Description on July 3rd.

A18  
18 MI  7:15 PM  
Train for Fame Tuesday and Thursday evenings  
Leader: Bob Mirell (212) 734-6916  BobTMC@aol.com  
From: The Boathouse  
See Description on July 3rd.

**WEDNESDAY, JULY 18**

A21  
42 MI  8:00 AM  
Staten Island perimeter ride  
Leader: Erik Morr (718)966-5217  emorr@gis.net  
From: S.I. Borough Hall across from the Staten Island side of the S.I. Ferry  
See description for Wednesday, July 11th

A19  
55 MI  10:00 AM  
Nyack  
Leaders: Herb Dershowitz (212) 929-0787 and Gay Shaheen (212) 452-1784  
From: The Boathouse  
See description on July 11th

A18  
Hill Repeats  6:00 AM Sharp  
One hour of1/2 mi. Early morning hill repeats...  
Leader: John Vazquez (212) 544-9450  john.vazquez@asbinc.com  
From: S.E. corner of B’way & W.215th St. (5056 B’way)  
See description on July 11th

B15  
25 MI  7:00 PM  
Loops of Prospect Park  
Leader: Ron Grossberg (718) 369 2413 argee401@aol.com and Ralph Yozzo (718) 369-1568 r_yozzo@yahoo.com  
From: Grand Army Plaza Bklyn  
Loops of Prospect Park

C 12/14  
18 MI  7:00 PM SHARP  
Wednesday Night Stressbuster Series  
SEE LISTING FOR JULY 11

**THURSDAY, JULY 19**

A19  
20+/- MI  6:00 AM  
Training rides in Central Park Tuesday and Thursday mornings

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**SUNDAY, JULY 15**

A 20  
50 MI  8:30 AM  
River Road, Bradley, Tweed  
Leader: Richard Rosenthal (212) 371-4700; BikeAdman@aol.com  
From: The Boathouse  
Gorgeous, untrafficked River Road, Bradley and Tweed. I do my hill training on driveways. Come see the results. I don’t do wet and would prefer to not do lunch.

A18  
0+MI  9:00 AM  
A Simple Ride to Park Ridge  
Leaders: Janet Klutch (212) 724-8690  JKLutch@bethisraelny.org and Debbie Rothschild (212) 961-1610  deroth@mindspring.com  
From: The Boathouse  
Description: Come ride with us as we lead our first A ride to a familiar destination with a diner (or bagel shop and park) we know and love. Group riding and paceline skills, good spirits and sense of humor appreciated. The usual cancels.

KB/A16  
80 MI  8:30 AM  
TO B OR NOT TO B - SOUTH MOUNTAIN ROAD  
Leaders: Richard Ramon (718) 745-7025 or Ramonr@coned.com and Maura Leeds (212) 529-9176 or mleeds@morganlewis.com  
From: The Boathouse  
If you’re a fairly fast B rider or a slow A rider then this is the ride for you. To Saddle River, then North to South Mountain Road, then South to West Nyack and back to the GW bridge. Lunch at Deli on Route 59. Required: Paceline and Group Riding Skills & Helmets. Cancels: The usual.

B14/16  
50 MI  9:30 AM  
PIERMONT YOUR WAY  
Leaders: Hindy and Irving Schachter (212) 758 5738  
From: First Avenue and E. 64 St., NW corner  
How do you want to go to P Liamont? Shortly after crossing the George Washington bridge, this ride splits into two groups. If you like to ride slowly on relatively flat terrain, we have a ride for you. If you want to go to P Liamont more quickly and you are gung ho for hills, we have a ride that will suit your style also. Make up your mind after you start riding or come with a fixed preference—we are flexible. Rain cancels.

C13  
55 MI  9:00 AM  
Mamaroneck  
Leaders: Bob Mirell (212) 734-6916 BobTMC@aol.com and Linda Wintner (212) 876-2798 lwintner@excite.com  
From: The Boathouse parking lot  
Join us for a lovely ride to Mamaroneck where we’ll buy lunch at a deli and picnic by the water. The route has some rolling hills (and one moderately big one) as well as some nice flats! In case you don’t want to ride all the way back to Central Park, there are plenty of bail-out options on the way home, either on Metro North in the ‘burbs (if you have a pass) or the subway in the Bronx. Please bring some snack food, plenty of water, and a spare tube (just in case). Please make sure your tires are fully inflated and your bike is in good working order. And, of course, a helmet is required. This ride is really nice and we look forward to seeing you then. Rain or temperatures over 95 degrees at the start cancel (please call if in doubt).
FRIDAY, JULY 20

B16 60 MI 9 15am
Point Lookout
Leader: Ron Grossberg (718) 3692413 Argee401@aol.com
From: City Hall park adj to Bklyn Bridge
To Long Beach and Point Lookout via Jamaica Bay wildlife refuge and the Rockaways. Call to confirm

SATURDAY, JULY 21

All Class Ride

The NYCC is picking up the tab for a gourmet lunch which will be waiting for you @ 1:30 PM. We would like to encourage everyone including you couch potatoes to come out, say hello and enjoy the food and company.

The scenic rendezvous will be kept secret, but we’ll give you a hint. It overlooks a body of water, offers shade and restrooms and is only a short ride back to Central Park. Needless to say, the food is fantastic!!!

Mark your calender and call your leader if you hava any questions. The ride offerings are as follows:

A18 65+ MI 9:00 AM
Leaders: Bob Hancock (212) 496-4075 rhancock@bellatlantic.net, Cathy Martone (212) 979-0969
From: The Boathouse parking lot

B17 60 MI 9:00 AM
Leaders: Eileen Crowley (212) 744-1518 and Wayne Write (212) 873-7108
From: The Boathouse parking lot

B15/16 55 MI 9:00 AM
Leaders: Bernie Brandell (718) 633-1759 and Peter Morales (718) 398-2623
From: The Boathouse parking lot

B14/15 50+ MI 8:40 AM
Mahopac Lake for Lunch
Leader: John Zap Day (212) 219-3339, Eve (203) 972-9339
From: Grand Central Station
Meet at Grand Central Station for the 8:48 AM Brewster North train to Katonah. Leader will meet group at train Station arrive 9:52 AM Horse Farms, nice roads, green woods. A very hilly 30 miles up around Titicus Reservoir, North Salem, Brewster, then over to Mahopac for Lunch on the waters edge. The 20 mile return includes 10 miles mostly downhill of the North County Bike Path and then mostly flat 6 miles along the Croton Reservoir back to Katonah. Return approx. 4:27pm or 5:27pm depending of finish time.

C13 35/55 MI 7:45 AM
Not For The Vertically Challenged
Leaders: Marilyn and Ken Weissman (212) 222-5527
From: Grand Central Info Booth for 8:07AM Bike Train to Stamford, CT.
A beautiful tree-shaded “SEE” ride on lightly-traveled, almost-rural roads—how about ~20 cars in two hours. We’ll pretend we’re Romans: up and over everything between Stamford and the Mianus River Gorge. Then, down to Bedford, up again to lunch in Banksville, then down and up and down and up, etc. until we get to Greenwich or continue back to the #2 train. Helmets and Metro North passes required.

(Continued on Page 10)
## TUESDAY, JULY 24

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<tr>
<th>A19</th>
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## WEDNESDAY, JULY 25

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<tr>
<th>B16</th>
<th>74 Mi</th>
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<tr>
<td><strong>Entire CT Gold Coast Ride</strong></td>
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<tr>
<td>Leader: John Zap Day 212-219-3339, Eve 203-972-9339</td>
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<tr>
<td>From: Grand Central Station</td>
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<tr>
<td>Meet at Grand Central Station for the 8:07 AM New Heaven train to Darien. Leader will meet group at Train Station arrive 9:01AM. Flat. Set your bike on auto cruise and ride the entire southern coast of CT to New Heaven. Very few stops, leisurely pace, stick together ride. Lots of beaches, marshes, nice neighborhoods, and a few dingy city blocks thrown in for variety. Towns include: Darien, Norwalk, Westport, Southport, Fairfield, Bridgeport, Lordship, Stratford, Milford, W New Heaven &amp; New Heaven. Return from New Heaven approx. 4:55pm depending on finish time.</td>
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## THURSDAY, JULY 26

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### Ride Leader Training in August!

Watch This Space for Dates.
SUNDAY, JULY 29

Tour de France finale LIVE (by reservation only)
A18/B16  60 MI   8:30 AM
Leader: Jay Jacobson (845) 359-6260  joanandjay@aol.com
From: The Boathouse
View the final stage (Champs Elysee laps) on Abbey & Steve’s NJ home theatre big screen. After Lance “three-peats”, we continue to Nyack via la moyenne corniche (Bradley). Our group is limited to the first 15 members who call or e-mail leader after July 22. If it is raining here and you still want to see it, call leader for car/bus directions after 6 AM on the 29th.

C14  47 MI   8:45 AM
Mamaroneck
Leader: Scott Wasserman (914) 723-6607  bicyclelife@cs.com
From: Next to the Boathouse
The last time I led this ride we were enjoying the views over the water from Harbor Park when it started to rain. There’s a nearby Metro North train station so it’s a good idea to bring a bike pass just in case. The ride is only cancelled if there’s substantial rain early in the day.

TUESDAY, JULY 31

A19  20+/- MI   6:00 AM
Training rides in Central Park  Tuesday and Thursday mornings
Leaders: Cathy Martone (212) 979-0969 and Linda Wintner (212) 876-2798
See Description for July 3rd.

A18  18 MI   7:15 PM
Train for Fame Tuesday and Thursday evenings
Leader: Bob Mirell (212) 734-6916  BobTMC@aol.com
From: The Boathouse
See Description for July 3rd.

WEDNESDAY, AUGUST 1

A21  42 MI   8:00 AM
Staten Island Perimeter ride
Leader: Erik Morr (718) 966-5217  emorr@gis.net
From: S.I. Borough Hall across from the Staten Island side of the S.I. Ferry
See description for Wednesday, July 11th

SATURDAY, AUGUST 4

C12/13  25 MI   10:00 AM
Eastside- Westside All Around The Town
Leaders: Ethan Brook (201) 816-0815 or ethanbrook@aol.com and Richard Fine (201) 461-6959
From: The Boathouse
Flat with some hills. Bike the coasts of Manhattan Island. We’ll travel on the new bike paths along the Hudson River to Battery Park, then up the east side bike paths towards upper Manhattan. Along the way we’ll have a picnic lunch, visit a famous lighthouse, a few waterfalls, maybe the Central Park Singer, and a bunch of other good stuff. Joint with Bicycle Touring Club of North Jersey and Westchester Cycle Club.

AMTRAK LAUNCHES BIKES-ON-BOARD PROGRAM

Maggie Clarke

On May 5, Amtrak celebrated the launch of its “Bikes-on-Board” program, providing service for Amtrak riders with bicycles in the Northeast Corridor. With “Bikes-on-Board,” travelers simply roll their bikes into a new specially outfitted baggage car, where a member of the train crew secures the bike in the rack. The special car can handle 20 bikes.

Amtrak is adding bicycle carriage on the Twilight Shoreliner (Newport News, VA – Boston). This train comes through New York at 1:30 am northbound, 2:10 am heading southbound.

This new service expands on service already in place on the Vermonter (some destinations: New London, Hartford, Springfield, Amherst, Brattleboro, White River Junction, Montpelier, Waterbury, Essex Jct (Burlington) and St. Albans, VT), leaving NYC at 11:30 am and arriving in NYC at 6 pm.

Adirondack (some destinations: Poughkeepsie, Hudson, Albany, Schenectady, Saratoga Springs, Ft. Ticonderoga, Westport, Plattsburgh, and Montreal. This train leaves NYC at 8:20 am and arrives back in NYC at 8:10 pm.

Ethan Allen trains to Albany and Rutland, VT, leaving NYC at 3:20 pm, arriving back in NYC at 6:35 pm.

West Coast Trains, Carolinian, Piedmont, Cardinal, Chicago hub trains.

The Bikes-on-Board program is a product of Amtrak’s partnership with the East Coast Greenway Alliance (ECGA) and the League of American Bicyclists. The ECGA has been working since 1991 to develop the East Coast Greenway, a 2600-mile long trail network for non-motorized users, connecting cities of the eastern seaboard from Calais, Maine to Key West, Florida. “We want to be as inviting as possible for people who want to use rail,” said Amtrak Vice-Chair Michael Dukakis. “This is a wonderful opportunity to get people out of their cars and onto trails and trains when they are vacationing. It makes good sense for Amtrak to respond to a growing market for ecotourism and adventure travel.”

Space for bicycles can be reserved when guests make ticket reservations. Unlike airlines, Amtrak charges only a nominal fee ($5) for reserving a space in the bike rack. If this space is exceeded bikes can go in boxes as usual. Some airlines charge as much as $75 to transport a bicycle – and the airlines require that the bike be broken down and boxed. In the future, Amtrak also plans to expand Bikes-on-Board service to other Northeast Corridor regional service trains where practical. Such expansion could include the Carolinian, which provides service between the ECG cities of Raleigh, Richmond, Washington DC and New York. To make your reservation or for schedules and information, call 1-800-USA-RAIL and ask the reservation agent about traveling with your bike on Amtrak. My thanks to Amtrak and League of American Bicyclists for the information.
NYCC Columbus Day Weekend in the Catskills
October 5 - 8

Join us for a fabulous weekend in Ulster County. There will be great rides, fun people, delicious food and spectacular fall foliage. Phoenicia, 25 miles west of Kingston on Route 28, is at the heart of the Catskill Mountains, the perfect weekend for our fall escape. Bed and breakfasts, inns, lodges and motels abound, and we all know the riding is unsurpassed. (No one ever gets lost - they just wind up on the wrong beautiful road!)

Woodstock is a mere 15 miles away and it’s just a short detour from there to the infamous Devil’s Kitchen. New Palz is about 70 miles round trip, with or without climbing Mohonk Mountain. The notorious Slide Mountain - Samson - Peekamoose loop is only a 65 mile ride, albeit most of it is vertical! Which way will we do the loop this year? And there are literally thousands of miles of other scenic roads to explore.

The only problem is that rooms sell out fast. If you’re spending the Fourth of July in Nyack and Labor Day in Park Ridge, don’t wait til the last minute to make a reservation.

Fred Steinberg and Margaret Cipolla will be leading their distinctive A18 rides. Jeff Vogel will be getting dropped while attempting to lead faster A rides. Paul Hofherr will be leading his inimitable B15/C14 rides as only a native of Phoenicia can. There will be other rides if someone volunteers to lead them. Contact Jeff Vogel at cpacycles@aol.com or 718-275-6978 if you would like to lead a ride.

And don’t forget to bring your hiking boots - you may want to forgo a day in the saddle to take advantage of the area’s many hiking trails. (There’s everything from a quiet walk in the woods, to challenging 4,000 foot climbs.) Or, stay over on Monday night to hike Peekamoose with Margaret and Jeff on Tuesday.

There will be a group dinner on Sunday night (NOT the BBQ at Al’s). Details have not been finalized but will be available by July 6th and will be in the August Bulletin.

Most towns in the Catskills are served by Trailways 800-858-8555. The one way fare is $27.00 Bikes are free, but must be boxed.

The following is a partial list of accommodations in the area. (All are in area code 845.) More info on lodging is available at:

**Phoenicia:**
- Cobblestone Motel - 688-7871 (inexpensive)
- Phoenicia Motor Village - 688-7772 (inexpensive)
- Rays Cabins - 688-5410 (inexpensive)
- Claude’s B&B - 688-2561 (inexpensive)
- Norsedale Motel - 688-7435 (inexpensive)

**Mount Tremper (3 miles away):**
- La Duchesse Anne - 688-5260 (moderate)
- Lodge at Catskill Corners - 688-2828 or 877-688-2828 (moderate)
- The Emerson - 688-2828 (very expensive)
- Lazy Meadow Cabins - 688-9950 (inexpensive)

**Boiceville (5 miles away):**
- Trail Motel - 657-2552 (moderate)
- Onteora, The Mountain House - 657-6233 (expensive)

**Shandaken (6 miles away):**
- Copper Hood Inn and Spa - 688-9962 (very expensive)
- Appletree Inn - 688-7130 (moderate)
- Ramblebrook House B&B - 688-5784 (moderate)
- Shandaken Inn - 688-5100 (moderate)
- Auberge des 4 Saisons - 688-2223 (moderate)

**Big Indian (10 miles away):**
- Big Indian Springs B&B - 254-5905
- Val D’Isere - 254-4646
- Cold Spring Lodge - 254-5711
- Star-Lite Motel - 254-4449
- The Weyside - 254-5484

**Woodstock, Bearsville, Lake Hill (10-15 miles away):**
- Woodstock Inn on the Millstream, Woodstock - 679-8211 or 800-697-8211
- Twin Gables Guest House, Woodstock - 679-9479
- Woodstock Lodge, Woodstock - 679-2814
- Ivy Farm Inn, Lake Hill - 679-9045
- Carol’s Woodstock Country Inn, Bearsville - 679-9380
- Morning Glory B&B, Woodstock - 679-3208

Gilda Century
Saturday, August 18

The Gilda Century is a one-day, 100-mile bicycle fundraiser on Saturday, August 18, 2001 from New York City to the Hamptons. Proceeds will benefit Gilda’s Club New York City. The goals of the Gilda Century are to raise funds for the general operating budget of Gilda’s Club New York City, and to raise awareness of the need for social and emotional cancer support centers such as Gilda’s Club. In order to register individuals can go to the Gilda Century website at www.gildacentury.org or call Gilda’s Club at 212.647.9700 and ask for Lisa Lynch.

Gilda’s Club New York is a place where people touched by any type of cancer and their families and friends can go to learn how to live with cancer. Gene Wilder, Mandy Patinkin, Joel Siegel and other friends of Gilda Radner founded Gilda’s Club. We provide groups, lectures, workshops, and social events in a warm, home-like setting to members at absolutely no charge. As a free, non-profit cancer support community, Gilda’s Club relies on the generosity of people, organizations and corporations to donate their time, money and services so that people with cancer and their families do not have to face cancer alone. Your participation will help continue to support our program for people living with cancer and their families and friends.

You have any questions please email me or call me at 212-643-5889

If you have any other questions, please contact Jeff Vogel at cpacycles@aol.com or 718-275-6978.
Heat Index: What does it mean to cyclists?

By Maggie Clarke

The Heat Index is an accurate measure of how hot it really feels when the relative humidity is added to the actual air temperature. But more than just an interesting fact, knowing the heat index and adjusting your summer cycling accordingly, can mean the difference between life and death.

To find the Heat Index, look at the Heat Index Chart. As an example, if the air temperature is 95°F (found on the left side of the table), and the relative humidity is 55% (found at the top of the table), the Heat Index — or how hot it really feels — is 110°F. This is at the intersection of the 95°F row and the 55% column. How can you tell if it’s high humidity? It’s high if a cloudless sky is whitish, not blue.

U.S. National Weather Service

Important: Since Heat Index values were devised for shady, light wind conditions, exposure to full sunshine can increase Heat Index values by up to 15°F. Also, strong winds, particularly with very hot, dry air, can be extremely hazardous. Just by riding our bikes in hot weather, we are creating “strong hot winds”, and we often ride in exposed areas, so there are 2 arguments for raising the Heat Index of any given temp/humidity pair. Doing this brings the “Danger” zone down to the “Extreme Caution” zone on the chart (beginning at 90°F Heat Index), and the “Extreme Danger” zone begins at 105°F Heat Index. We often have heat indices in the danger zones, even with actual temperatures in the high 80’s (see 88 degrees and 85% humidity). Smog alerts add to the danger.

Heat Illnesses  Heat disorders generally have to do with a reduction or collapse of the body’s ability to shed heat by circulatory changes and sweating, or a chemical (salt) imbalance caused by too much sweating. When heat gain exceeds the level the body can remove, or when the body cannot compensate for fluids and salt lost through perspiration, the temperature of the body’s inner core begins to rise and heat-related illness may develop.

Human bodies dissipate heat by varying the rate and depth of blood circulation, by losing water through the skin and sweat glands, and — as the last extremity is reached — by panting, when blood is heated above 98.6 degrees. The heart begins to pump more blood, blood vessels dilate to accommodate the increased flow, and the bundles of tiny capillaries threading through the upper layers of skin are put into operation. The body’s blood is circulated closer to the skin’s surface, and excess heat drains off into the cooler atmosphere. At the same time, water diffuses through the skin as perspiration. The skin handles about 90 percent of the body’s heat dissipating function.

Sweating, by itself, does nothing to cool the body, unless the water is removed by evaporation — and high relative humidity retards evaporation. The evaporation process itself works this way: the heat energy required to evaporate the sweat is extracted from the body, thereby cooling it. Under conditions of high temperature (above 90 degrees) and high relative humidity, the body is doing everything it can to maintain 98.6 degrees inside. The heart is pumping a torrent of blood through dilated circulatory vessels; the sweat glands are pouring liquid — including essential dissolved chemicals, like sodium and chloride — onto the surface of the skin.

Heat Index / Heat Disorders  Heat Index (in shade) Possible heat disorders for people in higher risk groups 130°F or higher Heatstroke/sunstroke highly likely with continued exposure. 105° - 130°F Sunstroke, heat cramps or heat exhaustion likely, and heatstroke possible with prolonged exposure and/or physical activity. 90° - 105°F Sunstroke, heat cramps and heat exhaustion possible with prolonged exposure and/or physical activity. 80° - 90°F Fatigue possible with prolonged exposure and/or physical activity.

What is heat exhaustion? Heavy sweating, weakness, skin cold, pale and clammy. Pulse weak and shallow. Normal temperature possible. Fainting and vomiting. I’ve experienced this on rides — you can actually have goosebumps! What do you do in this instance? Get out of the sun. Lay down and loosen clothing. Apply cool wet cloths. Fan or move victim to air-conditioned room. Give sips of water. If nausea occurs, discontinue use. If vomiting continues, seek immediate medical attention.

What is heat stroke? High body temperature (106°F, or higher). Hot dry skin. Rapid and strong pulse. Possible unconsciousness. Heat stroke is a severe medical emergency. Summon medical assistance or get the victim to a hospital immediately. Delay can be fatal. Meanwhile, move the victim to a cooler environment. Reduce body temperature with cold bath or sponging. Use extreme caution. Remove clothing, use fans and air conditioners. If temperature rises again, repeat process. Do not give fluids.

Studies indicate that, other things being equal, the severity of heat disorders tend to increase with age — heat cramps in a 17-year-old may be heat exhaustion in someone 40, and heat stroke in a person over 60.

So what can we do to prevent heat illness? It may seem anathema or sacrilegious to us die-hard cyclists, but when the heat index is predicted to rise to 90 or above, taking shade and wind into account, it is advisable to slow down. Translation: Start the ride earlier, cut it short, reduce the speed or strenuousness, increase water breaks in cool places, choose less strenuous routes, stay out of the sun. Sunburn makes the job of heat dissipation that much more difficult. Wear white, light-weight, loose clothing. Ride leaders have already started to list ride cancellation provisions using the Heat Index. It might be a wise move for more of us to do so. Let’s pay attention to both predicted temperature and humidity in the weather forecast. Let’s all ride safe this summer.

Thanks to the National Weather Service website for much of the above information.
RIDING IN PACELINE AS WE DID TRAIN.

IN DIFFERENT CLIMES AND VARIED TERRAIN,
WE RIDE BETWEEN MOUNTAINS
WITH CARBON UPGRADE OR TITANIUM.

SOME HAVE GREETED THE NEW MILLENNIUM,
OF WEATHER, — AND TRADE FRIENDLY JOKES,
WE GOSSIP:— OF CHAINS, GEARS AND SPOKES
OUR BIKES, — ATREASURED POSSESSION.

WE ARE A STATEMENT OF FASHION,
OUR HELMETS, OF RAINBOW DELIGHT
OUR JERSEY S  FESTOONED IN BRIGHT,
AT THE DROP OF A HAT.

AND SPIN OUR WHEELS,
SPRY AS A CAT
WE STRIVE TO BE FIT,
BY WEEKEND, — WE LAUNCH AN ESCAPE.

WE VISIT THE GYM TO STAY IN SHAPE
WHISPER IT LOW, — SING IT OUT LOUD!!
WE ARE A SPANDEX CROWD,
A BIKERS HYMNAL

WE ARE A SPANDEX CROWD,
WHISPER IT LOW, — SING IT OUT LOUD!!
WE VISIT THE GYM TO STAY IN SHAPE
BY WEEKEND, — WE LAUNCH AN ESCAPE.
(Refrain)

WE STRIVE TO BE FIT,
SPRY AS A CAT
AND SPIN OUR WHEELS,
AT THE DROP OF A HAT.

OUR JERSEY S  FESTOONED IN BRIGHT,
OUR HELMETS, OF RAINBOW DELIGHT
WE ARE A STATEMENT OF FASHION,
OUR BIKES, — A TREASURED POSSESSION.

WE GOSSIP:— OF CHAINS, GEARS AND SPOKES
OF WEATHER, — AND TRADE FRIENDLY JOKES,
SOME HAVE GREETED THE NEW MILLENNIUM,
WITH CARBON UPGRADE OR TITANIUM.

WE RIDE BETWEEN MOUNTAINS
WITH IMPOSING HIGH RIDGES,
CROSSING RIVERS WITH WIDE SPANNING BRIDGES,
IN DIFFERENT CLIMES AND VARIED TERRAIN,
RIDING IN PACELINE AS WE DID TRAIN.

Welcome to Our Newest Members

Abella, Cristina
Aitken, Martin
Anderson, Trish
Andreoni, David
Appelbaum, Lauren
Arak, Alan
Aston, Adam
Audley, Christopher
Aydinalp, Ayhon
Bachner, Lisa
Bailey, Paul
Barlow, Denise
Bartz, Tim
Batra, Bipin
Beck, Teri
Bergner, Kris
Bernstein, Leonard
Booth, Gregory
Bowles, Kristi
Bray, Julie
Brink, Cynthia
Brock, Elizabeth
Brown, Nick
Brock, Elizabeth
Brink, Cynthia
Bray, Julie

Welcome to Our Newest Members

Capaldo, Louis
Carrion, Wayne
Catena, Carol
Chada, Satch
Chassieu, Robert
Chock, Judy
Chiu-Wong, Shirley
Chou, Edward
Civello, Edward
Clark, Frank
Cohen, Carl
Cohn, Stuart
Colacino, Michael
Collins, Sean
Colmenares, Teresa
Comparato, Thomas
Cope, Ruth
Crouch, Rowland
Csentes, Chris
Csentes, Emily
Darda, Ann
DeBord, Jason
DeBord, Jennifer
Dehlinger, Noah
DeLuca, Todd
Dickenson, Nancy
DiGiorgio, Frank
Donohue, Sheila
Dworkin, Jenny
Encke, Jeffrey
Eskenazi, Hal
Evers, Dave
Fabucci, Evelyn
Fabucci, Melissa
Feldman, Staci
Field, Michael
Fishbein, Dawn
Fitzgerald, Christine
Frank, Paul
Frank, Eva
Franks, Susan
Furman, Joan
Gafni, Yoram
Ganther, Kimberly
Garnier, Laura
Gaut, Linda
Gieske, Thomas
Giordano, Teresa
Goodstein, Craig
Goodstein, Kami
Grady, Lynn
Grandits, John
Griffin, Kenneth
Gulino, Antionio
Gulino, Karen
Guzman, Juan
Hacklander, Frank
Hamburg, Elizabeth
Hamel, Phillip
Hardon, Roger
Healey, Jason
Hechavarria, Anna
Hirschtit, Stuart
Hirsh, Nancy
Holbs, Carolyn
Hogan, Laurie
Huang, James
Hughes, Michael
Ishizaki, Kaoru
Izon, Daniel
Javier, Janus
Johnson, Reginald
Johnson, Susan
Jones, Melanie
Kalb, Douglas
Kalra, Ritu
Keeny, Jennifer
Kirk, Sandra
Krall, Kyle
Lachanas, Christiano
LaGrassa, Carla
Lane, Florence
Lane, Jan
LeGault, Denise
Leone, Carmela
Levinson, Warren
Levy, Abigail
Lewis, Jack
Lipman, Donna
Long, Patricia
Lobado, Miguel
Lukin, Dana
Maessen, Pieter
Magajna, Janet
Mangolia, Brett
Martin, Terry
Martino, Eleanor
McLaughlin, Laura
McPherson, Ian
Mediuch, Bill
Millard, Eric
Milnor, R. J.
Modest, David
Mohile, Deborah
Moffol, Elizabeth
Montanez, Jose
Montlyar, Patrick
Morelli, Mabel
Morishow, Carl
Moschetto, John
Moss, Bill
Muckenheupt, Lance
Murvay, Erin
Narango, Carlos
Nee, Kevin
Nemeth, Joseph
Newman, Clark
Obey, Helene
O'hara, Barbara
Olenksyj, George
Osborne, Sandy
Osborne, Virginia
Pavliska Jr., Arthur
Pfau, Elizabeth
Pidel, Michael
Polletta, Leonard
Powers, Terry
Pugh, Richard
Quijada, Victoria
Reeves, Katie
Reilly, Jeanne
Reimer, Christine
Reynnels, Michael
Rosenfeld, Maria
Rubin, Joseph
Rudin, Seth
Ruiu, Jody
Saccia, Enrica
Salam, Shereen
Saltzman, Suzanne
Salsman, Eric
Sandor, Hannelore
Satalone, Edward
Savage, Nigel
Schaefering, Gordon
Schneider, Judy
Schwartz, Bob
Schwartz, Lori
Seeman, Jill
Seijido, Eva
Senni, Giulio
Sheete, Patricia
Sherber, Sarah
Shore, Mark
Silver, Mordecai
Silverstein, Roger
Simon, Stuart
Singer, Forbes
Sissman, Julie
Snyder, Rick
Spahr, Illdiko
Spanninger, Martha
Sperber, Betty
Spett, Debra
Stadtfeld, Matthias
Stamell, Jon
Stern, Jud
Stern, Yifat
Sweeney, Brian
Switzky, Steve
Tan, James
Tarsis, Michael
Tolles, Sarah
Tramer, Anne
Truesdell, Caroline
Turoff, Myra
Wagner, Caren
Warsoff, Ruth
Washington, Mel
Waxman, David
We-Chang, Linda
Westin, Jeremy
Whittaker, Dave
Wilder, Renee
Wilkes, Christopher
Willis, Carol
Wong, Alan
Zenkus, John
Ziff, Perry
Zinn, Laura

A BIKERS HYMNAL

WE ARE A SPANDEX CROWD,
WHISPER IT LOW, — SING IT OUT LOUD!!
WE VISIT THE GYM TO STAY IN SHAPE
BY WEEKEND, — WE LAUNCH AN ESCAPE.
(Refrain)

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CROSSING RIVERS WITH WIDE SPANNING BRIDGES,
IN DIFFERENT CLIMES AND VARIED TERRAIN,
RIDING IN PACELINE AS WE DID TRAIN.

A-19 Group psoing for a “photo opportunity”. Names were not submitted.
2001 Renewal / Membership Application / Change of Address

In consideration of being permitted to participate in any way in New York Cycle Club ("Club") sponsored Bicycling Activities ("Activity") I for myself, my personal representatives, assigns, heirs, and next of kin: 1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately cease further participation in the Activity. 2. FULLY UNDERSTAND that (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these risks and dangers may be caused by my own actions, or inactions, the action or inaction of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES EITHER NOT KNOWN TO ME OR NOT READILY FORESEEABLE AT THIS TIME, AND I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS AND DAMAGES I incur as a result of my participation in the Activity. 3. HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE the Club, the LAB, their respective administrators, directors, agents and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS, AND I FURTHER AGREE that if, despite the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as the result of such claim. I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITONAL 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.

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: __________________________
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

New York Cycle Club
July 2001

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.

Bike shop discounts!

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

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

SID’S BIKE SHOP
235 East 34th Street (212) 213-8360 or www.sidesbikes.com: 8% off parts, accessories and clothing.

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

TOGA BIKE SHOP
110 West End Avenue
(212) 799-9625 or gotbik@aol.com; 10% off parts, accessories and repairs.

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

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

http://www.nycc.org
Don’t Miss the Next Club Meeting!

HOW TO WATCH A RACE

Find out more at our July 10th meeting

Catherine Chatham, NYCC member & former coach
John Tomlinson, CRCA member & coach

You’re watching the Tour de France, there’s a breakaway - some riders chase, others don’t - why? Catherine and John will explain the various tactics used in team racing from the roles of the different team members to the part weather and chance play. Using video clips of actual races, they’ll show us what to look for and how to watch a race.

The A-19 SIG graduation will take place at 7:20 before the program.

Join your fellow members for an evening of camaraderie and good food at:

**Annie Moore’s Pub and Restaurant**, 50 East 43rd Street (west of Grand Central Station between Madison & Vanderbilt Aves) Buffet dinner with Chicken Marsala with rice, pasta primavera and green salad. Coffee or tea. Dinner is $20 (cash only, includes tax and tip). Social hour with cash bar at 6 PM. Dinner at 6:45 PM. Program at 8 PM. Take 4/5/6/7 to 42nd Street / Grand Central Station.