

# **NYCC** *Bulletin*



A-19 SIG taken in Armonk, NY under the Cherry Tree. in May

## President's Message

Enclosed in this edition of the bulletin, you'll find a brochure containing details of the highlight of the New York Cycle Club season, the Escape New York Century taking place on September 29th. For those new to the club, hundreds of participants from all over the Northeast come out for this fabulous ride up and down the Hudson. As the brochure outlines, we offer three different, well-marked routes, each with a choice of going it alone or joining a leader with varying options of ride pace and style. For you ENY veterans, you might want to consider volunteering to help with rest stops, registration, route marking, ride leading or any of the other tasks required to put on this event. For those who volunteer during the ride itself, you'll have a chance to ride the route a week earlier in the volunteer/ride leader pre-ride. All in all, whether you ride or volunteer, ENY is a great experience for everyone involved. Mark September 29<sup>th</sup> on your calendar, you won't want to miss it!

A few months ago, I mentioned in this column that the bulletin covers would be featuring club members on club rides and I even went so far as to ask all of you to send in photos you might have taken during rides for that very purpose. The response, to put it mildly, has been underwhelming to say the least. Now listen folks, it's your bulletin!! Don't you want to see pictures of yourself and your fellow riders adorning the cover and inside pages? I've seen many of you with your cameras on rides - I know you're out there!! So come on, send your pictures either electronically to our bulletin editor, David Getlen at [dgetlen@aol.com](mailto:dgetlen@aol.com) or to me by snail mail at: 175 W.93<sup>rd</sup> St. #16H, NYC 10025. You'll be glad you did.

The dog days of August are upon us, remember to stay hydrated, use sunscreen and most important, ride safe!!

- Tom Laskey

## Editor's Note

The summer is half over and I'm feeling blue. I haven't dipped my toe in pool or ocean. My daughter is getting ready to go off to college, my wife is riding whenever she gets the chance, and I'm stuck in front of this keyboard. Bummer!!!

Don't ever have a Stroke. It's no fun. I guarantee that. Keep on biking, eat right and keep in shape,

The rides are going great. The weather is cooperating. Keep on checking the schedules for rides you can participate in and enjoy the summer.

- David Getlen

Check out our fabulous web site:

<http://www.nycc.org>

Check out the new NYCC Message board:

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

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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](mailto: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 in Armonk under the cherry tree in May by Hank Schiffman.

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

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

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

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

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

David Getlen  
60 Gramercy Park North  
New York, NY 10010

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

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

Material may be edited for brevity and clarity. Please proof-read your submissions carefully. A full page of text is 750 to 1,090 words. Publication is determined by available space. We cannot guarantee that all submissions will be published. Submission is contributor's warranty to the NYCC that material is in no way an infringement on the rights of another and may be published without additional approval.

**Deadline:** All submissions and advertising are due to the editor by the second Tuesday of each month prior to publication. Sorry. **No exceptions.**

<http://www.nycc.org>



## Out of Bounds

(Non-Club Events)



### 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](mailto:webguy@princetonfreewheelers.com); web: <http://princetonfreewheelers.com>.

For application, send SASE to

P.O. Box 1204, Princeton, NJ 08542-1204.

### SUNDAY, AUGUST 12

#### Annual NYC Triathlon

The date is Sunday August 12th starting at 6:30am with a 1500m swim in the historic Hudson River, followed by a 40K bike ride on the \*\*\*totally closed\*\*\* Henry Hudson Parkway, and finally a 10K run thru beautiful Central Park. There are age group divisions with team and individual registration.

A team can comprise 2 or 3 person teams (same sex) so one person can do the swim and the run while their other team member can fill in with the bike, or you can go for the traditional 3-person team.

## DON'T MISS THE 2001 TOUR OF THE HAMPTONS ON SUNDAY, AUGUST 19TH

25, 50, 62 and 100 mile loops on  
Long Island's scenic South Shore

For details and Application Form visit  
Web Site at  
[www.MassParkBikeClub.org](http://www.MassParkBikeClub.org)

### 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.

### SUNDAY, SEPTEMBER 23

#### 17th Annual MS Bike Tour - Circle The City and Through The Lincoln Tunnel Traffic-Free

Enjoy one of the largest, most successful and unique one-day bike tours in the country on Sunday, September 23, 2001. Experience the thrill of touring Manhattan on traffic-free streets and riding through the Lincoln Tunnel traffic-free as well. Circle the city on the FDR and Harlem River Drives, plus the rolling West Side Highway. Join 5,000 enthusiastic cyclists riding 30, 60 or 100 miles to reach our fund-raising goal of more than \$1.5 million. All proceeds will fund national MS research and support services for people with MS and their families in New York City.

Hundreds of energetic volunteers/marshals are needed to join our team and make the 2001 Bike Tour the best ever. Volunteers/marshals completing a full shift will receive breakfast, lunch, a complimentary T-shirt, and a feeling of pride for helping a worthy cause. Volunteers/marshals are also eligible to win great prizes by raising pledges. If you are interested in volunteering/ marshaling for a few hours, a day, the weekend, or registering for the MS Bike Tour, please call us at 212-463-9791, or for more information or to register, please visit [www.msny.org](http://www.msny.org).

### SUNDAY, SEPTEMBER 30

#### 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 17 or 287. The RAMAPO RALLY features a choice of FIVE routes of 20/30/50/62/100 miles. Rides are geared for all levels of cyclists.

The pre-registration fee postmarked before September 7th is \$20.00 and includes a bandanna and water bottle. If you do not want the bandanna and water bottle the fee is only \$15.00. Day of event registration will be \$20.00 and will not include any premiums and will take place from 7am-10am. An optional post rally pasta dinner will be available for \$5.00, payable at the door. Food stops hosted by Trader Joes's, cue sheets, route markings and sag wagons will be provided. For more information call Bette Bigonzi at 973-744-5924 or visit our website at [www.btcnj.com](http://www.btcnj.com)

### SUNDAY / MONDAY, OCTOBER 7-8

#### Hazon Environmental Bike Ride

Hazon's first ever New York Jewish Environmental Bike Ride will be Columbus Day weekend during the Jewish festival of Sukkot! The 100-mile Ride will be Sunday - Monday, October 7-8. The route is beautiful, beginning in Kingston, NY, including the Hudson River, Storm King Mountain, great fall foliage, and ending with an Eco-Jewish Celebration in Manhattan.

This is your opportunity to make a difference and to have a great time while you do so - raise environmental awareness, raise money for Jewish environmental causes, and ride a gorgeous route! The Ride is open to everyone. Riders will raise sponsorship pledges and will be part of a temporary, inclusive community during the Ride. We also need volunteers, both before and during the Ride! Whatever your talents, skills or passions, we can put them to good use.

If you are interested in riding or in helping to make this exciting event happen, please contact Julie Sissman [julie@hazon.org](mailto:julie@hazon.org) or at 212 391 1443. Learn more at [www.hazon.org](http://www.hazon.org).

**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
<b>A</b>	Vigorous riding with advanced bike handling ability including cooperative paceline skills. Stops every 2 hours or so.
<b>B</b>	Moderate to brisk riding with more attention to scenery. Stops every hour or so.
<b>C</b>	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!**



**WEDNESDAY, AUGUST 1**

**A19 55 MI 10:00 AM**

**Nyack Every Wednesday in August**

Leaders: Herb Dershowitz (212) 929-0787;

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.

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

**Wednesday Night Stressbuster Series**

Leader: Peter Hochstein (212) 427-1041; David Sabbarese

DSabbarese@firstmanhattan.com

From: 90th Street and Fifth Avenue Central Park entrance

Reduce tension, elevate your heart rate, and improve your social skills. Sprint three laps around the park at your own pace. We compress after each lap and schmooze so the C riders can catch up with the closet B riders who join us each week. Pizza afterwards is always a possibility.

**THURSDAY, AUGUST 2**

**A19/20 18 MI 7:15 PM**

**Train for Fame Act II: Every Tuesday and Thursday**

Leaders: Bob Mirell (212) 734-6916 or BobTMC@aol.com;

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

From: The Boathouse

Given the popularity of the July rides, we thought it would be a good idea

to continue in August. And now that we're all faster because of them (except for you know who) we'll increase the pace a bit. Might be a good idea to consider having a headlight and taillight on your bike when we get deeper into the month.

**B/C\* 12+/- MI 6:00 AM**

**Audax Training Rides in Central Park on Thursdays**

Leaders: Karl Dittbrandt (212) 925-9854; Robert Dinkelmann (212) 207-8689

From: 60th Street and Fifth Avenue at Park entrance at 6:00 AM or 90th Street and Fifth Avenue at 6:10 AM

We'll do audax training, which is learning to maintain a steady pace in a group by doing laps around the park in a paceline. \*Call leader to discuss the predicted pace.

**SATURDAY, AUGUST 4**

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

**Get Pounded in the "Ridge"**

Leaders: Spencer Koromilas (646) 522-3559; Marie Christine Bellon-Manzi (212) 662-0120

From: The Boathouse @ 8:30 AM or the Grand Concourse and Bedford Park @ 9:30 AM

It's time to get pounded by those lovely Westchester and Connecticut hills! Endless climbing and screaming downhill with switchbacks. The same thrill that caused me to break my collarbone last year! Rated as one of the most beautiful, but difficult, rides in the tri-state area. Got to go to the "Ridge"!!! Metro-North return from White Plains, or 20-mile optional ride back to C.P. Required: Metro-North pass, helmet, two water bottles, pocket food, and a smile! Cancels: Call leaders one hour before start time.

## 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 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



**A18**                      **75 MI**                      **9:00 AM**  
**South Mountain**

**Leader: Brian Kivlan (212) 873-5868 or btkiv@erols.com**

**From: The Boathouse**

Through Jersey and Rockland to South Mountain Road. Only deli stops so bring pocket food and two water bottles. Required: paceline skills and helmet. The usual cancels.

**B17**                      **65 MI**                      **9:00 AM**  
**Rockland Lake**

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

**From: The Boathouse**

Through West Nyack and around to Rockland Lake. Lunch at the lake or down in Nyack by group vote. Return on 501 or one of the lower routes. Helmets, pocket food, two water bottles, social graces etc. Usual cancels.

**C12/13**                      **25 MI**                      **10:00 AM**  
**East Side, West Side, All Around the Town**

**Leaders: Ethan Brook (201) 816-0815 or ethanbrook@aol.com;**

**Richard Fine (201) 461-6959**

**From: The Boathouse**

Flat with some hills. Bike the coasts of Manhattan Island. We'll travel on the bike path along the Hudson River to Battery Park, then up the eastside bike path toward upper Manhattan. Along the way we'll have a picnic lunch and visit a famous lighthouse, a few waterfalls, maybe the Central Park Singer, and a bunch of other good stuff. Joint with the Bicycle Touring Club of North Jersey and the Westchester Cycle Club.

### SUNDAY, AUGUST 5

**A18**                      **65 MI**                      **9:00 AM**  
**Titicus Reservoir**

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

**From: The Boathouse**

To Byram Lake according to Fred Steinberg but continuing north after the lake to the Titicus Reservoir and returning on the train to avoid the p.m. heat. We pay a steep price on the way out to circumvent the Grand Concourse via the high point of NYC. Kingsbridge, Mosholu, and Pelham Parkways to complete a fast getaway. After that, A18 please. Lunch around Bedford, catch the train from Purdys at 3:20, arrive Grand Central at 4:35. If everything goes well and we keep lunch brief, we might catch the 2:20 train and arrive at GC at 3:35. Don't forget your train pass. Please email me in advance if you are interested so I will have an idea of how many people will be on the train.

**B/C15/14**                      **55 MI**                      **8:30 AM**  
**New City**

**Leader: Gary McGraime (212) 877-4257 or garynycc@aol.com**

**From: The Boathouse**

A lively non-hammering club ride combining a brisk C pace with a schmoozy B pace. Guaranteed to be a pretty change from Nyack or Piermont. There are a few hills on the more scenic roads to help us work up a good appetite before brunch. If it's hot, the air-conditioned diner will be welcome. Bring plenty of water and a helmet. The usual cancels.

### TUESDAY, AUGUST 7

**A19/20**                      **18 MI**                      **7:15 PM**  
**Train for Fame Act II: Every Tuesday and Thursday**

**Leaders: Bob Mirell (212) 734-6916 or BobTMC@aol.com; Harvey Minsky (212) 595-9344 or spokes609@aol.com**

**From: The Boathouse**

See description for Thursday, August 2.

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

**Training Rides in Central Park Every Tuesday**

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

**From: 60th Street and Fifth Avenue at Park entrance at 6:00 AM or 90th Street and Fifth Avenue at 6:10 AM**

Please join us for hill repeats, interval training, sprints, and laps around the park in a paceline. Rain cancels.

### WEDNESDAY, AUGUST 8

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

**Nyack Every Wednesday in August**

**Leaders: Herb Dershowitz (212) 929-0787; Gay Shaheen (212) 452-1784**

**From: The Boathouse**

See description for Wednesday, August 1.

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

**Wednesday Night Stressbuster Series**

**Leader: Peter Hochstein (212) 427-1041; David Sabbarese DSabbarese@firstmanhattan.com**

**From: 90th Street and Fifth Avenue Central Park entrance**

See description for Wednesday, August 1.

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Check out our fabulous web site: <http://www.nycc.org>  
Check out the new NYCC Message Board: [http://www.nycc.org/bb\\_frame.html](http://www.nycc.org/bb_frame.html)

(Continued from Page 5)

**THURSDAY, AUGUST 9****A19/20** 18 MI 7:15 PM**Train for Fame Act II: Every Tuesday and Thursday**

Leaders: Bob Mirell (212) 734-6916 or BobTMC@aol.com;

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

From: The Boathouse

See description for Thursday, August 2.

**B/C\*** 12+/- MI 6:00 AM**Audax Training Rides in Central Park on Thursdays**

Leaders: Karl Dittebrandt (212) 925-9854; Robert Dinkelmann

(212) 207-8689

From: 60th Street and Fifth Avenue at park entrance at 6:00 AM or

90<sup>th</sup> Street and Fifth Avenue at 6:10 AM

See description for Thursday, August 2.

**SATURDAY, AUGUST 11****A20** 105 MI 7:49 AM**Glade Hill**

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

Greg Cohen (212) 749-5163 or mrlovely@earthlink.net

From: Grand Central @ 7:49 AM, 125<sup>th</sup> Street Station @ 8:00 AM to Poughkeepsie

We're going back up Glade Hill with A-SIG-quality pacelines all the way. We'll head out over Mohonk, up Glade Hill, and return over Minnewaska. Glade Hill is steep (two miles @ 12%) and remote (miles from anywhere) so a bike with appropriate gearing is recommended. There is no water for the middle 35-mile leg, including the Glade Hill climb, so come prepared. Single/double paceline skills essential. Outward and return are via Metro-North, aiming for the 6:42 p.m. train back. As always, helmets required. Greater than 50% chance of precipitation in the area or heat index above 90 cancels. Call a leader if in doubt.

**A19** 75 MI 9:00 AM**Hamptons Point to Point**

Leaders: Doug Parent (718) 858-8046 or dparent@mba1997.hbs.edu;

Kal Bittianda kbittianda@mba1997.hbs.edu

From: Montauk LIRR train station

For all you summer share folks, we will ride the points of LI from Montauk to Orient. Starting in Montauk, we'll head out to the lighthouse, then loop around back into East Hampton and on to Shelter Island with lunch on the island. Then over the ferry to the north fork for back roads to Orient Point State Park, returning to East Hampton via Shelter Island. If you're coming from the city, plan to use the LIRR, Hampton Jitney, or your own car to get out to Montauk. You must RSVP to me via email if you plan to come. Let me know if you plan to drive so I can coordinate with you if others need transport. Bring sunscreen. Usual cancels; rain date is Sunday, August 12, same time.

**A18** 75+/- MI 8:30 AM**The Apple Orchard Ride**

Leader: Bob Mirell (212) 734-6916 or BobTMC@aol.com;

Russ Berman (212) 595-8834 or rberman@klwhllp.com

From: The Boathouse

A repeat of this year's A-19 SIG route everyone was talking about afterwards. Incredible scenery, gently rolling hills, and great company. What more could you ask for? I know, a tall ice-cold banana rum cooler and a massage - yes? But we're here to ride; that other stuff happens later if you get lucky. A 50% forecast of rain at 8 a.m. cancels. Two water bottles and pocket food recommended; helmet required. Bring extra smiles in case someone forgets theirs.

**B16/17** 70 MI 9:00 AM**Westchester Ramble**

Leader: Carol Waaser (212) 581-0509 or biker-c@rcn.com; Eileen Crowley (212) 744-1518 or eileen\_crowley@msn.com

From: Rambles shed (up the hill from the Boathouse, on the left)

A very pretty ride, lunch at Kensico Dam (or the diner in Valhalla) and then across to Tarrytown and back to the city (Metro-North bailout at Tarrytown, subway bailouts after 60 miles). The pace will be on the fast side of 16 (except for a short section on a pretty bike path, where we'll slow down for the pedestrians), but not above 17 mph. Almost 40 miles to lunch with one snack stop halfway there. Bring two water bottles and a helmet.

**B15/16** 50+ MI 8:35 AM**Katonah, Greenwich, Darien, New Canaan & Pound Ridge**

Leader: John Zap (212) 219-3339 (day) (203) 972-9339 (eve.)

From: Grand Central Station for the 8:48 AM Brewster North train to Katonah

Leader will meet group at the Katonah train station at 9:52 a.m. Hilly start, then mostly down hill through Greenwich to the coast (Old Greenwich, Stamford, Darien) and a gradual climb back up through New Canaan, Pound Ridge, back to Katonah. Return approximately 3:27 or 4:27p.m. depending on finish time. Joint with Westchester Cycle Club.

**C13** 40 MI 9:30 AM**Back Roads of Brooklyn**

Leaders: David Hallerman (718) 499-4467 or cycleman23@earthlink.net; Maura Leeds (212) 529-9176 or mleeds@morganlewis.com

From: The fountain in City Hall Park (Broadway and Park Place)

Quiet, tree-lined streets. Porches adorning early-century houses (early 20th century, that is). See tall reeds in the marshland and feel the shore-line breezes as we travel on a bike path to an old airfield. This is Brooklyn the scenic, easy way. We'll pick up lunch a couple of miles away from our picnic destination at Floyd Bennett Field, part of the Gateway National Recreation Area. Helmets required; bring money for lunch, but no heavy locks needed. If rain threatens, call leaders.

**C12** 23 MI TBA**BCI (Boat/Cycle Imbroglio)**

Leader: Alfredo Garcia (212) 802-2441 or cyclistxxiii@aol.com

From: TBA

We will do a bike/ferry/bike trip to either pleasant Sandy Hook via NY Waterway or stirring Long Beach via Fox Navigation, if ferry service to the Rockaways has commenced. In any event, a nice ride is promised. Bring sunscreen, sunglasses, swim gear, drinking water, snacks, bungee cords, and \$28 ferry fare. Helmets required. Co-listed with 5BBC. Please contact leader for more details, including start time, after August 6. Wet weather at the start cancels.

**SUNDAY, AUGUST 12****A18** 65MI 9:00 AM**Kingsland State Park or Maybe Not**

Leaders: Russ Berman (212) 595-8834 or rberman@klwhllp.com;

Bob Mirell (212) 734-6916 or BobTMC@aol.com

From: The Boathouse

Let's pre-visit next week's all-class ride destination, Tarrytown, and have a picnic. There's a wonderful view of the Hudson and if your eyes are good enough, you can see Nyack across the river and wave to the crowds at the Runcible Spoon. Bring pocket food as it's 39 miles to lunch. Fifty percent chance of rain cancels and if the high is 85 degrees or higher we'll slow the ride. Helmet, paceline skills, a good appetite, and warm smiles required.

**B14** 42 MI 6:00 AM  
**Lunch in a Gazebo in a Park**  
 Leader: Michael Di Cerbo (212) 645-1120  
 From: The Century building (Central Park West between 62nd & 63rd Streets)  
 A scenic ride on the back roads of Bergen County.

**C13** 58 MI 9:15 AM  
**Nyack Beach State Park Repeated by Popular Demand**  
 Leader: Peter Hochstein (212) 427-1041  
 From: The Boathouse perimeter fence  
 The folks who did this ride in June asked for it again. It's a long, but beautiful C ride, at a relaxed pace, ending in a picnic at a rustic park on a tree-shaded riverbank north of Nyack. Yes, a few hills. Yes, you'll have to carry lunch two miles, one of them on a hard-packed dirt path. Worth it, absolutely, positively worth it, for the woods, views, and peaceful charm. C13 up. Slightly slower return. Return across the GW Bridge, blissed out, by about 4:30 p.m. Don't miss this one again!

## TUESDAY, AUGUST 14

**A19/20** 18 MI 7:15 PM  
**Train for Fame Act II: Every Tuesday and Thursday**  
 Leaders: Bob Mirell (212) 734-6916 or [BobTMC@aol.com](mailto:BobTMC@aol.com); Harvey Minsky (212) 595-9344 or [spokes609@aol.com](mailto:spokes609@aol.com)  
 From: The Boathouse  
 See description for Thursday, August 2.

**A19** 20+/- MI 6:00 AM  
**Training Rides in Central Park Every Tuesday**  
 Leaders: Cathy Martone (212) 979-0969; Linda Wintner (212) 876-2798  
 From: 60th Street and Fifth Avenue at park entrance at 6:00 AM or 90th Street and Fifth Avenue at 6:10 AM  
 See description for Tuesday, August 7.

## WEDNESDAY, AUGUST 15

**A19** 55 MI 10:00 AM  
**Nyack Every Wednesday in August**  
 Leaders: Herb Dershowitz (212) 929-0787; Gay Shaheen (212) 452-1784  
 From: The Boathouse  
 See description for Wednesday, August 1.

**C12/14** 18 MI 7:00 PM  
**Wednesday Night Stressbuster Series**  
 Leader: Peter Hochstein (212) 427-1041; David Sabbarese [DSabbarese@firstmanhattan.com](mailto:DSabbarese@firstmanhattan.com)  
 From: 90th Street and Fifth Avenue Central Park entrance  
 See description for Wednesday, August 1.

## THURSDAY, AUGUST 16

**A19/20** 18 MI 7:15 PM  
**Train for Fame Act II: Every Tuesday and Thursday**  
 Leaders: Bob Mirell (212) 734-6916 or [BobTMC@aol.com](mailto:BobTMC@aol.com); Harvey Minsky (212) 595-9344 or [spokes609@aol.com](mailto:spokes609@aol.com)  
 From: The Boathouse  
 See description for Thursday, August 2.

**B/C\*** 12+/- MI 6:00 AM  
**Audax Training Rides in Central Park on Thursdays**  
 Leaders: Karl Dittebrandt (212) 925-9854; Robert Dinkelmann (212) 207-8689  
 From: 60th Street and Fifth Avenue at park entrance at 6:00 AM or 90th Street and Fifth Avenue at 6:10 AM  
 See description for Thursday, August 2.

## SATURDAY, AUGUST 18

**A18/20** 115 MI 7:30 AM  
**Greenwood Lake**  
 Leaders: Fred Steinberg (212) 787-5204 or [fsteinberg@nyc.rr.com](mailto:fsteinberg@nyc.rr.com); Hank Schiffman (212) 529-9082 or [schiffhank@aol.com](mailto:schiffhank@aol.com)  
 From: The Boathouse  
 This is as good as it gets in Bergen, Passaic, Orange and Rockland Counties. Skyline Drive, East Shore Road to the lake, brunch on the dock, then the climbs over Hogback Mountain and into Harriman, down Gate Hill (for a change) and home via South Mountain Road. Be prepared for several extended climbs on one of the most beautiful "out and backs" in the NYCC repertoire. Extended break at 50 miles, other water/food stops as required. Bring at least two water bottles and pocket food. Metro-North pass for 85-mile bailout at Garrison.  
 Cancel conditions: steady rain or thunder. Fog/drizzle without promising forecast: check with leaders after 6:30 AM. Stifling heat/humidity: check with leaders.

**A19** 54 MI 9:00 AM  
**In Search of the Skinny Pants: Mamaroneck Harbor**  
 Leader: Ed Fishkin (718) 633-3038 or [fishkine@nychhc.org](mailto:fishkine@nychhc.org)  
 From: The Boathouse  
 This lovely Westchester ride includes the fabled Riccardi bypass. We'll buy a picnic lunch from a bona fide Italian deli and take it to the harbor a short distance away. Bring plenty of water; it'll be hot and humid. The usual cancels.

**B16** 80 MI 8:00 AM  
**Pie a la Mode**  
 Leaders: Tom Strenk (646) 654-7379 or [gootch@erols.com](mailto:gootch@erols.com); Beth Meyers (718) 230-0742; Michael Sopher (212) 873-7621 or [msny98@yahoo.com](mailto:msny98@yahoo.com)  
 From: The Rambles shed (Continued on Page 8)

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

Order the windbreaker NOW for fall  
 delivery- only

★ **\$55.00** Plus \$3.50 Shipping ★

Helmeted Miss Liberty adorns the  
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Sizes Available - XS, S, M, L, XL, XXL

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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**

(Continued from Page 7)

Join us on a challenging ride and culinary adventure to South Mountain Road. We'll go by way of Saddle River; first a quick ice cream stop at Elmer's, then on to the Orchards for a fresh fruit pie stop. We'll enjoy a swooping descent down South Mountain Road. Then to top it off, a final ice cream stop at Wally's on Western Highway. Call or email to sign up. The usual cancels.

**B16** **45+/- MI** **9:00 AM**  
**Coney Island: Tres Cabos San Locas Amigas Ride**

Leaders: Tonya Harroun (718)-828-5309 or [harroun@aecom.yu.edu](mailto:harroun@aecom.yu.edu);  
 Maura Leeds [mleeds@morganlewis.com](mailto:mleeds@morganlewis.com); Marcy Squadron  
[Marcy.Squadron@asbinc.com](mailto:Marcy.Squadron@asbinc.com)

From: The Boathouse

Come join three siggies as we take a summer ride to Coney Island, where the destination is sure to be just as fun as the ride itself. Helmets please. Rain at start cancels.

**B15** **60 MI** **7:35 AM**  
**Katonah, New Canaan, Ridgefield, Titicus & Amawalk Reservoirs**

Leader: John Zap (212) 219-3339 (day) (203) 972-9339 (eve.)

From: Grand Central Station for the 7:48 AM Brewster North train to Katonah

Leader will meet the group at the Katonah train station at 8:51 a.m. Great scenery, large houses along the back roads to New Canaan and up to Ridgefield. Then over to North Salem's Titicus Reservoir, out to Amawalk Reservoir in Somers and back to Katonah. Return approximately 4:27 or 5:27 p.m. depending on finish time. Joint with Hat City.

**C12/13** **30 MI** **10:00 AM**  
**The Islands of New York**

Leaders: Ethan Brook (201) 816-0815 or [ethanbrook@aol.com](mailto:ethanbrook@aol.com);  
 Richard Fine (201) 461-6959

From: The Boathouse

Ride the islands of New York - Manhattan, Roosevelt, Wards, and Randalls. We'll see some lighthouses, a famous sculpture garden, European gardens, waterfalls, and even a tram ride. Bring or buy lunch for our picnic along the banks of the East River with a fantastic view of the city skyline. Joint with the Bicycle Touring Club of North Jersey.

## SUNDAY, AUGUST 19

### All-Class Ride to Kingsland Park

All rides use scenic routes that explore the winding rural roads and shaded rolling terrain of Westchester. We'll rendezvous for lunch at Kingsland Park along the Hudson River after stopping to pick up food at a nearby deli or gourmet food market. The park's beautiful green overlooks sailboats, kyackers, and local families of geese and ducks.

After eating, socializing, or lounging, we'll take a more direct route home that follows the river - well not exactly. As an option for those who would like to take a train home, there is a Metro-North station near the park.

There is something for everyone, so come out and enjoy the fun. Note that ALL the groups will meet at the Boathouse parking lot. Call one of the following leaders if you have any questions:

**A19** **65 MI** **9:00 AM**  
**Leaders: Tom Laskey (212) 961-1610 [tomoboe@mindspring.com](mailto:tomoboe@mindspring.com);**

**Gary McGraine (212) 877-4257**

**B17/15** **65/55 MI** **8:30 AM**

Leaders: Carol Waaser (212) 581-0509; Jeff Axelrod (718) 596-2631;  
 Eva Wirth (212) 477-9322

**C13** **50 MI** **8:30 AM**

Leaders: Jim and Patricia Janof (212) 737-1668

## TUESDAY, AUGUST 21

**A19/20** **18 MI** **7:15 PM**

### Train for Fame Act II: Every Tuesday and Thursday

Leaders: Bob Mirell (212) 734-6916 or [BobTMC@aol.com](mailto:BobTMC@aol.com); Harvey Minsky (212) 595-9344 or [spokes609@aol.com](mailto:spokes609@aol.com)

From: The Boathouse

See description for Thursday, August 2.

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

### Training Rides in Central Park Every Tuesday

Leaders: Cathy Martone (212) 979-0969;

Linda Wintner (212) 876-2798

From: 60th Street and Fifth Avenue at park entrance at 6:00 AM or

90th Street and Fifth Avenue at 6:10 AM

See description for Tuesday, August 7.

## WEDNESDAY, AUGUST 22

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

### Nyack Every Wednesday in August

Leaders: Herb Dershowitz (212) 929-0787; Gay Shaheen (212) 452-1784

From: The Boathouse

See description for Wednesday, August 1.

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

### Wednesday Night Stressbuster Series

Leader: Peter Hochstein (212) 427-1041; David Sabbarese [DSabbarese@firstmanhattan.com](mailto:DSabbarese@firstmanhattan.com)

From: 90th Street and Fifth Avenue Central Park entrance

See description for Wednesday, August 1.

## THURSDAY, AUGUST 23

**A19/20** **18 MI** **7:15 PM**

### Train for Fame Act II: Every Tuesday and Thursday

Leaders: Bob Mirell (212) 734-6916 or [BobTMC@aol.com](mailto:BobTMC@aol.com);  
 Harvey Minsky (212) 595-9344 or [spokes609@aol.com](mailto:spokes609@aol.com)

From: The Boathouse

See description for Thursday, August 2.

**B/C\*** **12+/- MI** **6:00 AM**

### Audax Training Rides in Central Park on Thursdays

Leaders: Karl Dittbrandt (212) 925-9854; Robert Dinkelmann (212) 207-8689

From: 60th Street and Fifth Avenue at Park entrance at 6:00 AM or

90th Street and Fifth Avenue at 6:10 AM

See description for Thursday, August 2.

## SATURDAY, AUGUST 25

**A20** **110+/- MI** **7:15 AM**

### Over the Bridge & Thru the Woods

Leader: Seth Prince (718) 422-0085 or [birdrider@mindspring.com](mailto:birdrider@mindspring.com)

From: The Boathouse

9W to Bear Mountain (yes, we will be going up to the top), crossing the bridge and winding our way thru Westchester to White Plains, where we will pick up the express train back to the city. We will not be stopping for a formal lunch, so bring lots of pocket food, as well as a helmet, Metro-North bike pass, and superior panceline skills. Wet conditions cancel. Call the night before.



**A19** 70+/- MI 9:00 AM

### Armonk

Leader: Ray Thomas (212) 280-3416

From: The Boathouse

An easy spin to Armonk. Paceline and social skills required! Deli stop for lunch. Return via the Grand Concourse. Rain or forecasted high temp. over 90 cancels.

**A18** 55+/- MI 9:00 AM

### Nyack Beach Picnic Ride

Leader: Anthony Donato (212) 923-5924 or NYC181@aol.com

From: The Boathouse parking lot

Let's do a hilly ride via River Road and pick up lunch at the Runcible Spoon for a picnic ride at Nyack Beach. The group decides whether to take 9W or 501 (Churchill/ Walnut) on the return trip.

**B16** 45 MI 8:00 AM

### Piermont Express

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

From: The Boathouse

A brisk ride up to Piermont with an early (back by noon) return.

**C12/13** 30 MI 10:00 PM

### Moonlight Bike Ride

Leaders: Ethan Brook (201) 816-0815 or ethanbrook@aol.com;

Richard Fine (201) 461-6959

From: Plaza Hotel fountain (Fifth Avenue and 59th Street)

The 10th annual flat safe ride through the streets of Manhattan. Enjoy the sights, sounds, and smells of New York as we zip through Central Park, Riverside Park, along the East and Hudson Rivers, Greenwich Village, Chinatown, Little Italy, and much, much more and still get home in time for a good night's sleep. Cue sheets and bananas supplied. Joint with the Bicycle Touring Club of North Jersey.

## SUNDAY, AUGUST 26

**A19** 75 MI 8:00 AM

### Chappaqua

Leaders: Midori Nakamura and David Estrada (718) 768-2385

or David\_Estrada@lhh.com

From: Boathouse parking lot

A pretty Westchester spin via Chappaqua. Quick water stop in Tarrytown, lunch at a Chappaqua deli, Whippoorwill hill after lunch. There will be detailed cue sheets and maps. We'll stick to the pace except on big hills and we will regroup or go slow after hill tops to avoid dropping anyone. Paceline skills and helmets required. Pocket food and plenty of water advisable. Bring train pass for Metro-North bailout. Steady rain at start time cancels.

**A19** 50+/- MI 9:15 AM

### Staten Island Loop

Leaders: Joe Irizarry (718) 230-0756 or joe@gemlab.com;

Carolyn Booher (718) 636-0315 or cbooher@juno.com

From: Staten Island ferry

Meet us for the 9:30 ferry and a quick and easy spin around one of the city's lesser-cycled boroughs. We'll have a picnic lunch at mile 25 (or is it

30?). Expect to slow down at mile 45 to ogle the island's bathing beauties from the boardwalk. The usual cancels.

**A17/18** 100 MI 8:00 AM

### Bear Mtn.

Leaders: Tom Laskey (212) 961-1610 or tomoboe@mindspring.com;

Debbie Rothschild deroth@mindspring.com

From: The Boathouse

It's my birthday (well, a week ago) and I'll climb if I want to - up Bear Mountain, that is. Climb Perkins with us and drink a Gatorade toast to Debbie's ??th birthday. Two water bottles, pocket food, and Metro-North pass recommended; helmets required. The usual cancels.

**B17** ~65 MI 9:00 AM

### Northern Westchester

Leader: Jeff Axelrod (718) 596-2631

From: The Boathouse

A rolling ride through my pick for funnest local cycling vicinity - Croton Dam and points northeast. Working bike necessary, return via Metro-North.

**C14** 22/45 MI 7:30 AM

### Purdys/Bethel/Westport

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

From: GCT info booth for 7:47 Harlem line bike train to Purdys

Our typical "SEE" route with Ken's connectors tying together several pretty pieces of Westchester, Connecticut, and NYCC club routes. You may forget how to pedal on the predominantly downhill second half of this ride. Lunch and bailout in Bethel, CT. Metro-North pass required.

## TUESDAY, AUGUST 28

**A19/20** 18 MI 7:15 PM

### Train for Fame Act II: Every Tuesday and Thursday

Leaders: Bob Mirell (212) 734-6916 or BobTMC@aol.com; Harvey

Minsky (212) 595-9344 or spokes609@aol.com

From: The Boathouse

See description for Thursday, August 2.

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

### Training Rides in Central Park Every Tuesday

Leaders: Cathy Martone (212) 979-0969; Linda Wintner

(212) 876-2798

From: 60th Street and Fifth Avenue at park entrance at 6:00 AM or

90th Street and Fifth Avenue at 6:10 AM

See description for Tuesday, August 7.

## WEDNESDAY, AUGUST 29

**A19** 55MI 10:00 AM

### Nyack Every Wednesday in August

Leaders: Herb Dershowitz (212) 929-0787; Gay Shaheen

(212) 452-1784

From: The Boathouse

See description for Wednesday, August 1.

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

### Wednesday Night Stressbuster Series

Leader: Peter Hochstein (212) 427-1041; David Sabbarese

DSabbarese@firstmanhattan.com

From: 90th Street and Fifth Avenue Central Park entrance

See description for Wednesday, August 1.

**Ride Safely! Wear Your Helmet!  
Carry A Spare Tube!  
Obey the Road Rules!**

(Continued on Page 10)

**THURSDAY, AUGUST 30**

**A19/20**                      **18 MI**                      **7:15 PM**  
**Train for Fame Act II: Every Tuesday and Thursday**  
Leaders: Bob Mirell (212) 734-6916 or [BobTMC@aol.com](mailto:BobTMC@aol.com); Harvey Minsky (212) 595-9344 or [spokes609@aol.com](mailto:spokes609@aol.com)  
From: The Boathouse  
See description for Thursday, August 2.

**B/C\***                              **12+/- MI**                      **6:00 AM**  
**Audax Training Rides in Central Park on Thursdays**  
Leaders: Karl Dittebrandt (212) 925-9854; Robert Dinkelmann (212) 207-8689  
From: 60th Street and Fifth Avenue at Park entrance at 6:00 AM or 90th Street and Fifth Avenue at 6:10 AM  
See description for Thursday, August 2.

**C12**                              **35 MI**                              **8:15 AM**  
**Wheels of Industry Tour**  
Leaders: Alfredo Garcia (212) 802-2441 and Carol Wood (212) 683-0070  
From: South Ferry vehicle entrance (near 1/9 train)  
Our July 4 ride was rained out, but our mostly flat route remains just as admirably filthy. Come pay homage to past and present palaces of labor that made our nation so strong and full of trash. Staten Island stops include Port Ivory (P&G's former plant, where its famous soap was once made) and various brownfields. In Bayonne, we'll ogle the working waterfronts and have lunch in a diner. Please bring a water bottle, sunglasses, sunscreen, lunch or money for it, and \$4 for NYC return via NY Waterways. Helmets required. Co-listed with 5BBC. Wet weather at the start cancels; please call leaders if in doubt.



The only group from the A-19 SIG, brave enough to climb Perkins in the cold rain on graduation day.  
(Left to right) - Andreas, Spencer, Marcy, Tom, Allison, and Jim

Photograph by Hank Shiffman



**Ride Leader Training in August!**  
**Watch This Space for Dates.**

# WATERFRONT GREENWAYS ISSUE NATIONALLY, RUSTY WATERFRONTS ARE RENEWED WITH GREEN- WAYS

In city after American city (including the five boroughs of NYC) the continuous linear greenway is eclipsing the tourist shopping center as the future of choice for turning 19th century rust bucket waterfronts into 21st century people places. The spaces are as individual as the waterways that they frame, and adjacent uses vary from city to city, but in every case that we have observed, the greenways have turned their communities around, and the more public the trails are, the more successful they have been in their goal of getting reinvestment in obsolete areas of their cities.

One example is Wilmington DE, where the evidence of change is visible from Amtrak's windows, but the important role played by the greenway in spurring and providing "place" in the redeveloping waterfront is not evident until a visitor gets off the train and explores the long trail with its mixture of old uses and new. Festival markets, concert halls, sports facilities, office buildings, and yes, shopping centers, now share the space with park land and the remains of the industrial past. Some is represented as sculpture in the new green necklace, left on the trail to remind visitors of the history of earlier uses of the city's waterfront.

## IN NYC: EXPLORING MANHATTAN'S HUDSON

With the opening of the "Trump" section of the Hudson River greenway, it became possible to explore the Hudson from the Battery to Inwood Park on pedestrian paths of varying widths. A formal "greenway" (landscaped multi-use trail) is almost in place from the Battery to the Washington Bridge. NOSC has recently explored the trail, and although we have been on parts of the formerly disconnected facilities many times over many years, the presence of the missing links has created an opportunity for urban adventure and discovery of considerable visual variety.

A sudden "s-turn" onto a piece of interim trail in the area of 59th Street provides the most breathtaking surprise. The twisted hulk of a steel-beamed ghost pier speaks to the power of nature and the fleeting presence of Man's influence on the environment. Here, the adjacent road shoots into the sky and becomes a limited access highway. In the shadow of that highway is Manhattan's newest park, Riverside Park South. While the park is still being developed, an interim trail and new fishing pier is in place and is already heavily utilized. The future of the old piers are uncertain at this time. See them while there is still time.

## HARLEM LANDING AND THE GUARDED GREENWAY

Near the northern end of (old) Riverside Park is the new "Cherry Walk" a meandering paved pathway squeezed between the Henry Hudson Parkway and a reinforced with boulders (rip rap) waters edge. This path breaks up at Harlem Landing, (125th Street) where industrial use was continued when much of the uptown-Hudson was being redeveloped into parkland by Robert Moses. The highway becomes elevated again here, but history has been kind to the people of Harlem, as the graceful arches that hold up the road are in contrast to the ugly utilitarianism that marks the "toney" Trump waterfront. Here, West Harlem Environmental Action Coalition continues to fight for its vision for a greener future, including a trail and public boating facility.

On the north end of the trellis-like arches of the highway, a footpath climbs a cliff to Riverside Drive, but cyclists in-the-know turn left toward the river and ride past the guardhouse that protects

the North River Pollution Control Plant. Here an empty road, lined with parking lots and a surprisingly green canopy of Ailanthus and Honey Locust trees is strangely reminiscent of a country road, although surrounded by a storage area for municipal construction materials. This road reconnects with a more manicured riverside greenway at the north side of the sewage plant, and takes the adventurous traveler under and past the George Washington Bridge. Some official notice to pedestrians is necessary here so that all will know that passage is permissible.

## ON THE EAST RIVER,

### A ONCE-A-GENERATION OPPORTUNITY IS NEAR

A Lindsey-era feasibility study suggests a linked bikeway along the East River, and notes that it is mostly in place north of 59th Street. This potential trail has never faded from City consciousness in more than 30 years. A new federally funded trail, designed and being built by the NYC Economic Development Corporation on both sides of East River Park on the lower East Side, brings that dream closer to completion. Now, the proposed reconstruction of the FDR drive in midtown by NYS Department of Transportation can provide the missing link. Though East River spaces are tight, and the highway builders will have to think creatively to include the trail, adding to major highway construction now, will be far easier and less expensive than trying to build the trail later.

In East River Park on the Lower East Side, the riverfront trail has just been closed due to the undermining of the piers that support the concrete bulkhead-trail. As there exists a parallel path just a bit inland, one wonders what the park would look like if the bulkhead were removed instead of repaired, and a more naturalistic east river landing were restored. A rugged walking path could replace the wide esplanade of an earlier era if other park uses were not seriously compromised.

## MANHATTAN BRIDGE RE-OPENS TO FOOT TRAFFIC.

A restored Manhattan Bridge trail, opened after 30 years, offers the best downtown skyline views, thanks to the superb lower frame that the classic Brooklyn Bridge provides. While the fences are a bit too high, the walk or bike ride is a trip worth taking. Take a Walk, New York! goes there on August 12th. Join us.

## A RIVER RUNS THROUGH IT

As NYC was built, small waterways were in the way and ultimately tunneled into drain-pipes or just buried unceremoniously. But in the Bronx, a river that became an open sewer is being reborn, and a continuous trail is part of the plan for its renewal. The Bronx River Working Group is a multi-organizational partnership that has taken the lead in promoting this project, which would renew existing parkland, unprivatize some park space, and develop entirely new public places along a connected trail from the Westchester border to the Long Island Sound. Like other ambitious projects, a host of agencies and interests are at the table, not always in agreement, but looking for solutions to greenway obstacles. As on other waterfront greenways, environmental restoration, educational centers and boathouses are also in the picture. With more than \$33 million in governmental funds pledged, new links in the Bronx River greenway should reach construction soon, restoring the river to the local tourism destination that it once was.

Advocates have been disappointed that an environmental impact statement for the Fulton Fish Market move to the Bronx did not include greenway access to the waterfront along the river. Another continuing point of conflict is an abandoned section of Edgewater Road near the Bruckner Expressway. Last year, NYC Parks began negotiations to acquire the land and was to begin design workshops for the new park connection in May. However the Daily News reported that the NYS Department Of Transportation (DOT) has asked Parks to cancel those meetings. Although public interest groups have been calling for thescraping of the little used Sheridan Expressway alongside the river, one of the

(Continued on Page 13)

# Ladies and gentlemen cyclists, and others, I SWEAR to you the following story is **ABSOLUTELY** true!

Much to my upset, Saturday I discovered those two wonderful climbs west of Piermont, in Rockland County, Bradley and Tweed, are covered in gravel. That made climbing them by bike a hairy, scary, unsafe experience. A man on Tweed said the road would remain that way for two years, preparatory to asphaltting them, that the DoT wanted to wait for the gravel and pebbles to embed in the surface before overlaying it with asphalt. A cycling (and other) bud of mine confirms that is, indeed, the way roads are resurfaced but doubted the gravel would be in place more than a month.

I can't wait a month to try to get my hill legs so I call the NY State Department of Transportation in an effort to find out how long those roads will be slathered with stones, thinking they can refer me to the local road department. I dial the number in the Manhattan phone directory's listing for the NY State DoT: (718) 482-4763. I explain to the woman who answers, Mary Ann Pansini, I am trying to learn about road resurfacing in Rockland County. She gave me a number to call: (212) 442-7033. I tell her that's a New York City number. She said that's the number. I call that number. It's the press office of the NY City DoT. I call Ms. Pansini back and again ask her why she gave me a number for the New York City DoT when, as I stated, I was inquiring about Rockland County. And she said, and I swear to you this is absolutely true, "ISN'T ROCKLAND COUNTY IN NEW YORK CITY?"

I turn quietly and gently dyspeptic. "Let's, together, name the counties of New York City, shall we? There are five in all," I say helpfully. "O.K. There's Brooklyn/Kings—right?"

"Yes," she says.

"And Staten Island? Then there's the Bronx, OK?"

"Un-huh," she acknowledges.

"Queens," I helpfully add. "And New York/Manhattan. There, that's five. So now you tell me where Rockland County fits into that?"

"It's not in New York City?" she asks, a bit incredulously.

"No, it's not," I allow.

"Oh, well I didn't know. I don't drive."

P.S. Seven calls later, I can report to you the reason Bradley and Tweed are covered in gravel is, as a very helpful Louise at the Orangetown Highway Dept. explained, "We're having problems with our sweeper. It's been broken down and that's why we're not keeping up with our schedule." The takeaway from all this is those roads are NOT being resurfaced and are due to be swept in "about a week." If you want, call ahead at (845) 638-5060 to check. Oh, and don't hesitate to call Ms. Pansini at (718) 482-4763 and plumb her for information. A good starter might be: Is the East River on east side or the west side of whatever that really populated boro is.

**Richard Rosenthal**  
**Rosenthal Advertising**

## NEW YORK CYCLE CLUB FINANCIAL STATEMENT - YEAR 2000

<u>ASSETS / 2000</u>	<u>ITEMS</u>	<u>TOTAL</u>
Bank accounts		
Checking	\$ 7,928	
Savings	13,687	
Total Assets		\$ 21,615
Merchandise		
Water Bottles	916	
Jersey Deposit	0	
Jerseys	4,400	
Total Merchandise		5,316
Other		
Deposits	0	
Software	100	
PA system	125	
Misc. Assets	100	
Total Other		225
<b>TOTAL ASSETS</b>		<b>\$27,156</b>
<u>INCOME / 2000</u>		
General Income		
Interest	\$ 390	
Advertising	270	
Total Interest / Advertising		660
Membership		
Membership	21,675	
Total Membership		21,675
Merchandise		
Water Bottles	662	
Jerseys	6,935	
Total Merchandise		7,597
Special Events		
Programs	100	
Spec. Events	1,267	
Christmas	2,960	
Total Special Events		11,317
<b>TOTAL INCOME</b>		<b>19,574</b>
<u>EXPENSES / 2000</u>		
General Expenses		
Bank Fees	150	
Insurance	1,250	
General / Administration	1,604	
Total General Expenses		3,064
Membership		
Postage / Miscellaneous	153	
Telephone	400	
Total Membership		553
Merchandise		
Water Bottles	916	
Jerseys	6,409	
Total Merchandise		7,325
Bulletin		
Printing	12,075	
Postage	7,455	
Preparation	0	
Total Bulletin		19,530
Century	3,931	
Christmas	2,150	
Programs	690	
Special Programs	2,798	
Miscellaneous	1,799	
<b>TOTAL EXPENSES</b>		<b>38,638</b>

# NYCC Columbus Day Weekend in the Catskills October 5-8

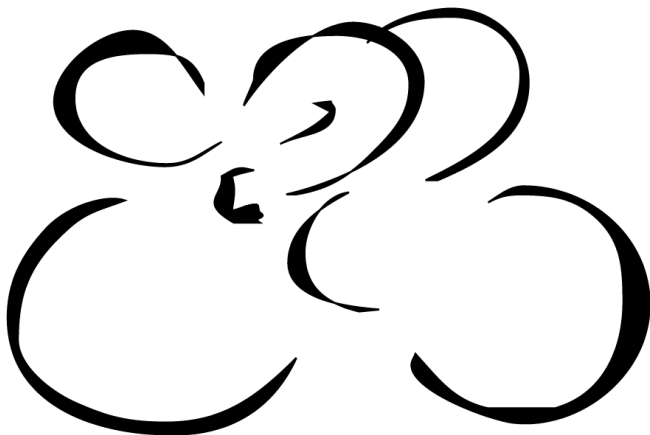
Scenic, untrafficked roads, fun people, challenging routes, great food, spectacular fall foliage. Join us for our annual trip to the Catskills on Columbus Day weekend.

Most of the details, including all of the lodging information, was in the July Bulletin. You can also find it on the NYCC website. The only thing missing was the info on the group dinner. It's on Sunday night, October 7 at the "new" American Cafe on Route 28, two miles west of Phoenicia. The cost for the buffet dinner is \$30 per person and **MUST** be paid in advance. You will **NOT** be able to pay at the door. Please make your check payable to Jeff Vogel and mail to 102-10 66th Road, Apt 14E, Forest Hills, NY 11375 so as to arrive by September 20.

If you have any questions, please contact Jeff Vogel at [cpacycles@aol.com](mailto:cpacycles@aol.com) or 718-275-6978. An email with final info will be sent to all participants by September 10.

## Biker's Knife

Wenger is one of the two manufacturers who actually make original Swiss Army knives. They are producing an interesting model for cyclist called The Biker. It is equipped with exclusive and original multipurpose tools: chain rivet setter, 10mm hexagonal key and a tool for spokes. The website is [wenger@wenger-knife.ch](mailto:wenger@wenger-knife.ch).



## GREENWAYS (Continued from Page 11)

State DOT's plans for reworking the Bruckner-Sheridan interchange could require a portion of this site. The agency says it cannot rule out using the land until it finishes an EIS for the highway project. Design delays could cost the park four more years. Perhaps an interim trail here can be an interim solution.

### A BROOKLYN MARITIME HERITAGE TRAIL

From the East River Queens Border to the Shore Parkway Bike Path, a growing NYC right bank awaits orderly re-investment. Here history has not entirely been destroyed. Greenpoint and Williamsburg still reflect the building-rush that accompanied the new bridges that allowed the pressure cooker Lower East Side to explode into formerly hard-to-get-to places.

The amphitheater-like dry docks and brick buildings of the Brooklyn Navy Yard still awe visitors with their massive scale and workmanlike simplicity of the industrial architecture. Vinegar Hill survives as a vestige village tucked within easy walk to once adjacent job opportunities. Brooklyn Bridge Park promises a proper frame to perhaps the world's most famous transportation structure. In Red Hook, Civil War era warehouses stand in contrast to their adjacent Brownstone communities, awaiting restoration.

In Sunset Park a twenty-first century working waterfront is planned with computer scanning of containers and rail tunnels under the harbor to keep cargo on the move from landing to destination. A new park here will invite folks to fish, or to watch stevedores unhook their containerized catch. The Brooklyn waterfront will be a string of living and working local tourism destinations strung together with a visionary greenway that will require determination and fortitude to achieve.

In Brooklyn, the greenway route is taking shape with enthusiastic local communities taking the lead and City institutions following. Issues include access to the water, competing priorities, getting the cooperation of private and public property holders, and who will ultimately maintain the new public spaces. As the City grabs hold of this complicated vision its Newyorkness will become apparent. This trail will not always be at the City's edge, but perhaps be closer to its soul.

### NEW AT TREEBRANCH: GREENWAYS

"Greenways" is not a listserv for conversation, but an information resource. News of the growing NYC greenways system will be posted there on an as available basis to subscribers who request the service. Unlike Cyberpark and other automated mailing lists that we host, NOSC will act as intermediary on this list, making sure that the information is "news" and helpful in bringing the greenways agenda forward. We anticipate no more than one or two pieces of mail a week on the list. (To subscribe write to [nosc@treebranch.com](mailto:nosc@treebranch.com) and put "greenways" in the subject line)

### HONORS, HONORS AGAIN

NOSC was honored at the annual garden party of the beautiful West Side Community Garden (WSCG). Dave Lutz shared the stage with Congressman Nadler and two other honorees. The award photo, of the tulip and people filled multi-level garden, is now sharing space with less spectacular photos on our office wall. The evening's surprise was the special award given to Board Member Jane Weissman. As has happened before, NOSC walked out with two honors at the same event. We thank the WSCG for the important recognition of the value of our work.

**TAKE A WALK, NEW YORK: SUMMER ADVENTURES**  
([www.walkny.org](http://www.walkny.org) or 212-379-8339)

## Eyeglass Frame Mounted Rear-View Mirrors, the Retro Look

First off, the popular notion that eyeglass rearview mirrors are for lepers is incorrect; if your nose falls off you can't wear them. With that out of the way, let's agree that on the road anything that bestows an advantage is a plus. If we could get beyond the cultural view that only a nerd would be caught riding with one our collective safety would ratchet up a notch.

On a club ride a few months ago Ed Fishkin, the eminently logical fellow that he is, dropped the question on me in a double paeline. He wanted to know when I was going to get a rearview mirror. Would I drive a car without one? Perhaps it was the article on safe riding I penned last summer as part of the awareness drive by Irv Weisman. Without checking the stats I think it is safe to say that it has been the most popular article to appear in the Bulletin. It has been the I Love Lucy Show of our written organ. Have you had enough yet? Did I hear someone say uncle? So somehow an aura of safety has become the crown for this weary head. Which brings me to the point of pulling for riders wearing these mirrors. That and a small kickback from the manufacturers. Just kidding.

With one of these gizmos you can actually see behind you while being open for business. I had worn them in the past but had always done so incorrectly. Ed straightened me out. I had objected to wearing one because the mirror blocked my forward view. [Not to 'The Look'. All my heroes are nerds and geeks so appearance was not the issue.] The mirror is adjusted slightly to the left of view so you must turn your head slightly to the left to get the rearview. It will take a little investment in time to get the hang of not veering while getting that all-important glimpse. But the point is that the forward vista is unobstructed.

I bought the Take A Look cyclist's mirror. Its weight causes my Oakleys to slip down my nose, a problem I have not solved. Ed claims the newer model is smaller. Perhaps this will remedy the nose slip on some frames. My Smith Sliders are unaffected and hang right where they are supposed to.

The ability to easily look back encourages you to do so in situations you might not for concern of being bothered by the hassle. This promotes safety. And, as a plus, if you are wearing one and pull off a paeline without looking back and are lucky enough to survive no one will know you have been a jerk. But where it really pays off is spotting vampires in the paeline behind you. The vision of riderless bicycles is worth the price of admission.

Hank "Safetynethead" Schiffman

## VOLUNTEERS NEEDED: ESCAPE NEW YORK- THE NYCC CENTURY

will take place on Saturday, September 29. Volunteers will be needed the day of the event for registration, food stops, driving, etc.\* Prior to the day we need volunteers to cut road marker stencils and to mark the route. Please volunteer to help out. Contact Debbie Rothschild at [deroth@mindspring.com](mailto:deroth@mindspring.com)

\*all "day of" volunteers are eligible to participate in the volunteers and marshalls ride the week before the event, so no volunteer is denied the opportunity to ride the course; and all volunteers get free t-shirts.

## THE ANIMAL IN ALL OF US:

A new rider-classification system

By Richard Rosenthal

Periodically someone urges a new rider-classification system. I've devised one. In lieu of A,B, and C riders, determined primarily on the basis of speed, I propose the following classifications:

**Ants:** Underground riders: they talk about riding instead of riding.

**Bats:** Night riders, identifiable by the lights on their helmets.

**Beavers:** Talented at making road repairs.

**Bulls:** Those with a riding style utterly lacking in smoothness. (For example, I am a bull.)

**Camels:** Those who don't fill their bottles when they stop.

**Centipedes:** They walk.

**Elephants:** Riders who boringly speak of their better years or better rides – e.g., "I remember when..." (For example, I am an elephant.)

**Flamingos:** They show off at traffic lights by doing track stands. (I wish I had the talent to be a flamingo.)

**Foxes:** Pretty women.

**Geese:** They ride unusually long distances as a flock, audax-style, migrating to France every four years.

**Hippos:** Overweight riders. (For example, I am a hippo.)

**Hogs:** Riders, who, when the group is riding two abreast, ride alone as a third line, oblivious to their impeding cars wanting to pass even when someone yells, "Car back!"

**Peacocks:** Distinguished by their cycling wardrobe.

**Rabbits:** Quick riders.

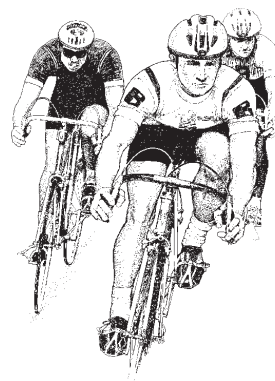
**Sloths:** Those who excel at "wait" training. (For example, I am a sloth.)

**Snails:** Slow riders. (For example, I am an uphill snail.)

**Squirrels:** Need I say it? Squirrely riders.

**Tortoises:** Old riders. (For example, I am a tortoise.)

Conclusion: The next time someone says you're an animal on a bike, don't necessarily take that as a compliment.



**2001 RENEWAL / MEMBERSHIP APPLICATION / CHANGE OF ADDRESS**



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

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

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

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

NAME: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_  
 NAME: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_  
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 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



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

Membership card  
Cut me out. →

**Bike shop discounts!**

**BICYCLE HABITAT**

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

**A BICYCLE SHOP**

345 West 14th Street  
(212) 691-6149 or www.a-bicycleshop.com; abikshp@aol.com; 10% off 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 (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.

<http://www.nycc.org>



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**CONRAD'S BIKE SHOP**

25 Tudor City Place  
(212) 697-6966 or conradbike@aol.com; 8.25% off 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% 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.



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

## **Join us at our August 14th meeting**

### **Paul Levine on BIKE FIT**

Paul is a Serotta certified bike fit technician and an instructor for the Serotta bike fitting course. He is a signature level service dealer for Serotta Bicycles (and their top dealer in New York State!). Paul will demonstrate a bike fit on one lucky volunteer and tell the rest of us what to look for when getting fitted for a bicycle.

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.

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