

# **NYCC** *Bulletin*



It seems like a long time ago, but the Sheffield Memorial Day Weekend helped kick off the summer cycling season. Left to right - Margaret Cipola, Alison Galante, Tim Andon, David Estrada, Jim Galante, Herb Dershowitz, Jody Saylor, Liane Montesa, Midori Nakamura, Ed Fishkin and Christy Guzzetta.



Memorial Day Weekend in Sheffield (Rain, Rain, Rain). Bikes parked in front of the cafe in Stockbridge, MA on Saturday. The ride was from Great Barrington up to Stockbridge.

## President's Message

September already? Wasn't it just yesterday that the SIGs were in full swing and we were all looking forward to another great season of cycling? Don't despair, there is still more great cycling to be done and the brightest star in the NYCC firmament is looming just ahead. Of course you all know I'm referring to Escape New York, the culmination of the NYCC season. The date is Saturday, September 29<sup>th</sup> and this year's event promises to be better than ever. New sponsors, new goodies, new raffle prizes and of course the fabulously beautiful and challenging routes we've come to know and love. For \$20, you get a choice of a 50, 62 or 100 mile route, tons of food, remarkably accurate cue sheets, scrupulously marked routes and a chance to win cool raffle prizes ranging from an NYCC water bottle to a weekend cycling trip. For those who have participated in ENY before, why not volunteer to help with the various tasks that make this such a great event. You can help mark the route, serve food, help with registration or a variety of other fun jobs. And if you volunteer, you'll still be able to ride the course and get a free lunch in the balance the Sunday before, as we scout the markings and help the ride leaders familiarize themselves with the route. Whether you sign up as a participant or help out as a volunteer, it's a win-win situation!! Check later in the bulletin for more specifics or, visit our website: [www.nycc.org](http://www.nycc.org) and follow the ENY links.

Many may not be aware, but high atop the NYCC building, in an annex adjoining the NYCC executive suites, our "Road Dirt" columnist toils away in a state of the art bunker equipped with the latest in communications technology from on-line video conferencing to satellite relays and beyond. With all this high-tech gimmickry, you'd think there would be no problem getting all the latest dirt on club members and the various mischief they get into on a regular basis. Believe it or not, despite having all this wizardry at hand, the only way our intrepid correspondent can regale us with tales of NYCC is for actual club members to supply information directly to [roaddirt@nycc.org](mailto:roaddirt@nycc.org). So how 'bout it? Got a story about a friend? A life event that you want to share with the club? Some daring cycling accomplishment? Everyone loves the Road Dirt column when it runs and everyone misses it when it doesn't so don't be shy, share your secrets with the rest of us and have a good laugh while you're at it.

The new year is still months away but it's not too early to think about NYCC elections. The term for each board position is one year so that means all posts are up for grabs, even the president. I like to think of the NYCC ruling structure as a democracy but in the last few years, a majority of the races have been uncontested. If you're a member of NYCC then you have something to offer as a board member and it would be great to have a flood of interested members running for board office. Nominations will be held at the September meeting (see back cover for date, time and place), don't miss your chance to part of the club decision making process.

- Tom Laskey

## Editor's Note

Well!! My melancholy of last month has passed (sort of). We're going to Cape May, NJ to get wet. My wife is complaining about the Sunday rain which has cancelled a few rides, but over all the season has been good. I've received a few compliments about the look of the bulletin (Thank you). It's your bulletin and your article submissions and photographs are important.

We've got a fairly full agenda of rides for the balance of the summer season, Take advantage of them,

- 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**

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

**Cover:** This month's cover are photos from the Steffield Memorial Day Weekend.

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

**Printing:** Dandy Printing Co., 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**

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.



## Out of Bounds

(Non-Club Events)



### 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.msnycc.org](http://www.msnycc.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 Joe'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).

### SUNDAY / OCTOBER 28

#### Connecticut Shoreline Ride

Once more - on Sunday October 28th - we will be venturing past New Haven on the fabulous Connecticut Shoreline Ride. Train to New Haven - buy a bag of breakfast at GCT - select one of three great shoreline routes - 65, 55, 40 miles - Lunch at any of the great country restaurants surrounding the village greens. Return to New Haven for Ben Goldberg's tour of the Yale Campus, or dawdle at one of the historical sites or antique shops so long as you getback in time for the Frank Pepe's pizza and sensational Birch Beer on the train ride home. See October ride listing for details.

NEW YORK CYCLE CLUB  
7TH ANNUAL CENTURY RIDE



**Escape**  
New York 2001  
7TH ANNUAL CENTURY RIDE  
NEW YORK CYCLE CLUB

Saturday, September 29, 2001  
We ride rain or shine.

**Start/Finish:** 122 St. & Riverside Drive,  
Manhattan, NYC, near Grant's Tomb.

**3 Routes:** All clearly marked.

<b>100 miles</b>	7:30 am - CENTURY CHALLENGE A rolling Full Century through scenic Bergen and Rockland Counties.
<b>62 miles</b>	8:00 am - ROCKLAND ROLL A Metric Century, rambling on lightly trafficked, beautiful roads.
<b>50 miles</b>	9:00 am - PIERMONT PLEASURES A Half Century, to the charming village of Piermont on the Hudson.

**Cost:** \$20 until Sept. 7, \$25 day of the event.

**Includes:** Snacks and sumptuous lunches & T-Shirt.

**More information:** At (212) 780-9950.

**Entry Form:** Download from [www.nycc.org](http://www.nycc.org).

Sign up on-site at Start/Finish  
Or send SASE to: ENY - New York Cycle Club,  
POB # 20541, Columbus Circle Station, NY, NY 10023

## 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 marshals ride the week before the event, so no volunteer is denied the opportunity to ride the course; and all volunteers get free t-shirts.

**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!**



**SATURDAY, SEPT 1**

**A18/20 80/95 MI 7:15 AM @ GCT**

**Holiday on Ice Caves (again)**

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

**From: Grand Central Terminal**

Led by Hank, the hardy few that rode June 30th rode 97 miles and somehow missed Cragsmoor. Was 95 in the shade a factor? We'll try again. This time the shorter, faster crowd pleaser out of Beacon. Just Minnewaska and Cragsmoor and the magnificent Bruyn Turnpike. And Gourmet dining in Kerhonksen. There's a Mohonk/Clove Valley option for who need the miles. Bring at least two (2) water bottles, pocket food and train pass. Note: the Hudson Line schedule for 9/1 is not available at posting. Refer to [http://www.mta.nyc.ny.us/mnr/html/planning/schedules/sched\\_form.cfm](http://www.mta.nyc.ny.us/mnr/html/planning/schedules/sched_form.cfm) for the AM Hudson Line bike train Cancel conditions: threatening weather forecast for Mid- Hudson Valley. Heat & humidity in the 90's. Please confirm participation with Fred or Hank

**B16 50 MI 9:30 AM**

**Piermont**

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

**From: the Boathouse**

Optional hilly/flat approach to Piermont, picnic lunch either on pier or in gazebo

**C12 18 MI pedaling 1MI paddling 9:15 AM**

**Pedal/Paddle Micro-biathlon**

**Leader: Peter Hochstein (212) 427-1041**

**From: Boathouse Perimeter Fence**

Whazzat? Stuck in the big city over Labor Day weekend? Horrors! Well, enjoy a bit of mild morning exercise that includes totally flat cycling a

short distance, plus an opportunity to get your tush wet in the Hudson. We'll pedal down the Hudson River recreation trail to the New York Boathouse for a "free" kayak ride. (But bring a couple of bucks to contribute to the Boathouse.) Picnic lunch near Battery Park. Return via the same route. Also bring lock to secure your bike while you splash around in the Hudson, and a hat as well as a helmet. You don't want to get sunstroke in that kayak.

**C12 23 MI 8:30 AM**

**Sandy Hook Extra**

**Leader: Alfredo Garcia (212) 802-2441 mailto:cyclistxxiii.yahoo.com**  
**From: Pier 78 NY Waterway Terminal (38th St. & 12th Ave.)**

Another triple treat boat-bike trip to the Jersey Shore. Visit Mt. Mitchell and Twin Lights. Mostly flat, with a steep hill. If the weather warms, some beach time or visit another lighthouse and Ft. Hancock. Helmets required. Bring \$25 fare, sunscreen, sunglasses, swim gear, maybe film or digital camera to record the moment. We will return on the 4:30pm ferry back to NYC. Get enough sleep before the TA Century. Recommended: please call NY Waterway (800-53-FERRY) beforehand to reserve a ticket, as this trip is likely to sell out. Co-listed with 5BBC. Wet weather at the start cancels.

**SUNDAY, SEPT 2**

**A18 65+/- MI 8:30 AM**

**West to Nyack**

**From: The Boathouse**

**Leader: Russ Berman (212) 595-8834 rberman@klwhllp.com**

For all of us who couldn't get away for the long weekend: We'll go West through Oradell and then head North and eventually do a lap around Rockland Lake before easing over that last long hill into Nyack for a quick bite. (It's 40 miles or so to lunch.) Home by way of 9W (with an extra hill thrown in if it's not too hot and we've got the stomach for it) or

## 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-rides co-ordinator = Jim Galante (212) 529-4300, [jim@jimgalante.com](mailto:jim@jimgalante.com)

B-rides co-ordinator = Annaline Dinkelmann (212) 207-8689, [dinkelmann@att.net](mailto:dinkelmann@att.net).

C-rides co-ordinator = Stan Oldak (212) 780-9950 [stanOnyc@aol.com](mailto:stanOnyc@aol.com)



501 if that's the consensus. We'll make it a point to keep the pace as stated, so the hammers are on their own. Helmets and paceline skills required, and an amiable disposition is a definite plus. 50% chance of rain at 7:30 a.m. cancels.

**B15** **75 MI rolling terrain** **8:00 AM**  
**Lottery Ride I**

**Leader: Jesse Brown (212) 632-8218**

**From: American Youth Hostel (103rd St. & Amsterdam Ave.)**

Our tri-state quest is getting lottery tickets from New York, New Jersey and Connecticut for an otherwise roaring good time. We are all winner whether we get lucky or not. Helmets required. Bring Metro North bike permit just in case and lots of drinking water. Co-listed with 5BBC. Only rain, snow or another act of the Gods will cancel.

### MONDAY, SEPT 3 Labor Day

**A18** **65 MI** **9:00 AM**  
**Titicus Reservoir (West Route)**

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

**From: the Boathouse**

It is Labor day and we should be laboring up a few hills; but since it is a holiday, we get to take the train back home. Out through the Bronx but not the Grand Concourse, we will try something different. Through Scarsdale, White Plains, Armonk, Bedford, and on North to Purdys to take the train home. Maybe the 3:20 train returning 4:30 or maybe an hour later depending on how it goes. Bring your Metro card for the train in case they ask.

**B16** **60 MI** **9:00 AM**  
**Nyack**

**Leader: Jay Jacobson (845) 359-6260 [joanandjay@aol.com](mailto:joanandjay@aol.com)**

**From: the Boathouse**

A brief visit to mini bike/touring museum en route—optional hilly/flat approach to Nyack

**C12** **23 MI** **10:15 AM**  
**Sandy Hook Encore**

**Leader: Alfredo Garcia (212) 802-2441 <mailto:cyclistxxiii@yahoo.com>**  
**From: Port Imperial Terminal, World Financial Center.**

Last dance. Ride to places of interest in the Highlands, then spend time in Sandy Hook. Choice of the beach or explore sights at the Hook. Bring \$25 fare, lock, sunglasses, sunscreen and swim gear. Recommended: reserve a ticket by calling NY Waterway (800 53-FERRY) beforehand. Otherwise get there early before the cruise sells out. We will take the 11am ferry to the Hook. Then take the 6:30pm back. Co-listed with 5BBC. Helmets required. Route mostly flat with a hill. Wet weather at the start cancels.

### TUESDAY, SEPT 4

**A22+** **18 MI** **7:15 PM**

**Train for Fame Act III (Come fly with us)**

**Leaders: Bob Mirell (212) 734-6916 [BobTMC@aol.com](mailto:BobTMC@aol.com) and Harvey Minsky (212) 595-9344 [SPOKES609@aol.com](mailto:SPOKES609@aol.com)**

**From: The Boathouse**

The July and August rides went very well so...we're baaaack. Stronger and faster. We'll set our goal to average over 20mph for the three laps which puts our flat speed somewhere between 22 and 23. Headlights and taillights are essential unless we're moving at the speed of light...in which case...oh...never mind. Watch the message board for last minute rain cancellations etc. Helmets, oxygen and decompression training recommended.

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

**Training rides in Central Park Every Tuesday**

**Leaders: Robert Dinkelmann (212) 207-8689 and Linda Wintner (212) 876-2798 [lwintner@excite.com](mailto:lwintner@excite.com)**

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

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

### WEDNESDAY, SEPT 5

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

**Nyack every Wednesday in September**

**Leaders: Herb Dershowitz 212/929-0787 and Gay Shaheen 212/452-1784 [gshaheen@nyc.rr.com](mailto:gshaheen@nyc.rr.com)**

**From: The Boathouse**

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

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

**Wednesday Night Stresbuster Series**

**Leaders: Peter Hochstein (212) 427-1041 and/or David Sabbarese [DSabbarese@firstmanhattan.com](mailto:DSabbarese@firstmanhattan.com)**

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

Sprint 3 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 A and riders who join us each week.

(Continued on Page 6)

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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**THURSDAY, SEPT 6**

**A22+**                      **18 MI**                      **7:15 PM**  
**Train for Fame Act III (Come fly with us)**  
**Leader: Bob Mirell (212) 734-6916 BobTMC@aol.com and**  
**Harvey Minsky (212) 595-9344 SPOKES609@aol.com**  
 See description for Tuesday, Sept 4

**FRIDAY, SEPT 7**

**B16**                      **60 MI**                      **9:15 AM**  
**Long Beach/Point Lookout**  
**Leader: Ron Grossberg (718) 369-2413 argee401@aol.com**  
**From: City Hall Park opposite Brooklyn Bridge**  
 Flat ride to Point Lookout with a picnic lunch by the beach

**SATURDAY, SEPT 8**

**A20**                      **90 +/-MI**                      **7:15 AM Sharp @ GCT**  
**Bedford & Beyond #IV**  
**Leader: Seth Prince (718) 422-0085 birdrider@mindspring.com**  
**From: Grand Central Terminal, we will meet at 7:15 sharp, train**  
**leaves 7:37 to Mamaroneck**  
 Join me on a pedal stompin romp through Westchester County. We'll start out with a WARM-UP to White Plains and then proceed to tear our legs off through upper Westchester County. Sorry, no formal lunch stop we'll take deli, bathroom and mechanical breaks as needed. We may not even have a q-sheet, I might be making it up on the fly. One thing you can count on is unsurpassed scenery. But we'll be going way too fast to notice it though. Please bring lots of food, a helmet, Metro North Bike Pass, superior pace-line skills, and a friendly disposition. Wet conditions cancel. Call the evening before if in doubt.

**A19**                      **75+/- MI**                      **8:30 AM**  
**Rio Vista Picnic Ride**  
**Leader: Bob Mirell (212) 734-6916 BobTMC@aol.com**  
**From: The Boathouse Parking lot**  
 A beautiful ride thru Rio Vista to see some beautiful homes...then West and North and East and South and wind up at Rockland Lake somehow. It always amazes me that I find the place. Maybe we'll get lucky again. If we don't, someone has to volunteer to entertain us till we figure out how the compass works. A short ride from the deli to the Lake for our picnic. Then a mostly flat ride down 501 to home. 50% forecast of rain at 8am cancels. If the temperature is over 85 degrees...we'll slow the ride down. Two water bottles, pocket food and helmet required. Bring extra smiles in case someone forgets theirs.

**A18**                      **65+/- MI**                      **8:30 AM**  
**NYACK via BRADLEY, MAYBE TWEED**  
**Leader: Richard Ramon (718) 745-7025 or Ramonr@coned.com**  
**From: The Boathouse**  
 A ride to Nyack with some hills. Required: Paceline, Group Riding Skills & Helmets. Cancels: The usual. Must leave Bay Ridge by 7:00 A.M., so if I don't answer the phone after 7:00 AM, it means I'm on my way.

**B17**                      **65 MI**                      **8:00 AM**  
**Staten Island/NJ/Manhattan**  
**Leader: Glen Goldstein (718) 596.3725 prez@nycbicycleshow.com**  
**From: Staten Island Ferry Terminal/Manhattan Side**  
 This fun flat ride takes us along the Staten Island waterfront, through weird industrial areas, along a lovely boardwalk, over the Bayonne Bridge, and through NJ's Liberty State Park for great views of Manhattan.

Helmets mandatory. 17 mph top speed STRICTLY enforced. Bring money for lunch and ferry home from Hoboken (\$4). Greater than 50% chance of rain morning of ride cancels.

**B15**                      **45 MI**                      **9:00 AM**  
**Weschester Picnic**  
**Leader: Mark Gelles (212) 689 1375 mgelles@okcom.net**  
**From: 242nd. Street & Broadway (1 & 9 Train (last stop))**  
 Route is scenic hilly ramble from Van Courtland Pk. to Pocantico Hills horse country & lunch @ Kingland Pt., lots to look at! Bring a smile & something to carry lunch 2 miles from deli stop to park.  
 Wet roads cancels.

**C14**                      **50 MI**                      **9:15 AM**  
**Oyster Bay**  
**Leader: Scott Wasserman (914) 723-6607 bicyclelife@cs.com**  
**From: Statue of Civic Virtue**  
 The last time I attempted to lead this ride there was somewhere around 2 inches of rain, most of it in my tires. I'm going to try again. Take the train away from Manhattan (Kew Gardens, Union Tpke. on the E or F line) to ride to a park on the water. There's a convenient LIRR station right there for those who want only half of heaven. Ride cancelled if more than 1.99 inches of rain expected.

**C12**                      **30/35 MI**                      **8:15 AM**  
**Wheels of Industry Tour**  
**Leader: Alfredo Garcia (212) 802-2441, mailto:cyclistxxiii.yahoo.com**  
**From: South Ferry**  
 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. Maybe some brownfields. Staten Island stops include Faber Par K (former home of pencil mogul Proctor & Gamble plant where the famous soap was made), etc. Then ride on the Bayonne Bridge for more locales in Hudson County, NJ. Earthly splendors include Pt. Elizabeth, Caven Point and venture to Liberty State Park. Please pack some food before lunch (long stretch) and water bottle, sunglasses and sunscreen. Bring \$4.00 for NYC return via NY Waterway ferry. Helmets required. Co-listed with 5BBC. Route mostly flat with some hills. Wet weather at the start cancels.

**SUNDAY, SEPT 9**

**A20**                      **80 MI**                      **8:00 AM Sharp!**  
**Becky's Virgin Ride!!**  
**Leaders: Becky Koh (212) 481-2207 and Rich Sporer (718) 522-4415**  
**RSporer@exchange.ml.com**  
**From: The Boathouse**  
 Hop on the maiden express to South Mtn Road. Breakfast at the Orchard. Lunch at the Runcible Spoon. Wet roads cancel.

**B16**                      **55/65**                      **9:00 AM**  
**You decide - New Jersey, Westchester of Long Island**  
**Leader: What is your name?**  
**From: The Boathouse**  
 This is a easy, friendly ride through one of the boroughs. Meet up with your friends and fellow cyclists. Destination by group decision. Bring two water bottles, a helmet and pocket food. Rain, bad weather and the usual cancels.

**C 13**                      **46 MI**                      **9:30 AM**  
**Piermont the Pretty Way**  
**Leader: Peter Hochstein (212) 427-1041**  
**From: Boathouse Perimeter Fence**  
 Expect hills and some hard packed dirt. We're going up via scenic River

Road and then through the woods along the Tallman Mountain State Park bicycle path. But the pace is very relaxed and what's to hate about woods and shade? Picnic lunch either at the gazebo or on the pier. I know, I know you've been there, done that. Be there and do it again.

## TUESDAY, SEPT 11

**A22+ 18 MI 7:15 PM**

### Train for Fame Act III (Come fly with us)

Leader: Bob Mirell (212) 734-6916 [BobTMC@aol.com](mailto:BobTMC@aol.com) and Harvey Minsky (212) 595-9344 [SPOKES609@aol.com](mailto:SPOKES609@aol.com)  
See description for Tuesday, Sept 4

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

### Training rides in Central Park Every Tuesday

Leaders: Robert Dinkelman (212) 207-8689 and Linda Wintner (212) 876-2798 [lwintner@excite.com](mailto:lwintner@excite.com)  
See description for Tuesday, Sept 4

## WEDNESDAY, SEPT 12

**A19 55 MI 10:00 AM**

### Nyack every Wednesday in September.

Leaders: Herb Dershowitz (212) 929-0787 and Gay Shaheen (212) 452-1784 [gshaheen@nyc.rr.com](mailto:gshaheen@nyc.rr.com)  
See description for Wednesday, Sept 5

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

### Wednesday Night Stressbuster Series

Leaders: Peter Hochstein (212) 427-1041 and/or David Sabbarese [DSabbarese@firstmanhattan.com](mailto:DSabbarese@firstmanhattan.com)  
See description for Wednesday, Sept 5

## THURSDAY, SEPT 13

**A22+ 18 MI 7:15 PM**

### Train for Fame Act III (Come fly with us)

Leader: Bob Mirell (212) 734-6916 [BobTMC@aol.com](mailto:BobTMC@aol.com) and Harvey Minsky (212) 595-9344 [SPOKES609@aol.com](mailto:SPOKES609@aol.com)  
See description for Tuesday, Sept 4

## SATURDAY, SEPT 15

**A18/20 100 MI 7:30 AM**

### Sugar Loaf, Goshen and

Leaders: Fred Steinberg (212) 787-5204 [fsteinberg@nyc.rr.com](mailto:fsteinberg@nyc.rr.com) and Hank Schiffman (212) 529-9082 [schiffhank@aol.com](mailto:schiffhank@aol.com)  
From: The Boathouse

The trotters are gone from Goshen, and the farmland is going the way of Rockland County, so lets check it out while it still there. This is a new route through Orange County to Beacon via Mombasha Lake, Sugar Loaf, Goshen, and Washingtonville. Plus the finest hills in Rockland County: Little Tor and Gate Hill Roads. The route flattens after we descend from Harriman Park and ride through the bucolic Orange County. Lunch in Sugar Loaf, other stops as required. Metro North return from Beacon, Bike pass required. Cancel conditions: the usual. Rain date: Sept 16th. Please confirm with Fred

**A19 85 MI 8:30 AM**

### Croton Dam

Leader Brian Kivlan (212) 873-5868 [btktiv@erols.com](mailto:btktiv@erols.com)

From: The Boathouse

As a prep ride for our Escape adventure, let us visit one of the most beautiful spots in Westchester county. The roads only get better as we go north. We will have an option of avoiding the G. Concourse on the way back.

Deli's only, so bring 2 water bottles and pocket food. Helmets & paceline skills please! Rain cancels.

**B16 55/65 MI 9:00 AM**

### Be adventurous

Leader: By group decision

From: The Boathouse

Be adventurous Meet new people pick a new destination, scout a new Route |Destination by group decision. Bring maps, two water bottles, a helmet and pocket food. Rain, bad weather and the usual cancels.

**C15 40/45 Urban MI 9:00 AM**

### Coastal Cleanup Day

Leader: Alfredo Garcia (212) 802-2441, [mailto:cyclistxxiii.yahoo.com](mailto:mailto:cyclistxxiii.yahoo.com)

From: Prospect Park Picnic House (Brooklyn)

On this day, all around the country, the American Littoral Society is having its annual beach cleanup. Join us and ride to the Jamaica Bay Wildlife Sanctuary and do your part. Bring lock, maybe work shoes, work gloves, \$ for lunch, which we will eat after the cleanup. Mostly flat with some hills. Subway bailouts offered on the return, if needed. Check the trip related [www.aclsny.org](http://www.aclsny.org) website. Co-listed with 5BBC. Mostly flat with hills. Wet weather at the start cancels. Helmets required.

## SUNDAY, SEPT 16

**A21 60+/-MI 9:00 AM**

### Pearl River

Leader: Tom Laskey (212) 961-1610 or [tomoboe@mindspring.com](mailto:tomoboe@mindspring.com)

So far, my record for Pearl River rides is 3 attempts, no completions. It's rained every time. As 2001 draws to a close, let's see if I can at least make it once. It's longer and hillier to lunch, pocket food may be in order, helmets are required. The usual canels, if in doubt call leader the morning of.

**B\* 50+/- MI 10:00 AM**

### Audax Ride to Nyack

Leaders: Karl Dittebrandt (212) 925-9854 and

Linda Wintner (212) 876- 2798

From: the NJ side of the GW Bridge

This is your chance to learn what Audax riding is all about. Basically, it's about learning to maintain a steady pace in a group. And, it's fun. Any questions, please call. (\*The average speed will be determined by the skill level of the group.)

## TUESDAY, SEPT 18

### Lance Armstrong - Happy 30th Birthday!

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

### Training rides in Central Park Every Tuesday

Leaders: Robert Dinkelman (212) 207-8689 and Linda Wintner (212) 876-2798

[lwintner@excite.com](mailto:lwintner@excite.com)

See description for Tuesday, Sept 4

(Continued on Page 8)

**WEDNESDAY, SEPT 19**

**A19** 55 MI 10:00 AM  
**Nyack every Wednesday in September.**  
 Leaders: Herb Dershowitz (212) 929-0787 and Gay Shaheen (212) 452-1784 gshaheen@nyc.rr.com  
 See description for Wednesday, Sept 5

**C 12/14** 18 MI 7:00 PM SHARP  
**Wednesday Night Stressbuster Series**  
 Leader: David Sabbarese DSabbarese@firstmanhattan.com  
 See description for Wednesday, Sept 5

**THURSDAY, SEPT 20**

**A22+** 18 MI 7:15 PM  
**Train for Fame Act III (Come fly with us)**  
 Leader: Bob Mirell (212) 734-6916 BobTMC@aol.com and Harvey Minsky (212) 595-9344 SPOKES609@aol.com  
 See description for Tuesday, Sept 4

**FRIDAY, SEPT 21**

**B16** 50 MI 9:20 AM  
**Staten Island Perimeter**  
 Leader: Ron Grossberg (718) 369-2413 argee401@aol.com  
 From: Staten Island Ferry Terminal  
 Perimeter of Staten Island with some internal hills (Lighthouse Hill and Echo Rock park) with lunch overlooking Raritan Bay at conference house park

**SATURDAY, SEPT 22**

**A20** 105 MI 7:40 AM GCT  
**Peekskill - South Gully Road at Cragmoor - Beacon.**  
 Leaders: Peter Walker (212) 831 4418 peter.walker@gs.com and Ron Roth (212) 875-0905 ron@rroth.com  
 From: Grand Central @ 7.40 am and 125th @ 7.50 am to Peekskill.  
 We're going up to Cragmoor, but we will take the back door - steep South Gully Road. We'll start with Anthonys Nose, West Point and Storm King and then paceline out to a brief diner lunch in Bloomingburg. After that, its a climb to Wertsboro and then Cragmoor, with paceline back to Beacon. Single/Double paceline skills essential. Outward and return is via Metro North, aiming for the 5.50pm return. As always, helmets required. Greater than 50% chance of precipitation in the area cancels. Call a Leader if in doubt.

**A20** 55+MI 9:00 AM  
**Pearl River**  
 Leader: Keith Goldstein (212) 982-9461 KBG32@aol.com  
 From: The Boathouse.  
 A thoroughly enjoyable ride to a wonderfully nice destination, with hopefully some wonderfully enjoyable people. Proper riding etiquette a must. Usual nastiness cancels.

**A18** 95 MI 8:00 AM  
**Mott Farm / Gate Hill Roads**  
 Leaders: Fred Steinberg (212) 787-5204 fsteinberg@nyc.rr.com  
 From: The Boathouse  
 Le cirque d'Rockland. From the Hudson shoreline into to the mountains and back. The above roads are the tough part, otherwise its flat going up and fast coming home. There's a lot of beauty in Rockland County, and this route covers a good part of it. Cancel conditions: the usual.

Rain date: Sept 23rd.  
 Please confirm w/ Fred.

**A18** 80+/-MI 8:30 AM  
**SOUTH MOUNTAIN ROAD & APPLE ORCHARD**  
 Leader: Richard Ramon (718) 745-7025 or Ramonr@coned.com  
 From: The Boathouse  
 To Saddle River, then North to South Mountain Road, then South to West Nyack and back to the GW bridge. If the group's up for it, we'll climb Little Tor because its there! Escape from New York is next week, time to get ready. Required: Paceline, Group Riding Skills & Helmets.  
 Cancels: The usual. Must leave Bay Ridge by 7:00 A.M., so if I don't answer the phone after 7:00 A.M., it means I'm on my way.

**SUNDAY, SEPT 23**

**A19** 75+/-MI 9:00 AM Statue of Civic Virtue  
**"Lobster or Crab Ride"**  
 Leaders: Spencer Koromilas: (646) 522-3559 spencernycc@juno.com and Marie Christine Manzi (212) 662-0120 bellonmanzi@hotmail.com  
 From: Statue of Civic Virtue (Queens Blvd. & Union Turnpike) @ 9:00 AM  
 We'll be taking the E or F train to Union Turnpike/Kew Gardens, jump on our bikes to do one of our favorite beach rides. As the LIRR will probably not confirm "the special arrangements" we received last year, until a few days prior to the ride . . . we therefore devised a "Crab" option. Lobster Ride (Basis LIRR 2 bikes/car "exception"): We'll ride to Port Jeff, bathing and eating Lobster on the way . . . an unforgettable event. Return from Port Jeff via LIRR. Crab Ride (Basis LIRR being crabby & not cooperating): We will cut the ride short by going to Northport for lunch, then off to the beach, and ride to Jamaica. Return via F Train. Required: Metro-North/LIRR Bike Permit, helmet, bathing suit, suntan lotion, and a smile! Cancels: rain . . . we need sun; call leaders one hour before start time.

**B15/16** 60 MI 9:00 AM  
**Nyack the Leisurely Way**  
 Leader: Maureen Berlings-Minsky and Harvey Minsky (212) 595-9344 Maurbe@aol.com  
 From: The Boathouse  
 We will take a leisurely ride to Nyack. The ride passes compact estates, horse farms and running streams. Lunch will be @ the Runcible Spoon in Nyack. We return on route 501 and climb Churchill to get back to the bridge. Bring water and pocket food. The usual cancels.

**B16** 70 MI 8.30 AM  
**1st Annual Memorial Irv's Birthday ride**  
 Leaders: Ed Sobin (718) 625-7452 and Linda Wintner (212) 876- 2798  
 From: GWB Bridge (Manhattan Side)  
 This is the continuation of of Irv Weisman's birthday ride series. He lead this one when he was 71 (it was called 71 for 71). Using one of Irv's circuitous (to avoid traffic and add scenic beauty) routes we will ride through Bergen and Rockland counties. This is a somewhat hilly ride, but as Irv would wish I'll be riding up hills slowly (using low gears and spinning) while looking at the scenery.

**B\*** 50+/- MI 10:00 AM  
**Audax Ride to Nyack**  
 Leader: Karl Dittebrandt (212) 925-9854  
 From: the NJ side of the GW Bridge  
 See description of Sunday, Sept 16

**C14** 45 MI 10:00 AM  
**1st Annual Memorial Irv's Birthday Ride**  
 Leader - Maggie Clarke (212) 567-8272



mclarke@shiva.hunter.cuny.edu

From: **GWB (Manhattan Side)**

This is the continuation of Irv Weisman's birthday ride series. We will try to meet the B ride at Pascack Brook Park in Bergen County for desert and a very brief celebration. The route will be 'Irv like' - peaceful, scenic, and with lots of turns. It will be mostly in Bergen with a bit of Rockland County added in.

**C13** **35/55 MI** **7:45 AM**  
**Four Metro North Lines**

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

**From: GCT Info Booth for 8:07 Bike Train to Noroton Heights**

One of our usual winding, tree-shaded "SEE" routes, meandering through beautiful parts of Darien, New Canaan, Pound Ridge, Waccabuc, around the top of the Titicus Reservoir to Purdys (train home at 35 mi,) then on to a Somers lunch stop. After lunch, we'll wander around the Amawalk Reservoir until connecting to the paved North County Trailway for a Tarrytown Metro North return. If the group elects some creativity, a mile of hardpack is an option. No election on the one short hill (north end of Trinity Pass) you might subsequently remember. Helmets and Metro North passes required.

## TUESDAY, SEPT 25

**A22+** **18 MI** **7:15 PM**  
**Train for Fame Act III (Come fly with us)**

**Leader: Bob Mirell (212) 734-6916 BobTMC@aol.com and**

**Harvey Minsky (212) 595-9344 SPOKES609@aol.com**

See description for Tuesday, Sept 4

**A19** **20+/- MI** **6:00 AM**  
**Training rides in Central Park Every Tuesday**

**Leaders: Robert Dinkelmann (212) 207-8689 and Linda Wintner**

**(212) 876-2798 lwintner@excite.com**

See description for Tuesday, Sept 4

## WEDNESDAY, SEPT 26

**A19** **55 MI** **10:00 AM**  
**Nyack every Wednesday in September.**

**Leaders: Herb Dershowitz (212) 929-0787 and**

**Gay Shaheen (212) 452-1784**

**gshaheen@nyc.rr.com**

See description for Wednesday, Sept 5

**C 12/14** **18 MI** **7:00 PM Sharp**  
**Wednesday Night Stressbuster Series**

**Leader: David Sabbarese DSabbarese@firstmanhattan.com**

See description for Wednesday, Sept 5

## SATURDAY, SEPT 29

### Escape New York Century 2001

Escape New York on your bike to discover some of the prettiest routes you've ever seen - right outside Manhattan. You can go it alone with a cue sheet, food and pit stops and plenty of support OR you may choose to ride with a group. It's your choice - come out and join the fun!!! Remember to check your bike and inflate your tires to their proper pressure (printed on tire) before the ride. Enjoy!!!

See ENY Century description in the NYCC Bulletin or our website (<http://www.nycc.org>).

### CENTURY CHALLENGE @ 7:30 AM (100 Miles)

A22: Very fast and very hard. Superior advanced bike handling skills required. If you have any doubts, this is not the ride for you. No poseurs.

**Leaders: Doug Parent dougparent@worldnet.att.net and**

**Ralph Yozzo (718) 369-1568 ryozzo@verizon.net**

A19: Fast and hard. Single and double pace line skills required. This ride does not slow up on the hills. Everyone is expected to pull at one point. No wimps or whiners.

**Leaders: Spencer Koromilas (646) 522-3559 spencernycc@juno.com,**

**Joe Kissner (212) 663-4806 silverwhiting7@hotmail.com and**

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

A17/18: Fast. Single and double pace line skills required. Social skills are just as important. Hills will be respected and conquered. Perfect for those who are tapering. No hammerheads.

**Leaders: Evan Marks (212) 737-7501 prcrstn8@earthlink.net,**

**Ray Thomas and Jim Galante (212) 529-9627 jim@jimgalante.com**

B17: Brisk. Excellent group riding skills required. You're a strong rider who may or may not have done a century and want a challenge. Hills? We'll get over them together.

**Leader: To Be Announced\***

B15: Lots of miles at a moderate pace. For the strong, but more scenic oriented cyclist.

**Leader: To Be Announced\***

### Rockland Roll Metric Century @ 8:00 AM (62 Miles)

A17/18: Single and double pace line skills required. Who wants to ride a century today? I want a challenging ride, but I want to be able to go out tonight.

**Leaders: Gay Shaheen (212) 452-1784 gshaheen@nyc.rr.com, Robert**

**Gray (212) 593-0986 nyarchitect@email.msn.com and**

**Anthony Donato (212) 923-5924 NYC181@aol.com**

B17: Excellent group riding skills required. A challenging ride at a brisk pace. Time to schmooze and notice the scenery.

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

**Don Belfer (212) 316-1876 donald.belfer@verizon.net**

B15: A beautiful ride at a comfortable pace to share the camaraderie and enjoy the scenery.

**Leader: To Be Announced\***

C14: A long rolling route at a leisurely pace with stops along the way. Group riding at its best.

**Leader: To Be Announced\***

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

(Continued from Page 9)

Piermont Pleasures @ 9:00 AM (50 Miles) Half: B16, B14, C13/14, C12

B16: Excellent group riding skills required. This is the ride the smart people take. Everyone knows the best food and views are in Piermont.

**Leader: To Be Announced\***

B14: This is the ride the for the smartest of the smart - a more leisurely pace than the B16.

**Leader: Bernie Brandell (718) 633-1759 brande@cooper.edu**

C13/14: Nice shaded roads and great food. A fun ride! What else could you want?

**Leader: To Be Announced\***

C12: If you wanna ride at an easy pace, this is for you. Gorgeous roads and a beautiful destination.

**Leader: To Be Announced\***

\* Groups will be announced and form at Sakura Park twenty minutes before departure so come early to register. You may call one of the leaders above to answer any questions you may have. If you have a question in reference to a "leader to be announced" ride, call Gary McGraime at (212) 877-4257 or email: garynycc@aol.com.

**SUNDAY, SEPT 30**

**A17** **45 MI** **8:20 AM GCT**  
**Reservoir Ramble Recovery Ride**

**Leader: Carol Wood, (212) 683-0070, violetdubois@mindspring.com**  
**From: 8:20 at Grand Central Terminal, for 8:48 train to White Plains**  
For NYCC Century survivors and Sunday cyclists, an unhurried tour of beautiful bodies of water and verdant pathways. Rest stop on patio of world nicest Starbucks. Train home from somewhere. Expect a few hills. Bring: money, Metro North pass, helmet, water, ibuprofen. Cancels: Rain at start or predicted for day. Call leader between 7-8 a.m. if in doubt.

**B\*** **50+/- MI** **10:00 AM**  
**Audax Ride to Nyack**

**Leader: Karl Dittbrandt (212) 925-9854**  
**From: the NJ side of the GW Bridge**  
See description of Sunday, Sept 16

**B15** **75 MI rolling terrain** **8:00 AM**  
**Lottery Ride II**

**Leader: Jesse Brown (212) 632-8218**  
**From: American Youth Hostel (103rd St. & Amsterdam Ave.)**  
Three states in one day—New York, New Jersey and Connecticut. Can I get a witness? One heck of a way to get sweepstakes tix via bicycle. We are all winners whether we get lucky or not. Only rain, snow or another act of the Gods will cancel. Co-listed with 5BBC. Bring Metro North bike permit just in case and lots of drinking water. Helmets required.

**Connecticut Shoreline Ride**

Once more - on Sunday October 28th - we will be venturing past New Haven on the fabulous Connecticut Shoreline Ride. Train to New Haven - buy a bag of breakfast at GCT - select one of three great shoreline routes - 65, 55, 40 miles - Lunch at any of the great country restaurants surrounding the village greens. Return to New Haven for Ben Goldberg's tour of the Yale Campus, or dawdle at one of the historical sites or antique shops so long as you getback in time for the Frank Pepe's pizza and sensational Birch Beer on the train ride home. See October ride listing for details.

**Eating For Two Hundred Miles**

Whether you're going for a P.R. (personal record) or prefer to smell the roses, nutritional factors will be major determinants of how successfully you meet your goals for a double century.

by Susan I. Barr, PhD, RDN

Susan Barr, is on the faculty of University of British Columbia in nutrition. A veteran of PAC Tour and Pacific Crest Tour, she is training with a team of women for the Furnace Creek 508 in 2000.

Optimizing your performance from the nutrition perspective involves a three-pronged approach: 1) glycogen supercompensation (carbohydrate loading) the week before the event; 2) eating a meal the morning of the event; and 3) consuming foods and fluids during the event itself. Here's a countdown to help your preparation.

**Months in advance**

Contact the event organizers and find out what foods and beverages (if any) will be provided at checkpoints. If you haven't used the sports drink that's being provided, start using it in your training rides. Eating and drinking while riding moderately hard are learned behaviors and need to be practiced. You also need to learn what you tolerate best on long rides. Determine the rates of fluid and carbohydrate intake you'll need to maintain during the ride (see below), and aim for these intakes during training rides. If you have trouble remembering to eat and drink at regular intervals, set your watch to go off every 15-20 minutes. Although it may infuriate your training partners, it will help you learn to take in fluids and energy regularly.

**The week before**

Glycogen supercompensation, or carbohydrate loading, helps prolong endurance in events lasting over two hours. Estimates are that it can move the wall about 20% farther down the road. Clearly, it won't see you through a double, but it provides a good foundation for the two other strategies. To effectively carb-load, taper your training during the week before the event, ending with either a rest day or an easy spin. This will allow dietary carbohydrate to be stored as muscle glycogen rather than being used as a fuel for cycling. In conjunction with backing off the mileage, you need to increase carbohydrate intake for the last 3-4 days of the week - aim for 8-10 grams of carbohydrate per kilogram body weight. You'll know things are working if you gain some weight. Each gram of glycogen is stored with 3 grams of water, so filling glycogen stores with an additional 300-500 grams should lead to a weight gain of up to 2 kg. Don't worry - most of this additional weight is water, and will actually be helpful during the ride.

**A few days before**

Optimal hydration is critical to endurance performance and can't be accomplished by drinking large amounts of fluid the morning of the event. The American College of Sports Medicine recommends increasing fluid above usual levels for at least 24 hours before an event. Aim for 2-3 water bottles of fluid on top of your normal intake. If you use caffeinated beverages, drink at least an equal volume of a non-caffeinated beverage for each cup of caffeine.

**The morning of the ride**

During an overnight fast, liver glycogen is used to maintain blood glucose levels. If liver glycogen isn't restored (by eating) before starting to ride, hypoglycemia can develop and will contribute to premature exhaustion.

General guidelines for pre-event meals include the following:

(Continued at bottom of Page 12)

## WE DO WEEKENDS RIGHT

By Carol Waaser

“You can’t take those bikes on this train – it’s rush hour.”  
 “But we got authorization from the MetroNorth Bike Coordinator.”  
 “Well, she didn’t talk to operations. This train’s going to be full.”

Fortunately I had a copy of the email authorizing us to be on the 8:07 that Friday morning, so Karin Fantus, Cathy Martone, Annaline Dinkelmann and I headed to New Haven, with our semi-loaded bikes, to cycle to Chester, Connecticut for the weekend. The shore route to Guilford is gorgeous in the summer. (Most of us have only seen it on the annual November ride – in fact, last November we rode it in a snowstorm!)

After lunch on the Guilford Green, we headed up toward Durham on Rte. 77, a scenic, lightly trafficked inland road with rolling hills. We would then take Rte. 79 down to 148 and head east into Chester. But the turn onto Rte. 79 took us up a steep hill – call it the hill that broke the wheel’s spoke. And of course, it was a rear wheel – Annaline’s. Without the proper tools to remove the rear cassette, we were scratching our heads. (How many girls does it take to replace a spoke?). Then I remembered the temporary Kevlar cord spoke that had been in my tool bag for the past 4 years. (They don’t call me the gadget queen for nothing.)

We hobbled the last 18 miles without further incident and got to Chester at just 5:00 p.m. Now here I have to say, nobody beats Annaline when it comes to high-class bike repair. We knew there was no conventional bike shop in this tiny New England town, and there was no choice but to throw ourselves on the mercy of master framebuilder, Richard Sachs, whose shop, we knew, was on Main Street. Richard graciously invited us in and instantly set to work on the wheel, even though he doesn’t “do” wheels. We watched Richard wrestle with the Specialized tire that just didn’t want to come off the rim. Once it did... well, suffice it to say, there’s no longer a Specialized tire on Annaline’s rim. (A.D.: “How much do I owe you for the tire?” R.S.: “Gosh, I don’t know. I don’t sell tires.”) Meanwhile, the rest of us were admiring the incredible artwork of the Sachs hand-tooled lugs and finished frames. These bikes are things of beauty and built to last. Karin noted that “...having Richard Sachs fix your wheel is like having Beethoven tune your piano.”

Our bed and breakfast, the 123 Main B & B, turned out to be wonderful, with a full breakfast served on the porch each morning and a guest refrigerator that was actually pre-stocked with cold water and beer! It’s within easy walking distance of the shops, restaurants and galleries that line Main Street in this quaint town.

Saturday morning we headed off on back roads through Cockaponsette State Forest, then down Rte. 154 along the Connecticut River to the bridge at East Haddam. After a stop at the Goodspeed Opera House for a brief tour, we headed off into the hills . . . oh, yeah, there were hills! Mt. Parnassus Rd. took us to Devil’s Hopyard State Park where we hiked in to Chapman Falls. Then it was off on more back roads (yup, it was a Fred Steinberg kind of ride – complete with dirt road) that eventually led to the ferry back across the river.

Sunday’s ride went straight down Rte. 154 to the coast, where we meandered through Old Saybrook before getting on Rte. 1. After a delightful stop in Madison to visit friends of Cathy’s, we hauled back to New Haven to catch the train home. This was a fabulous weekend and we highly recommend it to anyone interested in light touring. (I used panniers on my touring bike, but the others had seatpost racks on their road bikes with small duffle bags bungeed on.) If you’re interested, I can give you cue sheets and contact information for the B & B.



Early in the trip - Left to Right: Anneline Dinkelmann, Cathy Martone and Karin Fantus at the Swan Pond east of Branford, CT.

(Photograph by Carol Waaser)



How Many Ladies does it take to fix a broken spoke - Anneline Dinkelman (legs), Cathy Martone and Karin Fantus.

(Photograph by Carol Waaser)



On the ferry - Left to Right: Karin Fantus, Cathy Martone, Anneline Dinkelmann and Carol Waaser on the ferry from Hadlyne to Chester, CT.

(Photograph by Ferryman?)

## Welcome to our Newest Members

Alderman, Cyna	Diaz, Miguel	Kohler, Chris	Rowe, Mary
Aleonar, Cristina	Dindas, Jon	Kouletsis, Peter	Russ, Michael
Aylward, Philip	Diorio, Dominick	Kratochvil, Jane	Sanford-Ross, Lori
Baer, Timothy	Dowell, Deborah	Lin, Jennifer	Schmidt, Bennett
Baisley, Margaret	Dubson, Bennett	Lin, Tony	Schwartzberg, Cynthia
Banks, Kevin	Evans, Donna	Lonigro, Giuliana	Sclafani, Elizabeth
Bar-Chama, Natan	Ezekiel, Paul	Lopez, Andres	Sinclair, Michele
Bardeen, Lorraine	Finkler, Merrel	Lorell, Beth	Siskind, Amy
Benavides, Mercedes	Garcia, David	Maurer, Sebastian	Spielman, Laura
Bernstein, Christina	Greenberg, April	Mayo, Michael	Stuck, Wallace (Wally)
Boyd, Karen	Heidenreich, Erin	Mehlman, Arlene	Szorc, Mark
Bravo, Richard	Heslin, Terry	Miller, Diane	Traber, Heather
Bullen, Cristin	Howe, Deborah	Murillo, Jorge	Ullmann, Steve
Clarke, Diana	Kailian, Aram	Nolan, Margaret	Voytek, Emily
Cohen, Richard	Kantor, Lynne	Notaro, Felicia	Walpert, Julie
Cohen, Michael	Karefa-Smart, Aisha	Nunez, Ivan	Weiss, Steven
Collins, Ann	Katz, Rachel	Oberlander, Debbie	Welch, Robert
Collins, Denis	Katzir, Orit	Patel, Yagnesh	Wengert, Paul
Comfort, Christopher	Kilvert, Gwen	Penney, Joshua	Young, Peter
Comfort, Domenica	Kiskanyan, Tanya	Rosenman, Ned	Zygmunt, Annette

### Eating for Two Hundred Miles

(Continued from Page 10)

1. Use foods that are familiar and that you know you'll tolerate. Liquid meal replacement beverages may be useful for those who don't tolerate solid foods.
2. The meal should be relatively low in fat so that stomach emptying isn't delayed.
3. It should provide carbohydrate (about 50 grams for each hour before the ride that the meal is eaten - so 100 grams for a meal 2 hours before, or 150 grams for a meal 3 hours before). As an example, eating a banana and a large bagel with jam will provide close to 100 grams of carbohydrate. Having a meal will mean getting up early...but it's worth it in terms of helping performance. Also, note that this guideline is intended to allow enough time for the food to leave the stomach, so you won't start the ride feeling overly full. If you're not planning to ride hard, meals can be eaten in closer proximity to the start.
4. It should provide fluid. The American College of Sports Medicine recommends drinking 500 ml (about a water bottle) two hours before starting. This will allow enough time to excrete any excess fluid. If you can't survive without coffee, by all means have some - but be sure to include a non-caffeinated source of fluid as well.

#### During the ride

Begin to take in fluid and energy immediately. If you allow a deficit to develop, it's almost impossible to recover. You know the drill... "Eat before you're hungry; drink before you're thirsty". How much fluid? Ideally, fluid intake should match sweat losses. (This should be assessed before the ride by weighing yourself nude before and after a 2-3 hour training ride. The difference, to which you add the weight of any fluids consumed, represents your total sweat loss. Divide by the length of your training ride to obtain an hourly rate.) How much energy? You need a minimum of 0.6 grams of carbohydrate per kilogram body weight per hour, or 0.3 grams per pound of body weight (30-60 grams per hour for most people). This won't meet your energy needs completely, but that's not a serious issue for a 1-day event. It will help sustain performance.

What form of energy? Solids (real food or energy bars), liquids and gels all work, so it's your choice. If it tastes good to you, chances are that you'll use it on a more regular basis. Some cyclists find solids are difficult to eat while riding moderately hard, and sport drinks containing 6-8% carbohydrate (gms / ml) have the advantage of meeting fluid and energy needs at the same time. A standard water bottle of sport drink provides about 37-50 grams and a large bottle about 45-60 grams. But after 8-10 hours, sports drinks may no longer be appealing, so getting some variety throughout the ride is advisable. Checkpoints are a good time to take in some solid food, if you plan to stop at them. Have fun! (and don't fall!)

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# New York Cycle Club Board Meeting Minutes 2 May 2001

Present: David Getlen, Tom Laskey, Carol Waaser, Annaline Dinkelmann, Ira Mitchneck, Jim Galante, Cathy Martone, Stan Oldak, Ben Goldberg

Absent: Gary McGraime, Lauren Grushkin, Rita Tellerman

Meeting called to order at 6:48 P.M.

David presented the board with the new NYCC business cards.

The minutes for April were approved.

The contents of the June bulletin were discussed.

There are technical problems with producing the roster. It may be delayed until the July bulletin.

Carol reported that as of 1 May 2001 the club has 1,182 active members of which 89 were new members who joined in April. So far this year the club has had 867 members renew and gained 316 new members. 247 members have opted to receive the bulleting in PDF only. 485 people registered via Active.com.

\$100.00 will be contributed to the Central Park Conservancy in support of the Central Park Safety program.

The ride leader training curriculum was reviewed.

People who lead 5 rides within a year will receive a water bottle. 12 rides gets you a vest.

The Kensico Dam will be the destination for the June All Class ride.

The luggage pickup process for the Berkshire weekend was finalized.

Board members are not being receiving their requested extra bulletin copies. David will pursue this with Dandy Printing.

Bulletins will be sent to all bike shops that offer an NYCC discount.

Date of the next meeting is 4 June at 7:00.

Meeting adjourned at 8:28.

# New York Cycle Club Board Meeting Minutes 4 June 2001

Present: Carol Waaser, Tom Laskey, David Getlen, Jim Galante, Benjamin Goldberg, Annaline Dinkelmann, Rita Tellerman, Gary McGraime, Stan Oldak, Ira Mitchneck

Absent: Cathy Martone, Loren Grushkin

Guest: Robin Read

Meeting called to order at 7:15 P.M.

Pictures were submitted for the July issue. The roster will be distributed with the July bulletin.

Central Park Bike Safety Day on 9 June 2001 is sufficiently staffed.

Pedaling.com can use our cue sheets if they return them to us proofed, in an improved format, and NYCC maintains the copyright.

eRides will be accepted at any time at the discretion of the rides coordinator. They will be listed in the weekly email. Vote: 6 in favor, 1 opposed, 2 abstentions.

The current bulletin board postings policy will remain in effect. Postings that are considered inappropriate will be removed by the webmistress. Vote: 8 in favor, Bob was opposed.

The Board gave an official huzzah to Robin for her work on the website.

A ride leader's guideline section will be added to website.

The Rides Coordinators will monitor the large scale events in Central Park so that alternate departure sites can be announced well in advance.

The club will find a person to help the membership director with the manual processing of handwritten membership forms which has become an overwhelming task.

Membership is up to 1352. Ahead of last year at this time.

Jerseys will be ordered two or three times a year according to demand.

The SIGs are a club sponsored event and in the event of conflicts within the SIG the Board will be the final arbiter.

The ride leader training series was successful. The Board officially thanked the Galantes for the generous use of their studio during the four nights of classes. Another one night session will be scheduled during either July or August. Jim, Annaline, and Bob will follow up on this.



# Some People Ride in the Rain (Other People Just Get Wet)

by Mark Martinez

Saturday morning, 10:05. I hadn't biked two blocks from my apartment when what I had hoped was fog, but was more like a mist, had now changed into a drizzle. Riverside Drive was getting wet but my bike and I were still relatively dry. If I turned around now I could be grabbing a second cup'o'joe while listening to Car Talk on my sofa in less than five minutes. More importantly, I wouldn't have to clean my bike or wring out my socks. It was a no brainer.

Fifteen minutes later, I was fuming. I was home and dry, but the rain wasn't supposed to have arrived for another 3 or 4 hours. I should have had plenty of time to spin up to the State Line with the usual suspects. Soon I was on the phone swearing and bitching to another cyclist about how Mutha' Nature wasn't cutting us any slack this spring. The rain was supposed to continue through Sunday. Maybe staying dry was not such a great consolation after all. I needed to ride.

Most weeks I start looking forward to my weekend rides on Wednesday. This week I think started on Monday because it had snowed the prior weekend. Dammit - it was April already - I'm ready to ride.

This train of thought was not doing my tenuous mental health any good. Screw it, I'm riding, rain or no rain. I snapped a fender on my bike, threw on my clear plastic - "this ain't no windbreaker, it's a shower curtain" - jacket, put on a cycling cap under my helmet and was out the door. At least my blood pressure was falling like the raindrops. Near the Boathouse I met up with a refugee from new parent stress (N.P.S.?) While standing in the mist with our breath mingling with the fog we decided to head over the bridge into the Garden State.

I could feel the cool spray from my front wheel against my shins and wished my bike had a front fender. After a few miles I realized that my shins might be damp but I was no longer cold. Pacelining, however, would be out of the question unless I wanted an extra helping of road schmutz on my face. But since there were only two of us pleasant conversation was more important than speed.

The familiar scenery was a little soft about the edges like a Barbara Walters interview with Elizabeth Taylor. At least sunblock wouldn't be an issue today. I might not be able to make the sun come out but at least the rain couldn't keep me in.

My rain gear and fender were keeping me comfortable if not entirely dry (see sidebar). I felt a little bit more in control than I did back in my apartment. It wasn't such a bad day after all. My bud (the new dad) and I had an unusually peaceful ride that he and I both needed.

In the past, I had occasionally been caught unprepared in the rain on days that had started out fair enough. I usually soldiered on with a large pack of sodden companions to give me moral support. Moral support however, only goes so far when you are sitting on soaking chamois, with numb claw-like hands wrapped around brake levers and rain dripping off your nose.

In these situations I have sometimes fantasized about grinding through

the sleet and rain of a Spring Classic like some race-hardened Belgian cyclist. You can see their stoic mud-splattered faces in the racing journals, looking more like coal miners than cyclists. Hard men pressing on with a job.

Today however was not a job, not a race. It was just a day for an easy spin out of the canyons, over the bridge to a dry diner with hot coffee, warm food and conversation with a friend.

Life is good.

## How to Ride like a Belgian

### Fender(s)

Buy yourself a plastic clip-on rear fender or full set if your bike will handle it. My model clips to my seatpost in 30 seconds. Never suffer from wet-diaper butt again! (\$10-\$20).

### Rain Jacket

I use the classic clear plastic rain "cape" that racers frequently use. Unlike water-resistant wind-breakers, it totally blocks the wind and rain against your torso. Limited ventilation is provided by mesh on the sides and under the arms. If it's raining when you start out or on the cold side, this type beats a windbreaker. They come with velcro fasteners for easy on/off or ventilation while rolling. Wear synthetic or wool layer(s) next to the body cause you're going to get damp from the inside or the outside. The real purpose of a jacket is to prevent hypothermia. Anything totally waterproof will let you baste in your own aerobically produced juices. Forget Gore-Tex unless you ride at less than 5mph. (\$8-\$20)

### Shoe Covers

Something to block the rain and wind. Uninsulated ones are fine in milder temps; but without them your feet can feel frozen even in August. (\$15 - \$60)

### Cap

The traditional cycling cap may keep some of the rain out of your eyes and add a bit of warmth. Improvise. Hardly anyone will be on the road to see how stupid you look.

### Riding Technique

Walk over steel deck bridges. Avoid metal construction plates and painted lines. For the finer points of wet weather bike handling, talk to veteran commuters, racers and tourers. They log more miles in the rain than the average weekend warrior.

### Afterwards

Go out for beer and pommes frites with mayonnaise. You've earned it.

## 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-rides co-ordinator - Jim Galante (212) 529-4300, [jim@jimgalante.com](mailto:jim@jimgalante.com)

B-rides co-ordinator - Annaline Dinkelmann (212) 207-8689, [dinkelmann@att.net](mailto:dinkelmann@att.net).

C-rides co-ordinator - Stan Oldak (212) 780-9950 [stanOnyc@aol.com](mailto:stanOnyc@aol.com)

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



In consideration of being permitted to participate in any way in New York Cycle Club ("Club") sponsored Cycling Activities ("Activity") I for myself, my personal representatives, assigns, heirs, and next of kin: 1. ACKNOWLEDGE, agree, and represent that I understand the nature of Cycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such a 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  Renewal  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: **New York Cycle Club, P.O. Box 20541, Columbus Circle Station, New York, NY 10023**

NAME: \_\_\_\_\_ EMAIL: \_\_\_\_\_ Riding Style: A B C

SIGNATURE: \_\_\_\_\_ DAY PHONE: \_\_\_\_\_ EXT: \_\_\_\_\_

NAME: \_\_\_\_\_ EMAIL: \_\_\_\_\_ Riding Style: A B C

SIGNATURE: \_\_\_\_\_ DAY PHONE: \_\_\_\_\_ EXT: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ APT. # \_\_\_\_\_

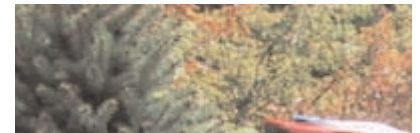
CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP (required): \_\_\_\_\_

NIGHT TEL: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_ Check, if applicable: \_\_\_\_\_

I do *not* want my  Address  Phone  Email published in the NYCC roster.

Partner does *not* want  Address  Phone  Email published in the NYCC roster.

Check if you want to receive monthly bulletin:  Online only (requires email address)  
 Via regular mail



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

Individual \$21 (\$10.50 after Labor Day 2001)  Couple residing at the same address \$27 (\$13.50 after Labor Day)

Membership card  
Cut me out. →

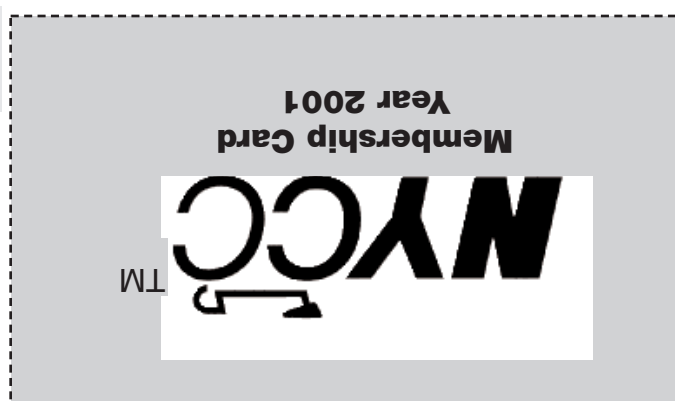
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**BICYCLE HABITAT**  
244 Lafayette Street  
(212) 431-3315 or cmcbike@aol.com;  
15% off parts and accessories. 10% off  
bikes, no discounts on sale items (no  
double discounts).

**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**  
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**PIERMONT BICYCLE CONNECTION**  
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chases over \$100.

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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 September 11th meeting

Erika Warmbrunn - Author

Where the Pavement Ends -

One Women's Bike Trip thru Mongolia, China and Vietnam

Several years ago Erika had a short-term job in Siberia. It brought her close to her dream destination - Mongolia. So, with little preparation, she set out on her bike, Greene, to escape deep into parts of Asia inaccessible to tours and guidebooks. She found the invigorating, empowering sense of freedom that comes with abandoning yourself to the risks of the unknown. Come hear stories of her eight-month, 8,000 kilometer journey and see pictures of places few of us will ever see.

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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