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 where 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 just looming ahead. Of course you all know I’m referring to Escape New York, the culmination of the NYCC season. The date is Saturday, September 29th 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 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 mischiefs 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. 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
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.msnyc.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 $5.50, 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.

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 Road 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 or at 212 391 1443. Learn more at 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.
Please read this before your first club ride

NYCC RIDES are led by volunteer leaders who plan the route and maintain the listed speed (e.g. B15 = B Style / 15 mph cruising speed - see chart). 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.

Here is the schedule as of February 6th, 2000. Schedules change frequently.

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 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.

NYCC Rides List

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@nycc.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 Blynn Turnpike. And Gourmet dining in Kerhonkson. 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/sched-ules/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

Pierrmont
Leader: Jay Jacobson (845) 599-6260 joanjaydjay@aol.com
From: the Boathouse
Optional hilly/flat approach to Pierrmont, picnic lunch either on pier or in gazebos

C12 18 MI pedaling 1 MI 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 SBBG. 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 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
B-rides co-ordinator = Annaline Dinkelmann (212) 207-8689, dinkelmann@att.net.
C-rides co-ordinator = Stan Oldak (212) 780-9950 stanOnyc@aol.com

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 and
Harvey Minsky (212) 595-9344 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 tailights 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
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 David Sabbarese  
(212) 876-2798 dsabbarese@firstmanhattan.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 Stresbutter Series
Leaders: Peter Hochstein (212) 427-1041 and/or David Sabbarese 
DSabbares@firstmanhattan.com
From: 90th Street and Fifth Avenue Central Park East/nc
Sprint 3 laps around the park at your own pace. We compress after each lapand 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.nyc.org
Check out the new NYCC Message Board: http://www.nyc.org/bb_frame.html
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.

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 Cortlandt Pk. to Pocantico Hills horse country & lunch @ Kingdeld Pk., 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 Wasser (914) 723-6607 bicyclelifec@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:cyclistdxxxiii@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 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 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
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
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 and Harvey Minsky (212) 595-9344 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 and Hank Schiffman (212) 529-9082 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  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

(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 Gulley Road at Cragsmoor - Beacon.
Leaders: Peter Walker (212) 831-4418 peter.walker@gx.com and Ron Roth (212) 875-0905 ron@roth.com
From: Grand Central @ 7:40 am and 125th @ 7.50 am to Peekskill.
We’re going up to Cragsmoor, but we will take the back door - steep South Gulley Road. We’ll start with Anthony’s Nose, West Point and Storm King and then paceline out to a brief dinner lunch in Bloomingburg. After that, its a climb to Wetsboro and then Cragsmoor, 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.

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”
Leader: Maureen Berlings-Minsky and Harvey Minsky (212) 595-9344 Maurbe@aol.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 circuits (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
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 dessert 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) 532-3599 spencer@nycc@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 prerstn8@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*

http://www.nycc.org
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 caffeine-laden 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)
“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.
Welcome to our Newest Members

Alderman, Cyna
Aleonor, Cristina
Aylward, Philip
Baer, Timothy
Baisley, Margaret
Banks, Kevin
Bar-Chama, Natan
Bardeen, Lorraine
Benavides, Mercedes
Bernstein, Christina
Boyd, Karen
Bravo, Richard
Bullen, Cristin
Clarke, Diana
Cohen, Richard
Cohen, Michael
Collins, Ann
Collins, Denis
Comfort, Christopher
Comfort, Domenica
Diaz, Miguel
Dindas, Jon
Diorio, Dominick
Dowell, Deborah
Dubson, Bennett
Evans, Donna
Ezekiel, Paul
Finkler, Merrel
Garcia, David
Greenberg, April
Heidenreich, Erin
Heslin, Terry
Howe, Deborah
Kailian, Aram
Kantor, Lynne
Karefa-Smart, Aisha
Katz, Rachel
Katzir, Orit
Kilvert, Gwen
Kiskanyan, Tanya
Kohler, Chris
Kouletsis, Peter
Kratchovil, Jane
Lin, Jennifer
Lin, Tony
Lonigro, Giuliana
Lopez, Andres
Lorell, Beth
Maurer, Sebastian
Mayo, Michael
Mehlman, Arlene
Miller, Diane
Murillo, Jorge
Nolan, Margaret
Notaro, Felicia
Nunez, Ivan
Oberlander, Debbie
Patel, Yagnesh
Penney, Joshua
Rosenman, Ned
Rowe, Mary
Russ, Michael
Sanford-Ross, Lori
Schmidt, Bennett
Schwartzberg, Cynthia
Sclafani, Elizabeth
Sinclair, Michele
Siskind, Amy
Spielman, Laura
Stuck, Wallace (Wally)
Szorc, Mark
Traber, Heather
Ullmann, Steve
Voytek, Emily
Walpert, Julie
Weiss, Steven
Welch, Robert
Wengert, Paul
Young, Peter
Zygmont, 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)!
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 bulletin 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, Aannaline 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 sunscreen 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 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
B-rides co-ordinator - Annaline Dinkelmann (212) 207-8689, dinkelmann@att.net.
C-rides co-ordinator - Stan Oldak (212) 780-9950 stanOnyc@aol.com

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C-rides co-ordinator - Stan Oldak (212) 780-9950 stanOnyc@aol.com
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) I may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not reasonably 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 Releases, 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 IT 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.

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: __________________________________________________________

CITY: ____________________________ STATE: ____________________________ ZIP (required): ________________

NIGHT TEL: ____________________________ BIRTHDATE: ____________________________

Check, if applicable: 

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

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 1st Avenue (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.

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.