

# NYCC *Bulletin*



Photographs by David Getlen

## ***In Memoriam***

The New York Cycle Club wishes to offer a tribute to the men and women who fell in the awful tragedy of September 11. They were our fathers, brothers and sisters, friends and sweethearts. We will always remember them and the mindless disregard for their safety and welfare that took their lives. Our membership consists of people of all faiths. We are united in our resolve and our hearts. ***Let us remember.***



## President's Message

As I write this column, the aftermath of the terrible tragedy at the World Trade Center on September 11 is still unfolding. My deepest sympathies go out to those who have been directly affected by this horrific attack and to those whose loved ones, friends, or family members may have perished or remain unaccounted for. The board and myself wrestled with the thought of canceling rides for the weekend following the disaster, but overwhelmingly, we decided the best way to deal with the situation would be to try to continue with our lives and routines and try as best we could to put this horrible event behind us. No matter how much we put things in perspective however, it is obvious that all of us will be forever changed in some way by this tragedy and our lives will continue to be affected by the ramifications of this brutal attack on our country.

Speaking of routines (how's that for a graceful segue?), club elections are only a month away. Because there was no meeting last month, we are way behind on nominations, as in we don't have any. In addition to the current list of board positions, we will be testing a new position next year: volunteer coordinator. You've probably noticed every time there is a club event - ENY, the NY Bike Show, the free-lunch ride - a frantic call goes out for volunteers that becomes yet another responsibility for the people who are actually coordinating the events. What we are hoping is that with one person dedicated to developing a core group of volunteers for all of these various events, it will be much easier to coordinate and supervise the events themselves. This will be a one-year trial; if it is successful, we will attempt to add this position to the board of directors permanently. In addition, though we regret having to do it, the November ballot will include a proposition to raise membership dues for the first time in 10 years (give or take). We are proposing that dues be raised to \$24 per year for singles and \$30 for couples with a \$3 discount for registering online with a unique member number (you will learn more about this if the proposal is approved). The basic idea is that with a unique number, the membership director's job (right now a very complicated and onerous one) will be made far easier. There are a number of reasons for the proposed dues hike—bulletin printing and mailing costs have increased substantially over the years, as well as various other club expenditures, and we would also like to offer another free lunch ride during the summer. While we are seeking to officially raise the club dues, if you register or renew online, your dues will effectively remain the same.

Don't forget about the club Christmas party, December 11 at Savore restaurant on Spring Street. More details will follow in the weekly email announcements, on the web site, and in the November bulletin.

Ride safe, everyone!!

- Tom Laskey

## Editor's Note

I was trying to decide on the subject of a column for this month when September 11 happened. Divided between the Escape New York event, the MS Bike Tour and other bicycle happenings, suddenly none of these events seemed appropriate. Like everyone else, I was numbed by the terrible tragedy of that day. I wondered if I knew anyone in the World Trade Center, family, friends, acquaintances. I realized that until recently, my wife had worked at the Marriott Hotel in the WTC, and a cousin had worked at Morgan Stanley at 2 World Trade. I was thankful that they no longer worked there. Many of our members did have people they knew working at the WTC. The fate of many of these people is still unknown. This issue is a tribute to those people.

- 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)

## New York Cycle Club

Columbus Circle Station

P.O. Box 20541

New York, NY 10023

(212) 828-5711



### President

Tom Laskey  
(212) 961-1610  
tomoboe  
@mindspring.com



### V.P. Programs

Cathy Martone  
(212) 979-0969  
cmfmartone@aol.com



### V.P. Rides

Gary McGraine  
(212) 877-4257  
garynycc@aol.com



### Secretary

Bob Hancock  
(212) 496-4075  
rhancock@bellatlantic.net



### Treasurer

Ira Mitchneck  
(212) 663-2997  
imitchneck@cs.com



### Public Relations

Rita Tellerman  
(212) 865-8489  
rxt03@health.state.ny.us



### Membership

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



### Special Events

Lauren Grushkin  
(212) 501-7652  
lgrushkin@aol.com



### Bulletin Editor

David Getlen  
(212) 475-6940  
dgetlen@aol.com



### A-Rides Coordinator

Jim Galante  
(212) 529-4300  
jim@jimgalante.com



### B-Rides Coordinator

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



### C-Rides Coordinator

Stan Oldak  
(212) 780-9950  
stanOnyc@aol.com

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

**biker-c@rcn.com**

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

**Cover:** This month's cover is a series of photographs from the various memorials to the September 11 tragedy.

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

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**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 / 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 get back in time for the Frank Pepe's pizza and sensational Birch Beer on the train ride home. See October ride listing for details.

### RE-SCHEDULED

SUNDAY, SEPTEMBER 23

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

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

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

## Club Photos



**All-Class Ride, August 19.** The hungry cyclists descend on Kingsland Street Park in Tarrytown or "It's how many miles to lunch?"



**Bear Mountain Ride, August 26** - "Didn't someone say something about a Gatorade toast".



**Bernie Brandell leading soloists from the NYCC Choral Arts Ensemble.**



**Bear Mountain Ride, August 26.**

All photographs by Tom Laskey



## Please read this before your first club ride

**NYCC RIDES** are led by volunteer leaders who plan the route and maintain the listed speed (eg. B15 = B Style / 15 mph cruising speed - see charts). Our rides are described by pace and style because it's more fun when the group is of similar ability. We ride for fun, fitness, and food.

**RIDE STYLE** indicates the type of riding. See chart at right. **CRUISING SPEED** indicates the ride's speed on flat terrain. **AVERAGE RIDING SPEED** over rolling terrain is 3 mph less than cruising speed. This will vary plus or minus 1 mph, according to terrain. **OVERALL SPEED**, including all rest and food stops, is about 3 mph less than average riding speed.

**SELF-TEST:** Assess your personal cruising speed by riding 4 laps (24.4 miles) around Central Park at a comfortable pace and matching your time with the chart. **NOTE:** Riding fewer than 4 laps will give you a false assessment. *The northern end of the park can be dangerous; ride with other cyclists.*

**YOUR FIRST NYCC RIDE:** Be conservative. Choose a ride easier and shorter than you think you can ultimately handle. You won't enjoy struggling to keep up with a ride that's too fast for you, nor will the group enjoy waiting for you. It's a good idea to call the leader a day or so before the ride, and introduce yourself when signing up at the start.

**BEFORE ANY RIDE:** Check that your bike is in good riding condition: brakes and derailleurs working well, tires pumped to the pressure specified on the sidewall. Eat a breakfast consisting of carbohydrates and proteins.

**BRING:** spare tube, tire levers, patch kit, pump, water, snacks, money, medical ID, emergency phone numbers and rail pass. We also suggest that you bring a lock. Leaders may specify other items in their ride listings.

**BIKE TRAINS:** On Saturdays and Sundays, MetroNorth has scheduled specific trains to/from Grand Central Station to accommodate large groups of cyclists. Bike trains are indicated by a bicycle symbol on the MetroNorth timetable. Schedules change frequently.

**SCHEDULE:** Here is the schedule as of February 6th, 2000. *Contact Metro North for the most current schedule:*

Bike passes are always required. There are no Bike Trains on holidays. Refer to roster for restrictions which apply at other times. If you are leading a ride and absolutely require a Bike Train at another time, you must call NYCC's Metro North liaison, George Kaplan at (212) 989-0883 well in advance to try to arrange another train for your ride. Bike passes are available at Window 27 at Grand Central or by calling (212) 499-4398 for an application.

Riding	Description
<b>A</b>	Vigorous riding with advanced bike handling ability including cooperative paceline skills. Stops every 2 hours or so.
<b>B</b>	Moderate to brisk riding with more attention to scenery. Stops every hour or so.
<b>C</b>	Leisurely to moderate riding, sightseeing and destination oriented. Stops every half-hour or so.

Cruising Speed	Central Park Self Test
22+ mph	1'10" or less
21	1'10" to 1'13
20	1'13" to 1'16
19	1'16" to 1'20
18	1'20" to 1'25
17	1'25" to 1'30
16	1'30" to 1'38
15	1'38" to 1'48
14	1'48" to 2'00
13	2'00" to 2'14
12	2'14" to 2'30
11	2'30" to 2'50

Outgoing from GCT	Returning to GCT
GCT>Poughkeepsie 7:43am (Hudson Line)	Poughkeepsie>GCT 3:40pm (Hudson Line)
GCT>Poughkeepsie 8:54am (Hudson Line)	Poughkeepsie>GCT 4:35pm (Hudson Line)
GCT>Brewster North 7:48am (Harlem Line)	Poughkeepsie>GCT 5:40pm (Hudson Line)
GCT>Brewster North 8:48am (Harlem Line)	Brewster North>GCT 3:07pm (Harlem Line)
GCT>New Haven 8:07am (New Haven Line)	Brewster North>GCT 4:07pm (Harlem Line)
GCT>New Haven 9:07am (New Haven Line)	Brewster North>GCT 5:07pm (Harlem Line)
	New Haven>GCT 2:57pm (New Haven Line)
	New Haven>GCT 3:57pm (New Haven Line)
	New Haven>GCT 4:57pm (New Haven Line)



## Rides List

Always wear your helmet!



### WEDNESDAY, OCTOBER 3

**C 12/17 12 MI 7:00 PM Sharp**

#### Wednesday Night Stressbuster Series

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

**From:** 90th Street and Fifth Ave. Central Park Entrance

With the days growing shorter, we'll do two sprints around the park instead of three. We stop after each sprint to let the C12s and 13s catch up with the "C 17s." Rear and front flasher or light recommended.

### WEDNESDAY, OCTOBER 3, 10, 17, 24

**> A18/ A20+ - 50+/- MI 10:00 AM**

#### Every Wednesday in October

**Leaders:** Jeff Vogel and Margaret Cipolla (718) 275-6978, cpacycles@aol.com

**From:** The Boathouse

Let's continue the Wednesday series. Job? What job? Come join retirees, the underemployed, and those who still play hooky. Paceline skills and a pleasant personality are a must. Quick ride to Nyack, or maybe even Park Ridge. 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 their way around Bergen and Rockland counties.

### THURSDAY, OCTOBER 4

**B16/17 20+/- MI 6:00 AM**

#### Training rides in Central Park Every Thursday

**Leaders:** Karl Dittebrandt (212) 925-9854 and Linda Wintner (212) 876-2798

**From:** Engineers Gate 5th Ave and 90th Street

Join us for three laps in an Audax training ride

### FRIDAY, OCTOBER 5

**A18/20 50+/- MI 8:30AM**

**Leaders:** Fred (Abbott) Steinberg (212) 787-5204 and Jeff (Costello) Vogel (718) 275-6978

**From:** Grand Central Terminal

Maybe they're Laurel and Hardy or even Oscar and Felix (one more and they would be the Three Stooges), but this team of leaders will surely keep you entertained, as if the fall foliage and quiet country roads of Ulster County weren't enough. (You'll need those quiet roads after listening to Bud and Lou on that long train ride!) Meet on the platform for the 8:50AM train to Poughkeepsie. Once off the train the two leaders will lead similar routes to Phoenicia, one mellow, the other mellower. If you are looking for a hammerfest, you will be disappointed. Of course, there will be a hill or two. Social skills required — it's a long train ride! If you miss us on the ride, join us for breakfast Saturday morning at 7:30 at Sweet Sue's.

### SATURDAY, OCTOBER 6

**A20 70/80 MI 8:30 AM**

#### Westchester Surprise

**Leaders:** Dean Brizel (646) 246-6210 or dbrizel@nyc.rr.com and Joseph Brazil (212) 234-6136 joseph.brazil2@verizon.net

**From:** The Boathouse

Two A-SIG Classic 2001 Grads will lead you, with a surprise stop for lunch. So bring your legs of steel, pacelines all the way. Required: pocket food, money for lunch, two full water bottles, etc. If it rains we will ride Sunday, Oct. 7.

## 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)



### B14/15 50+MI Hilly 8:40 AM

#### Mahopac Lunch & Northway Trail

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

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

Leader will meet group at Katonah train Station arrive 9:52 AM Hoping to catch some early fall foliage? Horse Farms, nice roads, green woods. A very hilly ride up to North Salem, Titicus Reservoir, Brewster then lunch in Mahopac on the lake. Mostly downhill approx 6 miles to bike path, 10 miles on bike path and rolling flat 7 miles back to Katonah. Return approx. 4:27pm or 5:27pm train depending of finish time. Joint CCC

### B18 55 MI 8:00 AM

#### Nyack Express

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

From: The Boathouse

A quick spin up to Nyack, maybe some hills by group vote, and an early return to the city. This is an express ride. You can keep the pace or can get yourself home from Nyack. Helmet, water bottles, spares and a good attitude required.

### C13 40 MI 9:30 AM

#### Sheepshead Bay

Leader: Peter Hochstein (212) 427-1041

From: Boathouse perimeter Fence

The Coastal Route out to the Bay. Beach picnic if it's warm; diner lunch if it's chilly. Ocean Parkway back. Bring a lock in addition to the usual stuff. Precip or predicted high below 40 degrees cancels.

## SUNDAY, OCTOBER 7

### A18 75+/-MI 8:30 AM

#### West and North to Nyack

Leader: Russ Berman (212) 595-8834 [rberman@klwhllp.com](mailto:rberman@klwhllp.com)

From: The Boathouse

Dare we tempt the gods? We were blessed with great weather and a congenial group of riders in September. I'd like to try it again. We'll go out to Oradell and then wend our way North via Strawtown and Old Mill, to come back to Nyack by way of a lap around Rockland Lake. Return via 9W with an extra hill, or 501, as the group decides. (When was the last time a group chose 9W?) Remember, it's bad form to drop the leader. Helmets and paceline skills are required and easygoing attitudes are welcomed. We'll make a quick deli stop at about 26 miles, but bring two water bottles and pocket food anyway, since it's nearly 50 miles to lunch. 50% chance of morning rain at 7:30 a.m. cancels.

### A18 45 MI 10:00 AM

#### WEST POINT/COLD SPRING to NYC

Leader: John Reid (201) 933-7938 [john\\_reid@ml.com](mailto:john_reid@ml.com)

From: Buffalo Field parking lot on your left, just inside the Thayer Gate at 10:00 am.

This is an absolutely beautiful autumn ride out the military academy at West Point. We will ride north from the campus, around Storm King mountain to Newburgh and cross the Beacon Bridge to pedal down the other side of the Hudson to lunch at the town of Cold Spring. We will return south across the Bear Mountain Bridge to West Point. Trains run up to Garrison NY which is an easy bike ride to West Point. Meet at Buffalo Field parking lot on your left, just inside the Thayer Gate at 10:00 am.

Note: I plan to be at West Point the entire weekend, so if you need to contact me, please call by Friday 10/5.

### B17 65 MI 9:00 AM

#### Cross River & Titicus Reservoirs

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

From: The Boathouse

Straight up to some great parts of Westchester and take the train back home. Out through the Bronx but not the Grand Concourse, we will do something different. Through Bronxville, Scarsdale, Armonk, around Bedford, and on North to Purdys to take the train home. The terrain is mostly rolling but no huge climbs. After lunch in Armonk, the pace slows down a bit, the roads are more rural and some are hard pack. Maybe we'll catch the 3:20 train returning 4:30 or maybe an hour later depending on how it goes. There is also an opportunity to bail out for an earlier train. Bring your bike pass for the train in case they ask.

## MONDAY, OCTOBER 8 Columbus Day

### A19 115 MI 7:00 AM

#### Warwick/Goshen/Beacon

Leader: Hank Schiffman (212) 529-9082 [schiffhank@aol.com](mailto:schiffhank@aol.com)

From: the Boathouse

If you are like me and the only way you are ever going to do the Catskill weekend entails selling all you own and dividing it into 2, then join me for this romp that will probably get to your rump by the time it's over. Helmets, waterbottles, MetroNorth passes and paceline skills will get you to the table. Quads, pocket food, endurance and MetroNorth should bring you home. Please call or email to confirm.

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

Check out the new NYCC Message Board: [http://www.nycc.org/bb\\_frame.html](http://www.nycc.org/bb_frame.html)

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**WEDNESDAY, OCTOBER 10**

**C 12/17**                      **12 MI**                      **7:00 PM Sharp**  
**Wednesday Night Stressbuster Series**  
 SEE LISTING OCTOBER 6

**THURSDAY, OCTOBER 11**

**B16/17**                      **20+/- MI**                      **6:00 AM**  
**Training rides in Central Park Every Thursday**  
**Leaders: Karl Dittebrandt (212) 925-9854 and**  
**Linda Wintner (212) 876-2798**  
**From: Engineers Gate 5th Ave and 90th Street**  
 Join us for three laps in an Audax training ride

**SATURDAY, OCTOBER 13**

**A19/20**                      **85+/-MI**                      **8:30 AM**  
**"Yorktown Heights Revisited"**  
**Leaders: Spencer Koromilas: (646) 522-3559 spencernycc@juno.com**  
**and John Vazquez (212) 544-9450**  
**From: The Boathouse, also Broadway and 215th Street (South-East**  
**Corner) @ 9:15 AM**  
 A repeat of the "Heights" route we devised last year. A beautiful foliage ride on some of the most beautiful roads in Westchester. Received a "perfect route" rating from our illustrious Vogelmater! First we pick up our uptown friends, then up Route 9, into Sleepy Hollow for some refueling @ 25 miles, then across the Croton Dam, and into Yorktown Heights for lunch at our favorite Italian eatery. Possible tenor along the way - no tickets required. Straight back via the rails-to-trails path (slow digestive pace required), then a couple of hammers on Sprain/Grassy Sprain. Subway (4/5) return from the Grand Concourse, or ride! Required: Metro-North bike permit (oodles of bail-outs along the way), helmet, smooth cycling, & pace-line skills. A-19 & Classic SIG Graduates welcome. Cancel policy: Call leaders 30 minutes before start time if dubious conditions.

**B17**                      **75/55 MI**                      **7:30 AM**  
**Fall Foliage Ride Series - West Point East**  
**Leaders: Wayne Wright (212) 873-7103 writewayne@aol.com and**  
**David Hallerman (718) 499-4467 cycleman23@earthlink.net**  
**From: Grand Central Terminal: 7:40 train to Garrison**  
 Fall Foliage Ride Series are three scenic, challenging, super-fun B rides. All rides include hard packed dirt roads (quite suitable for road bikes), plenty of foliage, and lots of climbing and descending. Rides will be all-day, challenging rides - so no B14 stragglers please - but suitable for anyone comfortable with B17 rides. . . . Good bike-handling skills are a must for these rides. Today's ride will include Anthony's Nose, dirt roads, winding downhills and a 15 mile spin around Croton Falls Reservoir, with plenty of climbing (and descending) en route. Short option returns via train from Brewster North. Longer option returns via more climbs, rolling hills, and ending with an awesome long downhill into Cold Spring for train return.

**B16**                      **50+/-MI**                      **7:00 AM @ GCT**  
**Katonah - Northern Westchester's Lakes and**  
**Horse Country**  
**Leaders: Rachel Diamond (718) 515-6992 diamonr@aol.com and Tonya**  
**Harroun (718) 828-5309 harroun@aecom.yu.edu**  
**From: Katonah RR station @ 8:51am**  
 Immerse yourselves in the beauty of the fall foliage of Northern

Westchester County's lakes and horse country. Remember your Metro North Bike Pass. Take the 7:18 am train from GCT (Harlem Line) and arrive in Katonah at 8:51. (Leaders will meet group at the Katonah RR station parking lot). The return train will be at 4:27 pm getting everyone back to GCT by 5:33 pm. Rain cancels. Call if in doubt.

**SUNDAY, OCTOBER 14**

**A18/19**                      **100+/-MI**                      **8:00 AM**  
**Birthday Ride Redux**  
**Leaders: Tom Laskey and Debbie Rothschild (212) 961-1610**  
**biscboy@mindspring.com**  
**From: The Boathouse**  
 This time it's Tom's birthday and we promise we will know the route better than our last outing. There will still be the Gatorade toast at the top of Perkins but lunch will be a bit earlier - around 40 miles - with a recharge stop at about 70 miles. Two water bottles, pocket food and Metro North pass recommended; helmets required. Rain or better than 70% chance at 7:00 am on ride day cancels, if in doubt call leaders.

**A18**                      **62 MI**                      **10:00 AM**  
**Slack Attack**  
**Leader: Peter O'Reilly (212) 414-1937 ptor@prodigy.ne**  
**From: The Boathouse**  
 Are you one of those blokes (or lasses) like me which have been waking up early, all summer long each weekend and putting on those funny looking shoes and spandex to head out to the boathouse while your wife/hubbie/SO/friends catches more Zzzzz? Now is a good time to indulge a little. Don't you agree? This is definitely a ride-to-eat ride. We'll take a leisurely paced ride up to one of my favorite kitschy restaurants for some distinct thin crust pizza at one of Rockland's landmark establishments. Good group and road riding skills are appreciated. Rain or high prob. of rain cancels. Fog/drizzle w/ promising forecast - call me after 8:30 AM. Please note the sleep friendly start time.

**B14**                      **55 MI**                      **9:00 AM**  
**BEAUTIFUL BROOKLYN**  
**Leader: Mike DiCerbo (212) 645-1120**  
**From: The Boathouse**  
 We cross the Brooklyn bridge to ride through beautiful neighborhoods, stop at a great bakery, have lunch at a Near Eastern restaurant and return via the Williamsburg Bridge.

**B15**                      **75 MI rolling**                      **8:00 AM**  
**Lottery Ride III**  
**Leader: Jesse Brown (212) 632-8218**  
**From: American Youth Hostel (103rd St. & Amsterdam Ave.)**  
 The route is so familiar that I might lead it with a humble Bike Friday. New York, New Jersey and Connecticut, here we come. Whether or not we hit the big time, we are winners. Helmets required. Bring Metro North bike permit just in case and lots of drinking water. Only rain, snow or another act of the Gods will cancel. Co-listed with 5BBC.

**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.)



**C13 45 MI 9:15 AM**

### Old Greenwich Point Park

**Leader:** Maggie Clarke (212) 567-8272

**From:** Meet at Isham Street and Broadway in upper Manhattan (1+ blocks above 207th St at the park benches) — “A” train to the northern Terminus - 207th St - and walk north.

Let's go for a ride up through the beautiful 'burbs and wild woods of lower Westchester and Greenwich, CT to the beaches of Old Greenwich Point park (a peninsula jutting into the Long Island Sound), ending up at the Stamford train station. We will test the new system at this beautiful park. Previously you had to be a resident to go in (and we would go in with residents who came along); the recent court case has opened it up to the public. Bring your Metro-North pass with money for a ticket home. 60% chance of rain cancels. Helmets required.

## WEDNESDAY, OCTOBER 17

**C 12/17 12 MI 7:00 PM Sharp**

### Wednesday Night Stressbuster Series

SEE LISTING OCTOBER 6

## THURSDAY, OCTOBER 18

**B16/17 20+/-MI 6:00 AM**

### Training rides in Central Park Every Thursday

**Leaders:** Karl Dittebrandt (212) 925-9854 and Linda Wintner (212) 876-2798

**From:** Engineers Gate 5th Ave and 90th Street  
Join us for three laps in an Audax training ride.

## SATURDAY, OCTOBER 20

**A18/20 85+MI 8:00 AM**

### Storm King - Indian Mountain

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

**From:** The Boathouse

Time to check out the fall colors in the Hudson Valley. We'll go straight up the river past Bear Mountain the either climb Mine Road or view the scenery from West Point's Trophy Point. From there its up and over Storm King. We'll continue along the river north of Newburgh into Ulster County to Marlboro, then inland through farms and orchards, over Indian Mountain (spectacular view) and across the FDR Bridge to Poughkeepsie for return via Metro North. If there's time, we'll head for the Derby for some pizza and brews. If you're not up for the full distance, it's 52 miles to Garrison and 67 to Beacon. Bring the usual stuff, MTA Bike Pass and a camera. Rain date: Oct. 21, call Fred to confirm.

**A-19 53 MI 9:30 AM**

### Mamaroneck in search of skinny pants

**Leader:** Ed Fishkin (718) 633 3038 fishkine@nychhc.org  
**From:** The Boathouse.

This lovely ride Westchester ride includes the fabled Riccardi bypass. We'll buy a picnic lunch from a bona fide Italian deli and take it to the harbor a short distance away. The usual cancels.

**B18 70 MI 8:40 AM**

### Seven Lakes Drive

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

**From:** Grand Central Info Booth

Fall Foliage/Bad Climbers Alpine Fantasy ride #2 Train up and ride down

from Garrison through Seven Lakes Drive and some of the best fall foliage. (if the trees cooperate) The ride has some hills, be prepared. So grab some breakfast for the train and meet at the info booth at 8:40 AM with a ticket and a Metro North Pass for the 8:54 AM Hudson line ride to Garrison. Helmet, spare tubes and pocket food required. Camera recommended. Rain Cancels, mistiming the foliage converts ride to a pancake run. Call or email to confirm.

**B15 50 +/-MI 8:30 AM**

### Destination: "Ling Yang"

**Leaders:** Mark Gelles (212) 689-1375 mgelles@okcom.net and Bernie Brandell (718) 633-1759

**From:** The Boathouse

We will take the esoteric route in search of primordial forests and WW II submarines? Spin through Jersey burbs, onto Tallman bike path (dirt), meandering south to picnic or diner lunch @ USS Ling SS 297 (www.njnm.com). Tour the ship, AHOOGA, AHOOGA surface for home. Official end of ride is the Manhattan side of GWB. Bring pocket food (late lunch @ 40 miles), a few bucks for lunch & optional sub tour & a smile. The usual cancels.

**B17 65 MI 9:00 AM**

### Croton Reservoir Westchester County

**Leaders:** Wayne Wright (212) 873-7103 writewayne@aol.com and Cathy Martone (212) 979-0969 cmfmartone@aol.com

**From:** The Boathouse

See 10/13 listing for Fall Foliage Ride Series details. Rolling ride thru Westchester via the Sleepy Hollow roads. Plenty of climbing. Ride ends with 15 mile spin around Croton Reservoir, often on tree-lined secondary roads, followed by awesome downhill into town of Croton. Late lunch, bring plenty of pocket food. Train return from Croton-Harmon.

**B15 60+/-MI Flat/Rolling 8:00 AM**

### Fall Foilage Ride

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

**From:** Grand Central Station for the 8:07 AM New Heaven train to Darien, Leader will meet group at Darien Train Station arrive 9:01AM

Beautiful ride through back woods of Darien, Silvermine, Wilton, Ridgefield and Redding to Bethel. Return down through Poverty Hollow (Bloomington Metric County) for return from Westport. 3:35pm or 4:33pm train depending on finish time.

**B15 50 MI 8:00 AM**

### Destination: Bakeries!

**Leader :** Glen Goldstein (718) 596-3725 glengoldstein@mindspring.com

**From:** Yura & Co. Bakery/1645 Third Ave @ 92nd St./Manhattan

Ride 50 miles and gain 10 pounds! We're off on a cycling tour of the best bakeries in the Bronx, Brooklyn, Queens and Manhattan. It will be absolutely necessary for us to eat pies, brownies, strudels, cookies, cakes and the occasional doughnut. Riders will be restricted to no more than 17 cups of coffee during this ride in order to prevent spontaneous combustion. Bring lots of money to buy baked goods and lunch. Plan on 50 miles or so of car-filled urban riding. Several subway bail-outs along the way. Lock not needed. Helmet, water bottles and good humor mandatory. Upper speed limit strictly enforced. Note special meeting place.

**C14 52/40 MI 9:00/10:00 AM**

### Park Ridge

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

**From:** The Boathouse @ 9:00 am or Outside the bus terminal at 178th St. @ 10:00 am.

The choice is yours, join the ride in Central Park or join the ride near the GW bridge; eat at the famous Park Ridge diner or eat outdoors; wear your

(Continued on Page 8)

(Continued from Page 7)

Mickey Mouse ears or wear... oh, never mind. Ride cancelled if rain is likely sometime between 9AM and 2PM.

## SUNDAY, OCTOBER 21

**A19** 65 MI 9:00 AM

### Your Call

Leader: TBA

From: The Boathouse

Heading up toward Rockland Lake might be a place that everyone will enjoy. It could be your call? The usual cancels.

**B17** 65 MI 9:00 AM

### Cross River & Titicus Reservoirs

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

From: The Boathouse

Straight up to some great parts of Westchester and take the train back home. Out through the Bronx but not the Grand Concourse, we will do something different. Through Bronxville, Scarsdale, Armonk, around Bedford, and on North to Purdys to take the train home. The terrain is mostly rolling but no huge climbs. After lunch in Armonk, the pace slows down a bit, the roads are more rural and some are hard pack. Maybe the 3:20 train returning 4:30 or maybe an hour later depending on how it goes. Also opportunity to bail out for an earlier train. Bring your bike pass for the train in case they ask.

**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

SEE LISTING OCTOBER 14

(Continued on Page 8)

**C13** 45 MI 9:00 AM

### Paterson Falls

Leader: Marjorie J. Clarke (212) 567-8272

mclarke@shiva.hunter.cuny.edu

From: Greeley Square (triangle at 32nd, 6th and Broadway) to go into the PATH.

The fall colors are going to be fantastic this year, due to the abundant rains and clear days. We'll take a tried and true route through the stately homes of the Montclairs through Little Falls to Paterson, the Niagara of New Jersey. We'll pick up some lunch and sit nearby the falls. Then back over the ridge to return via Newark and PATH. Bring money for PATH and lunch. 60% chance of rain cancels. Helmets required.

**C13** 35/55 MI 8:30 AM

### Ten Miles From Teatown

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

From: GCT Info Booth for 8:49 AM Hudson Line Bike Train to Tarrytown Teatown Lake Reservation—the NYC-area's largest privately-owned nature preserve—is located smack-dab in the center of a network of beautifully rustic, albeit somewhat hilly, roads. This typical "SEE" ride almost always stays within 10 miles of Teatown as it slowly winds through Sleepy Hollow, Cortlandt, Yorktown and Kitchawan, and twice crosses the Croton Reservoir. Picnic lunch at Rocky's in Millwood. Early bail out via North County Trailway to Tarrytown. Helmets and Metro North passes needed.

## WEDNESDAY, OCTOBER 24

**C 12/17** 12 MI 7:00 PM Sharp

### Wednesday Night Stressbuster Series

SEE LISTING OCTOBER 6

## THURSDAY, OCTOBER 25

**B16/17** 20+/-MI 6:00 AM

### Training rides in Central Park Every Thursday

Leaders: Karl Dittebrandt (212) 925-9854 and

Linda Wintner (212) 876- 2798

From: Engineers Gate 5th Ave and 90th Street

Join us for three laps in an Audax training ride

## SATURDAY, OCTOBER 27

**A20** 110+MI 8:00 AM

### Bear Mountain GED

Leader: Scott Demel (917) 288-5268 scott@demel.net

From: the bench on the hill across from the Boathouse.

To all recent ASIG Classic Grads and other interested parties: it is time to validate another degree. I've never actually been to the Bear so I am not truly leading the ride, only organizing it. Veterans and Professors (and the Dean), I need your help to do it right! "Classic" procession up 9W and return via Seven Lakes/Saddle River Road. Stops at delis to refuel as required with a bit of quality time at the top. RSVP via email and receive a "go/no go" weather update by 600 am on ride day. Names on helmets optional. Rain date TBD.

**A18/20** 75 MI 8:00 AM

### Pound Ridge Waccubac Croton Falls

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

Hank Schiffman (212) 529-9082 schiffhank@aol.com

From: The Boathouse

Time for one last long ride, on the most beautiful roads in 203 and 914-land in color. After a short break in Mamaroneck (Rosedale Deli), we'll head into Connecticut and ride north along the Mianus River, then do the 3-mile climb up to Pound Ridge and lunch. From there we'll continue north through South Salem and Waccubac and then visit our old friends: Bogtown Road, the Titicus and Hemlock Dams and the roads and causeways that connect them. Metro north return from Brewster, with Mexican food optional. There's one long climb, but the last 40 miles is basically uphill. There are also several 1-2 mile sections of hardpack. No whining please. Bring the usual stuff, MTA Bike Pass. Rain date: Same time, next year.

**A 19** 52 MI 9:30 AM

### River Road, Bradley, Tweed

Leader: Richard Rosenthal (212) 371-4700

From: The Boathouse

I am newly entitled to social security and senior discounts on movies, buses, and subways. You will pay your respect by not razzing me for being last up every uphill. Old people should not be out in the rain.

**A17/18** 80+/-MI 8:00 AM

### West Point

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

From: The Boathouse Parking lot.

Lets do a Fall Foliage ride up to Bear Mountain and head straight to West Point. Pacerline skills required. Bring \$ for train fare and \$ for a picnic lunch at West Point. MAKE CERTAIN YOU HAVE A METRO NORTH TRAIN PASS for a bailout at Beacon Train Station. The usual cancels.

**B17** 75/60 MI 9:00 AM

### George Herman Walker Bush's America: Fairfield County

Leaders: Wayne Wright (212) 873-7103 writewayne@aol.com and

David Hallerman (718) 499-4467 cycleman23@earthlink.net

From: The Boathouse

See 10/13 listing for Fall Foliage Ride Series details. Hilly ride thru



Westchester and Fairfield counties. Spectacular foliage, spectacular real estate. More hard-packed dirt roads. Late lunch, bring plenty of pocket food. Short option returns via downhill schmooze to Greenwich train station. Long option returns via hilly, scenic, back roads to White Plains train station.

**B15/16                      55 MI                      9.15 AM**  
**A Poetic Fall ride to Park Ridge**

**Leaders: Bernie Brandell (718) 633-1759 and mystery partner**

**From: The Boathouse**

Good-Bye hot summer and dry-parched tongues,  
 Ozone-laden burning lungs, With 95% in shade,  
 And ever-gulping Gatorade.

With "messy" cream on skin a must,  
 attracting every roadside dust,  
 While avoiding fallen trees,  
 and escaping swarms of bees.

Streets to streams would form,  
 With heavy downpour showers,  
 and revealed by lightning storm  
 Nature's awesome powers.

But spring riding with pleasure I recall,  
 and most of all,  
 the cool breeze of the Fall.

Rain or my winning the lottery cancels

**C12                      23 Urban MI                      10:30 AM**  
**NYC Greenway Delight**

**Leader: Alfredo Garcia (212) 802-2441 <mailto:cyclistxxiii.yahoo.com>**

**From: Plaza Hotel (59th St. & 5th Ave)**

Nice introduction or refresher course for cyclists curious about Big Apple greenways. First, take a survey of the Hudson River Greenway. Second, go on the Staten Island ferry to see the budding North Shore Greenway. Bring lunch or \$ for it, which we'll eat besides the Little Red Lighthouse. Co-led with 5BBC. Mostly flat route with one hill. Helmets required. Wet weather at the start cancels.

## SUNDAY, OCTOBER 28

Daylight savings time ends!

**ABC                      65/55/40 MI                      7:30 AM @ GCT**  
**Tenth Annual Connecticut Shoreline Ride**

**Leaders: Gary McGraime (212) 877-4257 [garynycc@aol.com](mailto:garynycc@aol.com),  
 Carol Waaser (212) 581-0509, Anneline Dinkelmann (212) 876-1344,  
 Stan Oldak (212) 780-9950 and a special appearance by the ride's  
 founder, Geo..... you know who.**

**From: Grand Central Terminal @ 7:30 AM (Clock back - extra hour sleep)**

Join us on one of our most beautiful club rides along the rustic shorelines and rural roads of Connecticut. Bring your Metro North Pass (or come early and buy one), money, water bottle, pocket food, appropriate apparel for the weather and a bungee or old tube to secure your bike on the train. Purchase an off peak round trip MetroNorth ticket to New Haven, break-

fast if you like and board the bar car of the 8:07 fifteen minutes early. You will receive maps, cue sheets and ride information on the train. Once we arrive in New Haven, you can join an A, B or C ride or go at your own pace. Be back at the station by 2:15 PM if you plan to attend Ben Goldberg's tour of the Yale campus or you can spend more time cycling and rendezvous at the station by 3:30 PM for the 3:59 train. Money will be collected (approx \$7.00) for Pepe's infamous pizza and beverages and will be delivered to the station for the train ride back to New York. We expect to arrive in GCT at 5:40 PM and will try to arrange group rides home from the terminal. There is No Rain Date. We have always gone.

**A18                      75 MI                      9:00 AM**  
**Brewster Putnam County NY**

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

**From: The Boathouse**

Straight up to some great parts of Westchester, past 4 NYC reservoirs and take the train back home. Out through the Bronx but not the Grand Concourse, we will do something else. Through Bronxville, Scarsdale, Armonk, Bedford, and on North to Brewster to take the train home. The terrain is mostly rolling but no huge climbs. After lunch in Bedford, the pace slows down a bit, the roads are more rural and some are hard pack. Probably the 4:12

train returning 5:30 or maybe an hour later depending on how it goes.

Also an opportunity to bail out for an earlier train. Bring your bike pass for the train in case they ask.

**B15                      75 MI                      8:00 AM**  
**Lottery Ride IV**

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

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

This is tri-ride—get lottery tickets in three states (NY, NJ, CONN), ride your bike with three chainrings (big, middle, granny) and perhaps win the lottery in triplicate (\$\$\$). Bike for uplifting moments. We are winners, lucky or not. Bring Metro North bike permit just in case and lots of drink-ing water. Helmets required. Only rain, snow or another act of the Gods will cancel. Co-listed with 5BBC.

## WEDNESDAY, OCTOBER 31

**C12/17                      12 MI                      7:00 PM Sharp**  
**Final Wednesday Night Stressbuster**

**From: 90th Street and Fifth Ave. Central Park Entrance**

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

Last chance to get your stress busted before next Spring. Be there or be uptight all winter. Prozac will be distributed to those who can't take the news. Two laps and...heck, if you don't know the drill by now, you need either a stiff drink or a Vallium.

## SUNDAY, NOVEMBER 4

**B16                      35+ MI                      10:00 AM**  
**Tough Guys Ride**

**Leader: Peter O'Reilly (212) 414.1937 [ptor@prodigy.net](mailto:ptor@prodigy.net)**

**From: Starbucks, 60th St & Broadway**

This leisurely ride is an urban excursion passing through some neighborhoods of past and present "tough guys" like Frank Sinatra, Tony Soprano and Tube Bar's Louis "Red" Deutsch. Some highlights of the ride include a few hills alongside River road, a little taste of Japan and Paris-Roubaix, a nice view of Lady Liberty, the Manhattan skyline and Jersey brownstones. A little bit of hardpack dirt road ridin' is thrown in for good measure. (Yo! It's a tough guys ride, remember?) Road bikes are perfectly up for the task (700x20s not recommended). Tough gals and a friendly 'tude are most welcome, too. Ride ends with Staten Island ferry ride to

(Continued on Page 10)

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

lower Manhattan. Start time may be slightly delayed due to finish of prior ride.

**B15** **50 MI** **9:30**  
**AM**  
**White Plains**

**Leaders: Hindy and Irving Schachter (212) 758 5738**

**From: First Avenue and E. 64 St., NW corner**

Last winter rain cancelled four of our Westchester rides. We could concentrate on Rockland rides but hope springs eternal. Weather permitting, we'll head up through the Bronx and Scarsdale to White Plains this time. We may take the subway home once we hit the Bronx on our return.

(from The Staten Island Advance – Editorials)

## A bikeway, the right way

08/21/01 Tuesday Tuesday August 21, 2001

State funding for many Island conservation initiatives — as well as for social-service groups and economic development projects — are tied up in the long-running budget stalemate in Albany. That delay has not been helped at all by the recent legislative passage of a “bare-bones,” baseline budget that bears little resemblance to what a real state budget should be.

Nonetheless, Gov. George Pataki has made money available through the Land and Water Conservation Funds (LWCF), a 37-year-old federal program that splits proceeds from federal off-shore oil and gas leases. On Friday, the governor announced that he plans to allocate \$5 million of That fund for various projects around the state, including a \$155,000, six-mile greenway for hiking and bicycling between Fort Wadsworth and Great Kills Park.

The trail is intended as a significant and scenic segment of an overall 50-mile, \$10-million Bikeway and Cultural Trail around and across Staten Island, plans for which were announced by Borough President Guy Molinari in 1995. Money put forth by the state is expected to be matched by city funding for the design and construction of the project.

“Staten Islanders will soon have access to a waterfront bicycle and hiking path connecting two of our most popular federal parks,” said Rep. Vito Fossella in a release from the governor’s office. “The path will increase safety for recreational and bicycling enthusiasts, while providing walkers a six-mile stretch to enjoy a leisurely stroll.”

St. George activist and ardent bicyclist John Luisi put the announcement in a down-to-earth perspective: “I’m so glad. Now I can ride with my son to this soccer games at Miller Field and avoid traffic.”

The announcement is a major victory for both cyclists and the larger community. Together with plans for a new complex of playing fields and a gymnasium and indoor track in Ocean Breeze announced by Rep. Fossella and the borough president a few days ago, the bikeway

represents a watershed in the reshaping of this as “The Borough of Parks.”

Recent editorials in the Advance criticized the Department of Transportation for summarily designating bike paths on heavily traveled streets, such as Richmond Terrace between Snug Harbor Cultural Center and the St. George ferry terminal, as well as on Capodanno Boulevard. We questioned the apparently arbitrary decision to put the bike-only paths

— which are little more than white lines that, in theory at least, keep

cyclists and cars separated — on busy streets that serve a variety of constituencies.

In particular, we said that all the parking spaces and driving lane Space confiscated for the new, 12-months-a-year, seven-days-a-week, 24-hours-a-day bike lanes along Richmond Terrace constituted a significant hardship for businesses, residents and motorists who use that North Shore route. We also wondered why the needs of the many non-bicyclists who use the Terrace were being sacrificed for the demands of what amounts to a minority, whatever the number of cyclists who say they have to use that thoroughfare.

We suggested that the North Shore rail line right-of-way, well away from

moving traffic on the Terrace, would be a far more suitable place for bicycle paths.

The DOT wisely, in our opinion, rescinded the Richmond Terrace designation, to the outcry, and even the outrage of some cyclists who denounced the editorials.

This funded plan announced last week for Staten Island’s opposite shoreline is just such a wise designation of space for safe passage for bicyclists and hikers, who are not protected in any real way by painted lines on busy roadways. This will afford them a great ride along the borough’s southeast shoreline, and make the driving along Capodanno Boulevard and on other streets between Fort Wadsworth and Great Kills simpler.

The total, shore-to-shore Islandwide Bikeway, which has yet to be completed despite an originally projected 1998 finish date, was a great idea in 1995 and an even better idea as streets get more congested and more and more, cyclists share roads with cars at their peril. (Other segments of the Bikeway have been established since 1996.)

Certainly, we urge that some near-future round of funding will allow construction of a safe bikeway along the North Shore, thereby solving the Richmond Terrace problem.

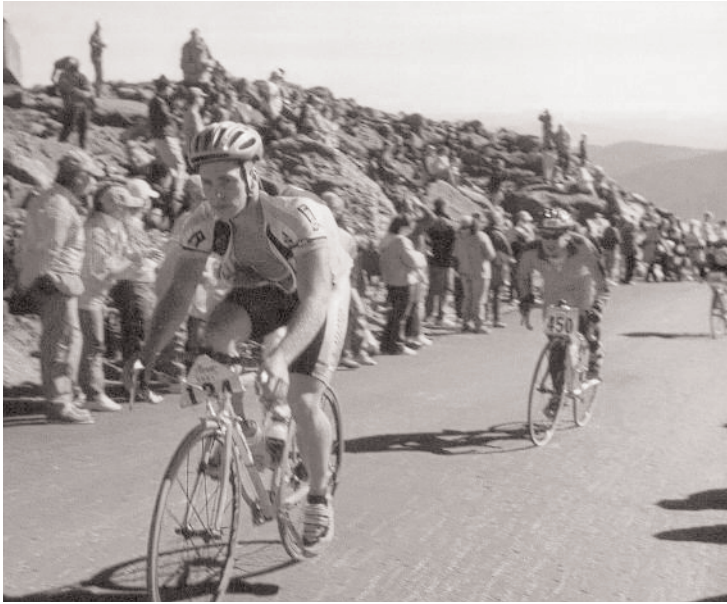
In the meantime, we applaud Gov. Pataki for doing his part in following through on this Borough Hall initiative, and congratulate the Island officials and cycling activists who helped bring the new segment of bikeway this much closer to reality.

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geo carl kaplan



## Mt. Washington Hill Climb, August 25



Greg Cohen climbing to the summit.



Waiting for the start.



John Zenkus & Paul Spraos at the summit.



Looking down at the final 22% climb with Wildcat ski area in the distance.



Paul Spraos, Georgia Schiffman & Greg Cohen after the race.



Start of Race venue. The tent is where the lunch and awards are held. Mt. Washington is on the left.



*Well, we have only one thing to say: state secrets would be safe with you guys! Jeez, even a desperate call to arms from our fearless prez couldn't pry open your lips. From all the mail we haven't been receiving (did you notice we haven't been around lately?) we can only assume that 1) you all lead the most boring lives imaginable or 2) you don't want to make everyone jealous with all the fun you've been having. Take your pick. If the Labor Day weekend excursion to, ahem, Intercourse, Pa., is any indication, it must be the former. When contacted by one of our chief dirt-diggers, **Herb Dershowitz** (who ventured forth with **Liane Montesa, Damon Hart, Simon Nadulek, Mary Anne Cotter, Ed Fishkin, John Vazquez, Christy Guzzetta and Jody Saylor**) insisted that absolutely nothing happened. Well, hey, we won't be traveling with that crew anytime soon. If we didn't want anything to happen, we'd stay home.*

★★★★★

# ROAD DIRT

Send tips to: [roaddirt@nycc.org](mailto:roaddirt@nycc.org)

**Gate Crashers** The whole point of scouting a new route is to go where no one (that is, NYCC'ers) has gone before, right? Well, you can be sure that where the Intrepid 8 (whose lawyers requested anonymity for them while their cases are pending) went on July 21, no NYCC'er has ever ventured on two wheels or is likely to in the future. The epic 115-mile adventure wove through Ho-Ho-Kus, then up Skyline Drive to Ringwood to Tuxedo, N.Y., where all on board were momentarily stymied by imposing gates. What with cyclocross season not too far off, they quickly realized that gates were meant to be ridden around. And that's what they did — and rode into what one participant called “the most beautiful community this side of Lake Geneva.” (Can you guess which Europhile that would be?)

Homes fit for 21<sup>st</sup>-century robber barons, and probably owned by them, gazed down their noses at the tranquil money-green waters of Tuxedo Lake. If you're the sort that likes the kind of things myriad bank notes can buy, you'd've been in heaven, but if you wanted to leave you would've found that since you were technically off the map, your map was useless. Which is what happened to our adventuresome lads and lassies, who rode and rode and rode, round and round and round, unable to ask for directions since they weren't supposed to be there to begin with. Finally, miraculously, they emerged from the maze and whizzed through the front gates, police cars with lights flashing surrounding them! Obviously, this route won't be listed in the Bulletin anytime soon.

**The Timothy McCarthy School of Cycling** Bet you didn't know that **Timothy McCarthy**, A-SIG leader and rider extraordinaire (and person extraordinaire, for that matter), runs a very private one-on-one cycling consultancy. Yes, it's so private and so exclusive that he chooses his clients, not the other way around. His protégé of the moment (and it's been a very loooooong moment) is **Ron Roth**. Ron's program started last year, when Timothy herded him into the A-SIG (and rode alongside him to monitor his progress). Naturally, Ron graduated with honors and duly accumulated mega-miles and vertical feet. So this year, Timothy figured he was ready for the infamous Death Ride in Northern California, which is an annual McCarthy-family sufferfest. But there was lots of misery-inducing prep to do — riding in hydration-defying humidity, under thundering, lightning, hail-dropping skies — because you never know what the Death Ride will entail. Out in California, a few days before the big event, Timothy took Ron out for a brief spin, 17 miles with 2,000 vertical feet. (Timothy neglected to tell Ron that there are no unhilly rides in Berkeley. Oh, well. Sorry, Ron.) The second day brought the more challenging climbs of the Berkeley hills, and by the end of it, much to his torturer, er, mentor's delight, Ron was shouting, “Bring on Glade!” On day four (did Ron actually get a rest day?), they rode both sides of the Sonora

Pass (you know what “pass” means), which has signs showing a truck on a severe hill and “26%”: 105 miles and 10,630 feet of climbing! Ron had a little trouble with the altitude, and rain from the get-go didn't exactly make him a happy camper, especially when it came down in torrents, but by the end of the day he had a big smile on his face. He had shed his old “this is suffering, this isn't fun” skin and been reborn. Now he was ready for anything, including the Death Ride, which, even with five mountain passes was no match for the new bright and shiny Ron. After all, what message does Ron's cell phone flash when he flips it open? “Carpe diem.” 'Nuff said.

**Hill From Hell** They don't call it “the world's toughest hillclimb” for nothing. And that's why the Mount Washington Bicycle Hillclimb attracts the toughest 600 riders in the world, like George Hincapie, and this year, on August 25, our very own

**Hank Schiffman and Greg Cohen**. The 7.6-mile ascent averages a 12% grade, there's an 18% stretch that is unpaved and the finishing 22% stretch might even make **Jeff “I ride Ash in my big chain ring” Vogel** sweat a little (tho' unpavement would have had him dizzy with joy). Despite crashing in a Prospect Park race just a few weeks before, Greg, determined to best his year-before time, trained like a (wounded) demon and got himself to the start line. Throbbing lower-back pain kept him seated where last year he was standing, but a 39 x 34 (last year he mashed a 26 — how clueless was he?) kept him in the spin, even during the last two miles, when his average speed dropped from 5.5 mph to 3.5. His perseverance paid off, tho': his time was two seconds faster than the year before. Way to go, Greg! Meanwhile, according to our New Hampshire correspondent, Hank, who had slapped on a 32-tooth cog, “had one of his finest days on two wheels”! In fact, he had such a good day that he finished fifth in his class (males 50-54) in 1:20:52, just 52 seconds shy of placing him in the elite group for next year. Woo-hoo! Congrats, Hank!

**Tours de France & Spain** From all the climbing this year's crop of A-SIGgies has been doing, you'd think they'd been ingesting mountain goat genes at the diner stops during spring training. **Daniel Greenberg** and **Erwan Colder** spent five days in early August covering Lance Armstrong territory — including Mont Ventoux (how does six miles at 10% sound to you?), the Col d'Izoard and the Col de l'Iseran — albeit at a wee bit more leisurely pace. Still, a col is a col is a col, as Gertrude Stein, formerly of Team Mercury, always said. ... The Raid Pyrénée (June 28-July 7) captured the attention of **Chris Shaw**, the hill-climbing terror of the 2001 A-SIG, and fellow A-SIG monster **Noah Greenhill**. They rode 470 miles, from the Atlantic to the Mediterranean, along the Spanish border and hit all the big hills, among them Tourmalet, Porte d'Aspet and the Cols d'Aspin and d'Aubisque. All reports confirm that Chris suffered big time. Which means he probably can't wait to go back.

**Babes on Parade** Congratulations to Lily Ruth Spar, daughter of Annie and Elon Spar, who on June 25 was lucky enough to become the fifth grandchild of our very own **Geo Carl Kaplan**. Which trikes or bikes to pass down to her was obviously the first business on the agenda. ... **Al Boland**, the seatless wonder, is proving beyond a shadow of a doubt that his riding style does indeed pay dividends. The latest payout, Theo, is Al and Sara's second child. The name Theo was chosen to celebrate his Greek heritage, which may strike some as rather odd since his parents' lineage is Russian and Irish. Well, nothing is odder than riding without a saddle.

**All-Class Act** Didja know that **Robert “GPS” Dinkelmann** got lost not



once but twice leading a ride to Scarsdale on the way to the all-class picnic in July? We did.

**Luv 4 Ever (We Hope)** It's been a romance that could make you dizzier than watching Pete Sampras-Andre Agassi at the U.S. Open, but **Simon Nadulek** and **Mary Anne Cotter** admit the score has always been love-love and have gone and got themselves engaged ... to each other!!! Congratulations!!! We've been waiting for, like, since it was whites only (clothes, that is – hey, this isn't a political column) on the court! ... As for the big event itself, there have been several, omigod, are there any singles left for us to date??? **Liane Montesa** finally made an honest man of **Herb Dershowitz**. They had a cozy floral affair at the Botanical Gardens on July 29, and then, to show his undying love, Herb whisked his bride off for a romantic vacation in Altoona, Pa., for the League of American Bicyclists Bikefest 2001. Yes, Liane could hardly believe her good fortune as they frolicked through the land of too many Kmarts. Oh, and the food! There were so many options, it was hard to decide where to eat, what with Friendlys and TGIF's butting right up against Outback steakhouses. Ah, no honeymooners ever had it so good. ... **John "Bring Your Own Maple Syrup" Fullwood**, a man after our own blueberry-pancake-loving hearts, has promised to love, honor and share his maple syrup with Afwa Mumbamba. And he'd better make sure it's Grade A because his new bride is a judge, and we wouldn't want him to try passing off something inferior on an upholder of the law. ... **Hanna (Nothing Stops This Gal) Robson** and **John Vazquez** became a tandem item on September 15. Yes, that would be the Saturday after the worst Tuesday in New York City's history. Should they or shouldn't they? They had to decide QUICK. Guilt trumped a fierce determination not to let evil rule the day. But with Hanna's folks in England, an uncle in Sweden, a brother in Paris and no planes in the air, the family affair was looking rather orphaned. Well, where there's a Robson, there's a way. Mum and Dad camped at the airport for three days, got a flight to Toronto, drove from there to NYC and at 9:30 Saturday morning, a mere hours before the wedding walked in Hanna and John's door with Sis in tow. Then the phone rang: Bro had squeezed himself onto the only Paris-to-Atlanta flight, then grabbed a plane to Pennsylvania and, Amtrak-bound for the wedding, was a mere half-hour away at that moment. It was clearly time to pop the cork on a bottle of champagne (or two). Which they did. A whole lotta drama after a week full of drama of another kind, but the wedding went off as planned (or we wouldn't be telling ya about it). We're glad the Robsons persevered (and now we know where Hanna gets her stuff!) because, as we've all unfortunately learned the hard way, life is worth celebrating. Cheers!

Remember, until stem-cell research is up and running and we can manufacture a few more correspondents, if you don't write, we won't either! Until next time. ...

## Welcome to our Newest Members

Altenburg, Bridget  
Anderson, Brian  
Arthur, Donald  
Babowal, Hugh  
Berry, Mark  
Boyle, Kathy  
Browne, Alix  
Craig, Ginger  
Deutsch, Chaya  
Del Vecchio, David  
Del Vecchio, Kim  
DeRouen, Suzanne  
Edmunds, Julie  
Fairchild, Richard  
Favor, Lisa  
Flora, Janet  
Frucht, Avra  
Garg, Sandeep  
Goldberg, Allan  
Hankins, Evelyn  
Howe, Deborah  
Hymowitz, Jennifer  
Judson, David  
Karan, Kenneth  
Kaufman, George  
Krywko, Kristy  
Lewis, Jane  
Malveaux, Vincent

Maxwell, Howard  
McVey, Rosemary  
Noonan, Anne-Marie  
O'Keefe, Lawrence  
Oszlak, James  
Rubin, Carol  
Scott, Sarah  
Sosland, Rachel  
Speier, Matt  
Spelman, Laura  
Splendido, Susan  
Stella, John  
Sturm, Adam  
Tabibzadeh, Ramin  
Tam, Winston  
Tanzman, Barbara  
Temesgen, Henock  
Tenaglia, Charles  
Thomson, Jennifer  
Tully, Ciaran  
Valentini, Leonardo  
Vashist, Gaurav  
Vogt, Cynthia  
Walker, Peter  
Weinfeld, Dryl  
Welch, Robert  
West, Usan  
Wiegand, Ingrid

### FOR SALE / FOR FREE

I have a 3-Speed Raleigh in a shed on City Island. Rear wheel needs truing. First person to call gets it.

Contact me at:

**geocarl@juno.com**

Do NOT E-Mail via ebikes or any other public forum.



## Letter to the Editor

OK, I have to put my 2 cents in. Get rid of the current club jersey.

I have bought several club jerseys over the years. When I don't like the design, I don't buy it. I don't own the current one. I prefer bright colors like yellow, red and orange.

Besides that, the problems I have with the current club jersey are as follows:

1) I don't think of the Statue of Liberty as a symbol of NYC, just like I don't think of Mount Rushmore as a symbol of South Dakota. They are both national symbols. I do think of the Statue of Liberty as the symbol of my political party, (Libertarian).

2) If Miss Liberty were to ride a bike, she'd take the crown off to put the helmet on.

3) There is no way that helmet could fit over the spikes on that crown, unless they retract into her skull, which I don't think they do.

4) If she's so safety conscious as to wear a helmet, Is she going to put down her torch and tablet, or ride with no hands? Will she trade in her sandals for proper cycling shoes? Who will she pass the torch to? Won't her toga get caught in the spokes?

I always liked the idea of an annual jersey design contest. We got a new design each year. That was good. You could collect them all, or just the ones you liked.

As for the jersey being lusted after by non club members the world over, that's old news. Anytime I wear any NYCC jersey out of the NYC area, people want to know if they can get one. It's not the design, IT'S BECAUSE IT SAYS NEW YORK CITY. This city of ours holds a great deal of allure for people all over the world.

As far as "brand recognition" goes, that's what the logo is for. Besides, what are we, Corn Flakes or a bike club?

Bill Vojtech

EASTERN MOUNTAIN SPORTS

CLUB DAY

## EMS Club Day Saturday, October 27

As a member of an outdoor organization, we know you love the outdoors as much as we do. Club Day is our way of thanking you for your contribution to the outdoor community. Stop by on Saturday, October 27, and gear up for another great season of fun in the outdoors.

**20% Off  
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in the store  
Saturday, October 27**

Just bring proof of membership in an outdoor organization or this ad, and we'll take 20% off your entire purchase at EMS that day. It's just our way of saying— Thanks



Toll-free Customer Service (888) 463-6367  
[www.ems.com](http://www.ems.com)

## 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 Dinkelman (212) 207-8689, [dinkelman@att.net](mailto:dinkelman@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 Bicycling Activities ("Activity") I for myself, my personal representatives, assigns, heirs, and next of kin: 1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately cease further participation in the Activity. 2. FULLY UNDERSTAND that (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these risks and dangers may be caused by my own actions, or inactions, the action or inaction of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time, and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS AND DAMAGES I incur as a result of my participation in the Activity. 3. HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE the Club, the LAB, their respective administrators, directors, agents and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS, AND I FURTHER AGREE that if, despite the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as the result of such claim. I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

☐ New ☐ 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. →

### Bike shop discounts!

#### BICYCLE HABITAT

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

#### A BICYCLE SHOP

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

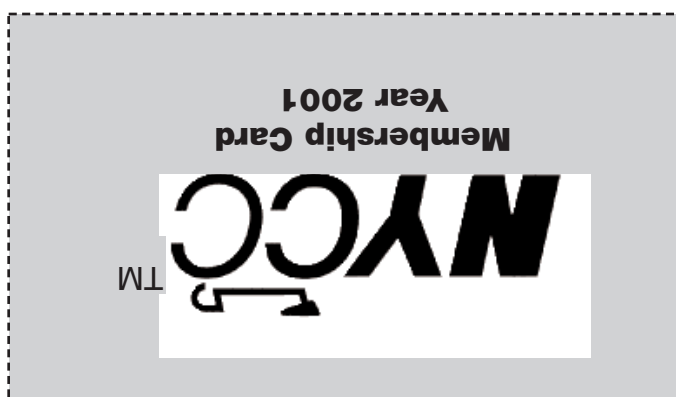
#### SID'S BIKE SHOP

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

#### PIERMONT BICYCLE CONNECTION

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

<http://www.nycc.org>



#### 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 October 9th meeting

#### Doug Morse / Filmmaker

Doug is a filmmaker and club member who recently finished a film, "The Adulterer," whose central character is a cyclist. Come find out about the biking/filmmaking experience. Doug promises us an audio/visual extravaganza with photos, video and perhaps actors or camera people to talk about the experience.

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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