

NYCC *Bulletin*



Connecticut Shoreline Ride, October 28 - New Haven Station & On the Train (Photographs by Jim Conley)

President's Message

December 2001 already? Has it been almost a year since I was elected? And what a year it's been!! It's been a year that's set a record for membership (over 1700 of you NYCCer's out there), a year that's seen the implementation of our on-line registration and renewal system, a record number of SIG graduates, our most successful Escape New York ever, not to mention a plethora of weekend club rides. I hope you'll join us as we celebrate the past year in style at our annual holiday party on Tuesday, December 11th at Savore in Soho on 6th Ave. and Spring St. If you haven't made your reservation yet, it's not too late, check elsewhere in the bulletin for the particulars. You can also pay at the door, \$40 buys hors d'oeuvres, dinner and dessert. There is also a cash bar. And don't forget your dancing shoes, you'll have a rare opportunity to shake your booty with your fellow clubbies.

Now that we have so many members, it's getting harder and harder for our poor beleaguered membership director to keep track of you all. Toward that end, we've devised an ingenious system whereby everyone will be assigned a unique membership number. Want to know what it is? Check the mailing label on the back cover and you'll find it next to your name. Read it, know it, live it; you'll need it when you renew on-line through active.com. You'll definitely want to renew on-line now more than ever because it's the only way you'll be able to pay the same dues as in the past. That's right, if you renew by snail mail, you'll have to pay the new, higher dues: \$24 for singles, \$30 for couples.

While this year has been an exciting one in terms of the growth of the club's membership, it's also been a year that has seen the passing of several long time club members. In January, we lost Irv Weisman, an incredibly influential club member, past president and board officer. Just recently, we lost Mark Martinez, also someone who contributed immeasurably to the club. Mark had also been on the board and was probably best known by A riders. I think it's fair to say anyone who rode with him never forgot him. He was known as a real talker and that he certainly was. For me, his talk was entertaining, witty, insightful and ultimately invaluable. He could tell a scandalously funny joke one minute and the next, point out a crucial piece of information about your technique in a way that was never condescending and always engaging. The last time I rode with Mark was this past summer. While sipping coffee across the street from the Runcible Spoon he offered me tips on racing that will always resonate and in the same conversation, engaged in a detailed discussion of high-end audio equipment. Coming home, he took us on a route I didn't even know existed and left everyone in the dust on the hills. That last ride summed up my feelings about him. I'll always remember Mark as an excellent cyclist, funny, down to earth, congenial, generous and incredibly knowledgeable all at the same time.

See you at the holiday party!!!

- Tom Laskey

Editor's Note

Well! The holidays are upon us. What should be a time of Joy and togetherness has been marred by the events of this past fall. September 11, the crash of American Flight 587, the passing of Mark Martinez have all affected us. But we go on. The club's Holiday Party at Savore restaurant on December 11 will help bring us together. Don't forget to be part of it. Enjoy the holidays, enjoy cycling and most of all, enjoy life.

- 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

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

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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.

Club Photos



Connecticut Shoreline Ride, October 28 - "C" group stopping after lunch at the Stony Creek market.

(Photograph by Maggie Clarke)



Fred Steinberg's Gunk Ride September 1. At the Beacon Station awaiting the train home. Left to Right - Cydney Schultz, Seth (Birdrider) Prince, El Presidente Tom Laskey, Sebastian Maurer, Debbie Rothschild, and Ron Roth.

(Photograph by Hank Schiffman)



NYCC HOLIDAY PARTY:



A GREAT NIGHT OF DRINKS, DINNER AND DANCING

It's party time! The annual NYCC Holiday party will be held on December 11th at Savore Restaurant, 200 Spring Street. This great little Italian place is described in Zagat Survey as "a little piece of Tuscany in SoHo that manages to be European without pretense."

The evening will begin with a cocktail hour at 6:30pm followed by dinner at 8:00 PM. The \$40 cost for the evening will include cocktail light bites as well as the sitdown dinner. The dinner will offer a choice of appetizer, main course and dessert with coffee/tea. Some of the items on the menu will include fish, chicken, beef, linguine with lobster, Italian meats platter, risotto, vegetarian offerings, tiramisu. Drinks will be offered through a cash bar.

This is a new restaurant for the NYCC Holiday party and should be a great chance for all of us to get together, celebrate the holiday season and support the local economy! Dinner will be followed by dancing for anyone who hasn't stuffed themselves too much!

To join the holiday festivities, please send a check for **\$40.00 per person**, payable to the New York Cycle Club. If you are writing a check for more than one person, please include an attachment that lists the names of all people attending so that they can be included on the attendance list the evening of the party. Mail your checks to:

Lauren Grushkin
115 Central Park West, 10H
New York, NY 10023
Attn: **NYCC Xmas Party**

Registration for the party is now open and will remain open until we go to capacity. So don't delay!

P.S. I am working on a very exciting door prize to be raffled at the Holiday party. More on that later via the website and weekly ride listings.

P.P.S. Stay posted for other upcoming special events in early 2002. On the horizon: ice skating, shabu-shabu dinner...anyone have any other great ideas? Please let me know.

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

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

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



Rides List

Always wear your helmet!



Saturday, December 1

A19 8:30 AM

Whippoorwill/Roaring Brook

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

From: The Boathouse

2 hills and a sitdown lunch. If you bring a MetroNorth pass you can bail out early. Don't forget a helmet. Persistent precipitation scrubs the ride. If in doubt, call at least by 8 AM.

B16 8:30 AM

Back by Noon

Leader: Gary McGraime (212) 877-4257

From: The Boathouse

Hills on River Road and return via 9W. A breakfast stop at the Cliffside Diner pending our return by noon schedule. Those who knew Mark Martinez and plan to attend his memorial will have time to drop their bikes at home, change into normal clothes and arrive on time. The usual cancels.

Sunday, December 2

A19 9:00 AM*

Sagamore Hill Repeat(s)

Leader: Spencer Koromilas (646) 522-3559 spencernycc@juno.com

From: Statue of Civic Virtue @ 9:00 AM (Union Turnpike & Queens Boulevard)

A lovely ride through Long Island's north shore. We will meet by the exit of the E/F train in Kew Gardens, and take a classic route through Queens; LIE service road, Wheatley, Brookville, and Muttontown roads to Oyster Bay and Ted's place. Plan to eat lunch on the hill overlooking the bay; those in need of a good workout are welcome to do some repeats. Return

via F train from Jamaica Est. Required: Speaking softly, big sticks unnecessary. Group riding/paceline skills. Cancels: call/wake up leader before 8:00 AM.

B17 9:00 AM

389 Shopping Days Until X-mas 2002

Leader: Ira Mitchneck (212) 663-2997

From: The Boathouse

Why rush things? Come with us to Park Ridge / Pearl River and bring back stories which are more interesting, easier to carry, last longer and do not need batteries than the electric bike buffer you got last year and will cover some other cyclist friend for this year. We wouldn't tell anyone, promise! Hot chocolate optional.

B15 10:15 AM

SCARSDALE

Leaders: Hindy and Irving Schachter (212) 758 5738

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

Time to start late and have warm coffee at the Coffee Tree in Scarsdale. We have an interesting route home. Snow, icy roads or high below 43 cancels.

B/C14 10:30 AM

Introduction to Audax

Leader: Karl Dittebrandt (212) 925-9854

From: Manhattan side of the GW Bridge @ 10:30 AM

Please join me in introductory rides in the audax style. Audax style means riding together in a group, maintaining a minimum average speed throughout the ride. I'll teach you how to do it and I think you'll love it. We'll follow my short winter loop in N.J. and have a diner stop to warm up and chat. Road bikes and helmets required. Any questions, please call. Cancels: precipitation or temperature below 32 degrees at the start.

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

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

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



C13 30 MI flat 10:00 AM Saturday, December 8

CITY ISLAND VIA THE SOUTH BRONX

Leader: Dick Goldberg richsgold@alumni.brown.edu

From: The Boathouse

Explore a dozen south and east Bronx neighborhoods, the heart of Washington Heights and the Hudson River Bike path on the way to and from lunch on City Island. 30 flat and very urban miles. Strong tires suggested. Predicted high below 35 or slippery roads cancel. If in doubt phone (212) 874-2008 between 8 and 9 AM.

C13 25/35 MI 10:00 AM

Bike or Hike Series #1 -

Bergen County OR Inwood Hill Park

Leader: Maggie Clarke (212) 567-8272

mclarke@shiva.hunter.cuny.edu

From: If cycling: Meet at 178th St and Ft. Washington Avenue (rear of G.W. Bus Terminal) - "A" train to 175th St OR If walking (weather cancels cycling): Meet at the RING Garden, Dyckman - 200th St "A" train stop and Broadway. The garden is on the west side of this intersection.

Last winter when it was too cold or icy to cycle, a few of us walked the paved paths of the huge wooded parks of uppermost Manhattan to keep in shape. These hilly parks afford fantastic views, and a chance to commune with nature. But since our first preference is to ride, I'm listing this as a ride. This week we will do an Irv special through Bergen county (the focus being on nice scenery). Helmets required on bike ride. If weather conditions dictate cancellation, we won't cancel, but instead will walk the hills of upper Manhattan for a few hours (bring your camera!). This week, if weather cancels, we'll head into Inwood Hill Park. Cycling Cancellation conditions: If the starting wind chill temperature is below freezing (32 degrees), the roads are icy, or 50% chance of precip, we'll walk. If in any doubt, call after 8 am the morning of the ride/walk.

C12 25 MI 10:00 AM

Frostbite Series #1; World's Greatest Pancakes

Leader: Alfredo Garcia (212) 802-2441 mailto:cyclistxxiii@yahoo.com

From: City Hall

Ride the Staten Island ferry (10:15 AM boat). Then over the Kull we go. Savor delicious hot cakes @ the Broadway Diner. We'll visit Liberty State Park and see Liberation monument with post-World Trade Center scenery. Check out the <http://www.bayonne.org> and <http://www.libertystatepark.com> websites. Return on NY Waterway (either east to Pier 11 or west to the new Pier A, website <http://www.nywaterway.com>) or PATH via Hoboken. Bring \$ for brunch, lock and \$6 fare. Co-listed with 5BBC, helmets required.

A18 60+ MI 9:00 AM

New City

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

From: The Boathouse

We'll aim for New City and the Good Times/Serendipity/Rockland /Whatever Diner is in the usual spot. The route will be adjusted for weather and temperature. The ride is on if 8 AM Central Park temp is over 30, winds are under 30 and roads are dry.

A17/18 40+ MI 9:30 AM

Northvale Diner

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

From: The Boathouse

Just to keep the blood circulating, let's try a relaxed round trip: out on 505 and Tappan (oh, maybe a little detour to the West if the weather is balmy), back on 501 and one of your favorite hills. We'll try to hit the diner in time for an early brunch. Helmet and a good appetite required. We won't go if the roads are wet or likely to be, temp is below 30 at 9 a.m. or there are strong north or west winds with temps below 40. If in doubt, call before 9 a.m. on morning of ride.

B17 50 +/-MI 10:00 AM

Piermont and Back

Leaders: Rick Braun (212) 477-2575 RBRAUN@courts.state.ny.us

and Jack Lehnert (718) 884-6437 JSL7@Georgetown.edu

From: The Boathouse

A quick out and back to maintain our aerobic fitness. We will have a lunch stop in Piermont. Let's keep in shape this winter. Rain, freezing temperature cancels. Call if in doubt.

B16 45 MI 9:30 AM

Northvale Diner

Leaders: Tonya Harroun (718) 828-5309 harroun@aecom.yu.edu

and Eileen Crowley, eileen_crowley@msn.com

From: The Boathouse

Motivated to ride in the cooler weather? Come join us for a familiar ride up to the Northvale Diner. Helmets and smiles required. Cancellations: below freezing temp at 8:30 am, precipitation, icy roads. Call if in doubt. (Denise and Ann, I hope to see you on this ride!)

C 14 40/45 MI 9:30 AM

Northvale

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

From: The Boathouse

Are you cold yet? We'll warm up with an easy spin to Northvale where

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

Check out the new NYCC Message Board: http://www.nycc.org/bb_frame.html

(Continued from Page 5)

we fuel up on great diner food. If the weather's nice, we'll take a slightly roundabout (and prettier) route. Just the one big hill coming home - will it be Churchill or Walnut? . . . or maybe we'll go straight up Booth (just kidding!). Wear your booties and, of course, your helmets. Rain, snow, sleet or temps below 40 at 9:00 a.m. cancel. (If questionable, message will be on my answering machine by 8:15 that morning.)

Sunday, December 9

A19? Use this link to submit your e-ride by Dec 2.
<http://www.nycc.org/listride.html>

B16 35 MI 10:00 AM
Give Me Liberty

Leader: Peter O'Reilly (212) 414.1937 ptor@prodigy.net
From: Starbucks at 60th St & Broadway

Join me for a ride which contains many scenic, riverside views of the Manhattan Skyline and a close-up view of the Statue of Liberty. The ride ends with a PATH train or ferry trip back to Manhattan. Wet stuff (precip. or roads), severe wind chill or temp. below 35 - ride cancels. Please note the start location and sleep friendly, time-to-warm-up start time.

B/C14 30/35 MI 10:30 AM
Introduction to Audax

Leader: Karl Dittebrandt (212) 925-9854
From: Manhattan side of the GW Bridge @ 10:30 AM
 See description on December 2

C12 30 MI 10:00 AM
Frostbite Series #2: Flat Rock Brook Nature Preserve

Leaders: TBA
From: City Hall

A bike-hike-bike trip to 150 acres of undisturbed woodlands in Englewood, New Jersey. Bring a lock, \$ for lunch and park contribution. Check out the <http://www.flatrockbrook.org> website. Co-listed with 5BBC & TA, helmets required. Ride mostly flat with some hills.

A/B/C Cross-Training 9:00 AM
Harriman State Park Hike

Leaders: Marilyn and Ken Weissman (212) 222-5527
From: Via car from 710 West End Ave. at 95th St. (our home)
 Our usual easy 5-6 mile early-season hike up the "Cascade of Slid" and over Diamond Mountain to lunch overlooking Pine Meadow Lake. Two routes home: an easy downhill or an extra few miles with an extra few climbs. No technical terrain. We need volunteers with cars as well as your advance call to make sure we have room. Cold weather or moderate snow is OK. Rain cancels.

Friday, December 14

C12/13 25+/- MI 7:00 PM
"Lights in the Heights" in Dyker Heights, Brooklyn

Leaders: Trudy Hutter (212) 838-2141 and Hannah Borgeson
From: City Hall, SW corner of Chambers and Centre Street/Park Row, across from the entrance to the Brooklyn Bridge (by Horace Greeley Statue) OR at 7:45 PM at 3rd St. Prospect Park West (entrance to Prospect Park) in Brooklyn.

Join us for a fun and leisurely ride to see the "miracle mile" of Christmas lights and decorations in Dyker Heights. The spectacular displays draw 150,000 visitors a year who come from as far away as Japan. So come prepared with bicycle bells ringing to the tune of Jingle Bells. We'll also

plan to stop off for hot chocolate on the way back to Manhattan. Ice or snow on the ground, or temperature below 20 degrees cancels the ride. Co-listed with TIME'S UP! and The Weekday Cyclists.

Saturday, December 15

A19 50 +/-MI 10:00 AM
Nyack and Back

Leader: Jack Lehnert (718) 884-6437 JSL7@Georgetown.edu
From: The Boathouse

Quick out and back. Paceline skills a must and riders must know their way to Nyack and back. Rain or freezing temperatures cancels. Call before 8:45 if in doubt.

B16/17 50+/- MI 10:00 AM
No Cue Sheet Required: White Plains

Leader: Wayne Wright (212) 873-7103 writewayne@aol.com
From: The Boathouse

Your basic out-and-back to White Plains. Lunch indoors. Precip, wet roads or temp <=32 on NY1 at 9:00 am cancels.

C13 35 MI 9:30 AM
Back by Two

Leader: Gary McGraime (212) 877-4257
From: The Boathouse

Hills on River Road and return via 9W. We'll enjoy a breakfast stop at the Cliffside Diner OR we may skip River Road/9W and head in the opposite direction to Yohans (I'm sure that is not the correct spelling) for coffee and Japanese pastries along the Jersey waterfront. Twist my arm OR call me the day before. The usual cancels.

Sunday, December 16

A19 55 MI 9:15 AM
Back by One

Leader: Gary McGraime (212) 877-4257
From: The Boathouse

We'll do the back way to Nyack, hit some hills and make a brief stop you know where for coffee. Saddle up and return via 9W for an early return. The usual cancels.

B16 60 MI 10:00 AM
Nanuet

Leader: Peter O'Reilly (212) 414-1937 ptor@prodigy.net
From: Starbucks at 60th St. & Broadway

This ride is a nice alternative to Nyack. Our destination is a little red brick building which serves distinctive thin crust pizza. Due to time of year restrictions (TYR, for short), intermittent stops will be kept to a minimum. Wet stuff (precip. or roads), severe wind chill or temp. below 40 - ride cancels. Please note the start location and sleep friendly, time-to-warm-up start time.

B/C14 30/35 MI 10:30 AM
Introduction to Audax

Leader: Karl Dittebrandt (212) 925-9854
From: Manhattan side of the GW Bridge @ 10:30 AM
 See description on December 2

C13 25/35 MI 10:00 AM
Bike or Hike Series #2 - Westchester OR Ft. Tryon Park

Leader: Maggie Clarke (212) 567-8272

mclarke@shiva.hunter.cuny.edu

From: If cycling: Meet at benches at the edge of Isham Park - "A" train to 207th St., then walk 1.5 blocks north past Isham St. to the park benches on Broadway OR If walking (weather cancels cycling): Meet at the RING Garden, Dyckman - 200th St "A" train stop and Broadway. The garden is on the west side of this intersection.

Last winter when it was too cold or icy to cycle, a few of us walked the paved paths of the huge wooded parks of uppermost Manhattan to keep in shape. These hilly parks afford fantastic views, and a chance to commune with nature. But since our first preference is to ride, I'm listing this as a ride. This week we will do a ride to Westchester - maybe Scarsdale or White Plains (the focus being on nice scenery). Helmets required on bike ride. If weather conditions dictate cancellation, we won't cancel, but instead will walk the hills of upper Manhattan for a few hours (bring your camera!). This week, if weather cancels, we'll head into Ft. Tryon Park (the Cloisters!!!). Cycling Cancellation conditions: If the starting wind chill temperature is below freezing (32 degrees), the roads are icy or 50% chance of precip, we'll walk. If in any doubt, call after 8 am the morning of the ride/walk.

C12 25 MI 10:00 AM

Frostbite Series #3: A Medieval Pre-Christmas

Leader: Alfredo Garcia (212) 802-2441 <mailto:cyclistxxiii@yahoo.com>
From: City Hall

A mostly flat ride to the Cloisters, a series of European monasteries brought here brick-by-brick. View beautiful tapestries, stained glass, chalices & unicorns of the Middle Ages. See awesome yet serene views of the Hudson. Lunch at Ft. Tryon Park Restaurant. Bring lock, \$ for food and contribution to the museum. Check the <http://www.metmuseum.org> website. Co-listed with 5BBC & TA, helmets required.

Saturday, December 22

A 19 55+/-MI 9:30 AM

Nyack via Bradley & Tweed

Leader: Hank Schiffman (212) 529-9082 schiffhank@aol.com
From: The Boathouse

Perhaps it will be a late or mild winter this year. Perhaps we'll find a winning lottery ticket on the road. The real question is who will make it up Tweed first. If in doubt about the weather or road conditions I'll post a cancellation on the message board but you can call me before 9 AM.

B15/16 50+/-MI 9.30 AM

Destination Unknown

Leaders: By group decision
From: The Boathouse

Destination Undecided. We'll see what the weather is like and decide that day. Bad weather cancels.

C12 23 MI 9:15 AM to catch

Bike Chocolate

Leader: Alfredo Garcia (212) 802-2441 <mailto:cyclistxxiii@yahoo.com>
From: South Ferry vehicle entrance (9:30 AM Boat)

Life can be sweet, baby. Pedal to Superior Confections outlet store for last-minute gifts. We may skip lunch to get the ferry back to Manhattan, but you never know. Bring \$ for gooey chocolates and empty pannier. Rain, snow, ice and freezing temperatures 32 degrees Fahrenheit & below cancels. Check out the <http://www.superiorconfections.com> website. Co-listed with 5BBC & TA, helmets required.

Sunday, December 23

A19? Use this link to submit your e-ride by Dec 16.

<http://www.nycc.org/listride.html>

B16 35 MI 10:00 AM

Hoboken & Jersey City

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

From: The Boathouse

Numerous bailouts (by bike, PATH & ferries) to escape cold weather, do last minute shopping or attend Xmas parties. Extreme weather conditions cancels.

B/C14 30/35 MI 10:30 AM

Introduction to Audax

Leader: Karl Dittebrandt (212) 925-9854

From: Manhattan side of the GW Bridge @ 10:30 AM

See description on December 2

C12/13 25+/- MI 4:00 PM

"Lights in the Heights" in Dyker Heights, Brooklyn

Leader: Trudy Hutter (212) 838-2141

From: City Hall, SW corner of Chambers and Centre Street / Park Row, across from the entrance to the Brooklyn Bridge (by Horace Greeley Statue) OR at 4:45 PM at 3rd St. Prospect Park West (entrance to Prospect Park) in Brooklyn.

See description on December 14

C12 25 MI 10:00 AM

Frost Bite #4: Xmas Lights in Dyker Heights and Dim Sum.

Leader: TBA

From: City Hall

Cycle on a 19th century bridge to see bigger-than-life holiday motifs that make this Brooklyn community stand out. Feast on Chinese cuisine. Bring a lock and \$ for lunch. Check out the <http://www.dykerheights.com> website. Co-listed with 5BBC & TA, helmets required.

Saturday, December 29

A19? Use this link to submit your e ride by Dec 23.

<http://www.nycc.org/listride.html>

B15/16 50 MI 9.30 AM

Destination You decide

Leaders: By group decision

From: Boathouse

Destination Undecided. Let's get together and decide where to ride on the very last Saturday of the year.

Sunday, December 30

A18 55+/-MI 9:00 AM

Spontaneous Destination

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

From: The Boathouse

Don't know where we're going but we'll have fun getting there. Don't let the schmoozy pace fool you, we will ride in a paceline and observe all the proper etiquette. Precipitation cancels as do temps below 30 at ride time.

(Continued on Page 8)

(Continued from Page 7)

B/C14 30/35 MI 10:30 AM**Introduction to Audax****Leader:** Karl Dittebrandt (212) 925-9854**From:** Manhattan side of the GW Bridge @ 10:30 AM

See description on December 2

C12 25 MI 10:00 AM**Frostbite #5 — Sheepshead Bay and Beyond****Leader:** TBA**From:** City Hall

One of the final rides of 2001. Ramble to some nice parts of Brooklyn. Have lunch at Sheepshead Bay and then check out the Shore Parkway greenway past Floyd Bennett Field greenway for a lovely time. You can print out a PDF-file NYC greenway map at <http://www.ci.nyc.ny.us/html/dcp/pdf/greenway.pdf> Co-led with 5BBC & TA, helmets required.

A/B/C First Snowshoe SIG activity**1. Sign up in advance via e-mail to nyccsnowshoe@att.net.****2. Each week, sign-in via e-mail before Thursday 6:00 pm in order to participate.**

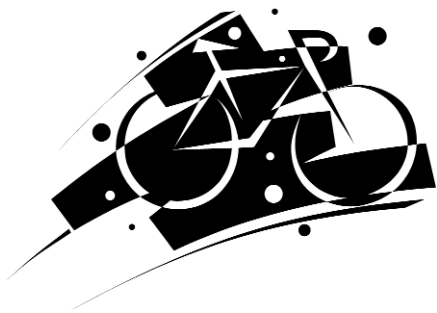
The Snowshoe SIG meets every Sunday. More details elsewhere in "Out of Bounds" section of the bulletin.

Tuesday, January 1, 2002**A17 55 MI 10:00 AM****Annual New Year's Day Ride****Leader:** Marty Wolf (212) 935-1460 WolfMarty@msn.com**From:** The Boathouse

The "Start the New Year Right" ride. A chance to get off on an easy-paced start. Brunch in White Plains at the Sea Star Diner. Obvious cancels.

Sunday, January 6**C12 25 MI 10:00 AM****Frost Bite #6 — New York Botanical Garden.****Leader:** TBA**From:** Plaza Hotel (near Pulitzer Fountain @ 59th St. & 5th Ave.)

Memories of green. A perennial trek to see robust and delicate trees, flowers and other plants. Smell the sweet aromas of Spring (which is months away). Possible visits to Snuff Mill Cafe and renowned Haupt Conservatory. Take along a bike lock, \$ for admission (6.50 for grounds/conservatory; 3.00 for grounds only.), lunch, maybe gifts. If you did the Tour de Bronx and got a complimentary ticket, you get in free. Co-led with NYCC. Check out the <http://www.nybg.org> website. Co-listed with 5BBC & TA, helmets required. Bring Metro North bike permit just in case.

**Out of Bounds****Snowshoe SIG Starts December 30th**

Too cold to bike? Don't like riding in snow? Ski slope too far for a day trip? Here's a new and exciting way to freeze your fingers, ears and feet this winter. Snowshoeing!

Every Sunday, starting December 30th, we'll glide over some of the most beautiful terrain in Harriman, Bear Mountain, and other nearby parks. And, when there's not enough snow, we'll hike and climb some of the same exquisite trails. Marilyn and Ken Weissman (212) 222-5527 will coordinate the initial weeks. Here's how it works.

1. Sign up for the SIG via e-mail to nyccsnowshoe@att.net.
2. Each week you want to participate, sign-in via e-mail before Thursday 6:00 pm.
3. Please supply your e-mail address and phone number.
4. Indicate if you can supply a car: Ken's car carries five. The car-to-participant ratio by Thursday, 6:00 PM dictates bus/train/car transportation: the more cars, the more available trails.
5. First weekly sign-in gets first dibs on transportation.

You'll need layered clothing, waterproof boots, gaiters, snowshoes, poles, water and food. A pair of creepers (walking on ice) are helpful on hiking days. Snowshoes can be rented at EMS in NYC and N.J., but call early in the week as they're usually sold-out by the weekend. About \$250 at Campmor or EMS buys a more-than-adequate outfit of snowshoes, poles, gaiters, and creepers: they'll serve you for years. More info available in response to your e-mail inquiry.

Apologies if you responded to the announcement in November's Bulletin and have not received a response. The demise of an e-mail vendor caused the loss of some responses. As we don't expect to lose AT&T in the near-term, please e-mail again to nyccsnowshoe@att.net for a prompt response.

NEW

A MEMBERSHIP NUMBER appears to the right of your name on the label of this bulletin. This number is **very important** — you will need this number to renew online. Please see accompanying article in this issue of the Bulletin.

**RENEW ONLINE
USE YOUR NUMBER**

November Election Results

Board of Directors

President:	Tom Laskey
VP Rides:	Fred Steinberg
VP Programs:	Open
Special Events Coordinator:	Lauren Grushkin
Treasurer:	Ira Mitchneck
Secretary:	Carol Waaser
Membership Director:	Eileen Crowley
Public Relations:	Cathy Martone
Bulletin Editor:	David Getlen
A Rides Coordinator:	John Vazquez
B Rides Coordinator:	Stan Oldak
C Rides Coordinator:	Robert Gray
Volunteer Coordinator:	Open

ITEM: The board proposes to raise the yearly dues for single member ships to \$24.00 and Couple memberships to \$30.00. The board further proposes to offer a discount of \$3.00 for single and couples member ships if they are registered via the internet using active.com.

Approved

Best Dressed Man:	Tony Nappi
Best Dressed Woman:	Tie: Cathy Martone, Frances Harrison, Linda Nappi
Most Improved Man:	Doug Parent
Most Improved Woman:	Marcy Bloomenstein
Comeback Rider of the Year:	Trudy Hutter
Best Cycling Couple:	Hannah & John Vazquez
Best Ride Leader:	Fred Steinberg
Best Food Destination:	Mt. Ivey Diner
Fastest Flat-Fixer:	Ed Fishkin
Most Shameless Gear-Head:	Tie: Herb Dershowitz, Evan Marks
Best Retrogrouch:	Todd Brilliant
Best Wheel (to Follow in a Paceline):	Frank Grazioli

Classified Advertising

Climb the Alps

Ever dreamt of climbing Alpe d'Huez ? Now is your chance ! Together with Cycletours (www.cycletours.com), a tour company with 20 years of experience in cycling trips in France, I am organising a one week excursion to the French Alps. We will climb many famous passes and experience somebreathhtaking scenery. We are also looking into the possibility of including the arrival of a Tour de France stage in the schedule. In the evenings we will stay in comfortable country inns and enjoy the local cuisine.

In brief:

- Depart from NYC on Friday night August 2nd, 2002, return on Sunday August 11th.
- Seven cycling days. Stages range from 35-85 miles, with up to three major passes per stage. Shorter/easier routes are available on some days.
- Full van support.
- Accommodations: small local inns in typical French mountain vil lages.
- Food: Breakfast and dinner are included. Portions will be geared towards hard working cyclists !
- Depart by train to Paris airport on Sunday 11th and back to NYC that day.
- Price will be around \$ 1000 excluding airfare.

For more information, contact **Pieter Maessen at 646-207-5593** or pieter.maessen@abnamro.com .

Majorca, Spain Cycling Camp:

3/16 to 3/30/2002; superior location!!!; hundreds of miles of country roads; flat, rolling, and mountainous terrain; first-class accommodations; great food; affordable; personal service; NYCC references. For details visit: www.MajorcaCycling.com or call Hajo Thiele at 914-833-1456

For Sale -

Classic Italian Bike — 55cm (c-c) Benotto, 1979 all original Campagnolo Super Record components, Ti BB & pedal spindals, very clean. \$900. Contact: 212-755-3418 or banjodoc@earthlink.net.

Pair of Speedplay x/1 pedals (ti axle) very good condition w/unused cleats. \$100.-. Pair for Carnac Ellipse road shoes, size 43, have inserts for Look, Speedplay and SPD, other inserts available for other road pedals. \$100.-. Larry 1212-304-8503, anytime.

December 9 Newsday

Readers of Newsday should be on the alert for the December 9 edition. On that day, Newsday will be including NYCC in their "Long Island Outdoors" pullout section (Queens and Long Island editions). They will be including information on the SIG's, weekly rides, ENY and monthly meetings. Our thanks to Stan Oldak for the contact.

Remembering Mark Martinez

I first rode with Mark in the spring of 1990 when we signed up for the A-SIG. At that time we had both experienced loss. We had each been in a relationship that didn't work out as we had hoped and we had each given up keeping a motorcycle after moving to the City. We found in the New York Cycle Club renewed enthusiasm for cycling and made many new friends.

The A-SIG was a wonderful thing that Christy and the other leaders did for the Club. There were a lot of "new faces" that showed up for the SIG. Margaret was one, and since her husband, Jeff, didn't wait for her we often ended up riding together. And though Mark was, even then, a stronger rider he would slow down and ride with us, if nothing else, because I knew the way home. We both became better riders, Mark a *much* better rider. While we both "graduated" from the SIG, I was thankful the graduation ride was the relatively flat Montauk Century. Mark wanted something more challenging even suggesting a team trial. I think he was disappointed that we didn't climb Bear Mountain.

Mark always had a ready quip. When I was the editor of the *Bulletin*, I was always badgering my friends to write something for it. Mark started a regular column, "*Out of the Saddle*," which added some much needed humor. He wrote whole columns about shaving his legs and reading maps. A self-professed "retro grouch," he would rail against Shimano's market domination. Who else could come up with "Sirens of Titanium?"

Mark served the Club as A Rides coordinator in 1992 and VP of Rides in 1993. But mostly, Mark led rides. Probably more than a hundred rides over the decade he was active with the Club. He led everything from beer runs to centuries. It seems he always led rides to and from Sheffield. I always drove. Often I would carry his bags up for him. As thanks he'd give me a six pack of a good dark beer, which we would share on the porch of the Orchard Shade.

We were always amused when people would mistake us for one another. While we were both bearded and six feet tall, Mark was always quite thin, and I'm, well, not. We both met our wives through the Club. I met Rachel at a Club meeting; Mark met his wife, Alison, on a ride I think. She took wonderful care of him.

For over ten years, Mark was always the friend I would call for advice when I had any question about cycling. And he would always listen to my tales of adventure when I came back from a cycling trip. Mark was a year younger than I was, a fact he never tired of pointing out. He was much too young to leave us.

When I edited the NYCC Bulletin, Mark used to occasionally write a wonderfully witty column. I treasure his wit and wisdom, and was thinking I might see if I still have some of those old writings and whether they might be re-published in the Bulletin. Mark was one of my favorite people in the club.

Steve Baron

I am so sad I don't know what to say right now. I ran into Mark not 3 weeks ago in Nyack. He was one of the nicest people I have ever met in my life.

Frank Grazioli

I must have known Mark for, what, 12 years? Rode with him, ate with him, stood on front of a judge with him. I'll miss him. All my best to Alison and ther families.

Don Montalvo

It's hard to find the words today. I hope we'll all get together soon to share feelings and Mark stories. Can't believe he's gone... Mark was truly a force of nature.

Karin Fantus

I will miss Mark so much. I felt optimistic that Mark would survive this. I think now, more, we should all give Alison a mucg support as she needs.

Liane Montesa

NEW MEMBERSHIP NUMBERS

You'll notice a number to the right of your name on the label of this bulletin. It will be a number between 1 and 3000. This is your membership number. (And, no, there's no rhyme nor reason as to who has a low number and who has a high number.) The important thing is: **you will need this number to renew online through Active.com.**

We have redesigned our database to try and make life a little easier for the new Membership Director. If you use the number while renewing online, our computer program will automatically update your existing record. If you don't use the number, your registration will be treated as a new member, putting a duplicate record into the database (a pain in the butt for poor Eileen). If you renew by snail mail, it means hand entry for Eileen. (BTW, we now have over 1700 members!) As an incentive for you to use the number and renew online, you will get a \$3.00 discount off your annual dues. With dues going up this year, you'll be able to keep your dues at the current rate of \$21.00 for an individual or \$27.00 for a couple if you renew online using your number.

We know we're asking a lot, and we know some of you don't have internet access, but the Club is run by volunteers who also lead busy lives. We need to do everything we can to make the volunteer positions easier.

Thank you in advance for your cooperation.

Your Board

Well, we're happy to report that most of you have taken the mayor's advice to heart and have gotten back on the bikes we were all thrown off of on 911. Alas, life will never be what it was, especially for those who lost people near and dear, but at least we've been able to find comfort in a familiar activity and friendly, familiar faces. Thanks for writing. Keep up the good work!

Rites of Fall Right smack dab in the middle of the annual Columbus Day weekend in Phoenicia, **Alison Galante** went and had a birthday. Now she and **El Jefe** are the same age – 37 – according to his biographer (or would that be autobiographer?). ... Although there was much to celebrate after the rain let up that weekend, **Beth Renaud** managed to keep her Dionysian tendencies in check. Alas, spectators were not treated to a performance of her off-road specialty — bar-top dancing — which she perfected at **Hanna**

Robson's pre-wedding-nuptials gal bash way back in September. Rumor has it that a video may be in the works. ... Meanwhile, the weekend before, **Anne Grossman** was busy giving a performance of her own. They call it birth, and the curtain didn't come down until 18 hours (!) after she went into labor, when Julia Toby Freund finally decided to make an appearance. Hubbie **Emil Freund** kept the encouragement coming, telling Anne that if she was tough enough for a double century, she was certainly tough enough to endure never-ending labor. Ha! Men! Ask Anne, and she'll tell you a double century is a breeze in comparison.

Presidential Pardon? The scene: The annual New Haven-to-Grand Central Pizza-Scarving Fest (aka, the Connecticut Shoreline Ride), on Oct. 28. The crime: Missing turns and having to double back, humiliating himself in front of B's and C's. The alleged perpetrator: An oboe-playing A-ride leader who holds a lofty elective office. Personally, whether guilty as charged, we think that the very un-A-like behavior he shamefully exhibited in full view of other clubbies is punishment enough and demand that the charges against him be dropped. ... Meanwhile, **Linda Wintner** boldly let the Audax group (with critiques — all constructive, we're sure — from **Karl "More Miles Are Never Enough" Ditterbrandt**) and missed only one turn. (Hey, we did this ride last year, in the snow, and one turn can be all it takes!) **Gary McGraime** took charge of the C's and experienced only one, minor, "Oops, where am I?" while **Carol Wasser** led a flawless B-ride — funny what scouting a route twice in the recent past can do for your ride-leading performance, eh? All in all, it seems to have been a very fine day. The trees were in full fall splendor, the sound was a sparkling blue, the air was crisp but not frigid, and the pizza was as good as ever. The only real disappointment? There were no sightings of Beth Renaud dancing on bar tops.

Getting Her Man On a B-ride in Westchester sometime between now and before, **Flo Grant** was unceremoniously downed by a careless motorist. Thankfully, neither she nor her steed were seriously hurt (and **Doc Fishkin** was there to check them both out), but **Stefan Grant** chased after the sleezy scene-fleeing driver. (We're sure if Beth Renaud had been dancing on a bar top, he would've stuck around.) The scene being downtown Scarsdale, Stefan got Flo's man and found a bicycle cop (how appropriate) to write him up. Lock up the scumbag, throw away the keys, and put him on a diet of Cliff bars and Gatorade, we say. No, Cliff bars are too good for him.

Losing Our Man (and His Woman) Well, they fled from the inferno of the WTC (and how glad we are they did!), but now it seems that **Spencer "If There's a Prettier, More Curvaceous Route From A to B, I'll Scout It" Koromilas** and his squeezable squeeze, **Marie-Christine Bellon**

ROAD DIRT

Send tips to: roaddirt@nycc.org

Manzi, are fleeing NYC itself (Together! Well, we can, if we must, celebrate that part!) ... for Montreal, Marie-Christine's hometown. We're beside ourselves with, Woe is us! To lose such a cuddly treasure. (Sorry, M-C, but we were there first.) Not to mention such a prolific ride leader, the epitome of NYCC spirit. Who can possibly fill those Sidi's? Who's gonna lead us hither and yon, yon and hither, so gaily, so delightfully? What's a lobster ride without the chief pincher? Whoops, we meant pincer. Who's Beth Renaud gonna dance on bar tops with?

Way to Go, Joe! Not too long ago, **Joe Ahearn**, a newbie to the wonderful world of cycling, asked **Richard Kaufman** for some tips on how to improve. Rich took him on a few rides, made some suggestions for training over the winter, and told him to do the A-SIG. Well, he did the SIG with a vengeance.

Afterward, tired of being dropped by his protégé Joe on every hill, rise, or speed bump, Rich told him to cool his jets. No, not really. Recognizing the power of Joe's inner engine, Rich encouraged him to get on the truly fast track with CRCA and offered yet more advice, this time on racing strategy. Well, Joe's first race saw him finishing in the lead group. No easy feat, that. Most first-time-outers are duly humbled and limp to the finish line lucky to have any bikes still in view ahead of them. But it gets even better. Joe actually won his second race ... and his third, with a breakaway on the last lap before 72nd St. His fourth race, the pack wouldn't let his breakaway go, but he won anyway, outsprinting all up Cat's Paw Hill. That'll show 'em! So, now that the season's over, how about leading a ride, Joe, a little SIG payback? A quick spin up Little Tor, an easy up-and-over Gate Hill Road after lunch, then a Perkins detour for the view before heading home? If Beth Renaud promises to dance on your bar top?

Big Ron Takes on the Monster Oscillation It all started out on the train to Beacon, where it became evident to some by the riders present that what was meant to be **Peter Walker** and **Ron Roth's** sane-but-not-too 110-mile mid-September jaunt to Storm King was in all likelihood gonna turn into a battle for the land-speed record. To start, the ride got bollixed by no access to West Point without photo ID's (take heed, all), so the group took 218. Only to find it closed going up Storm King Highway. Soooooo, you wanna know what 9W instead of SKH is like? It's terrific — a steady one-and-three-quarter-mile climb with a great view from on high. And that's when the troops started getting restless. First there was the fight to be first up, then the fight to be first down. Then the ride became two rides. After some more hitting and missing with routes, both groups managed to rendezvous at the Bloomberg Diner, although the "frequent fliers" were practically finished with their meal when the "fast is fast enoughs" sat down. There was some minor shuffling of riding companions, and **Bill Greene**, **Cidney Schultz**, **John Zenkus**, a Dutch guy named **Peter**, and **Tom Comporado** took off at lightning speed. Deciding that they weren't interested in breaking the sound barrier, **Timothy McCarthy** (still all bandaged up from his skin peel on Little Tor just a coupla weeks back), **Greg Cohen**, **Dave** and **Midori** (who both appear to be last-name-less) took off with Ron and Peter. At one point, with Dave and Midori opting for an easier out, the group rode South Gulley up to Cragmoor. Up was no problem. But on the way down, with Timbo in front doing a breezy 43 mph, Ron, passing him, developed a shimmy in his front end. His bicycle's, that is. The handlebars were shaking violently from side to side, nearly 45 degrees off-center each time. Yeeeeow!

(Continued on Page 14)

GED Diploma

**“Well,
I guess this means I don’t graduate.”**

I’ve been told that I said this while being lifted from the asphalt of 9W and loaded into the ambulance, just 30 miles after starting the graduation ride. It only seemed logical that collision with an oncoming motor vehicle violated the unwritten standards expected of an A-SIG Classic rider. Through a single circumstance following over 12 weeks of concentrated cycling, I had blown it on the final exam. A week in the hospital would be my detention hall, a mark on the permanent record.

Following some recuperation away from the bike, a plan was charted to attempt Bear Mountain before winter arrived. How well the schedule could be maintained was unknown since healing and training would overlap and challenge one another. Each day and week would be an individual milestone. The first time back on the bike was Independence Day with an easy 10 mile spin through Brooklyn.

The weeks passed and mileage slowly increased. By fortunate coincidence, it seemed that I encountered fellow riders on almost every outing no matter the destination or time of day. Brooklyn, Manhattan, the Bronx, New Jersey, State Line, Connecticut.... you guys are everywhere. Recognizing the person or the bicycle really did not matter, the end result was equal.

Memorable deeds were also completed in those weeks. Near the end of one ride, a run-away dog was chased down and caught. On another, emergency repairs were provided for an 8 year-old girl’s bicycle tire (she was stranded 5 blocks from home and about to cry, what could I do?). Quality time to supplement quality miles.

On October 27th, the GED ride to Bear Mountain was completed against a backdrop of fall color. It was quite a beautiful and speedy ride despite the fact that a tailwind eluded the group for most of the day. Beyond properly completing the SIG, it was the first time I have spent every daylight hour riding. The day’s start and end was distinctly marked by sunrise and sunset while crossing the Brooklyn Bridge. Everyone’s participation is sincerely appreciated and I am glad that so many were able to join the ceremonies:

Dave Grogan escorted us out of NYC;

Christy Guzzetta and Jody Saylor verified arrival at the top of the mountain;

Tim McCarthy, Seth Prince, Joe Ahearn and Frank Grazioli provided stable wheels and pull over every crest;

David Smith of the A19 SIG kept the “Classicists” in line; and as an unexpected surprise, Damon and Sandy Hart played the role of press core and/or fanatical fans by photographing the group from the roadside as we blazed through a shallow valley along Seven Bridges Road.

Every member of this year’s ASIG deserves special thanks for their actions and contributions in the weeks and months following the crash. Continued contact and well-wishes from the group are heartily appreciated. I have spoken with almost every member via email, telephone, in person, or eventually, on the road. My wife and parents deserve even higher mention for their deeds during the past months. Bear Mountain would have been impossible otherwise.

As it states at the General Education Department website,
“Congratulations on taking one of the most important steps of your life—earning your GED diploma!? Yippee! Who knows what lies ahead.

Thanks again to all.

Scott

“freewheeling” 2002 calendar



order online at
www.shankpro.com

also available at TOGA



On a Final Note:

Of course, this feel-good cycling recount begs the question, “How does Lance figure into this?” Six weeks before the crash, I participated in the Ride for the Roses in Austin. Bloodied by the accident and cut to pieces by the hospital staff, the jersey from the event was ruined. Eager to assist, my dad visited the Lance Armstrong Foundation to find a replacement. After learning the situation, the staff at LAF rummaged through a stockpile of remaining boxes in the storeroom and managed to find one last jersey. It was shipped to NYC, no questions, no charge. The protective plastic bag was opened October 27 at 5:30am.

NEW MEMBERSHIP NUMBERS

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We know we’re asking a lot, and we know some of you don’t have internet access, but the Club is run by volunteers who also lead busy lives. We need to do everything we can to make the volunteer positions easier
Thank you in advance for your cooperation.

Your Board

THE FIRST EVER NEW YORK JEWISH ENVIRONMENTAL BIKE RIDE CYCLES TRIUMPHANTLY INTO MANHATTAN, DESPITE THE EVENTS OF SEPTEMBER 11.

Diverse group of riders – aged 12 to 69 – have an “amazing, unbelievable” time.

The first-ever New York Jewish Environmental Bike Ride rode into Manhattan on Columbus Day, during the Jewish fall harvest festival of Succot, after a two-day, 100-mile journey. The Ride, from Kingston to Manhattan, was to mobilize the Jewish community toward greater environmental awareness.

Riders ranged in age from 12 to 69, and came from Buenos Aires, San Francisco, Minneapolis, Philadelphia, and Chicago in addition to many parts of NJ and NY. Jewish communal leaders who participated in the Ride included David Arnow, a main board member of the New York UJA-Federation, Ruth Messinger, President of American Jewish World Service and former Manhattan Borough President, and Rabbi Gordon Tucker of Temple Israel Center in White Plains, former Dean of the Jewish Theological Seminary.

Riders were exhilarated and delighted by the Ride. As one put it, “This kind of initiative is a unique new way for Jews to engage in Torah, physical activity and community building. I hope that the Ride flourishes every year!”

Shira Brafman, 22 years old and an inexperienced cyclist, rode much of the way the first day (a challenging 74-mile ride) with Ella Mogilevsky, at 69 a grandmother and the oldest rider. Brafman said, “it was the most unbelievable experience. I was amazed by her incredible enthusiasm and endurance through the trip. When I was behind she waited for me and before every large hill, which were the parts I got nervous about, she gave me a pep talk. We stopped to talk every few miles, and when she got tired I just kept telling her how incredible and strong she was and how inspired I was by her. At the end of the day she gave me a huge hug and told me I was the reason she got through the ride. I felt the same way about her.”

The route, plotted by long-time NYCC member Karin Fantus, was outstanding. Through apple orchards, over three bridges, through the beautiful Hudson Valley during peak fall foliage, riders were all thrilled with the beauty of the route. The Ride took place during the intermediate days of Succot, a time when Jews eat out in succahs (temporary dwellings), and think more consciously about their connection with their physical environment. Led by the Coalition on the Environment & Jewish Life (COEJL), the Jewish community has recently become more involved in environmental issues generally.

The Ride clearly hit an important chord. As one rider put it, “I was able to meet and have incredible conversations about Judaism and environmentalism with people of all ages and from all different religious backgrounds. We were a real community – I felt moved by the way all of the riders took care of each other throughout the Ride.”

The Ride’s founder, Nigel Savage (a member of NYCC), last summer led a first-ever Cross-USA Jewish Environmental Bike Ride, in which riders cycled over 3000 miles, taught in 47 different Jewish communities, and ended at the White House, where they won a national award from the EPA for their work. Savage said, “we were delighted with the success of this first New York Ride. In a single event we were brought disparate parts of the Jewish community together, took an important first step toward building a Jewish environmental affiliate of COEJL in New York, and demonstrated how great the bicycle is as a means of transportation. We’re planning to make the Ride an annual event – and any NYCC member who’s interested in joining us next year should email me at nigel@hazon.org.... J”

Welcome to our Newest Members

Amron, Michael
Beslow, William
Birchard, Sally
Birchard, Thomas
Bowles, Alison
Chan, Victor Chi Wai
Cleveland, Tracey
Cohen, Cheryl
Col, Sonia
Diamond, Lewis
Diaz, Luis
Finton, Daniel
Freeman, Nancy
Garnett, Alvester
Heaner, Martica
Jacobstein, Josh
Leonard, John
Lichtenstein, Mark
Lincoln, Michael

Maddalena, Aimee
Mandelbaum, David
McGauran, Philip
McIntosh, Dennis
O’Keefe, Teryl
Ott, David
Polakas, John
Self, Daniel
Sheils, Merry
Stutman, Marc
Susmano, Irene
Tobin, John
Todd, Sharon
Tracey, Jody
van Dijk, Rudolf
Wade, Alicia
Wagner, Ruth
Walsh, Katherine
Wang, Mei

Letters to the Editor

LETTER RESPONDING TO BILL VOJTECH’S LETTER IN THE OCT. BULLETIN

I took to heart Bill Vojtech’s criticisms of the club jersey design.

With a proper eye towards safety, he said the colors of the jersey were not very visible, so I wrote the highway commissioner to admonish him for using white stripes on the roads, guard rails, and highway signs and red for stop signs and stop lights. I wrote the police commissioner for using white on the gloves of people directing traffic. And I wrote the head of the AAA for using white on street crossing guard sashes and belts.

Bill said the Statue of Liberty was not a symbol of New York but, like Mt. Rushmore, was a national symbol, so I wrote a letter to the NY State Secretary of State and the head of the DMV, admonishing them for using the Statue of Liberty on NYS license plates.

Then, because I took Bill’s criticism seriously, I went to Mt. Rushmore in South Dakota to buy some postcards of the Statue of Liberty. Darn! I couldn’t find any. My search then carried me to Philadelphia and the Liberty Bell and Independence Hall. Again, no luck: not a single postcard of the Statue of Liberty. Well, I thought, for sure I would be able to get one in Washington. Wouldn’t you know it? My tough luck: again, not a one at the Washington Monument, the Lincoln Memorial, the Capitol, or the White House. I thought, hey, maybe I’m going about this wrong. Bill is right: the Statute of Liberty IS a national symbol, so I went to Decorah, Iowa, certain there would be a selection of cards of the Statue of Liberty, Mt. Rushmore, and the Washington Monument. My tough luck: it wasn’t even corn season.

I returned to NYC dejected as all get out, then thought, heck, I should have bought postcards of those national monuments, so I shopped all over New York for cards showing Mt. Rushmore, the Lincoln Memorial, the Washington Monument, the Capitol, and the White House. Well, I guess you’re ahead of me. Couldn’t find a one. I’ll keep looking, ‘though, because I know Bill must be right.

Richard Rosenthal

Making the Grade

Average grades, unless noted, of hills in our region.

Compiled by Hank Schiffman

	<u>Distance</u>	<u>Rise</u>	<u>Grade</u>
Manhattan			
Harlem Hill - Central Park	.32 miles	84' rise	4.4%
!65 th St hill - Riverside Dr/Ft Wash Ave	.09 mile	40' rise	8.4%
Bronx			
Riverdale Ave - W230 th St/W239 th St	.68 mile	150' rise	4.2%
Staten Island			
Grymes Hill- Terrace	.38 mile	230' rise	11.5%
Bergen			
Alpine Hill - to change in grade at top	1.07 miles	400' rise	7.1%
Churchill	.69 mile	240' rise	6.6%
Closter Dock - 501/crest at Ridge	1.97 miles	415' rise	4.0%
E Clinton - Dean/crest s of Woodland	1.13 miles	340' rise	5.7%
E Clinton - Old Smith/crest s of Woodland	.52 mile	225' rise	8.2%
Speer	.33 mile	198' rise	11.4%
Walnut - from Lydecker	.55 mile	190' rise	6.5%
Westchester			
Roaring Brook Rd	.75 miles	337' rise	8.5%
Whippoorwill Rd to top from 120	2.57 miles	298' rise	2.2%
Whippoorwill Rd -1st mile from 120	1.0 mile	200' rise	3.8%
Whippoorwill Crossing	1.42 miles	292' rise	3.9%
Whippoorwill from 117 - steep section only	.85 miles	306' rise	6.8%
Whippoorwill Rd East - steep section only	.52 miles	200' rise	7.3%
Hardscrabble Rd -120/top of 1 st hill	0.7 mile	210' rise	5.7%
Hardscrabble Rd - from 120, start	0.1 mile	50' rise	9.5%
Rockland			
Ash - to divide just short of 9W	.32 miles	205' rise	12.1%
Little Tor	.8 miles	420' rise	9.94%
South Mtn Rd to the Orchards	1.6 miles	360' rise	4.3%
S Mtn Rd Orchards Hill - steep section	.69 mile	240' rise	6.6%
Rt 106 - rise w of CentralHwy/Lake Welch	4.85 miles	960' rise	3.7%
State Line Hill - Oak Tree/crest at state line	.57 mile	167' rise	5.5%
Gate Hill to Lake Welch	1.45 miles	520' rise	6.8%
Gate Hill to Rt 106 junction	.61 mile	320' rise	9.9%
7 Lakes Dr - Bear Mtn Inn Cir/start Perkins	1.8 miles	428' rise	4.5%
Perkins	2.1 miles	660' rise	6.0%
Orange			
Hogback Mtn - east to west	2.2 miles	685' rise	6.9%
Mt Peter - east to west	1.6 miles	547' rise	6.4%
Ulster			
Mohonk - west(6/6A) to east(top)	1.91 miles	713' rise	7.1%
Minnewaska - 299/Trapps Bridge(1 st crest)	1.41 miles	468' rise	6.3%
Minnewaska - hairpin/Trapps Bridge	.57 mile	218' rise	7.2%
Minnewaska - Berm Rd/Lake Minnewaska	5.49 miles	1122' rise	3.9%
Sullivan			
Glade Hill Rd	1.9 miles	1259' rise	12.5%

Club Photos



Conncticut Shoreline Ride, October 28 - The "C" group across from the shoreline of the Thimble Islands

Photograph by Maggie Clarke



Connecticut Shoreline Ride, October 28 - Riders crowded into train for return to Grand Central Station

(Photograph by Jim Conley)

Road Dirt (Continued from Page 11)

Fortunately (or, "un," we're not sure), being a daredevil motorcycle rider has taught him a thing or two about doing the front-end shimmy at speed.

He tried to stay cool. Tried to wrestle the oscillation away. Tried feathering (very important word, for future, we hope not, reference) his brakes. Eventually, thanks to a combination of patient, progressive application of rear brakes, strong arms, and good luck, Ron brought the bike to a halt – although a lesser mortal would've been on the ground writhing by then. To give you an idea of how violently his bicycle had been shaking, one of his water bottles had fallen out! And don't forget, he was going DOWNHILL ... at speed! Proof of what a bad time he'd been through could be gleaned from the looks of horror still frozen on the faces of all those in attendance. Well, all we can say is, if Ron winning the bout with the Monster Oscillation isn't enough to get Beth Renaud to dance on a bar top, we don't know what is! In fact, we're inspired to take up bar-top dancing ourselves – that cycling stuff is too scary!

Here's wishing everyone safe, happy holidays and peace in the New Year. Until next time. Don't forget to write. ...

2002 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, 2002. Please check the appropriate box:



☐ Individual \$24 (\$12.00 after Labor Day 2002) ☐ Couple residing at the same address \$30 (\$15.00 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 December 11th meeting

NYCC HOLIDAY PARTY:

A GREAT NIGHT OF DRINKS, DINNER AND DANCING

It's party time! The annual NYCC Holiday party will be held on December 11th at Savore Restaurant, 200 Spring Street. This great little Italian place is described in Zagat Survey as "a little piece of Tuscany in SoHo that manages to be European without pretense."

The evening will begin with a cocktail hour at 6:30pm followed by dinner at 8:00 PM. The \$40 cost for the evening will include cocktail light bites as well as the sitdown dinner. The dinner will offer a choice of appetizer, main course and dessert with coffee/tea. Some of the items on the menu will include fish, chicken, beef, linguine with lobster, Italian meats platter, risotto, vegetarian offerings, tiramisu. Drinks will be offered through a cash bar.

This is a new restaurant for the NYCC Holiday party and should be a great chance for all of us to get together, celebrate the holiday season and support the local economy! Dinner will be followed by dancing for anyone who hasn't stuffed themselves too much!

To join the holiday festivities, please send a check for **\$40.00 per person**, payable to the New York Cycle Club. If you are writing a check for more than one person, please include an attachment that lists the names of all people attending so that they can be included on the attendance list the evening of the party. Mail your checks to:

Lauren Grushkin, 115 Central Park West, 10H, New York, NY 10023
Attn: **NYCC Xmas Party**

Registration for the party is now open and will remain open until we go to capacity. So don't delay!

P.S. I am working on a very exciting door prize to be raffled at the Holiday party. More on that later via the website.

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