

NYCC *Bulletin*



New York Cycle Club Holiday Party, December 11 at Savore Restaurant

(Photographs by Tom Laskey and David Getlen)

President's Message

First and foremost, a happy and healthy new year to everyone in NYCC land!! With the new year comes a new board of directors who disserve a warm welcome, a hail and farewell to those who are leaving and some type of endurance award to those who are staying. Thank you to Annaline Dinkelman, Jim Galante, Rita Tellerman, Bob Hancock, Gary McGraine and Ben Goldberg. You've all been an incredible help on the board and the club has benefited greatly from participation. Welcome Robert Gray, John Vazquez, John Dindas, Eileen Crowley and Fred Steinberg, I'm sure working with all of you will be a treat and the club will be all the better for your contributions. Finally, thanks to those who are staying on for another year, Stan Oldak, Carol Waaser, David Getlen, Lauren Grushkin and Cathy Martone the club and I both look forward to another year of your valuable input.

So far, it seems the freezing cold winter many of us were bracing for has failed to materialize. That's good news for cyclist, now we can continue to log those miles outdoors instead of indoors on our trainers. If, however, winter's fury does make an appearance, there's no reason to hibernate indoors either. With the right clothes – and the right attitude – one can ride fairly comfortably all the way down to the low 30's and below. Start by doing a couple of laps in Central Park and keep a log of the clothes you wear and comments about how you feel. Where you too cold? Too warm? If so layer up or layer down the next time. After a few outings, you'll have a pretty good idea of what is comfortable and what's not. I've found over the years that I'm more comfortable under dressing and being chilly for the first 10 minutes or so. Once I warm up and for most of the ride, I'm fairly warm and dry. Did I stress the importance of dry? That's the key, too much sweating turns to chill, a bone chill that is hard to ignore. Also make sure the material you wear wicks to draw whatever moisture you may accumulate to the outer layers of your clothes. Cold weather riding seems daunting at first, but after a few rides, many find it a truly exhilarating experience.

As most of you know from our email announcements and the club website, we recently lost another club member - Julie Lobbia - to cancer, at a very young age. Of course the tragedy of losing such a vital and vibrant spirit at such a young age was the immediate and overriding reaction for all of us but another aspect surfaced as well. Several articles written about Julie in local papers were linked to our website. These articles described her life off the bike and it turns out it was pretty amazing life as an award winning columnist for the Village Voice and tireless advocate for tenants rights. Many who read these pieces had a similar reaction, "I've ridden with her but I had no idea about all the other things she did." It makes you wonder just how much we know about each other off the bike and what a shame that too often, we don't find out about our riding companion's lives off the bike until it's too late. Food for thought.

Have you renewed your membership yet? In the words of Charlie Parker: Now's the time!!!!

- Tom Laskey

Editor's Note

Well! 2001 is finished and 2002 is just beginning. It's been quite a year. One that few of us will ever forget. The public and private losses have been great. Here within the club Irv Weisman, Mark Martinez and Julia Lobbia are no longer with us. We hope that 2002 will spare us the agony of these losses. With a record enrollment, we look forward to a great year of cycling. The SIG season will begin soon and hope for a record participation. On a personal note, I've survived the bulletin and two editions of the roster. I hope to do better. I wish all of you good cycling and a good year.

- David Getlen

Check out our fabulous web site:

<http://www.nycc.org>

Check out the new NYCC Message board:

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

John Dindas
jond@discobiscuits.com



V.P. Rides

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



Secretary

Carol Waaser
(212) 581-509
biker-c@rcn.com



Treasurer

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



Public Relations

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



Membership

Eileen Crowley
(212) 744-1518
eileen_crowley@msn.com



Special Events

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



Bulletin Editor

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



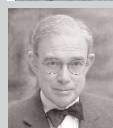
A-Rides Coordinator

John Vasquez
(212) 544-9450
JohnVasquez@asbinc.com



B-Rides Coordinator

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



C-Rides Coordinator

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

The NYCC Bulletin is published monthly by the New York Cycle Club. The opinions expressed are those of the authors and do not reflect the official position of the NYCC.

Copyright © 2001 NYCC. All rights reserved. May not be reprinted in whole or part without editor's written permission.

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 from the NYCC Holiday Party at Savore Restaurant in the village. Photographs by Tom Laskey and David Getlen.

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

Printing: Dandy Printing Co., Brooklyn, NY (718) 774-6837.

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

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

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

David Getlen
60 Gramercy Park North
New York, NY 10010

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

dgetlen@aol.com

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

Deadline: All submissions and advertising are due to the editor by the second Tuesday of each month prior to publication. Sorry.



Out of Bounds



Snowshoe SIG

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, nose, ears and feet this winter. Snowshoeing!

Every Sunday through Spring, we'll be gliding over some of the most beautiful terrain in Harriman, Bear Mountain, and other nearby parks. When there's not enough snow, we'll be hiking and climbing on some of the same exquisite trails. Marilyn and Ken Weissman (212) 222-5527 will coordinate and lead the initial weeks. Here's how to participate.

1. Sign up via e-mail to nyccsnowshoe@att.net.
2. Each week you want to participate, sign-in via e-mail before Thursday 6:00 pm, supplying your e-mail address and phone number.
3. Indicate if you have a car: Ken's car carries five. The car/participant ratio at 6:00 pm each Thursday dictates bus/train/car transportation. More cars = more available trails.
4. Each week, first sign-in gets first dibs on transportation.

You'll need layered clothing, waterproof boots, gaiters, snowshoes, poles, water and food. You'll also find a pair of creepers—reduces the chances of breaking various body parts while walking on ice—helpful on hiking days. Snowshoes can be rented at EMS in NYC and NJ, but reserve them early in the week as they're usually sold-out by the week-end. About \$250 at Campmor, EMS or Paragon, etc. buys a more-than-adequate outfit of snowshoes, poles, gaiters, and creepers: they'll serve for years.

Eight dates (listings) for January and February 2002 follow.

Sunday, January 6, 13, 20, 27, February 3, 10, 17, 24

Spend a week in Majorca training for the A19 SIG

For all wannabe A19's. A few A/B16/17 types who would like to take the A19 Sig in the Spring are thinking of spending a week at the Steven Roche bicycle camp in Majorca, Spain to train for it. The training rides are geared toward different levels of riders, depending on how many are at the camp that week, so if we have a group of 4 or more riders at the A/B16/17 level, we can probably have a ride group for that level.

I went last year with Judy Goldberg, Cathy Martone, and Carol Wood and we all felt that the island of Majorca is gorgeous, the food and wine are great, the company is international and lots of fun, and the hills are (our friends?). I think it would be a wonderful, fun experience to do it again.

The price would be approximately \$362 for a week (two to a room) (there's a \$100 single supplement for those who don't want to share a room), which includes breakfast and dinner (with wine). Bike rental is approximately \$71 per week and I think there was another charge of \$50 or so for the instructors. Airfare, transportation to/from the airport, lunch, and sightseeing are extra. I am planning to go the week of February 16-23 (President's Day week). Please let me know if you're interested. (You don't have to wait for me to sign up; I would just like to make sure that there are going to be other A/B16/17 riders before I sign up!) The camp's web site is www.sroche.com if you want more details.)

Hope to hear from you soon. Linda Wintner, 212-876-2798, lwintner@excite.com.

Club Photos



Who is it? - A picture of a member taken in 1958 (Sorry, it may be before you were born). Can you identify the rider? Winner will get a prize yet to be determined.

(Photograph by Richard Rosenthal)



November 10 - Spencer Koromilas's Brewster Rooster Ride near Armonk, NY. A wonderful day and a great ride.

(Photograph by Hank Schiffman)



Whipporwill/Roaring Brook Ride, December 1 - Atop Whipporwill Road. Left to Right - Bill Greene, Tomothy McCarthy, Kwonie Tong, Brian Kivian, Frank Hacklander and Ron Roth. This was the only NYCC ride of the day. Sunny, 70 degrees, mostly windless. This Saturday was a gift.

(Photograph by Hank Schiffman)



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.

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)

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



Rides List

Always wear your helmet!



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

<mailto: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.

Saturday, January 5

A19 **55+ MI** **9:30 AM**

Somewhere Else?

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

<mailto:garynycc@aol.com>

From: The Boathouse

"Variety is the Spice of Life." We'll make an extra effort to come up with a medley of good roads and hills without spending much time on 9W or 501. Maybe even Westchester with a return bail out option, so bring a Metro pass. If you don't have one, you may purchase one on the train for five bucks. That is, if we return via train? Call me if you feel the need to know. Wet or temps below 32 degrees cancel.

B15 **45 MI** **10:00 AM**

Piermont

Leaders: Stan Oldak 212-780-9950 and Rick Braun 212-477-2575

From: The Boathouse

It's the new year! It's winter! It's cold! Who is crazy enough to go bike

riding??? We are!! That is, if it's not toooo cold or toooo wet. Let's take a spin to Piermont and back in time for a Hot shower, a HOT meal, and a HOT date. Snow, rain, ice or temps below 32 at 9 AM cancels ride. If in doubt call leader.

C14 **35 miles** **10:00 AM**

Central Park to Prospect Park *Ride on Demand Only

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

<mailto:nyarchitect@email.msn.com>

From: The Boathouse

Cross the East River twice and explore Queens and Brooklyn.

Rich and poor, industrial and residential, low and high, new and old, banal and historic. Queensboro Bridge, Roosevelt Island, Long Island City, Gantry Park, Green point, Williamsburg, Fort Greene, Prospect Park, Park Slope, Carroll Gardens, Brooklyn Heights, Brooklyn Bridge, return up East side to start. A few hills and two large bridges with bike paths. Stops as required and a deli lunch in Carroll Gardens. Lots of subway bailouts. Not really a leisurely ride, we do some climbing and keep moving at the rated pace to keep warm.

*Ride on Demand Only - Email or call me the week before the ride. If there is enough interest and the conditions will be OK, I will get back to you by the Friday before the ride with a confirmation. Do not assume that the ride will happen without confirmation.

Sunday, January 6

B16 **35 MI** **10:00 AM**

Give Me Liberty

Leader: Peter O'Reilly 212.414.1937 or ptor@prodigy.net

From: Starbucks, 60th St & Broadway

Bad weather made this ride a no-go last month, so why not try again for the new year? Join me for a ride which contains many scenic,

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 = John Vasquez (212) 544-9450 JohnVasquez@asbinc.com

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

C-rides co-ordinator = Robert Gray (212) 593-0986 nyarchitect@email.msn.com



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. Call ride leader if in doubt. Please note the location and ZZZZs friendly start time.

C12 25 miles 10:00AM

Frost Bite #6: New York Botanical Garden

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

Memories of green. Join Elly's annual jaunt to see robust and delicate trees, flowers, and other foliage. Smell the sweet aromas of the Spring to come. Possible visits to Snuff Mill Cafe and renowned Haupt Conservatory. Check out the trip-related website <http://www.nybg.org>. Bring a bike lock, \$ for admission (\$6.50 for grounds and conservatory; \$3.00 for grounds only) and perhaps some gifts, and lunch or \$ for it. Bring a Metro North bike permit just in case. If you did the Tour de Bronx and received a complimentary ticket, bring it with you to get in free. Co-listed with 5BBC.

ABC Snowshoe SIG

1. Sign up in advance via e-mail to nyccsnowshoe@att.net
2. Sign-in via e-mail before 6:00 PM Thursday, supplying your e-mail address and phone number. The snowshoe SIG meets every Sunday. See details in "Out of Bounds" elsewhere in this Bulletin.

Saturday, January 12

A19 55+ MI 9:30 AM
BRRRRRR

Leader: Timothy McCarthy (718) 204-7484 timothymc@earthlink.net
From: The Boathouse

It's that time of year where the weather runs the show.

We'll aim for Nyack and maybe take in some hills. Horrid conditions cancel. Call if in doubt. Helmets and good cheer mandatory

B15 40 MI 9:30 AM
Scarsdale Social

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

From: The Rambles Shed (Up the hill past the Boathouse, on the left)

Okay, it's the dead of winter, you're tired, you're lazy, you don't feel like getting cold - but Sloth just isn't pretty! So struggle into the layers, join me at the Shed (the bathrooms are warmer than at the Boathouse) and we'll generate some heat on the easy route to Scarsdale. It's a short ride, so how cold could you really get, anyway? Helmets, social skills and a sense of fun required. Snow, rain or other

unmentionables or temps below 35 at 9:00 cancel. If in doubt, call leader's phone after 8:00 a.m. - message will be on machine.

C14 35 miles 10:00 AM

Central Park to Prospect Park *Ride on Demand Only

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

<mailto:nyarchitect@email.msn.com>

From: The Boathouse

Ride on Demand Only - See January 5 listing for details

Sunday, January 13

B15 50+/- MI 10:00 AM

The Nyack Door Prize

Leader: Hans Schmidt 917-523-3062 hschmidt@nyc.rr.com

<mailto:hschmidt@nyc.rr.com>

From: Boathouse

Newbies welcome. Mostly Rte 9W to and from Nyack with stops at Piermont Bicycle Connection (PBC) and Runcible Spoon (RS). Extreme weather cancels. Call before 9 AM if in doubt. Eat good breakfast. Bring pocket food, 2 bottles of water/sports drink, and \$ for PBC & RS. Cue sheets provided. Door prize given at RS. Helmet required.

C12 25 miles 10:00 AM

Frostbite #7: Alice Austen House

Leader: TBA

From: City Hall (Horace Greeley statue near Brooklyn Bridge)

Her house is not likely to be open, but Alice is expecting you anyway. The lovely grounds has spacious views of New York Bay.

Lunch at Cargo's. Check out the official home page

<http://www.aliceausten.8m.com>.

Bring a lock, \$ for lunch and an APS or digital camera for some nice pictures, for Alice's sake. Co-listed with 5BBC.

ABC Snowshoe SIG

See listing January 6

Saturday, January 19

A19 55+/- MI 9:30 AM

Pot Luck

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

<mailto:fsteinberg@nyc.rr.com> and Hank Schiffman 212 529-9082

Schiffhank@aol.com <mailto:Schiffhank@aol.com>

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

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

From: The Boathouse

We'll aim for one the near-bye eateries and see how far we can get: Nyack? Park Ridge? Pearl River? Sleepy Hollow? Northvale? EnglewoodCliffs? Bring a Metro North pass just in case we play it extra safe on the east side of the river. Cancel conditions: Icy roads, sub zero wind chill. Rain date: Sunday January 20th.

B16 50 +/- MI 9:30 AM
Simple Piermont

Leaders: Cathy Martone (212) 979-0969 cmfmartone@aol.com <mailto:cmfmartone@aol.com> & David Hallerman (718) 499-8171 cycleman23@earthlink.net <mailto:cycleman23@earthlink.net>

From: The Boathouse

We're all slowing up this time of year (if you're not, bless you). So a simple ride to simple Piermont, using routes both familiar and perhaps a bit different, makes sense to us. Hope it makes sense to you, too. Friendly faces most welcome, but we'll cancel the ride if roads are icy, precip threatens, or if forecast at 8:00am is for temps below 32 degrees.

C13 25 MI 9:30 AM
Across the GWB

Leader: Gary McGraime (212) 877-4257 garynycc@aol.com <mailto:garynycc@aol.com>

From: The Boathouse

Winter is a great time to enjoy an easy level of riding along with other "cross training" activities in preparation for the New Year. I'm not sure if indulging in Japanese pastries and sipping coffee qualifies as cross training, but maybe walking your bike on the ferry in New Jersey and off in Manhattan does. Dress appropriately and bring money for pasties and the ferry. Call if you have any questions. Temps below 35 degrees cancels.

Sunday, January 20

B16 50 MI 9:30 AM
Nyack a Different Way?

Leader: Gary McGraime (212) 877-4257

From: The Boathouse

I think the Runcible's coffee is a wee bit better and it's less crowded in Piermont. But ever since I've been informed that the prices are a wee bit higher in Peirmont, I've rediscovered Nyack. It must be that Scottish blood as it certainly is not rational to move on over a mere \$.30 difference for a coffee and muffin. Yet if the group feels it is too cold, I am willing to shorten the ride and settle on Piermont. Wet or temps below 35 degrees cancel.

C12 25 miles 10:00 AM
Frostbite #8: Coney Island Dreamin'

Leader: TBA

From: City Hall (Horace Greeley statue near Brooklyn Bridge)

Spend time in Brooklyn, complete with its famous bridge, Prospect Park the Bay Shore Greenway and breathtaking views of "The Narrows." Lunch at Totonno's, for their famous pizza. Then knishes, Russian people-watching on the boardwalk and back to Manhattan. Co-listed with 5BBC. 25 miles, mostly flat. Check out a trip-related map on the web at <http://coneyisland.brooklyn.ny.us/plainsite/map.html#tourmap>

ABC Snowshoe SIG
See listing January 6

Saturday, January 26

A19 55+ MI 9:30 AM

BBBBRRRR

Leader: Timothy McCarthy (718) 204-7484 timothymc@earthlink.net

From: The Boathouse

It's that time of year where the weather runs the show. We'll aim for Nyack and maybe take in some hills. Horrid conditions cancel. Call if in doubt. Helmets and good cheer mandatory

B17 50+MI 10:00AM

Park Ridge Diner

Leaders: Jack Lehnert (718) 884-6437 JSL7@georgetown.edu and David Smith (917) 432-0048 dsmith@dbllp.com

From: The Boathouse

A perfect time of year for a quick spin out and back to grab coffee and a bite. Dress appropriately for the weather. Rain, snow, sleet or temperatures below freezing cancels. Call before 9:00AM if questionable.

C14 35 miles 10:00 AM

Central Park to Prospect Park *Ride on Demand Only

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

From: The Boathouse

Ride on Demand Only - See January 5 listing for details

Sunday, January 27

B15 45 MI 10:15 AM

Scarsdale

Leaders: Hindy and Irving Schachter 212 758 5738

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

I'm writing this synopsis in December with temps near 70 degrees. Who knows what the weather will be like at the end of January! Assuming we have a high at least of 45, no rain, snow or raging winds, and no white stuff on the ground—why then, we go through the Bronx and lower Westchester to great coffee at the Coffee Tree in Scarsdale. We have an interesting way home.

C12-13 25-35 miles 10:00 AM

Bike or Hike Series #4 Westchester OR Ft. Tryon Park

Maggie Clarke, 212-567-8272, mclarke@shiva.hunter.cuny.edu
 <mailto:mclarke@shiva.hunter.cuny.edu>

Meeting places:

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.

If walking (i.e., if 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!!!). Check with me on weekends where I'm not listed to lead. We might get a group together anyway. Cycling Cancellation conditions: If the starting wind chill temperature is below 25

degrees, the roads are icy, or 50% chance of precip, we'll walk. For example, a temperature of 30 with wind of only 10 mph results in wind chill of 19 degrees. See wind chill chart at: <http://www.crh.noaa.gov/gjt/wchill.htm> If in any doubt, call after 8 am the morning of the ride/walk.

C12 25 miles 10:00 AM

Frostbite #9: Under and Over the Hudson

Leader: TBA

From: City Hall (Horace Greeley statue near Brooklyn Bridge)

We'll start with a Trans-Hudson train. Ramble through New Jersey's "Gold Coast" towns of Hoboken, Weehawken and Edgewater. See a dangling Vespa motor scooter en route. Then climb a wonderful uphill to the George Washington Bridge. Return to Manhattan and have a warm sit down lunch. Bring a lock & \$ for lunch. Co-listed with 5BBC. 25 miles, mostly flat, with one steep hill. Check out the trip-related web page <http://www.geocities.com/~hartwheels/>

ABC Snowshoe SIG

See listing January 6

Saturday February 2, 2002

C14 35 miles 10:00 AM

Central Park to Prospect Park *Ride on Demand Only

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

From: The Boathouse

Ride on Demand Only - See January 5 listing for details

Sunday, February 3

ABC Snowshoe SIG

See listing January 6

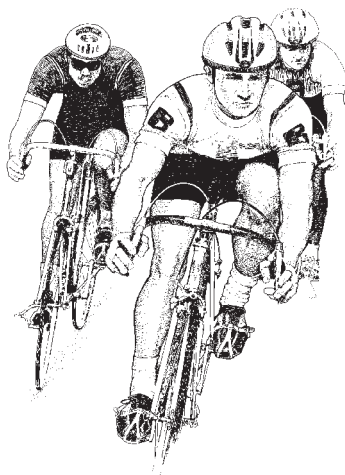
C12 25 miles 10:00 AM

Frostbite #10: Ethnic Foods In Astoria

Leader: TBA

From: City Hall (Horace Greeley statue near Brooklyn Bridge)

Rudyard Kipling wrote: "East is East, West is West, and the 'Twain shall never meet." Guess he never visited Astoria, which is teeming with diverse neighborhoods. Let's acquire a taste of Greek cuisine, at Uncle George's. The ride includes an excursion on the Queensborough Bridge bike path. Co-listed with 5BBC. Check trip-related web page at http://realtytimes.com/rtnews/rt pages/19990603_astoria.htm



Club Photos



NYCC Holiday Party at Savore Restaurant. Our thanks go to Lauren Grushkin, Special Events Coordinator for a wonderful evening.
(Photographs by David Getlen)

Correction -

The tributes to Mark Martinez on Page 10 of the December issue contained a few errors. The tribute credited to Steve Baron was actually from his wife, Caryl Baron.

The main tribute was uncredited and we were not certain who wrote it. We've since learned that the tribute should be credited to Cliff Cranish. My apologies.

New Wind Chill Chart

Temperature (Degrees F)

	<u>Calm</u>	<u>40</u>	<u>35</u>	<u>30</u>	<u>25</u>	<u>20</u>	<u>15</u>	<u>10</u>	<u>5</u>	<u>0</u>	<u>-5</u>
Wind	5	36	31	25	19	13	7	1	-5	-11	-16
Chill	10	34	27	21	15	9	3	-4	-10	-16	-22
(mph)	15	30	24	17	11	4	-2	-9	-15	-22	-29
	25	29	23	16	9	3	-4	-11	-17	-24	-31
	30	28	22	15	8	1	-8	-12	-19	-26	-33
	35	28	21	14	7	0	-7	-14	-21	-27	-34
	40	27	20	13	6	-1	-8	-15	-22	-29	-36
	45	26	19	12	5	-2	-9	-16	-23	-30	-37

Wind Chill — How Cold Is it When We Ride?

by Maggie Clarke

It's winter again (finally) and we know we need to take weather into account when deciding how to dress and indeed, whether to go on a ride at all. Our comfort level depends on several factors: temperature, wind, sunshine level, and humidity, coupled with what we choose to wear under these conditions (i.e., wind panels on jackets and tights are helpful as are wicking undergarments to prevent moisture buildup and freezing on skin). Let's see if we can clarify these factors.

The National Weather Service developed the wind chill chart to describe the rate of heat loss from the human body resulting from the combined effect of low temperature and wind. As winds increase, heat is carried away from the body at a faster rate, driving down both the skin temperature and eventually the internal body temperature, which can be dangerous. As cyclists, we generate additional wind chill, just by riding.

The NWS has implemented a replacement Wind Chill Temperature (WCT) Index for the 2001/2002 Winter Season. The new WCT formula makes use of advances in science, technology and computer modeling to provide a more accurate, understandable and useful formula for calculating the dangers from winter winds and freezing temperatures.

Specifically, the new WCT Index will:

- Σ Use wind speed calculated at the average height (5 feet) of the human face, instead of 33 feet (the standard anemometer height) - obviously more useful for us on our bikes
- Σ Be based on a human face model,
- Σ Lower the calm wind threshold to < 3 mph. In using the wind

chill chart, we need to add our forward speed to the wind speed in calculating wind chill for when we are in a headwind - of course, if we have a tailwind, that reduces the wind chill. On rides, we need to prepare for headwind conditions.

Σ

Assume the worst case scenario for solar radiation (clear night sky). This means that we get a bonus when the sun is out. In my article on heat illness this past summer, we saw that riding in the sun adds 15 degrees to the apparent temperature on our skin. I can't say that bright sunshine would add that much in the winter, since the sun is lower on the horizon, but bright sunshine clearly does add some temperature to that calculated using the wind chill chart, below.

One thing that the wind chill chart does not include is humidity. We all know that a dry cold day is more comfortable than is a very damp cold day of equivalent temperature. So I would add relative humidity as an additional factor in planning for winter rides.

So what does all this mean to us as cyclists? Ride leaders list cancellation conditions, and usually list either a starting temperature or a high temperature of the day.

I propose that we move to listing wind chill temperature, taking into account the speed of the ride. Ride cancellation listings are often for 30 degrees, sometimes less. Just considering our riding speed (let's say 15 mph), that means that at 30 degrees we are feeling a wind chill of 17 degrees. As it turns out, adding wind makes it only a little colder. If a wind chill temperature of say, 25 degrees, is listed, that could be 35 degree temperature plus 15 mph riding speed. A temperature of 40 degrees corresponds to a wind chill temperature in the high 20's, no matter how fast the riding speed or the wind. Bottom line? We should take more care in listing cancellation conditions (not just say "the usual cancels" — whatever that means), and riders need to take these facts into account when choosing cycling apparel and rides.

In Memoriam - Julie Lobbia

Julia Lobbia, an A-SIG rider, passed away on Thanksgiving morning. Julia will be missed by her friends and riding partners. A tiny, innocent and wondrous person, she was a columnist for the Village Voice. Her Towers & Tenements column was well known.

Julia was a winner of a 2001 Front Page Award from the Newswoman's Club of New York as well the Scales of Justice Media Award from Mobilization for Youth Legal Services. Julia was a graduate of the journalism school of the University of Missouri and won four prizes as an investigative reporter and managing editor of The Riverfront Times in St. Louis.

Our condolences to her husband of seven years, Joseph Jesselli.

Best Wishes from a Friend



Greg Wilcox
2311 E. 41st St.
Des Moines, Iowa 50317
gregorywilcox@cs.com



Deary New Yorkers,
All Iowans offer our
support to you and NYC.
I took this photo in
Paris of Lance Armstrong
last year. I once raced
in the citizen category.

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

11/10/01

The club received this postcard from a friend in Des Moines, Iowa addressed simply to the "New York Cycle Club" and directed to "Dear New Yorkers". The photo is of Lance Armstrong. Greg once raced in the Citizen Category at the Tour. The card proves that New Yorkers and cyclists have friends everywhere.

How to Ride in a Group

By Fred Matheny of www.RoadBikeRider.com

Pacelines are organized. They have specific rules. But in big groups like you find in centuries or charity rides, things will be disorganized. This can intimidate even experienced riders.

Sooner or later you'll find yourself in a big group amid some riders with sketchy skills. It pays to learn how to survive (and also make yourself welcome) in a crowd.

*** Look for Risky Riders.** These are the unsteady people who wobble, appear nervous, have a tense grip on the handlebar, and frequently grab the brakes. Avoid them! Move up to keep them behind you, or slide to the other side of the road.

*** Stay at the Front.** This is easy to say but hard to do in some groups. At the front you have more control over your destiny because most crashes occur in the rear two-thirds of the bunch. It may take a bit more work to reach the front and stay there, but it's worth the effort.

*** Watch the Wind.** Wind direction determines on which side the greatest draft is found. If the wind is from the right side of the road, smart riders move to the left of the wheel in front of them for greater protection. If you're doing this, beware of overlapping wheels with inexperienced riders. They may swerve and take out your front wheel.

*** Be Wary on Climbs.** A major cause of group crashes is riders who stand abruptly. They slow for a second, causing the rider behind to hit their rear wheel and spill. To avoid this danger, let the gap open a bit on hills or ride a foot to either side.

To avoid being the one who causes such a crash, pull your bike forward as you leave the saddle. Don't lunge and make a hard pedal stroke. Keep your speed steady. When sitting again, push the bike forward a bit.

Cycling isn't a contact sport, but it's not uncommon to have your arm brushed when riding near others in a group. It pays to learn how to bump into other riders without swerving or falling. It's easy when you practice this drill used at the Carpenter-Phinney Bike Camps.

First, go with a cycling friend to a large grassy area like a soccer field. Ride side-by-side at a walking pace. Keep both hands on your bar. Start by gently touching elbows, then shoulders. As you gain confidence, lean more vigorously on the other rider. Soon, you'll be bumping each other with abandon and throwing in a few head butts for fun, all without going down. (Of course, always wear your helmet just in case.)

Riding relaxed is the key to absorbing contact without swerving. Have slightly bent elbows, a firm-not-tight grip on the bar, and loose arm and shoulder muscles. If you're relaxed, your body can absorb the shock before it gets to the handlebar.

Receive a **FREE** copy of the eBook "29 Pro Cycling Secrets for Roadies" by signing up for the RoadBikeRider Newsletter at www.RoadBikeRider.com. No cost or obligation!

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.

RENEW ONLINE USE YOUR NUMBER



How to Ride in a Paceline

By Fred Matheny of www.RoadBikeRider.com

Solo rides are a great part of the cycling experience. Nothing beats cruising along and looking at the scenery, or attacking a climb at your own pace and intensity.

But riding with a small group can be even more fun. You cover ground faster, meet people, and experience the thrill of shared effort.

Paceline riding isn't difficult to learn. Here are the basic skills:

1. Riding a Straight Line

Start by learning to ride like you're on a rail. Practice by holding your line during solo rides. Put your wheel on the road's white edge line and keep it there. Relax your upper body, keep a light grip on the handlebar, and fix your peripheral vision on the line. Keep your actual focus 20 or 30 feet in front of the bike. Remember, the bike will go where your eyes go.

2. Following a Wheel

Drafting another rider saves you at least 15 percent in energy output. It's foolish to be bucking the wind all the time when you're with other riders. Share the work by drafting them and letting them draft you.

Position your front wheel 1 to 3 feet behind the rear wheel you're following. The closer the better, in terms of the draft, but closer also requires a lot more attention. When necessary, turn the cranks without putting pressure on the pedals ("soft pedal") to maintain correct spacing.

Use the brakes sparingly. Jerky braking creates chain reaction problems for riders behind you. If you need to brake, feather the levers lightly instead of clutching at them.

If a gap opens, don't make things worse by accelerating too hard, overrunning the wheel in front, then grabbing the brakes. Instead, ease back up to the rider in front. If you don't become proficient at following a wheel, you can waste more energy than you save by constant yo-yoing.

Look past the rider directly in front. Don't stare down at his rear wheel or you won't see things that may cause him to brake or swerve.

3. Paceline Pointers

First rule: Be predictable. Close riding demands that everyone be on the same wavelength. There must be a basic understanding of what is and is not expected behavior in a given circumstance. Experience helps.

Don't accelerate when it's your turn at the front. Note your cyclecomputer's mph and maintain the group's speed when the lead rider pulls off.

After your own bout against the wind, pull off to the side agreed upon and stay close to the others as you soft pedal and slide back to the rear of the paceline. This enhances the drafting effect for the whole group. It also keeps everyone as far out of the traffic flow as possible, making paceline riding possible even on busier roads.

As you come abreast of the last rider in the line, pick up speed and then slide over behind his wheel as he comes past. When done correctly you won't need an energy-wasting acceleration in order to latch back on. Once in the caboose position you can take a drink or stand to stretch without disrupting the paceline's smoothness.

Protect your front wheel. If your rear wheel is struck a fall is unlikely because it has nothing to do with steering the bike. However, if your front wheel is contacted it will often be twisted off line faster than you can react. You'll almost certainly go down. Help prevent this by never overlapping someone's rear wheel.

Receive a *FREE* copy of the eBook "29 Pro Cycling Secrets for Roadies" by signing up for the [RoadBikeRider](http://www.RoadBikeRider.com) Newsletter at www.RoadBikeRider.com. No cost or obligation!

Welcome to our Newest Members

Cowin, Robert
Franson, Laura
Frazier, Don
Gasiorek, Deborah
Jaffe, Elizabe

Labanowski, Stanley
Mayers, Dara
Salomon, Suzanne
Stark, Paula-Rose
Walden, Charles

Letter to the Editor

If my letter in the December Bulletin resulted in my getting personally reviled—as it did in the club's Web site message board—this one is sure to result in even more of it.

I take exception to the publication in the December club Bulletin of an article entitled: "The First Ever New York Jewish Environmental Bike Ride Cycles Triumphantly into Manhattan Despite the Events of September 11". While the article was not signed, it appears to have been written by Nigel Savage writing of himself in the third person and speaking of his having lead a previous, related ride that "taught in 47 different Jewish communities."

An unusually lengthy preview announcement of this bike ride appeared in at least two of our Bulletins. Those announcements sought participants to promote awareness and support of so-called "Jewish environmental causes." While a simple announcement of the bike ride—date, length, cost, location, how to enter—would have been appropriate, I took exception to the announcements at the time because they went well beyond being merely an announcement of those facts.

I have no idea what a so-called Jewish environmental cause or concern is apart from any other (non-sectarian) environmental cause or concern; and if there is one, then it is clearly a sectarian matter and our club should not be party to promoting sectarian causes.

In fact, the December article puts in front of us yet again and for at least the third time the name of the sponsoring group, the Coalition on the Environment & Jewish Life. This underscores the sectarian nature of the event. In fact, the article enthuses one riders was able "to have incredible conversations about Judaism and environmentalism."

The writer would have us understand this is a non-sectarian event—and, yes, it is open to everyone; however, so are services at the Vatican and churches everywhere are open to attendance by Jews. Is that to say those services are non-sectarian? The fact that the ride clearly has more than a sectarian tilt is apparent from the amount of lineage in the announcements and the article that describe the ride as promoting a Jewish interest. That separates it from just a bike ride, even a charitable one such as are sponsored by cancer and AIDS awareness groups.

As I say, it's all well and good to offer us a bare bones announcement of such a ride; when it goes beyond that, as this did, I suggest it is inappropriate for our club.

Richard Rosenthal

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 January 8th meeting****New Gear for the New Year**

As we settle into the New Year, and all try and brave the New York winter, our thoughts drift to the upcoming season and all of the new gear that will be available to us. To help us navigate all of the options out there, Jordan Levitt, manager of Sid's Cycles in Manhattan, will be our guest at the January 8 meeting. Jordan will be going through some of the new "toys" available for 2002 as well as giving us advice on any equipment related questions we can fire at him. Hope to see you all there!

Annie Moore's Pub and Restaurant: 50 E. 43rd Street (west of GCT between Madison & Vanderbilt Aves)
Buffet Dinner including Chicken Marsala with rice, pasta primavera, green salad, coffee or tea, and more.
Dinner is \$20, including tax and tip (cash only). Social hour with cash bar starts at 6 PM. Dinner at 6:45 PM.
Program starts at 8.

Subway: Take 4/5/6/7/ to 42nd St. / Grand Central Station

First Class Mail
Dated Material

PRESORTED
FIRST CLASS
U.S. POSTAGE
PAID
PERMIT # 954
L.I.C., NY 11101

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