

NYCC *Bulletin*



Can't Bike. Take a Hike. Ken and Marilyn Weissman leading a group of Snowshoe SIG club members on a hike atop Claudius Smith's den on Blue Disc trail in Harriman State Park. In addition to Ken and Marilyn, the hikers are Herb Dershowitz, Liane Montesa, Robert Colon, Andrea Bemby, Linda Siegel, Ingrid Wiegand, Kathy Frank, John Zap, Suzanne Levin, Alex Holt, Robert & Karla Norfleet and Amy Schroeder.

Photograph by Ken Weissman

President's Message

Before I get to the this month's scintillating prose, I must attend to some housekeeping from last month's column. The more literate among you may have noticed said column contained an inordinate number of typos, gaffes and the like. I'd love to tell you that gremlins descended on my keyboard, hitting keys at random and then ultimately hit send, but alas, it would be untrue. All I can do is confess my own sloppiness and promise to do better in future.

On to the business at hand. February in NYCC parlance means one month until THE SIGs!!! Yes, that's right, it's that time again. For those of you who are new to the club or for returning members who may be unaware, every year, starting in early March or thereabouts, the NYCC offers what we call Special Interest Groups or SIGs. Basically these are twelve weeks of training rides designed to improve riding skills, stamina, strength and general cycling ability. We now offer four different levels, the C SIG for those new to cycling, the B SIG if you want to move up from the C ranks to the B group, the A19 SIG for B riders who want to experience the joys of pace line riding, and for those of you who really want to push the envelope, the A Classic SIG. Each level is organized and led by a group of dedicated and experienced leaders who will guide you through 12 weeks of talks, drills and rides of gradually increasing length, speed and difficulty. By the end of the twelve weeks you will find yourself a vastly improved cyclist; stronger, steadier and ready for the new season!! Each of the four SIGs offers a great experience that I recommend to everyone. There's more information later in the bulletin and on our fantastic website.

Even though we're all trying to navigate our way through the winter doldrums, it's not too early to start thinking about the club's fabulous Memorial Day weekend in Sheffield, MA, in the heart of the Berkshires. Those of you who are Sheffield veterans should think about making reservations at your favorite B&B. For those who are new to the club or to Sheffield, look for more information in bulletins and email announcements in the months to come. You can also get a feel for the area and an idea of where you want to stay on-line by visiting the website: www.berkshires.com or searching on the keyword "Sheffield, MA." It's a great weekend of social and athletic events.

- Tom Laskey

Editor's Note

It's only January and already our thoughts turn to Spring and the SIG season, as noted in the president's message above. Leaders are revving up and plans are being formulated for each of the SIG groups. Do you want to improve your riding skills? Consider joining a SIG.

On another note, we say goodbye to an old friend - Spencer Koromilas. He leaves us to move to Canada. We take this opportunity to remember him in a photographic tribute (See page 8).

Wintertime means some people get off their bikes for other activities. Marilyn and Ken Weissman take to leading the Snowshoe SIG, which is enjoying a good turnout. We've used this activity for our February issue cover.

Geo Karl Kaplan has prepared a 2002 ride calendar (Page 11). See events planned for he year.

- David Getlen

Check out our fabulous web site:
<http://www.nycc.org>
 Check out the new NYCC Message board:

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eileen_crowley@msn.com

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

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

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

David Getlen
 60 Gramercy Park North
 New York, NY 10010

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

dgetlen@aol.com

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

Deadline: All submissions and advertising are due to the editor by the second Tuesday of each month prior to publication. Sorry. **No exceptions.**



Out of Bounds



2002 A-Rider Spring Training Series

You're an A-level rider. Single and double pacelines are second nature to you; you have the advanced bike handling skills of an experienced cyclist. You love to ride and you love the challenge of a good ride. You are not alone.

The A-Rider Spring Training Series is for cyclists who want to enhance their riding skills and improve their strength and endurance through a graduated but aggressive training program. We'll start on February 23 with our inaugural ride to Nyack (see the Bulletin listing in this issue) and conclude 13 weeks later with a trio of 100+ mile rides that consist of some of the best riding you can do in this area. Each of us will have the opportunity to extend ourselves, through our efforts and enthusiasm, while enjoying the camaraderie and support of friends. By Memorial Day, 100+ mile rides—cruising the flats at 22+ and climbing 10,000 feet—will be something you look forward to. Achieving this level of fitness will likely require additional riding/training during the week and some “dissolve the rust” workouts prior to the first ride are encouraged.

Participation in the A-Rider Spring Training Series is open to all NYCC members. Prior completion of a SIG program is not a prerequisite, however, you must be an experienced cyclist. (If you are still honing your basic or advanced skills, please consider joining a SIG.) You can participate in as much or as little of the series as you wish. The rules are few but appropriate to this level of riding. Helmets are required; aerobars, mountain or hybrid bikes are not acceptable. Also, you will need a Metro North bike pass (available at GCT or online at http://www.mta.nyc.ny.us/mnr/html/getaways/outbound_gobiking.htm).

Snowshoe SIG continues

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, gaitors, 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 weekend.



Club Photos



“We Want You to join the B-Classic SIG” say some of the series leaders (from left to right): David Hallerman, Cathy Martone, Wayne Wright, Eva Wirth, and Liane Montesa.



A last remembrance of Julie Lobbia. The photo was taken on the only NYCC ride she led. “Beauty and the Bronx”. Julie is in the center. Her friend and co-leader, Andea Kannapell, is seated. Jeff Axelrod is in black, to the right is Peter Kouletsis. The picture was taken at the 145th Street bridge in the Bronx.

Photograph by Alfredo Garcia

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 February 2

A19 **55+/-** **9:30 AM**
Where the groundhog goes...

Leader Hank Schiffman 212-529-9082 schiffhank@aol.com
 <mailto:schiffhank@aol.com>

From: The Boathouse

Let's see what the ground hog does and we'll take it from there. Bring a MetroNorth pass just in case. If in doubt about the weather the ride is on be sure to check the website for a message or telephone me Before 9: 00 a.m.

Be advised that wet/snowy roads and/ or temps below 25 and /or winds greater than 25 will scrub this puppy.

B15 **35 MI** **9:30 AM**
Back by One

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

How does River Road sound? Serene, quiet and oh yes, hilly. I'll maintain an easy pace, you climbers can go ahead at your own pace and we'll regroup at the police station for a rest stop. From there, we'll head back on 9W and maintain a double paceline where permitted - at the advertised pace. Bring pocket food as we may not stop for a food break unless it's the group's consensus. The usual cancels.

B16 **50MI** **10:00 AM**
Winter Ride

Leader: You Decide
From: The Boathouse

A friendly "get out of the house and on the road" ride. Sure it's cold out there, but we'll leave later and return earlier while getting those miles in. Below freezing or rain or snow or slick roads cancel.

C14 **35 miles** **11:00 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.

C12 **23 Urban Miles** **9:45 AM**

Pre-Ride to Julie's Memorial

Leader: Alfredo Garcia (212) 802-2441
 cyclistxxiii@yahoo.com, Andrea Kannapell and guest leaders

From: Central Park Boathouse Parking Lot

Dedicated to the memory of J.A. Lobbia, Village Voice reporter and A-SIG graduate. She regarded things in life as a joy and wonder. Bicycling was a joy for her. We will ride to the Hudson River Greenway, from the Little Red Lighthouse to 14th Street before we go to her memorial. Although the service will be held in a huge loft, we should be able to carry our bikes five floors up (if you can't, others will help). Bring a snack, water bottle and a kind word for Julie. Snow, rain and wet roads cancel. Regardless of weather, Julie's memorial will be held at 400 West 14th Street, top floor, 5-B at 2 P.P.M. Listed with 5BBC. Helmets ecommended.

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 stanOnyc@aol.com

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



Sunday, February 3

A19 55 MI 9:00 AM
Nyack Nyack Nyack

Leaders: Dave Grogan (718)875-1977, Rich Sporer (718)522-4415

From: The Boathouse

Join the Brooklyn boys for a spin up to beautiful Nyack with a mandatory stop at the 'pie shop'. Wet roads cancels.

A18 40 MI 9:30 AM
Continuous Loop

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

From: The Boathouse

This is the ride for those of you who have been laying back for a winter rest period or focusing on cross training. We will maintain the advertised pace in a disciplined single and double rotating paeline. I've got a nice non stop* route that will knock your booties off. * Well only make pit stops, so bring water and pocket food. The usual cancels

B16 45MI 10:00 AM
Northvale Diner

Leaders: Rick Braun (212) 277-2575 RBRAUN@courts.state.ny.us

<<mailto:RBRAUN@courts.state.ny.us>>

Jack Lehnert (718) 884-6437

JSL@Georgetown.edu <<mailto:JSL@Georgetown.edu>>

From: The Boathouse

Join us for an invigorating ride to one of our favorite diners. Freezing temperatures, precipitation, and snow or ice on the ground cancels. Call if in doubt.

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://realitytimes.com/rtnews/rtpages/19990603_astoria.htm

http://realitytimes.com/rtnews/rtpages/19990603_astoria.htm

Saturday, February 9

A18/20 55+/- 9:30 AM

Destination Unknown..

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

<mailto:timothymc@earthlink.net>>

From: The Boathouse

The better the weather, the longer the ride. There will always be a few hills for warmth. Usual slop cancels

B16/17 40 MI 10:00 AM
Northvale

Leader: Wayne Wright (212) 873-7103, writewayne@aol.com

From: The Boathouse

Standard winter ride with lunch indoors. Precip, wet roads or temp <=32 on NY1 at 9am cancels. Call leader after 8am if in doubt. No B14 stragglers please.

C13 30 MI 10:00 AM
My Secret Place

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

From: The Boathouse

I know a secret place on the other side of the GWB where we can indulge in hot coffee or cocoa and overlook the Hudson and New York - smell the roses, so to speak. There are a few small hills, but the scenery makes it all worthwhile. I guarantee you'll like this ride. Remember to dress appropriately. The usual cancels, call if in doubt.

Sunday, February 10

A18-20 55mi 8:30 AM
Staten Island Rings

Scott Demel, 917-288-5268, scott@demel.net

<<mailto:scott@demel.net>>

From: South Ferry Terminal, Whitehall St

Take a looping path on the roads of Staten Island and cruise past some highlights of the borough including the Lighthouse, a Frank Lloyd Wright House, the beach, Ft Wadsworth and more. As a final treat, check your medal potential on the proposed road race route for the NYC 2012Olympic bid.

We'll strive for a quicker pace but ease off as needed for road conditions, traffic, pedestrians, a bit of scenery, or our poor winter conditioning...

but if the ferry is about to depart we'll put the hammer down! A few short climbs, one steady hill, and one steep mama are included throughout for guaranteed fun. Deli stop about halfway and quick picnic at the Conference House if balmy weather permits. Photo ID may be required to enter Ft. Wadsworth so be sure to bring one along. RSVP early via email for a "go/no go" weather update by 700am on ride day. Freezing temperatures or lingering threat of wet/icy roads cancels. Meet for the 830am ferry departing from Whitehall Street.

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

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

B16/17 **30 MI** **10:00 AM**
Prospect Park
Leader: Wendy Cohen 212-532-4803 wendydcohen@aol.com
From: The boathouse (Continued on Page 6)

A quick ride to Prospect Park, do laps, have hot coffee & doughnuts, and ride home. How better to spend a crisp winter day? Temps below 32 at 9AM or snow, ice, or rain cancels ride.

C12 **25 MI** **10:00 AM**
Frostbite Series #11: Flat Rock Brook Nature Preserve
Leader: TBA
From: City Hall (near Horace Greeley statue)

Get out Punky's whips. A bike-hike-bike trip to 150 acres of undisturbed woodland in Englewood, NJ. See <http://www.flatrockbrook.org> for more trip related info. Bring a lock, lunch or \$ for it. Co-listed with the 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, February 16

A-19 **42 Miles** **10:00 AM**
Declasse (in Northvale)
Orientation for the 2002 SIG
Leaders: Ed Fishkin (718) 633-3038, Jim Galante (201) 503-9192
and the leadership team for 2002
From the Boathouse

Thinking of trying the SIG this year? Want to get some of the cobwebs out of your legs? Join the leaders of the A-19 SIG for a leisurely, relatively unstructured ride to one of our favorite eateries. On the way, you'll have an opportunity to meet the leaders, hear about the program and have your questions answered. We're looking forward to meeting you. Temperature less than 30 deg. F., icy conditions and any form of precipitation cancels. Helmets mandatory, no aero bars please. On day of ride, call before 9:00 A.M. but after 6:30 A.M. if you have questions.

A18 **55 +/-** **9:30 AM**
Spontaneous Destination II
Leader: Tom Laskey (212) 961-1610 or tomoboe@mindspring.com
From: The Boathouse

Another stab at winter riding. The destination will depend on the participants, the pace will be easy but disciplined. Temps below 30 with wind chill (according to The Weather Channel) at ride time cancels as does precipitation or yucky stuff on the roads.

B16 **50MI** **10:00 AM**
Winter Ride
Leader: You Decide
From: The Boathouse

A friendly "get out of the house and on the road" ride. Sure it's cold out there, but we'll leave later and return earlier while getting those miles in. Below freezing or rain or snow or slick roads cancel.

C14 **35 Mi** **11:00 AM**
New Jersey Waterfront *Confirm ride by email or phone
Leader: Robert Gray (212) 593-0986 nyarchitect@email.msn.com
<<mailto:nyarchitect@email.msn.com>>

From: The Boathouse

Up to the GW Bridge and all the way down to Staten Island along the NJ waterfront. Back home on the SI ferry. Bailout available at midpoint to the PATH train at Jersey City. Lunch at the Japanese Food Emporium in Edgewater.

*Email or phone to confirm ride by Friday

Sunday, February 17

A18 **55+/-55+/-55+/-** **9:00 AM**
Leaders Spencer Koromilas (646) 397-8165 E- Mail: spencernycc@juno.com
<<mailto:spencernycc@juno.com>> and John Vazquez (212) 544-9450
From: Boathouse

It's either Westchester or New Jersey. Spencer will dig deep into his vast collection of rides and come up with something good no doubt. Wet roads or temp. below 28 degrees at 8: 00 the morning of cancels ride. Bring MetoNorth pass just in case. Be there for prompt departure!

B16 **50MI** **10:00 AM**
Winter Ride
Leader: You Decide
From: The Boathouse

A friendly "get out of the house and on the road" ride. Sure it's cold out there, but we'll leave later and return earlier while getting those miles in. Below freezing or rain or snow or slick roads cancel.

C12 **25 MI** **10:00 AM**
Frostbite Series #12: Coney Island Dreamin'
Leader: TBA
From: City Hall (near Horace Greeley statue)

To reprise our ride dedicated to the Borough of Churches, we'll go to Prospect Park and the Bay Shore Parkway bike path. We'll feast on great pizza at Totunno's, NYC's best since 1924. Optional knishes at Mrs. Stahl's, then spend time watching people on the Brighton Beach boardwalk before heading back. Visit <http://www.nyc.gov/html/dot/pdf/brooklyn2001.pdf> for a map of the area. Co-listed with the 5BBC.

ABC **Snowshoe SIG**

Saturday, February 23

A-19 **42 Miles** **10:00 AM**
More Declasse (in Northvale)
Orientation to the 2002 SIG
See listing February 16

A19 **55 MI + / -** **9:30 AM**
Spring Training Series - Nyack
Leader: Ron Roth (212) 875-0905 ron@rroth.com
From: Boathouse - 9:30 a.m.

Gotta start somewhere, so it might as well be a ride we are all familiar with. How we actually get there will be determined by the weather - Colder or a little snow on the ground means 9W (ie more direct); Warmer and we will take the longer route through the back roads of NJ and NY to achieve our destination. In Nyack, we will feast at one of the typical venues, warm up, and psych ourselves for the ride home - 501 or 9W, as the day dictates. Prepare to get yourself back into shape. It's going to be a great season. As will be the case for all rides in the Series, paceline skills and helmets are de rigeur. Warm clothes, a well maintained bike, and a positive attitude will help make the day more enjoyable. Snow, ice, rain at start, temps below 28 degrees, or wind chills below 20 degrees will move

the ride to Sunday. Same conditions Sunday, and the ride is scrubbed. Call by 9:10 if in doubt.

B15 50+/- MI 10:00 AM

Piermont-Nyack via Scenic Inland

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

From: Boathouse

On a very windy Sunday last month, we dodged falling tree limbs on Rte 9W. This month we'll take inland roads to our favorite Piermont & Nyack destinations. Extreme weather cancels. Call before 9 AM if in doubt. Door prize.

C13 42 Miles 9:45 AM

Scarsdale

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

From: Near the Boathouse

Going north in Winter. If I could go far enough south to make a difference I might pick a different destination. But I find every ride I do fun to some degree and riding in cold weather makes that stop in a warm deli all that better. Unless you decide to eat outdoors. The ride is postponed if there's precipitation, icy roads or a temperature at the start below 28.

Sunday, February 24

B15 50 MI 10:00 AM

Northvale

Leader: Stan Oldak 212-780-9950

From: The Boathouse

A winter spin to the Northvale Diner. Enough said! Snow, rain, ice or temps below 32 at 9 AM cancels ride. If in doubt call leader.

C12 25 MI 10:00 AM

Frostbite Series #13:

Ride To The World's Greatest Pancakes

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

From: City Hall (near Horace Greeley statue) Series finale. All things must pass. Isn't it a pity? Take a cruise on the Staten Island ferry and over the "Kull" to Bayonne, NJ. Savor hot cakes at the Broadway Diner. We'll then ride to Liberty State Park and return via NY Waterways ferry(\$4 fare) or PATH train (\$1.50 fare). Bring a lock, \$ for brunch and look for good weather. Co-listed with the 5BBC.

ABC Snowshoe SIG

See listing February 10

Club Photos



Carol Waaser and Henry Joseph in Anza-Borrego State Park on the San Diego (California) Christmas Trip, about to descend from mountain top into the desert. Other club members who made the trip are Fred Steinberg and Barbara Cleland.



The snowshoe SIG gathers for its weekly Sunday outing on January 6. The Snowshoe SIG is led by Marilyn and Ken Weisman.



A Tribute to Spencer Koromilas



The time has come to bid a fond farewell to one of the New York Cycle Club's favorite sons, Spencer Koromilas. After several years of riding with the club, his newfound sweetheart Marie-Christine Bellon Manzi will be spirited him off to Montreal.

I first rode with Spencer on a West Point weekend in 1997. During a ride to New Paltz, he tried to impress the rest of the group with a half gainer in the middle of the pace line. After he came to, he insisted on continuing with the ride even though he had to stagger just to get up off the pavement. Later that evening his spirit and demeanor gave no indication that anything had happened. With that incident, and many more like it, he established himself in club lore. A year later, I tried to convince him to lead a ride, to say he wasn't interested in putting it mildly. Three years later, he was voted ride leader of the year after leading scores of rides and scouting countless routes. Spencer's image has graced many a bulletin cover, his antics (and crashes) are legendary and his indomitable spirit have made his presence in the club something all who know him will cherish forever. My own words cannot describe the sadness I and anyone who knows him feels at his departure, the best I can do is paraphrase the poet Ernest Lawrence Thayer:



Oh! somewhere in this favored land the sun is shining bright;
The band is playing somewhere and somewhere hearts are light,
And somewhere men are laughing and somewhere children shout;
But there is no joy in NYCCville — mighty Spencer is riding out.

- Tom Laskey



How to Survive Road Hazards

By Fred Matheny and Ed Pavelka of www.RoadBikeRider.com

Cycling is a unique sport because its arena is the open road. That's the same place frequented by traffic, potholes, snarling dogs and absentminded pedestrians.

But sometimes we're our own worst enemy. Inattention and poor technique can put us on the pavement as fast as any hazard. Use these tips and you'll be less likely to take a tumble.

* **Always ride with your head up.** While cruising along, it's tempting to stare at the whirling pattern of the front spokes or fixate on your cyclecomputer's numbers. A momentary downward glance that lasts just a second too long can mean riding into a problem that could easily have been avoided.

* **Focus.** The smooth and rhythmic motion of pedaling can have a hypnotic effect. Daydreaming cyclists have crashed into the back of parked cars, wandered far into the traffic lane or blithely ridden off the road. Don't let yourself be separated from the outside world by the vivid canvases created by your imagination. Keep your head in the game.

* **Keep your bike in top mechanical condition.** Repair or replace faulty parts sooner rather than later. It's a loser's game to milk "just one more ride" out of worn brake pads, a frayed cable, or tires with a threadbare tread or bulging sidewall. Your first line of defense against the challenges of the real world is a bike with all parts in good working order. You'll find easy, at-home bike maintenance procedures in the RBR Publishing Company eBook, **Bike and Gear Guide for Roadies**.

Punctures

It's every rider's fate to flat. But it's relatively easy to limit the frequency.

* **Choose your line with care.** The best way to avoid punctures is also the easiest: Steer around broken glass, road rubble and potholes.

* **Use tires with a Kevlar belt under the tread.** Kevlar does a good job of stopping nasty things from penetrating. Inspect the tread after every ride for embedded debris. Remember, most punctures are caused by something sticking to the tread and working through during numerous wheel revolutions. Replace tires before they become so thin that they're virtually defenseless against pointy things.

* **Check inflation pressure every couple of days.** Tubes are slightly porous and may lose several pounds of pressure each day. Soft tires slow you down, corner poorly, wear fast, and don't protect your rims against metal-bending impacts.

Potholes

Hitting potholes can bend your rims beyond repair. If the chasm is deep enough, it will send you hurtling over the handlebar when you bury the front wheel and the bike suddenly stops. Here's a primer on pothole evasion.

* **Note where potholes lurk** on your normal training routes. Plan your line well in advance to avoid them. Don't expect the road to be in the same condition every day. Potholes have a habit of sprouting up out of nowhere, especially in the winter and early spring due to the daily freeze/thaw cycle.

* **Treat potholes like glass.** Ride around them, first checking behind for traffic. Be mindful of riding partners when you change your line. Newly minted pot-holes present a double hazard—the chasm itself,

and the chunks of shattered pavement around it. If the pothole doesn't bend your wheel, the sharp bits of rubble might puncture your tire. Give these highway craters a wide berth.

* **Jump your bike over a pothole,** if you have the skill and are unable to ride around it because of traffic or adjacent riders. Learn this move on a grassy field. Level your pedals, crouch off the saddle, then spring up and lift with your feet and hands. Start by jumping over a line on the ground, then graduate to higher but forgiving objects such as a rolled-up towel or a shoebox.

Railroad Tracks

Unlike most dangers, tracks can't be ridden around. You can suffer an instant crash if your tires slip on the shiny steel rails. Ride with extreme caution and follow these safety tips.

* **Slow down!** Tracks are rough, and even if you don't crash you could get a pinch flat. This happens when you ride into something abrupt, like a rail, and it pinches the tube between the tire and rim, slicing two little holes in the tube.

* **Rise slightly off the saddle.** Have equal weight on your hands and feet. Let the bike chatter beneath you. Use your flexed arms and legs as shock absorbers.

* **Cross tracks at a right angle.** If the rails are diagonal to the road and you cross them at an angle, your front wheel can be twisted out from under you. A perpendicular passage is essential in the rain. Wet metal tracks are incredibly slippery. The slightest imbalance or abrupt move can send you sprawling.

* **Jump if you're real good.** Racers who need to cross tracks at maximum speed will jump them. They use the same technique that works for potholes, but with more speed and lift because they must clear two rails. Coming down too early means the rear wheel will hit the second rail, guaranteeing a ruined rim or a pinch flat. In most cases, jumping isn't worth the danger. It's better to slow down, square up, and creep across.

(Continued on Page 13)

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

New York Cycle Club Board of Directors Meeting Minutes 5 September 2001

Present: David Getlen, Carol Waaser, Ira Mitchneck, Annaline Dinkelman, Rita Tellerman, Gary McGraime, Ben Goldberg, Stan Oldak, Tom Laskey

Absent: Jim Galante, Bob Hancock, Lauren Grushkin, Cathy Martone

Meeting called to order at: 6:45 PM

David Getlen reported the bulletin had not yet hit the mail, the mailing house did not get the labels and did not inform us they were missing.

Robin Read was nominated for LAB volunteer of the year and was unanimously approved

Carol Waaser reported that as of the date of the meeting the club had 1585 active members which Gary McGraime purported to be an NYCC record. According to Carol we are on track for between 1600 - 1700 members in 2001. Of the active members, 673 have registered via Active.com, 400 are new to NYCC. Carol also stated that if members are given a unique registration number registration will be much easier in the future.

Carol further suggested dues be raised but those renewing or registering on-line, would get a discount. After much back and forth it was agreed to propose to the membership on the election ballot an increase in dues to \$24 for single memberships and \$30 for couples with a \$3.00 discount for on-line registration.

Finally, Carol proposed additional personnel, an assistant membership director and a volunteer coordinator. The asst. Membership director should not be a board position but it was decided that the volunteer coordinator should, after a one-year trial be made a permanent board position. The position of volunteer coordinator will also be added to the club election ballot.

Stan Oldak reported on the efficiency of this year's ENY Committee. There are more sponsors than ever before including Thulle, Ben and Jerry's and Cliff Bar. The Piermont rest stop will be moved from the Sidewalk Cafe to the Piermont Bicycle Connection who will offer repairs and other help. A preliminary budget was presented and approved

David Getlen advised that he needs all bulletin material by the 17th of the month to insure on-time mailing of the bulletin. Due to this schedule, it will not be possible for Beth Renaud to proof read ride listings, the coordinators and VP of Rides will have to be responsible for any mistakes.

The board approved the inclusion of links on the website for various commercial sites (touring company, bike etailers) provided club members receive some type of discount (10% was suggested).

Meeting was adjourned several hours after it began.

New York Cycle Club Board of Directors Meeting Minutes

October 3, 2001

Present: Carol Waaser, Cathy Martone, Jim Galante, Stan Oldak, Gary McGraime, Ira Mitchneck, Tom Laskey, Lauren Grushkin

Absent: David Getlen, Ben Goldberg, Rita Tellerman, Annaline Dinkelman, Bob Hancock

Meeting called to order at: 6:45 PM

Minutes from the September meeting were reviewed and approved.

Carol Waaser presented the membership report; we currently have 1675 active members. Carol also suggested issuing all active members an I.D.

card that can be presented to participating bike shops to receive their NYCC discount. A discussion followed as to how best to implement this plan, Carol and Ira will research options and present them at the next meeting.

Carol Waaser suggested that November bulletins be sent to all members including those who only get the on-line version. The suggestion was made to supply everyone with a paper ballot for the 2002 elections.

Stan Oldak reported that Escape New York was a huge success with 403 registrants. Possible recipients of the remaining profits will be discussed at the next meeting. Stan suggested a page of the November bulletin be devoted to ENY sponsors, Ira suggested \$1000 be sent to the Times 9/11 fund immediately.

Possible nominees were discussed for open board positions. It was decided not to postpone elections.

Lauren Grushkin reported that the holiday party is set for 12/11 at Savore. Lauren will contact Ben and Robin so that the information will be included in the weekly email announcements and posted on our website. Lauren further suggested we procure a raffle price from one of the local bike shops, Carol Waaser will contact Bicycle workshop in Tenafly.

Meeting adjourned at 8:45.

10 Question NYCC Quiz By Hank Schiffman

Your cleverness is its own reward. Ladies and Gentlemen, sharpen you pencils....

1. What is the major bicycle manufacturer named after a railroad town in the NYCC metropolitan area?
2. How many feet do you climb (and drop as well) in one lap of the big (6.1 mile) loop of Central Park Drive? A- 224 B- 324 C- 424
3. When you are cycling back to Manhattan on Palisade Avenue just after crossing 9W and just before turning right onto Hudson Terrace you can see a bridge or two under the Palisades Parkway overpass. Which of the following bridges is it **not**; A- Bronx-Whitestone, B- Throgs Neck, C- George Washington.
4. To what compass direction do uptown avenues in Manhattan point?
5. How many street blocks (uptown/downtown) in Manhattan equal one mile?
6. From what general direction do fair winds (good weather) blow in the New York region?
7. Why is there a hill across northern Long Island (it extends from Bay Ridge/Park Slope/Prospect Park eastward) and what is this feature called?
8. Which of the 5 boroughs has the highest natural point?
9. Which of the following statements is **not** true; A- The 138th Street Bridge is connected to Manhattan by 5th and Madison Avenues. B- The Path train can get you to Hoboken via stations on Christopher, 9th Street, 14th Street, 23rd Street and Herald Square. C- The #4 train stops at Bedford Park Blvd on the Grand Concourse.
10. Which park has the greatest range (difference in elevation) between the highest point and lowest point on the largest loop of its park drive; Prospect Park or Central Park?

(Answers on Page 14)

2002 Ride Calendar

Prepared by Geo Carl Kaplan

APRIL 2002

Mon April 22
Earth Day
(Transportation Alternatives often has an event this day)

MAY 2002

Thurs May 2
New York City Bicycle Show

Fri May 3
New York City Bicycle Show

Sat May 4
New York City Bicycle Show

Sun May 5
BIKE NEW YORK

Sat May 11 - Sun May 19
NYC Bike Week (events throughout the five boroughs)

Sat May 18
Blessing of the Bikes at Cathedral of St. John the Divine
MS Bike Tour Mid-Jersey (Day 1)

Sun May 19
Montauk Century
TENT - Flapjack 40/Staten Island Bicycle Association
American Diabetes Association ride/Huntington, L.I.
MS Bike Tour Mid-Jersey (Day 2)
Bloomin' Metric — Sound Cyclists Bike Club

Sun May 26
Hartford Parks Tour/Connecticut Bicycle Coalition

JUNE 2002

Saturday June 1
American Diabetes Jersey Shore Ride/Morristown, NJ

Sunday June 2
TENT - Flapjack 40/Staten Island Bicycle Association
American Diabetes Ride/Westchester
TENT - Easter Seals Inline skate event
Bike Boat Bike/SBRA/starts and ends in Mattituck

Sunday June 9
American Diabetes Association Ride/Riverhead, LI
Sunday Singles Ride

Thursday June 20
The Northeast AIDS Ride (Day 1)

Friday June 21
The Northeast AIDS Ride (Day 2)

Saturday June 22
Ramapo Valley All-Day Ride
The Northeast AIDS Ride (Day 3)

Sunday June 23
The Northeast AIDS Ride (Day 4)
American Diabetes Ride/New York City
American Diabetes Ride/Princeton, NJ

Sunday June 30
TENT — Ascent Long Island Mansion Ride

JULY 2002

Sunday July 14
Staten Island Autism Association/Ice Cream Ride to Lick Autism

AUGUST 2002

Sat August 18
Tour of the Hamptons

SEPTEMBER 2002

Sun September 8
Transportation Alternatives/NYC Century

Sat September 21
MS Bike Tour Greater North Jersey (Day 1)

Sun Sept 22
Golden Apple tour
MS Bike Tour Greater North Jersey (Day 2)
TENT - Discover Long Island

Sat Sept 28
New York Cycle Club/Escape from NY Century

Sun Sept. 29
BIKE NEW YORK1s Twin Lights ride (Confirmed)
CT MS Bike Tour

OCTOBER 2002

Sun Oct 6
TENT — MS Bike Tour Westchester (Tappan Zee)
Pumpkin Patch/Staten Island Bicycle Association
Guide Dog Ride/SBRA/SUNY Stonybrook

Fri October 11
Hazan NY state ride pre-ride event

Sat October 12
Hazan NY state ride pre-ride event

Sun Oct 13
Harvest Hundred/Sound Cyclists
Hazan NY state ride (Day 1)

Monday Oct 14
Hazan NY state ride (Day 2)

Sun Oct 20
MS Bike Tour/NYC
TENT — Discover Long Island

NOVEMBER 2002

Annual Bike Summit meeting to work out next year's calendar. Date of meeting



The "A" 19 SIG for 2002

Once again, this program is dedicated to Christy Guzzetta, whose endless generosity to the NYCC has been a treasured gift to hundreds of cyclists over the years and without whom, there would be emptiness in springtime because the A, B, C and now the A-19 SIG would not exist.

Are you ready for a fresh beginning to Y-2K+2 with one of the most thrilling experiences of your life? Do you want to feel exhilarated every Saturday afternoon? Are you prepared to embark upon a three month journey that will challenge you physically and mentally? Are you ready for an intense camaraderie born of the extremes of physical endurance matched to weather, unexplored terrain, the privation of Saturday morning luxuries and the shared objectives of ending up as an improved and confident cyclist? If reading this makes you salivate for more, maybe you're the type of person we need to kick off the third running of the A-19 SIG. This program was carefully designed for serious riders interested in improving their cycling skills and physical capabilities. Each week, under the careful tutelage of our fantastic team of leaders, you'll ride a little further, a little faster, and a lot more confidently because you'll be learning all the skills used regularly by "A" riders. You'll also look incredible on your two wheeled weapon of choice. Rider and group safety are the focal points of this program at all times. You'll become comfortably expert at riding single and double rotating pacelines, hill climbing, shifting, braking, and communicating while riding. You'll learn how to train, eat, dress and prepare for cycling success. You'll become familiar with the essentials of bike maintenance. Your leaders will make you ready to enter the cycling season as a capable ride leader, and an enthusiastic supporter of the NYCC. Sound a lot like the "A Classic" SIG? Well it should. The leaders of the "A"-19 SIG are either seasoned "A Classic" SIG leaders or graduates. Both "A" SIGs are coordinated with each other and there is an opportunity to change groups during the first few weeks of the program if you feel you made the wrong choice at the outset. The main difference between the two programs is the target cruising speed. For the "A" 19 SIG, we aim to achieve a target flat terrain cruising speed of 19 mph during the last few weeks of the program. The venerable "A Classic" SIG graduates are expected to cruise at faster speeds.

What do I have to do to participate and graduate? There still is no such thing as a free lunch. We expect all participants to take this program very seriously. From the first ride on March 2, to the graduation ride 11 weeks later, **we own your Saturdays**. You should attend all sessions. We expect you to be self motivated and to train several times a week on your own or in small groups. No one with more than two unexcused absences will be permitted to continue. Here's the deal: everyone must become a member of the NYCC by the third week, sign up with us to lead two non-SIG rides, participate in the leadership seminar we offer and take our cyclist's first aid course. You are expected to show up on time, with your road bike ready to go. Mountain bikes are not encouraged; bikes with aero/tri bars and riders without helmets will not be permitted. There will be a "meet the leaders ride" in February where you can shake the winter cobwebs from your knees and have an opportunity to ask your leaders about the program.

There it is in a nut shell. We will nurture you while we beat you into shape. Some of you will love us; others will hate us, but all of you will thank us for the great experience that will be the "A"-19 SIG. You will be so proud of yourself in May!

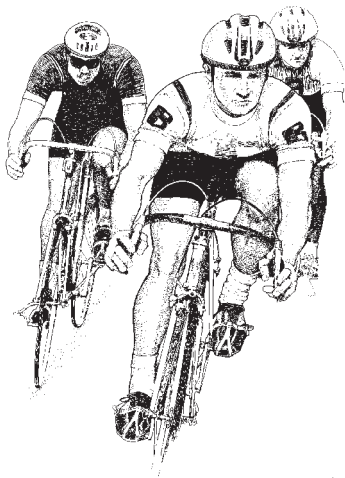
If you have any questions, please contact one of the "A"-19 SIG captains: Ed Fishkin (718) 633-3038 or Jim Galante (201) 503-9192

We look forward to seeing you. Check out the March ride schedule and the March Bulletin for more details.

Saturday March 2, 2002

"A"-19 SIG Introductory Session: "Shake your booties"

Co-captains": Ed Fishkin (718) 633-3038 and Jim Galante (201) 503-9192, (Please see the article in this month's bulletin for more details) 9:15 a.m. at the Boathouse. Rain date Sunday, March 5, 2002 same time and place. If it rains on Sunday, show up without your bike for your introduction to the SIG and your leaders. After a brief hello, with your leaders, you'll take a 4 loop shakedown cruise in Central Park. All "A"-19 siglets should be able to complete the 4 loops in under 1hr 50min. From then on, you'll be making history



Final Tally on Contributions from Proceeds of the "Escape from New York Century"

\$1,000 - NY Times 9/11 Fund
\$1,000 - Liberty Fund of the American Red Cross
\$750 - Recycle A Bicycle in honor of Mark Martinez and Julie Lobbia

Thanks to all riders, and especially to all those who volunteered their time to make this event happen

Welcome to our Newest Members

Banker, Stephen	Meyer, Matthew
Bates, Patrick	Meyer, Robert
Brun, Carmen	Moadeli, Mo
Chomowicz, David	Mosley, Franklin
Coleman, Joseph	Mount, Dana
Cox, Will	Paley, David
Goldberg, Elaine	Ross, Brian
Hoffman, James	Semlitz, Stephen
Hong, Jenny	Solis, Gregory
Hudson, Timothy	Solis, Susan
Jantzen, Leona	Wahba, Phil
Johnson, Rebekah	Weber, Rodney
Mancello, Dominic	Weiner, Steve
McDonnell, Michael	Wesolowsky, Natalie
Meessen, Karin	Young, Tracy

B-Classic SIG 2002

We Want You To Join The B-Classic SIG!

Saturday, March 2nd, 2002: Do you want to learn good bike handling skills? Improve your stamina, strength, and speed? Brush up on bike maintenance? Get to know some of the great NYCC routes? Learn how to ride safely in a group, and work together with other riders to make any ride easier and more enjoyable? Then join our 10-week progressive training series this spring.

The B-Classic SIG will consist of three groups:

- * **The B16 group** will progress from a 14-mph pace and a 40-mile distance on the first day to a 16-mph pace and 85 miles in May;
- * **The B17 group** will start at a 15-mph pace and 45 miles and work up to a 17-mph pace on the 85-mile graduation ride; and
- * **The B18 group** will advance from a 16-mph pace and a 45-mile ride up to an 18-mph pace and 85 miles.

(Note that any ride's average speed is typically 3-mph less than the indicated pace.)

While the B-Classic SIG is not as rigorous as either of the A-SIGs, we ask you to make a commitment to do each week of the series. In order for each whole group to progress safely to new skill levels, the members must learn together each week. For the first seven weeks we will have classes in various skills before starting our ride. We have no requirement of week-day training; however, we strongly suggest that you do one or two mid-week training rides. Two laps around Central Park twice each week or spin classes at the gym will help you progress through the series.

The B-Classic SIG stresses group riding skills, which include safety, bike handling, equipment preparation, and maintenance. But the B-Classic SIG's dirty little secret is that we also put extra emphasis on making friends and eating great food. So bring your social skills and your appetites as well as your desire to become better all-around cyclists.

The coordinators for this year's B-Classic SIG are Eva Wirth (212-477-9322) and Liane Montesa (212-929-0787). The other SIG leaders include Cathy Martone, David Hallerman, Mark Gelles, Maureen Berlings-Minsky, and Wayne Wright. The phone numbers of SIG volunteers to call for information will be published in the club bulletin and via the weekly email.

The starting date of the B-Classic SIG is Saturday March 2nd. We will begin with a 4-lap classification ride around Central Park and go on our first training ride on March 9th. We will nurture you while we push you into shape. Some of you will love us; others won't—but all of you will thank us for the B-Classic SIG. You will be so proud of yourselves!

Learn the Riding Skills and Ride Leader Basics That Make an A-Classic Rider:

NYCC Offers A-SIG Classic Series for 2002

You're a strong rider, maybe you've raced, and you've done some club riding. But do you have finesse? Can you work with a group? Can you channel solo brute force into group synergy?

How do you measure up among your peers when it comes to riding and handling your bike, your speed, and your communication in a group riding setting—all the elements that spell safe, organized group riding?

On Saturday, February 23rd at 8:00 AM at the Boathouse in Central Park, the 16th annual A-SIG Classic Series begins; the series will continue every Saturday through May 18.

The A-SIG Classic is a progressive skills, strength, and speed building

(Continued from Page 9)

How to Survive Road Hazards

Additional Slick Spots

* **Painted lines.** These can be slippery, especially the wide mark
How to Survive Road Hazards (Continued from Page 11)

ings for pedestrian crossings at intersections. The paint fills in the asphalt's texture, producing a surface that's uncertain when dry and deadly when wet. The danger is worse when the paint is new.

* **Dry oil slicks.** These may be nearly invisible, but you can spot them as darker streaks on a gray pavement. Be real careful in corners. You aren't safe if you ride through oil on the straights. The greased tread might slip in a corner just ahead.

* **Wet oil slicks.** If it rains, a small oily patch can grow until it covers the whole lane. Be on the lookout for the telltale multi-colored water. There's no pot of gold at the end of this rainbow, only a black-and-blue meeting with the pavement.

* **Wet metal.** If it's been raining and you come upon *anything* metal in the road (manhole cover, steel-deck bridge, road-repair plate), it's as treacherous as riding on ice. Cross it with the bike absolutely upright. Even a slight lean can cause the wheels to slip. Smart riders walk their bikes across wet steel bridges.

* **Wet leaves.** Be very careful in the fall, or you will. Even if the road is dry, there can be moisture trapped between leaves littering the pavement. When you see leaves in a corner, slow down and round the bend with your bike upright, not angled.

* **Sewer grates.** Some old ones have bars that run parallel to the street and are wide enough to let a bike wheel fall through. If this happens, you can look forward to plastic surgery and possibly a lifetime of lawsuit riches. Many municipalities have replaced such grates with bicycle-friendly versions, but be careful in case a town hasn't gotten the message yet.

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!

[

series that focuses on the skills needed for safe, efficient group riding at the A-ride level. It also teaches riders the basic skills needed to organize and lead group rides. It'll help build the confidence and connections you need to set forth as an A ride leader.

Over the years, men and women "graduates" of the A-SIG have become outstanding ride leaders among their peers in the NYCC; many have gone on to become successful local and even nationally ranked road racers; several have returned over the years to the A-SIG to offer their experience as coaches to train strong "indie" riders to become collaborative, group-aware and group-efficient riders.

The series begins February 23rd with 4 loops of Central Park, immediately followed by a brief informational meeting where the Captain and Leaders of the A-SIG Classic Series will introduce themselves and outline the program for participants.

We will gradually increase the distances and pace over the next 12 weeks as we ride on some of the most beautiful roads in the tri-state area, finish

(Continued on Page 14)

Introduction to Club Riding Course by Maggie Clarke

Mark your calendars! All NYCC members are invited to a two-session course, inspired by Irv Weisman, designed for members who are relatively new to our sport and for those who want to increase their bicycling savvy. Last year 60 people came to this course, and it was well received. The course will be held indoors on 2 Sundays in early March.

Some of the topics to be covered include:

- Introduction to the course — why is it important
- Clothing, things to put on yourself
- How/what to eat and drink, and why
- Bike fit: Gearing; Seat height, Reach
- Helmet fit (this can save your life in an accident)
- What to bring on a ride (tools (flat repair), money, food, bike pass, maps, water)
- Maps (reading, route planing, topography)
- Off-bike Stretching (before, during, after ride)
- How to pick a bike (if enough people need that info)
- How to get to rides: Navigating the Subway with your bike
- What to expect on a group ride;
- Orderliness! Ride in a line, even spacing; no jockeying.
No massing at lights!
- Predictability!, No sudden moves or stops; indicate movements by signaling.
- Group consciousness: Look out for one another AND for yourself; Respect the Leader
- Mechanical (tire inflation, valve types, brakes, maintenance/lube, gears)
- Individual Bike check: Individualized advice on gears, bike fit
- How to select a club ride — advertised pace, classification
- How to ride (cadence, pedal position on turns, over-maneuvering)
- How Gears work and how/why to use them
- Recognizing and dealing with hazards
- Rules of the road. Right of Way, Our place on the road, Our rights and responsibilities
- Traffic strategy, group riding

The sessions start at 10 am and should last about three hours, Sundays, March 4 and March 11. We'll try to have some refreshments to carry us through. Each session covers different material, so please come to both! Hunter College North building, accessed from 69th Street just east of Park Avenue, 10th floor, left to the Geography dept. Room 1028. After the sessions those interested will go out to lunch nearby. Please bring your helmet to the first session (so that you can learn to adjust it).

If you have any questions, please phone Maggie at: 212-567-8272, or email at: mclarke@shiva.hunter.cuny.edu

Attention All B-Sig Graduates

Beginning the 1st Saturday in March, a group of B-sig grads will be running a "Spring Training Series" similar to the one that the A-riders have been doing for several years. The series will cover 10-12 Saturdays with emphasis on gradually building up strength, speed and distance. The series will also work on refreshing group riding/pacelines as well as other bike riding skills that you may have gotten "rusty" on since those great sig days. Look for the listings beginning in the March bulletin. (There is no requirement for participating every Saturday - but it is encouraged). Any questions contact Stan Oldak 212-780-9950.

(Continued from Page 13)

Skills That Make An A-Classic Rider

ing with a 110 mile over Bear Mountain in May. We will attain sustained cruising speeds of 21+mph AFTER everyone has the experience and bike handling skills necessary to ride safely at that speed. We will teach you how to take care of your bike and yourself and how to look out for your fellow riders on the road. We will teach you and you'll observe from the Leaders the skills, tools, and attitude needed to lead good group rides. Our goal is to make safe, skilled, strong, confident, self-reliant cyclists and future A Ride leaders out of each and every SIG graduate. Ask any one of last year's 30 A SIG graduates about how much fun the SIG was, how it changed their approach to cycling and made them stronger and more confident cyclists than they ever imagined. They will tell you about the thrill of riding in a smooth double pace line, listening to the "whiiiiirrrrrr" of wheels and pedals, taking turns at the lead. They will talk of being undaunted by such hills as Whipoorwill, Little Tor, or Perkins Drive, followed by the thrill of cruising back down the other side knowing they could handle their bike at any pace. They will talk of the incredible feeling of accomplishment at having established a goal and met a challenge.

If you are an able-bodied cyclist with at least 2 solid years of cycling under your belt, you are open to and have a willingness to be coached and instructed, and you can to commit to the time and training this involves, we look forward to seeing you on the 23rd. A few ground rules follow:

All A-SIG participants must be NYCC members within the first 3 weeks of the series. SIG participants and graduates will be encouraged to lead rides with other riders or on their own for the NYCC. Helmets are REQUIRED. No aero bars, No mountain or hybrid bikes, NO EXCEPTIONS.

Look for details about the 2002 A-SIG Classic on the web site of the New York Cycle Club at www.nycc.org. Or contact us with any questions directly at asig.captain@nycc.org.

Answers to 10 Question NYCC Quiz:

1. Cannondale. It's on the Danbury branch line of the New Haven Line. They eventually moved to Pennsylvania, where they are presently located.
2. B- In one large loop of Central Park's Drive you gain (as well as lose) 324 feet in elevation.
3. C- The George Washington Bridge
4. Approximately NNE (29 degrees True North). This is also the general direction from which cross winds blow from the upstate side of the GW Bridge. This is worth noting if you are considering crossing its bike path in strong winds.
5. 20
6. From the west, northwest and southwest. Winds from the east generally spell wet weather.
7. This is where the glaciers of the last ice age deposited their till at their southernmost extent. It is called a terminal moraine. The rest of Long Island to the south is the glacial outwash plain.
8. Todt Hill on Staten Island at 410 feet. It is the highest point on the Atlantic coast between Florida and Maine. And it is also a terminal moraine.
9. C- The B and D trains stop on Bedford Park Blvd on the Grand Concourse. However, the #4 train stops at Bedford Park Blvd on Jerome Avenue.
10. Prospect Park's highest point (zenith – you thought it was a television maybe) on the full loop of its park drive is greater than 160 feet but less than 170 feet. Its lowest point on the drive is just about 60 feet, giving it a difference of over 100 feet. Central Park's large loop of its park drive has a high point of 125 feet on the West Drive at the extrapolation between 84th and 85th Streets. Its nadir (low point) is 27 feet on the west shore of the Harlem Mere giving it a range of 98 feet. Prospect Park is the answer. And yes, I can be a nitpicker.

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.sidsbikes.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>



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CONRAD'S BIKE SHOP
 25 Tudor City Place
 (212) 697-6966 or
 conradbike@aol.com; 8.25% off parts,
 accessories and repairs.

BICYCLE RENAISSANCE
 430 Columbus Avenue
 (212) 724-2350. 10% off repairs and
 accessories (not on sale items and new
 bikes).

TOGA BIKE SHOP
 110 West End Avenue
 (212) 799-9625 or gotbik@aol.com;
 10% off parts, accessories and repairs.

GOTHAM BIKES
 112 West Broadway
 (212) 732-2453 or gotbik@aol.com;
 10% off parts, accessories and repairs.

CNC BICYCLE WORKS
 1101 1st Avenue (212) 230-1919 or cncbicycleworks@juno.com; 8.25%
 off accessories, repairs, rental and bikes.



Don't Miss the Next Club Meeting!

Join us at our February 12th meeting

“Riding for a Cause: The AIDSride phenomenon and how to get involved.”

with Blake Strasser / Field Event Coordinator - Pallotta TeamWorks

Each year, thousands of people come together and combine their passions for cycling, life, and helping to take part in AIDSrides and Vaccine Rides. These are fully supported multi-day events, that not only pose a great physical challenge, but also help provide much needed services in the fight against AIDS.

Blake Strasser from Pallotta TeamWorks (creators and producers of the Northeast AIDSride and the Canada-US AIDS Vaccine Ride - plus numerous other rides across the country) will be joining us to discuss how to take your passion for riding and make a tremendous difference in the fight against AIDS. Blake will give us specifics on the events and the benefiting charities as well as going into depth on all of the services provided to the participants during and leading up to the event. She will also discuss crew and volunteer opportunities for our non-riding friends and family.

Whether you are an AIDSride veteran looking for a new challenge, or a newcomer thinking about committing to your first multi-day ride, this is an evening of information and conversation not to be missed.

So please join us on February 12, 2002 @:

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

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