A cold ride to Bedford. Pictured from left to right: ? (If anyone knows this person-let us know), Hank Schiffman, John Vazquez, Tom Laskey.

Photo taken by Spencer Koromilas (we think) with Hank Schiffman’s camera
President's Message

Here it is, March already and the SIGs are either already started or soon to be started, depending on which SIG you are joining and when you read this. Yes that’s SIG as in Special Interest Group. There’s one for C-riders, one for B’s and two for A’s. Each lasts 12 weeks, each provides invaluable training and information for the participants, and each is led by dedicated and experienced NYCC members. And as if the SIGs weren’t enough, we now have programs for A and B SIG graduates to get back in shape for the season, the A and B training series. The concept is similar to the SIGs, 12 weeks of progressively longer, hillier and faster rides led by dedicated club members. Check out this issue of the bulletin for more information about each level SIG and post graduate training series.

Those of you who diligently read every word of the bulletin, or even say, every other word, may have noticed something missing last few months. It’s the column that we affectionately call Road Dirt that contains all the tawdry details of the many foibles and foul-ups of our beloved membership as well as life events and accomplishments. Our former Road Dirt editor - after being offered a job as Washington correspondent with the South Carolina Picayune simultaneous with acceptance by the 2004 Olympic cycling team - has decided to throw in the keyboard. So, the burning question remains, who will be the new Road Dirt meister?

If there is one universal truth, it is that everyone likes gossip. And from the emails and comments I’ve received these past few Road Dirt-less months, everyone misses it in the bulletin. So come on all you Hedda Hopper/Luella Parsons/Rona Barrett/Liz Smith wanabees, let me hear from you. Your identity will be held in the strictest confidence. If you’re interested, let me know by email at tomoboe@mindspring.com.

Now, the moment you’ve been waiting for, my annual helmets spiel. The vast majority of club members wear helmets when they ride. A good many ride leaders require helmets to be worn by people who come on their rides. And of course, you can’t set foot on a pedal in a USCF race without wearing a helmet. We in the NYCC however do not have a standing rule about wearing helmets and probably never will. It’s not that anyone thinks wearing helmets is a bad idea, it’s that we are all adults and should make our own decisions for our own safety. Fair enough. Let me just say that it is my firm belief that if you don’t want to wear a helmet you probably don’t need to wear a helmet because there is probably nothing for your helmet to protect.

- Tom Laskey

Editor’s Note

The bad part of being Bulletin Editor is that the President’s Message gets all the good lines and I have to go scrambling after what’s left. Sad but true. Tom has told everyone about the SIG’s. What he hasn’t said is that participation is the SIG’s will make you a better rider, more confident in your riding abilities and feeling better on your bike.

My apologies for the February issue. A computer glitch meant I had to mail files to the printer instead of transmitting them via E-Mail. Typefaces were changed, spacing was wacky. Hopefully that’s all solved.

Look for information about the Sheffiled Memorial Day weekend in this issue as well as information about the New York Bike Show, which unfortunately had to be moved from its original site.

- David Getlen

Check out our fabulous web site: http://www.nyc.org

Check out the new NYCC Message board:

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.

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

eileen_crowley@msn.com

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

Cover: This month’s cover gives us a last look at Spencer Koromilas before he leaves us for Canada. Bon Chance.

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


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 1,000 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.
Season Kick-off Party & Women's Racing Clinic, Monday, March 4th

The RLX Polo Sport women's multisport team is hosting a women's bike racing clinic (aka season kick-off party) on Monday, March 4th, from 7:30 to 9 p.m., at Sid's Bike Shop. Join the team as they share their knowledge of sports nutrition, triathlons, women's bike racing and bike maintenance. Each segment will be followed by a question and answer period.

Sid's is located at 235 East 34th Street, between 2nd and 3rd Avenues. The clinic is *free* to all interested women, no prior racing experience or RSVP necessary. We'll have refreshments, a raffle for some great gear for spring, and yes, goodie bags!

For more information about the clinic or about our team, stop by or visit our website: http://nyccvelogirls.com/ or e-mail nyccvelogirls@hotmail.com.

Pedal PA 2002 Tours

River Ramble Saturday May 18, Sunday May 19. On Saturday we cycle up the NJ side of the Delaware River from Yardley, Bucks County, to Easton, a fun town. We stay at the Best Western with heated indoor pool. On Sunday, we return to Yardley down the PA side. See striking vistas, historical attractions, appealing towns and funky communities. The 105 mile round trip is mostly flat. We also offer several route options, climbing options and additional mile options. You may also ride on the Delaware canal and Raritan canal bike paths or visit a authentic 5-story high Dutch windmill. Cost: $165.00. For more info visit www.Pedal-Pa.com <http://www.Pedal-Pa.com> or Phone 215-513-9577

Penn Central Saturday July 27 to Saturday August 3. Pittsburgh to Philadelphia. The Penn Central traverses the heartland of Pennsylvania, characterized by lightly traveled roads, small towns and villages with charm and personality, college and university towns, which are lots of fun, striking scenery and those Allegheny Mountains. Along the 500 mile trip the terrain is varied. We seek out the river valleys and ridges and offer challenging climbs that afford spectacular views and exhilarating descents. Or you can ride on six different Rail-Trails along the way. Cost: $765.00. For more info visit www.Pedal-Pa.com <http://www.Pedal-Pa.com> or Phone 215-513-9577

Vermont Escape Monday August 26 thru Friday August 30. Visit the charming Three Stallion Inn, Randolph, VT, for 4 nights, 5 days of fun, close by the green Mountain National Forest. Scenic rides from moderate to challenging explore the special beauty of Vermont. 225 miles (396) 528-1510 century option available). Also: pool, hot tub, tennis, golf, hiking and mountain biking. And first class cuisine! Cost: $715.00. For more info visit www.Pedal-Pa.com <http://www.Pedal-Pa.com> or Phone 215-513-9577

Rehoboth Tour Thursday October 3 thru Monday October 7. We start in Doylestown Bucks County cross the Delaware River to New Jersey we cycle down through the Pine Barrens to an overnight stay in Egg Harbor, N.J. On Friday after breakfast we cycle to Cape may, ferry to Lewes Delaware and cycle onto Rehoboth Beach Delaware, where we spend 3 nights, 4 days of fun in this charming town. 165 miles. Optional rides from 5-100 miles in Rehoboth Beach, DE. Cost: $640.00. For more info visit www.Pedal-Pa.com, http://www.Pedal-Pa.com or Phone 215-513-9577

For more information Pedal Pennsylvania, PO Box 385, Harleysville, PA 19438 215-513-9577 www.Pedal-Pa.com <http://www.Pedal-Pa.com> Pedalpa@netcarrier.com
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 815 = 8 Style / 15 mph cruising speed - see chart). Our rides are described by pace and style because it’s more fun when the group is of similar ability. We ride for fun, fitness, and food.

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

SELF-TEST: Assess your personal cruising speed by riding 4 laps (24.4 miles) around Central Park at a comfortable pace and matching your time with the chart. NOTE: Riding fewer than 4 laps will give you a false assessment. 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, 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:

- GCT-New Haven 9:07am (Hudson Line)
- GCT>Poughkeepsie 7:40am (Hudson Line)
- GCT>Brewster North 7:48am (Harlem Line)
- GCT>Brewster North 8:48am (Harlem Line)
- GCT>New Haven 9:07am (New Haven Line)
- Poughkeepsie>GCT 3:40pm (Hudson Line)
- Poughkeepsie>GCT 4:35pm (Hudson Line)
- Poughkeepsie>GCT 5:40pm (Hudson Line)
- Brewster North>GCT 3:07pm (Harlem Line)
- Brewster North>GCT 4:07pm (Harlem 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)

A Spring Training Series - Pleasantville
Leader: Peter Walker (212) 831 4418 peter.walker@g.com
From: Boathouse - 9:00 a.m.
Our first Westchester ride of the Series, designed to stretch those legs, with brunch at the Pavilion Diner in Thornwood. As will be the case for all rides in the STS, paceline skills and helmets are de rigueur. 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 the night before or check the message board the day of the ride.

Rides List
Always wear your helmet!

Saturday, March 2
A-SIG Classic 46 MI 9:00 AM

Ride #2: Northvale
Introduction to cooperative group riding
Leaders: Kelleigh Dulany (212) 932-0171 and Dan Keating (212) 517-9730
From: Boathouse parking lot
Arrive at the parking lot by 8:30 so you can sign in. We want to be on the road promptly at 9:00 to avoid crowds and traffic. Place your name on your helmet on the front and back (we need to know who you are coming and going!). The purpose of today’s ride is to get some base mileage in, to get to know each other and to practice riding as a group. We will also introduce the idea of pacelines and getting comfortable riding on each other’s wheels. Your fearless leaders will give you guidance on everything from road etiquette (for your fellow cyclists as well as motorists who share the roads) to proper bike fit. We’ll cruise to the Northvale Diner via 505 in small single line groups, eat breakfast, and return to NYC on 501. Only one hill—leader’s choice: Churchill? Boooh! Walnut? No aerobars allowed. Please bring two full water bottles and some smiles. Rain date: Sunday.

B15 River Road
Leader: Stan Oldak 212-945-9801 or 917-553-1537
From: The Boathouse
Preparing for the Mallorca Training Camp later this month! Join this ride as we “pound” up the hills of River Road. We’ll ride out and back at B15 and do River Road at your own pace. We’ll stop for lunch on the way home. Rain, snow, ice or temps below 32 at 9 AM cancel. Call leader if in doubt.

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C13 Jewels of The Bronx
Leader: Richard Goldberg (richgold@alumni.brown.edu)
(212) 874-2008

NYC Rides List
http://www.nycc.org

Schedules for trains between GCT and various towns:

- GCT>New Haven 9:07am (New Haven Line)
- GCT>Brewster North 8:48am (Harlem Line)
- GCT>New Haven 9:07am (New Haven Line)
- Poughkeepsie>GCT 3:40pm (Hudson Line)
- Poughkeepsie>GCT 4:35pm (Hudson Line)
- Poughkeepsie>GCT 5:40pm (Hudson Line)
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Cruising Speed Self Test

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<th>Speed</th>
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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, April 3

A19 50 MI 8:00 AM
Start Early, Back Early
Leader: Peter O’Reilly 212.414.1937
From: The Boathouse
Let’s head over the GWB and take a spin into NJ and visit the Country store for a stack of pancakes in Ridgewood or at fab diner in Westwood. Expect to be back early in time to catch an afternoon matinee or sprawl on the couch with your favorite beverage and watch baseball players get into shape, too. Wet stuff cancels. Call to confirm ride if weather forecast is questionable.

A19 65 MI 9:00 AM
Start Later, Ride Further
Ride Leader: John Bundy : jkbundy@prodigy.net
From: The Boathouse
No leisurely recreational jaunt to lunch at some suburban diner - this is a training ride! We’ll cover familiar rolling terrain in Bergen and Rockland Cty.’s. Be prepared to do 40 miles, at an average speed of 15 (including traffic light stops, hills, etc.), before a pit / water stop in Nyack. We’ll only take enough time to relieve ourselves (if necessary) and refill our bidons before heading back to Manhattan. The ride will cover 65 miles round trip. Survivors have the option of stopping for a post ride snack and / or beverage at the CP Boathouse. Helmets, are required. Yup, I am gonna wear one! Pocket food, two water bottles, a bike in good working condition and a good breakfast highly recommended! Rain and / or temperatures below 35 degrees cancel the ride; check NY1 weather at 8:00am.

B15 40MI 9:00AM
Pierrmont
Leaders: Bill Strachan 212-677-6951 917-369-1807 nycezrider@aol.com & Jon Adler jadler@nyc.rr.com
From: 72nd St & Riverside Drive
This is the first of a series of rides every Wednesday to Pierrmont or Nyack for March and April. They start out flat and over the following weeks will be a little more hilly with graduated increases in speed. Pleasant and enjoyable rides, riding easy and riding safe. Jon may take hilly/fastest route back. Temps below 40 or 30%+ chance of rain cancels. Call leader @ 8 am to double check. Looking forward to having you join us.

B16 45MI 10:00AM
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.

C and All Riders Introduction to Club Riding Session 1

Check out our fabulous web site: http://www.nycc.org
Check out the new NYCC Message Board: http://www.nycc.org/bb_frame.html
Saturday, March 9

A-SIG Classic       50MI       9:00 AM
Ride #3: Montvale
Introduction to single, non-rotating paceline
LAST WEEK FOR NEW PARTICIPANTS!
Leaders: Frank Graziole (212) 529-9462 and
Tony Haddad (212) 570-1166
From: Boathouse parking lot
Get to the Boathouse 15 minutes early in order to sign in. You are expected to have trained during the week because, although the pace will remain somewhat moderate, the distance has increased and there will be some hill work. We don’t want to lose anyone on a hill! In addition, we will begin to focus more on riding in a single paceline offering a first taste of how cool it is to ride on someone’s wheel and be pulled along in a draft. Better yet, the leaders do all the pulling! This is fun! Helmets required. Aerobars Verboten. Rain date: Sunday, March 10.

A19    70 MI + / -     9:00 AM
Spring Training Series - Rockland Lake via Clauslund Mtn. Road /Mountain View Road
Leader: Greg Cohen       (212) 749 5163 mrlovely@earthlink.net
From: Boathouse
We’ll take a paceline-friendly flat route out towards Piermont to warm-up and then begin a series of climbs on our way to and from our gas stop at Rockland Lake. Our return to civilization will feature the wonderfully used 9W, 340 and 501 roads. This is a challenging early season ride, therefore the listed cruising speed will be strictly enforced. As will be the case for all rides in the STS, paceline skills and helmets are de rigueur. 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 the night before or check the message board the day of the ride.

B14-B16 42-44 MI     9:30 AM
B-Classic SIG - Westwood
Leaders: Liane Montesa (212) 929-0787, lianemontesa@hotmail.com; David Hallerman (718) 499-8171, cycleman23@earthlink.net
From: Rambles Shed (north of Boathouse on East Drive)
Class this morning is all about bike handling skills: cornering, braking, holding a line. This is a required class, which we’ll do prior to the ride. On our first full ride today, we’ll take it easy as we journey to the Westwood Diner (great pancakes!). We’ll practice the communication and bike handling skills we’ve learned over the last two weeks. Only one real hill—the infamous Churchill-to get us back up the Palisades. Cancell: actual temperature below 25-degrees at 8:00am; raining or snowing; wet or slick roads; or steady winds above 40 mph. Call listed leaders if uncertain. And if weather cancels, we try again on Sunday.

C14    45 Miles      9:30 AM
Northvale
Leader: Scott Wasserman (914) 723-6607 or bicycelfe@cs.com
From: Near the Boathouse
We’ll ride to a diner in one of the closer New Jersey towns and judging by the climate in the past 3 or 4 months, there’s little chance of bad weather. Now if we have spring temps in the winter, and summer temps in the spring, in the summer...

Sunday, March 10

A19, 30+mi    8:30 AM
Brooklyn Confessional
Leader: Scott Demel, 917-288-5268, scott@demel.net From: Departure from Prospect Park, 3rd St entrance.
Didn’t quite ride enough this week? Didn’t ride at all?! Confess and pay the pance! Get acquainted with an easy ride down Ocean Parkway then to Bay Ridge for some laps on the water. Sunset Park follows (additional block-long hill repeats as required) and back to Prospect Park for a few finishing rounds. Early start means low traffic and has you back before everyone knows you are gone. No complainers about repeat laps for it is the path to redemption. Ride canceled if 1.) Sunday morning has freezing temps or wet/icy roads, or 2.) Saturday’s SIG/training rides were postponed to Sunday... go to those rides instead. RSVP via email for a “go/no go” update by 700am on ride day.

B17    45+/MI      9:00 AM
Spring is Icummin in to Northvale
Leader: Russ Berman, 212-595-8834, rberman@klwhllp.com
From: The Boathouse
Dare we believe the good weather will hold to a time when we should actually expect to have it? (As this is submitted, it is late January and the temperature is 65 degrees.) Let’s plan to recover from yesterday’s SIG or just get into the annual cycle by taking a brisk, steady-paced and orderly ride to the Northvale diner. If the weather is really nice, we may deviate from a flattish course to add a few extra miles, but nothing too strenuous. Helmets and good group riding attitude and skills required, liquids recommended. Cancel: Temps at 8:00 a.m. below freezing, winds over 20, wet roads, or 50% prospect of morning precip, all per 8:00 a.m. Weather Channel.

C and All Riders 10:00 AM
Introduction to Club Riding Session 2
Instructors: Maggie Clarke 212-567-8272; Ed Sobin 718-625-7452
Meet at: Hunter College North building, On E. 69th St, just east of Park Avenue; 10th floor, Room 1028
All are encouraged and invited to come. Today’s sessions covers: Mechanical (tire inflation, valve types, brakes, maintenance/lube, gears), Individual Bike check: Advice on gears, fit, How Gears work and how/why to use them, 2 min bike check, What to expect on a group ride; Orderliness! Predictability! No massing at lights! How to ride (cadence, pedal position on turns, over maneuvering, Train tracks, Signaling, taking the whole lane), Traffic strategy, group riding (signal, call out hazards), Rules of the road - same as cars Please bring your Gear Count (chain rings and cogs) to this session.

C14   50 MI      10:00 AM
Ridgewood New Jersey and Radburn, an academic treasure from the 1920’s
Leader: Robert Gray (212) 593-0986 nyarchitect@email.msn.com
From: The Boathouse
Englewood, Haworth, Oradell, Ridgewood and more of the older and near New Jersey suburbs on the way back. A quick look at Radburn, the famous greenway planned community. Only two notable hills, the climb to the GW bridge through upper Manhattan and the palisades on the way back to the bridge. The terrain is somewhat rolling, a little more so than the typical trip to the North toward Piermont. Lunch in Ridgewood at the half way point. Please expect to keep moving at the rated pace. Email me to confirm the ride and I will send you the route and short articles about Radburn.
Wednesday, March 13

B15 40MI 9:00AM
Piermont
Leaders: Bill Strachan 212-677-6951 917-369-1807
nycezrider@aol.com & Jon Adler jadler@nyc.rr.com
From: 72nd St & Riverside Drive
Ride two of our mid-week series (see listing March 6). Same place but different route. Temp below 40 or 30%+ chance of rain cancels. Check with leader by 8 am to confirm.

Saturday, March 16

A-SIG Classic 54MI 9:00 AM
Ride #4: NyackIntroduction to single, rotating paceline
Deadline for joining the NYCC Membership (www.nycc.org)
Leaders: Diane Kee (212) 628-8823 and Rich Sporer (718) 522-4415
From: Boathouse parking lot
OK, yeah, you’ve been to Nyack. Or have you? Have you been there in style? In a paceline? Have you shown up not as a wobbly solitary rider but in a tight formation, obeying traffic rules and feeling awesome? Besides, who can resist a latte at the Runcible, anyway? We had a taste of paceline riding last week. This week, more of the same, just getting comfortable with it. You are getting to be a steady, smooth, predictable rider. We ride out to Nyack on flat 505, and eat breakfast at the Runcible or the diner. On the way home on 9W, we will start rotating the lead. Cool! Get to the Boathouse by 8:45 to sign in. Helmets required. Aerobars? What are those? Rain date: Sunday, March 17.

Wednesday, March 20

B14-B16 47-52 MI 9:30 AM
B-CClassic SIG - Scarsdale
Leaders: Wayne Wright (212) 873-7103, writewayne@aol.com; Maureen Berlings-Minsky (212) 595-9344, maurb@aol.com
From: Rambles Shed (north of Boathouse on East Drive)
We’ll start with a class in spinning-an all-important skill that will save your knees as the years go by, and help you go faster now. Then we head up into Westchester to Scarsdale; several feeding stations are available there. There will be a few hills (not too daunting) to practice your spinning. Cancels: actual temperature below 25-degrees at 8:00am; raining or snowing; wet or slick roads; or steady winds above 40 mph. Call listed leaders if uncertain. And if weather cancels, we try again on Sunday.

C-SIG Self-Classification Ride
9:30 a.m.
Leaders: Patricia Janof (212) 737-1668 or Paul Hofherr (212) 737-1553 (bikeman999@aol.com)
From: E. 72nd Street and Fifth Ave, just inside park entrance.
It was 60+ for our January 27 ride to Scarsdale. Let’s hope we get equivalent weather for our trek to White Plains. However, below 45, rain, snow, heavy winds all cancel. We have an interesting way home again. C-SIG Self-Classification Ride 9:30 AM. See March 16 listing.

Saturday, March 23

A-SIG Classic 55MI 9:00 AM
Ride #5: Pleasantville
More single, rotating paceline and introduction to double paceline
Leaders: Jody Sayler (212) 799-8293 and David Grogan (718) 875-1977
From: Boathouse parking lot
Ride is hilly! Did you train during the week? Maybe even do some hill repeats? You’ll be glad if you did! Phew! By now you’re getting comfortable in a single paceline and here’s more opportunity to practice. We will ride up to Tarrytown on Route 9—a great place to practice rotating the lead. (Continued on Page 8)
We will then climb over a hill to the Thornwood Diner for lunch and then return via Grassy Sprain. On the way home, if you’re good (and we know you will be), we’ll introduce you to a double paceline (non-rotating), so you’ll be ahead of the game next week. You know the drill by now: Arrive 15 minutes early with name on helmet, sign in, etc. We leave at 9:00 on the dot. You’re getting to be a real A-rider now. Rain date: Sunday, March 24.

A19 80 MI + / - 9:00 AM
Spring Training Series - The Orchard
Leader: Hank Schiffman (212) 529-9082 schiffhank@aol.com
From: The Boathouse
This is a more vertical ride than not an all-out climbfest. The emphasis is on paceline riding. We will take South Mtn Rd to the Orchards then do an upper loop via Camp Hill/Calls Hollow/Willow Grove. Lunch at a bagel deli on Rt 202 then back down Little Tor and home. As will be the case for all rides in the STS, paceline skills and helmets are de rigueur. 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 the night before or check the message board the day of the ride.

Yoga for Cyclists
Charles Lam, a certified yoga instructor at Integral Yoga Institute in Manhattan, and "A"-SIG Graduate (A, B, C rider), is offering guided yoga sessions for fellow NYCC cyclists and yogis of all levels (beginners welcome). Each 1.5 hr Hatha Yoga class will focus on the muscles of cycling and running and will include the practice of Asanas (Postures, to increase flexibility and balance by stretching within one’s own comfort zone), Deep Relaxation (to "de-stress"), and Pranayama (Yogic breathing exercises, to optimize oxygen intake with each breath). A perfect complement to a demanding work and/or training schedule, these sessions will help ease out any physical and mental knots in a non-competitive (no really) setting. All this for the price of a movie minus the popcorn ($10/session)!

So please join us on Sunday evenings at 7:00 pm on March 3, 17, and 31, to relax the body and mind before the work week at Integral Yoga Uptown Center at 200 West 72nd St. 4th floor (SW corner of B’way). Please bring a towel or yoga mat, no helmets, and refrain from carbo-loading 1 hr before class. Please Call to leave full name and number to reserve a spot. (Maximum class size of 18 people). (212)875-8572 (or cL289@columbia.edu) with questions. Private classes also available.

Favorite Yogi (Berra) quotes—"90% of performance is half mental." -"I never said all those things I said."
C12 25 miles 10:00 AM
(B13 if everybody can do it comfortably)
Bergen Ramble
Co-Leaders: Maggie Clarke 212-567-8272,
Dolores McKeogh 212-539-1437.
(Prove a “A” train to 175th, up elevator, north a couple of blocks.)
To start off the spring get-in-shape season, we will do Irv’s 25-
mile Club route through the lovely suburban residential areas of
close-in Bergen County. Lunch in a diner in Closter. Return to
GW Bridge by 4:30pm. Terrain is flat to rolling for the most part,
with a climb up the Palisades at the end. (Bring your low gears!) Helmets are required. The advertised pace will be strictly
observed. Rider orderliness and predictability are required.
Cancellation conditions: Starting temps below 35o, excessive
wind-chill, icy streets, or prediction of precipitation of 50%. Call
Maggie if in doubt.

ABC Snowshoe SIG
See listing March 3

Wednesday, March 27

B15 50 MI 9:00AM
Nyack
Leaders: Bill Strachan 212-677-6951 917-369-1807 nycezrider@aol.com & Jon Adler_ jadler@nyे.rr.com
From: 72nd St & Riverside Drive
Is it the end of March already? Must mean that it is getting warmer and our legs more limber. We’ll find out today as we finish our first month of mid-week rides. Been fun so far so why should we stop. Mother Nature, don’t fail us now. Temp below 40 or 30%+ chance of rain cancels. Check with leader by 8 am to confirm.

Saturday, March 30

A-SIG Classic 61 - 72 MI 9:00 AM
Ride #6: Rockland Lake
Double, rotating paceline and bike handling drills
Leaders: Paul Frio (917) 806-5905 and Becky Koh (212) 481-2207
From: Boathouse parking lot
You don’t want to miss this one. This is the turning point for the A-SIG, where the leaders teach you all kinds of cool stuff like double paceline formations, bike handling skills and climbing major hills. We will ride a double, non-rotating paceline to Nyack for breakfast. (These leaders are so nice to pull us all the time!) Then we continue a hilly five miles north to Rockland Lake Park, loop after loop after loop around the lake in double, rotating pacelines followed by bike handling drills on the grass (what do I do if someone knocks into me, or taps my rear wheel?) On the way home, more rotating double and single pacelines, and more hills. You’re getting really good at this stuff now. The usual: arrive by 8:45 to sign in, butts in saddles at 9:00 sharp, helmets mandatory. Rain date: Sunday, March 31.

A19 75 MI + / 9:00 AM
Spring Training Series - Whippoorwill/Roaring Brook
Leader: Peter Walker (212) 831 4418 peter.walker@g.com
From: Boathouse
Minutes from Board Meeting
December 4, 2001

In attendance were both old Board and new Board: Tom Laskey, Ira Mitchneck, Carol Waaser, Stan Oldak, Eileen Crowley, Annaline Dinkelmann, Ben Goldberg, Jim Galante, Fred Steinberg, John Vazquez, Robert Gray, Gary McGraime, David Getlen, John Dindas, Cathy Martone. Not present: Robert Hancock, Rita Tellerman, Lauren Grushkin.

Meeting called to order at 6:45 PM

President Laskey welcomed the new Board members and thanked the outgoing Board who had not run for another term. It was noted that Gary McGraime had served a particularly long and dedicated stint and his stamina was applauded.

Carol gave a membership update: we now have over 1,750 active members. The 2002 registration system is now up on Active.com and Peter O’Reilly has written pages of code in Access to enable the downloaded renewal info from Active to be imported into the database by updating the existing record instead of creating a new one. We just have to remind people to use their membership number to renew.

David reviewed the schedule for the upcoming bulletin, which is tighter than usual because of the holidays.

Tom reviewed plans for the Holiday Party – the big question is whether to have nametags. It was decided we should, just to make it easier for folks to get into conversation. The Club has grown and we don’t all know each other.

Stan gave a summary of ENY 2001: We had $2,800 left after expenses. $1,000 was donated to the 9/11 Fund; $1,000 to the Red Cross; and $800 to Recycle a Bicycle. Next year’s ride will be held on Saturday, September 28, 2002.

The next meeting was scheduled for January 2, 2002, and the meeting was then adjourned.

Meeting was adjourned at 8:45 PM

Minutes from Board Meeting
January 3, 2002

Present: David Getlen Cathy Martone, John Vazquez, Stan Oldak, Fred Steinberg, Ira Mitchneck, Tom Laskey, John Dindas, Eileen Crowley, Robert Gray

Absent: Carol Waaser, Lauren Grushkin

Meeting called to order at: 6:45 PM

Ira Mitchneck presented the budget for 2001 expenses, the budget for revenues was promised for the February meeting. Ira noted that printing costs were down over the previous year but postage costs went up. The expense for club jerseys was also down resulting from depletion of existing inventory rather than ordering new inventory. ENY costs were down over the previous year but postage costs went up. The expense for club jerseys was also down resulting from depletion of existing inventory rather than ordering new inventory. ENY costs were up slightly resulting from t-shirt expenses which were not donated as in previous years. All together, 2001 expenses were in line with 2000 expenses.

Fred Steinberg brought up the Sheffield weekend, the club needs to find new organizers for this year. It was suggested the special events coordinator handle the administrative duties, i.e.: setup with Active.com, tracking member lodging and making arrangements for the group dinner the final night. Tom will ask Gerry Wendrowsky to find a suitable restaurant.

This year, the SIG leaders will be: A Classic: Damon Hart; A19: Ed Fishkin; B: Eva Wirth and Liane Montessa, the C SIG is still up in the air, Tom will find out the status from Gary McGraime, also discuss moving from Sundays to Saturdays.

The 2002 calendar was set. The dates for the all-class rides are June 23, July 20 (free lunch) and August 18. Also it was decided to inaugurate a club Singles Ride which is scheduled for September 14. A maintenance clinic will be held sometime in the next month or two, suggested venue is St. Paul’s Church on the Upper West side, Carol Waaser and Lauren Grushkin will coordinate location and date.

It was agreed that club jerseys will be continually stocked and made available to club members only. The helmeted Liberty will only be sold to non-club members if a new design is made available to club members only in which case, the liberty design would be licensed to a third party for sale and distribution.

Meeting was adjourned at 8:30.

C SIG 2002

Be a Smarter, Safer, Stronger, More Competent cyclist!

Learn New Skills that will give you More Joy in cycling and More Confidence on the road!

Become “streetsmart” and ride in traffic or with a group More Safely!

Interested? Join us on March 23rd and we’ll show you how!

We will cover everything from proper bike fit for more comfort, to climbing a hill with less effort. Topics such as gearing and spinning, safe group and solo riding, negotiating traffic, basic bike maintenance and repairing a flat will be covered.

And it’s FUN!!! We’ll discover beautiful routes within a short riding distance from Manhattan - Scenic roads you would have never known existed.

We will begin on March 23rd with a self classification ride consisting of three laps around Central Park. It is NOT a race. It is a method to determine your level of fitness and which group will be right for you.

There will be two groups, a moderate and faster group. We will meet every Saturday for eight weeks to ride and practice new skills while gradually increasing our speed and distance. The series will conclude with a 65 mile graduation ride on May 18th with cruising speeds of 13+ and 15 MPH.

Look for more details in this Bulletin and on our website at nycc.org. If you have any questions, feel free to call Patricia Janof (212) 737-1553 Bikeman999@aol.com or Gary McGraime (212) 877-4257 Garynycc@aol.com.
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 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, finishing 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 “whiiiiirrrr” of wheels and pedals, taking turns at the lead. They will talk of being undaunted by such hills as Whippoorwill, 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.

The “A” 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 intense camaraderie born of the extremes of physical endurance matched to the 16th annual A-SIG Classic 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.

(Continued on Page 12)
New York Bicycle Show

The 2002 New York City Bicycle Show will take place May 2-4 at the new Penn Plaza Pavilion, located at 33rd Street and Seventh Avenue, directly across the street from Madison Square Garden and Penn Station.

I really thought that the show was going to be held at Pier 54, on the new West Side bike path, but the more I looked at an outdoor location, the more nervous I became. (May is statistically the rainiest month in NYC, and even one day of rain would have killed the show for life).

Of course, discount admission will be available for ebikers. More details on that as we get closer to the show.

Thanks to all of you who have been so supportive as I foolishly try to make a living in the bicycle industry.

Montauk Century

We’re cycling from NYC to Montauk along quiet backroads roads close to the water.

Registration has just opened for the Five Borough Bicycle Club’s 2002 Montauk Century ride, which will be held on Sunday May 19th.

We’ve worked hard over the winter to create completely new routes with more scenic backroads and less traffic. We still have great rest areas and the best S.A.G. support in the U.S. We end in Montauk with a free hot meal, free showers, and FREE HOT TUBS. (Bring your bathing suit — nude hot tubbing may make you friends you wish you didn’t have). Transportation home is available for you and your bike.

You have a choice of three start lines (Brooklyn, Manhattan, and Babylon, Long Island) and three distances (65 miles, 100 miles, or an experts-only 140 miles).

For excruciatingly complete details, and to register on line (or volunteer and ride free!) go to our web-site at: http://www.5bbc.org/montauk

March Ride Listings (Continued from Page 9)

C12       30 miles       10:00 AM
(C13 if everybody can do it comfortably)
Scarsdale or White Plains
Leaders: Maggie Clarke 212-567-8272; Dolores McKeogh 212-539-1437.
Let’s ride on a wonderful bike path along rivers and lakes with waterfowl in great abundance. We’ll pass through the wonderful burbs of central Westchester as we go. Lunch in a diner in Scarsdale or White Plains (if we’re all frisky). Return to by 4:30pm. Terrain is flat to rolling for the most part. Helmets are required. The advertised pace will be strictly observed. Rider orderliness and predictability are required. Cancellation conditions: Starting temps below 35o, excessive wind-chill, icy streets, or prediction of precipitation of 50%. Call Maggie if in doubt.

C12      30 miles, much off road.       10:00 A.M.
Raiders of the lost greenway
Leaders: Dick Goldberg (richsgold@alumni.brown.edu 212,874-2008) & Ed Ravin
From: AYH-Hostels International, Amsterdam Ave between 103-104th Streets
Remember when you were a kid and rode your bike (or wanted to ride your bike) in places your folks didn’t approve: down by the river, thru the junkyard, on the other side of the fence, across the dangerous highway? Here’s your chance to do it again (or the for the first time) as an adult. Join us for a trip along Manhattan’s northern shoreline (where accessible) and down the west side bike path. Bring strong tires, extra tubes and spirit of leisurely adventure. Hybrids and mountain bikes only.

CAPE IN A DAY(PLUS ONE)’
Sat - Sun, Jun 22-23
Join HI-AYH on a 100-mile ride from Boston to N.Truro or Eastham on Saturday, tour Provincetown or relax on nearby beaches Sunday, and take the high speed ferry back to Boston late Sunday afternoon. Cost of $105 includes four meals, lots of snacks, hostel lodging, sag wagon support, and the ferry. For more information, visit our website at http://www.usa-hostels.org/activities_capeday.shtml. Send full payment (refundable until June 1st) to Seth Davis, 60 Albemarle Ave, Lexington, MA 02420 or SASE for more info.
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 weekday 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, Wayne Wright, and Michael Allison. 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!

Introduction to Club Riding Course March 3 and March 10
by Maggie Clarke

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. Each session covers different material, so please come to both! Though you can pick up much of this information on rides, you can get it much faster here, making your riding experience that much more pleasurable. There will be demonstrations and presentations by Ed Sobin, Paul Hoffher and myself, for sure, and there may be a surprise lecturer or two.

Topics to be covered include: What to expect on a group ride, Clothing, Eating, Bike fit, Advice on Gearing, Helmet fit, What to bring on a ride, Maps and map reading, Off-bike Stretching, Picking a bike, Getting to rides by subway, Orderliness! Predictability! Group consciousness, Bike repair and maintenance, Selecting a club ride, Riding efficiently, Recognizing and dealing with hazards, Rules of the road, Traffic strategy, and group riding.

The sessions start at 10 am and should last about three hours, Sundays, March 3 and March 10. We’ll try to have some refreshments to carry us through; feel free to bring munchies. Hunter College North building, accessed from 69th Street just east of Park Avenue, 10th floor, left to the Geography dept. Room 1028 (I’ll try to get the bigger room in that hallway if I can). 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); Do NOT bring your bike.

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

Who Is It?

In the January Newsletter we asked if anyone could identify this member from the photo shown here to qualify for a prize. So far, I’ve received exactly 0 responses. I said that it might be difficult as the picture was taken in 1958 (Before many of you were born). Clue - Yes! He is a current club member, has aged somewhat (Wouldn’t you in 44 years). Let’s give it one more try.
Adventura Nicaraguense

By Jeff “el jefe” Vogel

Our Nicaraguan adventure started in Costa Rica. We got to the border at about 11:00AM and got on line to have our paperwork approved so we could leave the country. This is on the InterAmerican Highway and is the only overland crossing between Costa Rica and Nicaragua, but there are only three clerks to handle the hundreds of people that are trying to cross the border, and at noon two of them go to lunch. Obviously, Costa Rica isn’t interested in helping you leave. By 1:45 we are done and ready to start the paperwork process over again in Nicaragua as we cross “no man’s land”. Fortunately, the Nicaraguans are happy to see us and the process takes only half an hour.

That still doesn’t leave us a lot of daylight to get anywhere and we certainly don’t want to get stuck in a border town so we head for the nearest nice beach, San Juan Del Sur, almost 40 miles away. Our first impressions of Nicaragua are that it is flatter and drier than Costa Rica, poorer, and that the roads are better, even though there is substantially less traffic. It’s windier too. The Trade Winds blow constantly from east to west across southern Nicaragua, so our 40 mile trip takes barely two hours with a nice tailwind.

We are used to staying in cheap hotels but we enjoy nice dinners. Well, for our first night, we found a surprisingly nice hotel for $45, and our dinner, while not outstanding, certainly was adequate for $3.00 — yes, that’s dinner for two! Breakfast was included the next morning. Not the typical rice and beans, but sticky buns, fruit salad, and banana pancakes. Stuffed, we head on out towards Lake Nicaragua where we are planning to catch the ferry to Isla Ometepe to do some volcano climbing. Lake Nicaragua is huge and the island is the largest fresh water island in the world. We get to the lake and the white caps are as large as the waves on some of Costa Rica’s best surfing beaches. No amount of Dramamine was going to keep that wonderful breakfast down.

We step off the ferry, after what seemed like the longest 90 minutes ever, still weak and woozy. Me anyway; Margaret doesn’t get seasick. There are no paved roads on the island, so we decide to take the rickety, old yellow school bus to our dingy hotel. We usually inquire about hot water. Our new question should be, “Do you have ANY water?”

We wake up the next morning, long before dawn, to meet the guide we hired, Silvio, to take us to the top of Conception Volcano. Hiring a guide was $10 well spent as the trail was impossible to follow. Silvio also told us how the volcano hadn’t had a major eruption since 1999. I’m not sure that that information made us feel any more relaxed. He also told us stories of the human sacrifices made at the summit. The nine kilometer climb starts from the shore of Lake Nicaragua and goes to the crater at the summit at 5,216 feet. The first half of the climb was a fairly easy walk through banana plantations. The second half was up a rock and scree slope at over 40%. The last 50 yards had to be done crawling on all fours because of the 75mph winds blowing across the summit. I wanted to climb part way down into the crater, but the toxic sulfurous gasses, and Silvio’s stories of human sacrifices, prevented that.

It had taken four and a half hours to reach the summit. It took almost six grueling hours to get back down. We were already tired from the climb, and descending the 40% grade on loose rocks was nearly impossible. Margaret was so sore from the descent that she could barely walk that evening. She even said she felt like her 90 year old Aunt Lillian.

After a second waterless night, we caught the bus and ferry back to the mainland. The trip was a little smoother — I didn’t even throw up!

We then decided to try to ride the flat 45 miles to our next destination — Granada. We could have taken a taxi for $25 but foolishly decided to ride. By the time we got to town, we were both so trashed neither one of us could walk. Margaret had to lean on me just to step on or off the curb. And she did so much complaining that I couldn’t even get in a single groan or whine, although I was just as sore as she was. After a $3.00, hour long massage, Margaret was feeling well enough to do a 20 minute walk. Of course we only went Three blocks in those 20 minutes! I wanted to complain about my legs, but Margaret still had a monopoly on the complaint department.

With lots of time to kill while we recuperated, we decided to go to a baseball game. In most of Latin America, soccer is the national sport. Only in Nicaragua and Cuba is baseball the sport of choice. Unlike Cuba, where we were part of a “crowd” of 750 in a 55,000 seat stadium, here there were over 10,000 people crammed into a 4,000 seat stadium. We paid scalpers outside the stadium an extra 35 cents per ticket, so we wouldn’t have to wait on line. It didn’t matter; every seat was long gone. It turns out this is Opening Day of the season, and they haven’t played a full season, for political and economic reasons, in years. The pregame ceremonies were “long and boring”, according to the newspaper the next day. The Mayor, like Guilliani, made a speech that the fans appreciated. We didn’t stay long, just a few innings. Our dead legs needed a seat after two hours and there were none to be had. Besides, it wasn’t the game that was important, but the atmosphere of Opening Day. The home team did make an exciting comeback though, to keep the local fans happy.

The next day we decided to take the bus to Masaya and shopped at the touristy market. I bought some fake Cuban cigars. I knew they weren’t real and the vendor volunteered that they were counterfeit. Then we hopped another bus for Managua. What a strange city. The area that was downtown is eerily empty. Most of the city was destroyed by an earthquake in 1972. The 1979 revolution (the latest of many) ended all new building for 15 years. There are pockets of new construction for the last few years, but essentially it is a city of 1,000,000 people with no downtown or commercial center. No wonder Nicaragua is one of the poorest countries in the western hemisphere. We did have a great lunch there however, as I got to try a new species for the first time — green iguana. One more bus and we’re back home in Granada, our home at least until we can walk or bike.

After three days there, I’ve decided that I love it here. Granada is the oldest city in the Americas. It has charm and culture. It’s a lot like Havana, but with much better food and a lot less street hustlers. It has a vibrant night life and an ex-pat community in case we get homesick. And, equally important, I think the riding is good. So we decide to spend one more day here. We hang out at the coffeehouse in the morning and a pub at night. In between, I stretch my legs with a short bike ride to check out the local riding conditions. Based on what I found, it will need a little more exploration.

We finally decide it’s time to leave and head back home, to our real home, Costa Rica. This trip wasn’t exactly as we planned it. We did a little over 100 miles of riding, instead of the 300 planned, and dragged our bikes on busses, taxis, and ferries. Neither of us wanted to do the 70 miles back to the border. Even though it would be relatively flat, there was going to be a stiff headwind the whole way. We weren’t sure we were ready for the effort yet, so instead of the $1.00 local bus, it was a $40 cab ride to try to beat the crowd at the border. I still have no idea how early you need to be there to avoid the lines, since there was a long one there when we arrived. Again, the Nicaraguan paperwork was quick and easy. And again, the Costa Rican side took over two hours. Maybe the Costa Ricans don’t want us IN the country either!

Hasta luego, el jefe
New York Cycle Club P.O. Box 20541, Columbus Circle Station, New York, NY 10023

NAME: _________________________ SIGNATURE: ________________________________ 
ADDRESS: ___________________________________________ CITY: _________________ STATE: _______________ ZIP (required): _______________
NIGHT TEL: ___________________ BIRTHDATE: _______________________

NAME: _________________________ SIGNATURE: ________________________________
ADDRESS: ___________________________________________ CITY: _________________ STATE: _______________ ZIP (required): _______________
NIGHT TEL: ___________________ BIRTHDATE: _______________________

Check, if applicable: I do not want my Partner does not want 
Address Phone Email published in the NYCC roster. 
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.

TOGA BIKE SHOP
110 West End Avenue
(212) 799-9625 or gotbik@aol.com;
10% 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).

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

http://www.nycc.org

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 as, 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 NEGLIGENCE 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:

NAME: _________________________ SIGNATURE: ________________________________
EMAIL: ________________________ Riding Style: A B C
ADDRESS: ___________________________________________ CITY: _________________ STATE: _______________ ZIP (required): _______________
NIGHT TEL: ___________________ BIRTHDATE: _______________________

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 as, 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 NEGLIGENCE 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.
Don’t Miss the Next Club Meeting!

Join us at our March 12th meeting

Meeting topic will be announced via E-Mail on the club website (www.nycc.org)
An unfortunate family emergency prevented it from being available for the print copy of the newsletter.

So please check the website for details of the meeting. We won’t disappoint.

So please join us on March 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