

# **NYCC** *Bulletin*



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 lead 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 these 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 Barret/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](mailto: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 in 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 Sheffied 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.nycc.org>  
 Check out the new NYCC Message board:

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[eileen\\_crowley@msn.com](mailto: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.

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

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

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

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

David Getlen  
 60 Gramercy Park North  
 New York, NY 10010

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

[dgetlen@aol.com](mailto: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



### 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 our website: <http://nycvelogirls.com/> or e-mail [nycvelogirls@hotmail.com](mailto:nycvelogirls@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 views, 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) <<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) <<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 (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) <<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), <http://www.Pedal-Pa.com> or Phone 215-513-9577

For more information  
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215-513-9577 [www.Pedal-Pa.com](http://www.Pedal-Pa.com) <<http://www.Pedal-Pa.com>>  
[Pedalpa@netcarrier.com](mailto:Pedalpa@netcarrier.com)  
<http://www.nycc.org>

### Welcome to our Newest Members

Abrams, Rachel	Hershman, David	Parks, Gregory
Adler, Jonathon	Honig, Elliot	Parks, Gregory
Asquith, Nancy	Jaramillo, Elizabeth	Parry, Nigel
Babushkin, Mark	Jaramillo, Martin	Patrone, Diane
Blackburn, Brian	Johnson, Hans	Richwine, David
Born, James	Katsaros, Sarah	Rivera, George
Bulman, Ray	Kelly, Kerri	Robbins, Edie
Clark, Kjeld	Kesler, Joe	Roesner, Linda
Cullen, Andrew	Kohn, N	Rosenthal, Mark
Daniels, Robert	Kotting, Michiel	Rosenthal, Patti
DeLisle, Susan	Kreitz, Scott	Sheaffer, Burton
Deuster, Tammy	Krol, Sandra	Smith, Nathan
Dunea, Melanie	Lanaghan, Mark	Spoto, Thomas
Eastwood, Betsy	Madden, Maureen	Stein, Elizabeth
Eisberg, Jim	Marime, Henriquez	Torres, Maria
Eisberg, Sarah	Mcghie, Rohan	Van Wyck, Lee Ann
Friel, Deborah	Marime, Henriquez	Weber, Rodney
Gallen, Paul	Morgqn, Quinn	Wilshaw, Helen
Hansen, Kori	Mosley, Franklin	Wilson, Greg
Hanson, Guy	Murphy, Donna	Young, Jesse
Hefler, Thomas	Olay, Jesus	Yudlowitz, Maria
Henriquez, Enrique	O'rourke, Kim	Zaniello, Ben



### Memorial Day Weekend Berkshire Hills and Beyond May 24, 25, 26 and 27, 2002

As sure as spring turns to summer, the swallows return to San Juan Capistrano and the SIG's return to the boathouse, the New York Cycle Club returns to the Berkshires and settle into Sheffield, Massachusetts for the holiday weekend. Join us for three days of riding at all levels, picnic lunches and beautiful scenery. We will be trying some new routes this year and revisiting some classic old ones. (Is it Bish Bash or Bash Bish?) After riding, we will have a dinner at one of the Southern Berkshires nicest restaurants with details to follow. Though the snow is still on the ground, it is time to start making your plans. For additional information, e-mail at [Berkshires@nycc.org](mailto:Berkshires@nycc.org), or call ira Mitchneck (General Info) at (212) 663-2997. This year, there are two wonderful websites with information on lodging - Southern Berkshires Chamber of Commerce ([www.greatbarrington.org](http://www.greatbarrington.org)) and The Lodging Guide to the Southern Berkshires ([www.Berkshirelodging.com](http://www.Berkshirelodging.com)). The Chamber of Commerce also has a great deal of additional information on the area while the Lodging Guide features photos of many B & B's.

For more info -  
Southern Berkshires Chamber of Commerce  
(413) 528-1510  
South County Lodging Association  
(413) 528-4006

**Please read this before your first club ride**

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

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

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

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

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

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

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

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

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

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

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

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

## Rides List

**Always wear your helmet!**

**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? Booth? Walnut? No aerobars allowed. Please bring two full water bottles and some smiles. Rain date: Sunday,

**A19 65 MI + / - 9:00 AM**

**A Spring Training Series - Pleasantville**

**Leader: Peter Walker (212) 831 4418 peter.walker@gs.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 condi-

tions Sunday, and the ride is scrubbed. Call the night before or check the message board the day of the ride.

**B-Classic SIG 24 MI 9:30 AM**

**DAY 1: Classification Ride**

**Leaders: Eva Wirth (212) 477-9322, ewirth@yahoo.com;**

**Mark Gelles, (212) 689-1375, mgelles@okcom.net**

**From: North end of the Boathouse parking lot**

We'll start with a brief orientation, then do 4 laps of Central Park. You'll calculate your total time for the 4 laps to determine which of the three B-Classic SIG groups to start in. After the classification ride, we'll ride to another location (we think indoors) to have our first class: a lot of basic information we all need to start out safely as we work together to improve our skills and fitness. 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.

**B15 35MI 10:00 AM**

**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.

**C13 35 Miles 10:00 AM**

**Jewels of The Bronx**

**Leader: Richard Goldberg (richsgold@alumni.brown.edu)**

**(212) 874-2008**



## 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



### From: The Boathouse

A little northern Manhattan, an assortment of Bronx neighborhoods, some Dominican food for lunch, and—one hopes—some worlds you've never seen. Wetness, slipperiness or temps below 35 at 9 AM cancel.

## 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.

**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** **10:00 AM**  
**Introduction to Club Riding Session 1**

**Instructors: Maggie Clarke 212-567-8272; Ed Sobin 718-625-7452**  
**Meet at: Hunter College North building, on E. 69th Street just east of Park Avenue; 10th floor, Room 1028**

All are encouraged and invited to come. Topics for today's session include: Clothing, things to put on yourself (sunscreen, sunglasses, Bag Balm etc.), How/what to eat and drink, and why Bike fit, Helmet fit, How to get to rides: Subway, 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) Please bring your helmet to this session. Do not bring your bike.

**C14** **40 Miles** **10:00AM**  
**Across the Hudson and down to Staten Island**

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

From: The Boathouse

Up to the GW Bridge and down the New Jersey waterfront to Staten Island. Lunch at the Japanese Food Emporium in Edgewater. Pass through Hoboken, Jersey City, Liberty Park, Bayonne, across to Staten Island and Ferry back to lower Manhattan. Confirm ride by email or phone.

**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.

## Wednesday, March 6

**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

This is the first of a series of rides every Wednesday to Piermont 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.

(Continued on Page 6)

Check out our fabulous web site: <http://www.nycc.org>  
 Check out the new NYCC Message Board: [http://www.nycc.org/bb\\_frame.html](http://www.nycc.org/bb_frame.html)

(Continued from Page 5)

**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 Grazioli (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 Clausland Mtn. Road /Mountain View Road****Leader: Greg Cohen (212) 749 5163 [mrlovely@earthlink.net](mailto: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](mailto:lianemontesa@hotmail.com);****David Hallerman (718) 499-8171, [cycleman23@earthlink.net](mailto: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. 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.

**C14 45 Miles 9:30 AM.****Northvale****Leader: Scott Wasserman (914) 723-6607 or [bicyclelife@cs.com](mailto:bicyclelife@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](mailto: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 penance! 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 anyone 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](mailto: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](mailto: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.

**Snowshoe SIG**

See listing March 3

**Wednesday, March 13****B15 40MI 9:00AM****Piermont**

Leaders: Bill Strachan 212-677-6951 917-369-1807

nycezrider@aol.com

&amp; Jon Adler jadler@nyc.rr.com

From: 72nd St &amp; 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: Nyack Introduction 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.

**A19 75 MI +/- 9:00 AM****Spring Training Series - Brewster**

Leader: Philip Kiracofe (917) 680 4714 pkiracofe@bigfoot.com

From: Boathouse

This is a spectacular oneway ride - Metro North Pass a must - with a Grand Concourse bypass. It is a blend of both paceline-friendly roads and ruralroads. Lunch is at the Landmark deli in Pound Ridge. This is not a particularly vertical ride but there is some climbing. 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 47-52 MI 9:30 AM****B-Classic SIG - Scarsdale**

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

Maureen Berlings-Minsky (212) 595-9344, maurbe@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.

Three laps around the park at a steady, even pace to determine your strength and skill level. Wear a helmet, gloves and layered clothing. Bring a water bottle, spare tube and bike in good repair, with properly inflated tires. We'll provide the cheering section. If you're not able to make today, you can come tomorrow. If not either day, please let a leader know ASAP so we can advise you. Rain, wet roadway, or temperature below 35 degrees postpones. Call by 8:30 a.m. if in doubt.

**Sunday, March 17****B15 50MI 10:00 AM****White Plains**

Leaders: Hindy and Irving Schachter 212 758 5738

From: E. 64 and First Avenue NW corner

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

**ABC Snowshoe SIG**

See listing March 3

**Wednesday, March 20****B15 50MI 9:00AM****Nyack**

Leaders: Bill Strachan 212-677-6951 917-369-1807

nycezrider@aol.com &amp; Jon Adler jadler@nyc.rr.com

From: 72nd St &amp; Riverside Drive

SPRING HAS SPRUNG! And we'll be spinning our way up to Nyack to celebrate. Newbies welcome. Temp below 40 or 30%+ chance of rain cancels. Call leader by 8 am to confirm if in doubt.

**Saturday, March 23****A-SIG Classic 55MI 9:00 AM****Ride #5: Pleasantville****More single, rotating paceline and introduction to double paceline**

Leaders: Jody Saylor (212) 799-8293 and

David Grogan (718) 875-1977

From: Boathouse parking lot

This 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)



(Continued from Page 7)

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 but 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 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 the night before or check the message board the day of the ride.

**A-19 50+/- miles 9:00 AM**  
**Divin' for Pearls!**

**Leaders: Spencer Koromilas & MC (646)522-3559**  
**From: The Boathouse @ 9:00 AM**

No, we haven't left yet! We're just waiting for the snow, in Montreal, to melt...and to have a last good ride on one of our favorite "short" routes. Classic New Jersey destination, often referred to as the "new" Nyack. Jay and Joan Jacobson are regulars here (when not in Cannes)...it's got to be good! The pace will be relaxed as MC may be a little rusty after almost 2 bikeless months in Montreal. Required: We be divin' for pearls...dress appropriately (not bathing suits, jewelry!).  
 Cancels: Call between 8:00-8:30 AM to confirm.

**B15-B17 52-57 MI 9:00 AM**  
**B-Classic SIG - Ridgewood**

**Leaders: Cathy Martone (212) 979-0969, cfmartone@aol.com;**  
**Tonya Harroun (718) 828-5309, harroun@aecom.yu.edu**  
**From: Rambles Shed (north of Boathouse on East Drive)**

All the cobwebs are gone from our winter hibernation, so we're picking up speed. Class today will be about shifting and gearing, and you'll need most of your gears on this pretty, but somewhat hilly ride west into New Jersey. Be careful, though: most of the hills are after lunch and one of our restaurant choices is considered the best pancake house in the tri-state area. **NOTE THE EARLIER START TIME.** (Plus, you'll get the chance to lead part of the ride, too.) 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 Ride #1. 9:00/10:00AM (see below)**  
**New Jersey via the GWB**

**Contact: Patricia Janof (212) 737-1668 or Paul Hofherr (212) 737-1553**

**From: 9 AM Riverside Drive at W. 72nd Street**  
**10 AM George Washington Bridge Bus Terminal, 178th St. and Fort Washington Ave.**

Stronger riders pick up some extra miles by leaving early from Riverside Drive. The rest of us ride the subway to the bus station. (Call for directions if you need them.) Leisurely ride to New Jersey for lunch and back, with some training along the way. Bring water bottle, helmet, money for lunch, spare tube, tire pump and a light lock if you have one. Precipitation, wet roads or temperatures below 35 degrees postpones to Sunday. Call if in doubt.

**Sunday, March 24**

**A19 70mi 9:00AM**  
**Oyster Bay the round-about way**


**Leader: Lawrence Ksiez (718)478-0644 atlasml@yahoo.com**  
**From: Boathouse/Jewel Ave & Queens Blvd.**

This ride is one of the better ones to do on Long Island. I take the most scenic of ways to Oyster Bay for a Deli stop, with lunch in the park on the water. Then we swing-round back home. The usual cancels. Call after 6AM if in doubt.

**B16 45MI 10:00AM**  
**Early Spring Ride**

**Leader: you Decide**  
**From: The Boathouse**

A friendly "get out of the house and on the road" ride. What better way to celebrate the first weekend of Spring! Rain or snow? or temps below freezing cancel.



**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 schedules, 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**  
**(C13 if everybody can do it comfortably)**  
**Bergen Ramble**  
**Co-Leaders: Maggie Clarke 212-567-8272,**  
**Dolores McKeogh 212-539-1437.**  
**From: G.W. Bridge Bus Terminal, 178th and Ft. Washington.**  
**(Take "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** **50MI** **9:00AM**  
**Nyack**  
**Leaders: Bill Strachan 212-677-6951 917-369-1807**  
**nycezrider@aol.com & Jon Adler jadler@nyc.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, for 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 - Whipoorwill/Roaring Brook**  
**Leader: Peter Walker (212) 831 4418 peter.walker@gs.com**  
**From: Boathouse**

2 classic hills with lunch at the Pavilion Diner in Thornwood. Paceline riding through Westchester. Up Scarsdale Rd and Rt 22, back via Hardscrabble Rd and Warburton. No surprises here and no Grand Concourse. You might want to have a Metro North pass on hand for bailout options. As will be the case for all rides in the STS, 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 the night before or check the message board the day of the ride

**A 19** **48 MI.** **10:15AM**  
**River Road-Bradley-Tweed**  
**Leader: Richard Rosenthal (212) 371-4700; bikeadman@aol.com**  
**From: Boathouse**

New year, same, ol' gorgeous, untrafficked, challenging route. Wild flowers, water falls, and the river for 9 up-and-down, near carless miles, followed by two climbs—and back without patronizing Piermont. In other words: Nyack, no; lunch stop somewhere, maybe. For once, I'm actually going to beat someone up a hill. **APRIL FOOLS!** (Note late starting time)

**B15-B17** **55-60 MI** **9:00 AM**  
**B-Classic SIG - Mamaroneck Harbor**  
**Leaders: Eva Wirth (212) 477-9322, ewirth@yahoo.com;**  
**Michael Allison, (212) 755-3418, banjodoc@earthlink.net**  
**From: Rambles Shed (north of Boathouse on East Drive)**

Our class will be about riding in traffic—skills we all need just to get to the start of our rides each week. And we'll practice those skills as a group quite a bit today, especially on Route 1. But this is a pretty ride and, if the weather's nice, we can picnic on the beach. (If not, we have a few indoor choices.) 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 (hopefully not, since it is Easter, and some folks won't be able to make it).

**C-SIG** **Ride #2:** **9:00AM**  
**Queens via 59th St. Bridge**  
**Contact: Patricia Janof (212) 737-1668 or**  
**Paul Hofferr (212) 737-1553**  
**From: Boathouse parking lot**

We'll ride to Queens for a pizza lunch and some cozy indoor workshops on bike maintenance, repairs and bike fit. Bring helmet, water bottle, spare tube and tire pump. Plus bike tools if you've got them. Precipitation, wet roads or temperatures below 35 degrees postpones to Sunday. Call if in doubt.

## Sunday, March 31

**B15** **55 MI** **9:15 AM**  
**Park Ridge for Easter Eggs**  
**Leader: Carol Waaser (212) 581-0509 biker-c@rcn.com**  
**From: The Rambles Shed (on the left up the hill past the Boathouse)**  
 For those of us not attending this year's Easter Parade on Fifth Avenue, let's form an Easter Parade of our own through northern New Jersey. Best helmet décor or overall costume wins brunch paid for by leader. How manyways can you eat eggs on Easter? Cancels: snow, sleet, torrential rain, temps below 38 degrees (you think I'm kidding?)

(Continued on Page 12)

## **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 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](http://nycc.org). If you have any questions, feel free to call Patricia Janof (212) 737-1668, Paul Hofherr (212) 737-1553 [Bikeman999@aol.com](mailto:Bikeman999@aol.com) or Gary McGraime (212) 877-4257 [Garynycc@aol.com](mailto: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, finish-

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 "whiiiiiiiiiiii" 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](http://www.nycc.org). Or contact us with any questions directly at [asig.captain@nycc.org](mailto:asig.captain@nycc.org).

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## 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 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!

(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.

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## 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>

See you May 19th.

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## The "A" SIG for 2002 (Continued from Page 11)

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 this 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 1hr50min. From then on, you'll be making history

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## 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 yourbike) 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.

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## 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](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 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, 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!



"Welcome to the B-Classic SIG" say several of the series leaders (from left to right): David Hallerman, Cathy Martone, Wayne Wright, Eva Wirth, and Liane Montesa.

## 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 Hofffer 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](mailto: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 Concepcion 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 he 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

**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.

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**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>



**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  
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**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 March 12th meeting**

**Meeting topic will be announced via E-Mail  
on the club website ([www.nycc.org](http://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 dissappoint.**

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

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