

NYCC *Bulletin*



Bedford, NY - Rich Ramon and Bill Greene in Bedford on 11/10/01 on Spencer's Brewster Rooster Ride.

(Photograph by Hank Schiffman)

President's Message

So now it's April and we're moving into prime cycling season. More cycling means more club activity. And more club activity means more volunteer opportunities for all NYCC members. Ride leading is one opportunity and I hope those who have been consistent ride leaders in the past will continue to contribute to the club in that way. For those who have yet to lead a ride, what are you waiting for? All you need is a cue sheet and a dream. Well, maybe just a cue sheet. Volunteer opportunities don't stop with leading rides however; there are many other great events that require the participation of club members in non-cycling ways. The New York City Bike Show is one such event that affords NYCC members a volunteer opportunity. The Bike Show is a great chance for the club to attract new members and every year, thanks in part to the generosity of the show's venerable organizer (and NYCC member) Glen Goldstein, we take a booth and display our wares and pass out information about the club. Members can help by working the booth, talking to perspective new members and you'll even get a chance to walk the aisles and see what's new in the world of cycling. It's a pretty painless way to help out. There's more information later in this bulletin. Cathy Martone, our brilliant publicity director will be coordinating our efforts.

Speaking of publicity, let's turn to the club message board for a few painful moments. What does the message board have to do with publicity you ask? Plenty. The message board - like the rest of our supremely superlative website - represents the NYCC as much as our logo, our jerseys, our rides and of course our members. That is why it vexes me so - and I hope every other self-respecting club member - to see the kind of trash talk and utter rubbish that is too often posted there. As a result of these pointless screeds, Robin Read - our supremely superlative web-mistress - with the help of Peter O'Reilly - a dedicated ride leader and master programmer - is working on implementing a system that will require users to log in with a valid email address before being allowed to post a message on the board. Yes, you will still be able to post a message anonymously - though I prefer you didn't - but we will have the ability to trace posts back to their origin which will hopefully discourage the more egregious posters from littering our board with their refuse. It won't be foolproof, no system is, but it should be a huge improvement. In the meantime, I will be taking on the task of removing posts that contain nothing more than blatant, content-free, personal attacks and gratuitous vulgarity. Such posts serve no constructive purpose to anyone and degrade not only the message board but also the entire website and by extension, the club. Having been elected by the club to serve its best interests, the board and I feel this is the only viable course of action until the new system is securely in place. For those who prefer a more "anything goes" type environment, there are many other places on the web that will accommodate you. The NYCC message board is for cycling related discussions; it is not a contest to see who can come up with the most scurilous post.

No one responded to my plea for a new Road Dirt editor. What's wrong with everyone, don't you like gossip?

- Tom Laskey

Editor's Note

As you can see, El Presidente (Tom Laskey) didn't leave me much room to write this month. Just be aware of upcoming events such as the New York Bike Show (Discount Coupon - Page 10 and Request for Volunteers - Page 7), The Memorial Day weekend, and the July 4th All-Class ride (Page 14).

- David Getlen

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

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eileen_crowley@msn.com

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

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

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

David Getlen
 60 Gramercy Park North
 New York, NY 10010

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

dgetlen@aol.com

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

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

Letters to the Editor

The December Board Minutes, published in the March Bulletin, notes the club donated its \$2800 profit from its ENY (Escape New York) ride to three charities: The 9/11 Fund, the Red Cross, and Recycle-A-Bicycle. Worthy as they are—and they all are—the first two have nothing to do with the one thing that unites us and which we would all wish to support: cycling. Moreover, they are exceedingly well endowed. They have scores of millions of dollars. Our contribution was a mere drop in their collection bucket and not the least bit important, much less critical to their operation.

Conversely, \$1000 means a great deal to two New York groups whose missions and mandates are to improve the conditions of NY cyclists—and they both do. I suggest money our club donates would be better given to them.

The club has previously made donations to Transportation Alternatives. Its record of successes on behalf of cyclists is outstanding; we've all benefited from their work. A second entity that has not received any funding from the NYCC is also highly deserving. The group is Right of Way. It, too, has produced wonderful work to improve the lot of NY cyclists. Its hard-working co-founder, Charlie Komanoff, was a club member for many years.

Richard Rosenthal

Dear Editor,

I was baffled by Richard Rosenthal's letter in the January newsletter, attacking both me and the New York Jewish Environmental Bike Ride which I led last year. Mr Rosenthal had a problem with the fact that the Ride was "sectarian" (which I think was his way of pointing out that the word "Jewish" was part of the Ride's title, which indeed it was) and that we raised money for, among others, the Coalition on the Environment & Jewish Life.

I plead guilty on both counts, and happily so. We badged ourselves as a Jewish Environmental Bike Ride because we wanted to encourage Jewish riders to cycle together to raise environmental awareness in the Jewish community. I'm proud that we did so – just as I'm equally proud that we made it clear that the Ride was open to people of any religious background, and that our Ride did indeed include non-Jewish as well as Jewish riders.

And just as we had non-Jewish cyclists ride with us, so too we supported general environmental causes as well as Jewish ones. Locally we made donations to the Hudson Valley Sustainable Communities Network, to the NY chapter of the Sierra Club, and to Transportation Alternatives, for instance.

COEJL – the grantee of the Ride to which Rosenthal takes offense – is the Jewish partner in the National Religious Partnership for the Environment. Other founding partners include the U.S. Catholic Conference, the National Council of Churches of Christ and the Evangelical Environmental Network. What we're all trying to do is to rally the resources and commitment of religious communities to the cause of protecting and preserving the planet. It's perfectly reasonable for people not to participate in any religious community, but why they should object to those who do seeking to defend the environment seems rather intolerant, to put it charitably.

For NYCC cyclists who like the idea of doing a beautiful ride, with great people, in support of an important cause, and who are not religiously intolerant, please pencil in October 13th – 14th. It'll be the 2002 NY Jewish Environmental Bike Ride, and you're all invited to ride with us. For info, you can email me at nigel@hazon.org. Or join us for a bagel at our picnic at the end of the 5 Boro Bike Ride...

With all best wishes

Nigel Savage



Out of Bounds



Miles For Matheny, Sunday, April 28

Enjoy one of the first organized rides for 2002: "Miles For Matheny" to support the Matheny School and Hospital. Rides of all levels, A, B, C, and D of 66, 50, 35 and 12 miles will tour some of the most beautiful countryside in New Jersey. April 28th starting from Peapack, NJ. More info available at www.milesformatheny.org

Routes designed by BFCC; it will be nice! Great chance to ride some of the great roads up here in Somerset/Hunterdon (maybe Morris also). Angel Garcia, President, Bedminster Flyers Cycling Club, (909) 876-9096

Orange County Country Roads Bicycle Tour, Sunday, June 23

Presented by the Orange County Bicycle Club - A Mardi Gras on Two Wheels - Sunday, June 23, 2002, with 10, 18, 25, 44 and 62 mile courses on scenic quiet roads (only one red light). Fanciful, themed rest stops - More food than at a wedding - Post-ride gourmet lunch (vegetarian available) - Serenaded by live band - Camels, elephants - Bike trade show - SAG support - Road arrows - Cue sheets/maps - T-shirt or custom socks - Raffles - Prizes.

\$30 for pre-registration fee. Ride limited to 1500 cyclists. Proceeds benefits the Sanctuary for Animals and the Hospice of Orange and Sullivan Counties. For information/brochure: Call 845-457-6027 or email bigzip@frontiernet.net or visit our website www.sussexonline.com/ocbc/ (registration form will be available for downloading after May 1) or register online at www.active.com.

We Goofed-

And How. The March issue had several serious errors which had to be addressed through the posting of corrections to the E-Mail system. The cover tag line was wrong. That was not Spencer Koromilas on the cover (We still don't know who it is). I put the date heading of Sunday, March 3 in the wrong place. Hopefully, no one missed their ride. The rest of the issue was fine. We apologize for the errors

And the Winner is -

Paul Hofherr was the only club member to properly identify our mystery rider as **Michael Allison**. A New York Cycle Club water bottle was sent to Paul. Michael, you have got to have your picture taken more often.

Please read this before your first club ride

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

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

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

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

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

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

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

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

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

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

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

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



Rides List

Always wear your helmet!



Monday, April 1

B15 60+MI 10:15 AM
What's wrong with being an April Fool?

Leader: Andrea Kannapell (212) 674-1323 or andreak@nytimes.com
 From: Whitehall Terminal of Staten Island Ferry
 A friendly jaunt through New Jersey. Will include some very urban miles, industrial vistas and heavily trafficked sections, so bring a spare tube, your helmet and extra wherewithall. We catch the 10:30 ferry to Staten Island, take Richmond Terrace to the Bayonne Bridge, (fabulous views of Newark airport and Ports Newark and Elizabeth), north along the edge of Bayonne and into Liberty State Park, then westward ho through industrial areas and into Kearny (where fried fish awaits). And there'll be more, much more!

Tuesday, April 2

A19 SIG Laps in the Park 6:10 AM

Leader: Linda Wintner (212-876-2798; lwintner@excite.com)
 From: 90th Street and Fifth Ave. (Engineer's Gate)
 Please join me for laps and training exercises in the Park. I did these morning rides last year and they were great-both for the company and the training. If it is dark in the beginning of March, I strongly suggest that you use a rear, flashing light. Helmets required. Precipitation or wet/snowy/icy ground cancels.

A-19 SIG 18+ miles 7:15pm "Sharp"

Night Ride #1: Skill: Speed Work in Non-Rotating Paceline.

Leader: Bob Mirell (212) 734-6916 BobTMC@aol.com
 From: The Boathouse Parking lot

(A-19 SIG members only). The weekend rides are good for putting on long distance miles. These park laps train us for that wonderful stretch of road in the country that just invites cranking it up a bit. It will also help us to become better hill climbers. We'll do a warm up lap and then some intervals to build the fast twitch muscles in our legs. Although the goal of the A-19 SIG is to be able to ride at 19 on the flats by the graduation ride, we'll be doing anywhere from 18-20+ for short periods with recovery spins at the busy intersections of the park. Helmets required, taillights recommended. Wet roads or temps below 40 degrees cancels. The ride leaves promptly at 7:15pm. See NYCC message board for last minute changes.

Wednesday, April 3

B15 50 miles 9:00 AM

Nyack Post Easter/Passover/April Fool's Ride

Leaders: Bill Strachan (212)-677-6951 Jon Adler (917)-369-1807

From: 72nd St. and Riverside Drive

Last year the Runcible Spoon had Goodies left over for half price. Lots of Chocolate type things. Let's see if we can get a good deal again this year. We at least will have a fine ride if nothing else. Relaxed, easy going, and safe riding. Chance to recover from the weekend's indulgences. We leave by 9:15. Temps under 40°F or greater than 30%

chance of rain cancels. Call Bill at 8 AM to confirm if in doubt.

Thursday, April 4

A19 SIG Laps in the Park 6:10 AM

See Tuesday, April 2 for description

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



A19 Training Ride in the Park 12:45PM

Leader: Debbie Rothschild (212) 961-1610 deroth@mindspring.com

From: Daniel Webster statue, 72 Street, West Side Drive

Join me for some mid-day training. Laps, intervals, hill repeats-whatever the group decides we want for the day. A 19 Siggies and others who wish to join us all welcome.

"A-19 SIG" 18+ miles 7:15PM "Sharp"

Night Ride #2:

Skill: Speed Work in Non-Rotating Paceline.

See Tuesday, April 2 for description

B16 15 miles 7:45 PM

Weeknight Loops-in-a Line

Leader: Stan Oldak stanonyc@aol.com H 212-945-9801

W(day of ride only) 212-995-8888

From: The benches across from the boathouse

A little later start for those of us who work just a little later each night (I'll be coming straight from the office). We'll do 3 or 4 laps (with the uptown cut-off). It may be dark when we start. It will surely be dark when we finish. But what of it?? We'll ride in a double paceline (no experience necc) A refreshing weeknight ride. Maybe pizza after the ride. Flashing rear red light and headlight recommended for the ride home. Rain cancels.

Saturday, April 6

A-SIG Classic 81 miles 8:30 AM

Ride #7: Saddle River Endurance, endurance, endurance

NOTE EARLIER START TIME

Leaders: Christy Guzzetta (845) 265-7210 and

Tony Haddad (212) 570-1166

From: Boathouse parking lot

This is one of the best rides of the A-SIG and one of the toughest. It requires that you pace yourself and work with the group as a team. No going it solo, blowing up on the way out and having nothing left on the way back! We'll take Saddle River Road north to Spring Valley for a stop at the Mt. Ivy Diner. On the way home, your reward: South Mountain Road. This is a turning point for many riders, and a taste of things to come. We're picking up the pace, achieving that targeted 21-22mph on the flats. This is what an A-ride is like: challenging, long, fast. We've been working together for weeks now, training hard during the week so we can make it through rides like this one. We depart at 8:30 SHARP. The usual applies: set out with names on helmets, pocket food, water and a strong spirit. Rain date: Sunday, April 7.

"A-19 SIG" 65 miles 9:15 AM

Ride #6: Syosset: 65 miles

SKILL: Double, rotating Paceline

Leaders: Ed Fishkin (718) 633-3038 and

Susan Kennedy (212) 866-7453

From the boathouse parking lot

Payoff is here folks. Today we'll do a lot of pacelining and try to rotate as much as possible on the spacious Long Island Expressway frontage road. Nothing compares to a double rotation on a great roadway. The pace picks up a bit as we barrel over the gentle hills formed by glacial terminal moraine. The camaraderie and sense of teamwork has gelled and our groups look like we really know what we're doing. No one will believe we've only been riding together for 5 weeks. Remember, the "no drop" policy expired last week. Keep your cue sheet in a safe place if you think you're at risk of being dropped. Let's hope it doesn't rain. If it does, catch a few old Tour de France videos on your trainer.

A20 80 MILES+/- 8:15 AM

A Spring Training Series: Mid-Session Climbfest

Leader: Ron Roth (212) 875-0905 ron@rroth.com

From: The Benches across from the Boathouse

Out on the road with the seasons in flux, We've trained back to fitness; that's incontrovertible. In pacelines, short climbs and descents curled in tucks, that's it for the prologue, it's time to get vertical! Ok. I won't quit my day job. But the fact remains - this week we'll be doing some serious climbing. A one-way route, heading north through Saddlebrook, down South Mountain to Little Tor, then lunch at the 202 bagelry. After lunch, we'll be stalking Gate Hill Rd (or vice-versa). With stomachs agroanin', we take a more leisurely, bucolic cruise through Harriman State Park, enroute to our next task: Perkins. Finally, after crossing over the Bear Mtn. Bridge, we'll climb Anthony's Nose, then descend most of the way to the Peekskill Metro North Station. The goats will be in heaven!! Thoseless altitudinally inclined can bypass Perkins. Bring a helmet, solid bike, a couple of spare tubes, and a Metro North pass for the return trip. Weather shall not deter us (unless it's below 30, wind chill is biting, it's pouring, or the ground is coated with white stuff). Check http://www.nycc.org/bb_frame.html for a cancellation posting if in doubt on 4/6.

(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

(Continued from Page 5)

A 20 **50 miles** **9:00AM**
River Road-Bradley-Tweed
Leader: Richard Rosenthal (212) 371-4700; bikeadman@aol.com
From: Boathouse

I'm going to keep doing this same ride until: a) I beat someone-anyone-up any of the hills; or b) until I no longer find it pretty and challenging. Trust me: it's both. Wildflowers, waterfalls, the river for 9 up-and-down, nearly carless miles, followed by two climbs. I prefer to do this without a meal stop but I may cave in under duress to a democratic vote. "May." In any event, no Piermont, no Nyack. If eat we must, it will be in Cresskill, a scant 10 miles from the GWB. Note starting time.

B15-B17 **60 miles** **8:00 AM**
B-Classic SIG Oyster Bay

Leaders: David Hallerman (718) 499-8171, cycleman23@earthlink.net; Michael Allison, (212) 755-3418, banjodoc@earthlink.net
From: Heckscher Playground (on South Drive opposite 7th Ave. exit)
 Today's class is both required and lots of fun: our introduction to paceline riding. We'll practice on the long, straight LIE Service Road, both going out and coming back. This is a pretty ride through horse country on the north shore of Long Island. Bring pocket food-you have to work before lunch. If the weather's nice, we can picnic by Long Island Sound. Metro North/LIRR train pass for bailout (plus return from subway in Forest Hills). NOTE THE DIFFERENT STARTING LOCATION AND EARLY START TIME.

B17 **55 miles** **9:00 AM**
Post-April Fools Day Ride (?)
Ira Mitchneck 212 663 2997
From: Boathouse -

I can't remember whether the Gregorian calendar added or took away ten days, leading to April Fool's Day, but I can remember the way to Pearl River! Or is it Park Ridge? If you know when leap year was in the Julian Calendar, a dish of blood pudding awaits you at lunch.

C-SIG
Leaders: Paul Hofherr (212) 737-1553 (bikeman999@aol.com) or Patricia Janof (212) 737-1668

If your ride leaders haven't contacted you, call one of them at the numbers above to confirm time and location. Bring water bottle, helmet, spare tube, pump, lock and money for lunch. Rain or temps below 35 degrees postpone until Sunday. Call by 8:30 a.m. if uncertain.

for Cyclists


Sunday Evening Hatha Yoga classes will continue in April. Dates, times and location not specified as of printing of bulletin. (\$10/1.5 hr class.) Beginners welcome.

If interested, please see March Bulletin (P. 8) for details of classes. Out of Bounds section of NYCC website/message board (for time and date) email c1289@columbia.edu or call Charles Lam at (212) 875-8572 for additional information.

Yogi (Berra) quotes - Phil. "Hey Yogi I think we're lost" -
 Yogi - "Ya, but we're making great time"

C12 **23 miles** **6:30 PM**
Manhattan to Hoboken WTC Blue Light Tour
Leader: Alfredo Garcia (212) 802-2441 or email: cyclistxxiii@yahoo.com

From: Chelsea Piers (22nd St. & 12th Ave. near greenway)
 Evening glimpse at the World Trade Center memorial lights from Jersey. Ride Hudson River Greenway & parts of newly developed Hudson River Walkway. Bring a camera/tripod for time exposure shots of the lights. Return by NY Waterway (\$4) or PATH (\$1.50) via Hoboken. **IMPORTANT:** Bring front AND rear lights, as some stretches will be DARK. Light reflective clothing recommended. See trip-related links <http://www.tstc.org/bulletin/20000925/mtr28709.htm> and <http://ziggy.dreamland.net/wtc/skyline2.jpg> (memorial light pix). Helmets required. Co-listed with 5BBC. Wet weather cancels.

Sunday, April 7

A19 **75 Miles+/-** **9:00 AM**
Spring wheelin'
Leader: Peter O'Reilly 212.414.1937
From: The Boathouse

Hopefully at this time the winter booties have been given the boot and the legs are feeling fresh and strong. Stateline diner in Mahwah is the destination in mind for this ride. A few roundabout hills on the way up and a more relaxed scenic route follows on the way back to the city. Wet stuff cancels; call the night before if in doubt. Note: daylight savings.

A18 **40 Miles** **9:00 AM**
Audax Recovery Ride'
Leader: Karl Dittebrandt 212 925-9854
From: NJ side of GWB

A recovery ride for the ultimate in paceline riding, a la francais. Leave at 9:15 sharp!

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. Pass through Hoboken, Jersey City, Liberty Park, Bayonne, across to Staten Island and Ferry back to lower Manhattan. Confirm ride by email or phone. Don't forget: Daylight savings time starts today!

C14 +/- **50 Miles +/-** **9:30 AM**
Buddha's Birthday
Leader: Dick Goldberg, 212.874-2008
From: Eleanor Roosevelt Statue, West 72 & Riverside Drive
 Come celebrate Buddha's birthday by walking a Wiccan Labyrinth located at a Dominican Convent on a ride led by a Jew.

Tuesday, April 9

A19 SIG **Laps in the Park** **6:10 AM**
 See April 2 for description

A19 **Training Ride in the Park** **12:45PM**
Leader: Debbie Rothschild (212) 961-1610 deroth@mindspring.com
From: Daniel Webster statue, 72 Street, West Side Drive



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 Capistrano and each NYCC training series returns to Central Park and beyond, The New York Cycle Club returns to the Berkshires Hills and settles into the small towns of Sheffield, Great Barrington and destinations in between for the holiday weekend. First known as "The Sheffield Weekend", this weekend has become so popular over the years that it is now called "The Berkshires Weekend".

Join us for three days of riding at all levels, picnic lunches and beautiful scenery in the Southern Berkshires. We also offer pre-weekend rides from New York City to the Berkshires using Metro-North trains to give us a head start. 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 on Sunday night. Though the leaves are just about making their appearance, there is still time to make your plans for the Memorial Day plans.

Details

Most rides start each morning near the center of Sheffield at the High School on Berkshire School Road. This road connects Routes 7 and 41 just south of Sheffield. On Route 7, look for the Police station for the turn. Some rides will also leave from the vicinity of the Days Inn in Great Barrington. Details of all rides will be in the May Bulletin and in the hand-outs distributed to your lodging. To insure that your accommodation receives the handout, please let us know where you are staying.

We strongly encourage pre-registration for the Sunday night dinner this year. Please pre-register on the website and collect frequent flyer members or send a check for \$35 to the PO box. After May 20, there will be an additional charge and seating at the door is subject to availability.

For those of you able to get away on Friday, we also have a number of train-assisted rides up to the Berkshires on Friday. Please see the ride listings for details of the ride. For the luggage shuttle, see the contact info below. The luggage shuttle can accommodate one weekend bag for drop off from a Manhattan location to at a central location either in Sheffield or Great Barrington.

Lodging

Accommodations vary from full service hotels to country inns and B&B's. Each participant makes arrangements on an individual basis. Accommodations in Sheffield are a selection of comfortable B&B's. Full service accommodations are located in Egremont and Great Barrington, but you are here for the riding and most of the riding is in Sheffield. Also, room shares are frequently posted on the NYCC Bulletin Board.

There are two wonderful websites with information on lodgings. These include the Southern Berkshire Chamber of Commerce www.greatbarrington.org (413 528 1510) and the Lodging Guide to the Southern Berkshires www.berkshirelodging.com. (413 528 1510) 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 the location of the starting point and other locations mentioned, see www.mapquest.com.

For more info

For additional information, e-mail berkshires@nycc.org. For sharing of lodgings or automobile rides to the Berkshires, feel free to post or respond to such listings on the [NYCC Bulletin Board](#) or berkshires@nycc.org. When you have made arrangements for accommodations, we would greatly appreciate a line as to their location so we may send info packets to your accommodations. These packages include useful details for the weekend as well as cue sheets. This will also let us better plan the weekend's events.

(Continued from Page 6)

Join me for some mid-day training. Laps, intervals, hill repeats-whatever the group decides we want for the day. A 19 Siggies and others who wish to join us all welcome.

"A-19 SIG" 18+ Miles 7:15PM "Sharp"
Night Ride #3
Skill: Speed Work in Rotating Paceline.
 See April 2 for description

Wednesday, April 10

A20+/- 52+/- Miles 10:00Am Sharp
Wednesday Morning Spin
Leader: Jeff "El Jefe" Vogel 718-275-6978; CPAcycles@aol.com
From the Boathouse

Join us for a weekly spin through Bergen and Rockland Counties. Our destination will probably be Nyack, but other suggestions will be entertained based on the weather and group consensus.

B15 50 miles 9:00AM
Nyack Post Daylight Savings Time Ride
 See April 3 for description

Thursday, April 11

A19 SIG Laps in the Park 6:10 AM
 See April 2 for description

"A-19 SIG" 18+ Miles 7:15pm "Sharp"
Night Ride #4:
Skill: Speed Work in Rotating Paceline.
 See April 2 for description

B16 15 Miles 7:45 PM
Weeknight Loops-in-a Line
 See April 4 for description

(Continued on Page 8)

WE WANT YOU!

...to represent our club at the annual NYC Bicycle Show this May 2-4 at a new location, the Penn Plaza Pavilion (33rd St. & 7th Ave.). This year, as in the past, NYCC will have a free booth – and we need you to meet and greet visitors. We'll be selling our water bottles and giving away ENY t-shirts as well as telling everyone about our great club and the various programs and events we sponsor...the SIGs, weekly rides, monthly programs, ENY, get-away weekends, etc. We're looking for someone to help coordinate this event and volunteers to help set up and work the booth. This is a great opportunity to meet lots of people (both club and non-club members), use your organizational skills, and give back to the club. Hey, you never know who you might meet!

For more information contact Cathy Martone at
cmfmartone@aol.com

Saturday, April 13

A-SIG Classic **78 Miles** **8:30 AM**

Ride #8: Mt. Kisco and Whippoorwill Road

Practice makes perfect and hills make us strong!

Leaders: Frank Grazioli (212) 529-9462 and

Timothy McCarthy (718) 204-7484

From: Boathouse parking lot

Today we get to test our mettle. We'll ride up to White Plains via Pelham Parkway and Shore Road. Then we'll cruise up Route 22 to Route 120 North—roads that offer a fantastic opportunity to hone our newly acquired double rotating paceline skills. Then we tackle Whippoorwill, the longest climb we've had so far—a real beauty. We will focus on hill climbing skills, pacing and endurance, as well as the all-important, and often forgotten, descending skills. Our stamina grows by leaps and bounds. The rides get longer and the pace gets faster and steadier. Feeling like A-riders yet? Be at the Boathouse by 8:15, sign in, and be on your bike by 8:30 with names on helmets, pocket food, water and a Metro North Pass in case it rains. Rain date: Sunday, April 14.

"A-19 SIG" **72 miles** **9:00 AM**

Ride #7: Rockland Lake Fandango

Skill: putting it all together

Leaders: Anthony Donato (212)923-5924 and

Jack Lehnert (718) 884-6437

NOTE the earlier start time:

Did you miss your leaders during the week? You won't after today.

The moment you've been waiting for has arrived. We'll power up to Rockland Lake State Park (your muscles will be quivering in anticipation of a full throttle workout). Once in the park, your group will double rotate the paceline for three for four loops working like an aerodynamic peloton the whole time. You won't believe how Tour de France we'll look. Communicating perfectly all the way home, you'll feel the "G spot" of cycling. Topping it off with lunch at the Runcible, we'll glow all the way home and recap it on the hill. Make sure to keep you keep the following dates open: Sundays April 14 & 27 for our bike handling skills and bike maintenance sessions and Wednesday evening, April 24 (6:00 pm-7:30 pm) for the Cyclists First Aid Class.

A20 **80+ MILES**

7:48 AM

A Spring Training Series - Katonah and Upper Westchester

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

From: Meet on the 7:48 am train to Katonah from Grand Central Terminal

We'll take the Metro-North up to Katonah for a beautiful circular route including Yorktown Heights for lunch. The ride finishes at Katonah with a Metro North return. Bring a helmet, solid bike, a couple of spare tubes and a Metro-North bike pass. As with all rides in the series, you don't have to have ridden in any of the previous rides, but you must have good paceline skills as well as the desire to participate in an aggressive training program. If weather forecasts call for persistent rain/wet roads we will scrub the ride and move it to the following day, Sunday. If in doubt, check the NYCC message board for a cancellation notice or call an hour before ride time. Please confirm with the leader at least 1 week before so that I can coordinate with Metro-North.

A 20 **50 Miles** **9:00AM**

River Road-Bradley-Tweed

See April 6 for ride description

B16-B18 **65 Miles** **8:30 AM**

B-Classic SIG Nyack the Hilly Way

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)

Today will be our last class: on climbing and descending. Then we'll get lots of climbing practice going to Nyack the back way over Bradley Hill and our return up State Line Hill (the rest of 9W is great for practicing the paceline riding skills that we started to work on last week). The faster groups will get a little extra climbing outbound on River Road. Bring pocket food-it's over 30 miles to the lunch stop (your choice of the Runcible Spoon or the Skylark Cafe). And we're picking up the pace too, up to the full-fledged B16, B17, and B18. Note: The start time is a bit later than last week, but still early.

C-SIG

Leaders: Paul Hofherr (212) 737-1553 (bikeman999@aol.com) or

Patricia Janof (212) 737-1668

If your ride leaders haven't contacted you, call one of them at the numbers above to confirm time and location. Bring water bottle, helmet, spare tube, pump, lock and money for lunch. Rain or temps below 35 degrees postpone until Sunday. Call by 8:30 a.m. if uncertain.

C13 **42 Miles** **9:15AM**

Scarsdale

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

From: Near the Boathouse

How is it possible that we can do something that's so much fun and is good for us too? This is a route through the Bronx and lower Westchester that I know well enough to promise not to get lost and I can almost promise good enough weather to eat lunch in a park. Substantial rain cancels the ride.

C14 **Flat to Rolling 35-40 Miles** **10:00 AM**

Country Roads TGIFMT (Thank God I Finished My Taxes)

Leaders: Ethan Brook 201-224-0316 and Richard Fine 201-461-6959

(With The Bicycle Touring Club of North Jersey)

Join us for a beautiful ride through the farm and horse country of Central Jersey. We will be biking along quiet country roads, stopping for lunch at a great country store, and visiting a glider airport at the end of the ride. The starting point will be at the Bedminster 1 office park in Pluckemin, NJ at Route 202 and Burnt Mills Rd. just off route 287. Car transport to start required. Please call for exact directions. Richard Fine 201-461-6959 or Ethan Brook 201-224-0316.

Sunday, April 14

A-18 **60+/-Miles** **9:00 AM**

Not Quite Nyack

Leader: Russ Berman tel. 212-595-8834; e-mail: rberman@kronish-lieb.com

From the Boathouse 9 a.m.

We'll wander West a bit to pick up some mileage, head back toward, but not into, Nyack via Bradley and Tweed, then go directly home via 9W and 501. A short deli stop at 26 miles but no options to gorge or purge in Nyack or Piermont, the object being to make it back to NYC by 2 p.m. We'll do it (I hope) by maintaining the posted pace (except on hills where I expect everyone to wait for me), not hammering. Good attitude and gentle words at least as important as well-maintained bike and the required helmet. Wet roads or high probability of precip cancel. Call to check if winds are gusting over 30 at 8 a.m.

"A-19 SIG" 9:00 AM**Ride 7a: Skills Riding and Bike Maintenance Essentials**

Leaders: Michael Samuel, Angel Rivera, Ed Fishkin (718) 633-3038 and others

From the boathouse parking lot.

Bring your bike. This activity is limited to "A-19" participants only; sorry. Half the group will ride with the pros and learn the skills necessary for crisis management on your bike (riding over gravel, sand, glass, sudden flat tires, the GW Bridge ramp, bumping into other riders, etc.). The other half will learn how to change a flat, lube your chain, adjust your brakes and derailleurs and other essential skills to keep your bike running like new. All ride listings for the rides you'd like to lead should be given to Jim or Ed. A recovery ride will be offered after the instructional sessions.

A18 40 Miles 9:00 AM**Audax Recovery Ride'**

See April 7 for ride description

B15/B16 40-45 Miles 9:30 AM**Piermont**

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

From: Boathouse

A lovely loop through Bergen and Rockland County backroads, including Rio Vista, Clausland Mtn, Tweed and/or Bradley. We'll visit a mini cycling/travel museum en route. Slower and stronger riders will be accommodated (within reason).

C14 50 Miles 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.

Monday, April 15**B15 60+Miles 10:30 AM****Escape the IRS day**

Leader: Andrea Kannapell (212) 674-1323 or andreak@nytimes.com

From: Manhattan entrance to bike path, across from City Hall.

Supposing you've finished your taxes, OR gotten an extension, come out or a little fresh air. Well, it's an urban ride, so fresh is relative..... We ride across the Brooklyn Bridge, along the Gowanus Expressway to the Verrazzano bike path, then through Coney Island to Sheephead Bay. Then on another bike path to Riis Park. Then along the Rockaways and back along Cross Bay Boulevard. Through bike paths in Forest Park and then wending our way back to Manhattan via Williamsburg Bridge.

Tuesday, April 16**A19 SIG Laps in the Park 6:10 AM**

See April 2 for description

A-19 SIG 18+ Miles 7:15PM "Sharp"**Night Ride #5:**

See April 2 for description

Skill: Hill repeats

Wednesday, April 17**A20+/- 52+/- Miles 10:00AM Sharp****Wednesday Morning Spin**

See April 7 for description

B15 40 miles 9:00 AM**Piermont - Recovery Ride?**

Leaders: Bill Strachan (212)-677-6951 Jon Adler (917)-369-1807

From: 72nd St and Riverside Drive

I need to be back in the City by 2 PM so we'll shorten the ride a bit today. Also- my legs may not want to be pushed too hard after doing a 200K this weekend. The emphasis is on cordiality and finesse in riding safe. Temps below 40°F or 30%+ chance of rain cancels. Leave by 9:15. Call Bill at 8 AM to confirm.

C 14 18 miles 7:00 PM**The Return of Wednesday Night Stress Busters**

Leaders: Peter Hochstein (212)-427-1041 &

Dave Sabbarese (dsabbare@firstmanhattan.com)

From: The 5th Ave & 90th St Gate in Central Park

Let's get back into our comfortable Weds night routine by doing 2 or 3 park loops. This mid-week spin is perfect for losing that work related stress, or just keeping in tune between those weekend rides to Nyack & Oyster Bay. We'll take it easy, so newer NYCC members are especially welcome. Bring a helmet, water bottle, and blinking lights are a good idea as we usually end up after dusk. Libations afterward are always a possibility. Rain cancels.

Thursday, April 18**A19 SIG Laps in the Park 6:10 AM**

See April 2 for description

A-19 SIG 18+ Miles 7:15pm "Sharp"**Night Ride #6:**

Skill: Hill repeats

See April 2 for description

B16 15 Miles 7:45 PM**Weeknight Loops-in-a Line**

See April 4 for description.

Saturday, April 20**A-SIG Classic 82 Miles 8:30 AM****Ride #9: Croton Reservoir****More endurance and map reading skills**

Leaders: Damon Hart (212) 753-0204 and Jody Sayler (845) 265-7210

From: Boathouse parking lot

We'll ride up beautiful Route 9 North along the Hudson—35 hilly, smooth miles to the diner in Ossining (you'll feel like you're in a time warp in this place!). Don't eat too much or you'll never make it up the hills on the way to scenic Croton Dam, "well worth the price of admission" to quote a '99 A-SIG grad. What a view! We continue around the reservoir to Seven Bridges Road and return via Grassy Sprain—remember it? Now you can

(Continued on Page 10)

(Continued from Page 9)

really fly down that thing! We are getting so good at this, consistently, predictably, working together as a team. We even know how to get home from Westchester now! Get to the Boathouse by 8:15 for sign-in. Metro North Pass recommended. Helmets, pocket food and two water bottles required. Rain date: Sunday, April 21.

A-19 SIG 68 Miles 7:30 AM

Ride #8: Westport, Connecticut:

SKILL: Putting it all together

Leaders: Ed Fishkin (718) 633-3038 and Jim Galante (201) 503-9192

From Grand Central Terminal: (see below for train details)

Note the ridiculously early start time!

This is one beautiful ride! You will have a phenomenating time today. The elegance of double rotating pacelines in the pastoral setting of rural Connecticut will combine to present you with a breathtaking tour de force and an incredible ride. Lunch in Bethel. You are feeling so strong because your weekday training has reaped improved fitness and performance benefits. You're awesome! We'll be able to pick up the pace a little more and really see the energy preserving advantages of double rotating paceline riding. Transportation details: Buy a ticket on MetroNorth for the 8:07 train to Westport. We return from Darien (two different prices). We'll try to have a special coach reserved for us. Please get to Grand Central Terminal by 7:30 A.M. You can get coffee and a bagel in the terminal and bring it on the train. **MAKE CERTAIN YOU HAVE A METRO NORTH TRAIN PASS. YOU WON'T BE PERMITTED ABOARD THE TRAIN WITHOUT ONE.** You may obtain a pass at Grand Central during the week; not on the day of the ride. The usual cancels.

A19/20 100+ Miles 7:30 AM

A Spring Training Series - Hogback/MtPeter/Goshen/Beacon

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

From : The Boathouse - 7:30 AM

Do expect hills: the above plus Little Tor and Gate Hill. Bring a helmet, waterbottles, spending money and a MetroNorth Pass as we are training in pacelines as we ride up and we'll be 'trainin' back on the ironhorse. You don't have had to have ridden with us to ride this one but you have to have paceline skills, strength and stamina. So join us on this esthetic sweatfest which I have shamelessly adapted (read:stolen) from Fred in which I hope to deliver the children of Israel and all others from Goshen and lead them across the river with a mighty hand and sore quads.

A 20 50 Miles 9:00AM

River Road-Bradley-Tweed

See April 6 for ride description

B16-B18 72 Miles 8:30 AM

B-Classic SIG Armonk

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

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

From: Rambles Shed (north of Boathouse on East Drive)

We're cranking up the miles and you're really lookin' smooth. Yup, you gottabring the pocket food again today. Lunch on the lawn of Schreifer's Deli in Armonk. We'll come home through Tarrytown and down Rte. 9, which means you can stop for cheesecake at the Horseman Diner. If you're still game for more miles, you can ride all the way back in to Manhattan, or pick-up the subway in the Bronx. MetroNorth pass for bailout in Tarrytown.

C-SIG

Leaders: Paul Hofherr (212) 737-1553 (bikeman999@aol.com) or

Patricia Janof (212) 737-1668

If your ride leaders haven't contacted you, call one of them at the num

(Continued on Page 12)

SEE IT, TRY IT, RIDE IT ... AT THE NYC BICYCLE SHOW

- Commuting Bikes**
- Road Bikes • Mountain Bikes**
- Tandems • Recumbents**
- Track Bikes • Cruisers**
- Hybrids • Folding Bikes**
- Custom Made Bikes**
- Bicycle Clothing**
- Accessories • Bike Rides**
- Tours • Indoor Racing**
- Charity Auction • Bike Clubs**
- How-To Demonstrations**

For the latest list of exhibitors, visit our web site at: www.nycbicycleshow.com

**New location at the Penn Plaza Pavilion
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Here's your chance to test ride a recumbent bicycle, see the latest gear and accessories, or maybe compare a folding bike with a full-size bike. Over 70 companies and organizations will be here, representing all aspects of the bicycle industry. Whether you're an experienced bike commuter or a weekend wanderer, the third annual NYC Bicycle Show has something for you.

present this coupon for a special discount

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11am - 9pm
Saturday May 4
10am - 9pm

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www.nycbicycleshow.com

New York Cycle Club Board of Directors Meeting Minutes February 5, 2002

Present: Tom Laskey, Jon Dindas, David Getlen, John Vasquez, Eileen Crowley, Robert Gray, Carol Waaser, Ira Mitchneck

Absent: Fred Steinberg, Cathy Martone, Stan Oldak

The meeting was called to order at 6:48 p.m.

The minutes of the December and January meetings were approved as amended.

Ira Mitchneck presented the actual income and expenses for 2001. The budget was balanced. Upon review by the Club tax consultant, a full financial report will be published in the Bulletin. The Board approved the budget for 2002.

Tom Laskey advised the Board that Special Events Coordinator Lauren Grushkin had resigned from that position for personal reasons. We need to recruit a new Special Events Coordinator. The duties include coordinating the All-Class Picnic and the Christmas Party as well as other non-cycling events such as ice-skating, baseball game or opera.

Ira reported on who's willing to what for the Memorial Day Sheffield Weekend: Fred Steinberg will organize the rides; Reyna Franco is willing to field inquiries; Ira will coordinate the luggage shuttle. Dinner is the one big item still up in the air. We need to find a restaurant that will seat up to 120 but will accept an initial guarantee of 80. Tom suggested we set a date by which people must register for the dinner so we can give the restaurant a final count in sufficient time,

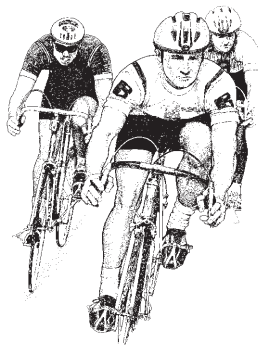
Update on the SIGs: the Board approved allocating money for each SIG, as needed, to rent an indoor space for the 1st day's class. The amount will be determined pending further research.

It was noted that the Escape New York Committee needs to submit a budget, at which point certain up-front expenditures will be approved.

Tom said he had been approached by Velo News about putting an advertising banner on our website in exchange for a percentage of all sales to club members. The Board vetoed the idea of accepting advertising for the website. There was consensus, however, that we could do a page with links to commercial cycling-related websites (such as bike shops, tour companies and bookstores).

David reviewed the deadlines for the March Bulletin: rides are due to the Ride Coordinators by Tuesday, March 12; all rides and articles are due to David by Thursday, March 14.

It was decided that March 15 would be the deadline for renewals. Anyone who had not renewed by that date would be purged from the database. Eileen will contact Active.com about deactivating the renewal form as of March 16. She will also ask about the possibility of having Active include the username and password for accessing our Bulletin online in the email confirmation that's sent to each new or renewing member. That would cut down on the number of email inquiries we receive from new members wanting immediate access to the bulletin after joining.



Welcome to our Newest Members

Apruzzese, Gary	Flug, Seymour	Padilla, Robert
Axelrod, Ted	Fox, Steven	Payes, Giora
Balter Sharon	Glass, Diane	Payes, Karen
Baron, Ken	Graf, Eli	Perry, Geoffrey
Blaustein, Lewis	Granoff, Gillian	Plitt, Alon
Blokker, Johanna	Grudzinski, Amy	Powell, Jennifer
Born, Valorie	Headrick, Hollis	Roumel, Eleni
Castro, Virgilio	Hecht, Samantha	Runte, Douglas
Charnas, Jonathan	Hochbaum, Chet	Saeli, Cynthia
Challenger, Colleen	Kamenstein, Matthew	Sahli, Michelle
Chasin, Julie	Kudva, Parker	Schropfer, David
Cherry, Jessica	Larson, Matthew	Seltzer, Jennifer
Cook, Cheryl	Lefkowitz, Richard	Siben, Lawrence
Corso, Robert	Lichtenstein, Grace	Smith, Gwendolyn
Crenson, Matthew	Lindsey, Christina	Stutman, Marla
Crenson, Sharon	Lipson, Lori	Thomas-Graf, Jessie
Crosby, Suzanne	Littlefield, Jim	Tinkel, Brenna
Cross, Peter	Littlefield, Linda	Townsend, Catherine
Cubillo, Enrique	Lombardi, Victor	Townsend, Christopher
Cubillo, Perianne	Luchsinger, Logan	Weinberg, Dr. Stephen
Dion, Rebecca	Macchi, Carlo	Weinberg, Francine
Doege, Torsten	Mccraw, Peyton	Wilbanks, Ires
Duane, Anna Mae	Mcglinn, Tim	Wilbanks, Charles
Dubner, Todd	Mercer, Erik	Wu, Kathryn
Dubrow, Mark	Mettner, Marisa	
Falleiros Mendes, Gil	Moskowitz, Hope	
Fillet, Toni	Newman, Laurie	
Flashnick, Ryan	Ottaviani, Alberto	

RIDE



NOHO

As seen in
New York
Magazine

Great guided riding in Western Massachusetts with excellent accommodations in Northampton, the region's cultural center. Memorial Day - Labor Day, everyday. Then, weekends through Foliage Season.

Special Events Schedule

C Ride Weekends
June 21, 22 & 23, 2002
July 12, 13, & 14, 2002
August 16, 17 & 18, 2002
September 20, 21 & 22, 2002

Epic Climbing Weekend
July 27 & 28, 2002

"Experience" Racing Camp
with Adam Hodges Myerson
August 19 - 23, 2002

Ride

BUT STAY IN JUST

one

Call toll free for details, or visit our web site.

Dama a **serocca**

bers above to confirm time and location. Bring water bottle, helmet, spare tube, pump, lock and money for lunch. Rain or temps below 35 degrees postpone until Sunday. Call by 8:30 a.m. if uncertain.

Sunday, April 21

A19-20 **100 miles** **7:00-7:30AM**
South Hampton

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

A bit early for a century you say??? NAH!!! It's just about the right time. This is one of the best and easiest centuries to complete. I take a middle island course until Center Moriches and then up Montauk Highway to South Hampton with a LIRR ride back. LIRR pass will be needed!!! Call after 6 am if raining. Helmets required.

A18 **40 Miles** **9:00 AM**

Audax Recovery Ride'

See April 7 for ride description

B15 **50MI** **9:30 AM/ 10 AM**
Brighton Beach for Russian Food

Leader: Stan Oldak stanonyc@aol.com H 212-945-9801

From: 9:30 In back of City Hall across from the Brooklyn Bridge entrance

10:00 Grand Army Plaza entrance to Prospect Park

An easy Sunday ride through Brooklyn and Prospect Park and along Shore Road Park to Coney Island and Brighton Beach where we will enjoy wonderful Russian food "on the boardwalk". Rain cancels. If in doubt, call leader. P.S. We'll leave Manhattan at 9:30 AM sharp!

C12-13 **35-40 Miles** **9:30 AM**
Irv's Annual Cherry Blossom Ride

Leader: Maggie Clarke (212) 567-8272

mclarke@shiva.hunter.cuny.edu

Meet at: Greeley Square (32nd St between Broadway and 6th Ave) - street level.

We'll take the PATH to Newark (so bring \$), and ride through the later blooming double cherry blossoms (Kwanzaa), and the lovely towns of Bloomfield, Glen Ridge and the Montclairs. Our destination will either be Upper Montclair or Little Falls depending on how we feel. Picnic or diner depending on the weather. Helmets are required. Rider predictability, orderliness and safety are required. Ride cancelled if prediction of 60% chance of precip, effective wind chill below 35, or icy roads. Please call before 8am that morning if in doubt.

Tuesday, April 23

A19 SIG **Laps in the Park** **6:10 AM**

See April 2 for description

A-19 SIG **18+ miles** **7:15pm "Sharp"**

Night Ride #7: Skill: Putting it all together.

Leader: Bob Mirell (212) 734-6916 BobTMC@aol.com

From: The Boathouse Parking lot

We've done the speed work and hit the hills. This ride will combine both to make us all around better cyclists. We'll bring our speed up and attack the hills. See April 2 for general description of the rest.

Wednesday, April 24

A20+/- **52+/- Miles** **10:00AM Sharp**

Wednesday Morning Spin

See April 7 for description

"A-19 SIG" **Ride #8a: 6:30 p.m. to 8:00 p.m.**

First Aid For Cyclists (limited to A classic, A-19, B and C SIG participants only; sorry)

Leader: Ed Fishkin (718) 633-3038

Location: Woodhull Hospital, Conference Room #1.

Take the "J" or "M" train, last car, direction Metropolitan Avenue to the Flushing Ave. stop. Go down the stairs, enter the through the hospital's main entrance, and follow the signs to Conf. Room #1 on the 3rd Floor.

This class is mandatory for "A-19" siglets. Other SIG participants confer with your leaders. This session is designed to make you more comfortable preventing and dealing with accidents and first aid requirements for common cycling injuries

B15 **50 miles** **9:00 AM**

Nyack Secretaries Day Ride

See April 10 for description

C 14 **18 Miles** **7:00 PM**

The Return of Wednesday Night Stress Busters

See April 17 for ride description

Thursday, April 25

A19 SIG **Laps in the Park** **6:10 AM**

See April 2 for description

A19 **Training Ride in the Park 12:45PM**

See April 2 for description

"A-19 SIG" **18+ miles** **7:15pm "Sharp"**

Night Ride #8

Skill: Putting it all together.

See April 2 for description

Saturday, April 27

A-SIG Classic **85 Miles** **8:00AM**

Ride #10: Little Tor (why do they call it little?)

NOTE EARLIER START TIME

Leaders: Paul Frio (917) 806-5905 and Becky Koh (212) 481-2207

From: Boathouse parking lot

We'll ride out at a strong, steady pace, in perfect formation, wheels whirring, practicing good communication skills and steeling each other against the challenge ahead. As Little Tor looms we then get into the right gear in order to grind and creak our way to the top. On this ride, leaders often get dropped because they've created monsters out of all you cycling gods and goddesses! As a reward for tackling this SIG-nificant climb we get to ride down South Mountain Road on the way home. You are almost ready for the big one, and you are almost ready to lead an A-ride yourself. Be at the Boathouse by 7:45. Helmets, pocket food, and two water bottles required. Rain date: Sunday, April 28.

A19-SIG” **80miles** **8:00 AM**
Ride 9: Croton Dam Time:
SKILL: Hills, some speed work and putting it all together
Leaders: Raymond Lafontant: (718) 596-7681 and David Estrada (718) 768-2385
From the Boathouse Parking Lot:
(NOTE EARLIER TIME)

A more beautiful ride won't be happening this day. As we disappear powerfully over Cat's Paw Hill, your leader's hearts are pounding in anticipation of reaching their VO2max on today's ride. That's because today we practice hills. In SIG language, beautiful ride = hills. The ride to the dam has some nice climbing and beautiful, pastoral vistas. We'll see if the hill repeats we've been preaching to you really work. Note the 8:00 A.M. start time. Don't be late, bring plenty of water, pocket food and determination. We might try a picnic this time. Helmets still mandatory.

Of course the skills you learned the past few weeks, especially working together as a group, communicating and forming incredible paelines are expected. The usual cancels.

A19/20 **90+ Miles** **8:00 AM**
A Spring Training Series - Croton & The Lakes - Redux
Leader: Philip Kiracofe (917) 680-4714 pkiracofe@yahoo.com

From : Benches across from the Boathouse
 Revived and revised from last year's inaugural STS, this year's version of a classic ride will follow Rt. 9 north, loop around Croton Reservoir (via hopefully accessible roads), and finally hit Saw Mill, Seven Bridges, Hardscrabble, and more on the return leg. Come prepared to enjoy a leisurely day (after all, this IS the last of the sub-century rides). Bring a helmet, solid bike, spare tubes, pocket food, etc. As with all rides in the series, you don't have to have ridden in any of the previous rides, but you must have good paelines skills as well as the desire to participate in an aggressive training program. If weather forecasts call for persistent rain/wet roads, we will scrub the ride and move it to Sunday. If in doubt, check the NYCC message board for a cancellation notice or call 30 minutes before ride time.

A 20 **50 Miles** **9:00AM**
River Road-Bradley-Tweed
 See April 6 for ride description

B16-B18 **75-90 Miles** **7:30 AM**
B-Classic SIG **Deepest Westchester**

Leaders: Mark Gelles, (212) 689-1375, mgelles@okcom.net; Rachel Diamond (718) 515-6992, diamonr@aol.com
From: Grand Central Terminal (information booth)

We'll meet by the ticket booths in the main concourse at Grand Central in time to buy one-way tickets and coffee and bagels before catching the train to White Plains. From there we'll take a beautiful ride through upper Westchester, stopping for lunch on the Bedford Green. It's another long ride, so bring the pocket food. You can take the train home from Tarrytown (75 miles) or ride all the way back into Manhattan. MetroNorth pass required. NOTE THE START TIME AND PLACE.

C-SIG
Leaders: Paul Hofherr (212) 737-1553 (bikeman999@aol.com) or Patricia Janof (212) 737-1668

If your ride leaders haven't contacted you, call one of them at the numbers above to confirm time and location. Bring water bottle, helmet, spare tube, pump, lock and money for lunch. Rain or temps below 35 degrees postponem until Sunday. Call by 8:30 a.m. if uncertain.

C12 **23 Miles** **6:30 PM**
Manhattan to Hoboken WTC Blue Light Tour, Redux

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

From: Chelsea Piers (22nd St. & 12th Ave. near greenway)
 Repeat of April 7 ride. Might see World Trade Center lights if Mayor Bloomberg extends memorial. If not, you'll still see lovely sights, like Manhattan's Cherry Walk, the Hudson River Walkway at Weehawken or Sinatra Park, Hoboken. Return by NY Waterway (\$4.00) or PATH (\$1.50) via Hoboken. VERY IMPORTANT: Bring front AND rear lights, as some parts of the ride will be DARK. Helmets required. Co-listed with 5BBC. Wet weather cancels.

Sunday, April 28

A-19 SIG **Ride 9a:**
Skills Riding and Bike Maintenance Essentials

Leaders: Hubs Dershowitz, Michael Samuel, Angel Rivera, Ed Fishkin (718) 633-3038 and others
From the boathouse parking lot. 9:00 A.M.

This time we switch, groups so everyone gets the benefits of the April 14 session. Bring your bike and the tools/supplies you usually bring on a ride. This activity is limited to "A-19" participants only; sorry. Half the group will ride with the pros and learn the skills necessary for crisis management on your bike (riding over gravel, sand, glass, sudden flat tires, the GW Bridge ramp, bumping into other riders, etc.). The other half will learn how to change a flat, lube your chain, adjust your brakes and derailleurs and other essential skills to keep your bike running like new. All ride listings for the rides you'd like to lead should be given to Jim or Ed. A recovery ride will be offered after the instructional sessions.

A18 **40 Miles** **9:00 AM**
Audax Recovery Ride
 See April 7 for ride description

B17 **65 Miles** **9:00AM**
Cross River & Titicus Reservoirs
Leader: Robert Gray (212) 593-0986 nyarchitect@email.msn.com
From the Boathouse

Straight up to some great parts of Westchester and take the train back home. Out through the Bronx but not the Grand Concourse, we will do something different. Through Bronxville, Scarsdale, Armonk, around Bedford, and on North to Purdys to take the train home. The terrain is mostly rolling but no huge climbs. After lunch in Pound Ridge, the pace slows down a bit, the roads are more rural and some are hard pack. Maybe the 3:20 train returning 4:30 or maybe an hour later depending on how it goes. Also opportunity to bail out for an earlier train. Bring your bike pass for the train in case they ask.

B15/B16 **50-55 miles** **9:30 AM**
Nyack

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

A lovely loop through Bergen and Rockland County backroads, including RioVista, Clausland Mtn, Tweed and/or Bradley. We'll visit a mini cycling/travel museum en route. Slower and stronger riders will be accommodated (within reason).

C14 **46/33 Miles** **7:35 AM**
North County Trailway

Leaders: Marilyn and Ken Weissman (212) 222-5527
From: GCT Information Booth for 7:48 AM Bike Train to Croton Falls

The North County Trailway is Westchester County's newly completed PAVED rail-trail, now running about 28 relatively flat miles—trains don't climb hills—from just north of the Westchester/Putnam border to Tarrytown. This mostly tree-shaded route uses the roadbed of Metro North's abandoned Putnam Line, crossing the Croton Reservoir on a

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reconstructed rail bridge. Five-to-eight miles, and maybe a hill to the trailhead. Metro North return from Tarrytown, with an optional 13-mile ride back to the #1 train. Picnic lunch in Millwood. Helmets and Metro North passes required.

Tuesday, April 30

A19 SIG **Laps in the Park** **6:10 AM**
See April 2 for description

Thursday, May 2

A19 **Training Ride in the Park** **12:45PM**
See April 2 for description

Saturday, May 4

B16-B18 **85-95 Miles** **8:00 AM**
B-Classic SIG **West Point to Cold Spring**
Leaders: Eva Wirth (212) 477-9322, ewirth@yahoo.com; Liane Montesa (212) 929-0787, lianemontesa@hotmail.com
From: Rambles Shed (north of Boathouse on East Drive)

Congratulations! This is your graduation ride. It's a fine and lovely route through Bergen, Rockland, Orange, and Putnam counties. We'll cross Harriman State Park on the great Seven Lakes Drive, then cross the Beacon-Newburgh Bridge north of West Point and ride down 9D to Cold Spring, where we'll catch the train home. (If there's enough time, we can all have a post-SIG celebration at the station cafe in Cold Spring.) Bring pocket food and then some extra-there aren't many food stops, there's no sitdown lunch, but it's a long and great ride. MetroNorth pass required.

Ride Preview

Saturday, May 18 - Sunday May 19

A17-22 **250 miles** **Time TBD**

Montauk Twin Century

Leader: Marty Wolf (212) 935-1460

From: Call leader

Call for costs, time, meeting place. In our version of the Montauk Century, we bike out on Saturday and return on Sunday, on the same road used by the one-way century riders. We also tend to break into tiny groups of 2 or 3 as we find others who ride our pace, so some riders will go much faster than the named pace. Rooms are often limited and must be paid in full no later than Sat, May 11 (which is also the cancellation date). Leader will have a few rooms reserved for the earliest callers.

Club Photos



Saturday, February 16 - Jacques Marchais Tibetan Museum. The riders are Bonnie Waldman, Dave Sabbarese, Margie Goldsmith, Ryan (?) and Ludwig Vogel.
(Photograph by Museum Volunteer)

July 4th All Class Club Weekend at West Point

Last year, the calendar interfered with our annual July 4th celebration at West Point. This year, the calendar enables us to have the absolute best one ever!

We'll bicycle up to West Point from Central Park on Thursday, July 4th – red white and blue required! Rides will be planned for A, B, and C riders by champion leader and Boss of the Peleton, Fred Steinberg. And don't worry, a baggage shuttle will carry our clothes. That evening, we'll enjoy a patriotic July 4th outdoor concert given by the Army band, picnic dinner included.

A, B, and C rides are planned for Friday, July 5th and Saturday, July 6th. There's also a swimming hole, Storm King Art Center, holiday celebrations in town, a museum, the campus - West Point is the greatest! Don't miss the dinner cruise aboard the historic M. V. Commander, chartered for our exclusive use. Sunday, July 7th, we'll bike on home.

Four days, three nights at the historic and newly renovated Hotel Thayer, 3 full breakfasts, 3 dinners, baggage shuttle to carry our clothes, dinner cruise, pretty much everything except lunch and drinks - all included. Reserve your space now. \$335.00 per person covers it all. Space is very limited for this long 4 day holiday weekend this year. Sign up now! Don't delay! We will send out an information packet answering all your questions shortly after you sign up. This will detail the schedule, departure times, places, etc.

Make your check out to Christy Guzzetta, 49 West 75th Street, New York, NY 10023. Shortly after receipt of your check, the information packet will be sent to you.

Questions?

Accommodations, Jody Sayler, Jsayler@aol.com, 212-799-8293.

Events planner, Christy Guzzetta, Christy.Guzzetta@GESServices.com, 212-595-3674

2002 RENEWAL / MEMBERSHIP APPLICATION / CHANGE OF ADDRESS



In consideration of being permitted to participate in any way in New York Cycle Club ("Club") sponsored Bicycling Activities ("Activity") I for myself, my personal representatives, assigns, heirs, and next of kin: 1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately cease further participation in the Activity. 2. FULLY UNDERSTAND that (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these risks and dangers may be caused by my own actions, or inactions, the action or inaction of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time, and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS AND DAMAGES I incur as a result of my participation in the Activity. 3. HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE the Club, the LAB, their respective administrators, directors, agents and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS, AND I FURTHER AGREE that if, despite the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as the result of such claim. I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

New Renewal Change of Address Date: _____ Check Amount: _____

PLEASE PRINT OR USE ADDRESS LABEL. ZIP CODE IS REQUIRED. Mail this application with a check made payable to:

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

NAME: _____ EMAIL: _____ Riding Style: A B C

SIGNATURE: _____ DAY PHONE: _____ EXT: _____

NAME: _____ EMAIL: _____ Riding Style: A B C

SIGNATURE: _____ DAY PHONE: _____ EXT: _____

ADDRESS: _____ APT. # _____

CITY: _____ STATE: _____ ZIP (required): _____

NIGHT TEL: _____ BIRTHDATE: _____

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

Partner does *not* want Address Phone Email published in the NYCC roster.

Check if you want to receive monthly bulletin: Online only (requires email address) Via regular mail

ANNUAL MEMBERSHIP: Jan. 1 - Dec. 31, 2002. Please check the appropriate box:



Individual \$24 (\$12.00 after Labor Day 2002) Couple residing at the same address \$30 (\$15.00 after Labor Day)

Membership card
Cut me out. →

Bike shop discounts!

BICYCLE HABITAT

244 Lafayette Street
(212) 431-3315 or cmcbike@aol.com;
15% off parts and accessories. 10% off
bikes, no discounts on sale items (no
double discounts).

A BICYCLE SHOP

345 West 14th Street
(212) 691-6149 or www.a-bicycleshop.com; abikshp@aol.com; 10% off
non-sale items (not items already discounted).

SID'S BIKE SHOP

235 East 34th Street (212) 213-8360 or www.sidsbikes.com: 8% off parts,
accessories and clothing.

PIERMONT BICYCLE CONNECTION

215 Ash Street, Piermont, NY 10968 (845) 365-0900
4 Washington Street, Tenafly, NJ 07670 (201) 227-8211
www.piermontbike.com
10% off EVERYTHING including bicycles. FREE SHIPPING on pur-
chases over \$100.

<http://www.nycc.org>



LARRY'S and JEFF'S

2nd Avenue Bicycles Plus
1690 2nd Ave. @ 87th St.
(212) 722-5903
15% off accessories and parts
5% off on better new bikes

CONRAD'S BIKE SHOP

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

BICYCLE RENAISSANCE

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

TOGA BIKE SHOP

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

GOTHAM BIKES

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

CNC BICYCLE WORKS

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



Don't Miss the Next Club Meeting!

Join us at our April 9th meeting

“Cycling on Six Continents”

After three months of guest speakers, for this month's meeting program we go “in-house” to talk about touring and traveling with our bikes. Long time NYCC member Jay Jacobson will give an updated presentation of his; “Cycling on Six Continents” a fastmoving kaleidoscope of experiences and impressions with unusual visual props. Jay has been to 62 countries, cycling in 42 and after a trip planned for next month, he will have visited all 50 states and cycled in 33. After Jay's program, any other NYCC members are welcome to share their touring stories and experiences. We will also have updates on the SIGs, summer NYCC weekend trips, and more....

So please join us on April 9, 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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