

NYCC *Bulletin*



BishBash Falls. All this and more await those who sign up for the NYCC Berkshires Weekend. (Photograph by Robin Read)

President's Message

For some, May is a month for mothers. Others associate May with flowers and still others of a more patriotic bent are thinking of Memorial Day. We in the New York Cycle Club however think of only one thing when the month of May is mentioned, our annual Berkshires weekend, which happens to coincide with Memorial Day. If you haven't booked a room in the Sheffield/Gt. Barrington area yet, better hurry. You'll also want to sign up for the big Sunday night dinner. You can do it on-line from our website, or send a check for \$35 to our post office box. If you send a check, be sure to let us know where you'll be staying, that way we can drop off the ride listings and cue sheets for the weekend's rides. Fabulous riding, beautiful surroundings, the warm camaraderie of your NYCC cycling buds, you can't beat it!!

File this one under the prez's latest pet project - an NYCC Junior Division. Yes, you heard right, what about a junior division? When I was growing up, my bike and I were nearly inseparable. It got to the point where my parents set one place at the dinner table for me, and another for my bike. The problem was I had no direction as a budding cyclist. I could go up and down the street, around the neighborhood, to school and back but I never had the direction I needed to really develop as a cyclist. I can't help thinking there are tons of kids in our fair city in the same situation. What are we doing about it here at NYCC? Well, since you ask, nothing. The esteemed Dr. Ed Fishkin, NYCC member and A19 SIG Captain devotes much of his spare time to a worthy organization called recycle a bicycle, an organization dedicated to youth cycling. He informs me that there is still much room in our area for even more programs for youth cycling and it was his suggestion to start a youth division in our club. Well, as you can imagine, it won't happen overnight and it won't happen without some dedicated volunteers. Are you interested in working with kids? Do you want to organize rides for experienced youth cyclists? They're out there so if we organize a junior division, I've little doubt they'll come. If you're interested, let me know:

tomoboe@mindspring.com.

I'll end on a slightly serious note. Once in a great while, a member will report on a less than satisfactory experience on a ride he or she participated in. The board takes these types of things seriously and has an interest in keeping them to an absolute minimum. Unfortunately, these occurrences are often reported in a way that is not likely to lead to any satisfactory resolution. I'm talking about anonymous posts on the message board or complaint emails that do not give specifics as to who the ride leader was, where the events took place, or any other information that can put the situation in the proper context. I can understand the reluctance to be a tattletale or to get someone in trouble however, that's not the way to look at it. If someone has a legitimate complaint about a ride leader I would want to contact that leader, get their side of the story and work with them on preventing similar occurrences in the future. Or, it may turn out the ride leader is totally justified in their actions and the participant has it wrong. Either way, it's far more constructive to share all the information privately with a board member (myself, VP of rides, or ride coordinator) so that the problem can be dealt with in the most effective way possible.

Still no takers for Road Dirt. I'm gonna' keep mentioning it until someone steps up!!!!

- Tom Laskey

Editor's Note

There is no editor's note this month. We ran out of space.

- David Getlen

Check out our fabulous web site:

<http://www.nycc.org>

Check out the new NYCC Message board:

New York Cycle Club

Columbus Circle Station
P.O. Box 20541
New York, NY 10023
(212) 828-5711



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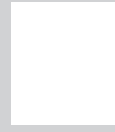
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eileen_crowley@msn.com

... or call (212) 744-1518.. Email is preferable. Please include your name and full address in your message.

Cover: This month's cover shows BishBsh Falls in the Berkshires

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

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

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

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

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

David Getlen
60 Gramercy Park North
New York, NY 10010

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

dgetlen@aol.com

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

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



Out of Bounds



Sunday, May 19

The Blooming Metric

Sound Cyclists Bicycle Club's 25th Annual Bloomin' Metric bicycle tour will once again be offering three great scenic rides - 25 miles, 75 kilometers and 100 kilometers. And you don't need a car to get there. Metro North has added a special stop at East Norwalk on both the 5:40am and 6:40am trains from Grand Central to New Haven for cyclists taking part in the Bloomin' Metric. They have waived the need for a bicycle permit on New Haven line trains all day and the limit on the number of bicycles allowed on board. For registration and more information <http://www.soundcyclists.com/Bloomin.htm>

Sunday, May 19

Montauk Century

For more than 20 years, May has meant the Montauk Century bicycle ride — one of the flattest century rides in the Northeast! Join 1,000 other cyclists in this annual extravaganza, pedaling from the city through the Hamptons to the ocean! In addition to the 65 miles, and challenging 100 miles routes there is now an experts-only 140-mile route. The package also includes excellent SAG support; free hot showers, a free hot meal, and free massage at the finish line; transportation home for you and your bike; plus lots of free souvenir swag. For more information: <http://www.5bbc.org/>

Sunday, June 2

Vermont Eco Bike Tour presented by Radiant Floor Company, Montpelier, Vermont.

The tour's purpose is to raise funds for Rural Vermont, whose focus is in the preservation of family farms and sustainable agriculture. Rural Vermont is active in the cause against genetically modified products, and they work to revitalize rural communities. They have successfully opposed factory farms, as well as the spreading of sludge. Olympic mountain biker Pavel Cherkasov and his wife Jennifer are the Eco Bike Tour organizers. Details for registration can be found at www.athletes-fornewideas.org or calling 802.249.1283

Sunday, June 2

Bike-Boat-Bike ride

Presented by the Suffolk Bicycle Riders Association. Cycle through Long Island's East End including the north and south forks and Shelter Island. Six different routes from 25 - 125 miles all beginning in Mattatuck, Long Island. Registration opens at 7:00am for the 125 mile route. For more information contact SBRA at 631-234-8950 or visit their website: www.sbraweb.org

Saturday, September 14

New York to the Hamptons Challenge

The Long Island Association for AIDS Care & Bias HELP LI
PO Box 2859, Huntington Sta., NY 11746
www.bikechallenge.com info@bikechallenge.com
Tel: 1-877-612-BIKE, Fax: 631-271-5720
Benefits HIV/AIDS education and services and hate crime prevention.
Distance: 100 mi. Reg. info: \$75 before 7/1/02; \$100 after 7/1/02;
Minimum pledges \$1,100.
Start: 7:00 a.m., South Street Seaport, NYC; Sponsors: TBA

NYCC Sleeveless Jerseys



NYCC

New Sleeveless
Jerseys designed
for summer riding.

Sizes: UNISEX XS, S, M, L, XL, XL

Price: \$46.00 + \$3.50 Shipping / Handling

Address to send orders and checks:

Hans Schmidt
217 Broadway, #401
New York, NY 10007

Checks should be made out to
New York Cycle Club

R.I.D.E



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, every day. 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

Epic Climbing Weekend

July 27 & 28, 2002

"Experience" Racing Camp

with Adam Hodges Myerson

August 19 - 23m 2002

Women's Training Camp

with Kathryn Roszko

July 4 - 7, 2002

Ride endlessly
BUT STAY IN JUST
one place.

Call toll free for details, or visit our web site
Tel. 800.817.N0HO • www.rideandno.com

Demo a **GIRO**

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!

Wednesday, May 1

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.

A-19 30 +/- miles 10:00 AM
HILL REPEATS

Leader: Anthony Donato (212) 923-5924 NYC181@aol.com

From: GW Bridge (NJ Side) near the Military Humvee site.

This ride is about hill training endurance. So let's throw the sprinters out the window. It's also how the major tours are won. And that's HILLS..HILLS..HILLS. Our destination is River Road. The group decides what hill/hills to climb last (whether it's Walnut, Booth, or Churchill) on our return trip. The usual cancels and helmets are required. Check the NYCC message board for last minute cancellation or call me at home before 9:30am if in doubt.

B15 50 Miles 9:00 AM
Nyack

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

nyceZRider@aol.com &

Jon Adler 212-677-6951 917-369-1807 jadler8@nyc.rr.com

From: 72nd St & Riverside Drive

International Workers Day Ride. We need a day off! And off we go to Nyack for some lumpen proletarian fun. We leave at 9:15 and abandon the below 40°F caveat. 30% chance of rain cancels but call Bill at 8 to double check.

B15 15-20 Miles 7:00 PM
Prospect Park

Leaders: Ron Grossberg 718-369-2413 718-369-1568

argee401@aol.com &

Ralph Yozzo ryozzo@verizon.net

From: Grand Army plaza entrance

Laps of Prospect Park (if time and weather permits may go to Coney Island).

C 14 18 miles 7:00 PM
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, May 2

A19 Laps in the Park 5:30 AM
Tuesday and Thursday morning training series

Leader: Linda Wintner (212-876-2798; lwintner@excite.com)

From: 90th Street and Fifth Avenue (Engineer's Gate)

Please join me for laps and training exercises in the Park. I know it's early, but I'd like to beat the crowds that are starting to come out now that the weather is nice. Trust me - it is really beautiful and peaceful

(Continued from Page 5)

With some minor modifications, this route was shamelessly lifted from Fred Steinberg. And Fred did his homework on this one. A hilly ride up Little Tor, Old Gate Hill, and 7 Lakes Drive then a short stretch up 9W for the "entertaining" ascent of Mountain Ave. above West Point on to Storm King and its sweeping Hudson vista, lunch at Painters in Cornwall, apple blossom time among the orchards of Marlboro, Indian Mtn Rd. (great Berkshire views), and finally the train back from Poughkeepsie! MetroNorth Bike Pass, spending pelf, helmets, paceline skills, buff quads, and stamina are essential. Rain date: Sunday, May 5. Check the NYCC bulletin board if in doubt or call the leader no later than 1 hr. before the ride. You probably don't deserve to do a ride like this but do it anyway; you'll love it.

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.

B15 Flat **52+miles** **9:00AM**

CT Gold Coast Ride Lower Section

Leader: John Zap Day 212-219-3339, Eve 203-972-9339

From: Meet at Grand Central Station for the 9:07 AM New Haven train to Darien,

A leisurely scenic ride along Fairfield County's coastline from Darien to Stratford. A scenic easy ride to start the season with. Next month the upper section, then the entire coast in July. We'll stop at Compo Beach in Westport, (for snacks, water) and then a late lunch at Captain's Cove or nearby vegetarian restaurant in Bridgeport. Then a tour of Lordship on the way to Stratford Train Station. Return approx. 3:15pm or 4:11pm depending on finish time.

C-SIG

Contact: Paul Hofherr (212) 737-1553 (bikeman 999@aol.com);

Jim or Patricia Janof (212) 737-1668

If your ride leaders haven't contacted you about start time and location, call the above to confirm. Bring spare tube, water bottles, helmet, pump, lock and money for lunch. Usual conditions postpone to Sunday.

A 20 **56 Miles** **9:00AM**

River Road-Bradley-Tweed

From The Boathouse

Leader: Richard Rosenthal, (212) 371-4700, BikeAdman@aol.com

Gorgeous (wild flowers, water falls, the cliff, the river) and car-less River Road for 9 miles with its hills that are warm-ups for Bradley and Tweed. See description on Message Board. Come and beat someone up a hill. Me. I don't do rain and I'd rather not do lunch.

Sunday, May 5

A18 **51 miles** **8:00 AM**

Start Early, Back Early

Leader: Peter O'Reilly 212.414.1937

From: The Boathouse

Last time I listed this ride it was a washout. 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 to a notable diner in Westwood. Expect to be back early in time to catch an afternoon matinee. Wet stuff cancels. Call to confirm ride if weather forecast is questionable.

B16 **50MI** **9:00AM**

Spring Ride

Leader: You Decide

From: The Boathouse

A friendly "get out of the house and on the road" ride. It's a beautiful spring day. Get those pedals moving and meet at the boathouse.

Monday, May 6

A-19 **30 +/- miles** **10:00 AM**

HILL REPEATS

Leader: Anthony Donato (212) 923-5924 NYC181@aol.com

From: GW Bridge (NJ Side) near the Military Humvee site.

This ride is about hill training endurance. So let's throw the sprinters out the window. It's also how the major tours are won. And that's HILLS..HILLS..HILLS..Our destination is River Road. The group decides what hill/hills to climb last (whether it's Walnut, Booth, or Churchill) on our return trip. The usual cancels and helmets are required. Check the NYCC message board for last minute cancellation or call me at home before 9:30am if in doubt.

Tuesday, May 7

A19 **Laps in the Park** **5:30 AM**

Tuesday and Thursday morning training series

Leader: Linda Wintner (212-876-2798; lwintner@excite.com)

From: 90th Street and Fifth Avenue (Engineer's Gate)

Please join me for laps and training exercises in the Park. I know it's early, but I'd like to beat the crowds that are starting to come out now that the weather is nice. Trust me - it is really beautiful and peaceful that early and our gorgeous double rotating paceline is the most fun when we start it early, before the rollerbladers show up. If 5:30 am is just too difficult for you, however, please feel free to join us on the second lap at approximately 5:55 am (or catch us somewhere along the way). By the way, if you don't know how to paceline or do the other training exercises (e.g., hill repeats), we'll teach you. Precipitation and/or really wet ground cancels. Helmets required.

A-19 **30 +/- miles** **10:00 AM**

HILL REPEATS

Leader: Anthony Donato (212) 923-5924 NYC181@aol.com

From: GW Bridge (NJ Side) near the Military Humvee site.

See Monday May 6 for ride description

Wednesday, May 8

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.

(Continued on right hand column of Page 7)



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](http://www.nycc.org) 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.

A-19 **30 +/- miles** **10:00 AM**

HILL REPEATS

Leader: Anthony Donato (212) 923-5924 NYC181@aol.com
From: GW Bridge (NJ Side) near the Military Humvee site.
See Tuesday May 7 for ride description

B16 **50 miles** **9:00 AM**

Nyack Hillier

Leader : Bill Strachan 212-677-6951 917-369-1807
nycezrider@aol.com &

Jon Adler 212-677-6951 917-369-1807 jadler8@nyc.rr.com

From: 72nd St & Riverside Drive

Hillier- and we pick up the pace a little. We should be ready to "graduate" from our sig routines by now. but emphasis is still, as always, on congeniality and safety. 30% chance of rain cancels but call Bill by 8am to double check.

B15 **15-20 miles** **7:00 PM**

Prospect Park

Leaders: Ron Grossberg 718-369-2413 718-369-1568
argee401@aol.com &

Ralph Yozzo ryozzo@verizon.net

From: Grand Army plaza entrance

Laps of Prospect Park (if time and weather permits may go to Coney Island.

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

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, May 9

A19 **Laps in the Park** **5:30 AM**

Tuesday and Thursday morning training series

Leader: Linda Wintner (212-876-2798; lwintner@excite.com)

From: 90th Street and Fifth Avenue (Engineer's Gate)

See Tuesday May 7 for ride description

A-19 **30 +/- miles** **10:00 AM**

HILL REPEATS

Leader: Anthony Donato (212) 923-5924 NYC181@aol.com

From: GW Bridge (NJ Side) near the Military Humvee site.

See Wednesday May 8 for ride description

Saturday, May 11

River Road-Bradley-Tweed:

See May 4 listing

(Continued on Page 8)

(Continued from Page 7)

A-SIG Classic 70 miles 8:00 AM**RIDE #12: Rockland Lake****The calm before the conquest****Leaders: The A-SIG Classic Class of 2002****From: Boathouse parking lot**

This is the Pre-Graduation Ride. The idea today is to taper, keep our legs loose and rest up for the big ride next week. This is also the day for A-SIG Classic participants to show all they've learned as well as their strength, character and finesse. They will lead us on a ride up to Rockland Lake and guide us around the lake in beautiful double, rotating pachelines.

They'll the lead and drop back in monitor their spin, maintain an even pace on harmonious parallel teamwork as they pull off. Gather at 7:30 to create groups and chat before pulling out at 8:00 sharp! Rain date:

Sunday, May 12.

A-19 SIG A lot of miles 7:30 AM**Ride #11 Graduation ride to Bear Mountain:****Leaders: ALL OF US, AND YOU SIGLETS HAD BETTER NOT BE LATE!!****From the boathouse parking lot**

Congratulations. Here is the moment you've all been waiting for. Bring your caps and gown, your pomp and circumstance and the champagne. Don't forget the sunscreen and plenty of water too. I hope all of you carbo loaded (or in the alternative, cannoli loaded) this week. Today, we'll finish off this puppy with a blast. We'll barrel north along the Hudson at breakneck speed (safely of course), observing all the rules of the road and of good sportsmanship. We'll pacheline into the mountains and up Perkins Memorial Drive near Bear Mountain. The ride will have a surprise ending. Warm and fuzzy (hopefully not too smelly) we'll return to NYC. What a fabulous day! Bring your Metro North pass, pocket food, sun block and lots of water (I know I repeated it, but it's really important today). The usual cancels. Remember, we want to let you down easily; no cold turkey without us on Saturday mornings. Ergo, your leaders expect to see you next weekend for the Bloomin Metric on Sunday and the Sheffield Memorial Day Weekend in the Berkshires. Ask us for more details or check out the bulletin. In June, we'll have the A-19 reunion weekend in the Amish Country. Remember to come to the June NYCC Club meeting for your commencement ceremony and to receive your ready to frame diploma. How much will you miss us from now on?

A20 100+/- mi. 7:53 GCT to Peekskill**Spring Training Series - Climbin' and Cruisin'****Leaders: Peter Walker, 212-831-4418, pwalker5@nyc.rr.com; Ron Roth, 212-875-0905, ron@rroth.com****From: GCT 7:53am Metro North train to Peekskill**

This ride consists mostly of a romp through the high country practicing the basic C's: i.e., Climbing and Cruising. We'll experience some terrific views and hone our climbing skills on Anthony's Nose, 9W over Cornwall, Wurtsboro Hill, and South Gulley Road, a challenging 4 mile

climb out of Ellenville which crests in Cragmoor. In between climbs, there are long stretches of road to utilize our single and double rotating pacheline skills. Once we hit Cragmoor and regroup, we have a 5 mile descent, followed by a wonderful cruising route back into Beacon. Bring 2 water bottles, extra tubes, a bike in good repair, cooperative riding skills, a positive attitude, and a Metro North Pass. If you have the skills and the stamina, join us for this aesthetically rewarding, physically challenging day in the mountains regardless of whether you've participated in any of our previous rides. Check the Bulletin board at http://www.nycc.org/bb_frame.html if weather is iffy. We'll ride Sunday if Saturday gets scrubbed

B15 Rolling/Hilly 50 miles 9:00AM**New Canaan Round-about to Ridgefield****Leader: John Zap Day 212-219-3339, Eve 203-972-9339****From: Meet at Grand Central Station for the 9:07 AM New Haven train to Darien,****Leader will meet group at Darien Train Station arrive 09:59AM**

Beautiful ride through back roads of Darien, Silvermine, Wilton, Ridgefield, Pound Ridge, and Stamford. Lunch in Ridgefield. Return from Darien approx. 3:45pm or 4:45pm train depending of finish time.

C-SIG Graduation Ride**Contact: Paul Hofherr (212) 737-1553 (bikeman 999@aol.com);****Jim or Patricia Janof (212) 737-1668**

If your ride leaders haven't contacted you about start time and location, call the above to confirm. Bring spare tube, water bottles, helmet, pump, lock and money for lunch. Usual conditions postpone to Sunday.

C14 47 Miles 9:00AM**Mamaroneck****Scott Wasserman Email: bicyclelife@cs.com 914-723-6607****From: Near the Boathouse**

Description: Imagine eating lunch at a picnic table looking out at the boats on Long Island Sound, a cool breeze coming off the water. Nearby people are playing with frisbees or maybe flying kites. While there is a train conveniently nearby, that's only for emergencies so bring a bike.

Sunday, May 12**B16 50 miles 9:00AM****Spring Ride****Leader: You Decide****From: The Boathouse**

A friendly "get out of the house and on the road" ride. It's a beautiful spring day. Get those pedals moving and meet at the boathouse.

Tuesday May 21 at 7:00 PM

Join your fellow club members for **Indian food** at Jackson Diner. Voted by Zagat's readers as the "best Indian food in NYC" "authentically delicious" and "cheap".

37-47 74th Street (between Roosevelt and 37th Aves) Jackson Heights, Queens
718-672-1232 Cash only

Near 74/Roosevelt subway stop E/F/7/RR.

C13 **28 Miles** **9:30 AM**

It's Mother's Day! Ride to Herman MacNeil Park

Leader: Trudy Hutter (212) 838-2141 trudyth@aol.com

From: Roosevelt Island Tramway Plaza, Second Ave. betw. 59th & 60th Sts

See the Manhattan skyline from Herman MacNeil Park in College Point, Queens. Join us for a scenic ride as we go over the Queensboro Bridge; weave our way around Shea Stadium and through Flushing Meadow Park on some unfrequented roads. We'll pick up lunch and eat it in the park while taking-in the wonderful view of the city. Bring a spare inner tube, lunch or money for it, and you must wear a helmet. Co-listed & with 5BBC The Weekday Cyclists.

Tuesday, May 14

A19 **Laps in the Park** **5:30 AM**

Tuesday and Thursday morning training series

Leader: Linda Wintner (212-876-2798; lwintner@excite.com)

From: 90th Street and Fifth Avenue (Engineer's Gate)

Please join me for laps and training exercises in the Park. I know it's early, but I'd like to beat the crowds that are starting to come out now that the weather is nice. Trust me - it is really beautiful and peaceful that early and our gorgeous double rotating paceline is the most fun when we start it early, before the rollerbladers show up. If 5:30 am is just too difficult for you, however, please feel free to join us on the second lap at approximately 5:55 am (or catch us somewhere along the way). By the way, if you don't know how to paceline or do the other training exercises (e.g., hill repeats), we'll teach you. Precipitation and/or really wet ground cancels. Helmets required.

Wednesday, May 15

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 **15-20 miles** **7:00 PM**

Prospect Park

Leaders: Ron Grossberg 718-369-2413 718-369-1568

argee401@aol.com & Ralph Yozzo ryozzo@verizon.net

From: Grand Army plaza entrance

Laps of Prospect Park (if time and weather permits may go to Coney Island).

C12 **18+/- Miles** **6:45 PM**

Manhattan Evening Ride on Greenways/Pathways

Leader: Trudy Hutter (212) 838-2141 trudyth@aol.com

From: Plaza Hotel Fountain, 5th Ave. betw. 58th & 59th Sts

In celebration of Bike Week, join us for this annual fun leisurely evening ride on Manhattan's Greenways/Pathways. We plan to go through Central Park, down the West side pathway to Battery Park, through South Street Seaport, and up the East side. We'll get back to the Plaza Hotel at approx. 9:30 PM. Bring pocket food, water, spare inner tube, and you must wear a helmet. Co-listed with 5BBC & The Weekday Cyclists.

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

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, May 16

A19 **Laps in the Park** **5:30 AM**

Tuesday and Thursday morning training series

Leader: Linda Wintner (212-876-2798; lwintner@excite.com)

From: 90th Street and Fifth Avenue (Engineer's Gate)

See Tuesday May 14 for ride 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 (I'll be coming straight from the office). We'll do 3 or 4 laps. It may be dark when we finish. But what of it?? We'll ride in a double paceline (no experience needed). A refreshing weeknight ride. Maybe pizza after the ride. Flashing rear red light and headlight recommended for the ride home. Rain cancels.

Friday, May 17

B16 **55 miles** **9:20 AM**

Staten Island perimeter

Leader: Ron Grossberg 718-369-2413 argee401@aol.com

From: S I Ferry terminal Manhattan

Staten Island Perimeter. Call or mail to confirm.

Saturday, May 18

A-SIG Classic **108 miles** **7:00AM**

Ride #13: Bear Mountain **The graduation ride!**

NOTE EARLIER START TIME

Leaders: Damon Hart (212) 753-0204 and

Timothy McCarthy (718) 204-7484

From: Boathouse parking lot

Bring your caps, gowns, cameras and champagne. Today we finish with a blast. Please note that we take off at 7:00! Be at the parking lot, signed in, helmets on and bladders emptied by 6:45. We'll barrel north along the Hudson, stopping for fuel in Stony Point, NY, then climb up Perkins Drive to the top of Bear Mountain. From this point, we head west along the rolling beauty of Seven Lakes Drive out to Sloatsburg, NY. We then head SSE through Suffern, Airmont (where we break to refuel), Saddle River and Ridgewood toward NYC. The ride ends with a celebratory reunion on the hill across from the Boathouse in Central Park. What a fabulous day and a fabulous series! Bring pocket food, sun block and lots of water. How much will you miss us next week? Rain date: Sunday, May 19

A21+ **105+/- miles** **7:53 GCT to Poughkeepsie**

Spring Training Series - The Grand Finale: Glade Hill

Leaders: Peter Walker, 212-831-4418, pwalker5@nyc.rr.com;

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Greg Cohen, 212-749-5163, mrlovely@earthlink.net**From: GCT 7.53am Metro North train to Poughkeepsie**

With a course featuring approximately 10,000 feet of climbing in over 100 miles, this challenging ride is the reason why we have been training consistently for 12 weeks. We'll ride up and over Mohonk, then on to our beloved behemoth Glade Hill, followed by Minnewaska. Bring a helmet, water bottles, spare tubes, spending money and a MetroNorth Pass. You must have paceline skills, strength, stamina, and a bike in good order with appropriate gear. (Note: These climbs are STEEP! Your bike should be equipped with at least a 39x25 low end combo; a 39x27 seems to be the trick for most sane people.) If weather forecasts call for persistent rain/wet roads, we'll scrub the ride and move it to the following day. If in doubt, check the NYCC message board for a cancellation notice on Friday evening, or call an hour before train time.

A17-22 Saturday & Sunday May 18/19 Time TBD
Montauk Twin Century 250 miles

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.

B15 55 miles 9:00AM
Picnic at Kensico Dam

Leader: Stan Oldak 212-945-9801 stanonyc@aol.com**From: The Boathouse**

A scenic ride through Westchester that will include waterfalls, streams, a lake or two, a path through woods, and a picnic lunch at Kensico Dam Plaza. Come along for a leisurely B15 ride along a picturesque route through Westchester. Rain at start or 90% chance of for the day cancels..

Sunday, May 19

A19 +/- 65 miles 7:30 AM

Grand Central Terminal**The Bloomin' metric . . . Norwalk, Connecticut**

Leaders: Ed Fishkin (718) 633-3038 FISHKINE@nychhc.org

Jim Galante (201) 503 9192 jim@jimgalante.com**From: Grand Central Terminal Information Booth @ 7:30 AM**

We will be taking the 8:07 AM train to East Norwalk, Connecticut (New HavenLine arrives 9:08AM) Calling all newly graduated Siggies, and other qualified riders to do a stunning ride through charming Connecticut.

Spring is in the air - and the flowers will be everywhere! Highly recommend you pre register (\$20 prior to May 11th - \$25 after) For more information or to register online Contact web site:

http://www.soundcyclists.com/Bloomin.htm

Required: HELMETS & Metro-North Pass. Qualified group riding skills.

Cancels: Call leaders between 6:45 and 7:15 AM to confirm.

B16 43 miles 9:30 AM

Tough Guys Ride**Leader: Peter O'Reilly 212-414-1937****From: The Boathouse**

This ride is an urban excursion passing through some neighborhoods of past and present "tough guys" like Frank Sinatra, Tony Soprano and Tube Bar's Louis "Red" Deutsch. Some highlights of the ride include a few hills alongside River road, a little taste of Japan and Paris-Roubaix, a nice view of Lady Liberty, stunning views of the Manhattan skyline and Jersey brownstones, a cool river breeze, a bark or two by Butch - the spirited junkyard dog and a not so glamorous view of the Exxon Valdez's offspring. A little bit of hard pack dirt road ridin' is thrown in for good measure. (Yo! It's a tough guys ride, remember?) Road bikes are perfectly up for the task. Tough gals and a friendly 'tude are most welcome, too. Ride ends with Staten Island ferry ride to lower Manhattan.

C14 40+ miles 7:35 AM

Ridgefield, CT and Points Northeast**Leaders: Marilyn and Ken Weissman (212) 222-5527****From: GCT Info Booth for 7:48 AM Bike Train to Golden's Bridge**

A "SEE" paced ride through the outer reaches of NYCC-land that includes tree-covered country lanes, lightly-traveled exurban roads, a horse farm or two, a beautiful reservoir, a couple of suburban towns, a few hills, and even a bit of hard-pack. If your NYCC experience has been limited in Nyack, you'll enjoy the change. Indoor lunch in Ridgefield or New Canaan. While moderately paced, this ride bridges "C" and "B" rid

The Third**"Sunday Singles Cycling Affair"**

Bike Ride for Singles Only
Sunday, June 9, 2002
Participating Clubs:



New York Cycle Club, Five Borough Bicycle Club, Bicycle Touring Club of North Jersey, Central Jersey Bicycle Club, Staten Island Bicycling Association, Bicycle Club of Philadelphia, South Jersey Wheelmen,

It's back again!! You loved it last year, and you'll love it even more this year! Come and join the most unique, popular singles bike event on the east coast... the third Sunday Singles Cycling Affair! This FREE ride is a blast for all singles! This year, we are expecting over 400 cyclists from the tri-state area. Free breakfast, post-lunch entertainment cue sheets, arrows. Bike transport from NYC.

Details and registration, visit: www.active.com/event_detail.cfm?event_id=981199

ing categories, and is suitable for stronger riders. Metro North pass and Helmet required.

C13 **40+ miles** **9:30 AM Sharp**
Sheepshead Bay

Leader: Peter Hochstein (212) 427-1041

From: Boathouse perimeter fence.

Think wet. This ride takes us along one river, across another river, then along the Brooklyn shoreline, to the beach at Sheepshead Bay. A ride along the boardwalk in Coney Island enroute to Sheepshead Bay is also possible. No hills, except for the ramp up the Brooklyn Bridge. Several subway bailouts available in case you bonk. Beach picnic if it's warm enough, (you'll have to carry your food a couple of miles) diner lunch otherwise. Bring lock, pump, patch kit, helmet, water bottle, bicycle bag and lunch money. Rain at 8:45 a.m. cancels. Call if in doubt.

Tuesday, May 21

A19 **Laps in the Park** **5:30 AM**
Tuesday and Thursday morning training series

Leader: Linda Wintner (212-876-2798; lwintner@excite.com)

From: 90th Street and Fifth Avenue (Engineer's Gate)

Please join me for laps and training exercises in the Park. I know it's early, but I'd like to beat the crowds that are starting to come out now that the weather is nice. Trust me - it is really beautiful and peaceful that early and our gorgeous double rotating paceline is the most fun when we start it early, before the rollerbladers show up. If 5:30 am is just too difficult for you, however, please feel free to join us on the second lap at approximately 5:55 am (or catch us somewhere along the way). By the way, if you don't know how to paceline or do the other training exercises (e.g., hill repeats), we'll teach you. Precipitation and/or really wet ground cancels. Helmets required.

Wednesday, May 22

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.

B16 **50 miles** **9:00 AM**
Nyack

Leader : Bill Strachan 212-677-6951 917-369-1807
nycezrider@aol.com &

Jon Adler 212-677-6951 917-369-1807 jadler8@nyc.rr.com

From: 72nd St & Riverside Drive

Here's a chance for us all to be "post grads". Hills, pacelines, cooperative riding and congeniality are all second nature to us now. Let's celebrate. 30% chance of rain cancels but call Bill by 8 am to check it out.

B15 **15-20 miles** **7:00 PM**
Prospect Park

Leaders: Ron Grossberg 718-369-2413 718-369-1568
argee401@aol.com &

Ralph Yozzo ryozzo@verizon.net

From: Grand Army plaza entrance

Laps of Prospect Park (if time and weather permits may go to Coney Island.

Thursday, May 23

A19 **Laps in the Park** **5:30 AM**

Tuesday and Thursday morning training series

Leader: Linda Wintner (212-876-2798; lwintner@excite.com)

From: 90th Street and Fifth Avenue (Engineer's Gate)

See Tuesday May 21 for ride description

B16 **15MI** **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 (I'll be coming straight from the office). We'll do 3 or 4 laps. It may be dark when we finish. But what of it?? We'll ride in a double paceline (no experience needed). A refreshing weeknight ride. Maybe pizza after the ride. Flashing rear red light and headlight recommended for the ride home. Rain cancels.

Memorial Day Weekend in the Berkshires

If you haven't made arrangements for annual NYCC weekend in the Berkshires there is still time. The riding is great, the company couldn't be better and there's a great dinner/party to wind things up. Check the NYCC web page for further details and links to local hostelrys.

The following rides are for those who want to get an early start on the weekend by taking a Metro North train to either North White Plains, Brewster or Wassaic and riding the remainder of the way to their weekend lodgings. Additional rides may be posted. Contact Fred Steinberg fsteinberg@nyc.rr.com 212 787-5204 and check the NYCC bulletin Board for updated ride information.

If you want to ride on your own from the various Metro North stations contact the ride leaders below for route information.

There will be return rides to the Wassaic and Poughkeepsie Metro North stations on Monday, May 27th. The details will be in the weekend information packet and will be updated at the dinner/party.

Thursday/Friday May 23-24

B-15/16 **70MI each day** **9:30 AM**

Self-contained to the Berkshires

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

From: The Boathouse

The scenic way to Sheffield – we ride from Manhattan to Brewster on Thursday, stay in a motel that night, then ride from Brewster to Sheffield on Friday. You can do this carrying only the bare necessities for Thursday night's stay (a seatpost rack with a small bag bungeed on will do) or you can carry all your gear for the weekend in panniers (as I will be doing). I did this last year and it's an absolutely beautiful ride. If you want to try semi-loaded touring, it's a great start. We'll try to find someone with a car to carry our bags back to New York on Monday so we can do the speedier ride to Poughkeepsie to catch the train. If interested, contact leader by May 10 so I can make motel reservations.

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Please note: the meeting times posted below are based on the current Metro North schedule. The schedule for the Memorial Day weekend is not available as we go to press. Contact the ride leaders to confirm train and meeting time. You must allow time to purchase your ticket, buy whatever munchies, etc, get to the platform and load your bike.

Friday, May 24

A19+ 99 - 125+ miles 7:30 AM
From the Boathouse or GCT
Leader: Hank Schiffman (212)529-9082
schiffhank@aol.com
Vogel Route to Sheffield

Yes, this is the famous Vogel route to Sheffield, Ma. Interested riders will contact me to voice their preference on whether to leave from the Boathouse (for the Gestalt of hither to yon) or the 7:48 AM at GCT for North White Plains, saving something for the weekend rides. Included are Dingle Ridge Rd with the fast downhill, Joes Hill (oh my!) and the unforgettable 4 mile climb of East Street. Lunch at the (Great) American Pie Co in Sherman, CT. With luck we will meet up with other rides in Kent. We end at the Stagecoach Hill for libations in Sheffield. You will need a MetroNorth pass, 2 spare tubes, cash and (Jeff, please forgive me) a helmet. You will also need to arrange for you weekend stuff to be brought up to Sheffield. All intended riders need to contact me prior to the ride. Others may join in along the route but we need to get out signals straight. Also, daytrippers can get in all 3 hillclimbs and take the train back from Wassaic.

A18 65 +/- MI 9:30AM
Same thing this year..
Leader: Fred Steinberg fsteinberg@nyc.rr.com 212 787-5204
From: Grand Central Terminal

The riding starts in Brewster. Its the same route as last year, which was perfect(ly un-flat). Lunch is in Kent. We'll take the hard route from there, with some serious climbing up Sharon Mountain. An alternate cue sheet will be available. The ride will officially end, as always, at the Stagecoach Inn, where were will hoist a pint or two in memory of fellow wheelman Mark Martinez, who traditionally led this ride, and whose presence will be missed.

B17 65+/- miles B17 9:30AM
Brewster North to Sheffield Time: TBA
Meet: Grand Central Terminal
Leaders: Linda Wintner (212-876-2798) and Rick Braun (212-477-2575)

Join us for breakfast on the train and then a lovely ride up to Sheffield. It's a bit hilly, but we have a detour around the worst of the hills (unless the group begs to do it!), and its worth it -the route is really pretty. There's a nice lunch stop in Kent, Ct. If the weather is bad, we'll either take the train to Wassaic and ride only 30 miles to Sheffield or scrounge around for a car ride and not ride our bikes at all. So call to confirm if the weather looks iffy. (Call to confirm anyway, in case our plans change.) Helmets required.

C14 35 +/- miles 9:30AM
To the end of the line..
Leader: Ed Sobin Esobin@bug.com 718 625-7452
From: Grand Central Terminal
 The riding starts in Wassaic which is a far as Metro North goes. It's a beautiful route through farmland and woods and its reasonably flat.

Saturday, May 25

River Road-Bradley-Tweed:

See May 4 listing

B15 50 +/- miles 9:30 AM

Westchester Picnic

Leaders: Mark Gelles mgelles@okcom.net (212) 689 1375 &

Ness Rahmey nessrahmey@yahoo.com 212 865 5612

From: 242nd. Street & Broadway (1 & 9 Train's last stop)

Route is scenic hilly ramble from Van Cortlandt Pk. to Pocantico Hills horse country & lunch @ Kingsland Pt., lots to look at! Bring a smile, fluids, pocket food & something to carry lunch 2 miles from deli stop to park. Wet roads @ 8:00 AM cancels.

B17 50 miles 9:30 AM

Easy Piermont

Leaders: David Hallerman (718) 499-8171,

cycleman23@earthlink.net;

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

From: The Boathouse

Everyone's up in Sheffield this weekend. Well no, not everyone—we're not. And you're not either. So let's go on an easy, and somewhat different, route to Piermont. We'll lunch on the semi-eponymous pier, and take a classic route home. Weather threatens? Call Saturday morning between 7:00am and 8:00am. See you!

Sunday, May 26

B 14-16 50+ miles 9:00 AM

Visiting a Bear

Leaders: Hindy and Irving Schachter 212-758-5738

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

We are going to visit a bear. We go over the GW bridge and through Bergen and Rockland counties. Halfway there we split into two groups. A faster group gets to pull the bear's nose. A slower group gets to wiggle the bear's toes. Ride ends for everyone at Garrison Station so Metronorth card is mandatory. A glorious ride that keeps getting better and better as we hit ursine territory.

Tuesday, May 28

A19 Laps in the Park 5:30 AM

Tuesday and Thursday morning training series

Leader: Linda Wintner (212-876-2798; lwintner@excite.com)

From: 90th Street and Fifth Avenue (Engineer's Gate)

Please join me for laps and training exercises in the Park. I know it's early, but I'd like to beat the crowds that are starting to come out now that the weather is nice. Trust me - it is really beautiful and peaceful that early and our gorgeous double rotating paceline is the most fun when

New York Cycle Club gets a mention in the May issue of **MetroSports Magazine**. On a February ride, writer Margie Goldsmith rode with a NYCC group to Lighthouse Hill and the Jacques Marchais Tibetan Museum. Ludwig Vogel reported the event. Pick up your copy of **MetroSports Magazine** at your favorite bike shop or sporting goods store.

we start it early, before the rollerbladers show up. If 5:30 am is just too difficult for you, however, please feel free to join us on the second lap at approximately 5:55 am (or catch us somewhere along the way). By the way, if you don't know how to paceline or do the other training exercises (e.g., hill repeats), we'll teach you. Precipitation and/or really wet ground cancels. Helmets required.

Wednesday, May 29

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.

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

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, May 30

A19 **Laps in the Park** **5:30 AM**

Tuesday and Thursday morning training series

Leader: Linda Wintner (212-876-2798; lwintner@excite.com)

From: 90th Street and Fifth Avenue (Engineer's Gate)

See Tuesday May 28 for ride 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

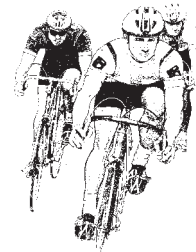
From: The benches across from the boathouse

A little later start for those of us who work just a little later (I'll becoming straight from the office). We'll do 3 or 4 laps. It may 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 June 1

River Road-Bradley-Tweed:

See May 4 listing



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 Saylor, Jsaylor@aol.com, 212-799-8293.

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

Letters to the Editor

To the Editor

It drives me nuts when people attack a writer for saying something he didn't say. Nigel Savage's April letter to the editor falsely asserts I criticized his Jewish Environmental Bike Ride. I did not. What I criticized was publishing the announcement for it in our club Bulletin at the length and with the content and frequency it was published. The announcement was longer and published more often than other "Out of Bounds" (non-club) rides and felt to me to be proselytizing.

What I wrote, was: "A simple announcement of the bike ride—date, length, cost, location, how to enter—would have been appropriate," and added, "It's all well and good to offer us a bare bones announcement of such a ride; when it goes beyond that...I suggest it is inappropriate for our club."

I did—and do—take issue with anyone using our Bulletin as an agent for proselytizing any sectarian cause. And it is disingenuous, extraneous, irrelevant, and, if anything, only reinforces the sectarian goal of Nigel's ride for him to now, belatedly, invoke the names of other religious affiliated organizations that are funded by an organization that gives money to his.

Richard Rosenthal

This note is in response to Richard Rosenthal's letter in the April bulletin questioning the wisdom of how the proceeds from the ENY (Escape from New York) ride was distributed.

The decision (by the ENY committee) to dedicate the ENY ride to the victims of the WTC tragedy and to donate proceeds to organizations involved in the relief effort, was made in the days after September 11th. The NYCC executive board as well as most club members readily accepted this decision and, I would venture to say, every ride participant. In fact, we had one of our most successful ENY events to date, with many of the riders there simply because of its dedication.

September 2001 was, to say the least, a very unusual time, and those of us who were involved with the planning of ENY and the decision making are proud of our efforts and our choices.

Yes, Richard, it is true; we are about cycling and we have given in the past to groups where their missions and mandates are to improve the conditions of NY cyclists. And we will continue to do so. In fact, Recycle-A-Bicycle, which received close to 30% of the proceeds of the September 2001 ENY, will be our major recipient for the upcoming September 2002 event.

Recycle-A-Bicycle teaches inner city youth about the value of cycling and recycling, how to maintain and repair bicycles, how to ride safely in the city, and how to contribute to the community.

I therefore invite you Richard to be the first one to register for ENY 2002. Whether you plan to ride or not, perhaps you will find some satisfaction in the fact that your \$23 (albeit a "drop in the bucket") will be going to help your club run this event as well as helping our future cyclists.

Stan Oldak ENY Committee Chairperson

To the Editor

I have to point out that I am quite openly Jewish, celebrate the principal Jewish holidays, and support Zionism. Yet I strenuously object to lengthy and repeated listings in the NYCC Bulletin for the Coalition on the Environment & Jewish Life — as well as those of any other organization whose primary focus is not cycling.

That is why I take particular umbrage at Nigel Savage's letter to the editor

in the last issue of the NYCC Bulletin. The first paragraph seems to suggest by innuendo that Richard Rosenthal, who took a position rather similar to mine, is somehow anti-Semitic for objecting to extensive listings of "sectarian" rides. (Nigel seems to think that the word "sectarian" equals "Jewish.") I also take umbrage at Nigel's characterization of people who object to the NYCC lending implicit support to such rides as "Intolerant, to put it charitably."

To put it charitably Nigel, it's not quite that simpleminded. Some members of the club, myself included, object to support by the NYCC, directly or indirectly, of any religious, anti-religious, moral, anti-moral, environmental, anti-environmental, political or counter-political cause that appropriates our club's good will and facilities for leverage, regardless of how worthy one may consider the cause.

Damnit, we are a bicycle club, not a political or religious club. Our members come from all walks of life and all manner of religious, ethnic, political and sexual orientations. The only thing we all have in common is our love of tearing along a road on two wheels. The minute we support, via lengthy and frequent listings, or by co-participation, any cause that is only tenuously connected to bicycling, we help others to co-opt our club for their own purposes while they sew discord among us.

Sure, it's nice for those of us who are Jewish to express our Jewish feelings. And who could oppose the environment? But what if next time it's a Support Osama Bin Laden Ride? Or a Ku Klux Klan Ride? Or a Right To Life Ride? Or A Right To Choose Ride? Or a Jews For Jesus Ride? Or a Jews to Unmask Jews For Jesus Ride? Or a pro-Israel or pro-Palestine ride? Or a pro- or anti- Catholic Celibacy Ride? Or a Gay Pride, or Straight Pride Ride? Or a Seberbian Pride Ride? Or a Support George Bush Ride? Or an Impeach George Bush Ride?

Who gets to decide which rides in support of any particular group or point of view the club will repeatedly list, support and/or participate in? The only way to avoid this issue is to have a clear club policy that limits such listings to a one-time only, 5-line blurb in "Out of Bounds" stating the title, date, distance and start place of the ride, plus whom to call or where to go on the Web for additional information.

Speaking of co-opting: I still have copies of the January 2001, July 2001, and July 2000 club rosters. I've searched for Nigel Savage's name in them. I found no trace of him there. Perhaps he's new to the sport, but his absence from the roster further adds to my suspicion that while Nigel is sponsoring a bicycle ride, his concerns and interests are not primarily focused on cycling, and certainly not focused at all on the interests of the New York Cycle Club.

Peter Hochstein

NOTE FROM THE EDITOR -

As I read these letters to the Editor and make a decision whether to publish them or not, on the one hand I don't want to censor them and on the other hand I get the feeling that these letters would be better discussed in private between the parties involved. To go on for several issues on matters that the general membership has limited interest in or understanding of concerns me. The Letters to the Editor column is designed to elicit comments on areas that all of the membership would have some interest in. These are areas involving cycling, which is the primary interest of the club. Let's remember that in the future.

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 purchases 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 May 14th meeting

Get the 411 on Fitness and Training!!

Todd Herriot, strength and conditioning specialist and well know instructor at New York's top Health clubs including Chelsea Piers and the Reebok Sports Clubs will speak about key elements in achieving personal fitness goals. Topics will include endurance and strength training, the roll of rest and recovery and proper nutrition.

Todd is a USA Cycling certified Expert Coach and a National Strength and Conditioning Association Certified Strength and Conditioning Specialist. He is also the founder of FACT NY, a lactate and power testing center, a USCF Cat 1 racer and founder of the Think Racing Cycling team.

So please join us on May 14, 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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