

# **NYCC** *Bulletin*



Road Trash- Just add water. STS Hogback / Mt. Peter / Goshen / Beacon Ride 4/20/02. Sugar Loaf, NY. The deli owners supplied us with commercial garbage bags at cost. That shelter from the worst of the rain and hot coffee saved the ride. Never underestimate the kindness of strangers. From left - Ian Hughes, Tony Johnson, Peter O'Reilly, Ron Roth, Rich Ramon, John Zenkus, Victor Chan, Doug Parent, Midori Nakamura, Bill Greene, Carol Wood, David, Brian Kivian.

Photograph by Hank Schiffman

## President's Message

I'm dubbing June "NYCC Volunteer Appreciation Month." After all my whining and moaning about the need for volunteers for club events, presto! A huge number of members came forth to help out at this year's New York Bike Show. What a great feeling that is for me and I hope for everyone in the club, that we should have so many people willing to sacrifice a few hours to help out the club in non-biking ways. Special thanks go to Cathy Martone who made the arrangements for our space at the show and to Carol Wood who did such a magnificent job recruiting people and coordinating the schedule. If you stopped by our booth at the bike show, you may have noticed a brand new, incredibly attractive and effective club flyer designed by none other than Richard Rosenthal. Thanks once again Richard for sharing your graphic and marketing talents with us.

While I'm on the subject of volunteers, more special thanks goes to Peter Morales for getting us square with Uncle Sam by doing the club's taxes this year as he did last year. Most people will do anything to avoid doing their own taxes, Peter happily volunteered to do the club's and he's not even an accountant!! You'll also notice the June ride calendar is bursting with rides, there's that great volunteer spirit yet again. For those who's spirit was willing but didn't have the time, or for those who have volunteered and have more spirit in reserve, there will be plenty of other opportunities to help out. In July, there is the free lunch ride. We need people to help pick up and dish out food. And of course in September there's our premiere event, Escape New York and we'll need plenty of volunteers for all sorts of tasks. It's your club; let's make it the best it can be by everybody pitching in!!!

Still on the subject, but with a slight twist, another one of my favorite whines is Road Dirt. Apparently, all that whining paid off again and we've got a volunteer. Unfortunately, if I revealed their identity I'd be punished by being forced to do all of my riding exclusively on 9W, so I will stay mum. The important thing is that we have someone and they can be reached at [Roaddirt@nycc.org](mailto:Roaddirt@nycc.org). If you've got a juicy tidbit of gossip, an accomplishment of a friend you want to tout, or just something you're dying to get off your chest, send it on to Road Dirt. Now that it's back, let's take advantage of it.

I was chastised last month by our bulletin editor for blathering on in my column to such an extent that there was no room left for his monthly comments. David, it's all yours.

- Tom Laskey

## Editor's Note

Well, May has been a month packed with events. The New York Bike show and the Jackson diner indian food event just two of the many May happenings. The memorial day weekemd was unforgettable. We're glad that so many of you participated.

Road Dirt has a new editor and welcome to Dustee Rhodes.

We look forward to the June events, including the Newcomers Ride on June 15 and the All Class Ride on June 23. Participate. After all, it's your club.

- David Getlen

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

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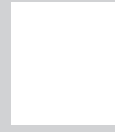
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**eileen\_crowley@msn.com**

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

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

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

David Getlen  
 60 Gramercy Park North  
 New York, NY 10010

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

**dgetlen@aol.com**

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

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





## Out of Bounds



### 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](http://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](http://www.sbraweb.org)

Autistic children need your help! Please join us on

### Sunday, June 30, 2002 for "Long Island Mansion Ride"

to Benefit Ascent: a school for kids with autism  
After ride rubs, free giveaways at every rest area including airline tickets, a Trek 2002 donated by bicycle works, food, drinks and even a hot meal!!  
Three distances: 25 , 50 and 62 miles  
For complete details and to register on line, visit [www.ascentkids.org](http://www.ascentkids.org)

Spread the word for a great cause!

Thank you From Mrs. Carrillo, a parent of a autistic child and member of Ascent Founding Organization, Inc.

Sponsored by Citibank; Star City; Alliance Partners, LLC

### Sundays, June 2, 9, 16, 23, 30

#### Yoga for NYCC cyclist continued

Practice Hatha Yoga among friends (beginners welcome). Learn about stretching and balance, strengthen your body's core muscles, efficient breathing, and mindful relaxation. (\$10/ 1.5hrs) 1 free class for SIG leaders. Email [c1289@columbia.edu](mailto:c1289@columbia.edu) for additional info.  
Leader: Charles (Chuck) Lam (212) 875-8572  
Start: 7:00pm w. 72nd Street

### 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](http://www.bikechallenge.com) [info@bikechallenge.com](mailto: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



## Letters to the Editor

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

### NYCC QUIZ #2 Hank Schiffman

- Of the 3 hand positions; A- straight, unbroken wrist, B- abducted (hand bent under as in limp mode) wrist, C- adducted (hand pulled back as if ready to slap) wrist, which is the most likely to contribute to carpal tunnel syndrome. In other words, which one of these should you avoid as a handlebar position while cycling?
- Of the 3 major food components; A- fats, B- proteins, C- carbohydrates, which is the most important for you to be consuming during the ride to help you make it to the end of a long club ride?
- Which of the following characteristics of poison ivy is **not** true? A- it never looks like a tree, B- it has 3 shiny leaves, C- it turns crimson red in the autumn, D- once the leave come off in the autumn its toxic (allergic) properties are inactive.
- Which of these 3 routes is **not** parallel to the other 2? A- The Grand Concourse, B- Webster Avenue, C- Pelham Parkway
- The Grand Concourse from its start on 138<sup>th</sup> Street to Bedford Park Blvd is how long?  
A- 3.7 miles, B- 4.7 miles, C- 5.7 miles, or D- 6.7 miles?
- Which one is **not** part of the set; A- Mt Kisco, B- Armonk, C- Chappaqua, or D- Pleasantville?
- Which one is **not** part of the set; A- Ash, B- Tweed, C- Rockland Rd, D- Closter Dock, E- East Clinton, or F- Alpine (or Police) Hill (last hill on River Road)?
- According to sports physiologists, of the following, which is altered **least** by exercise? A- resting heart rate, B- maximum heart rate, 3- VO2 max
- Although unrelated to its name, Nyack contains 2 anagrams. NY as in New York is the first. But what does ACK represent?
- How long does it take to cover one mile when you are going 15 mph? 20mph?

(Answers in next month's bulletin)

## Please read this before your first club ride

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

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

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

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

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

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

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

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

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

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

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

Outgoing from GCT	Returning to GCT
GCT>Poughkeepsie 7:53am (Hudson Line)	Poughkeepsie>GCT 3:33pm (Hudson Line)
GCT>Poughkeepsie 8:53am (Hudson Line)	Poughkeepsie>GCT 4:33pm (Hudson Line)
GCT>Brewster North 7:48am (Harlem Line)	Poughkeepsie>GCT 5:33pm (Hudson Line)
GCT>Brewster North 8:48am (Harlem Line)	Poughkeepsie>GCT 6:33pm (Hudson Line)
GCT>New Haven 8:07am (New Haven Line)	Brewster North>GCT 3:09pm (Harlem Line)
GCT>New Haven 9:07am (New Haven Line)	Brewster North>GCT 4:09pm (Harlem Line)
	Brewster North>GCT 5:09pm (Harlem Line)
	New Haven>GCT 2:59pm (New Haven Line)
	New Haven>GCT 3:55pm (New Haven Line)
	New Haven>GCT 4:55pm (New Haven Line)



## Rides List

**Always wear your helmet!**



### Saturday, June 1

**A 20 56 Miles 8:30 AM**

#### River Road-Bradley-Tweed

**Leader: Richard Rosenthal: (212) 371-4700 bikeadman@aol.com**

**From: The Boathouse**

This route is gorgeous and challenging. The palisades, the river, waterfalls, wild flowers, sheltering trees, some good climbs, and, best of all, almost no traffic. As always, I'll be leading from the rear on every uphill. Rain? No. Lunch? Thanks, I'd rather not.

**A18/20 75-100 Miles 8:00 AM**

#### Made in the Shade

**Leader: Fred Steinberg (212) 787-5204 fsteinberg@nyc.rr.com**

**Hank Schiffman 529-9082 schiffhank@aol.com**

**From Boathouse parking lot**

By now, heat and humidity won't be a novelty, but on this ride it shouldn't make too much of a difference. We'll loop Byram Lake, picnic in Mt.Kisco, hiding from the sun all the way to the Croton Dam and the return to Tarrytown (75mi). There's some hardpack, one long climb and many of hills, most under cover. If it's cool/cloudy we'll take a scenic hilly detour into Connecticut. Water stops as needed. Two (2) water bottles required. Due to watershed road closures there will be some additional hardpack. In past years we were well toasted by Tarrytown ('95 in the shade'), bring a Metro North pass just in case. Cancel conditions: The usual.

**B18 61 miles 8:30 AM**

#### Nyack, with Hills

**Leaders: Tim Casey 718-392-1963 718-706-6628**

**Tim\_Casey@Earthlink.net & John Herman**

**From: W.72nd St & Riverside Dr.**

Have the hills kicked your butt yet? Time to kick them back. SIG grads loved this ride and now you can too. This will be a real B-18 pace. Be ready for hills. Water & pocket food recommended before lunch at Runcible Spoon or Skylark. Helmets required. Good attitude recommended. Rain at 8AM cancels. Snow at 8AM, we ride NAKED.

**C14 50 miles 9:00 AM**

#### Oyster Bay

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

**From: Statue of Civic Virtue (Queens Blvd. and Grand Central Pkwy)**

It may take a little more effort to get to the start of the ride but it's worth it. For those who don't like the 10 miles of city riding before getting to the scenic parts, this ride avoids most of it. Up to the North shore of Long Island with lunch in a park by the water, even a LIRR train station there just in case. Substantial rain expected cancels

### Sunday, June 2

**B15/17 55 + miles 9:00 AM**

#### Rockaways - Riis Park - Shore Parkway

**Leaders: John Polakas 718 875 1935 jpolakas@aol.com**

**David Mandelbaum 212 927 8841 almondtrees@aol.com**

**From: Manhattan side of Brooklyn Bridge-Chambers and Centre Sts. PICK-UPS**

9:20 @ Brooklyn Boro Hall (Court and Joralemon Sts.) and 9:45 @ Prospect Park West and 3d St. (just outside the park). The southern shores of Brooklyn and Queens: Brooklyn Hgts., Prospect Pk, Brooklyn College, Sheepshead Bay, Plumb Beach, Canarsie Pier, Broad Channel. We'll enter the Rockaways from the east end via Cross Bay Blvd and head west to Riis Park. Then, over the Marine Park Bridge, Shore Pkwy, Sheepshead Bay

## 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 Vazquez (212) 544-9450 John.Vazquez@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



to Spumoni Gardens- maybe the world's "best" pizza and other Italian favorites. Over to Shore Pkwy, a great path underneath the Verrazano Bridge into Bay Ridge. Then back to the Brooklyn Bridge. There are stretches where the faster among us may hammer, but no one will be dropped at 15. A sweep makes sure of that. Helmets required. Call for cancels.

**B18** **56 miles** **9:00 AM**  
**Nyack**

Leaders: Erin Mulvey emulvey@devries-pr.com

Elizabeth Baer Elizabeth.j.baer@rssmb.com

From: Engineer's Gate, 90th St. & 5th Ave.

A leisurely ride to Nyack via 9W. Late breakfast at the Spoon. No pace line skills needed. Rain at start cancels. Call the leaders after 8AM.

**C13** **miles** **8:30/9:30 AM**  
**Orchard Beach**

Leader: Dolores McKeough 212-539-1437 dolo@mindspring.com

From: Washington Sq. Arch 8:30 AM & Boathouse 9:30 AM

This mostly flat ride into and around parts of the Bronx will take us to Orchard Beach where we'll picnic. Bring lunch or buy it at one of the concessions on the boardwalk. On the way to the beach we'll see some of the gritty and great Bronx neighborhoods.

### Wednesday, June 5

**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** **9:00 AM**  
**Nyack**

Leader: Bill Strachan 212-677-6951 nycezrider@aol.com

From: 72nd St & Riverside Dr.

Well the SIGs are over but that's no excuse not to get out and ride. Now you get to put that hard earned experience and training to good use. New routes this month but we stay amenable to all and we ride safely. 30% chance of rain cancels but call Bill @ 8am to confirm.

**B17** **55 miles** **1:00 PM**  
**Nyack**

Leaders: Tonya Harroun 718-828-5309 harroun@aecom.yu.edu

John Segal 917-544-4504 john@johnsegaldesign.com

From: 72nd and Riverside

Come join us for a mid-day, mid-week ride through familiar territory on a not so familiar day (for some of us, anyway). Helmets and smiles required. Rain cancels.

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

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

Ralph Yozzo 718-369-1568 ryozzo@verizon.net

From: Grand Army plaza entrance

Laps of Prospect Park (possibly to Brighton Beach if time and weather permits).

**C14** **18 miles** **7:00 PM**  
**Wednesday Night Stressbuster Series**

Leaders: Peter Hochstein (212) 427-1041

Dave Sabbarese dsabbarese@firstmanhattan.com

From: 90th St. and 5th Ave. (Central Park Engineer's Gate)

Bust your stress before it busts you. Join these C riders (and closet A and B riders) for three laps around the Central Park at whatever pace sends your endorphins surging to your Happiness Receptors. We regroup after each lap to let Hochstein and other slower riders catch up, and to schmooze a bit. Pizza or carousing afterward occasionally happens. Helmet required. Rain cancels.

### Friday, June 7

**B16** **60 miles** **9:15 AM**  
**Point Lookout**

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

From: City Hall Park opposite Brooklyn Bridge bike path

Picnic lunch by the beach via Long Beach boardwalk.

### Saturday, June 8

**A 20** **56 Miles** **8:30 AM**  
**River Road-Bradley-Tweed**

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

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

Check out the new NYCC Message Board: [http://www.nycc.org/bb\\_frame.html](http://www.nycc.org/bb_frame.html)



(Continued from Page 5)

**From: the Boathouse**

This route is gorgeous and challenging. The palisades, the river, waterfalls, wild flowers, sheltering trees, some good climbs, and, best of all, almost no traffic. As always, I'll be leading from the rear on every uphill. Rain? No. Lunch? Thanks, I'd rather not.

**A 19/20 120 Miles 7:53 AM GCT train  
Garrison/Port Jervis/Beacon**

**Leaders:** Hank Schiffman (212) 529-9082 schiffhank@AOL.com,  
Timothy McCarthy timothymc@earthlink.net,  
Brian Kivlan bkivlan@nyc.rr.com

**From:** GCT 7:53 AM train to Garrison (& buy a return ticket back from Beacon)

7 Lakes Drive/Hogback/Mt Peter/rural roads to Port Jervis. Lunch at the Hawk's Nest 7 miles west of P J with views of Pennsylvania. Return to Beacon via Rt 6 and Sara Wells Trail. You will see a lot of Orange County unless you can ride with your eyes closed. Please check your tires for wear prior to this ride. Also bring spare tubes, a helmet, spending lucre, pocket food and a MetroNorth bike pass. You will need paceline skills, strength and stamina. There is no easy bailout. Persistent rain will call this ride off. If in doubt check the NYCC Message Board for a posting before the ride or contact us. And plan on a late return to GCT. Are the A Sig grads ready for an epic ride?

**B 17 54 miles 8:45 AM  
Climbing Connecticut**

**Leader:** Pat Mullen (718) 894-3333 Patmullenx@aol.com

**From:** Grand Central Station Departing GCS at 9:10 on the New Haven-bound line arriving in Greenwich at 10:02. Buy round trip off-peak ticket to Greenwich.

Very hilly and challenging terrain with climbing at a moderate pace. We will cycle past miles of estates on scenic secondary roads which are mostly tree shaded and lightly traveled. Lunch in New Caanan. Helmets and Metro North bike pass required. No stragglers please.

**B15 Flat 50 miles 9:00AM  
"Zap CT Gold Coast Ride" Upper Section**

**Leaders:** John Zap Day 212-219-3339, Eve 203-972-9339  
Allan Goldberg 914-693-2928

**From:** Meet at Grand Central Station for the 9:07 AM New Heaven train to Fairfield

Leader will meet group at Fairfield Train Station arrive 10:17AM

A leisurely scenic ride along Fairfield County's coastline from Fairfield to New Heaven. Last month we did the lower half, this month the upper and nextmonth the entire 73 miles from Darien to New Haven. Ride will travel through Bridgeport's Captain's Cove, Lordship, Millford and up to New Haven. Return from New Haven approx. 3:55pm, 4:55pm depending on finish time. Joint WCC

**C12 30 Miles Flat 10:00 A.M.  
Islands of New York**

**Leaders** Ethan Brook, ethanbrook@aol.com 201-224-0316  
Richard Fine 201-461-6959.

**From:** Central Park Boat House near E 74th Street

Cycle the Islands of New York...Manhattan, Roosevelt, Wards, and Randalls. We'll see a historic lighthouse, visit a famous sculpture garden, walk through some European gardens, bike by a few waterfalls and take a ride on a tram. Meet at the Central Park Boathouse near East 74th Street at 10:00 A.M. Bring or buy lunch for our mid-day picnic.

**Sunday, June 9****A19 45 Miles 9:15AM****Staten Island**

**Leaders:** Joe Irizarry 718-230-0756

Carolyn Booher 718-636-0315

**From:** Staten Island Ferry

It's time to go back to the Island. Come join us for an easy spin around the city's less cycled borough. We'll have lunch outside midway through and will slow down briefly on the boardwalk to take in the view(s). The best thing about this ride: we get to go on a boat! twice!!!

**A-18 75+/- miles 8:30 AM****Chappaqua and Whipoorwill**

**Leaders:** Russ Berman 212-595-8834 rberman@kronishlieb.com

Anthony Donato 917 370-9617 NYC181@aol.com

**From the Boathouse**

This is homage to Spencer, who gave us the route but took a wrong turn. Lunch in Chappaqua, followed by a certain tourism opportunity. A highlight is the return via the backside of Whipoorwill. Distance is 65 miles or so if you opt for the subway home. This is meant to be a steady but reasonably relaxed paceline ride. Helmets required. We try not to ride on wet roads, so call to check if it looks like rain.

**B14/16+ 60 miles 9:15 AM****Nyack at the Extreme**

**Leaders:** Hindy and Irv Schachter 212 758 5738

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

Shortly after crossing the GW bridge, this ride splits in two. The faster leader is extremely interested in finding a hilly route to Nyack. The other, slower leader is extremely interested in avoiding unnecessary ascents. Both groups meet for coffee and discussion on the variant approaches at the Runcible Spoon. Rain cancels

**B16/17 65 MI 9:15 AM****Caumsett State Park**

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

**From:** Statue of Civic Virtue, Queens

Picnic lunch on the shore of Long Island Sound. 8:05 start from Grand Army Plaza, Brooklyn if any interest - contact leader.

**C13 57 miles 9:30 AM****Nyack Beach State Park**

**Leader:** Peter Hochstein

**From:** The Boathouse perimeter fence

This is one of the longest (but most beautiful) C-rides in my repertoire.

It's hilly and/or bumpy in spots, but beautiful, woodsy and gently-paced. (Pacebusters will be guillotined.) Picnic in a shady grove on the banks of the Hudson, north of Nyack. Be prepared to carry lunch about 2 miles on a dirt path. No cue sheets. Helmet required. Pump and patch kit recommended. Return to GW Bridge by 5 p.m. Serious rain at start cancels.

**Wednesday, June 12****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 nycezrider@aol.com**

**From: 72nd St & Riverside Dr.**

Between and Between Weekends this is a fine chance to recover. Relaxed riding and fine company. Let's savor the pleasures of the fresh. 30% chance of rain cancels but check with Bill by 8 AM to be sure.

**C14** **18 miles** **7:00 PM**

**Wednesday Night Stressbuster Series**

**Leaders: Peter Hochstein (212) 427-1041 and Dave Sabbarese (dsabbarese@firstmanhattan.com)**

**From: 90th St. and 5th Ave. (Central Park Engineer's Gate)**

Bust your stress before it busts you. Join these C riders (and closet A and B riders) for three laps around the Central Park at whatever pace sends your endorphins surging to your Happiness Receptors. We regroup after each lap to let Hochstein and other slower riders catch up, and to schmooze a bit. Pizza or carousing afterward occasionally happens. Helmet required. Rain cancels.

**Friday, June 14**

**B16** **50 miles** **9:20 AM**

**Staten Island perimeter**

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

**From: S I Ferry terminal Manhattan**

Quick spin should make the 2:00 or 2:30 ferry back.

**Saturday, June 15**

**A B C** **9:00 AM**

**Newcomers Ride to Pascack Brook Park**

**Leaders:**

**C12 Maggie Clarke (212) 567-8272**

**mclarke@shiva.hunter.cuny.edu**

**C13 Patricia Janof (212) 737-1668**

**C14 Ludwig Vogel (212).755.8303 ludwig@bway.net**

**B15 Hal Eskinazi (212) 575-0805**

**B16 Carol Waaser (212)-581-0509 biker-c@rcn.com**

**Dolores McKeough**

**B17 Gary McGraine (212) 877-4257 garynycc@aol.com**

**A18 John Dindas (646) 215-8044**

**From: The Boathouse Parking Lot**

Dust off your bike and join others who feel the same way you do: You'd like to get out on your bike. Want to be assured there is a group you'll be comfortable riding with. Why not? This is the event for you!!! There will be rides available at all levels ranging from 35 to 65 miles, traveling the scenic roads of New Jersey. All the groups will pick up food at a nearby deli and rendezvous for lunch near the lake in Pascack Park.

FREE raffles will be handed out for special prizes to be awarded before we head back to New York. Bring a helmet and lunch money.

Precipitation cancels. If you have any questions, contact Gary McGraine: (212) 877-4257 garynycc@aol.com

**A 20** **56 Miles** **8:30 AM**

**River Road-Bradley-Tweed**

**Leader: Richard Rosenthal: (212) 371-4700 bikeadman@aol.com**

**From: The Boathouse**

This route is gorgeous and challenging. The palisades, the river, waterfalls, wild flowers, sheltering trees, some good climbs, and, best of

all, almost no traffic. As always, I'll be leading from the rear on every uphill. Rain? No. Lunch? Thanks, I'd rather not.

**A19** **110 Miles** **7:35am at GCT**

**Poughkeepsie-Hunter Loop**

**Leaders: Ron Roth (212) 875-0905 Ron@rroth.com**

**Timothy McCarthy(718) 204-7484**

**Timothymc@earthlink.net**

**Peter Walker (212) 831-4418 Pwalker5@Nyc.rr.com**

**From: GCT - Train to Poughkeepsie departs approx. 7:49am (precise schedules not yet published )**

So, you think Bear Mtn is a climb? Well, today we're taking on the Catskills! We'll head north from Poughkeepsie in pacelines on undulating 9G, then swing over to the west side of the Hudson heading for Palenville. Make a left on 23A, grab some fluids if needed, and get on your climbing shoes! It's 4.3 miles and about 1500ft of vertical to get to the top. The reward for your effort will be a delicious, revitalizing lunch at "Maggies" in Tannersville. After that, a few rollers, than a 10+ mile, mostly downhill section starts us on our way back. Don't get complacent, however, as Mohonk (about 2 miles and nearly 1000ft.) looms at around the 90 mile marker. Expect great scenery, some serious climbing, and a long day. Bring (at least) 2 water bottles, pocket food, a bike in solid mechanical condition, and a Metro North rail pass. A minimum 39/25 chainring/cassette combo is recommended. Please confirm ASAP if planning to ride, as Maggies is a relatively small establishment. Good cheer, paceline skills, and fit riders welcomed. If rain or miserable weather is forecast, see the Bulletin Board [http://www.nycc.org/bb\\_frame.html](http://www.nycc.org/bb_frame.html) for status of the ride.

**B17** **60 miles** **9:00 AM**

**Destination : Nyack**

**Co Leaders : Mai Yee (718) 797-5659 Mai\_Yee\_2000@yahoo.com**

**Bennett Dubson (212) 755-0968 BDubson@aol.com**

**From: The Boathouse**

The Ride: Nyack via scenic, hilly Hudson drive along the river. We'll head out to Bradley for a little extra hill practice and have lunch in Nyack. Then its State line and 9W all the way home. Rain @ 7 AM cancels

**B16 Flat/Rolling** **50 miles** **9:00AM**

**"Zap Poverty Hollow 50"**

**Leaders: John Zap Day 212-219-3339, Eve 203-972-93**

**Allan Goldberg 914-693-2928**

**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 woods of Darien, Silvermine, Wilton, Georgetown and Redding to Bethel. I'll take one of the flattest ways up to Bethel then a return down through Poverty Hollow (Blooming Metric County) for return from Westport. 3:35pm or 4:33pm train depending of finish time. Joint WCC

**Sunday, June 16**

**A20** **75 miles** **9:00AM**

**Armonk - Mt. Kisco Loop**

**Leader: Tom Laskey (212) 961-1610 tomoboe@mindspring.com**

**From: The Boathouse**

I'm dedicating this ride to the memory of Mark Martinez who first introduced me to this route. It's got everything, yucky urban miles, beautiful country miles, reservoirs, hills - the infamous Whippoorwill Rd. - and of course a classic food stop, Schriever's deli. We can even have lunch on

**(Continued on Page 8)**

(Continued from Page 7)

the town green amidst ducks and their droppings should the spirit move us. Recommended: pocket food (it's about 40 miles to lunch), two water bottles and metro-north pass. Required: helmets, pacerline skills and a positive attitude. Rain or better than 70% prediction thereof at 8:00am cancels, if in doubt, call leader or check the message board.

**A18 40-45 miles 9:30 AM**  
**Northvale/Piermont**

**Leaders:** Don Belfer, (212) 316-1876, [dbelfer@alum.mit.edu](mailto:dbelfer@alum.mit.edu)  
 Eileen Crowley (212) 744-1518, [eileen\\_crowley@msn.com](mailto:eileen_crowley@msn.com)  
**From: The Boathouse**

For those who rode hard on Saturday or need to be back early in the afternoon, this is an easy, flat spin up 505. We'll go to the Northvale Diner for Sunday brunch and be back in Manhattan by 2:00 PM. If the weather is nice we'll skip the diner in favor of eating outdoors in Piermont. Return via 501, where the group decides on Booth, Churchill or Walnut. Fathers are welcome on this ride, but no special status is required. However, a pleasant disposition, a helmet and some pacerline skills are essential. Rain or very wet roads cancels.

**B15 50 or 100 MI 8:00 AM**  
**Manhattan to Croton Point Park (via White Plains) for Clearwater Revival**

**Leader:** Hans Schmidt (917) 523-3062 [hschmidt@nyc.rr.com](mailto:hschmidt@nyc.rr.com)  
**From: 72nd St & Riverside Drive**  
 Buy your tickets early and save ( <http://www.clearwater.org/festival.html> )  
 Ride your bike to the Clearwater Great Hudson River Revival Music and Environmental Festival. There will be free, secure valet bike parking—no locks needed. Stay as late as you want and take the 9 PM train (with extra bike capacity) home from the Croton-Harmon Metro-North Station. Or pedal back to Manhattan with me. Bike info: <http://www.times-up.org/indexcw.html> including cuesheet <http://www.times-up.org/cuesheetWL.html>

**C13 34/56/65/79 miles 7:45 AM**  
**IT SURE FEELS LIKE A CENTURY**

**Leaders:** Marilyn and Ken Weissman (212) 222-5527  
**From: GCT Info Booth for 8:06 Bike Train to Noroton Heights.**  
 An almost totally-tree-shaded "SEE" route, winding through Darien, New Canaan, Pound Ridge, Bedford, Katonah, Kitchawan, Yorktown Heights, Teatown, Ossining and Briarcliffe Manor to a Metro North return from Tarrytown. With over 70 turns (cue sheet provided), this is one of the NYCC's most scenic rides. There are 6-7 miles of hard packed dirt road, but fat tires are not needed. We'll glide serenely along the Cross River and Croton Reservoirs on virtually-car-free fishing-access lanes, take a rest stop at the Nature Conservancy's first-ever property in the Mianus River George—you can refill your water bottles from a hand pump, and take another rest stop at the Teatown Nature Preserve. Late lunch and 34-mi Metro North return from Katonah; 56-mi from Ossining; 65-mi from Tarrytown; leaderless 79-mi return to the #1 train (241st Street.) While moderately paced, this ride bridges "C" and "B" ride categories, and is suitable for experienced riders on bikes in excellent mechanical condition. The route passes very few stores. Please bring water, snacks, and a spare tube. Helmet and Metro North pass required.

**Wednesday, June 19**

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

**Leader:** Jeff "El Jefe" Vogel 718-275-6978; [CPAcycles@aol.com](mailto: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 [nycezrider@aol.com](mailto:nycezrider@aol.com)  
**From: 72nd St & Riverside Dr.**  
 Last chance to Spring for a ride. With only a couple days left make the most of it. 30% chance cancels but call Bill by 8 am to confirm.

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

**Leaders:** Ron Grossberg 718-369-2413 [argee401@aol.com](mailto:argee401@aol.com)  
 Ralph Yozzo 718-369-1568 [ryozzo@verizon.net](mailto:ryozzo@verizon.net)  
**From: Grand Army plaza entrance**  
 Laps of Prospect Park (possibly to Brighton Beach if time and weather permits).

**C14 18 miles 7:00 PM**  
**Wednesday Night Stressbuster Series**

**Leaders:** Peter Hochstein (212) 427-1041 and Dave Sabbarese [dsabbarese@firstmanhattan.com](mailto:dsabbarese@firstmanhattan.com)  
**From: 90th St. and 5th Ave. (Central Park Engineer's Gate)**  
 Bust your stress before it busts you. Join these C riders (and closet A and B riders) for three laps around the Central Park at whatever pace sends your endorphins surging to your Happiness Receptors. We regroup after each lap to let Hochstein and other slower riders catch up, and to schmooze a bit. Pizza or carousing afterward occasionally happens. Helmet required. Rain cancels.

**Thursday, June 20th**

**A19/21 52 miles 5:30 AM**  
**Long Day/Short Ride**

**Leaders:** Christy Guzzetta (212)-595-3674 - [Christy.Guzzetta@GESServices.com](mailto:Christy.Guzzetta@GESServices.com)  
 Jody Saylor (212)-799-8293 [JSaylor@aol.com](mailto:JSaylor@aol.com)  
**From: The Boathouse.**  
 The first annual longest-day-of-the-year ride. We'll be leaving at 5:30 AM sharp in the bright sunlight. If you arrive at 5:31AM, we'll have already left. Ride up River Road to 9W and straight to Nyack. Make a quick stop at the Runcible for refueling then head straight back to the City. Should be back around 9:00 AM (if we're real lucky) or 9:30 AM. Big deal, we'll be a little late for work one day.

**Saturday, June 22**

**A20 70 miles 8:00AM**  
**Cold Spring Hot Summer**

**Leaders:** Darryl Flaherty (212) 799-7039 and Frank Grazioli (212) 529-9462  
**From: Benches across from the Boathouse**  
 Let's start the summer with a simple but scenic, rolling ride north. Cruise up 9W, across the Bear Mountain Bridge, and onward up through Garrison and into Cold Spring. A quick stop along the way (maybe Nyack, maybe Haverstraw) and Metro North return. A-skills, helmets, and humor required. Pocket food, 2 water bottles, and a Metro North pass recommended (unless you're round-tripping it). SIG-mates past and present hoped for, others welcome.



**A 20** **56 Miles** **8:30 AM**

### River Road-Bradley-Tweed

**Leader: Richard Rosenthal: (212) 371-4700 bikeadman@aol.com**

**From: The Boathouse**

This route is gorgeous and challenging. The palisades, the river, waterfalls, wild flowers, sheltering trees, some good climbs, and, best of all, almost no traffic. As always, I'll be leading from the rear on every uphill. Rain? No. Lunch? Thanks, I'd rather not.

**B18** **80 miles** **8:00 AM**

### Bad Climbers Alpine Fantasy - 2002 Ride 1

**Leader: Michael Sopher 212-873-7621 msny98@yahoo.com**

**From: The Boathouse**

We'll head out from NY, wander west into Jersey head for Rockland and do some of the hills there before looping into Nyack for Lunch and a fast return home. This will be a challenging ride for those who can maintain the advertised pace on the flats and want to train for hills with other gravitationally challenged riders. Good climbers are welcome but will be appropriately disciplined if they show off on the hills. Please bring a convivial spirit, helmet, tubes, pocket food and a Metro North pass if you might bail towards Garrison. Usual cancels... Rain date Sunday June 16

**B15** **45 miles** **9:00 AM**

### Piermont

**Leaders: Maureen Berlings-Minsky 212-595-9344**

**mberlings@nyc.rr.com**

**Harvey Minsky 212-595-9344 spokes609@nyc.rr.com**

**From: The Boathouse**

Join us in celebrating the first weekend of summer. We'll take the backroads to Piermont, with some rolling hills-perfect for summer. Lunch @ the gazebo in Piermont. Rain @ 9am cancels, call if in doubt.

**B15/16 Hilly** **50+ miles** **8:40AM**

### "Zap Mahopac Lunch" Ride

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

**Allan Goldberg 914-693-2928**

**From: Meet at Grand Central Station for the 8:48 AM Brewster North train to Katonah**

Leader will meet group at Katonah train Station arrive 09:53AM Horse Farms, nice roads, green woods. A very hilly ride up to North Salem, Titicus Reservoir to Brewster and mostly down approx 8 miles of bike path and flat 8 miles back to Katonah. Return approx. 4:27pm or 5:27pm train depending of finish time. Joint WCC

**C14** **35 miles** **10/11:00 AM**

### Fifth Mermaid Parade Ride

**Leader: Ludwig Vogel 212.755.8303 or <ludwig@bway.net>**

**From: The stairway to the subway under the Municipal Building on the side nearest the Brooklyn Bridge at 10:00 AM or The Picnic House in Prospect Park at 11:00 AM**

Roll through Brooklyn's parks and shady streets to the Greenway along the Atlantic shore to Coney Island. We'll hit Totonno's for pizza just before the crowd arrives, then stake out a spot to watch the Mermaid Parade, which will step off at 2:00 PM. Visit <<http://www.coneyisland.com/mermaid.shtml>>

for more information on this jollification of transcendental wackiness.

Bring chain, lock, water and plenty of sunscreen. Swimsuits optional - I'm bringing mine. Sense of humor required.

**Sunday, June 23**

**A, B, C** **40 50 60 70+ miles** **9:00 AM**

### All Class Ride to Kensico Dam

**Leaders:**

**C12/13 Gary McGraime (212) 877-4257 Garynycc@aol.com**

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

**B15/16 TBA**

**B17 Eileen Crowley (212)-744-1518**

**eileen\_crowley@msn.com**

**Valerie Martinez (212)-472-7949 vmart11690@aol.com**

**A18 Russ Berman 212-595-8834 rberman@kronishlieb.com**

**Bob Mirell 212-944-1133 BobTMC@aol.com**

**A19 Jack Lehnert 718-884-6437 lehtiger@aol.com**

**A20+ Ron Roth 212 875-0905 ron@rroth.com**

**Tim McCarthy 718 204-7484 timothytc@earth-**

**link.net**

**From: The Boathouse Parking Lot**

Join us for our first NYCC All-Class ride of the season. As you can see from the ride list above, there is a ride for everyone. We'll all meet at the Boathouse parking lot at 9AM and head out into beautiful Westchester County on routes of various distance, speed and terrain. All rides will rendezvous in Valhalla, NY, to purchase lunch and then picnic at the Kensico Dam Plaza for a rare opportunity for NYCC riders of all categories enjoy the first weekend of summer together.

**Wednesday, June 26**

**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 nycezrider@aol.com**

**From: 72nd St & Riverside Dr.**

Spring has sprung as Summer is here. Lazy days pedalling to sultry Nyack enjoying each others company. Smooth and easy to take like the drinks at the Spoon. 30% chance of rain cancels but check with Bill by 8 AM to confir

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

### Wednesday Night Stressbuster Series

**Leaders: Peter Hochstein (212) 427-1041 and Dave Sabbarese**

**(dsabbarese@firstmanhattan.com)**

**From: 90th St. and 5th Ave. (Central Park Engineer's Gate)**

Bust your stress before it busts you. Join these C riders (and closet A and B riders) for three laps around the Central Park at whatever pace sends your endorphins surging to your Happiness Receptors. We regroup after each lap to let Hochstein and other slower riders catch up, and to schmooze a bit. Pizza or carousing afterward occasionally happens. Helmet required. Rain cancels.

**Friday, June 28**

**B16/17** **60 miles** **9:15 AM**

### Nyack

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

**(Continued on Page 10)**

(Continued from Page 9)

**From: City Hall Park - opposite Brooklyn Bridge bike path.**  
The West side bike path to GW Bridge to Nyack.

## Saturday, June 29

**A18**                      **65+/-miles**                      **8:30 AM**  
**Kingsland State Park**

**Leaders:** Russ Berman 212-595-8834 [rberman@kronishlieb.com](mailto:rberman@kronishlieb.com)  
Bob Mirell 212-944-1133 [BobTMC@aol.com](mailto:BobTMC@aol.com)

**From: The Boathouse**

This is the splendid route of the all-class ride of several past years, covering a fair amount of lower Westchester and leading to a really nice picnic destination across the Hudson from Nyack. We'll stop to buy lunch at the food market in Tarrytown and then ride a mile or so to the picnic spot. The route offers just enough hills to get the juices flowing, and we'll do it in a cooperative paceline. Helmets and a good attitude are essential; plenty of liquids and some pocket food are recommended. We try not to ride on wet roads, so call to check if it looks like rain.

**A 20**                      **56 Miles**                      **8:30 AM**  
**River Road-Bradley-Tweed**

**Leader:** Richard Rosenthal: (212) 371-4700. [bikeadman@aol.com](mailto:bikeadman@aol.com)

**From: The Boathouse**

This route is gorgeous and challenging. The palisades, the river, waterfalls, wild flowers, sheltering trees, some good climbs, and, best of all, almost no traffic. As always, I'll be leading from the rear on every uphill. Rain? No. Lunch? Thanks, I'd rather not.

**A18**                      **50 miles**                      **8:00AM**  
**Nyack**

**Leader** Stefan Grant 212 987-3053 [scgrant@rcn](mailto:scgrant@rcn)

**From: Engineers Gate**

An early morning ride to Nyack that'll get you back to the city nice and early. Bring helmets, water, spare tubes. Paceline skills required. B Sig grads are welcome, but don't be late - we leave at 8:00. 30% chance of rain cancels - if in doubt check NYCC bulletin board at 7:30.

**B18**                      **61 miles**                      **8:30 AM**  
**Rye Town Park & Beach**

**Leaders:** Tim Casey 718-392-1963 [Tim\\_Casey@Earthlink.net](mailto:Tim_Casey@Earthlink.net)  
and Mary Beth Mulholland 718-392-1963 [mbtextiles@juno.com](mailto:mbtextiles@juno.com)

**From: Rambles Shed - 78th St. on left of Park Drive**  
Ride to the beach. Bring your bathing suit & \$ for private beach access and lunch at Seaside Johnnies. Mostly flat. Some nice paved trails. Through the Bronx, but different. Lots of bail-out opportunities along Metro-North (bring your Metro North pass). Helmets required. Bring Sunscreen & lots of water. Rain at 8AM cancels.

**C14**                      **30-50 miles, some hills**                      **9:00 AM**  
**Missing Links Bike Tour**

**From: The "Sphere", Battery Park, near Bowling Green station (#4, #5 trains) State St. and Battery Pl.**

**Leader:** Carter Craft, Alfredo Garcia (212) 802-2441, [cyclistxxiii@yahoo.com](mailto:cyclistxxiii@yahoo.com)

Explore greenways & waterfronts of Manhattan, Bergen, Hudson counties and perhaps Staten Island along the Hudson River. Carter Craft of the Metropolitan Waterfront Alliance will provide commentary of the extraordinary sights & changes in the region. Food stops abound, from Matsuwa Marketplace, Sinatra Park Café, Liberty State Park, a Bayonne ice cream shop to Richmond Terrence delis. Bring sunscreen & sunglasses. Bail ail. out points along the way, via ferry or rCheck out trip related website [www.waterwire.net](http://www.waterwire.net). Co-listed with 5BBC. Rain at the start cancels. Helmets required.

## Sunday, June 30

**B15**                      **55 mile +/-**                      **9:00 AM**  
**"Tall Vall"**

**Leaders:** Mark Gelles (212) 689 1375 [mgelles@okcom.net](mailto:mgelles@okcom.net) & Ness Rahmey

(212) 865-5612 [nessrahmey@yahoo.com](mailto:nessrahmey@yahoo.com)

**From: The Boathouse**

We will take a scenic route out & back on Bergen/Rockland County roads. Spin through Jersey burbs, onto Tallman bike path (hardpack), meandering south/west to deli/picnic at Pascack Brook County Park (River Vale NJ). Home on familiar NYCC roads (501 to Churchill). Official end of ride is the Manhattan side of GWB. Bring a few bucks for lunch, something to carry it to the park & of course a smile. The usual cancels.

**B17**                      **70 miles**                      **9:00 AM**  
**Rockland Lake**

**Leaders:** Rick Braun, (212) 477-2575, [rbraun@courts.state.ny.us](mailto:rbraun@courts.state.ny.us); Melissa Bybee (212) 740-9393 [melbybee@aol.com](mailto:melbybee@aol.com)

### 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](http://www.active.com/event_detail.cfm?event_id=981199)*

**From: Central Park Boathouse**

Oh, for a nice Sun—day After—noon in June at (or near) the Run—cible Spoon\*..OK, since we're on an exceptionally bad poetic roll, we'll just getright down to it\*.WHAT could be better than lunch at beautiful Rockland Lake just north of Nyack?! NOT MUCH, as far as we're concerned! If this sounds like a nice way to spend the day, then please join us. Rolling landscape. Gorgeous scenery. Good food. Good fun. Paceline/group riding skills helpful. Rain at start or 60% chance for the day cancels.

**C12 23 miles, some climbs 11:00 AM  
Sandy Hook**

**From: NY Waterway ferry terminal, World Financial Center @ Battery Park City esplanade.**

**Leader: Alfredo Garcia (212) 802-2441, cyclistxxiii@yahoo.com**

Several picturesque trips in one (boat-bike-sights-beach). Take a refreshing cruise to historic Sandy Hook, once a military installation since the 1700's, now a Federal Gateway park. Bring sunscreen, sunglasses, swim-suit, cap, lock and maybe a camera. Visit various towns, with mansions, kiddies lemonade stand, four bridges and an Eastern seaboard overlook before getting lunch. After climbing a steep hill, we'll eat at Navesink Twin Lights, with breathtaking views. Then back to the Hook for museums, the 16-inch Rodman gun and/or beach time. We'll leave on the 11:20 AM boat and return on the 6:40 PM boat. \$28 round trip fare. Make charge reservation (800) 533-3779 or logon to www.nywaterway.com. Or else, get to terminal EARLY for a ticket before it sells out. Co-listed with SBBC. Helmets required. Rain at the start cancels.

**Road Dirt (Continued from Page 13)**

*Estrada, Keith Goldstein, Joe Irizarry, Susan Kennedy, Rob Kohn, Ray Lafontant, Jack Lehnert, Harvey Minsky, Bob (pdf) Mirell, Doug Riccardi, and Craig Spiegel.*

If you have news – hatches – matches – snatches – rides – that doesn't fit anywhere else in this bulletin just email to [Roaddirt@nycc.org](mailto:Roaddirt@nycc.org) and I'll put it in the next issue. Many thanks to all who contributed this month. . . see you at the boathouse or on the road. . .Dustee Rhodes.

**You loved it in long sleeves. You loved it in short sleeves.  
Now comes your newest, coolest, airy-est club jersey  
no sleeves.**

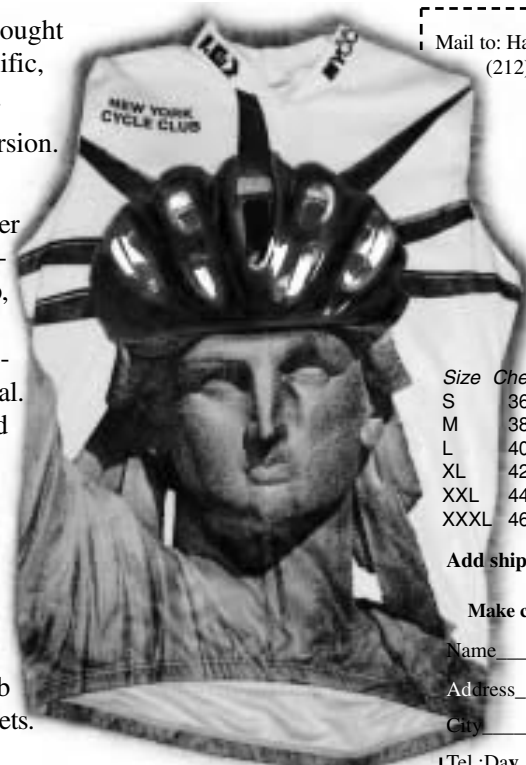
Our NYCC club jersey has been sought by cyclists in Europe, the South Pacific, and even as far away as New Jersey.

Now you can enjoy it in a new version. Go sleeveless.

Same great design (by club member Richard Rosenthal). Same great manufacturer (Louis Garneau). Same, deep, 15" zipper for easy on-and-off and controlled cooling. Same state-of-the-art, Micro-Dry® super-wicking material. Three rear pockets big enough to hold all your unexpressed expletives for errant drivers.

Short sleeved model has Helmeted Liberty image and New York Cycle Club on both sleeves.

White, with green Liberty and red helmet. Graphic on front & back. Club name in black and red across the pockets.



**NYCC Jersey Order Form**  
 Mail to: Hans Schmidt • 217 Boadway, #401 • NYC 10007  
 (212) 267-6364 • E-mail: [hschmidt@nyc.rr.com](mailto:hschmidt@nyc.rr.com)

**SLEEVELESS @ \$46**  
 (Unigender)

Size	Chest	Quantity
S	36	_____
M	38	_____
L	40	_____
XL	42	_____
XXL	44	_____
XXXL	46	_____

**SHORT SLEEVE @ \$50**

Men's			Women's		
Size	Chest	Quantity	Size	Chest	Quantity
S	36	_____	XS	30	_____
M	38	_____	S	32	_____
L	40	_____	M	34	_____
XL	42	_____	L	36	_____
XXL	44	_____	XL	38	_____
XXXL	46	_____	XXL	40	_____

**Add shipping:** 1-2 jersey(s): \$ 3.50; 3 or more: \$6.50

**Make check payable to New York Cycle Club**

Name \_\_\_\_\_ Total

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Tel.: Day \_\_\_\_\_ Eve. \_\_\_\_\_



# New York Cycle Club Board of Directors Meeting Minutes May 7, 2002

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

Present: Tom Laskey, Ira Mitchneck, Carol Waaser, Robert Gray, Jon Dindas, John Vazquez, Eileen Crowley, Eva Wirth, David Getlen, Fred Steinberg (via telephone for portion of meeting)

**Membership:** Eileen reported that we had 174 registration in April (combined renewals and new memberships) bringing the total membership to 1340 as of May 1. The new download system is working beautifully – kudos again to Peter O'Reilly for creating the code to make all that work!

**Rides:** Fred (via telephone hook-up) reported some problems coordinating rides through the Ride Coordinators – too many rides are being submitted directly to Fred instead of going through the appropriate RC. Suggested we have SIG leaders remind participants to submit through the Rides Coordinator.

**Bulletin:** The May issue went really smoothly and came out a few days early! We're trying to have the Roster in the June issue, but it might not make it until July.

**Rides (again):** We should re-run the ride leader training. Tom will talk to Fred about this. The Newcomers Ride will be on June 15 to Pascack Brook Park. The June All-Class will be on June 23 to Kensico Dam. All rides will try to get to the destination by noon. Plan mileage and start time accordingly.

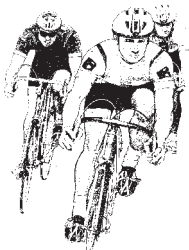
**Special Events:** Eva reported everything's set for the Club dinner at Jackson Diner on May 21. The July All-Class Club-sponsored picnic will be on July 20 (to a secret destination which Eva is arranging). She has already begun looking into restaurants for the December Holiday party.

**New Business:** Carol asked that we consider what to do about the tremendous turnout for the SIGs this year. (We're victims of our own success!) Each SIG began with close to or over 100 people – too many to work with effectively and too many for the number of leaders. Should we have some kind of pre-registration and limit the number? If so, should there be some nominal charge for registering, just to make sure people are committed to the series and not taking up a space they later wouldn't use? There was some discussion, but all agreed it was too soon to make a decision and the subject needed more thought. Also, the opinions of the SIG leaders would be sought.

The next meeting is scheduled for June 4.

The meeting was adjourned at 8:12 p.m.

Respectfully submitted,  
Carol Waaser, Secretary



## Club Photos



New York Bike Show, May 2 - 4. The NYCC was represented by a booth and volunteers led by Carol Wood. Carol spent part of May cycling Ireland on a Swift folding bike purchased at the show (shown at back of booth).

(Photograph by David Getlen)



El Presidente (Tom Laskey) and wife (Debbie Rothschild) with Steven Roche at the Steven Roche cycling camp in Majorca this March.

So, the C Sig reached the top of the hill and were looking forward to the descent. But, one young woman was stuck – her brakes were locked, and try as she did, she could not release them or get her bike to roll. Along came **Kibbe Payne**, who after looking over the situation suggested to the young woman that she turn her handlebars 180 degrees. She did so and lo and behold her brakes were no longer locked, and on she rolled down the hill — to the relief of **Jim Janoff** Moral, if you turn the handlebars on a hybrid all the way – 180 degrees – there are tire (sic!) consequences.

: **Peter Hochstein** seems to have overcome his recent vision problem. While he doesn't lead (temporarily) - he does ride with the C Sig. Hooray for **Peter. Oriol Mor**, who just completed

the A-19 SIG asks, "BTW, can anyone explain to me why my thighs are so stiff???" Despite his broken hip, **Stan Oldak** is up and walking a bit. In a few weeks he will be back at his pediatric dentistry practice.

Welcome home to **Margaret Cipolla** and **Jeff Vogel** – recent returnees from a winter in Costa Rica. Good riding amongst the hills down there we hear. Does anyone know what **Chris** is Mailing? We wish a speedy recovery to **Ed Fishkin's** mother, **Shirley!** Seen at the May meeting old timer **Gary Krzynowek** – former PBPer.

Despite a bad back **Fred Steinberg** carries on as VP Rides and planning the Sheffield weekend. And don't forget the assistance for the weekend by **Karen Reich, Gerry Wendrovsky** and **Ira Mitchneck**. It is members like they, and **Jody Saylor** and **Christy Guzzetta** -creators and producers of the 4<sup>th</sup> of July Weekend at West Point - that make this club click! And speaking of clicking – How about **Hans Schmidt** – he took on the task of ordering and distributing club jerseys and other paraphernalia, AND he is doing the electronic mail update each week. Ask not what your cycle club can do for you, but rather what you can do for your cycle club? **Thank you Hans!**

Coincidences on STS Ride to Poughkeepsie Saturday May 3rd: While



resting at Tiorati Circle on 7 Lakes Dr who should come flying out of the Tiorati Road but our president, **Tom Laskey**. He said that he was keeping tabs on them but the fact is that they caught him doing practice laps for the upcoming Harriman race. Next was **Carol Wood**, who began the ride with them but was detained due to overdoing quad workouts on machines at her gym. She showed up at the bagel stop in W Nyack, then was beaten to the Storm King overlook (taking a shortcut,) as **Bill Greene** and **Pieter Maessen** were battling it out for King of the Hill. After lunch she reappeared on 9W just before the Mid Hudson Bridge in time for the ride back on MetroNorth. At Poughkeepsie they came upon **John Zenchus** who had a late start. He cycled solo from NYC up 9W, arriving in

Poughkeepsie in 4 hours and 15 minutes, non-stop, averaging 19 mph, into the wind. He is a member of the STS and his rather intense-looking and sooty face was very welcome. Finally, **Hank Schiffman** and **Ian Hughes** were cycling south on Park Ave from GCT when a voice called out **Hank's** name. It was **Meredith Berman**, another STS regular who couldn't get away from work and was also nursing sore knees from a poor bike fit.

How many of you pedal pushers are aware of the tremendous job that **Robin Read** does maintaining our web site? It doesn't happen by magic. **Thank you Robin!**

What Canadian wannabe got left in the Portapotties at GWB on the A-19 graduation ride? And caught up with the group at the Hohokus rest stop? **Peter Kouletsis** asks? A Siggies **Judith Tripp** and Charlie Ward have sent us kudos for the A-Sig and its leaders – mentioned amongst others were **Jim Galante, Ed Fishkin, Doug Bixby, Marcy Bloomstein, Carolyn Booher, Hubs Dershowitz, Robert Dinkelman, Anthony Donato, David Estrada, Keith Goldstein, Joe Irizarry, Susan Kennedy, Rob Kohn, Ray** (Continued on Page 11)

## July 4<sup>th</sup> All Class Club Weekend at West Point

Last year, the calendar interfered with our annual July 4<sup>th</sup> 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 4<sup>th</sup> – 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 4<sup>th</sup> outdoor concert given by the Army band, picnic dinner included.

A, B, and C rides are planned for Friday, July 5<sup>th</sup> and Saturday, July 6<sup>th</sup>. 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 7<sup>th</sup>, 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 75<sup>th</sup> 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](mailto:Jsaylor@aol.com), 212-799-8293.

Events planner, Christy Guzzetta, [Christy.Guzzetta@GESServices.com](mailto:Christy.Guzzetta@GESServices.com), 212-595-3674





Photo Montage by Diane L. Goodwin

First Annual Princeton 200K and 300K Brevet Series....April 13th and May 11th  
 (L to R) 1st Row Bill Strachan. Pat Cole. Luis Castro. Butler Park Rd farm. 2nd Row: Brice Wilson and Mike Davis. Janet Magajna. Bill Strachan and Andy Domiko. 3rd Row: Whitehouse Station Control #2&4, Jim Bonner, Al Emma and Luis Castro climbing, Janet Magajna and Hans Schmidt. Bottom: Ellen Poreda at finish checking riders in. Stan Oldak, Hans Schmidt and David Mandelbaum, Sandiway Fong, Diane Goodwin, Bill Strachan and Pat Carter. Pat Carter. For more information on the Brevet event, go to <http://dianegoodwin.com>



**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!**  
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 15% off parts and accessories. 10% off  
 bikes, no discounts on sale items (no  
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 345 West 14th Street  
 (212) 691-6149 or www.a-bicycleshop.com; abikshp@aol.com; 10% off  
 non-sale items (not items already discounted).

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<http://www.nycc.org>



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 15% off accessories and parts  
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**CONRAD'S BIKE SHOP**

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

**BICYCLE RENAISSANCE**

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

**TOGA BIKE SHOP**

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112 West Broadway  
 (212) 732-2453 or gotbik@aol.com;  
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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 June 11th meeting**

### ***THE SIG GRADUATION DINNER***

Break out the caps and gowns!! Strike up the band!! Make sure you have film in your cameras, because it's graduation time! That's right...after months of training, riding, learning and having fun, the annual SIG series have come to a close with the completion of the graduation rides. The leaders of the "A Classic", "A-19", "B", and "C" SIGs have all reported record size graduating classes and we are all looking forward to getting together as a big group, sharing stories, and celebrating. We will begin with a happy hour at 6PM, which is a good chance to buy your leaders a drink as a thank you ;-). A buffet dinner will follow at 7 and then the leaders of each group will have a little while to make presentations. If you completed a SIG this year, this is an event not to be missed. If you didn't, please come on down and share what promises to be a very celebratory night with your fellow NYCC members.

So please join us on **Tuesday June, 11 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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