

NYCC *Bulletin*



“Made in the Shade” Ride - June 1 - A18/20 ride to Croton Dam with Fred Steinberg and Hank Schiffman as leaders. The ride went through Byram Lake, Mt. Kisco and Tarrytown.

(Photograph by Hank Schiffman)

We've all been there, we all know the feeling. So many people packed into a small space, nowhere to sit, barely a place to stand, practically no air to breath. No, I'm not talking about riding the 7th Ave. subway at rush hour, I'm talking about the SIG Graduation at last month's club meeting!! And yet, despite the less than optimal circumstances, the event itself was a huge success. I won't go on about how the SIGs themselves were hugely successful this year, how participation in each one was at record highs and how that means there will be a huge influx of skilled riders in the club participating and leading rides this season. I will point out that the spirit of community and camaraderie on display at the June meeting - not only within each group but in the gathering as a whole - was truly inspiring for anyone who was there and certainly one of my favorite moments during my time with the NYCC. A special note of thanks goes out to all the SIG captains who organized the program and recruited the leaders and to the leaders who got out there every Saturday for 10 - 12 weeks and spirited their charges around the roads of Bergen, Rockland, Westchester and beyond. More thanks go to Jon Dindas, our V.P. of programs who served diligently at the meeting not only as gatekeeper but also waiter, busboy and usher and to the staff of Annie Moore's who couldn't have been more accommodating and helpful.

A quick note on our annual 4th of July West Point Weekend. If you haven't signed up yet, there may still be room for you to attend this event that has over the years taken on legendary proportions. There's a picnic, an outdoor concert, a river dining cruise, not to mention some really great riding and bonhomie and bonding with your fellow NYCC club mates. For more information contact Jody Saylor at JSaylor@aol.com or check our website at: <http://www.nycc.org/july.html>. You really don't want to miss this one.

The season is in full swing; the roads are packed with cyclist of every stripe traveling to every destination imaginable. Let's everybody make extra sure to ride safe!!

- Tom Laskey

Editor's Note

The Berkshires Weekend is over. The Newcomers ride to Pascack Brook Park is over. That means that the summer is over. RIGHT. **WRONG**. It's only the beginning of July and a glorious summer riding season is just beginning.

There are the July 4th All-Class weekend trip to West Point, the Newcomers ride on July 14 with rides of varying distances for different categories, the regular training rides and Loops of Central Park and the always reliable rides to Nyack.

The point being is to enjoy the summer and to take advantage of the rides being planned. The New York Cycle Club is an active organization with an enthusiastic membership. Be part of it. ENJOY and ride safely.

- David Getlen

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

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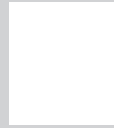
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eileen_crowley@msn.com

... 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



Thursday, July 18

The Weekday Cyclists 3/4 Century Ride

(Rain/Heat Wave date, July 25)

From Central Park to Sands Point Preserve and return, 75 miles.

You may choose either to ride with the group at a pace of 13 to 14 mph, or to ride on your own, at your own pace, by following the route sheet.

Route sheets will be given out on the morning of the ride. We'll meet at 6:45 AM SHARP at the Loeb Boathouse in Central Park.

You must register in advance for this ride. Registration is FREE.

Send an email to TWCinNYC@aol.com and

give your full name, address, and telephone number.

Rain at the start, or expected temps above 90 degrees postpones the ride to July 25.

Saturday-Sunday, July 20-21

The Audax group is organizing a 200K overnight trip to Sparrow Bush near Port Jervis. Be prepared to ride 100 miles in a group at an average speed of 14.5 -15.5 MPH over 7.5 hours. Rest stops will be made available along the way. There will be baggage service provided and route support. Upon arrival into Sparrow Bush, we will stay overnight at a hotel which includes dinner and breakfast. The approximate cost is \$100.00 for hotel, and support vehicle. Please sign up as soon as possible as there are limited rooms available. If you have any questions, Please contact Karl Dittebrandt at 212 477-1690 or email kaudax@hotmail.com

Volunteers Needed for New York City Cycling Championships

Threshold Sports, the race organizers of the First Union Cycling Series and the Pro Cycling Tour will need volunteers to help as course marshals, security and more at the New York City Cycling Championship presented by BMC Software on **August 4th 2002**. Won't you please join us for this our first year of Championship racing in Lower Manhattan as we bring you an International Professional bicycle racing to the streets of downtown New York City. To be placed on the volunteer mailing list and find out more details about the event go to www.nycbikerace.com <<http://www.nycbikerace.com>> Won't you please join us!

Monday, August 5th through August 7th

(BF) Cubed. - Bike Forth Back From Bikefest (Le Tour Des Gourmets).

Following the LAB National BikeFest Rally in Amherst, MA. Three days, inn to inn, from Amherst, MA to Greenwich CT. The average cycling distance will be approximately 60 miles/day. The entire route, west, then south will be on quiet country roads. Leaving Monday, August 5th. Arriving Wednesday, August 7th. Staying at two colonial-era inns- both renowned for their cuisine. This is a not-for-profit tour, to be run at cost. (A non-economy tour with an economy half-price option: Cycle tow days, taking Metro North commuter rail on Day 2.) All two day participants must have a Metro North Bike permit. Limited participation for the 3-day option (one inn has four rooms.). For further information contact: Paul Minkoff, 42-40 39th Drive, Apt #5H, Woodside, NY 11377 (718) 672-9186

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

Sunday, September 29

Ramapo Rally

The Bicycle Touring Club of North Jersey's 25th Silver Anniversary Rally will be held on Sunday, **September 29, 2002**. The start at the Center for Family Resources in Ringwood, New Jersey is in the scenic Ramapo Valley, a short drive from either Rt. 17 or Rt.287. It features a choice of 5 routes of 25/50/75/100 miles. This year we are adding a special escorted family ride of 12.5 miles. Rides are geared for all levels of cyclists. Food stops hosted by Trader Joe's, cue sheets, route markings and sag wagons

Letters to the Editor

I wrote the following in a letter published in the March Bulletin: "(T)he club donated...\$2800 profit from its Escape New York (ENY) ride to...the 9/11 Fund, the Red Cross, and Recycle-A-Bicycle. Worthy as they are—and they all are—the first two have nothing to do with the one thing that unites us and which we would all wish to support: cycling. Moreover, they are exceedingly well endowed. ... Our contribution was a mere drop in their collection bucket and not the least bit important, much less critical to their operation. Conversely, \$1000 means a great deal to two New York groups whose mission and mandates are to improve the conditions of NY cyclists—and they both do. I suggest money our club donates would be better given to (Transportation Alternatives and Right-of-Way)."

Stan Oldak's letter in response was published in May and inadvertently reprinted in June. It suggests I criticized the club's making a donation to Recycle-a-Bicycle from the ENY proceeds. Nowhere in what I wrote did I object to the club contributing to R-a-B, nor did I imply it. The fact of the matter is I have contributed my time, money and materiel to R-a-B since before Stan joined the club and, in fact, it is even a small beneficiary in

(Continued on Page 14)

Answers to NYCC Quiz Part II

Answers; 1 B- Abducted, 2 C- carbohydrates (that's right honey bun) 3 D- its oils are active even in very minute amounts and degrade slowly. Also, the vine will sometimes climb up a dead tree trunk giving it the appearance of a tree. 4 C- Pelham Parkway, 5 B- 4.7 miles, 6 B- Amonk, all of the others are on route 117 as well as stops on the Harlem line of MetroNorth, 7 B- Tweed, its hill rises above 9w. All the others are below it. 8 B- maximum heart rate. 9 ACK is the code for Nantucket Memorial Airport. You see it on baseball caps and white oval decals on cars. 10 15 mph takes 4 minutes to travel a mile while 20 mph will take 3 minutes. Simple, just divide the speed into 60. But these figures are helpful in determining ETA while on the road. So 12 mph takes 5 minutes and 10 mph takes 6.

(The original Hank Schiffman quiz appeared in the June Bulletin, Page 3)

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 7:53am (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!



Tuesday, July 2

A19 Tuesday/Thursday Morning Training Series 5:45 AM

Leader: Linda Wintner (212-876-2798; lwintner@excite.com)
From: Central Park - 90th Street and Fifth Avenue (Engineer's Gate)
 Please join me for laps and training exercises in the Park. If 5:45 am is too early for you, please feel free to join us on the second lap at approximately 6:05-6:10 am (or catch us somewhere along the way). We'll be doing single and double pacelining, hill repeats, intervals etc. If you don't know how to do any of these, don't worry, we'll teach you. Precipitation and/or really wet ground cancels. Helmets required.

B18 18+ Miles 7:00 PM Tuesday Evening Spin

Leaders: Rick Braun 212-374-8237 rbraun@courts.state.ny.us and Tom Denham 212-979-7017
From: The boathouse
 Join us for an evening spin in the park. We will ride three or four laps around Central Park at the posted pace. Rain cancels.

A-19 Loops in Central Park 7:15 PM

Ride Leaders: Andrea Kannapell (212-556-7677/917-270-8446) and Charlie Ward (212-663-3693).
From: at the Boathouse
 Please join us every Tuesday and Thursday night for 3 steady-state loops of Central Park (warm-up pace on first loop). Helmet, pace-line skills and esprit de corps required! Ride leaves promptly at 7:15. The usual cancels.

Wednesday, July 3

A 52+/- Miles 10:00AM Sharp Wednesday Morning Spin to Nyack

Leader: Do you really need a leader to go to Nyack?!
From: the Boathouse.
 None of the usual participants were willing to commit to leading on a regular basis, but the ride will certainly continue. We often split into two groups a small one doing an A19 pace and a larger group doing 21, 22 or more. There's always someone to ride with!

B15 50+ Miles 9:00 AM Nyack - Red, White and Blusette

Leader: Bill Strachan 212-677-6951 nycezrider@aol.com
From: 72nd St & Riverside Drive (Eleanor Roosevelt Statue)
 What better way to start your extended Independence Day weekend (didn't the last one just end?) than with a nice relaxing warm up? 30% chance of rain cancels but call Bill by 8 AM to double check. BTW: we'll ride through the Summer and Autumn each Wednesday unless something really untoward comes up.

C 12-14 18 miles 7:00 PM Wednesday Night Stress Buster

Leaders: Peter Hochstein (212) 427-1041 and Dave Sabbarese (dsabbarese@firstmanhattan.com)
From: 90th St. and 5th Ave. (Central Park Engineers Gate)
 Bust your stress before it busts you. Join C-riders of every level from 12-14 plus closet A and B riders for three laps at any pace that 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. Pizza afterwards very occasionally happens. Helmets required. Rain cancels.

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



Thursday, July 4

A20 **55 Miles** **8:30AM**
Staten Island Rings

Leader: Scott Demel, 917-288-5268, scott@demel.net

Meeting Place: Staten Island Ferry, lower deck

What could be more patriotic? A ferry, Ms Liberty, two lighthouses, a Frank Lloyd Wright House, Ben Franklin, Ft. Wadsworth and more. As a final treat, check your medal potential on the proposed road race route for the NYC 2012 Olympic bid. We'll work at the listed pace but ease off as needed for road conditions, traffic, pedestrians, and a bit of scenery... but if the ferry is about to depart the hammer goes down! Several short climbs, one steady grade, and one steep mama are included throughout for guaranteed fun. Deli stop about halfway and quick picnic at the Conference House if group is so inclined. RSVP early via email for a "go/no go" weather update by 7:00am on ride day. Meet for the 8:30am ferry departing from Whitehall Street, lower level deck.

was one of my favorite SIG rides and I wanted to see what it's like when it's not snowing. Bring along snacks until we get to have lunch by the water and don't forget your LIRR pass just in case. Chance of or substantial rain expected cancels.

Sunday, July 7

B14-16 **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 make our long awaited visit to a bear—the visit that we aborted on May 26 due to bad weather. We go over the GW bridge and through Bergen and Rockland Counties. Halfway there we split into two groups. A fast group gets to pull the bear's nose or similar feat. A slower group gets to tickle the bear's toes. Both groups return from Garrison so Metronorth pass is mandatory. Ride gets better and better as we hit ursine territory.

Saturday, July 6

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

Leader: Richard Rosenthal (212) 371-4700 bikeadam@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? Nah, we'll be back by 1:00.

B14 **30-50 Miles** **9:15 AM**
Hamptons Backroads

Leader: Joe Carella, 212-262-8800, 631-324-6212 (on above weekends)

From: East Hampton (call Joe for exact location)

NYCC comes to the East End for some easy and breezy off-the-beaten path rides. On several Sundays, we'll visit Montauk, Napeague, The Springs, Northwest Woods, Cedar Point, Sag Harbor, North Haven, Noyack and Shelter Island. All rides will include a food stop.

A19 **80 Miles** **8:00 AM**
Ramapo

Leader: Peter O'Reilly 212.414.1937

From: The Boathouse

Join me for a spin through the Ramapo valley of Bergen and Rockland counties. This ride contains some scenic roads with rolling hills. We'll stop at a Deli and enjoy a picnic lunch in a park under tree-lined shade. Extra water and pocket food is highly recommended.

Tuesday, July 9

A19 **Tuesday/Thursday Morning Training Series** **5:45 AM**

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

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

See Tuesday, July 2 Listing.

B16 **55+ Miles** **9:30 AM**
Oyster Bay

Leaders: Julie Bray 917 319 7123 julesb@earthlink.net

and Tonya Harroun 718 828 5309 bikintonya@yahoo.com

From: Statue of Civic Virtue

We'll start a little later to allow for people to get out to Queens. This

B18 **18+ Miles** **7:00 PM**
Tuesday Evening Spin

Leaders: Rick Braun 212-374-8237 rbraun@courts.state.ny.us and Tom Denham 212-979-7017

From: The boathouse

See Tuesday, July 2 listing.

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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

(Continued from Page 5)

A-19 **Loops in Central Park** **7:15 PM**
Ride Leaders: Andrea Kannapell (212-556-7677/917-270-8446)
 and Charlie Ward (212-663-3693).
From: at the Boathouse
 See Tuesday, July 2 Listing.

Wednesday, July 10

A **52+/- Miles** **10:00AM Sharp**
Wednesday Morning Spin to Nyack
Leader: Do you really need a leader to go to Nyack?!
From: the Boathouse.
 See Wednesday, July 3 listing.

B15 **50+ Miles** **9:00 AM**
Nyack - Recovery!?
Leader: Bill Strachan 212-677-6951 nycezrider@aol.com
From: 72nd St & Riverside Drive (Eleanor Roosevelt Statue)
 Had a blast over the holiday? Too much hot dogging it. Here's a chance for you to reflect for the next holiday- Bastille Day on Saturday. Nothing to lose your head over. Just nice easy riding. May be getting a petite chaud nowadays so bring at least two (2) water bottles with whatever (non-alcoholic) will sustain you for the ride. 30% chance of rain cancels but call Bill by 8 AM to double check.

B16/17 **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).

C 12-14 **18 Miles** **7:00 PM**
Wednesday Night Stress Buster
Leaders: Peter Hochstein (212) 427-1041
 and Dave Sabbarese (dsabbarese@firstmanhattan.com)
From: 90th St. and 5th Ave. (Central Park Engineers Gate)
 Bust your stress before it busts you. Join C-riders of every level from 12-14 plus closet A and B riders for three laps at any pace that 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. Pizza afterwards very occasionally happens. Helmets required. Rain cancels.

Thursday, July 11

A19 **Tuesday/Thursday Morning Training Series** **4:45 AM**
Leader: Linda Wintner (212-876-2798; lwintner@excite.com)
From: Central Park - 90th Street and Fifth Avenue (Engineer's Gate)
 See Tuesday, July 2 Listing.

Friday, July 12

B16/17 **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. Call or e-mail to confirm.

Saturday, July 13

A19/20 **63/82/102 miles** **7:30 AM**
Little Tor/7 Lakes Drive/Perkins/IndianMtn/Poughkeepsie
Leaders: Hank Schiffman (212) 529-9082 schiffhank@aol.com, Bill Greene
 bgreene@nac.net, and Ron Roth ron@rroth.com
From: the benches across from the Boathouse
 This ride is a modification of a 2002 A STS ride. But it was originally a Fred Steinberg route. It has now been resurrected as a sendoff sortie for those going on to tour Europe. In this incarnation we will ascend Perkins and do the 9W climb above West Point rather than Storm King Highway. This is a long, hilly ride. But there are options for shorter, less strenuous routes. Bailouts at Garrison (63) and Beacon (82) as well as omitting Perkins may tailor this ride to those with less obsessive/compulsive tendencies. Paceline skills, spare tubes, a helmet, adequate fluid carrying capacity, cash and a Metro North bike permit are de rigeur. We hope to have a post ride dinner at an outdoor café in Poughkeepsie. If in doubt about ride cancellation due to wet conditions go to the NYCC Message Board for the official verdict.

A 20 **56 Miles** **8:30AM**
River Road-Bradley-Tweed
Leader: Richard Rosenthal (212) 371-4700 bikeadadman@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? Nah, we'll be back by 1:00.

B16 Flat **74 Miles** **8:00AM**
Entire CT Gold Coast Ride
Leaders: John Zap Day 212-255-7191, Eve 203-972-9339
 and Allan Goldberg 914-693-2928
From: Meet at Grand Central Station for the 8:07 AM New Haven train to Darien. Leader will meet group at Train Station arrive 9:01AM.
 Set your bike on auto cruise and ride the entire southern coast of CT to New Haven. Very few stops, leisurely pace, stick together ride. Lots of beaches, marshes, nice neighborhoods, and a few dingy city blocks thrown in for variety. Towns include: Darien, Norwalk, Westport, Southport, Fairfield, Bridgeport, Lordship, Stratford, Milford, W New Haven & New Haven. Return from New Haven approx. 4:55pm depending on finish time.

B16 **50 Miles** **9:00 AM**
Summer Ride
Leader: You decide
From: The boathouse
 A friendly "get out of the house and on the road" ride. It's a beautiful summer day. Get those pedals moving and meet at the boathouse.

C13 **47 Miles** **9:00 AM**
Mamaroneck
Leader: Scott Wasserman (914) 723-6607 or bicyclelife@cs.com
From: Near the Boathouse
 Now you'll really appreciate eating lunch by the water to cool off, and if someone knows a person who has a boat at Mamaroneck Harbor maybe we can get a little sailing in before returning. Substantial expected rain cancels.

Sunday, July 14**A B C****Newcomers Ride****Leaders:**

C12 35 miles Maggie Clarke (212) 567-8272

mclarke@shiva.hunter.cuny.edu

C13 43 miles Patricia and Jim Janof (212) 737-1668

C14 48 miles TBA

B15 53 miles TBA

B16 58 miles TBA

B17 65 miles Gary McGraime (212) 877-4257 garynycc@aol.com

A18 70 miles Jon Dindas (646) 215-8054 jdindas@rcn.com

From: The Boathouse parking lot except the C12 which is leaving from the New York side of GWB (A train to 178th St.)

New to the club but not sure how to get started? Been thinking of joining but want to try a ride first? This event is for you! You don't need to be a member and the rides are free!!!

There will be a choice of A, B and C rides to accommodate every level of rider. If you have not previously been on a club ride or on your bike for a while, try a ride that you feel is easily within your capability. You may move up or down to a faster or slower group after lunch or at one of the "connecting" points in the ride.

The rides range from 35 to 70 miles. We will meet @ 9:00 AM in Central Park* and cross the G W Bridge to ride scenic roads in New Jersey. All groups will pick up food at a nearby deli and rendezvous for a picnic near the lake in Pascaek Brook Park. After lunch, we'll have a drawing for many free prizes including the new sleeveless NYCC Jersey!!! Expect to return home mid afternoon or a little later if you take a slower ride.

It is important to show up for the ride prepared with a bike in good running order, properly inflated tires, a spare tube, water, money for lunch and ID. A helmet is required.

For more information, contact: newcomers@nycc.org.

A19 50 Miles +/-

9:30 AM

Nyack (one more time with feeling)

Leaders: Bill Moss (212) 569-8896 billmossnola@hotmail.com

From: Boathouse Parking Lot

A great mid Summer Sunday pilgrimage to The Runcible Spoon. We'll do the pretty route (Not 9W), with a hilly section to earn our lunch (Highland/Tweed). Bring Water And Smiles!! Rain or Tornadoes @ Start cancels.

B16 50 Miles 9:00 AM

Summer Ride

Leader: You decide

From: The boathouse

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

C12-13 35/55Miles 7:45AM

NOT FOR THE VERTICALLY CHALLENGED

Leaders: Marilyn & Ken Weissman (212) 222-5527

From: Grand Central Info Booth for 8:07AM Bike Train to Stamford, CT.

A beautiful, tree-shaded SIGHTSEEING ride on lightly traveled, almost-rural roads—at one point, maybe 20 cars in two hours. We pretend we're Romans: up and over everything between Stamford and the Mianus River Gorge. Then, down to Bedford, up again to lunch in Banksville, then a few miles of backcountry Greenwich's undulating terrain, followed by a

substantially downhill run to Greenwich station (35 mi) or more up and downs, back to the #2 train. While moderately paced, this ride bridges NYCC "C" and "B" categories, and may not be appropriate for beginning riders. Cue sheet provided. Helmets and Metro North passes required.

Tuesday, July 16

A19 Tuesday/Thursday Morning Training Series 5:45 AM

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

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

See Tuesday, July 2 Listing.

A-19 Loops in Central Park 7:15 pm

Ride Leaders: Andrea Kannappell (212-556-7677/917-270-8446)

and Charlie Ward (212-663-3693).

From: at the Boathouse

See Tuesday, July 2 Listing.

Wednesday, July 17

A 52+/- Miles 10:00AM Sharp

Wednesday Morning Spin to Nyack

Leader: Do you really need a leader to go to Nyack?!

From: the Boathouse.

See Wednesday, July 3 Listing.

B15 50+ Miles 9:00 AM

Nyack - Something New

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

From: 72nd St & Riverside Drive (Eleanor Roosevelt Statue)

Part of our SIG expectation is that someday we get to lead a ride, right? (Who? Me!?) Yep. So here's the deal. We've settled into a comfortable routine on a pleasant route. What better way to begin to learn the joys of ride leadership than to help your fellow riders? Low key, non threatening environment with folks you've come to know and ride with. Let me know ahead of time and we'll work out the details. Come on. You know you want to do it. Hydrate, hydrate, hydrate! Usual cancels but check with me by 8 AM.

B16/ 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).

C13 25 Miles 10:00 AM

NY Botanical Garden/Bronx

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

From: Boathouse

An urban ride to a beautiful garden. We'll enjoy the flowers, grounds and more. Entrance is free today! Bring or buy your lunch and we'll picnic.

C 12-14 18 Miles 7:00 PM

Wednesday Night Stress Buster

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

From: 90th St. and 5th Ave. (Central Park Engineers Gate)

(Continued on Page 8)

(Continued from Page 7)

Bust your stress before it busts you. Join C-riders of every level from 12-14 plus closet A and B riders for three laps at any pace that 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. Pizza afterwards very occasionally happens. Helmets required. Rain cancels.

Thursday, July 18

A19 Tuesday/Thursday Morning Training Series 5:45 AM
Leader: Linda's away, just show up and enjoy the ride
From: Central Park - 90th Street and Fifth Avenue (Engineer's Gate)
 See Tuesday, July 2 Listing.

Friday, July 19

B16/17 45 Miles 9:20 AM
Staten Island perimeter
Leader: Ron Grossberg 718-369-2413 argee401@aol.com
From: S I Ferry terminal Manhattan side lower level
 Staten Island perimeter with some interior hills (lighthouse and High Rock). Call or e-mail to confirm.

Saturday, July 20

A, B, C 30-40 50 60 miles 9:00 AM
All Class Ride, with a free lunch no less

Leaders:
C12/13 Scott Wasserman (914) 723-6607 bicyclelife@cs.com
Ludwig Vogel (212).755.8303 ludwig@bway.net
B15/16 Bill Strachan 212-677-6951 nycezrider@aol.com
B17 Rick Braun 212-374-8237 rbraun@courts.state.ny.us
A18 Fred Steinberg 212-787-5204 Fsteinberg@nyc.rr.com
A20 Richard Rosenthal 212 371-4700 bikeadadman@aol.com

From: The Boathouse Parking Lot
 TINSTAAFL? (There's no such thing as a free lunch)- There certainly is if you show up at the boathouse at 9AM and sign up for one of the above rides. The leaders, sworn to silence, bring their rides to the secret location for a free picnic lunch on the NYCC

C12 23 Miles 4:30 PM
Midsummer Night Ride
Leader: Alfredo Garcia (212) 802-2441, cyclistxxxiii@yahoo.com
From: Battery Park, near NY Waterway ticket office, West St. & Battery Pl. Not really Shakespeare—rather, an early evening trip into the breeze. Ride the Hudson River Greenway and head for a “secret” spot to Riverside Drive. Transverse the George Washington Bridge to Jersey. We'll have a nice dinner at Sinatra Park Cafe, with breathtaking views of the Big Apple. You can be young again. Bring a lock, \$ for food, bring front and rear lights. Bring \$4 for NY Waterway ferry cruise. Co-listed with 5BBC. Wet weather at the start cancels.

Sunday, July 21

A-19 65 miles 9:30 AM
Up A' Saddle River
Leader: Bill Moss (212) 569-8896 billmossnola@hotmail.com
From: Boathouse Parking Lot
 A lovely ramble though North Jersey's prettier suburbs with some rolling hills, but nothing ungodly. Lunch @ Park Ridge Diner or Picnic in Park (30+ miles) - so bring pocket food & smiles. Rain @ start or winds over 50 mph cancels.

B14 30-50 Miles 9:15 AM
Hamptons Backroads
Leader: Joe Carella, 212-262-8800, 631-324-6212 (on above weekends)
From: East Hampton (call Joe for exact location)
 NYCC comes to the East End for some easy and breezy off-the-beaten path rides. On several Sundays, we'll visit Montauk, Napeague, The Springs, Northwest Woods, Cedar Point, Sag Harbor, North Haven, Noyack and Shelter Island. All rides will include a food stop.

B16 50 Miles 9:00 AM
Summer Ride
Leader: You decide
From: The boathouse
 A friendly “get out of the house and on the road” ride. It's a beautiful summer day. Get those pedals moving and meet at the boathouse.

Tuesday, July 23

A19 Tuesday/Thursday Morning Training Series 5:45 AM
Leader: Linda's away, just show up and enjoy the ride
From: Central Park - 90th Street and Fifth Avenue (Engineer's Gate)
 See Tuesday, July 2 Listing. (Continued on Page 11)

-BACK BY POPULAR DEMAND-

Runcible Spoon Socks



Yes, they're back! The RLX Polo Sport Team is offering the famous Runcible Spoon cycling socks for a limited time only. Order now!

Designed by Robin Read and made by **SockGuy**, the socks are white with blue logo, toe and heel and are available in sizes S/M (6-10) and L/XL (9-13), for \$9.50 per pair. **Order must be received by July 15, 2002.**

Price includes shipping. Please allow 4-6 weeks. Send check or money order to: Julie Walsh, 65 West 96th Street, 21H; New York, NY 10025

Name _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Email: _____
 Phone: _____
 Quantity/Size: _____ Total \$: _____

The Setanta and Renaissance Women's Racing teams present:

Women's Beginning Bicycle Racing Clinic



Calling all women cyclists!
Have you ever been tempted to try bicycle racing? Are you not sure how to start?

Join the women of the Century Road Club Association, New York City's road racing club, in a three lap simulated race around Central Park. Experienced local women racers will ride with the field providing instruction, assistance and advice. After the race we'll gather around the

finish line, cover the race in detail, and answer your questions. We'll discuss the next steps you can take to become a fully-fledged racer.

For more information please see our flyer on www.crca.net, or call Beth Renaud, (212) 316-9430 or bethrenaud@yahoo.com

PLEASE JOIN US:

Saturday, July 27, 2002

Entry fee \$10

The Rambles parking lot in Central Park, New York City

5:15 – 5:40 a.m. registration

5:40 – 6:00 a.m. pre-race meeting

7:15 – post race analysis,

Q&A and prizes

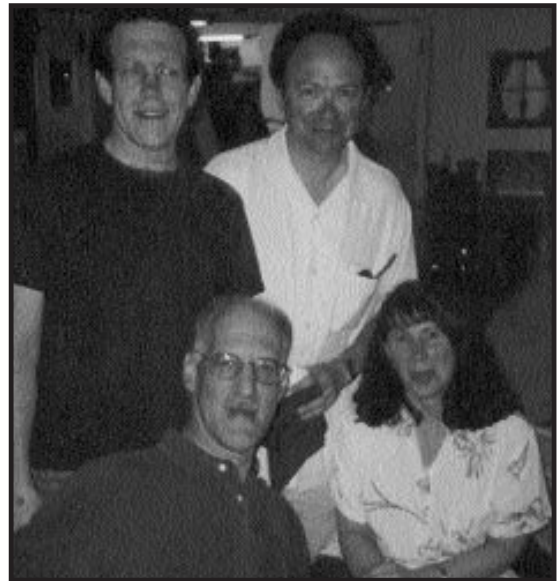


AVON



Prizes generously provided by these sponsors and supporters of women racing.

NYCC Berkshires Weekend 2002



Special thanks to everyone who helped make the 2002 Berkshires Weekend a huge success.

Photographs and layout by Tom Laskey

A-19 Loops in Central Park 7:15 pm
 Ride Leaders: Andrea Kannapell (212-556-7677/917-270-8446) and Charlie Ward (212-663-3693).
 From: at the Boathouse
 See Tuesday, July 2 Listing.

Prospect Park B16/17 15-20 Miles 7:00 PM

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).

Wednesday, July 24

A 52+/- Miles 10:00AM Sharp
Wednesday Morning Spin to Nyack
Leader: Do you really need a leader to go to Nyack?!
 Leader: You decide
 From the Boathouse.

None of the usual participants were willing to commit to leading on a regular basis, but the ride will certainly continue. We often split into two groups a small one doing an A19 pace and a larger group doing 21, 22 or more. There's always someone to ride with!

C 12-14 18 miles 7:00 PM
Wednesday Night Stress Buster

Leaders: Peter Hochstein (212) 427-1041 and Dave Sabbarese (dsabbarese@firstmanhattan.com)
 From: 90th St. and 5th Ave. (Central Park Engineers Gate)
 Bust your stress before it busts you. Join C-riders of every level from 12-14 plus closet A and B riders for three laps at any pace that 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. Pizza afterwards very occasionally happens. Helmets required. Rain cancels.

B15 50+ Miles 9:00 AM
Nyack - Full Moon Ride

Leader: Bill Strachan 212-677-6951 nycezrider@aol.com
 From: 72nd St & Riverside Drive (Eleanor Roosevelt Statue)
 Not every day we get to ride with a full moon. May be just the day to transform yourself into a ride co-leader. AH-WOOOO! Hydrate! Usual cancels but check with Bill by 8 AM.

Thursday, July 25

A19 Tuesday/Thursday Morning Training Series 5:45 AM

Leader: Linda's away, just show up and enjoy the ride
 From: Central Park - 90th Street and Fifth Avenue (Engineer's Gate)
 See Tuesday, July 2 Listing.

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

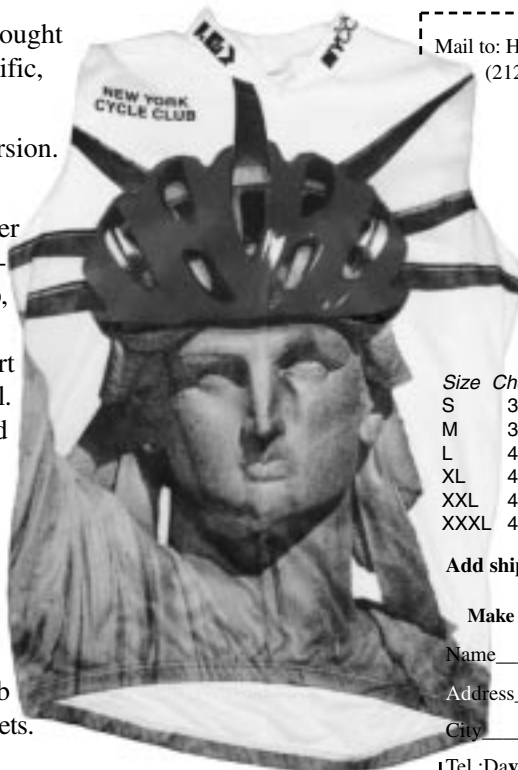
Our NYCC club jersey has been sought by cyclists in Europe, the South Pacific, and even as far away as New Jersey.

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 and state-of-the-art Micro-Airdry® 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

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. _____

Saturday, July 27

A19 **115+ MI** **7:30 AM**

Greenwood Lake

Leader: Peter O'Reilly 212.414.1937

From: The Boathouse

This ride is one of the most scenic and challenging out-n-back club rides. We'll visit such places as Greenwood Lake and Harriman State Park.

Mileage

aside, this is a challenging ride as it contains several mile+ climbs.

Possessing solid group riding skills are a must as we will be riding at a steady, efficient pace with minimal stops. Faster riders, mountain goats and the like will be accommodated, but due to the length of the ride, laggards, if any will be asked to bailout in Garrison (bring Metro North rail pass). A bike in good working order, extra pocket food, water, tubes and cheer are highly recommended. Wet weather cancels. Call leader if in doubt of ride/weather forecast.

A 20 **64 Miles** **8:30AM**

River Road once (down to the water twice); Bradley and Tweed twice. And Ash.

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

From: the Boathouse

Today's ride differs from my others on this challenging, gorgeous, largely traffic-free route in that it is even more challenging. We add climbs by going down to the water when the road does—and, of course, going back up. Twice. And instead of heading back to the city after Tweed, we'll descend to Piermont, eat (yes, eat) over-priced food outdoors, on the greensward there, then, to help our digestion, climb Ash and go back and do Tweed and Bradley all over again in the reverse direction. The last time I tried to get up those first few yards of Tweed off 9W...I didn't. As always, I'll be leading from the rear on every uphill. I don't do rain.

B18 **56 Miles** **9:00 AM**

Nyack

Leaders: Erin Mulvey 212-423-5728 emulvey@devries-pr.com and Elizabeth Baer Elizabeth.j.baer@rssmb.com

From: Engineer's Gate

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 8 AM.

B15 **50 +/- Miles** **9:30 AM**

Westchester Picnic

Leader: Mark Gelles mgelles@okcom.net 212- 689-1375

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

Route is scenic hilly ramble from Van Cortlandt Pk. to Pocantico Hills horse country & lunch @ Kingland 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. This ride will end where it started, at #1 train last stop.

B15/16 Rolling/Hilly **67 Miles** **8:00 AM**

"Poverty Hollow-Hosatonic River 67"

Leaders: John Zap Day 212-255-7191, Eve 203-972-9339 and Allan Goldberg 914-693-2928

From: Meet at Grand Central Station for the 8:07 AM New Haven train to Darien. Leader will meet group at Train Station arrive 9:01AM Beautiful ride through back woods of Darien, Silvermine, Wilton, Georgetown, Redding, Moroe, Derby and Milford. We'll ride to Bethel alongside the traintracks down through Poverty Hollow (Blooming Metric

Club Photos



NYCC Member Stephen Banker presenting Lance Armstrong with a NYCC club jersey.

County) then over to Monroe and down alongside the Housatonic River to Milford. (My most recent and favorite ride) for return from Milford approx 4:05pm or 5:05pm train depending of finish time. Joint with WCC.

C12 **23 Miles** **8:45 AM**

Sandy Hook, Come About

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

From: NY Waterway terminal (Pier 78, 38th St. & 12th Ave.)

Ferry and bike to this lovely Gateway Federal park. If the weather is extremely hot, we'll confide ourselves to the Hook and stay on the beach more. Otherwise, we ride to outlying towns and take in lemonade stands, several bridges, climb to an overlook and a twin lighthouse. Then the beach. Bring sunglasses, sunscreen, water, a lock and \$28 roundtrip fare. Better yet, make a reservation by calling Waterway at (800) 533-3779 or log on to <http://www.nywaterway.com>, as the cruise may sell out. Or else come EARLY to get a ticket Co-listed with 5BBC. Wet weather at the start cancels.

Sunday, July 28

A/B 16-19 **60 miles**

"Tour de France Finale—By Reservation Only"

Leader: Jay Jacobson 845-359-6260 joanandjay@aol.com Sunday,

SARDINIA, ITALY
SEPT. 21 – 29, 2002
\$1,895

MALLORCA, SPAIN
SEPT. 28 – OCT. 6, 2002
\$1,595

You've heard about the trips. You know the great time we've had. Start planning your fall vacation now. Join us for great riding, beautiful scenery, and great food.

Call Irene Gabb (516) 795-2401,
email igabb@hotmail.com.

How many of you saw the piece about C Rider **Maggie Clarke** on Page 2 of the Metro Section of the Times, the other day?

Ed Wyatt could not complete the A Sig last year due to injury, but he came back this year with 100% attendance. Quiet, sober, unheralded Ed showed up for the graduation ride sporting a pasted on pencil moustache and goatee, with Grazioli on his helmet, wearing an Italian jersey, and spouted what few Italian words he knew throughout the day. Why? We'll tell you why – **Frank Grazioli**, A Sig Lieutenant went to Italy that week, and this was Ed's way of honoring him. So . . . that's the real reason we have sigs – so our members can bring out the best in them selves.

Recently, **Jay Jacobson** rode 950 miles – solo –

from Mississippi to North Dakota, passing through the home states of **Bob Gray, Marty Wolf, Jody Saylor and Carolyn Booher**. Jay has visited 50 states, cycled in 35, and has been mentioned in Time Magazine in a special section on bike touring, this past May. **Spouse Joan** is very proud. **Carol Wood's** participation in the Spring Training Series is paying off. Seems a wise guy on a fancy road bike tried to dust her off while she was on her folding bike in Central Park one Sunday afternoon. Despite billowing skirts and Cole-Hahn sandals and flat pedals she caught him and put him away atop the Great Hill.

You do not argue with **Hannah Robson Vazquez** when it comes to directions. Twice on the Bash Bish ride during the Berkshires weekend she insisted she knew the correct way to go only to be shouted down by the group. And two times she proved to be right and the group was wrong – had to double back both times. Listen to the little lady, guys!

We all know that **Fred Steinberg** is an excellent route planner and trip



organizer. How many know that he can predict the weather. Once again Bish Bash – a small group for his A18 arrives at Spencertown for a rest stop. When they are ready to go on, Fred says no, there's going to be rain ahead. Much grumbling as they wait a while, and then Fred says it is time. When they arrive in West Copake they see soaking wet grounds, as if it had just rained. Nary a drop fell on that group, but others were not so fortunate.

Rich Ramon has finally found a riding partner worthy of his abilities. **Sergio Winston**, 5 year old son of **Ali Winston**, owner of the **Staveleigh Inn** where Rich was staying during the Berkshires weekend, showed Rich what its all about. He led Rich on a technically difficult one quarter mile loop – several

times – from the Inn to the Exxon station and return. We dare not report who was exhausted after this trip.

Ole Timers spotted at the June meeting: **Christy Saylor** and spouse **Jody Guzzetta**, **Ed Fishkin**, **Bill Vojtech**, **Arlene Ellner**, **Geo Kaplan** minus 60 pounds, **Athena Foroglou**, **Karl Dittebrandt** in knickers, **Herb Dershowitz** and **Liane Montessa**, **Fred Steinberg**, **Jay Jacobson**, **Tim Andon**, **Bill Strachan**, and **Mel Shleifer**.

Is it true that **Richard Rosenthal** leads the Wednesday Nyack group up the hills and gets dropped on the descents?

From: Cental Park area

Limited to the first 15 people who phone or e-mail leader after July 21—exact departure location and time will be disclosed then, Watch Lance win it again on satellite OLN dish—we can do some hills and sprints enroute & fantasize that we are approaching the Paris finish.

B15 **55 Miles** **9:00 AM**

Picnic at Kensico Dam

Leader: **Hans Schmidt (917) 523-3062 hschmidt@nyc.rr.com**

From: **Boathouse**

A scenic ride through Westchester, including waterfalls, streams, a lake or two, a path through the 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. Road prize.

C-13 **48 miles** **9:30 AM**

Annual Hanged Spy Ride

Leader: **Peter Hochstein (212) 427-1041**

From: **Boathouse Perimeter Fence**

My traditional annual ride to Rockland County to visit the only monument ever built by Americans to an enemy spy we hanged. (Major John Andre, Revolutionary War). Lunch afterward in Piermont. Helmet required, tire repair equipment strongly recommended. Serious rain at start cancels.



Tuesday, July 30

A19 **Tuesday/Thursday Morning Training Series** **5:45 AM**

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

From: **Central Park - 90th Street and Fifth Avenue (Engineer's Gate)**

See Tuesday, July 2 Listing.

A-19 **Loops in Central Park** **7:15 PM**

Ride Leaders: **Andrea Kannapell (212-556-7677/917-270-8446)**

and **Charlie Ward**

(212-663-3693).

From: **at the Boathouse**

See Tuesday, July 2 Listing

Wednesday, July 31

A **52+/- Miles** **10:00AM Sharp**
Wednesday Morning Spin to Nyack

Leader: **Do you really need a leader to go to Nyack?!**

From: **the Boathouse.**

None of the usual participants were willing to commit to leading on a regular basis, but the ride will certainly continue. We often split into two groups a small one doing an A19 pace and a larger group doing 21, 22 or more. There's always someone to ride with!

(Continued on Page 14)

NYCC Columbus Day Weekend in the Catskills

October 11 - 14

Join us for a fabulous weekend in Ulster County. There will be great rides, fun people, delicious food and spectacular fall foliage. Phoenicia, 25 miles west of Kingston on Route 28, in the heart of the Catskill Mountains, is the perfect location for our fall escape. Bed and breakfasts, inns, lodges and motels abound, and we all know the riding is unsurpassed. (No one ever gets lost — they just wind up on the wrong beautiful road!)

Woodstock is a mere 15 miles away and it's just a short detour from there to the infamous Devil's Kitchen. New Paltz is about 70 miles roundtrip, with or without climbing Mohonk Mountain. The notorious Slide Mountain - Samson - Peekamoose loop is only a 65 mile ride, albeit most of it is vertical! Which way will we do the loop this year? Several new routes have been scouted too. There's a route climbing past Haines Falls and one up Glade Hill. And there are literally thousands of miles of other scenic roads to explore.

The only problem is that rooms sell out fast. If you're spending the Fourth of July in Nyack and Labor Day in Park Ridge, don't wait til the last minute to make a reservation.

Margaret Cipolla (and hopefully Fred Steinberg) will be leading their distinctive A18 rides. Jeff Vogel will be getting dropped while attempting to lead faster A rides. Paul Hofherr will be leading his inimitable B15/C14 rides as only a native of Phoenicia can. There will be other rides if someone volunteers to lead them. Contact Jeff Vogel at cpacycles@aol.com or 718-275-6978 if you would like to lead a ride.

And don't forget to bring your hiking boots — you may want to forgo a day in the saddle to take advantage of the area's many hiking trails. (There's everything from a quiet walk in the woods, to challenging 4,000 foot climbs.) Or, stay over on Monday night to hike Peekamoose with Margaret and Jeff on Tuesday.

There will be a group dinner on Sunday night, October 13th at the American Cafe on Route 28, two miles west of Phoenicia. The cost for the buffet dinner is \$30 if paid by September 20. After that, until October 5, the price is \$35. After October 5, sorry. You will NOT be able to pay at the door. Please make your check payable to Jeff Vogel and mail to 102-10 66th Road, Apt 14E, Forest Hills, NY 11375.

Most towns in the Catskills are served by Trailways 800-858-8555. The one way fare is \$27.00 Bikes are free, but must be boxed.

The following is a partial list of accommodations in the area. (All are in

area code 845.) More info on lodging is available at:
Ulster County - www.co.ulster.ny.us
B&B's - www.hudsonvalleybandbs.com or 845-687-0757
Ulster County tourism 24 hour info line - 800-DIAL-UCO
Ulster County direct line (9:00 to 5:00) - 845-340-3566

Phoenicia:

Cobblestone Motel - 688-7871 (inexpensive)
Phoenicia Motor Village - 688-7772 (inexpensive)
Rays Cabins - 688-5410 (inexpensive)
Claude's B&B - 688-2561 (inexpensive)
Norsedale Motel - 688-7435 (inexpensive)

Mount Tremper (3 miles away):

La Duchesse Anne - 688-5260 (moderate)
Lodge at Catskill Corners - 688-2828 or 877-688-2828 (expensive)
The Emerson - 688-2828 (very expensive)
Lazy Meadow Cabins - 688-9950 (inexpensive)

Boiceville (5 miles away):

Trail Motel - 657-2552 (moderate)
Onteora, The Mountain House - 657-6233 (expensive)

Shandaken (6 miles away):

Copper Hood Inn and Spa - 688-9962 (very expensive)
Appletree Inn - 688-7130 (moderate)
Ramblebrook House B&B - 688-5784 (moderate)
Shandaken Inn - 688-5100 (moderate)
Auberge des 4 Saisons - 688-2223 (moderate)

Big Indian (10 miles away):

Big Indian Springs B&B - 254-5905
Val D'Isere - 254-4646
Cold Spring Lodge - 254-5711
Star-Lite Motel - 254-4449
The Weyside - 254-5484

Woodstock, Bearsville, Lake Hill (10-15 miles away):

Woodstock Inn/Millstream, Woodstock - 679-8211 or 800-697-8211
Twin Gables Guest House, Woodstock - 679-9479
Woodstock Lodge, Woodstock - 679-2814
Ivy Farm Inn, Lake Hill - 679-9045
Carol's Woodstock Country Inn, Bearsville - 679-9380
Morning Glory B&B, Woodstock - 679-3208

If you have any other questions, please contact Jeff Vogel at cpacycles@aol.com or 718-275-6978.

Ride Listings (Continued from Page 13)

B15 **50+ Miles** **9:00 AM**
Nyack - This could be the last time....

Leader: Bill Strachan 212-677-6951 nycezzrider@aol.com
From: 72nd St & Riverside Drive (Eleanor Roosevelt Statue)

At least for July. Lazy, hazy days of Summer are here. It is midweek and the idea is to see how well prepared you are to party this coming weekend. Or get ready for that fine bicycling vacation you've been planning all year. Aquafy yourself! Usual cancels but call Bill by 8 AM to double check.

Letters to the Editor (Continued from Page 3)

will of bike stuff. I haven't needed and don't Stan, or any organization, to be the agent for my donating to it.

Stan, challenged me to be #1 to sign up for ENY this year. Of course, that was purely a rhetorical sally on his part since, by the time I read his challenge, I could not have been #1. Someone wrote in the May Bulletin, "It drives me nuts when people criticize a writer for writing something he didn't write." Come to think of it, I wrote that. Stan, here's my challenge back to you: if you're going to attribute to someone something he allegedly wrote, be accurate. Oh, by the way, did you happen to see the front page stories or the "60 Minutes" piece that criticized the Red Cross for *not* spending its donations on the purpose for which they were donated and the Red Cross acknowledging that?

Richard Rosenthal

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 July 9th meeting

Train Smarter, Get Faster

All About Recovery with the RLX Polo Sport Team

You ride, you train, maybe you lift; why aren't you getting faster? You're putting in the miles, why aren't you "putting the hurt on" your pals? The RLX Polo Sport team will divulge the best kept secret of training:

Recovery. What it is, why it's important, and how to do it. Whether you're a racer, tri-geek, tourer or recreational rider, anyone who wants to improve their endurance, strength and speed can benefit from incorporating the elements of recovery—proper nutrition effective stretching, and "active rest"—into their regimen.

Team RLX includes Julie Walsh, registered dietician, champion swimmer and Cat. II racer; Nina Strika, national time trial champion, x-c skier and coach; Kristen LaSasso, former pro triathlete; and Jane Kenyon, state track medallist and speed skater. You may have seen them, a hootin' and hollerin' blur of blue in the park in the early mornings, but in July they'll straighten up and discuss specifics of eating right and riding smart, and demonstrate what to do OFF the bike to help you attain your cycling goals.

So please join us on Tuesday July, 9 2002 @:

Annie Moore's Pub and Restaurant: 50 E. 43rd Street (west of GCT between Madison & Vanderbilt Aves) Buffet Dinner including Chicken Marsala with rice, pasta primavera, green salad, coffee or tea, and more. Dinner is \$20, including tax and tip (cash only). Social hour with cash bar starts at 6 PM. Dinner at 6:45 PM. Program starts at 8.

Subway: Take 4/5/6/7/ to 42nd St. / Grand Central

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