

NYCC *Bulletin*



"C" Group with Robert Gray in NYCC Club shirt leading the fray.



Eileen Crowley (2nd from left) and "B-17" Group.



"B-15" Group on their way out of the park.

All-Class Rde, 6/23 - Starting out of Central Park on their way to Kensico Dam. Groups are organized by level and included the B-17's, B-15's, C-12's and the A-19's.

(Photographs by David Getlen)

President's Message

August starts the countdown to NYCC's premier event, the Escape New York Century. The date this year is Saturday, September 28th. For those who have never participated in ENY, it is a must-do event. I know, there are club rides featured throughout the season of equal distance, some to a similar destination. That is beside the point. ENY is the one club event that brings together not only all the members of the club but also, cyclists from all over the east coast and beyond. I've already received inquiries from people in Louisiana and Virginia, they can't wait. Neither can I!! You'll find a handy registration form in this issue. Also, on-line registration will be available through the people who bring you on-line membership, Active.com. Check our website, www.nycc.org for a link and more details.

If you've done ENY before, this is the perfect time to help out. We have a diligent organizing committee headed up by our own Stan Oldak (also B Rides coordinator) and they'll need your help in putting on this event. You can help mark routes, serve food, marshal, even drive one of the SAG vehicles if you have access to one of those motorized four-wheel machines. And don't worry about missing the ride if you volunteer, all volunteers will get to ride the routes a week before, with lunch on the club!! There's more information about volunteering also in this issue of the bulletin. It's never too early to sign up.

Many people have been asking about our new website message board system. We're a little behind schedule but after many hours of coding and beta testing it shouldn't be much longer. Speaking of volunteering, Peter O'Reilly, another of NYCC's own, has been the one investing all those hours coding and testing. From what I've seen, this is going to be a vital component of our already terrific and fantastic website maintained by our equally terrific and fantastic webmistress, Robin Read. More news to come!!

The dog-days are upon us. Our friends heat and humidity are having their way with us so be sure to take the necessary precautions. If you're doing a long bike ride, lather up with at least #30 sun block before you leave. For extra protection, squeeze some block into an empty film canister so it doesn't take up much room in your pocket and apply it liberally throughout the ride. Did someone say "hydration?" Bring two water bottles and remember to drink from them!! A bottle an hour is recommended. And don't forget those electrolytes. If you have a chance at a deli stop, fuel up with a sports drink of some type. The "Ice" Gatorade flavors are awesome!!!

- Tom Laskey

Editor's Note

First things first. We goofed. The Columbus Day weekend ride in the July Bulletin was incorrectly listed. It had the wrong dates and information. See the listing this issue for the proper information.

Secondly, after many travails - the roster is finally done and is included with this month's Bulletin. Check your listing to see if there are any errors and E-Mail me at dgetlen@aol.com with any corrections.

There is a new format for rides effective this issue of the Bulletin. Rides will be listed as Repetitive Rides and normal monthly Rides. Look for the two listings.

- David Getlen

Check out our fabulous web site:

<http://www.nycc.org>

Check out the new NYCC Message board:

http://www.nycc.org/bb_frame.html

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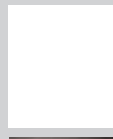
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eileen_crowley@msn.com

... 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



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!

Sunday, August 4

First Annual New York City Cycling Championship
The NYC cycling Championship is a world-class professional bicycle race featuring Lance Armstrong and the U.S. Postal Service Team against the best cycling teams in America, one week after the Tour de France finishes in Paris. The annual event, which will also feature a professional women's race, will raise money and awareness for the Memorial Sloan-Kettering Cancer Center. The challenging, spectator-friendly circuit is designed to provide a great venue for public viewing of the 62.5mile /100km course over a 1.2-mile circuit through the streets of Lower Manhattan.

For more information: <http://www.nycbikerace.com>

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

Sunday, August 25th 6th Annual Tour de Putnam Cycling Festival

15/30/50/100 mile routes across Putnam County, NY. Pre-Registration \$20. Tour Day Registration \$25. Includes cue sheet, T-shirt, lunch, entertainment, and more. For more info: (800) 470-4854
<http://www.visitputnam.org/tour/index.html> or tourism@visitputnam.org

Sixth Annual Tour de Putnam Cycling Festival, check-in at 7:30am, tours start at 9am. 15, 30, 50 and 100 mile tours plus mountain biking, Veteran's Memorial Park, Gypsy Trail Rd., Kent. Pre-reg: \$20.00, Tour day reg: \$25.00 includes cue sheets, T-shirt, lunch, and entertainment. A wonderful opportunity to see the beauty of Putnam County and it's historic sites. 845-225-0381, 1-800-470-4854 or email tourism@visitputnam.org

Come and enjoy a day in Putnam County with its scenic roads, historic sites and friendly people. Visit the Chuang Yen Monastery featuring the largest statue of Buddha in the western hemisphere. Stop at Boscobel

<http://www.nycc.org>

Restoration, considered one of the nations leading historic house museums. Take a tour of this lovely home from the Federal period or walk through the beautiful rose garden. When you arrive back at the park, relax and listen to our Dixieland Band while you enjoy your free lunch. You can even have those tired legs massaged. T-shirt and goodie bag also included in your registration fee.

For more information and a registration form please contact the Putnam Visitors Bureau at 1-800-470-4854 or 845-225-0381.

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 will be provided. For more information call Joel Seidenstein at 210-944-7226 or visit our website at www.btcnj.com.

Club Photos



Poverty Hollow - Housatanic River 67 Ride, Saturday July 27 led by John Zap and Allan Goldberg along the Blooming Metric route.

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!



Monthly Repetitive Rides Listing

Special Note: Effective this issue of the NYCC Monthly Bulletin, There will be TWO categories of rides listed. A repetitive rides listing and a regular monthly rides listing. The repetitive listing will contain the rides being ridden every week and will be listed **ONLY ONCE** with all dates shown.

Saturday, August 3, August 10, August 17, August 24, August 31

Tuesday, August 6, August 8, August 13, August 15, August 20, August 22, August 27, August 29

A20 64 Miles 8:30AM
Subject to Cancellation
Leader: Richard Rosenthal (212) 371-4700 bikeadman@aol.com
From: The Boathouse
 If I'm here, it's my same, ol', gorgeous, car-less, and challenging route: River Road, Bradley (twice) Tweed (twice), Ash (once). If I'm here, I'll be leading from the rear on every uphill. Call Friday night and see if I'm here because I might be there. If I'm not that's no reason for you not to be.

A19 Loops in Central Park 7:15 PM
Leader(s): Don Belfer (212-316-1876), Sean Kelliher (212-795-2581) and Charlie Ward (work: 212-776-5020, home: 212-663-3693).
From: at the Boathouse
 Please join us every Tuesday and Thursday night for 3 steady-state loops of Central Park. For heightened safety, we'll keep the pace to 19 mph on the flats (slower in the busiest sections) and divide into small groups. Helmet, pace-line skills and esprit de corps required! Ride leaves promptly at 7:15. The usual cancels.

Tuesday/Thursday, August 6, August 8, August 13, August 15, August 20, August 22, August 27, August 29

Wednesday, August 7. August 14, August 21, August 28
C12/14 18 Miles 7:00 PM

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 tuesdayapproximately 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.

Wednesday Night Stressbuster
Leaders: Peter Hochstein (212) 427-10431 and Dave Sabbarese dsabbarese@firstmanhattan.com
From: 90th Street and 5th Ave (Central Park Engineers Gate)
 Join C-riders of every level from 12-14 plus closet A and B riders for three laps around the park at any pace that sends your endorphins surging to you happiness receptors. (Would you believe somebody seriously requested a cue sheet?) 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



Wednesday, August 7, August 14, August 21, August 28

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.

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



August Ride Listings

Friday, August 2

and lunch the day before Lance Armstrong races in the New York City Cycling Championships. Rain cancels, call before 7:45 if in doubt.

B16 65 miles 9:15 AM
Point Lookout
 Leader: Ron Grossberg (718)-3692413 argee401@aol.com
 From: City Hall Park
 Description: Flat ride with picnic lunch by the beach. Call to confirm

B18 54 miles 8:30 AM
Rye Town Park
 Leaders: Tim Casey 718-392-1963 Tim_Casey@Earthlink.net
 Mary Beth Mulholland; Eileen Walker
 From: Rambles Shed

True B18 pace. We've got hills, the rolling variety. Bike to a private beach. Bring a bathing suit if you want to swim. Through the Bronx, but different. Plenty of bail-out opportunities along Metro-North and #6 subway. Bring Metro North pass. Lunch at Seaside Johnny's. \$6 beach access fee. We'll take a 1 hour lunch break if anyone wants to swim. Bring lots of water and sunblock. Helmets absolutely required. Rain at 8AM cancels.

Saturday, August 3

A19/20 72 or 108* miles 7:48 AM train
North White Plains to Brewster via Pound Ridge/Sherman/(Kent*)/Pawling
 Leader: Hank Schiffman 212-529-9082 schiffhank@aol.com
 From: Grand Central Station 7:48 AM train to North White Plains
 A day in the country. Route 22 to Armonk, Banksville/Round Hill Rds to Banksville, Hickory Kingdom/Mianus River Rd/172 to Pound Ridge, Fred's Route to North Salem and on to either Sherman (lunch stop) or Kent (group will decide or bailout) via the Vogel Route. Back to Brewster via county routes in New York State roughly paralleling the Harlem Valley rail line. Bring 2 water bottles, spare tubes and spare cash. Be prepared for hills and miles. If in doubt about the weather check the NYCC Bulletin Board for a posting by me. If you intend to do this ride contact me by either email or phone and leave your preference of ride.

B15 65+/- miles 9:00 AM
Brooklyn-Queens Roundabout
 Leader: Hans Schmidt (917) 523-3062 hschmidt@nyc.rr.com
 From: Manhattan side of Brooklyn Bridge

A favorite loop, following the Brooklyn-Queens portions of the 2001 TA Century route with a few modifications. Brooklyn Bridge, Prospect Park, Sunset Park Connector, Shore Parkway Path, pass Coney Island, Sheepshead Bay, Canarsie Pier, Highland Park, Forest Park, Vanderbilt Motor Parkway, Alley Pond Park, along Little Neck Bay and Flushing Bay, Astoria Park, then back to Manhattan via Queensboro Bridge. Check http://www.nycc.org/bb_frame.html if weather is questionable. Road prize.

A19/20 70+/- miles 9:00 AM
Lunch At Mount Ivy Diner
 Leader: Jack Lehnert (718) 884-6437 JSL7@Georgetown.edu
 From: the Boathouse
 Beautiful ride with long stretches on Knickerbocker, Western Highway, Little Tor Road, (the climb up "Little Tor" is not on the cue sheet but it could easily be made an option for those so inclined), with long return stretches on South Mountain Road, Ridge Road and 9W. Let's do a nice

B15 40 miles 8:30 / 10:00 AM
Turtle Back Zoo - So. Mountain Reservation
 Leader: Wally Stuck wallys1@hotmail.com 201-998-7331

(Continued on Page 6)

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

(Continued from Page 5)

From: 8:30am New York Penn Station (8th Ave & 31st - sidewalk)**OR 10:00am Newark Penn Station (Main Lobby-Info Desk)**

We'll take the long way around and enjoy going through Brook Park and some of the prettiest neighborhoods of Bloomfield, Glenridge, Montclair, Verona, the Oranges and pass by Eagle Rock Reservation. Yes there are a few big hills, but they are quickly forgotten. If you hate animals and hills -Oh Well! We will hang out and eat at the Zoo before returning. Bring \$5 for admission. Bring a lock, lunch or money for it. Don't forget water.

The usual acts of nature cancels ride.

C14 **50 miles** **9:15 AM**
Oyster Bay

Leader: Scott Wasserman (914) 723-6607 or bicyclelife@cs.com**From: Statue of Civic Virtue (Queens Blvd. and Grand Central Pkwy)**

One more time to the North shore of Long Island before lunch in the park by the water starts feeling too cold. Well, maybe too cold to take a short swim at the beach next to the picnic area. Expected substantial rain cancels.

Sunday, August 4

B17 **63 miles** **8:30 AM**
Titicus Reservoir

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

North North East to the top of Westchester County and take the train back. Yankee Stadium, Woodlawn, Bronxville, Scarsdale, East White Plains, Purchase, Round Hill, Bedford, Pound Ridge, South Salem, North Salem, Titicus Reservoir, Train from Purdys. Off to an energetic start, slower on the hills until we reach elevation 650 and have lunch at Pound Ridge, then faster paced for the mostly down hill 13 mile leg to the train station.

Suburban to rural countryside with a couple of miles of hard pack, definitely not a flat ride. Metro North bailout available at 45 mile point.

Train pass mandatory or pay \$5 for bike, they seem to be checking more than they used to. 70 minute train ride back starting at 3:20 or 4:20.

Please email if you are interested, I need to know how many will be on the train.

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.

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

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

Tuesday, August 6

C13 **25 miles** **10:15 AM**
Wave Hill (with only a few hills)

Leader: Dolores McKeough 212-539-1437 dolo@mindspring.com**From the Boathouse**

We'll take a ride to the Bronx, check-out the new path in Van Cortland Park; go into the southern part of Yonkers; then make a U turn into Riverdale and finally enter Wave Hill. We'll enjoy the green of the garden, the panoramic views of the Hudson, the art gallery and more.

Wednesday, August 7

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

Leader: Bill Strachan 212-677-6951 nycezrider@aol.com**From: 72nd St & Riverside Dr.**

Good chance to ride to the Spoon and chat about the NYC Road Race this past weekend. Our ride might not be as fast but no less enjoyable.

Especially the company. 30% chance of rain cancels but call Bill by 8AM to check. And stay hydrated.

Friday, August 9

B16 **60 miles** **9:15 AM**
Destination To Be Determined

Leader: Ron Grossberg (718) 3692413 argee401@aol.com**From: City Hall Park**

We will ride to wherever the wind blows us or wherever anyone wants to go. Call to confirm

Saturday, August 10

A19 **90 miles** **8:00 AM**
Tour of Rockland

Leader: Peter O'Reilly 212.414.1937 ptor@prodigy.net**From: The Boathouse**

Join me on an excursion through the rolling hills and back roads of suburbia namely in Rockland and Bergen Counties. Highlights of this Fred Steinberg route include long, visually pleasant (but hilly) stretches of Mott Farm, Gate Hill and W. Saddle River roads as well as shore lined roads of the Hudson River. Precip or wet roads cancels.

B15 **50 +/- miles** **9:30 AM**
Westchester Picnic

Leaders: Mark Gelles mgelles@okcom.net (212) 689 1375 &**Rhena Levine rhenagade@aol.com****From/End: 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.



B15/16 50+/-miles 8:40 AM**Katonah to Darien**

Leaders: John Zap Day 212-255-7191, 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 Train Station arrive 9:53AM

This rolling/hilly ride goes through Bedford then down through North
Greenwich to Cove Island Park Beach in Stamford for Lunch. Then onto
Darien, up to New Canaan and Pound Ridge and back to Katonah. Return
approx. 4:27pm train depending on finish time. Joint. WCC

C14 12-15 miles 9:00 AM**Beat the Heat ? Pedal & Paddle**

Leader: Dave Sabbarese dsabbare@firstmanhattan.com

From: The Rambles Shed (about 100 yards north of the Boathouse
and on the left)

Let's try a little diversion by pedaling from the park to the West Side bike
path and down to Pier 26 where we will park our cycles and exchange
them for kayaks. The Downtown Boathouse offers free instruction and use
of their kayaks on a first-come, first-served basis. After splashing around
for 20 minutes or so we'll hop on our cycles and swing up the Lower East
Side bike path where we will face a crucial decision ? continue on to
Brooklyn and Prospect Park or have brunch in an East Village sidewalk
café. We'll cross that bridge if and when we get to it. Don't forget your
helmet, lock, and lunch money. Rain date, Sunday, August 11.

Sunday, August 11**B16** 55 miles 9:00 AM**White Plains**

From: The Rambles Shed (On the left up the hill past the Boathouse.)

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

We'll take a pleasant, mostly shady ride to White Plains. A few mild hills,
just to wake us up and make us hungry for lunch at the Sea Star Diner.
Then home by mid-afternoon. Helmets required; also social skills. If
weather is questionable, call leader's answering machine at 8:00 a.m. on
day of ride for a message as to whether we ride or not.

A/B/C Ride 50 +/- miles 9:00 AM**Rondout Reservoir**

Leader: Rick Braun (212) 477-2575

Tired of always riding in the NYC metro area? Join us for a lovely, much
quieter ride in the country. We will drive about 2 hours and start riding at
about 11:15 A.M. 2 cars and 2 bike racks so far. If you can bring one or
both, let the leader know. Ride at your pace, and we will regroup
periodically. Helmets required. Rain at the start or more than 50% chance
cancels. Call leader for details.

C12/13 25-30 miles Flat to rolling 9:30 AM**Upper Manhattan, The Cloisters, and The G.W. Bridge**

Meet at the Central Park Boathouse near East 74th Street

Leaders: Ethan Brook 201-224-0316 or ethanbrook@aol.com

Richard Fine 201-461-6959, Barbara Augenblick 201-224-0316.

See the sights of the East and West sides of Manhattan with a trip across
the George Washington Bridge. Ride along the bike paths on both sides
of the Hudson River. We'll stop for lunch at Ft. Tryon Park, the site of
The Cloisters. Bring or buy lunch.

Wednesday, August 14**B15** 50+ miles 9:00 AM**Nyack**

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

From: 72nd St & Riverside Dr.

We're halfway through the Summer already but nowhere's near that point
in having fun. Frosty's at the Spoon keep us cool while the comraderie is
warm. Aquafy! 30% chance of rain cancels but double check with Bill
by 8 AM.

C12-14 18 mile 7:00 PM**Wednesday Night Stressbuster**

Leaders: Peter Hochstein (212) 427-10431 and Dave Sabbarese
dsabbarese@firstmanhattan.com

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

Join C-riders of every level from 12-14 plus closet A and B riders for
three laps around the park at any pace that sends your endorphins surging
to youhappiness receptors. (Would you believe somebody seriously
requested a cue sheet?) 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.

Saturday, August 17**A20 (+ depending upon the heat)** 55-60+ miles 8:30 AM sharp!**Rivervale**

Leader: Keith Goldstein (212) 982-9461

From: the boathouse.

Route to be determined at the start. Cooperative group ride.

Approximately

30 miles before we stop, so bring 2 water bottles and pocket food. Quick,
and I mean quick, stop at the bagel shop. It's summer, I don't do diners.
Return possibly via Westwood, 502. Maybe a stop at the bike shop.
Closter Dock, 9W, home. Acts of God, nature, or jihads cancel.

A19+ 50+ Miles 9:20 AM**Pocket food and a smile - Nyack via New York WaterWays Ferry**

Leaders: David Mandelbaum 212 927 8841 almondtrees@aol.com

John Polakas 718 875 1935 jpolakas@aol.com

From: 38th & West Sts. (just off the Hudson River Greenway) NY

Waterways Ferry.

Pick up: 9:30 @ Port Imperial Terminal; 10:00@ entrance to River Rd.
(1/2-3/4 mile south of GWB) Variety? To Nyack?? We meet at NY
WaterWays. Be early!! Go to the land booth and buy a ticket for you and
your bike (\$5 + \$1 = \$6.00) to Port Imperial and breath in the sea air as
we forget RSD, St. Nick, Ft. Washington and the GWB. NJ riders can
meet us at 9:30 at Port Imperial terminal or the entrance to River Road
(south of the GWB) at 10:00. Lunch in Nyack. Return via Tallman? 9W?
501?? Add more miles? More hills? ... a faster pace??? ... by consensus.
Home: GWB or the ferry to 38th St or to Wall St. Bring: bike, some leg,
helmet, 1-2 water bottles, some Pocket food and a smile

B18 110+/- Miles 7:00 AM**Bear Mountain Equivalency Diploma**

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

From: West 72nd Street & Riverside Drive (Eleanor Roosevelt statue)
(Continued on Page 10)

Escape NEW YORK

Saturday, September 28, 2002
Rain or shine.

See picture-postcard views of the Hudson River and Palisades as you cross the George Washington Bridge to the hidden pleasures of New Jersey and scenic New York State.

Sign up today for Early Registration savings.





Saturday, September 28, 2002
Rain or shine.

Sponsors (Partial list at press time)

- Bicycle Habitat • Bicycle Renaissance • Bicycle Plus
A Bicycle Shop • Bicycling Magazine • Cigi Bicycle Shop
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Sid's • Pedaling.com • Piermont Bicycle Connection • Ride Noho
Thule • Cotham/Toga Bike Shop • Tom Cat Bakery
Palisades Interstate Parks Commission
New York Parks & Recreation Dept.
Pedal Pushers

Choose from 3 routes:

100 miles

7:30 am - Century Challenge
A rolling Full Century through scenic Bergen and Rockland Counties.

62 miles

8:00 am - Rockland Roll
A Metric Century, rambling on lightly trafficked, beautiful roads.

50 miles

9:00 am - Piermont Pleasures
A Half Century, to the charming village of Piermont on the Hudson.

Start and Finish: 122 St. & Riverside Drive, Manhattan, NYC, near Grant's Tomb.

Early Registration Fee: \$23 until Monday, September 16,
Day of The Event: \$30 Sept. 17th to 28th.

- Lunch, snacks and water provided along the way.
- All routes clearly marked: ENY, with route sheets.
- Free souvenirs and raffles for great bike stuff.

Proceeds will be donated to **Recycle-A-Bicycle**. An organization that teaches inner city youth about the value of cycling and recycling, how to maintain and repair bicycles, and how to ride safely in the city.

Entry Form: Download from www.nycc.org or register online.



Registration Form

No confirmation or additional materials will be mailed to you prior to the ride. Route sheets will be available at the start. *Cut off this panel and send in with payment.*

Make checks payable to: New York Cycle Club
Mail registration and check to: NYCC - Escape
P.O. Box 20541, Columbus Circle Station
New York, NY 10023

PLEASE PRINT:

Name _____

Address _____

City - State - Zip _____

Telephone _____ Emergency Phone _____ Email Address _____

NYCC Member? Yes No

Registration Fee: \$23 until Sept. 16th \$30 Day of Event

Special Combination: ENY ride/NYCC membership for 16 months

Individual: Here's my check for \$47 - Pre-Registered
 \$54 - Day of Registration

Couple: Here's my check for \$76 - Pre-Registered
 \$90 - Day of Registration

I plan to ride: Century Metric-century Half-century

Where did you find out about ENY? Internet Bike Shop

Newsletter Other:

Check here if you do not wish your name to be released to sponsors.

Waiver:

Signature Required

Be advised to wear a helmet for your own safety and as required by Rockland County. There is no rain date!

KNOW BEFORE YOU GO: 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 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 inaction, 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 part by the negligence of the "Releasees" or otherwise, including negligent rescue operation, 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 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.

Sign below. One person per form. May be duplicated.

Signature of Rider _____

Signature of Guardian (If under 18) _____

(Continued From Page 7)

This ride is for all those B-SIG starters who didn't graduate because they were too busy riding elsewhere or anyone else interested in doing a "century plus". The route is at <http://www.kaulaw.com/hans/BearMt.htm>. Please contact leader by Wed 8/14 if you want to ride.

C 14 **35 miles (?)** **9:00 AM**
Brooklyn Adventure

Leader: Dave Sabbarese dsabbare@firstmanhattan.com
From: The Rambles Shed (about 100 yards north of the Boathouse on the left)

A leisurely spin to Coney Island via Prospect Park. We'll catch some rays on the Boardwalk before heading back by way of Ocean Parkway. Manhattanites, lose your fear of Brooklyn in one day. No visa or passport required, however bring your helmet, lock, plenty of water and beer money for the leader upon completion of ride. Rain date is Sunday, August 18th.

C12/13 **Flat 30 miles**
10:00 PM

Saturday Night August 17 Moonlight Bike Ride
12th Annual Flat safe ride through the streets of Manhattan.

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

From: Plaza Hotel Fountain, 5th Ave. and 59th Street.

Enjoy the sights, sounds, and smells of New York as we zip through Central Park, Riverside Park, along the East and Hudson Rivers, Greenwich Village, Chinatown, Little Italy, and Much Much More and still get home in time for a good night's sleep. Cue sheets and bananas supplied.

C12 **25-30 miles**

11:00PM

Down the Hatch

Leader: Alfredo Garcia, cyclistxxiii@yahoo.com, (212) 802-2441
From: NY Waterway ticket office @ Battery Park, near Rt. 9A bike lane
 Now it's dark. I've led Paul Sullivan's unique 5BBC ride since 1997. 9/11 withstanding, I hope to do it again. Here's the drill: ride to the GW Bridge. Munch at a Jersey food stop. Descend into the Lincoln Tunnel for a little madness. Simple. Please note: those who want to pacebust and/or need to be in a hurry, this ride is not for you, baby. Optional breakfast.

Very important: bright front and rear lights required. Don't bring much gear (e.g. backpack) but carry legitimate photo ID, in case authorities want to know who we are. Helmets required, but sunscreen isn't. I reserve the right to turn away those unprepared. Wet weather at the start cancels. Co-listed with 5BBC.

Sunday, August 18

B17-18 **75+/- miles** **9:00 AM**
Oyster Bay

Leaders: Rick Braun (212) 477-2575;
Hans Schmidt (917) 523-3062 hschmidt@nyc.rr.com
From: Boathouse

Are you tired of the old North-South to Nyack and back? Want a change of direction? Then head East with us to Oyster Bay on Long Island's north shore via the B-SIG's route. Road prize.

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

NYC Century Bike Tour

The Ultimate Urban Experience on Two Wheels
 35, 55, 75 and 100 mile routes



Transportation
ALTERNATIVES

The advocates for cyclists, pedestrians and sensible transportation
transalt.org

Sunday
September 8
2002

To register for the ride or
 for more info:

www.NYccentury.org

212-629-8080

Sign up to
 Win a
\$1000 Folding Bike!
WinaFreeBike.org

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.

Wednesday, August 21

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

Leader: Bill Strachan 212-677-6951 nycezrider@aol.com
From: 72nd St & Riverside Dr.

Training ride. Ok yawl. If I qualified for BMB this will be my last training ride before it. Come along and critique those final little things that need to be done. 30% chance of rain cancels but call me by 8AM to double check.

Thursday, August 22

A19 **Tuesday and 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.

A19 **Loops in Central Park** **7:15 PM**
Leader(s): Don Belfer (212-316-1876), Sean Kelliher (212-795-2581) and Charlie Ward (work: 212-776-5020, home: 212-663-3 6 9 3).
From: at the Boathouse

Please join us every Tuesday and Thursday night for 3 steady-state loops of Central Park. For heightened safety, we'll keep the pace to 19 mph on the flats (slower in the busiest sections) and divide into small groups. Helmet, pace-line skills and esprit de corps required! Ride leaves promptly at 7:15. The usual cancels.

Saturday, August 24

A20 **64 Miles** **8:30AM**
Subject to Cancellation

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

If I'm here, it's my same, ol', gorgeous, car-less, and challenging route: River Road, Bradley (twice) Tweed (twice), Ash (once). If I'm here, I'll be leading from the rear on every uphill. Call Friday night and see if I'm here because I might be there. If I'm not that's no reason for you not to be.

B18 **71 miles** **8:00 AM**
Cold Spring Depot

Leaders: Tim Casey (718)-392-1963 Tim_Casey@Earthlink.net
 Derrick Garrett; Rick Braun

(Continued on Page 12)

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

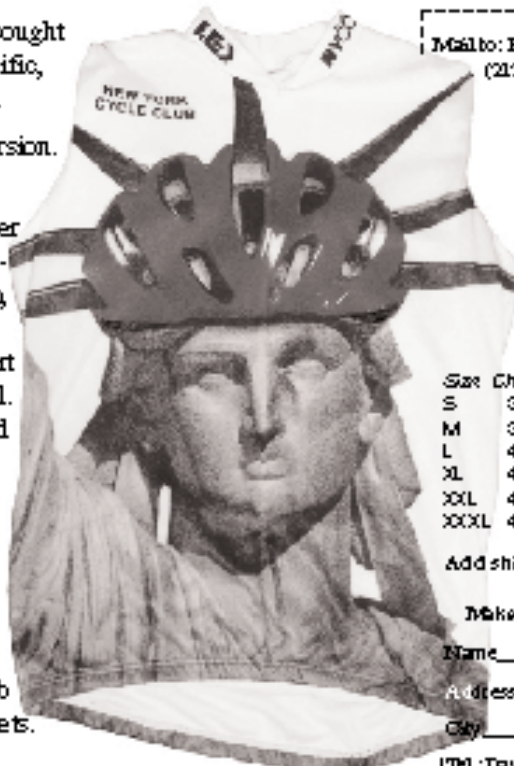
Our NYCC club jersey has been sought by cyclists in Europe, the South Pacific, and even as far away as New Jersey.

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-Airly® 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 Broadway, #40L • NYC 10007
 (212) 267-6964 • E-mail: hschmidt@nycc.com

SLEEVELESS @ \$46 (Unisex)

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 _____

(Continued From Page 11)

From: 72nd St. & Riverside Drive

Come celebrate with me on my pre-birthday ride. True B18 pace with a serious hill. Remember Seven Lakes Drive? If you liked it before you'll love it now. End of ride is the Depot restaurant at Cold Spring. Take Metro North back. Bring your train pass. Please RSVP by e-mail or phone so I'll have an idea of the group size. Bring water (2 bottles or a Camelback)

and sunblock. Helmets required. Rain at 7:30 cancels. Call that morning if in doubt. What birthday am I celebrating? How about the 29th (again)?

B17 **65 miles** **9:00 AM**
Backcountry Greenwich is Green

Leaders: Alison Gardy (917) 696-2370 agardy@92ndsty.org, Ira Mitchneck (212) 663-2997 imitchneck@cs.com

From: Boathouse

Once upon a time a ride leader listed this ride. Half the riders came ready to jump over logs. Backcountry Greenwich is green and it is paved although the roads are shaded under a canopy of century old trees. Lunch in Armonk.

B15/16 **60 miles** **7:40 AM**
New Canaan, Ridgefield, Amawalk Reservoir

Leaders: John Zap day (212)-255-7191, eve (203)-972-9339 ; Allan Goldberg (914)-693-2928

From: Meet at Grand Central Station for the 7:48 AM Brewster North train to Katonah. Leader will meet group at Train Station arrive 8:52AM

Beautiful ride through the rolling to hilly back woods of Bedford, Pound Ridge, New Canaan with Lunch in Ridgefield. Then around Titicus Reservoir and out along Amawalk Reservoir. Return approx. 4:27pm train depending on finish time. Joint. WCC

C12 **23 miles** **11:00 AM**
Sandy Hook

Leader: Alfredo Garcia (212) 802-2441

From: NY Waterway terminal, World Financial Center

Here we go again on an 8-hour vacation, involving a high-speed ferry, Jersey Shore sightseeing, a beach and of course, a bicycle. Bring \$28 fare for the 11:15am boat, a lock, swim gear, sunscreen, and sunglasses. Helmets required. Wet weather at the start cancels. Co-listed with 5BBC.

Sunday, August 25

A 18/19 **100+/- miles** **8:00 AM**
Bear Mountain Birthday Bash

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

From: The Boathouse

Join me in celebrating the First Lady's birthday (a few days late). Yes, I know the route time and yes, we will climb Perkins for the traditional Gatorade toast. We'll stop at the Stoney Point Diner for brunch and then another short stop after Perkins to refuel. Metro North pass and pocket food recommended, Helmets and good pace line skills required. Rain or better than 70% prediction cancels. Temps above 95 shorten.

A18 **50+ miles** **9:00 AM**
Tootsie Pop Ride

Leader: Alison Gardy agardy@92ndsty.org (917) 696-2370

Meet at the Boathouse

There's a "surprise" in the middle of this ride to Nyack. Just when you thought you knew 9W...

Club Photos



Lunch Break during the Gold Coast Ride on Saturday, July 13 led by John Zap. The weather was great as was the Connecticut shoreline.

(Photographer Unknown)

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 **43 miles** **7:45 AM**
Noroton Heights to Ridgefield

Leaders: Marilyn and Ken Weissman (212) 222-5517.

From: GCT Info Booth for 8:07 bike train to Noroton Heights.

Another of Marilyn and Ken's SIGHTSEEING-PACED routes through back-country Darien, New Canaan, Silvermine, Wilton, Ridgefield, Kitchawan, Scotts Corners, and a host of other communities that, in all probability, you've never heard of. That goes for many of the roads you'll use too. Expect a couple of patches of hard packed dirt (narrow tires are OK), a few hills, lots of horses, and about \$26 trillion of semi-manicured exurbia. Lunch in Ridgefield, CT. While we'll average only 9-10 mph, this ride's profile bridges "C" and "B" categories, and may not be suitable for beginning riders. Wannabe Killer Bs will be dropped off the front. Due to a pending out-of-town commitment, please call to confirm availability.

C-13 **50+/- miles** **9:30 AM**
Roundabout route to Piermont

Leader: Peter Hochstein (212) 427-1041

From: Boathouse perimeter fence

Depending on heat, humidity, group size and various intangible factors we'll go by one route or another to Piermont, either circling West of the Hudson, or going straight up, or via River Road and through the woods of Tallman Mountain. Lunch either on the pier or in the woods at a picnic table, or at the gazebo. (Same intangibles apply.) This is a relaxed, uncompetitive ride where neither pacebusting nor comments about the filth accumulating on my chain and gears will be appreciated. There will be a few unavoidable hills. Bring pump, patch kit or spare tube, helmet, lunch money, sense of humor. Rain cancels.

Richard Rosenthal says, "No!"

The Clearwater Festival in Tarrytown June 15-16 had over 100 cyclists in attendance – many of whom returned via Metro North – organized by *Hannah Borgerson*. And the same weekend *Hanna Vazquez* (8th), *Reem Jishi* (16th), and *Midori Nakamura* (24th) raced through a horrific heavy rainstorm in the Housatonic CT Hills road race.

Quote of the Month: "It's a scary world. I just hope we're not on our bikes if a bomb goes off nearby. I hate cleaning my bike!" *Don Montalvo*

BOZOS – You asked for Bozos and do we have Bozos! First off *Victor Chan* – nominated by *Christy Guzzetta* for, "His insightful, brilliant input to the Club's Message Board – re Tour de France



viewing. But that ain't the winner – for we have a **LEADER BOZO** – Nominated by *Carol Waaser* – "His announced 65 mile ride turned into 80 miles, and the full rebellion came when he turned right instead of left on Fostertown Road taking us back up the climb we had done earlier in the day. Add to that, 70 miles into the ride he took us up a 15% grade (described by *Jane Kenyon* as 'Ash with switchbacks.')

This was supposed to be a B-15 Ride. He ended the Saturday West Point Ride with 14 fewer friends – all were concerned that they would not make it back to the dock in time for the boat ride dinner cruise.!" Who, you ask – why *Christy Guzzetta*? And that ain't the winner. Drum rolls and ruffles and flourishes – **BIKE BOZO OF THE MONTH IS THE UNKNOWN CYCLIST** who took too much time at the head of an A-19 paceline to Nyack, was so wiped after dropping off he couldn't control his bike and crashed into the cyclist ahead of him. No damage to the Bozo, but the other rider needed a lift to a local bike shop for a \$200 repair bill. Did our **BOZO** offer anything to offset the damages? Hell no! The clear winner, nominated by *Michael Sopher* who wins this months. prize – 10

Miles of Siberian Railway in the form of 1890 Trans Siberian Railway Bonds. Michael you may pick up your certificate at any office of E.F. Hutton – are you listening? If the **BOZO comes forward – he, too, can redeem his prize.**

Congratulations to whoever is responsible for finally delivering to us the NYCC Roster. It was due in April – look at your New York Cycle Club By-Laws, s.v.p.! Just remember the second edition is due in October! And how about our editor – finally woke up to when Columbus Day is this year. I remember when *Jane Kenyon*. and *Ernie Yu* spent a night – once a month - in an upper West Side gin mill proofing the bulletin. A refreshing Blast from the Past at West Point. *Ellen Richard* Broadway impresaria and former A

Rides Coordinator appeared on the scene. Welcome back *Ellen!*

How about that bevy of biking beauties the RLX Polo Sport Multisport team who graced our table and program at the July meeting. *Robin Read, Julie Walsh, Bo Alexander, Tara Parsons, Nina Strika, Liz Seward, Jane Kenyon, Kristen LaSasso, Heather Baiman and Patti O'Brien.* Thank you ladies.

No she was not considered for a Bozo award because *Jane Kenyon* did not break her shoulder in two places on a bike – she did it speed skating!

And finally *Peter Kouletsis* writes: "Following the 7/14 Newcomers Picnic, A-18 leader Banana Pete and the Chiquitas (e.e., m.m., l.l. & a.g.) formed an all-Bianchi paceline to the races in Park Ridge. After the cat. ? event they returned to the city by catching a 23 mph draft from the Kaplan cat. ? squad...and looked great all the way home."

Wednesday, August 28

B15 **50+ miles** **9:00 AM**
Nyack
Leader: Bill Strachan 212-677-6951 nycezrider@aol.com
From: 72nd St & Riverside Dr.

I'm hoping I need this to recover. Congratulate/Commiserate, either way we ride and have fun. Last Wednesday ride before Labor Day. 30% chance of rain cancels but call by 8AM to check.

Saturday, August 31

A18/20/22 **80/90 miles** **7:25 AM**
Mohonk, Minnewaska & Cragmoor
Leader: Fred Steinberg (212) 787-5204 fsteinberg@nyc.rr.com Hank Schiffman (212)-529-9082 schiffhank@aol.com Timothy McCarthy (718) 204-7404 timothy@designframe.com
From: Grand Central Station (7:53am bike train to Beacon)

Another Labor Day Saturday in the incomparable 'Gunks. Beautiful countryside from start to finish. Three long climbs with spectacular descents, plussome lesser hills along the way. One unpaved road (might be gravel). Be warned, this is not the ride to squeeze more miles out of threadbare tires! Alternate routes bypass one of the climbs. Gourmet dining in Kerhonkson; water stops as available. Bring 2 water bottles, pocket food, tubes, etc. Metro North pass required. Arrive at GCT by 7:25AM and purchase ticket to Beacon (Hudson Line). Cancel conditions: Dismal weather in the mid-Hudson Valley. Rain date: call Fred.

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.

Sunday, September 1

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.

Monday, September 2

C-14 **40 miles** **9:30 AM**
Westwood Diner
Leader: Carol Waaser 212-581-0509 biker-c@rcn.com
From: The Boathouse
 We'll take a pleasant ride to the Westwood Diner (currently my favorite pancakes). If the weather has been dry, we may take a section of unpaved bike path (rideable on a road bike). Helmets required; also social skills. If weather is questionable, call leader's answering machine at 8:30 a.m.

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 some-one 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 on the 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.



“Quite a Mob” - Newcomers Ride, 7/14. This All-Class get together proved to be more popular than anyone could imagine and was a tremendous success. (Photograph by Scott Hallerman)

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 August 13th meeting

How to keep your bike happy and healthy!

Over the past few months, we have spent some time focusing on how to train and prepare our bodies for riding. (A special thanks goes out to the women of the RLX/Polo cycling team for their great training program last month.) This time around we are going to focus on keeping the other part of your "cycling team", your bike, in top shape. From simple mechanical basics to a complete mid-season overhaul, we will have a guest professional mechanic giving out helpful tips and answering questions. There may even be a hands on learning opportunity or two.

So please join us on Tuesday August 13 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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