

# NYCC *Bulletin*



On top of Mt. Ventoux on July 21, 2002 patiently waiting for “Le Tour” to come by. Standing with backs to Camera, Reem Jishi and Peter Maessen. With face to Camera, Standing David McCue, sitting (Postal Jersey) Richard Ramon. On far right is Midori Nakamura.

## President's Message

September is a busy month here in NYCCville. First and foremost, there's the highlight of the NYCC year, the Escape New York Century which will take place on Saturday, September 28. Three great routes – 100, 62 and 50 miles – food, full support, marked routes, organized rides at varying paces, what more could you ask for? If you've participated in ENY before, think about volunteering for one of the many jobs required to put on ENY like route marker, food server, ride leader, marshal or driver. Whatever job you volunteer for, you'll still be able to ride the route the week before and get a free lunch out of it. Not a bad deal!! Elsewhere in this issue you'll find a registration form for ENY participants and contact information for ENY volunteers.

September is also the start of the nomination process for officers of the board of directors for the 2003 term. Yes, it's true, the club does not exist on it's own by divine intervention, it exists because dedicated volunteers on the board of directors keep it running. The list of board offices is here in the bulletin. If you need a description of any of the offices or more information on what is required, drop me an email at [nyccinfo@nycc.org](mailto:nyccinfo@nycc.org). I'll be taking nominations at the next club meeting on Tuesday, September 10 and again at the October meeting and you can always contact me at the email address above. The actual election will be in November so we'll need to have our slate of nominees in place by mid-October. If you or anyone you know is interested in helping the club maintain it's current level of greatness, now is the time to let us know.

I'll wrap this up with a small housekeeping detail. It's been brought to my attention that there are some in the club who are under the impression we have a rule that helmet must be worn on all club rides. It is highly recommended that all club members wear helmets on all club rides but it is not a rule. Club members may decide for themselves whether or not to wear helmets on club rides. If you are leading a ride, you may make helmets a requirement however; I strongly recommend that you mention your requirement in your ride description. No one wants to start out a ride with an argument about whether you need a helmet or not, being clear about helmets in the ride description is the best way to avoid one.

- Tom Laskey

## Editor's Note

Tom Laskey has already emphasized it and I see no harm in repeating it. The NYCC Escape New York ride is September 28. The rides are 100 miles, 62 miles and 50 miles. You will find a ride to suit your abilities and capabilities. Come out and enjoy.

Tom also talks about the nomination process. Volunteerism is what helps make the club a success. So think about volunteering for the Board of Directors. It is a worthwhile job.

There are other events to keep in mind - There's the night out at Planet Thailand restaurant on September 17 (see ad on Page 6) and the Columbus Day weekend in the Catskills.

God cycling.

- 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](http://www.nycc.org/bb_frame.html)

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**Subscriptions:** Free to NYCC members. If you don't receive your Bulletin on time, have a change of address, or any other questions about your membership, email Eileen Crowley.

**eileen\_crowley@msn.com**

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

**Cover:** This month's cover taken atop Mt. Ventoux (France) waiting for "Le Tour" to pass by.

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

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

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

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

David Getlen  
 60 Gramercy Park North  
 New York, NY 10010

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

**dgetlen@aol.com**

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

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



**Please read this before your first club ride**

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

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

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

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

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

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

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

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

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

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

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

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

 **Rides List**   
Always wear your helmet!

**Monthly Repetitive Rides Listing**

**Special Note:** Effective the August issue of the NYCC Monthly Bulletin, There are 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 31, September 4, September 11, September 18, September 25**

**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.

**Tuesday / Thursday, September 3, September 5, September 9, September 11, September 16, September 18, September 23, September 25, September 30**

**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. I may be away on business for part of the month, so please check the weekly email listings.

**Tuesday, September 3, September 10, September 17, September 24**

**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:** 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.

**Wednesday, September 4, September 11, September 18, September 25**

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

**Leader:** Jeff "El Jefe" Vogel 718-275-6978; CPAcycles@aol.com  
**From:** the Boathouse



## 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



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.

**Thursday, September 5, September 12, September 19, September 26**

**Wednesday, September 4, September 11, September 18, September 25**

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

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

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

What is the busiest day of the year in the Maternity Ward? Labor Day of course. Love's Labour's are not lost on our rides. Here's your chance to regale us with your holiday weekend escapades. Helmets, pocket food and waterbottles required. 30% chance of rain cancels but call Bill by 8 AM to check.

**C-12-14 18 miles 7:00 PM**

**Thursday Night Stressbuster**

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

**From: 90th Street and 5th Avenue (Central Park Engineers Gate)**  
"Professor" Hochstein is teaching a Wednesday night course, so until the season ends you'll have to join C-riders of every level from 12-14 plus closet A and B riders for this three-times-around-the-park whatever-it-is on Thursdays instead. Ride at your own pace. We regroup after each lap to let the slower riders catch up with the killers. Pizza afterward very occasionally happens. Helmets required. Rain cancels.

## September Ride Listings

**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, plus some 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.

**Sunday, September 1**

**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.

**Monday, September 2**

**C-14 40 miles 9:30 AM**

**Westwood Diner**

**From: The Boathouse**

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

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. on day of ride for a message as to whether we ride or not.

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

(Continued from Page 5)

**Tuesday, September 3****B15**                      **50 miles**                      **9:00 AM**  
**Nyack****Leader: Bill Strachan 212-677-6951 nycezrider@aol.com**  
**From: 72nd St & Riverside Dr.**

What is the busiest day of the year in the Maternity Ward? Labor Day of course. Love's Labour's are not lost on our rides. Here's your chance to regale us with your holiday weekend escapades. Helmets, pocket food and waterbottles required. 30% chance of rain cancels but call Bill by 8 AM to check.

**Friday, September 6****B16**                      **60 miles**                      **9:15 AM**  
**Point Lookout****Leader: Ron Grossberg 718 369 2413 argee401@aol.com**  
**From: City Hall Park across from Brooklyn Bridge bike path**  
Picnic lunch on the beach. Via Cross Bay Bridge and Atlantic Beach Bridge: returning with the Marine Pkwy Bridge. Please call or mail to confirm.**Saturday, September 7****A 19/20**                      **100+/-**                      **7:53 AM train**  
**Garrison/Putman/Dutchess County/Sherman, Ct/Cold****Spring or Brewster****Leaders: Hank Schiffman 212-539-9082 schiffhank@aol.com,**  
**violetdubois@mindspring.com (212) 683-0070**

**Something new and exciting.** Let's all get lost together this time. I hope to cobble together a route including some memorable hills and lunch at the American Pie Co in Sherman. And that means a hill post lunch. If we are lucky I will find an apple orchard for some cider en route. So bring along some folding money, spare tubes and water bottles. This is an A ride which denotes paceline skills and stamina.

**B17 Flat**                      **74 miles**                      **8:00AM****Entire CT Gold Coast Ride****Leaders: John Zap Day 212-255-7191, Eve 203-972-9339**  
From: Meet at Grand Central Station for the 8:07 AM New Heaven train to Darien, Leader will meet group at Train Station arrive 9:01AM  
Say goodbye to summer with good look at the coast as we ride into fall. 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 or later depending on finish time.**Sunday, September 8****A19**                      **100+ miles**                      **8:00 AM**  
**Necking on Long Island****Leaders: Meredith Berman, 212-832-7618, meredithberman@hotmail.com****Timothy McCarthy, 718-204-7484, timothymc@earthlink.net****From: The Boathouse**

Join us as we meander through scenic Queens on out to Long Island and back. The object is sight seeing over pace busting (though we may motor at times). This is an all day affair. Hills? You betcha (a few). Bring plenty of lip balm and be prepared to play spin the water bottle. Helmets and good cheer mandatory

**B15**                      **50 miles+/-**                      **8:30 AM**  
**"Ling Yang" (2rd annual)****Leaders: Mark Gelles (mgelles@okcom.net) (212) 689 1375 & Bernie Brandell****From: The Boathouse**

On this all-day tour we take an esoteric route, in search of primordial forests and WW II submarines. We spin through Jersey burbs, onto Tallman bike path (hard-pack), then meander southwest to diner lunch stop @ USS Ling SS 297 (www.njnm.com). Eat, then tour the ship, AHOOGA, AHOOGA surface for home. Official end of ride is the Manhattan side of GWB. Bring pocket food (late lunch @ 40 miles), a few bucks for lunch & optional sub tour, & a smile. The usual cancels.

 **Special Event - September 17**

Continuing our restaurant excursions, this month we have selected **Planet Thailand** restaurant in Williamsburg Brooklyn.

"Funky, spicy and original" serves **Thai and Japanese** fare at "phenomenal-value" prices.

133 North 7th Street - September 17, 2002 7PM cash only

L train to Bedford Ave stop

Please RSVP to [events@NYCC.org](mailto:events@NYCC.org) by September 10

**C12** 35/55 miles 7:45 AM

**Four Metro North Lines**

**Leaders: Marilyn and Ken Weissman (212) 222-5527**

**From: GCT Info Booth for 8:07 Bike Train to Noroton Heights**

A winding, tree-shaded SIGHTSEEING route, meandering through beautiful parts of Darien, New Canaan, Pound Ridge, Waccabuc, around the top of the Titicus Reservoir to Purdys (train home at ~35 mi.) then on to lunch in Somers. After lunch, we'll wander around the Amawalk Reservoir until connecting to the paved North County Trailway for a Tarrytown Metro North return. One short, steep—so you'll walk a block—hill at the north end of Trinity Pass. Helmets and Metro North passes required.

## Friday, September 13

**B16** 45 Miles 9:20 AM

**Staten Island Perimeter**

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

**From: Staten Island Ferry terminal**

Picnic lunch at the conference house. Perimeter of the island with a few interior hills (Lighthouse and High Rock) Please call or e-mail to confirm.

## Saturday, September 14

**A19** 80 miles 9:00 AM

**Byram Lake/Armonk**

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

**From: the Boathouse**

An A-route classic. Out of the city via the shore route, then into the hills and a slice of Connecticut, then the beautiful back roads around the lake to Armonk and lunch. Return (group choice) via grassy Sprain or along the Hudson-. Metro North pass suggested for bad-weather bailout. Rain, early snow cancels.

**B16 Rolling/Hilly** 50-60 miles 8:00AM

**"WHERE-EVER" Ride**

**Leaders: John Zap Day 212-255-7191, Eve 203-972-9339**

**Allan Goldberg 914-693-2928**

**From: Meet at Grand Central Station for the 8:07 AM New Heaven train to Darien,**

Leader will meet group at Train Station arrive 9:01AM

"Where-Ever", "Show & Go" WHAT-EVER you want to call it. We will go were-ever we want. Probably end up going to Bethel and other towns but using different roads than we normally go on. No cue sheets. Return from Darien or somewhere else about 4 or 5PM.

Joint. WCC

## Sunday, September 15

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

**All Class Ride to Kingsland State Park**

**Leaders:**

**C13 Maggie Clarke 212-567-8272, mclarke@hunter.cuny.edu**

**Dolores McKeough 212-539-1437, dolo@mindspring.com**

**B15 TBA**

## Escape New York Volunteers Needed

Escape New York, NYCC's biggest event of the year, will take place Saturday, September 28. Volunteers are needed to register riders, serve food, lead rides and drive cars. And, volunteers can do it all by riding in the volunteers and lead ers ride one week before, free lunch included. To volunteer for this "must-do" event, contact Debbie Rothschild, deroth@mindspring.com.

**B17 Eileen Crowley (212)-744-1518 eileen\_crowley@msn.com**

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

**A19 TBA**

**A20+ TBA**

**From: The Boathouse Parking Lot**

Join us for the final NYCC All-Class ride of the season. As you can see from the ride list above, there is a ride for everyone. We'll all meet at the Boathouse parking lot at 9AM and head out into beautiful Westchester County on routes of various distances, speeds and terrain. All rides will rendezvous at beautiful Kingsland State Park on the Hudson in the town of

Sleepy Hollow to picnic on the grass and enjoy the view on a late summer afternoon.

## Saturday, September 21

**A20** 60+ miles 9 00 AM

**SUNY Purchase**

**Leader: John Vazquez 973 423-2388 John.vazquez@asbinc.com**

**John Dindas (646) 215-8044 jdindas@rcn.com**

**From: The Boathouse**

A pretty route out through White Plains to the SUNY Purchase Campus In Westchester County. We'll then do a few loops around the campus and return to the city.

**B18** 55 miles 9 00 AM

**Nyack**

**Leader: Kimberly Ferina 917-601-7130 Triathlon\_barbie@hotmail.com**

**From: Engineers Gate E90th @ CPW**

(Continued on Page 8)

**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, great food, and just plain fun. Call Irene Gabb (516) 579-0768; email igabb@hotmail.com.

(Continued from Page 7)

This is the first ride I am leading for the NYCC and I wanted to do something simple and traditional for my first go of things. This will be a true B18 and we will try to have fun. A snack stop at the Runcible (Why not, every one else does it) Bring some water, some pocket food and a bicycle. 80% chance of rain cancels

**C-12**                      **52miles**                      **9:15 AM**

**Boohoo Ride to Nyack****Leader: Peter Hochstein (212) 427-1041****From: The Boathouse.**

Can you believe today is the very last day of summer? Boohoo, the whole thing's over, and the days are getting shorter, and winter sucks? So let's ride at a relaxed pace up to Nyack and eat at the Runcible Spoon while the day is still long enough to get up there on a C-ride and return before dark. Bring pump, patch kit, helmet, lunch money, yada-yada. Serious rain at start cancels.

**Sunday, September 22**

**A19**                      **50 miles**                      **9:00 AM**

**Early Fall Ride****Leaders: you decide****From: Boathouse**

Enjoy the early autumn weather on the road. Nyack, White Plains, South Mountain Road? It's a group choice. Just show up there'll be a ride.

**B16**                      **72 miles**                      **8:30 AM**

**2nd Annual Memorial Irv's Birthday ride****Leaders: Ed Sobin 718-625-7452 esobin@keyspanenergy.com and Linda Wintner****From: G.W. Bridge Bus Terminal, 178th and Ft. Washington Ave, "A" Train to 175th St.**

This is the continuation of Irv Weisman's birthday ride series. He led this one when he was 72 (it was called 72 for 72). Using one of Irv's circuitous (to avoid traffic and add scenic beauty) routes we will ride through Bergen and Rockland counties. This is a somewhat hilly ride, but as Irv would wish I'll be riding up hills slowly (using low gears and spinning) while looking at the scenery. Please arrive early to use the facilities at the Port Authority bus station - the first bathroom stop will be about 1:45 into the ride.

**C13**                      **45 miles**                      **9:45 AM**

**2nd Annual Memorial Irv's Birthday Ride****Leader - Maggie Clarke 212-567-8272, mclarke@hunter.cuny.edu****Meet at: G.W. Bridge Bus Terminal, 178th and Ft. Washington Ave, "A" Train to 175th St.**

This is the continuation of Irv Weisman's birthday ride series. The route will be 'Irv like' - peaceful, scenic, off the beaten track, and with lots of turns. It will be mostly in Bergen with a bit of Rockland county added in (lunch in West Nyack). We will meet up with the B contingent at Pascack Brook Park in Bergen County for dessert and a brief celebration. Bring your low gears, some money for lunch. 60% chance of rain cancels. If in doubt, call Maggie. Helmets required.

**Friday, September 27**

**B16**                      **60 MILES**                      **9:15 AM**

**A Friday Ride****Leader: Ron Grossberg 718 369 2413 argee401@aol.com****From: City Hall Park across from Bklyn Bridge Bike path**

Destination by group consensus. Call or e mail to confirm

**Saturday, September 28****New York Cycle Club****8th annual Escape New York Century Ride**

<b>Century Challenge</b>	<b>100 miles</b>	<b>7:30am</b>
<b>Rockland Roll</b>	<b>62 miles</b>	<b>8:00 am</b>
<b>Piermont Pleasures</b>	<b>50 miles</b>	<b>9:00 am</b>

There will be group rides with experienced ride leaders at various speeds for all of the routes. The routes will be clearly marked with route sheets provided. Lunch, snacks and water will be provided along the way.

Start and finish: 122nd St &amp; Riverside Dr. across from Grant's Tomb

Early Registration Fee: \$23 until Monday Sept 16,

Day of Event: \$30 Sept. 17th to 28th

See the registration form elsewhere in the bulletin or register via NYCC.ORG

**Sunday, September 29**

**A19**                      **40-50 miles**                      **10:00 AM**

**Recovery Ride****Leader: its up to you****From: Boathouse**

Hammered the ENY yesterday? Today's the day to recover. Piermont, Nyack, White Plains? Vote on it.

**B18**                      **80 miles**                      **8:15 AM/9:15 AM**

**Cold Spring Harbor****Leader: Ron Grossberg 718 369 2413 argee401@aol.com****From: 8:15 Grand Army Plaza, Bklyn;****9:15 Statue of Civic Virtue, Queens**

The coastal route through Bayville and Oyster Bay return via 179St F train optional

**Out of Bounds****Saturday, September 14****New York to the Hamptons Challenge**

The Long Island Association for AIDS Care &amp; 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



# A Bike-Relevant Way to Honor the 9-11 Dead.

By Richard Rosenthal

Tom Laskey encouraged us his President's Message in the May *Bulletin* to open the club to junior members...youngsters. Ten years ago the following efforts were made to involve the club with children:

1: The Director of a Police Athletic League (PAL) center was invited to select a deserving child around Christmas to represent all children. The young girl who was chosen, her family, and the PAL director were invited to a club meeting at which she was presented with a bicycle and helmet. The response to a solicitation for contributions for the bike and helmet was minimal.

2: It was proposed members instruct children in the repair of bicycles. The solicitation for club volunteers was minimal. One club member and the teenage son of another member conducted a class at an East Harlem Youth Center.

3: A proposal was made to pair NYCC members with a city child for purposes of riding a single lap together around the park, following which they would join other pairs for a picnic on the lawn. The response of club members was minimal.

The wisest club member told me pretty much all our club wants to do as a club is ride. That is its organizing principle, its reason for being. This Wise Counselor understood the club's interest perfectly then. Perhaps today's membership may be constitutionally different. (The club is twice as large.)

I have been scolded in the *Bulletin* for suggesting proceeds from the *Escape from New York* last year would have been better donated to a cycling-related entity than to a WTC-related fund. A synecdoche is a figure of speech in which a part is used to mean the whole. Here, in a manner of speaking, is a proposal for "a living synecdoche": Here's an idea that reaches out to children *and* honors the WTC dead in a cycling-related way appropriate to our club.

*The New York Times* ran brief profiles of those killed in the collapse of the WTC. The profile of firefighter Kevin M. O'Rourke began as follows: "All the kids knew. If their bike was broken—a flat tire, a loose chain—then all they had to do was take it to the firehouse and see Kevin M. O'Rourke. He would dig his tool kit out of his locker where the other firefighters had taped up a sign saying 'Kevin's Bike Shop,' and he'd fix it."

I propose the creation of a **Kevin M. O'Rourke Memorial Bicycle Repair Program**. During warm months, say from April through September, volunteers would occasionally, even as infrequently as twice a year, go to the firehouse nearest them—Mr. O'Rourke's station was in Brooklyn Heights—for an hour or so on a Saturday or a Sunday and fix children's flats and loose chains and oil their bikes. A schedule for bike maintenance and repair would be posted in flyers on the firehouse door and in community bulletin boards and wherever else volunteers would have the initiative to publicize their appearance at the fire station, e.g. in church publications and community center bulletin boards. If we were so lucky as to have several volunteers for the same fire station, they would coordinate their schedules to offer greater coverage.

Of course, all this would be done only with the prior approval of the NYFD and the captain of the firehouse and coordinated with them. And it would only carry Mr. O'Rourke's name with the approval of his widow and children.

I've got names and numbers? Any takers? If so, contact me at: [BikeAdman@aol.com](mailto:BikeAdman@aol.com) (212) 371-4700. Stan? You there?

NYCC Assets 2001				
Bank Accounts	Savings	25447		
	Checking	6202		31649
Merchandise	Bottles	300		
	Jersey	200		500
	<b>Total</b>			<b>32149</b>
<b>Income 2001</b>	General			
	Interest	255		
	Advertising	250		505
<b>Special Events</b>	Membership	32772		
	Merchandise			
	Bottles	905		
	Jersey 8550	9455		
	X-mas	4000		
	Century 8299	12299		
	<b>Total</b>			<b>55031</b>
<b>Expenses 2001</b>	General			
	Banking	167		
	Insurance	1375		
	Admin.	374		1916
	Membership			
	Post/Print		567	
	Phone 350		917	
	Merchandise			
	Jerseys	4161		4161
	Bulletin			
Printing	8647			
Postage		11622		
				20269
	Website		523	
	Ride Development		744	
	Century		9176	
	X-mas		4000	
	Programs		330	
	Special Programs		1461	
	Misc.		1801	
	<b>Total</b>			<b>45298</b>

Judy and Conrad Meyer infanticipating.

What do you get when you take 15 NYCC members **Ron Roth, Rich Ramon, Linda Wintner, Jeff Terosky, Dave McKuen, Carol Waaser Brent Bell from California and one 6'5" Dutch power house: Oscar Van den Brink Reem Jishi, Midori Nakamura and David Estrada, Tom Laskey and Debbie Rothschild, Doug Parent, Tim McCarthy, Bill Greene,** and drop them off in the south of France for 6 days of cycling madness? You get one of the best biking vacations on record!! That's what happened last July under the expert guidance of club member **Pieter Maasen** with help from Dutch bike tour outfitter En Route.

The trip was supposed to start with a bus ride from

the Avignon train station to Nyons however, several participants arrived early to get a few extra days in Avignon, throw their luggage on the bus and take the "easy" 40 to 50 mile spin to Nyons. NOT!! Aside from having trouble even finding their way out of the train station, the group made just about every wrong turn available, turning what should have been a 3-hour ride into close to 6!! . Later it was decided the problem navigating was the signs; all the route numbers were in French.

The first official day of the trip was the assault on legendary Mt. Ventoux; otherwise know as "The Giant of Provence." With an average 7.5% grade over 22k, it's considered an "hors category" (beyond category) climb by the Tour de France. This particular ride had been the subject of countless emails and conversations between the fellow travelers for several months before the trip. Most of this discourse assumed everyone would be taking the south route, the one taken by the TdF which the participants would witness later that very day. The first group made it to the top and stood reveling in their accomplishment not to mention the spectacular view. Then Pieter Maasen came up from the opposite direction and informed everyone that they had taken the north route and not the south route. It seems the tour guide had drawn up the cue sheets thinking the group would be taking the north route, which all but 6 of the 17 riders did. As it turns out, the north and south routes are very similar in distance and average grade. Still...

There were few mishaps after the Ventoux day, a few wrong turns, a flat or two but nothing as colorful as the first two days. A few awards are merited: **Best Wheel to Ride Behind: Oscar Van den Brink**, the aforementioned 6'5" Dutch powerhouse. Not because of his steady wheel, but because those 6 feet 5 inches of his threw a draft that would have covered the entire TdF peloton. He became the chief conductor of the Oscar



Express whenever he was in front of the pace line which was most of the time. **Road Bozo:** Well, it's a tough one but it has to go to **Linda Wintner**. After the mighty Col de Vars (another longggg climb) there was only one turn to get to Barcelonnette, that day's destination. Yup, she missed it. **Most Cautious Rider:** our fist lady, **Debbie Rothschild**. Usually, when people hop in the SAG wagon it's because they are worried about making it up a climb. Not our Debbie, she hopped in because she was worried about a descent! **Most Prolific Photographer: Timothy McCarthy**. Tim and his brand new camera were never apart whether on the bike or at meals, and he never stopped using it, even shooting sewer grates in Barcelonnette. Fortunately, it was a digital camera otherwise his film and developing bills would have eaten up his

entire budget for next year's vacation. **Tardiest Rider: David Estrada**. Most days, David hit the road a bit later than everyone else. The last day was his masterpiece, causing him to arrive at the lunch stop just as everyone else was finishing. No matter, five minutes later he had devoured his entire plate of incredibly rich pasta and was ready to roll with the group! **Biggest Backpack: Rich Ramon**. They're still trying to figure out what he had in there. He even lugged a smaller version up Ventoux!! Guess it wasn't tough enough with just the bike. **Best Trip Coordinator: Pieter Maasen**. Thanks Pieter for a job well done, from all the Grimpeurs! One more thing – after the lamb dinner at Castellane, **Tom Laskey** was unbeatable climbing hills.

**Francis Harrison** showed what kind of women race in NYC when she got knocked down on the last lap of the road race. She chased back onto the break and her teammates led her out for the SILVER MEDAL. (She's a sprinter but made up the time on a hill climb!) In addition she won a gold in the 19-mile crit.

**Beth Renaud** got 4th place. **Leslie Jennings** got 6th place.

**Jeff "El Jefe" Vogel** usually gets a large turnout for his weekly Wednesday A Ride. Riders with wide range of abilities always show up. On the Wednesday after the NYC Pro Cycling Championship that wide range was stretched to its limits as **Roger Rilling** joined the ride. Roger, a member of the Sierra Nevada Cannondale Team, had participated in the race a few days earlier. Reportedly our "Jefe" took a 23mph, 15 mile pull alongside Roger on the way to Nyack! It may not have been much for **Roger**, but I'm not sure if **El Jefe** has recovered yet.

Keep those cards . . . and letters and emails coming with more road dirt. . . .

## NYCC Columbus Day Weekend in the Catskills October 11 - 14

Great riding, fun people, spectacular fall foliage, and outstanding food. That's what you can expect on the NYCC's last holiday weekend trip for 2002. Don't forget, payment for the Sunday night October 13 group dinner is due soon — \$30 if paid by Sept 20; \$35 if paid by Oct 5. Dinner must be prepaid. Mail your check to Jeff Vogel, 102-10 66th Road, Apt #14E, Forest Hills, NY 11375. All details for the rest of the weekend can be found in the August Bulletin or on the NYCC website. If you have any other questions, please contact Jeff Vogel at CPACycles@aol.com or (718) 275-6978.

**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 September 10th meeting**

**Program Details Not Available at Press Time**

**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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