

NYCC Bulletin

N E W Y O R K C Y C L E C L U B



The production and delivery of our monthly Bulletin is a group effort. Everyone has a piece of the action. Everyone takes a pull. We are making significant changes to our workflow to streamline the process, including tighter deadlines and full accountability.

Everyone involved in the process will need to manage their responsibilities so they don't miss their deadline. Club members need to submit their rides early so the Ride Coordinator can get that info to the VP of Rides early enough so he can meet his deadline. Articles, columns, announcements and ads need to get in under the wire as well. A compiled list of deadlines for the rest of 2002 is included in my monthly Editor's Note. Please print this list out and tape it to your 'fridge.

Timely delivery of our monthly Bulletin requires everyone involved in the process to meet their respective deadline. If one person misses their deadline, the rest of us will have to hustle even more to try to make up for the lost time...which doesn't always work.

I'm a firm believer in accountability. I will inform our Club members when someone misses their deadline and causes a delay in getting the Bulletin out. It's important for everyone to understand the process so no one person takes the heat for someone else's missed deadline. Hopefully this will help our Club members understand how important it is for them to contribute to the process and hustle.

Well, enough chit-chat. Time to take my pull...

- Ed

President's Message

Get up, get into it, get involved

Fall has officially begun, my favorite cycling time of year. Yes, there are those who think it's too cold or the days too short or whatever - nonsense! The crisp, cool air and the beautiful foliage make an unbeatable combination. To celebrate the fall cycling season the NYCC traditionally offers a fabulously gorgeous ride along the Connecticut coast and this year is no exception. Sunday, October 27 the club will meet at Grand Central Station, take a train to New Haven and partake of some of the best cycling roads in the north-east. At the end of the ride, you'll have the opportunity to tour the Yale campus. The train ride home in and of itself is one of the great club events as you will get to share not only tales of the day's adventures with your fellow riders but also yummy slices of Patsy's fabulous pizza which we will arrange to have delivered to the train. It really is a great experience and you won't want to miss it.

Speaking of great club events, the NYCC holiday party is another one. By popular demand the party will be held at our formerly regular venue, St. Maggie's Café at 120 Wall St. For \$40 you'll get hors d'ouvres, dinner, desert and coffee, dancing (hopefully) and the bonhomie of your fellow club mates. The date is Monday, December 9th. Mark your calendar now and look for further announcements in the weekly emails, our website - www.nycc.org - and next month's bulletin.

Last, and certainly not least, I want to bring up yet again the club elections. At the September meeting, I opened the floor to nominations for officers of the board of directors. The response was underwhelming to say the least. I know many who read this have put in countless hours to help the club and have previously served on the board. You folks can skip the rest of this paragraph. For the rest of you, what is it with you guys? Are you saying that among the nearly 2000 members of the NYCC there aren't a dozen people who actually want to help run the club? Who want a say in how the club is run and it's direction? I'm sorry, I won't believe it. I know you're out there. Maybe you're shy; maybe you think you don't have anything to offer the club. NOT! Everyone has something to offer so don't be shy. In the words of James Brown, "Get up, get into it, get involved." In the words of Tom Laskey, don't leave the running of the club to everyone else. You can still place nominations at the October meeting or you can email me at nyccinfo@mindspring.com and place an e-nomination.

- Tom Laskey

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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Disclaimer: The NYCC Bulletin is published monthly by the New York Cycle Club. The opinions expressed are those of the authors and do not reflect the official position of the NYCC.

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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, please 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: Just a hint to all Board members and vendors that deadlines are extremely important. If anyone misses their deadline and causes a delay in our workflow, the members will be informed.

Mailing Service: New York City Industries for the Blind, Brooklyn, NY, (718) 854-7300.

Printing: Boro Park Graphics, Inc., Brooklyn, NY (718) PRINTER.

Ads: Only bicycle related advertising is accepted. Only digital files will be accepted (contact Editor for more information). Maximum ad size is 7.5 by 10 inches.

Ad Rates: Full page \$250; half page \$135; quarter page \$75; eighth page \$45; Bottom blurb \$40. Frequency discounts available.

Article Submissions: Material may be edited for brevity and clarity. Please proofread 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.

File format: ONLY DIGITAL FILES WILL BE ACCEPTED (go to Kinkos if you need to get your stuff scanned). **Image files** must be in TIF or JPG format. **Text files** must be in Word or RTF, using Times and/or Arial fonts.

Email: Attach your DIGITAL files and send it to the editor at <donmontalvo@mac.com>. Contact the Editor if you have any questions.

Postal mail: Put your DIGITAL files on a floppy, Zip or CD. Include a self-addressed, stamped envelope and mail to:

Don Montalvo
747-10th Ave #28i
New York, NY 10019

Deadline: All articles, announcements and advertising are due at the editor by the second Tuesday of each month prior to publication. **Sorry, no exceptions.**

Editor's Note

Important changes

I'd like to thank David Getlen for all his hard work as Editor. A year and a half ago I needed to resign the Editor position due to my incredibly demanding job. I was the Macintosh Systems Administrator for Morgan Stanley's rapidly expanding Creative Services department in New York City (well...until 9/11) and my 60-80 hour work weeks were catching up to me so I had to step aside. On very short notice, David stepped up to the plate and dug in to ensure the club didn't miss an issue. Thanks a million, David!

Now for the nitty-gritty...

Please take a moment to read the far right column on page 2. Some significant new changes have been made with regard to submissions. In order to prevent missed deadlines and ensure timely delivery of the monthly Bulletin, I must insist on the following:

- ☐ There are new **DEADLINES** in place. Submissions received past the deadline will be set aside for the following issue...sorry, no exceptions. Please make sure you get your stuff in before the deadline...contact the appropriate Board member if you are unsure.
- ☐ Please submit your text files using **PLAIN TEXT** format. Any formatted submissions will end up being stripped and reformatted anyway...so why waste your time and ours?
- ☐ Please, carefully **PROOF-READ** your submissions.
- ☐ Please submit images in **TIF, EPS or JPG** format. Garbage in, garbage out...so watch your resolution. If you need advice on

Columbus Day Weekend in the Catskills

October 11-14th

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.

this, please feel free to email me with any questions you might have <donmontalvo@mac.com>.

- ☐ If you need scans, please visit your neighborhood 24hr KINKOS or ask a friend for help.

These new changes are necessary to prevent delays in our workflow and to help enable us to get the monthly Bulletin out to you in timely fashion. Please email me if you have any questions or concerns.

- Don Montalvo

DEADLINES FOR 2002

September Deadlines (October Bulletin):

- ☐ Articles, columns, announcements and ads due at Editor by Tuesday the 10th
- ☐ Final rides list (from VP Rides) due at Editor by Friday the 13th***
- ☐ PDF due at Printer and Webmaster on Tuesday the 17th
- ☐ Printed Bulletins due at Mailer on Monday the 23rd
- ☐ Completed Bulletins due at Post Office on Thursday the 26th

October Deadlines (November Bulletin):

- ☐ Articles, columns, announcements and ads due at Editor by Tuesday the 8th
- ☐ Final rides list (from VP Rides) due at Editor by Friday the 11th***
- ☐ PDF due at Printer and Webmaster on Tuesday the 15th
- ☐ Printed Bulletins due at Mailer on Monday the 21st
- ☐ Completed Bulletins due at Post Office on Thursday the 24th

November Deadlines (December Bulletin):

- ☐ Articles, columns, announcements and ads due at Editor by Tuesday the 12th
- ☐ Final rides list (from VP Rides) due at Editor by Friday the 15th***
- ☐ PDF due at Printer and Webmaster on Tuesday the 19th
- ☐ Printed Bulletins due at Mailer on Monday the 25th
- ☐ Completed Bulletins due at Post Office on Thursday the 27th

December Deadlines (January Bulletin):

- ☐ Articles, columns, announcements and ads due at Editor by Tuesday the 10th
- ☐ Final rides list (from VP Rides) due at Editor by Friday the 13th***
- ☐ PDF due at Printer and Webmaster on Tuesday the 17th
- ☐ Printed Bulletins due at Mailer on Monday the 23rd
- ☐ Completed Bulletins due at Post Office on Thursday the 26th

*****This is the VP Rides' deadline...members need to get their ride submissions in to their respective Ride Coordinator by the second Tuesday of the month.**

Please read this before your first club ride

NYCC RIDES are led by volunteer leaders who plan the route and maintain the listed speed (e.g., 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, 2001. 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, Geo Kaplan at (212) 989-0883 well in advance to try to arrange another train for your ride. Bike

Riding Style	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 Four Lap Time
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

GCT>Poughkeepsie 7:43am (Hudson Line)
 GCT>Poughkeepsie 8:54am (Hudson Line)
 GCT>Brewster North 7:48am (Harlem Line)
 GCT>Brewster North 8:48am (Harlem Line)
 GCT>New Haven 8:07am (New Haven Line)
 GCT>New Haven 9:07am (New Haven Line)

Returning to GCT

Poughkeepsie>GCT 3:40pm (Hudson Line)
 Poughkeepsie>GCT 4:35pm (Hudson Line)
 Poughkeepsie>GCT 5:40pm (Hudson Line)
 Brewster North>GCT 3:07pm (Harlem Line)
 Brewster North>GCT 4:07pm (Harlem Line)
 Brewster North>GCT 5:07pm (Harlem Line)
 New Haven>GCT 2:57pm (New Haven Line)
 New Haven>GCT 3:57pm (New Haven Line)
 New Haven>GCT 4:57pm (New Haven Line)



Rides List

Always wear your helmet!



Special Note: Effective the August issue of the NYCC Monthly Bulletin, There are TWO categories of rides listed. A **[Repetitive Ride]** listing and a regular monthly rides listing. The **[Repetitive Ride]** listing will contain the rides being ridden every week and will be listed ONLY ONCE with all dates shown. - ED

Tuesday and Thursdays [Repetitive Ride]

A19 ??? Miles 5:45 AM

Tuesday and Thursday Morning Training Series

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 pace-lining, hill repeats, intervals etc. If you don't know how to do any of these, don't worry, we'll teach you. Temperatures below 40 degrees, 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.

Check out our fabulous web site:

<http://www.nycc.org>

Check out the new NYCC Message Board:

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

A19 ??? Miles 7:15 PM

Loops in Central Park

Leaders: Don Belfer (212) 316-1876 and

Charlie Ward; W (212) 776-5020; H (212) 663-3693

From: Call Ride Leaders

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

Wednesdays [Repetitive Ride]

A20+/- 52+/- Miles 10:00 AM

Wednesday Morning Spin

Leader: Jeff "El Jefe" Vogel

(718) 275-6978; <CPAcycles@aol.com>

From: The Boathouse

Join us for a weekly spin through Bergen and Rockland Counties. Our destination will probably be Nyack, but other

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suggestions will be entertained based on the weather and group consensus. 10:00 AM SHARP

B15 50+ MI 9:00 AM

Nyack

Leader: Bill Strachan, (212) 677-6951

<nycezrider@aol.com>

From: 72nd St. & Riverside Dr.

Knock. Knock. Who's there. Boo! Boo who? Don't cry we're riding before Halloween. Daylight Savings Time started this past weekend. What's the connection. I don't know but come out and ride with us anyway and maybe we'll figure it out. No masks but helmets, water bottles and pocket food required. 30% chance of rain cancels but check with bill by 8 am.

Friday, October 4th

B16 60 MI 9:15 AM

Point Lookout

Leader: Ron Grossberg

(718) 369-2413, <argee401@aol.com>

From: City Hall Park across from the Brooklyn Bridge bike path

Flat ride with picnic lunch by the beach. Call or email to confirm.

Saturday, October 5th

A19/20 70+/- MI 7:48 AM Train at GCT

North White Plains/Pound Ridge/

Waccabuc/Brewster/Cold Spring

Leaders: Hank Schiffman

(212) 529-9082, <schiffhank@aol.com>;

Carol Wood <violetdubois@mindspring.com>,

Timothy McCarthy <timothy@designframe.com>

From: GCT train to North White Plains

Something old, something new. Lots of up and down. The vertical should add up. You will need stamina, paceline skills, legal tender for lunch and water. Unless the winds are blowing out of the west at 20 mph, the final 5 mile descent into Cold Spring should prove impressive. Leaving the ride at Brewster will make this a hilly 40 miler. For questions on this ride contact Hank. Train leaves 7:48 AM - be early. If this ride gets scrubbed it will be posted on the NYCC Message Board.

A19 100 MI 7:00 AM

New Canaan

Leader: Mike Yesko,

(212) 533-2409, <audaxusa@aol.com>

From: The Boathouse

Let's get in an audax-style (14 mph average speed as a group) century on Marty Wolf's classic hilly route thru some of the best parts of Westchester and Fairfield counties. Can you guess which climb broke Bill Richard's Campy Record crank arm a few years back? Pocket food and two water bottles advised.

Check out the NYCC Message Board:
http://www.nycc.org/bb_frame.html

Numerous Metro North bailout options will allow us to take our chances with the weather, as long as it looks reasonably promising at start time. The usual stuff cancels.

B17 54 MI 8:45 AM

Climbing Connecticut

Leader: Pat Mullen,

(718) 894-3333, <Patmullenx@aol.com>

From: Departing Grand Central Terminal at

9:10 AM for Greenwich arriving at 10:02 AM

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

B15/16 Hilly 50+ MI 8:40 AM

"Zap Mahopac Lunch" Ride

Leaders: John Zap, D (212) 219-3339, E (203) 972-9339;

Allan Goldberg (914) 693-2928

From: Meet at Grand Central Station for the 8:48 AM

Brewster North train to Katonah Leader will meet group at Katonah train Station arrive 9:53 AM

Horse Farms, nice roads, green woods. A very hilly ride up to North Salem, Titicus Reservoir to Brewster and mostly down approx 8 miles of bike path and flat 8 miles back to Katonah. Return approx. 4:27 PM or 5:27 PM train depending of finish time. Joint WCC.

C-Fold 20 MI 2:30 PM

Folds Up! Folding Bike Ride & Festival

Leader: Hannah Borgeson (212) 348-2601

Ride: 2:30 p.m. leaving from the Astor Place Cube (Astor Place at Lafayette)

Festival: 4:30 p.m. at the Hub Station (intersection of Broome and Thompson) Both events are open to folding bikes and the folding-curious.

Come to the third annual Folds Up Folding Bike Ride to learn why folding bikes have become so popular, how they work, who rides them, where they go, how little space they take up in your apartment, and more. This leisurely, celebratory ride will roll through greenways, across bridges, and along city streets in Manhattan and Brooklyn, with riders trading tips and tales of folding successes. There will be ample time for demos and test rides at the Folding Bike Festival, including rare vintage folders, electric folders, folding work trikes, and Peter Reich of New York's own Swift Folder. Questions will be welcome. Rain date October 6 Colisted with TIME'S UP!

(212) 802-8222

Sunday, October 6th

A18 65-75 MI 8:45 AM

Chappaqua Again

Leaders: Russ Berman, (212) 595-8834,

<rberman@kronishlieb.com>;

Anthony Donato, (212) 923-5924, <NYC181@aol.com>

From: The Boathouse

We had lovely weather and a pleasant group when we did this somewhat hilly ride on a Sunday in May. Let's hope for more of
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the same in the early fall. We'll head up the Hudson for a water stop in Tarrytown, then swing over on Sleepy Hollow to a deli lunch in Chappaqua and a return via Whippoorwill and Grassy Sprain. If we can figure it out, we'll avert the Grand Concourse by trying one of Fred's diversions. Helmets, paceline skills and a genial demeanor required; fluids and pocket food highly desirable. We'll try to keep this an ordered ride while taking an occasional peek at falling leaves; if you aren't comfortable with the group pace, you're welcome (nay, urged) to take a cue sheet and do it on your own. Rain or high probability at 7:30 a.m. cancels (call if in doubt). Departure at 8:45 a.m. sharp (think of it as an 8:30 ride with time for the stragglers to drift in).

B18 55 MI 9:00 AM

A Sunday Kind of Ride

Leaders: Eileen Crowley <eileen.crowley@msn.com> and Don Belfer <dbelfer@alum.mit.edu>

From: the Boathouse

Nice easy spin or recovery ride to a familiar location. Your choice of hills on the return. Helmets, a good disposition, required. Rain or wet roads cancels.

B17/18 35-40 MI 9:15 AM promptly

Social riding the French way

Leaders:

Karl Dittebrand (212) 477-1690, <kdaudax@hotmail.com>, Robert Dinkelmann (212) 207-8689, <dinkelmann@att.net> and Linda Wintner (212) 876-2798, <lwintner@excite.com>

From: NJ side of the GW Bridge

We want to share a very social, very fun way of riding. It's called "Audax" and it focuses on riding together as a group at a pre-determined, controlled pace. Basically, it's a very smooth, coordinated way of riding, keeping the group together, with no sudden starts and, best of all, no accordion effects. We'll teach you how to do it; all you need to bring are an ability to maintain a minimum 14 MPH average over the course of a 40 mile ride and decent group riding skills. Although we're listing it at a B17/18 pace, A riders are very welcome as well (so long as they are willing to stick to the pace). If you have questions, please call. We love to talk about this style of riding. Helmets required. Precipitation or temperatures below 35 degrees at 8:15 am cancel.

C13 45-60 MI 8:00 AM

If it's Sunday, I must be in

Westchester or Connecticut

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

From: Call leaders for ride and departure details

A beautiful, SIGHTSEEING-paced route along various Westchester and/or Fairfield County back roads; some moderately hilly, some hard-packed dirt: narrow tires are OK. C speed, otherwise B riding conditions. Departure and return via Metro North, so bring a bike pass. You can expect a totally different experience from a Nyack or Piermont ride. This will be an all-day, point-to-point ride, substantially similar to bicycle

touring. We will not return to the start point. We don't get back to the city until 4:30-5:30 P.M., although we should brush-by a Metro North station at 30-35 miles. Helmets required.

Wednesday, October 9th

B15 50+ MI 9:00 AM

Nyack

Leader: Bill Strachan (212) 677-6951,

<nyceZRider@aol.com>

From: 72nd St. & Riverside Dr.

Autumnal Stirrings. The trees should be beginning to turn color so we should be enjoying the passing from one season to another. Just the thing to add some pleasure to a week. Helmets, waterbottles, pocket food and sociability required. 30% chance of rain cancels but check with Bill by 8 am.

Saturday, October 12th

A18/19 60 MI 10:00 AM

Brown Derby, Nanuet

Leader: Peter O'Reilly, (212) 414-1937

From: The Boathouse

Join me on a trip to one of Rockland's landmark establishments. If you have an aversion to kitsch or cholesterol, this ride is not for you. If you love thin crust pizza (and can stomach it, too), this ride is for you. Please note the late riser friendly start time. Wet stuff cancels; call leader if in doubt.

B15/16 75/91 MI 6:30 AM

"Poverty Hollow-Hosatonic River 75/91"

Fall Foliage

Leaders: John Zap D (212) 255-7191, E (203) 972-9339;

Allan Goldberg 914-693-2928

From: Meet at Grand Station for the 6:40 AM New Heaven train to Darien, Leader will meet group at Train Station arrive 7:52 AM

This should be one of the best foliage rides - hills, valleys, rivers, & coast. Beautiful ride through back woods of Darien, Silvermine, Wilton, Ridgefield, Georgetown, Redding, Monroe, Derby and Milford. We'll ride up to Ridgefield, alongside the train tracks to Bethel, down through Poverty Hollow, over to Monroe, down alongside the Housatonic River to Milford, and for the STRONG along the coast all the way to NEW HEAVEN. Bail out in Miford for 75 mi., New Heaven for 91 MI. Will return late. If you have evening plans this ride in not for you. Joint WCC. (Rolling/Hilly)

B15 40 +/- MI 9:30 AM

Westchester Brunch

Leader: Mark Gelles (212) 689-1375, <mnelles@okcom.net>

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

Season is winding down, so lets back off on the miles & have brunch! Route is scenic hilly ramble from Van Courtland Pk. to Pocantico Hills horse country & brunch @ Sleepy Hollow's Horseman diner, lots to look at! Bring a smile & brunch \$. Wet roads or 7:30 AM temp. of less than 35 degrees cancels.

Check out the NYCC Message Board: http://www.nycc.org/bb_frame.html

C14 40 MI (?) 9:00 AM**I Brake for Beer****Leader:** Dave Sabbarese <dsabbare@firstmanhattan.com>**From:** The Boathouse parking lot

A leisurely spin to Coney Island via Prospect Park and the bike path by the Belt Pkwy before heading back by way of Ocean Parkway. We'll have lunch either @ Tototno's famous pizzeria or Nathan's famous red hots stand, depending on group preference. Bring helmet (mandatory), lock (suggested) and beer money (optional) for those who wish to quaff suds in an East Village German beer garden upon completion of the ride. Rain date is Sunday, October 13th.

Sunday, October 13th**A20 60+/- MI 9:00 AM****Another B'day Ride****Leader:** Tom Laskey (212) 961-1610,

<tomoboe@mindspring.com>

From: The Boathouse

This time it's my birthday ride and as a present to myself, I'm going to my favorite eating destination, the Muddy Brook in Pearl River. The ride's not bad either especially since the fall foliage should be near its peak. If you want to join me, you must possess both good paceline skills as well as social skills and be able to sing happy birthday on pitch. You will also need to wear a helmet. If I'm felling good, we'll take a slightly hillier route that's longer to lunch than the return so bring pocket food. Rain or better than 70% prediction at 8:00 AM according to the weather channel cancels.

B17 75 MI 8:30 AM**Armonk and Beyond****Leader:** Carol Waaser (212) 581-0509, <biker-c@rcn.com>**From:** The Boathouse

This is one of our favorite B-SIG rides. It ought to be really beautiful with the autumn colors begin to turn. We'll stop for lunch at Schreiffer's Deli, then circle around through Tarrytown to get home. Helmets required. Bring your MetroNorth pass for bailout options. If weather is questionable, call leader's machine at 7:30 AM on day of ride for message as to whether we ride or not.

B17/18 35-40 MI 9:15 AM promptly**Social riding the French way****Leaders:**

Karl Dittebrand (212) 477-1690, <kdaudax@hotmail.com>;

Robert Dinkelmann (212) 207-8689, <dinkelmann@att.net>

and Linda Wintner (212) 876-2798, <lwintner@excite.com>

From: NJ side of the GW Bridge

We want to share a very social, very fun way of riding. It's called "Audax" and it focuses on riding together as a group at a pre-determined, controlled pace. Basically, it's a very smooth, coordinated way of riding, keeping the group together, with no sudden starts and, best of all, no accordion effects. We'll teach you how to do it; all you need to bring are an ability to maintain a minimum 14 MPH average over the course of a 40 MI ride and decent group riding skills. Although we're listing it at a B17/18 pace, A riders are very welcome as well (so long

as they are willing to stick to the pace). If you have questions, please call. We love to talk about this style of riding. Helmets required. Precipitation or temperatures below 35 degrees at 8:15 am cancel.

C13 45-60 MI 8:00 AM**If it's Sunday, I must be in****Westchester or Connecticut****Leaders:** Marilyn & Ken Weissman (212) 222-5527**From:** Call leaders for ride and departure details

A beautiful, SIGHTSEEING-paced route along various Westchester and/or Fairfield County back roads; some moderately hilly, some hard-packed dirt: narrow tires are OK. C speed, otherwise B riding conditions. Departure and return via Metro North, so bring a bike pass. You can expect a totally different experience from a Nyack or Piermont ride. This will be an all-day, point-to-point ride, substantially similar to bicycle touring. We will not return to the start point. We don't get back to the city until 4:30-5:30 P.M., although we should brush-by a Metro North station at 30-35 miles. Helmets required.

B15 50+ MI 9:00 AM**Nyack****Leader:** Bill Strachan (212) 677-6951,

<nycezrider@aol.com>

From: 72nd St. & Riverside Dr.

National Boss Day. Should I say, "Give your boss a b and take the day off," or "Man that was one boss ride we had today!" Whatever. We ride and share stories of the Club's Columbus Day weekend. Helmets, water bottles and pocket food required. 30% chance of rain cancels but check with Bill by 8 am.

Friday, October 18th**B16 45 MI 9:20 AM****Staten Island perimeter****Leader:** Ron Grossberg (718) 369-2413,

<argee401@aol.com>

From: S I Ferry terminal Manhattan

Quick spin should make the 2:00 or 2:30 ferry back. Call or email to confirm.

Saturday, October 19th**A18/20/22 55/75/90 MI 8:00 AM****Storm King / Indian Mountain****Leaders:**

Fred Steinberg (212) 787-5204, <fsteinberg@nyc.rr.com>;

Hank Schiffman (212) 529-9082, <schiffhank@aol.com>;

Timothy McCarthy, <timothy@designframe.com> and

Ron Roth, <ron@rroth.com>

A reprise of last year's Hudson Valley Fall Foliage spectacular. The route winds through unfamiliar Rockland County backroads, along the Hudson shoreline, then up into the highlands above West Point, over Storm King, eventually climbing through orchards and vineyards to the 'Old Indian' in Ulster County. There are bailout options at the Bear Mountain (55 MI) and Newburgh/Beacon Bridges (75 MI). The full distance

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takes us across the FDR Bridge into Poughkeepsie with time for pasta/brews before a Metro North return to the city. Lunch in Stony Point, other stops as available. Bring: 2 water bottles, pocket food, Metro North pass, \$\$\$ for carfare (\$9.75) and meals. Cancel conditions: rain, etc. Call Fred after 6:30 AM. Rain date: Sunday 10/20, confirm with Fred.

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

Leaders:

John Zap, D (212)-255-7191, E (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 8:52 AM**

We got rained out last month. 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 4:27 PM train depending on finish time. Joint WCC.

C12 30+/- MI 8:45 AM

Fairfield Fall Foliage Ride

Leaders:

Dorothy Fong (203) 226-4032, <dafong100@hotmail.com>
 and Arlene Ellner (212) 677-3306, <aellner@webtv.net>

**From: Grand Central Station at Gate Entrance to the
 9:07 AM bike train, New Haven Line to Westport**

See the glorious autumn colors of New England and scenic views of Long Island Sound as we ride along flat/rolling terrain through Westport, Fairfield and Southport. Snack and indoor lunch stop. Metro-North Bicycle Pass, helmet, bike in good condition with fully inflated tires, spare tube & patch kit, pump, lock, water and lunch money required. Precipitation or 20+ mph winds at start cancels. Call leaders before 8 AM if in doubt. RSVP: By October 19th.

Sunday, October 20th

A19 80+/- MI 8:30 AM
**Seven Lakes Parkway/Bear Mtn./West Point/Storm
 King Hwy / Newburgh/ Beacon/Cold Spring**

Leaders:

Anthony Donato (212) 923-5924, <NYC181@aol.com> and
 Jack Lehnert (718) 884-6437, <JSL7@georgetown.edu>

**From: NJ Side of the GW Bridge Bike Path NOT THE
 BOATHOUSE!!!!**

This is our yearly trek to the Hudson Valley area under a fall foliage canopy. An optional climb at Perkins Memorial Drive will be decided by group consensus. Lunch at the Bear Mountain Lodge Inn. You must bring a PHOTO ID (as part

**Note: Repetitive Rides are listed in the
 beginning of the ride listings. - Ed.**

of a procedure in entering West Point Academy) and a MTA BICYCLE PERMIT (bailout in Beacon or Cold Spring) for our train ride home to GCT. Helmets, Spare Tubes, 2 Water Bottles, Pocket Food, \$, and Paceline Skills required. Let's have some fun and stick together because we are allergic to bad people. The usual cancels. Call us if in doubt.

B17/18 80+MI 8:30 AM

South Mountain Road

**Leader: Russ Berman 212-595-8834,
 <rberman@kronishlieb.com>**

From: The Boathouse

One last long ride before the weather gets really cold? There should be a few leaves left and there'll certainly be cider and apples at the orchard on this lovely, tried and true route. If we're feeling strong, we may do a quick detour up and down Little Tor just to get warm before climbing to the orchard. Two or three water stops are in the plan, but we'll try to get back at a reasonable hour, which suggests we won't do a serious lunch break. Figure on pocket food and plenty of electrolytes. We will ride as a group and maintain good spacing and safe riding discipline—which means, among other things, that we won't drop the leader. Please make sure your tires and your bike are in good shape, bring a helmet and spare tubes, and pray for good weather. High likelihood of rain or high winds at 7:30 a.m. cancels. Call me to check if in doubt.

B17/18 35-40 MI 9:15 AM promptly
Social riding the French way

Leaders:

Karl Dittbrand (212) 477-1690, <kdaudax@hotmail.com>;
 Robert Dinkelmann (212) 207-8689, <dinkelmann@att.net>
 and Linda Wintner, (212) 876-2798, <lwintner@excite.com>

From: NJ side of the GW Bridge

We want to share a very social, very fun way of riding. It's called "Audax" and it focuses on riding together as a group at a pre-determined, controlled pace. Basically, it's a very smooth, coordinated way of riding, keeping the group together, with no sudden starts and, best of all, no accordion effects. We'll teach you how to do it; all you need to bring are an ability to maintain a minimum 14 MPH average over the course of a 40 MI ride and decent group riding skills. Although we're listing it at a B17/18 pace, A riders are very welcome as well (so long as they are willing to stick to the pace). If you have questions, please call. We love to talk about this style of riding. Helmets required. Precipitation or temperatures below 35 degrees at 8:15 am cancel.

Wednesday, October 23rd

B15 50+ MI 9:00 AM

Nyack

**Leader: Bill Strachan (212) 677-6951,
 <nycezrider@aol.com>**

From: 72nd St. & Riverside Dr.

Should be getting cooler out. Good reason to keep riding. Brisk weather leads to brisk riding. Helmets, water bottles, pocket food required. 30% chance of rain cancels but call Bill by 8 am.

Saturday, October 26th**A19 100 MI 7:00 AM****New Canaan****Leader: Mike Yesko (212) 533-2409, <audaxusa@aol.com>****From: The Boathouse**

Let's get in an audax-style (14 MPH avg speed as a group) century on one of Ron Grossman's scenic, but hilly routes up to China Pond in Putnam County. Pocket food and two water bottles advised. After lunch at Kent Cliffs we'll loop the reservoir, descend delightful Gypsy Trail Road, climb Piano Mountain to Starbucks in Yorktown Heights and continue to Ossining for return by Metro-North train. Or we may divert to fabled Tinker Hill Road for perhaps the toughest climb in NYC metro area. Several Metro North bailout options will allow us to take our chances with weather, short of monsoon conditions at start time. The usual cancels.

A20 63 MI 9:45 AM**Only if it's over 50° (and if I'm here)****Leader: Richard Rosenthal, (212) 371-4700,****<bikeadman@aol.com>****From: The Boathouse**

Gorgeous, challenging, and relatively car-less: River Road, Bradley, Tweed. But only if its over 50° at 9 AM...and only if I'm in town. Call or e-mail to confirm.

B18 100 MI 7:30 AM**Greenwood Lake and West Milford****Leader: Diane Goodwin (917) 617-2786****From: 72nd Street and Riverside Drive**

Terrain is hilly, scenic, challenging and a "never before ridden route" - Skyline Drive included. Bring lights. Must read cue sheet and be a self-sufficient cyclist. MUST call leader before ride. Cue sheet and complete ride info at www.dianegoodwin.com.

Sunday, October 27th**Daylight savings time ends!****A/B/C 65/55/40 MI 7:30 AM at GCT****11th Annual Connecticut Shoreline Ride****Leaders:****(A) Ira Mitchneck (212) 663-2997, <Imitchneck@cs.com>;****Alison Gardy 917-696-2370, <agardy@erols.com>****(B17/18 Audax)****Karl Dittebrand 212-477-1690, <kdaudax@hotmail.com>;****Linda Wintner (212-876-2798; <lwintner@excite.com>****(Other leaders to be announced)****From: Grand Central Terminal @ 7:30 AM (Clock back - extra hour sleep)**

Join us on one of our most beautiful club rides along the rustic shoreline and rural roads of Connecticut. Bring your Metro North Pass (or come early and buy one), money, water bottle, pocket food, appropriate apparel for the weather and a bungee or old tube to secure your bike on the train. Purchase an off peak round trip MetroNorth ticket to New Haven, breakfast if you like and board the bar car of the 8:07 fifteen minutes early. You will receive maps, cue sheets and ride information on the

train. Once we arrive in New Haven, you can join an A, B or C ride or go at your own pace to our usual picnic spot at Guilford Green. Be back at the station by 3:30 PM for the 3:55 train. Money will be collected (approx \$7.00) for Pepe's famous pizza and beverages which will be delivered to the station for the train ride back to New York. We expect to arrive in GCT at 5:40 PM and will try to arrange group rides home from the terminal. There is No Rain Date. We have always gone.

Sunday, November 3rd**C13 22 +/- MI 8:00 AM****NYC Marathon****Leader: Peter O'Reilly (212) 414-1937**

From: 4th Ave, 93rd St: Dunkin Donuts parking lot, nearby south subway entrance. Last stop, R train, 95th St, Brooklyn
A NYCC member who did this ride summarizes it best, "All the glory and excitement of the Marathon, with none of the pain!" - C.W. True words, indeed. This is a ride along the NYC marathon course just hours before the race. Ride through various ethnic neighborhoods along balloon lined streets with light traffic while listening to bands warming up. All in all it should indeed be a very festive atmosphere. The ride will be non-stop at a very leisure "see" ride pace. The only hills are the bridge crossings. The ride will end somewhere near the race's finish line in Central Park (most likely south entrance of CPW). Riders of all abilities welcome. If your running late hop off the R train and meet up with us on 4th Ave (longest stretch of the course which R train follows underneath) Wet weather cancels; if in doubt, call ride leader.

Out Of Bounds**Sunday, October 6th****Pumpkin Patch Pedal**

The Staten Island Bicycling Association is happy to invite you to its annual, season ending, sag supported, cycling event — the Pumpkin Patch Pedal. This is a great ride to finish off your cycling season. This year, as always, we will offer rides of 25, 50, 62 and 100 miles. Each of these scenic rides winds through the rolling farmlands of central New Jersey during the peak of the harvest season. All rides begin and end in Thompson County Park in Jamesburg, NJ. To get to the park, take Exit 8A off the NJ Turnpike. Bear left after the toll plaza on to Rt. 32 East. The park is 2.5 miles down the road on the right, just before the 2nd set of railroad tracks. Suggested start time for the 100 mi. ride is 7 am, 62 mi.- 8 am, and all others 9 am. Sign-in and registration ends at 10:30 am. For further information and on-line registration visit www.sibike.org

Note: [Repetitive Rides] are listed in the beginning of the ride listings. - Ed.

Three Faces of The Gunks

Three NYCC Members Share Their Experience of This Year's Gunks ride August 31, 2002

Saturday Gunks Extraordinaire

- Carol Wood

Since we were the only A19s around, Catherine Bent and I were on our own for Fred Steinberg's "Gunks" ride Saturday. To shorten the route, Fred and his A18s were cutting out 10 miles around Mohonk and Clove Valley--a lovely stretch we wanted to see. The fast group (22 MPH+) was going the whole route, but on such on such a hilly ride I wasn't even going to try to keep up with them. (Cat normally would, but with only three hours sleep, she decided my pace looked better.)

A few miles after leaving the Beacon train station and crossing the river, the first rollers hit you on Fostertown Rd. (I remembered them from the July 4 weekend ride to New Paltz; they have you struggling for air like a succession of three big Waikiki breakers.) I managed to keep within eyesight of the fast group until the rest stop on Rte. 32. But when Rich Ramon started barking at me for returning to the deli for water at the last minute, in exasperation I told him to just go without me. This is a recreational ride, son--not Marine Corps basic training.

As predicted, I was already over last week's "nose-to-the-grindstone" riding style. This would be one of our last really long summer rides, and I wanted to enjoy the sight of the beautiful Shawagunk mountains. So Cat and I had a challenging but relaxed 96-mile day, and still averaged 14.8 mph with something over 5,000 vertical feet. A workout plus sightseeing. Why sacrifice one for the other?

Before climbing Mohonk, Cat and I stopped in someone's yard on Albany Post Road while she ate a Clif bar, which gave us a chance to admire the mountains blocking the whole western horizon. We stopped again atop the 1,100 peak, getting water at the guard booth and checking out the cue sheet, and I shook off some of the sweat flooding my eyes. After the screaming descent down Mohonk -- pretty as anything I'd seen in Mallorca -- we turned left and followed the slow uphill grade on Clove Valley. A bit more climbing on 44/55 on Minnewaska, and we stopped at the overlook to enjoy the view northwest.

After a wrong turn at a confusing spot on the cue sheet ("right turn at the closed deli"), we caught up with the other groups as they were leaving the diner at Kerhonkson. Another leisurely break. The overworked waitress had trouble getting my order, but eventually I enjoyed the usual BLT sandwich (hi-cal, low bulk) plus a plate of steaming hot sweet-potato fries. (Worth waiting for!) We both got chilled after lunch--it ain't summer anymore, with highs only in the 70s, cloudy and humid. Since

I was prepared for this, I gave Cat my arm warmers while I put on a windbreaker.

Shortly after passing the two prisons on Berme Rd.--you can see guys exercising in the yard from the higher part of the roadway--we began the four-mile ascent at Ellenville toward Cragmoor. At the top, Fred's route took us off on a hilly side trip to an old stone church (looks early 1800s neo-Gothic) overlooking the valley, where we learned that we had just climbed some 2,000 feet. (I thought it seemed long!) People were coming to the church for a bamboo flute concert, and though we were invited, we headed back down the mountain.

The next few miles on Oregon Trail toward Walkill were gleefully downhill, punctuated by a few steep little rollers. (I remember scouting part of this ride last year with Fred, when he mistakenly had us climb those hills, only to turn around and have to retrace our steps.) Cat and I were both getting fatigued, so we stopped at an intersection at mile 80 to eat a Clif bar. (My rule: always eat at mile 80.) A young woman driving past stopped to make sure we were all right.

Closing in on Newburgh, we sauntered to a deli to get refreshments for the train ride home, then realized we still had to ride seven miles—which naturally included a few more of Fred's famously gratuitous hills—before making the 6:50 train. Between the two of us we managed to avoid making any wrong turns, but had only 10 minutes to ride the final three miles across the bridge to the station. I pulled Cat halfway across the bridge, til she got ahead of me going 22 MPH and pulled me all the way to the station. The train was arriving as we did, and we could see the rest of our group on the platform. Cat slowed down, apparently discouraged, but I flew through the underpass (with guys all around saying, not so helpfully, "You're going to miss the train!") and up the stairs to the platform. I darted through an open train door and held it for Cat, who followed giving me a high five. We made it by 30 seconds!

Another fabulous day on the bike.

Part Deux

- Ron Roth

I believe a wonderful day was had by all. Mr. Fred deserves credit for bringing a rather diverse group of riders together on a course with the capacity to fulfill all of us. Anyone who thought we'd get a moderate initial portion had that wispy illusion shattered by the upwardly rolling terrain leading to Rt. 32. There were a few competitive climbs (ie Mohonk, where "El Jefe" managed to out-strategize the "Pink Man" for a victory, with Greg and Zenkus nearby. First non-superman up shortly thereafter was me). Rich R. and JJZ duked it out for a bit on Clove Valley (until JJZ decided he'd had enough of his shadow), while the rest of the potentially restless ones kept a steady but slower pace slightly behind them. Once on 44/55 and fin-

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ishing the Mohonk climb, Jeff and Greg set the (now much higher) pace (JJZ was already in another solar system), with some jousting by the rest of us at their heels. By the time we were approaching the apogee of Minnewaska, there was a real stompfest going on. This continued for a good deal of the way down the beautiful, protracted descent toward Kerhonkson. The mist overhanging the mountains in the distance created a potentially ominous, but eerily magnificent backdrop. Having been both up and down this route many times, I managed to make the turn Fred had suggested as a shortcut to the big "K". No one else in the group did.

JJZ was the first person I saw as I was looking for a place to park the bike. Shortly thereafter, the rest of our group caught up with Fred's group at the Kerhonkson 'Gourmet' Diner, where Fred et. al had already commandeered a huge table, seating about 16 or so in the middle of the main room. The wait staff looked positively frantic!! But they did roll out those satisfying platters that make this place a worthwhile lunch stop - including their signature sweet potato french fries. As the rest of the riders descended on the place, the wait staff went from appearing stretched to downright frantic. Not that the diner was full, by any means. But I suspect our invasion represented about a 3-400% increase in business over the usual flow at that time. Some decided to take in the cuisine at the Italian restaurant across the street, alleviating a bit of the stress on these poor folks. BTW - they make one of the better triple deckers here - real turkey, decent whole wheat bread, and the aforementioned sweet potato fries.

The departure from Kerhonkson was somewhat fragmented. Fred's group was pretty much intact, but not Tim's or mine. In fact, Timo headed out close to the Fredster, leaving me all of the speedsters, including Greg, Jeff, Rich Ramon, JJZ, and Todd, among others. Oh, boy. And you know how I feel about going fast after lunch! Carol and Cat, who I thought might represent a more calming influence on this band of loonies, were just about arriving at the Diner as our group was gathering for departure. They were quite content to continue on together, so off the rest of us went. As it turned out, digestion prevailed over competition, making the ride on Berme Rd. a relaxing traverse toward the ensuing climb. But a surprise was in store even in that sphere. Jeff opined that we really needn't go up Gulley - 52 was a prettier, steadier alternative. Having done Gulley numerous times already this year, and having no great need to gratuitously inflict needless torment on my still-in-the-process-of-digesting stomach, I thought that a rather interesting proposal. We put it to a vote by the prison, and only 1 person wanted to do Gulley. (If you can't figure out who it was, you leave with the dunce cap). And to top it off, consensus was, being as we weren't ascending Gulley, WHY do we need to go up to Cragmoor from Rt. 52??

Once we hit 52, most of the riders started pushing their way up. Needless to say, JJZ, soon to head off to Gulley solo, was up front, with Greg and El Jefe. Me, the lazy climber (at least initially), was holding down the fort toward the back. It was a terrific climb. The slower folks in the group soon ended up behind me, but Rich Ramon, Greg, Jeff, and a good few others were pulling a bit harder than I felt like doing up until about 2/3-3/4 of the climb was completed. That's when I usually know how comfortable I will be with the total climb, and will put out a bit more energy if I am in the mood, and the stomach doesn't object too strenuously. As it turned out, I managed to pass all but the usual, Jeff and Greg, by the time the apex was reached. And they were only about 100-150 feet ahead. We ended up dicing a bit on the downhill, right up until we reached the Oregon trail. At that point, I played traffic director, staying in the parking lot of the gas station/grocery on the SW corner of 52, making sure all of the group made the turn. I ended up conversing with a few other riders, including Linda Wintner, one of the Euro-travelers, and found myself quite happy to let all of my group go by, waiting for Tim, Meredith, Fred, etc. to show up.

Once they did, and after a short break for a few within that group, we all headed out together. Whoa, did we end up in a hammerfest on the Bruyn Turnpike. I don't know who started it, but there were about 8-10 of us who kept on attacking and then holding on as we were attacked. Tim, Rita, Rich Sporer, Dave (strong on the flats), and a few others I don't know the names of, were pounding for about 5 or so miles. After a while, most of us had pummeled ourselves into a state of more relaxed riding, which pretty much maintained until the stop in Walkill, where we regrouped. The faster group (Greg, Jeff, Rich Ramon, etc.), which had been there for quite a while already, headed out to make an earlier train. Fred said he didn't care about which train he was on, and many others, including myself, agreed. So we ate, and chatted long enough to inspire another group to leave, trying to catch the 5:50. The rest of us continued to chat for a while longer. Finally, we headed out, leaving more than enough time to get to Beacon, divert to the pizza place, and still make the 6:50. Interestingly, the group that had left Walkill a bit earlier, were at the pizza place. They blew it, missing the 5:50 by just a bit.

We all made the 6:50, including C n' C, who managed, as Carol already proudly proclaimed, to insert themselves onto the train with just seconds to spare. Thankfully, we had a conductor who realized that it was in his interest as well as ours, to give us a full car in the rear of the train. It was a relaxing, conversive ride back to the city.

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A View From Behind

- Alison Gardy

I thought the Beacon Bridge would never end. The tiny vibrations left me nauseous for at least an hour into the ride. No sooner had we gotten to the other side, then a whole bunch of hills rushed out to greet us. Welcome to Fred's Ride!, they seemed to say as I took it, one pedal at a time, up their flanks. Thank God we had a deli stop at Mile 13. The water, Gatorade, Fig Newtons, bathroom, and few minutes in the air-conditioned store completely restored me. No more nausea, and a much lower body temp. Timing is everything. I stayed air-conditioned and hill-loving for the rest of the ride. Not so for Ira, however, who did not have time to finish his hill fuel (coffee), as the pack barked to mush on.

The Gunks made their grand entrance on the horizon. "We're going to do that twice," Ira said. Woof-woof, I affirmed. (Helmets off to the Mighty A's who did it three times!) Though I've approached mountains and wheeled them many times before at my own flower-and-fauna-appreciating pace, I felt that familiar rush I always get before mountains in the distance, that same undiminished awe, an exhilarating limbo between of belief and disbelief: We would reach those mighty rocks, ride through, up and over them, and down the other side. Simple, ordinary, yet incredible.

I went the "short" route, along with a happy crew of hill rompers. Minnewaska took us into its cool fold. Leafy green curtains hid the view, but we would glimpse soon enough where we'd come from, so far away, like a picture, a dream. The rollers delivered us into the not-exactly-open arms of a diner that seemed family-run given the unusually young waitress and distinctive decor: a print of King Tut's casket, a poster of a gleaming chrome motorcycle, a bunch of Van Gogh sunflowers, and a big print sign that read "WE HAVE EGG BEATERS!" Terrifying portions arrived. Jodi had asked for a souvlaki, but instead got a Greek restaurant on a plate. We came. We saw. We ate. The talk was of French hills, Nova Scotian hills, and veritable mounds of french fries.

Our Fearless Leader set the example by carrying two water tanks (any bottle over 24 oz. counts as a tank) on his frame. Unfortunately, I and a number of other inexperienced riders had brought mere water bottles. Here the line fell harshly between the A18 set and the A19+ set. Those who stopped for water at the start of the Oregon Trail got scowls and growls from the diehard A's. All I know is I had enough water to keep me pretty darn cheerful as we took on the next ascents. I felt an ode to inclines coming on. I love the way hills slow the most voraciously pumping legs, the way they provide a view and the time to appreciate it. I love the visual trick of noting a hill's steepness in the distance, then feeling its incline lessen as I

come closer, until it seems to carry me on its back, the way the crocodile carried the gingerbread man!

After a good, steep stretch, we agreed to take a detour to the Stone Church, which meant a jaunt up a series of rambling hills, and a gradual roll through a quiet, appealing residential area until a flat grassy stretch received us with a view of Ellenville--which looks much more charming from above. More than one couple in our group suggested that the church would be a great place for a wedding. Jodi asked Christy to marry her again. Ira considered becoming an Episcopalian. And I was stuck to find a place in the woods to relieve myself without incurring the stare of the Christ statue on the side.

Some bundled up in jackets and arm warmers for the next few miles of chilly descent. I felt the first goosebumps of the season scatter over my bare arms and legs, only to vanish as another set of rollers got the blood pumping. The deli in Walkill must have seemed an oasis for those who had been too strong or too proud to stop at the deli at the start of the Oregon Trail. That would explain the sit-down strike of colorfully clad bodies on the sidewalk. Bananas, cashews, fruit salad. A picnic! But this was paradise with a time limit. Mere yards away, a digital bank clock tempted a few hares to try to make the next Beacon train on the :50. As they pulled out, brimming with discipline and determination, I continued to eat a brick-sized brownie while my other tortoise cohorts lolled on the concrete.

Eventually, we stragglers left with the full knowledge that, since we would not make the next :50 train, we were obliged to make a pilgrimage to a certain pizzeria near the train station.

Somewhere in the 15 miles or so between Walkill and Beacon, there appeared a stretch of undeveloped land. Tall yellow and green grasses, windswept trees, rolling hills. A glimpse of the old New York State that must have inspired the Hudson River School of painters. I tried to hold the landscape in my mind like a treasure, since I knew it would soon be developed with, if it were consistent with the surrounding trend, unattractive housing.

"The bridge!," Ira shouted from behind. It was the fourth time he'd kept a bunch of us on course. We veered up a path, only to see the hares who had left early from Walkill skulking toward us from the opposite direction. I quickly reminded myself of the Cyclist Etiquette Manual, Lesson Number 527: If you see that a fellow cyclist has missed the train, do not ask, "Did you miss the train?" And Lesson Number 465: Victorious ortoisees should do their utmost to keep their glee to themselves.

Our newly enlarged group whipped over the bridge, screeched into Beacon, and invaded a languid Main Street, where a trio

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of souls on a stoop offered us brown-bag "refreshment." We resisted the invitation, and instead pressed on in search of the promised pizza! Unsuspecting pizzeria employees, wholly unprepared for such a large, hungry, spandexed flock, heroically accommodated our appetites within the bounds of the train schedule. Still occupied by that brownie I'd ingested in Walkill, I watched in awe as my esteemed colleagues devoured, for example, cheese-pepperoni-onion pizza and pineapple-ham calzones, then managed to hop on their bikes and hightail it over to the train station without donating a single food particle to the pavement. Now that's fitness.

All aboard! But what of Carol and Catherine? Last spotted in the diner parking lot, meandering in as we pulled out. No sooner did their names leave our lips, then, lo and behold, they appeared, grinning with joy at having snared the train with only seconds to spare.

And who could forget the unabashed sunset that followed us all the way home?

Columbus Day Weekend in the Catskills

October 11-14th

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.

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

Check out the new NYCC Message Board: http://www.nycc.org/bb_frame.html

The NYCC Jersey: the long and short of fall fashion.

There's not another cycling jersey close to your club jersey. It's so imaginative, so eye-catching, it has been sought by cyclists as far away as Europe, the South Pacific, and even New Jersey.

Designed by club member Richard Rosenthal and manufactured by Louis Garneau, all models have a 15" zipper for easy on-and-off and controlled cooling and super-wick-ing material.

For fall and winter, the long sleeve version is a wayyy cool way to stay warm.

Three rear pockets big enough to hold all your expletives for errant drivers. Green Liberty, red helmet, club name in red and black across rear pockets.

Coming soon: jackets. Late spring: sleeveless jerseys.

NYCC Jersey Order Form

Mail, call, or fax: Hans Schmidt • 217 Broadway, #401 • NYC 10007
T: (212) 267-6364 F: (212) 202-4285 E: hschmidt@nyc.rr.com

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	_____

LONG SLEEVE @ \$46

(Unigender)

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

Add shipping: 1-2 jersey(s): \$ 3.85;
3 or more: \$7.70

Total

Make check payable to New York Cycle Club

Name _____

Address _____

City _____ State _____ Zip _____

Tel.: Day _____ Eve. _____

New York Cycle Club

Board of Directors Meeting Minutes

July 2nd, 2002

The meeting was called to order at 6:47 p.m. In attendance were Tom Laskey, David Getlen, Eva Wirth, Eileen Crowley, Jon Dindas, Carol Waaser, Robert Gray, John Vazquez, and Cathy Martone. Not present were Ira Mitchneck, Fred Steinberg, Stan Oldak

Membership Report: Eileen reported there were 1540 members at the end of June – 1089 were through online registrations.

Bulletin: David reported the roster will be mailed with the August Bulletin and will be offered online, password protected. There were numerous formatting problems which will have to be solved before the next roster is printed. It was moved and approved to send a hard copy of the roster only to those who receive a hard copy of the Bulletin, since anyone who gets the Bulletin online will be able to access the roster online as well.

Ride Listings: It was decided to set up a separate section for the weekly repetitive rides. This would be in the Bulletin and also in Hans' weekly email.

It was noted there were no A-rides listed on Sundays in July. The suggestion was made to list a pick-up ride whenever there are no official rides listed.

Special Events: Eva had been asked by 5BBC if we wanted to do a joint

dinner cruise, but upon examining the details, she suggested we pass on it – it would have required a guarantee of money and number of people that we didn't feel we could meet in the middle of summer.

Eva may try to plan a group outing to Shea Stadium in September for a day game – we could sit in the picnic area and be able to ride our bikes out there.

The July all-class picnic is coming together, but Eva's still waiting for the permit. Also, more volunteers are needed, especially someone with a car.

Eva's been looking for places to have the Holiday Party and hasn't come up with anything so we'll probably go back to St. Maggie's Café. We're looking at a probable date of December 9. The buffet would be \$40/person.

ENY Report: We'll be giving out musette bags instead of T-shirts this year (who needs another T-shirt!). The raffle drawing will be held during the ride so riders will know if they've won when they come in at the end of the ride. Early arrivals won't have to hang around for the drawing.

Miscellaneous: Volunteers are still needed for the NYCC table at the August 4th Downtown Criterium Race.

The next Board meeting will be September 3 – no meeting in August.

The meeting was adjourned at 8:25 p.m.

Respectfully submitted,
Carol Waaser
Secretary

New York Cycle Club

Board of Directors Meeting Minutes

September 3rd, 2002

The meeting was called to order at 6:52 p.m. In attendance were Tom Laskey, Eva Wirth, Eileen Crowley, Jon Dindas, Carol Waaser, Fred Steinberg, Ira Mitchneck, Stan Oldak and Cathy Martone. Not present were David Getlen, John Vazquez, Robert Gray

Membership Report: Eileen reported that as of September 1 we had 1669 members. As of September 3, the fee for new members joining was dropped to half (\$12 for singles, \$15 for couples) for the rest of the calendar year. A discussion ensued about whether it's possible to split the membership job – currently the position is a huge load for one person. Eileen will present ideas for an alternate structure at the next meeting.

Bulletin: There was a lively discussion about the possibilities of going to a web-based bulletin only. If done right, it would be more user-friendly: ride listings and other information could be accessed in text-only format; the information could be customized by each member, such as sorting and printing rides by classification (so you could print only the C rides, for example). It was decided to put a referendum on the fall election ballot with a full explanation of the issue.

Ride Listings: There have been some problems recently with the weekly emails of rides – some people have not been receiving them. Eileen will talk to Hans about redoing the email list serve.

Fred noted that he and the Ride Coordinators no longer have any control over ride listings as they appear in the weekly email announcements. He reiterated that all changes and additions to the listings, including e-listings, should go through the Ride Coordinators and not just be sent directly to Hans. He also noted that we no longer have enough rides listed each week – we haven't gotten very many new ride leaders this year. Fred will ask the SIG Coordinators to work on getting SIG graduates to lead some rides. Routes are no problem – Fred has many cue

sheets, as do the SIG coordinators and other experienced ride leaders. There was some discussion regarding how we count up the number of rides led by each leader (for purposes of awards). It was decided that the Ride Coordinators will count for their classifications and ask the SIG Coordinators to turn in the information about SIG ride leaders to their Ride Coordinator.

The annual Connecticut Shoreline Ride will be Sunday October 27. We need ride leaders for all groups. Some new route alternatives will be scouted this year.

Special Events: The date and place are set for the Holiday Party: December 9 at St. Maggie's Café.

Ben Goldberg is working on setting up a screening of "Breaking Away" at NYU. We don't have the date yet.

Eva is setting up an evening at the Whitney Museum in November as well as a possible wine tasting in January or February. On September 17 we have a group dinner at Planet Thailand in Williamsburg, Brooklyn.

ENY Report: Everything's moving along nicely. There have been some changes to each of the routes this year, although changes to the Metric Century are very minor.

Miscellaneous: After a lively debate, the Board voted that the Club should officially support Transportation Alternatives' campaign for a car-free Central Park. It was decided that, on the whole, a car-free Park would benefit our Club members. The vote was 8 in favor, 1 opposed.

Cathy reported that Bike TV wants to do a program about the Club. She's setting up some interviews.

The next Board meeting will be on October 2nd.

The meeting was adjourned at 8:39 p.m.

Respectfully submitted,
Carol Waaser
Secretary

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 NEGLIGENCE 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.

MAIL THIS APPLICATION WITH A CHECK MADE PAYABLE TO: New York Cycle Club, P.O. Box 20541, Columbus Circle Station, New York, NY 10023

PLEASE PRINT OR USE ADDRESS LABEL - ZIP CODE IS REQUIRED!

☐ NEW ☐ RENEWAL ☐ CHANGE OF ADDRESS DATE: _____ CHECK AMOUNT: \$ _____

NAME: _____ SIGNATURE: _____ RIDING STYLE: ☐ A ☐ B ☐ C

DAY TEL: _____ NIGHT TEL: _____ EMAIL: _____

NAME: _____ SIGNATURE: _____ RIDING STYLE: ☐ A ☐ B ☐ C

DAY TEL: _____ NIGHT TEL: _____ EMAIL: _____

ADDRESS: _____ APT: _____

CITY: _____ STATE: _____ ZIP (REQUIRED): _____

PREFERRED BULLETIN DELIVERY OPTION: ☐ (Printed Bulletin (U.S. Mail)) ☐ PDF (Download from NYCC website - email address required)

PLEASE CHECK THE APPROPRIATE BOX: ☐ Individual \$24 ☐ Couple residing at the same address \$30 (\$15 after Labor Day)

CHECK IF APPLICABLE: ☐ DO NOT want my ☐ Address ☐ Phone ☐ Email published in the NYCC semi-annual roster.

ANNUAL MEMBERSHIP: January 1st through December 31st, 2002

register online @ active.com

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What I did on my summer vacation

Who was the first one up Mt. Ventoux? How do you pack for a 2 week self-contained cycling odyssey over some of Europe's highest peaks? How do you speak Canadian? All these questions and more will be answered at our October meeting. Join your fellow clubbies as they share photos, anecdotes, traveling tips and more from their summer cycling vacations.

So please join us on Tuesday October 8th, 2002

Annie Moore's Pub and Restaurant: 50 E. 43rd Street
(west of GCT between Madison & Vanderbilt Avenues)

Program starts at 8:00 PM

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

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

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