

# NYCC *Bulletin*

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

## Escape New York 2002



This photo was taken on Sunday, 9/23, during the Escape New York volunteers ride. From L - R: Chris Taeger, John Zenkus, Russ Berman, Debbie Rothschild, Tom Laskey, Brian Kivlin. Photo by Chris Acosta



Hank Schiffman and John Barnard putting their magic touch to the pavement. One of several hundred arrows that were painted for Escape New York. Photo by Russ Berman

# President's Message

## Elections

November is election month. Not only nationally, but for the NYCC as well. Later in this issue, you'll find our ballot. I hope you'll all take the time to fill it out, especially the awards section. What you may also notice is that there are darn few board positions that are actually contested. What a shame. After all my yelling and screaming and kicking and proselytizing, there is only one real election and several open positions. I've talked in this space about how much this club has meant to me over the years and how I've met so many special people here. I know I'm not alone in this feeling and have heard similar feelings expressed by others. Clearly, the New York Cycle Club is very important to many of our members. So why is it so difficult to find people willing to maintain it? I certainly understand the energy needed to fulfill a board position is sometimes lacking. It can be hard to fit the time involved into busy schedules and on top of demanding jobs. If everyone felt that way however there would be no club. So I ask everyone who feels the way I do about the club yet has not taken a turn to help to do so now. Though the demands are very real, the rewards are even more so. Take it from one who knows.

Mark your calendars!!! This year's holiday party will take place on Monday, December 9th at St. Maggie's Café on Wall St. \$40 in advance gets you in the door, fills your belly and gives you the chance to hobnob with your fellow clubbies and hopefully - I've been promised - shake your bootie on the dance floor. Also, in this issue you'll find more details on how to reserve your place. In addition to mailing in your reservation, we'll be putting an on-line option on our website so keep checking at [www.nycc.org](http://www.nycc.org). We may be offering an at the door option as well but don't count on it. We expect to sell out pretty quickly. Last year we actually had to turn people away!!

"Is the club dying?" That's a question that was asked of me by another member as I exited a well-known Upper West Side cycling establishment. "Good heavens" I replied, "what would make you say such a thing, we have more members now than we've ever had at this time of year." "I was just wondering" he countered, "there are so few rides listed." True enough, at the time of this conversation the ride listings did seem paltry. Once again, it's an issue of supporting the club and helping continue what makes it great; rides. Every member who goes on a ride has a responsibility to lead rides. We try to make it easy, on-line cue sheet library, ride leader training seminars etc., etc. If everyone does their part, no one will ever again have to ask, "Is the club dying?"

- Tom Laskey

## Editor's Note

It was fun

The past couple of months has been fun. It felt good to be working on the Bulletin again. Unfortunately, I don't have enough time to devote to the task so I've asked Tom to look for a replacement. The November 2002 issue will be my last for now but I might run again in a year or two. Diane Goodwin has offered to take over and is running for the position in 2003. With a well rounded pre-press background, she's the perfect candidate. I hope the October Bulletin helped to show everyone how important it is to get submissions in to the Editor on time. If everyone lends a hand, it should be smooth sailing going forward. Let's give Diane our support...and our vote!

- Don Montalvo

## New York Cycle Club

Columbus Circle Station  
P.O. Box 20541  
New York, NY 10023  
(212) 828-5711

<http://www.nycc.org>



### President

Tom Laskey  
(212) 961-1610  
[tomoboe@mindspring.com](mailto:tomoboe@mindspring.com)

Need  
Photo

### V.P. Programs

John Dindas  
(646) 215-8044  
[jdindas@rcn.com](mailto:jdindas@rcn.com)



### V.P. Rides

Fred Steinberg  
(212) 787-5204  
[fsteinberg@nyc.rr.com](mailto:fsteinberg@nyc.rr.com)



### Secretary

Carol Waaser  
(212) 581-0509  
[biker-c@rcn.com](mailto:biker-c@rcn.com)



### Treasurer

Ira Mitchneck  
(212) 663-2997  
[imitchneck@cs.com](mailto:imitchneck@cs.com)



### Public Relations

Cathy Martone  
(212) 979-0969  
[cmartone@hallarchitect.com](mailto:cmartone@hallarchitect.com)

Need  
Photo

### Membership

Eileen Crowley  
(212) 744-1518  
[eileen\\_crowley@msn.com](mailto:eileen_crowley@msn.com)

Need  
Photo

### Special Events

Eva Wirth  
(212) 477-9322  
[ewirth@yahoo.com](mailto:ewirth@yahoo.com)

Need  
Photo

### A-Rides Coordinator

John Vazquez  
(201) 798-0036  
[john.vazquez@asbinc.com](mailto:john.vazquez@asbinc.com)



### B-Rides Coordinator

Stan Oldak  
(212) 780-9950  
[StanOnyc@aol.com](mailto:StanOnyc@aol.com)



### C-Rides Coordinator

Robert Gray  
(212) 593-0986  
[nyarchitect@msn.com](mailto:nyarchitect@msn.com)



### Bulletin Editor

Don Montalvo  
(212) 307-7753  
[donmontalvo@mac.com](mailto:donmontalvo@mac.com)

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

Don Montalvo  
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New York, NY 10019

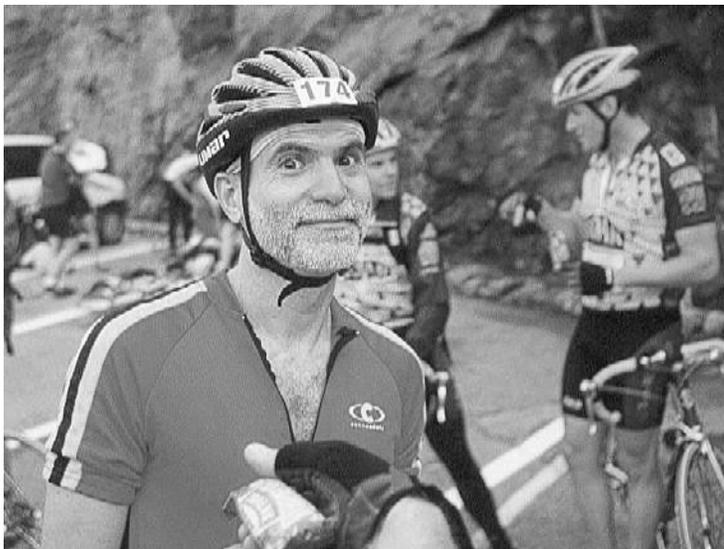
**Deadline:** All articles, announcements and advertising are due at the editor by the second Tuesday of each month prior to publication.

**Sorry, no exceptions.**

# The First Annual Whiteface Mountain Uphill Bikerace

By Hank Schiffman

When NYCC hill hunter John Zenkus contemplated the Whiteface Mountain foot race he saw the possibility of a bicycle hill climb on the same venue. He brought up the idea with the Wilmington Chamber of Commerce. They concurred and the event was born. That makes John the father of the race. He worked out the details with his fellow hill climber Victor Acuna and Rarilee at the Chamber of Commerce and on June 22nd the riders came.



Whiteface Hank

I showed up about 4:30 PM just as the persistent rain was letting up. John said that the race was a go and so it was. The skies dried up as did the road surface and the level of excitement inched up a notch. As I was coming out of race central Bill Greene and Ron Roth drove up. Strange seeing them in a car. After going to their race start convenient room at the North Pole Motor Inn the talk was of dressing for success. Midori Nakamura and David Estrada appeared along with some friends. Midori had a brand new carbon fiber Calfee Dragonfly. Soon we were doing warm up spins. In short order we had done about half as many miles as the race which was just under 8. But the hill climb was to average 8% and short order was not an option.

The race was to begin 6 PM on one of the longest days of the year, just after the toll road closed. Bill, Ron and I were in the last wave; the over 50 geezers. There was enough excess skin on the faces of the group to make another rider; the competition looked rather tame. As things turned



Ron at the finish line

out the books were better than their covers. Although the hill climb attracted a number of locals it was a magnet for diehard hillbillies in the Northeast. Many riders trained regularly on big hills.

Three riders sped ahead and vanished into the distance with Bill. I assumed that no one would pass me after the start; wrong. After a few miles I heard heavy breathing behind me. I ratcheted it up. He ratcheted it up. He passed me. I passed him. After about 3 miles of cat and mouse I yielded the sour grapes to the better man. At the first switchback I passed a fellow geriatric patient. My calculation was that I was now the 5th in the codger class if I could maintain my position. The grade flattened to 3.5% after 11%; the road now felt flat. I could hear cheering above but it was beyond another switchback. Heavy breathing returned again from

behind. I assumed that it must have been Ron; wrong. The fellow I had just passed had returned from his sabbatical. It was now the final hairpin and crowds loomed ahead. As I passed one rider before the line, codger number 6 flew by me, taking 5th place, anointing me as codger number 6 for the record. It was time to find the buds. John had switched roles from hill climber to event organizer. Bill, Midori and David were cooling down. Ron crossed the line. I forgot to advance the film so I missed the moment. Ever the Ronster, he refused to race, just taking it at a touring pace.

The finish was abuzz with activity. So many people. So many children of father John.

Hank Schiffman, 1:01:31, #78 out of 169. The winner was a 28 year old local who did it in 44:02. Both Bill and Midori won medals.



Midori and Dragonfly

## 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
<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 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		Returning to GCT	
GCT>Poughkeepsie	7:43am (Hudson Line)	Poughkeepsie>GCT	3:40pm (Hudson Line)
GCT>Poughkeepsie	8:54am (Hudson Line)	Poughkeepsie>GCT	4:35pm (Hudson Line)
GCT>Brewster North	7:48am (Harlem Line)	Poughkeepsie>GCT	5:40pm (Hudson Line)
GCT>Brewster North	8:48am (Harlem Line)	Brewster North>GCT	3:07pm (Harlem Line)
GCT>New Haven	8:07am (New Haven Line)	Brewster North>GCT	4:07pm (Harlem Line)
GCT>New Haven	9:07am (New Haven 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

## Repetitive Rides

### Sundays, November 3, 10, 17, 24

**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.

### Wednesdays, November 6, 13, 20, 27

**A19+/-**                      **50+/- MI**                      **10:00AM Sharp**

**Wednesday Morning Spin**

**Leader:**

**Jeff "El Jefe" Vogel 718-275-6978 <CPAcycles@aol.com>**

**From: the Boathouse**

Join us for our weekly spin through Bergen and Rockland Counties. As the temperature drops, we'll drop the pace a little. As usual, our destination will probably be Nyack. If it is extremely cold, we'll cut the ride short and do the Rivervale loop instead.

**B15**                      **50+MI**                      **9:00 AM**

**Nyack**

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

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

Every Wednesday, including the day before Thanksgiving. (So you can justify eating all those goodies.) Please bring helmet, waterbottle and pocket food. 30% chance of rain cancels but

(continued on next page)

(continued from last page)

call leader by 8 AM to double check. Any other questions, feel free to call leader at home.

## November Rides

### Saturday, November 2<sup>nd</sup>

**B16**            45 MI            9:30 AM

#### Piermont

Leader: Jay Jacobson 845-359-6260 <joanandjay@aol.com>

From: The boathouse

On a nice fall Saturday, an easy spin to Piermont for lunch.

Rain or wet roads cancel.

**B18**            50 MI            10:00 AM

#### Nyack??

Leader:

Michael Sopher 917-754-0550 <msny98@yahoo.com>

From: Boathouse

A convivial ride to Rockland, distance/destination partly determined by weather (colder means shorter and an indoor meal).

We will keep a fairly quick pace on the flats and everyone will have a chance to drop the leader on the hills. If you can't keep the pace please know the usual routes around Rockland. Helmet, tubes and bike in good working order required. Sense of humor and social skills appreciated.

**B18**            100+ MI        8:30 AM

#### Bergen County Perimeter Ride (Flats, Wind and Hills)

Leaders:

Diane Goodwin 212-875-9547 and Pat Carter 718-471-1283

From: W 72nd Street and Riverside Drive

Explore the outskirts of Bergen County making a clockwise route - we'll cross the Hackensack River, ride along the Passaic River and ride into Mahwah via 206. Bring lights, just in case. For further details check [www.dianegoodwin.com](http://www.dianegoodwin.com). Must phone ride leaders if you intend to join us. Co-led with 5BBC.

**C12**            30 MI            9:30 AM

#### Carrot Cake & Ancient Temples

Leader: Alfredo Garcia

From: Chelsea Piers, 22nd St. & 12th Ave.

Ride Hudson River Greenway for pleasant views and ride urban to Lloyd's, an understated Bronx carrot cake bakery. Return to Manhattan greenway to eat it at what appears to be an 'ancient temple,' actually a Pergola. Some walking required. Cleopatra (Liz Taylor circa 1962) might be there. Bring a lock, panniers, camera & \$ for carrot cake/lunch. Optional bailouts. Co-listed with the 5BBC. Wet weather at start cancels.

### Sunday, November 3<sup>rd</sup>

**A18**            60 +/- MI        9:00 AM

#### West to Nyack

From: The Boathouse

Leader:

Russ Berman 212-595-8834 <rberman@kronishlieb.com>

A steady pace with just enough hills to keep us warm on some of the well-worn byways north and west of Nyack leading to a quick paceline return via 9W or 501. There may even be a few

<http://www.nycc.org>

leaves left to peek at. Short stops for water, a quick bite and some amiable conversation. Helmets required; tubes, liquids, pocket food and a bike in good condition urgently suggested. Wet weather or strong winds cancel. If in doubt, call me before 8:15 to confirm.

**B17/18**        60 MI            9:00 AM

#### Rockland Lake State Park

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

From: Boathouse

A Sunday ride to Rockland Lake.

**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 you are 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.

**C13**            50 MI            9:30 AM

#### Three Windmills

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

From: SUNY Purchase, Parking Lot #2. Call leaders for directions and/or NYC departure info.

Did you know there's a reservoir with three old windmills in the hills overlooking Bedford? Of course you'll need to climb some in order to visit them (a triple is a good idea for all but very strong riders,) but the climb will get you in the mood for the ups--Hickory Kingdom, Honey Hollow, NY 137, Mainus River, maybe Burying Hill--and downs--Thornwood, E. Middle Patent, NY 172, Lake--on the rest of the ride. One unusual feature: a downhill instead of an uphill immediately after lunch (Parker's Landmark Deli atop High Ridge Rd.) SIGHTSEEING-pace; supplied cue sheet; 1/2 mi of hard-pack along the Mianus River Preserve; back in NYC about 5:30. This hilly ride has some gorgeous scenery, but bridges C and B ride conditions: it is not suitable for a beginning rider. Helmets required. Rain or expected high below 50 cancels. Please call leaders to volunteer or request transportation.

### Friday, November 8<sup>th</sup>

**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, November 9<sup>th</sup>****A17 55 MI 8:45 AM****Christmas Bazaar at St. Paul's****Leader: Marty Wolf 212-935-1460****From : Boathouse**

The goal is to reach St. Paul's in New City before the best hand-made ornaments and gifts have been sold out. Church lunch of soup, sandwiches and home-baked desserts. Bring a small knapsack or large musette bag for your purchases. Note: we leave at 8:45 a.m. Sharp!

**B15 75 MI 9:00 AM****Brooklyn-Queens Roundabout****Leader:****Hans Schmidt (917) 523-3062 <hschmidt@nyc.rr.com>****From: Manhattan side of Brooklyn Bridge**

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

**C14 45 MI 9:00 AM****North by Northvale****Leaders: Ira Mitchneck 212 663 2997 <imitchneck@cs.com>****Alison Gardy 917 696 2370 <agardy@erols.com>****From: Boathouse**

For cinema buffs, we will pass a cornfield and maybe even airplane landing gear overhead. For cyclists, we will catch a mid-fall day with wheels below and a stop at a farm stand.

**Sunday, November 10<sup>th</sup>****A18 55+/- MI 10:00 AM****Long Island Pizza****Leader: Carolyn Booher, 718-636-0315 <cbooh@aol.com>****From: Statue of Civic Virtue, Union Turnpike & Queens Boulevard**

How about an easy pizza ride? Most of the hills go down (except for the one right after lunch, but what better way to warm up on a chilly day). I don't know the name of the town, just that it's slightly beyond (and below) Syosset. If it's hot enough, we'll stop in Albertson on the way back for Italian ices. Ride ends at a subway stop.

**B17/18 50 MI 9:30 AM****White Plains****Leaders:****Eva Wirth 212-477-9322 <ewirth@yahoo.com> and****Eileen Crowley 212-744-1518 <eileen\_crowley@msn.com>****From: Boathouse**

Join us for a ride to the Sea Star diner. Cooperative riding skills essential. Helmets required. Temperature below freezing and more than 50% chance of precipitation cancels.

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

**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 SIGHTSEEING-paced route along various Westchester and/or Fairfield County back roads: some moderately hilly; some hard-packed--narrow tires OK--dirt; almost-all quite beautiful. We'll depart and return by Metro North, so bring a bike pass. Adventurous types can expect an all-day, point-to-point bike-touring-type ride, with terrain that differs substantially from rides to Piermont or Nyack. We don't return to our starting point nor to NYC before 4:30-5:30 P.M., although we'll probably brush a Metro North station along the way (cue sheet provided.) This ride bridges C and B ride conditions, and may not be suitable for a beginning rider. Helmets required. Rain or expected high below 50 cancels.

**Friday, November 15<sup>th</sup>****B16 60 MI 9:15 AM****Long Beach****Leader: Ron Grossberg 718 3692413 <argee401@aol.com>****From:****City Hall Park across from Brooklyn Bridge bike path**

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

**Saturday, November 16<sup>th</sup>****A20 90+/- MI 8:30 AM****Necking on Long Island****Leaders: Timothy McCarthy (718) 204-7484****<timothymc@earthlink.net>****Hank Schiffman (212) 529-9082 <schiffhank@aol.com>****From: The Boathouse**

Join us as we squeeze in one more long ride. We will meander through scenic Queens on out to Long Island and back. The object is sight seeing over pace busting (though we will motor at times). This is an all day affair. Hills? You betcha. We will likely return by subway from Flushing. Helmets, pace line skills and good cheer mandatory. Questionable weather? Check the NYCC message board by 7:30 AM.

**B18 55+/- MI 9:00 AM****Park Ridge, Somehow****Leader:****Russ Berman 212-595-8834 <rberman@kronishlieb.com>****From: The Boathouse**

A steady spin with just a hill or two, for lunch at the diner, followed by a smooth return to allow digestion. Helmets and smiles required. Check your bike and tires before we start to minimize risk of mechanicals. Wet weather or high winds cancel; cold is the reason we ride. If in doubt, call me before 8:30 a.m.

**Lead a ride! Pick your favorite route, pick a day, write up a snazzy announcement and submit it to your Ride Coordinator. Please contact your Ride Coordinator to find out when rides are due in. Thanks for your contribution!**

**C14 46 MI 9:00 AM****Park Ridge****Leader:****Scott Wasserman (914) 723-6607 <bicyclelife@cs.com>****From: Near the Boathouse**

For riding in New Jersey this is a pretty route and not too hilly (except for the climb back to the GWB). We can eat at the famous Park Ridge diner or, if the weather permits, in a little park nearby. The ride ends at the Manhattan side of the bridge and is canceled if substantial rain is expected

**Sunday, November 17<sup>th</sup>****B18 62 MI 9:00 AM****Nyack Hilly****Leader:****Tim Casey 718-392-1963 <Tim\_Casey@Earthlink.net>****From: Boathouse**

Includes River Road and Bradley Hill. Prizes for the winner of each hill climb. It won't be a Polka Dot jersey but it will be worthy of the chase. This is a nicer scenic route to Runcible or Skylark. A vote at lunch decides whether we take State Line hill or Churchill. Call my machine that morning if in doubt. Or my cell # 917-930-3303. Rain or snow cancels.

**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 SIGHTSEEING-paced route along various Westchester and/or Fairfield County back roads; some moderately hilly; some hard-packed--narrow tires OK--dirt; almost-all quite beautiful. We'll depart and return by Metro North, so bring a bike pass. Adventurous types can expect an all-day, point-to-point bike-touring-type ride, with terrain that differs substantially from rides to Piermont or Nyack. We don't return to our starting point nor to NYC before 4:30-5:30 P.M., although we'll probably brush a Metro North station along the way (cue sheet provided.) This ride bridges C and B ride conditions, and may not be suitable for a beginning rider. Helmets required. Rain or expected high below 50 cancels.

**C13 28 MI 9:30 AM****Wave Hill****From: Boathouse****Leader:****Dolores McKeough 212-539-1437 <dolo@mindspring.com>**

Wave Hill is a City-owned cultural institution with beautiful vistas of the Hudson and palisades. We'll take a look at a few Bronx neighborhoods and enjoy a ride through Van Cortland Park before ascending to Wave Hill. Lunch in the Café. Some hills. Wear a helmet and bring a lock.

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

**Friday, November 22<sup>nd</sup>****A19 55 +/- MI 9:00 AM****Annual Day After Thanksgiving Ride****Leader:****Tom Laskey (212) 961-1610 <tomoboe@mindspring.com>****From: The Boathouse**

I'm so excited. El Jefe - who began the fine tradition of leading a day after Thanksgiving Ride to Pearl River - has bequeathed me the honor of leading it from now on so it's over the river and through the woods to the Muddy Brook Diner we go. You'll need to bring your paceline skills but otherwise, we'll have a nice relaxed spin, fuel up on some pancakes or perhaps a hearty Irish breakfast and then head back on Rivervale Rd. Helmets required, temps below 35 or better than 70% chance of rain cancels.

**Saturday, November 23<sup>rd</sup>****A18/19/20 75+/- MI 8:30 AM****Whippoorwill/Roaring Brook/Hardscrabble****Leaders:****Hank Schiffman (212) 529-9082 <schiffhank@aol.com>,****Carol Wood <violetdubois@mindspring.com> and****Timothy McCarthy <timothymc@earthlink.net>****From: The Boathouse**

Fred Steinberg's birthday ride. He will be riding in his birthday suit... And you know that Fred was born with a vest and arm warmers.... An out and back ride with lunch at the Pavillion Diner in Thornwood. Up via Scarsdale Rd, back on 448 and 9/Warburton. Many opportunities to bail out on Metro North. So a Metro North Rail Pass is advised. You will need water and cash for food. This is an A ride and that denotes paceline skills. Please note that due to Unpredictable weather, please check the NYCC Message Board by 7:30 AM, in case we have to cancel the ride or delay the start an hour or two.

**B16 45 MI 9:30 AM****Westwood Diner****Leader: Carol Waaser 212-581-0509 <biker-c@rcn.com>****From: Boathouse**

A fall ride to a favorite spot. Temps below 38 at 8:30 or rain or snow or wet roads cancels. If in doubt, check with leader.

**C14 50 MI 9:00 AM****Jersey Diner Series: Northvale****Leader: Alfredo Garcia (212) 802-2441****From: Chelsea Piers, 22nd St. & 12th Ave.**

Ride and dine at a proverbial Garden State eatery where you might see bikes neatly secured, if we didn't get there first. Some rolling hills. Bring a lock and \$ for a meal. Co-listed with the 5BBC. Wet weather at the start cancels.

**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)**

**Sunday, November 24<sup>th</sup>****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.

**C14                  50 MI                  9:00 AM****Piermont, 2002 AD****Leader: Alfredo Garcia (212) 802-2441****From: Chelsea Piers, 22nd St. & 12th Ave.**

Time-honored ride to a wonderful Rockland locale, for eons constantly attracts cyclists. See the famous waterfront on the Hudson, resplendent with eateries, bike shop and pleasant sights guaranteed. Bring a camera. Check out the <http://www.visitpiermont.com> website. Co-listed with the 5BBC. Wet weather at the start cancels.

**Saturday, November 30<sup>th</sup>****A17                  56 MI                  9:00 AM****Bike Christmas Shopping in Hicksville****Leader: Marty Wolf 212-935-1460****From: Tramway Plaza, 2nd Ave. at 59 th St.**

Objective: Christmas sale of bike paraphernalia-books, posters, Christmas Cards, jewelry, men's ties, scale models, etc. And, this year 25% of all sales will be donated to the Lance Armstrong Foundation. Ride leaves at 9:00 am sharp! Bring train pass if you wish to return by the LIRR. Cue sheets provided should you wish to ride faster or slower than the advertised pace. If it's a rainy day and you have a car and want to drive out, or should you wish to take the train, call the leader. *\*B Riders please call and I'll set up a somewhat slower group for you.*

**B17                  45+/- MI          9:00 AM****Northvale****Leader:****Russ Berman 212-595-8834 <rberman@kronishlieb.com>****From: The Boathouse**

We need to do something to keep warm, and it's too easy to be slack and lose all our conditioning right after Thanksgiving. A trip to the diner seems just the thing. Helmets and good conversation are mandatory. Check your bike and tires before we start to minimize risk of mechanicals and give us a shot at getting back before the day wanes. Wet weather or high winds cancel; cold is the reason we ride. If in doubt, call me before 8:30 a.m.

**NYCC Annual Holiday Party**

Monday December 9, 2002

St. Maggie's Cafe, 120 Wall Street

Cash bar, buffet dinner, choice of pasta, chicken or shrimp entree, desert and coffee. \$40.00 Door prizes and dancing

Mail check payable to NY Cycle Club and send to

Eva Wirth

23 Waverly Place 6J

New York NY 10003

**Sunday, December 1<sup>st</sup>****C12                  25 MI                  9:00 AM****Frost Bite #1 Ride To Pancakes****Leader:****Alfredo Garcia (212) 802-2441 & Ed DeFreitas (5BBC)****From: City Hall or SI greenway near SI Yankees ballpark (10:00 AM)**

Bayonne Kull-ing! Jumpstart the series with a ferry cruise. Ride to the Garden State with the wind in your face. Eat at a Jersey diner renowned for their 'world's greatest pancakes.' Ride further to lovely Liberty State Park. Then get back on a boat to Manhattan. Check trip-related websites: <<http://www.siferry.com>>, <<http://www.bayonnenj.org>> and <<http://www.libertystatepark.com>> to enjoy this ride beforehand. Bring a lock, a camera, \$ for lunch, and \$6 for NY Waterway ferry. Co-listed with 5BBC.

**Spring Cycling Camp  
Majorca, Spain**

March 15 - 22, March 22 - 29

(or a combination thereof).

For details about the camp, and what NYCC members have to say about their trips, please visit: <<http://www.MajorcaCycling.com>> or call Hajo Thiele at (914) 833-1456

**November Special Event**

November 22, 2002

Meet your fellow club members for an evening at the Whitney Museum, 945 Madison Avenue (75th Street). 6 to 9PM. Music by Raz Mesiani. Snacks and open bar. Admission pay-what you wish. For information on exhibits see [www.whitney.org](http://www.whitney.org)

## The Shirt off My Back

By Margie Goldsmith

"Great shirt!" said a fellow cyclist as I passed her on Prince Edward Island's Confederation Trail. I was wearing my New York Cycling Club biking jersey emblazoned with Lady Liberty's face sporting a bright red cycling helmet. The image covered the entire shirt except for the familiar NYCC logo on the collar and shoulders. She was the fourth person who had admired my jersey, undoubtedly getting attention because I was the only American and only New Yorker on a 5-day Prince Edward Island tip-to-tip bike tour on the anniversary of 9/11.

The main reason I had come was because I wanted to escape NYC that day. I didn't want to relive the horrifying TV images, so when I found out about a 280-kilometer bike tour across this tiny Canadian province, I signed on. I figured an island no bigger than Rhode Island with only 125,000 residents would be remote enough not to focus on an event I wanted to forget.

The first day, as 134 Canadians and I started out, the locals guessed I was from 'away.' While we rode on the former railway track, they gave me lessons on how to be an Islander. "Talk fast," one said. "Say, jeet" (Did you eat) And "Joo" (Did you). "Say 'eh' at the end of every sentence, such as, 'We're biking all the way to the North Cape, eh?' And be sure to ask, 'Who's your father?' because everyone is related to everyone here." I loved their British accents, their warmth, and their friendliness.

The scenery we passed including placid bays with mussel lines tied to white buoys, beaches surrounded by red cliffs, rolling farmland where cows stared at us, and fragrant pine forests. The bike trail was mainly flat with packed gravel, and the width made it easy to ride two abreast. I was always meeting new people as we pedaled, learning about their families and their lives.

Each morning, after breakfast at the home of a volunteer who had put us up for the night, we'd fetch our bikes at the local parish hall and wait for the day's instructions. Marie Kenny, a woman in her mid-forties who had single-handedly conceived the tour, started every day with a prayer thanking God for the beautiful day if the sky was blue or if it looked like rain, she'd say, "Thank you God, for the liquid sunshine, if that is going to happen." She always ended with, "You are an AWESOME GOD, and this is going to be an AWESOME day! Thank you, Lord! Amen. Okay! Today we are going to do 60 AWESOME kilometers. Just stay on the trail till you see the snack van. And after, we'll have lunch at the Souris Ski Lodge, thanks to the AWESOME Women's Institute volunteers."

The Women's Institute of Prince Edward Island, a kind of 4-H club for female adults, was sponsoring the tour to help purchase a Videoscope for the new Prince County Hospital. Our \$250 entry <http://www.nycc.org>

fee was able to go directly to the fundraising effort because volunteers cooked all meals and billeted us in their homes. "Let's go," said Marie, and we'd ride at our own pace, meet up for snacks and lunch, and at the end of the day, to store our bikes in a community center. At dinner, Marie would say Grace, thanking awesome God for another awesome day. Then she'd announce, "Let's have a big hand for the AWESOME Women's Institute volunteers! We are so privileged to have so many Islanders share their homes with us." She was a tornado of energy and gratitude, an inspiration for everyone.

By the second day, my NY Cycle Club shirt was so admired that one of the riders joked I should auction it. What a great idea, I thought. That night, Marie called me up, I modeled the shirt, and announced that tomorrow, 9/11, I would auction it with all proceeds going to the hospital. There was thunderous applause, and I went to bed happy that tomorrow would be a joyous rather than a sad day.

But the next morning, the newspapers, radio and TV were completely devoted to 9/11. A local reverend joined us and said the morning

prayer, then an islander sang "I Will Remember You" a cappella. I had to put on my sunglasses so no one could see my sadness. In the middle of the song, a flock of geese flew overhead. We pedaled off in silence at first, but eventually, cyclists pedaled up to me and asked where was I when the planes struck. Home, I said. I explained I saw it the same way they did, on TV. Did I live near Ground Zero? About three miles away. Did I know anyone who had died? Not directly, but knew some people who had lost friends. Touched by their concern, I realized that even on this tiny isolated island, there was no forgetting.



Left to right: Laura Pacquet (rider from Ottawa), Marie Kenny and Margie Goldsmith

That night, Marie held up my shirt and asked for a minimum bid of \$50. Someone raised a hand and soon the price was up to \$100, then \$150. "Maybe I've missed my calling," Marie said with a laugh as the price rose to \$250.00. "Well this is AWESOME!" she said. At \$360, the bids stopped and Marie said, "Come on! You can put this shirt in your living room under glass and display it for a lifetime. Of course you might have to buy yourself a new glass cocktail table first." The shirt reached \$400. Marie turned to me, "Margie, could you send home for a few more?" It "sold" for \$500. The buyer, a woman from the Brakely chapter of the Women's Institute (Marie's chapter), came up to claim it. Just as I was wondering how she would be able to fit into my size small, she said, "This shirt has been bought on behalf of the Brackley Women's Institute, but we are giving it to Marie, because she is such a special person and deserves it."

Marie began to cry and we all stood up and screamed and applauded. I hugged her, handed over the shirt, and grinned, knowing that everyone back home in the New York Cycle Club would have been applauding right there with me.

For information on the 2003 womens institute legacy bike tour, Contact Marie Kenny at <Cecil.Kenny@pei.sympatico.ca>

## Favorite Cycling Products

By Hank Schiffman

Note: This is not to be construed as a product endorsement by the New York Cycle Club.

Some cycling products are better than others – duh! But some are outstanding. The NYCC's membership can be seen as a vast arena of product testing. Sharing the good word on better functioning equipment seems like a no-brainer. Allow me to be the first to put in 2 cents. And with a little bit of luck others will send in reports on their favorite cycling equipment.

Riding in the rain is inevitable if you cycle enough in our area. Sometimes it is just a question of starting a ride on wet roads that are predicted to dry through the day. Sometimes a small possibility of precipitation is out there but not enough to scrub a day's ride. In winter it might be runoff from snowmelt. The fact is your rear wheel is one big potential sprinkler. I did one memorable ride on wet, rainy roads. Of the 4 or 5 riders I was the only one without a big, brown muddy streak down my back. And the reason was that I was the only one using a rear fender.

I use the SKS X-Tra Dry Fender. For all of about 13 bucks you get an adjustable rear fender that cleverly snaps onto your seat post without any tools. The seat post clamp adjusts to the diameter of your seat post with a nylon strap similarly to the chinstrap of your helmet. The angle of the fender also is easily adjustable. There are no parts to rust and it cleans off easily in the kitchen sink or bathtub with a sponge. The only problem I have encountered is that sometimes the fender will rotate on the seat post and, unbeknownst to me, I start to get sprayed. But I have found that by making sure that the fit on the seat post is extra tight, rotation of the fender is not a problem.

Now if I can only find an easy fitting front fender...

## From Piranhas to Elvis: The 2002 ENY

By Alfredo Garcia

After a 7-year absence, I rode the New York Cycle Club's "Escape From New York" century.

Elvis, What happened? The year was 1995, the inaugural ride. Around the 10-mile mark, I struck a rail and fell on my protected left temple. Felt light-headed, my hearing seemed compressed and I was in a prone position. Cyclists were looking down on me like a huddle. Besides sincere concerns, one lasting impression was seeing guys with Specialized "Piranha" helmets, a popular choice then. ENY ride marshals got help and I ended up at Pascack General Hospital. Another considerate mar-



Ted M. Kushner and Alfredo, ENY rest stop, Bicycle Workshop.

Photo by Patrick C.

shal called me when I got home. I was okay, slight concussion, but no "Bozo Of The Month." My dented helmet (not a Piranha) lies on my office desk, a reminder that cycling and protective headgear go hand in hand. From that point on, ENY was knocked out of my head until this year. ENY is too good to ignore and deny.

Elvis Is Back! Aside from understated bike clothing, I wore my USPS jacket and strapped on a Camelbak. Took the scenic route to Sakura Park via the Hudson River Greenway, from 59th St. Then Cherry Walk to the end, a right at the corner and the second right up a big climb to Riverside Dr., near ENY. Saw lots of familiar faces--Hans Schmidt, Herb Dershowitz, Bill Strachan, Peter Kouletis, Robert and Annaline Dinkelmann--they honorably left their bikes home so they can help with ENY. Among the cyclists whom I knew riding were Todd Brilliant, Peter Morales, David Hallerman, Ron Roth, Tom, a fellow B-SIG graduate with a new Bianchi, a Latino cyclist I know and far from the madding crowd, the lovely Carol Wood, Renaissance woman. Plus a lady "B" rider who liked descriptive "C" rides I led.

As the buzzer sounded, I rode in several "B" groups. Though initially I went with Carol Waaser, I ended up with Harvey Minsky's B-17 group. His group was cruising very well and keeping a good pace.

Come What May. There was an annoying occurrence on Hardenburgh Avenue. Some Bergen County police officer in a patrol car, told us cyclists to keep in step, meaning ride single file. He picked the wrong crowd. To most Cycle Club riders, riding single file is 99.9% second nature. The officer should take the SIG.

Good ride pace to the first rest stop at Saddle River police station, 27 mile mark. Stocked up on food and water. Optimism was in the air. Then, as Elvis would say, that's when the heartaches begin. For the next 35 miles, I couldn't keep up with Harvey and I was dropped. That's alright, Harvey. Then more people sped by. Hey, I'm a B17 SIG graduate. I caught up with another group on a climb on Calls Hollow Rd. Some graciously knew me as that "C" ride leader. Again I was dropped. What's going on?

The Great Comeback. However, as I rode down Tompkins Cove and Stony Point, I found my way back into things. There was a nice stretch gliding the Haverstraw shoreline on Rt. 110. After Short Clove Road, I waited for the train to pass before heading to hilly Rt. 9W. Was it the Mystery Train, 16 coaches long? No, it was a CSX train, some 20 freight cars long, probably shipping boxes of "Elvis 30 #1 Hits." As the dust cleared, I saw the group that dropped me on Calls Callow Rd. This time they looked a little peaked.

With literally a dirty, dirty feeling, I broke away from the group to Rockland Lake State Park at the 62-mile mark. The majestic Palisades, a nice lake and premature dusky autumn leaves surrounded us. Harvey held court with admirers and cyclists who kept up in his B group. Everyone munched on tasty sandwiches. Wasps of the yellow jacket variety were unwanted guests, sipping on lemon-lime gatorade. Saw another B-SIG grad helping with lunches and the NYCC prez, Tom Laskey. They, like a few good cyclists, humbly sacrificed riding to make sure ENY was done well.

Not A Long Lonely Highway. Was planning to continue solo. But I rode with Patrick, a lean grey haired Black man, also a Harvey-dropped cyclist. We set a good 14mph pace, exchanged keen and

(continued on next page)

(continued from last page)

witty conversation. Hoped to ride with two ladies doing the metric route. But the century route continued north before heading south. Patrick and I accelerated up several rolling hills to punishing thresholds. At Strawtown Rd. both thigh muscles pulled on me for about 23 seconds. I was literally tortured yet kept going. Patrick assured me the agony will pass. On flat terrain, indeed, the pain slowly pedaled out.

Near the 85 mile mark, we stopped at a pharmacy. Cold orange gatorade for a dollar! A moment later Patrick and I caught up with another Harvey-dropped "B" cyclist. As gentlemen, we ran interference as she drafted us. About an hour later, we stopped at the next rest stop at Bicycle Workshop, 91 mile mark. The trademark vintage highwheeler was displayed. It was great to see Ted M. Kushner, a notable Five Borough Bicycle Club leader, helping as an ENY marshal. He played his own uplifting mix of folk music for arriving cyclists. Sandwiches and mouthwatering ice cream was available to feast on.

The Promised Land. Alas, only 11 miles to the end. It was familiar cycling territory. It was a nice surprise doing Walnut Rd. instead of the dreaded Churchill Rd. as the concluding climb. We converged with other cyclists on Hudson Terrace. We were still going strong as we got back to the George Washington Bridge and Riverside Drive.

At the finish around 5pm, we received cheers from well wishers like Annaline, Ron Roth and the lovely Carol Wood, who of course, finished way ahead of me and a Latino cyclist I knew. And I made a new friend, Patrick, which might not have happen if Harvey didn't drop us. It's okay, Harvey, things worked out fine.

The commemorative Escape New York mussette, made of white cotton, is a thing of beauty, a unique touch. I gave mine to my non-cycling Mom. She plans to use it in the fields, to gather fruits and vegetables, in her native Philippines. I also loved the cuesheet. The century route was printed on orange paper, with eye pleasing clear & narrow fonts.

Out of the 3 annual Manhattan-area century events (the other two are Montauk and Transportation Alternatives) ENY is the toughest yet a darn pretty ride. It makes good use of roads in Bergen, Rockland and Orange Counties, which we normally ride to, with scenic locales. To insure no boredom and to present a challenge, hills are included. You can't ignore them, whether you ride 50 miles, 62 miles or 100 miles. Thanks to good weather and MOST importantly, the organizers and marshals who made ENY a success.

Mission accomplished. 102 miles, a 7 hour, 25 minute ride time at nearly 14mph average speed. Elvis has left the building. I quietly rode to Cherry Walk and into the sunset.

## The NYCC Jersey: Have it Your Way. Short sleeve, long sleeve, or no sleeve.

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.

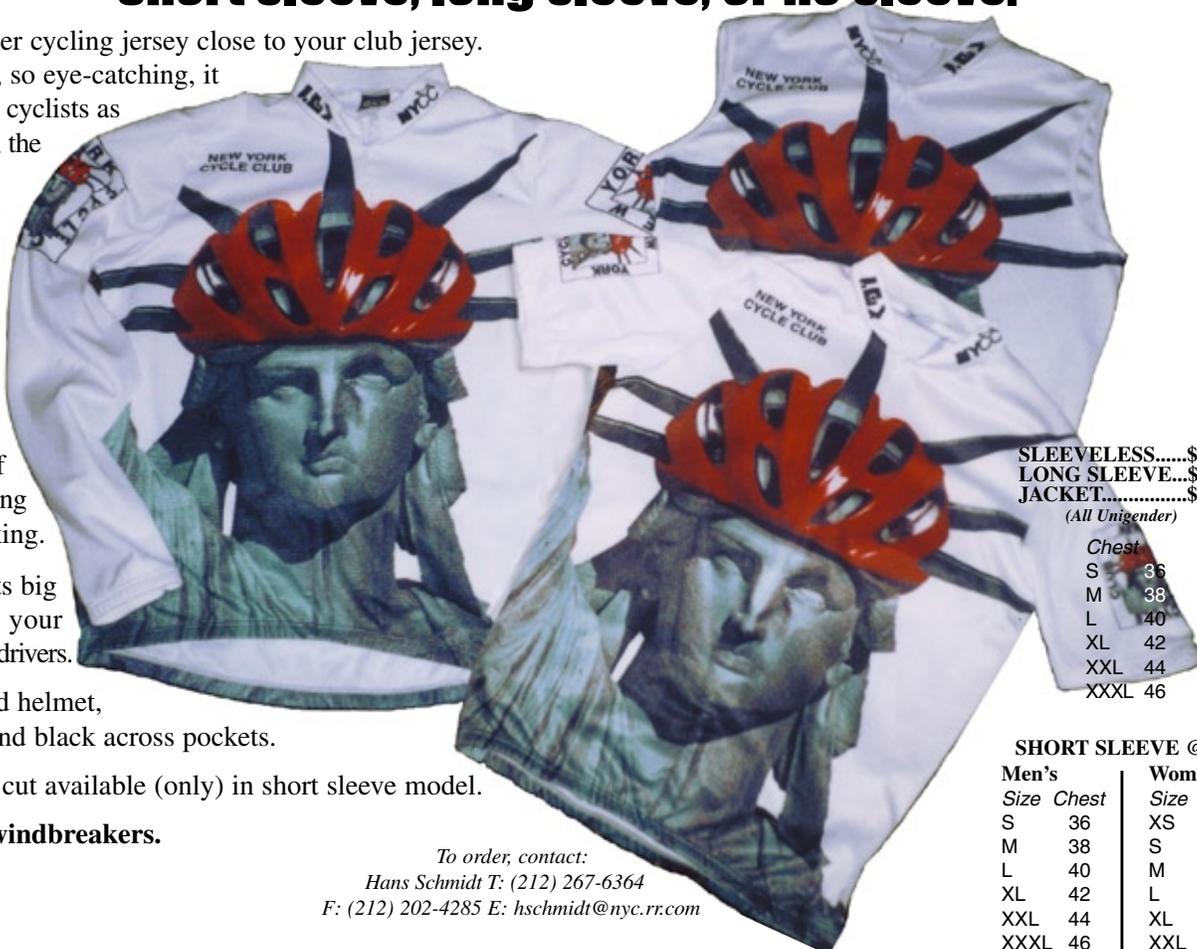
Designed by club member Richard Rosenthal and manufactured by Louis Gameau, all have 15" zippers for easy on-and-off and controlled cooling and are super-wicking.

Three rear pockets big enough to hold all your expletives for errant drivers.

Green Liberty, red helmet, club name in red and black across pockets.

Special women's cut available (only) in short sleeve model.

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To order, contact:  
Hans Schmidt T: (212) 267-6364  
F: (212) 202-4285 E: [hschmidt@nyc.rr.com](mailto:hschmidt@nyc.rr.com)

## ROAD DIRT

by Wentworth Darcy Rhodes IV

Club member **Joanna Omi and her husband Grant Jarrett**, former manager of the Larry and Jeff's Bicycles Plus on 3<sup>rd</sup> Avenue, celebrated two births this summer. The first was of their son, **Ethan Yoshio** and the second, "More Towels", is a memoir published this month by Grant and available online at Barnes and Noble or [www.amazon.com](http://www.amazon.com). Both **Eyo** and the book are doing well, though the parents are a bit sleep deprived.

**Tony Nappi and Marina Bekkerman** well on the way to recovery from their recent cycling accidents.

Sunday, August 25th was a momentous day for two reasons. First, it was the NYCC first lady's birthday ride, not her birthday mind you, just her birthday ride. Second, it was the first time in 14 years that **Jeff "El Jefe" Vogel** set foot in the Stoney Point Diner. It seems that El Jefe came to the diner 14 years ago utterly exhausted and was unable to do anything but lie down in one of the booths. When asked by the wait staff to sit up, he replied that if he had to sit up, he would need an ambulance. He was then shown the door. One would think El Jefe's return 14 years later - particularly in an upright position - would generate some enthusiasm from the diner staff. Curiously enough, his return went practically unnoticed.

A successful inaugural Delaware Diamondman Triathlon (Half-Ironman distance) was held on Sunday September 8th at Lums Pond State Park near Newark, DE. Being confident in his ability to ride 56 miles this year, **Basil Ashmore** (he completed one mini-triathlon in Central Park in 1995) tested out his swimming and running abilities in the two weeks prior to the event and decided he could attempt it. He was thrilled to put in a total time of 5'46" despite being one of the last out of the water after the swim. However, it was his sister, **Melanie**, who finished the course in an amazing 4'55" (+12") - the only problem being she got too chatty for too long with **Ken Shidler** (5'27" + 12") along the way on the bike leg and they were both penalized an additional 12 minutes each - no "drafting" allowed. Even after the penalty was imposed, Melanie Finished first in her class (30-34 years.)

Who's the guy who bought a road bike last year, is 50 years plus, rides downhill on his top tube in NJ brevets, likes to ride in the middle of the road AND nearly completed BMB

(Boston-Montreal-Boston)? **David Mandelbaum** is the guy. Many congratulations to him on this "crazy" endeavor. David was within several miles of the finish when he SAGGED himself. **Karl Dittebrandt** gave up sleep to support David Mandelbaum at each control. Karl even drove a couple who DNF to Brattleboro! You can't get better support than that provided by Karl. What? Another guy tried it too? **Bill "Wigwam" Strachan**? Yes, rumor has it that at every control point his first request was NOT "where's the food" but "I have a mechanical." This is the third or fourth BMB completion for Strachan.

**Pat Carter** was smarter this year and rode the "restaurant/food festival/scenic tour" Quad Centuries with fellow PAC tour organizers. **Pat Cole and Jay Ambroson** rode tandem - the entire BMB route. They were extremely silent at Ludlow North - well, that's expected when you ride 750 miles on a

tandem? Did I mention the pouring rain most of the time? **Pat Carter** needs a riding partner to keep her from getting lost on 600K brevets in Boston - she for gets her glasses at control points **Janet Magajna** and Pat were seen on **John Cecer's** Adirondak 540 - 136 miles. Nope, Pat didn't get lost this time thanks to Janet's navigation skills - not to mention perfect eyesight. Watch out for these women - steady riders!

**Diane Goodwin** manned the control point at Ludlow, and is the

RBA (administrator) of the New Jersey brevets. With help from her WSF/Setanta teammates -- **Beth Renaud, Hanna Robson-Vazquez, and Sarah Sauvayre** - **Frances Harrison** won the CRCA Club Championship on Saturday morning October 5 (in the drizzle and muck). Not a bad way to celebrate a birthday too. Congratulations. Other cycle club members who chose not to ride BMB (saving themselves for Paris-Brest-Paris in 2003, I'm sure) but completed brevets in the NJ series are **John Polakas, Stan Oldak, Al Stern, Hans Schmidt, Scott Demel, Janet Magajna, Brice Wilson, Robert Dinkelman, and Martin Jaramillo**. Special mention: **Anneline Dinkelman** gave it her all at Frenchtown. Anneline manned the Frenchtown control and later the finish of the 200K NJ Brevet. Her coach - Robert Dinkelman. His words of wisdom were "get the card! - Scream at them - Don't let them pass the control." She did and NO ONE got past Anneline. Thanks Anneline!

So keep those cards and letters coming to [RoadDirt@nycc.org](mailto:RoadDirt@nycc.org) - Dustee Rhodes.

# ROAD DIRT



## Official 2003 NYCC Election Ballot Vote for Officers and Member Awards



Check the appropriate box or write in your choice for open positions  
*Candidates statements are printed on the following page*

<b>President</b>	Tom Laskey	<input type="checkbox"/>
<b>VP Rides</b>	Fred Steinberg	<input type="checkbox"/>
<b>VP Programs</b>	Eileen Crowley	<input type="checkbox"/>
<b>Special Events Coordinator</b>	Eva Wirth	<input type="checkbox"/>
<b>Treasurer</b>	Ira Mitchneck	<input type="checkbox"/>
	Deborah Bennett	<input type="checkbox"/>
<b>Secretary</b>	Carol Waaser	<input type="checkbox"/>
<b>Membership Director</b>	Jon Dindas	<input type="checkbox"/>
<b>Public Relations</b>	David Hallerman	<input type="checkbox"/>
<b>Bulletin Editor</b>	Diane Goodwin	<input type="checkbox"/>
<b>A Rides Coordinator</b>	Robert Gray	<input type="checkbox"/>
<b>B Rides Coordinator</b>	Stan Oldak	<input type="checkbox"/>
<b>C Rides Coordinator</b>	(Open)	<input type="checkbox"/>

Check the appropriate box

### Now here's the fun part!

No doubt, the announcement of the member award winners is one of the true highlights of the NYCC year. And yes, you can nominate yourself. We won't tell.

<b>Best Dressed Man</b>	
<b>Best Dressed Woman</b>	
<b>Most Improved Man</b>	
<b>Best Improved Woman</b>	
<b>Comeback Rider Of The Year</b>	
<b>Best Cycling Couple</b>	
<b>Best Ride Leader</b>	
<b>Best Diner/Food Destination</b>	
<b>Fastest Flat Fixer</b>	
<b>Most Shameless Gear-Head</b>	
<b>Best Retrogrouch</b>	
<b>Best Wheel (To Follow In A Paceline)</b>	
<b>Best Schwebbers*</b>	

*\*Schwebbers are the grease marks cyclists get on their legs when they brush up against the chain*

Members may cast their ballots by mail, on-line ([www.nycc.org](http://www.nycc.org)) or at the next club meeting on Tuesday, November 12<sup>th</sup>.  
If voting by mail, fill in your name and signature on the signature lines on the other side of this page, detach, fold and seal with tape.

**PLEASE DO NOT USE STAPLES**

Send ballots to the pre-printed address on the other side of this page only. Ballots received at the NYCC P.O. Box cannot be counted. Remember to use a stamp. You may copy this form for use in multiple member households but without a name, address and signature on the bottom third of the reverse side, your ballot cannot be counted. Ballots sent by mail must be postmarked no later than November 6<sup>th</sup>.

# Candidate Statements

## Deborah Bennett's Candidate Statement (Treasurer)

I am interested in serving on the NYCC board in order to "give back" to a club that has provided so much fun for me the past few years. And I am interested in the position of treasurer, as this is where my skills would best be utilized. My work background includes several years as a financial controller at Citibank and American Express. I have been the treasurer for ENY the last 2 years, so I am somewhat familiar with our club finances. I am also familiar with "board work" as I am currently a board member for Help Line Telephone Services (a non-profit organization where I also volunteer).

## Ira Mitchneck's Candidate Statement (Treasurer)

The NYCC is a cycling club. Its about going on rides, leading rides, and even spending an entire weekend on your bike if it strikes you. Being the treasurer of the NYCC is about making sure that the resources to help all of that and much more happen. Its about maintaining and growing our resources for new and current programs. Its about getting the most for the expenditures we make. It is about making sure that you can get out and ride with a great group of people when you want to.

I make sure to lead at least one ride in each ride class each year both out of pure enjoyment and to know what everyone at every level is thinking about. I've done this for the past five years. I've organized the Berkshires Weekend with our VP of Rides for the last four years. It is largest NYCC weekend, all on an expenditure less than one dollar per participant. The NYCC is a small non-profit with all of the problems a small business. I've run a small business for twenty years, I have been the treasurer for several years and am asking for your support for one more year.

Both the resources of the club and the membership of the club have grown significantly over the time that I have been treasurer. The credit for this belongs to my fellow board members and ride leaders. What I can take credit for is making sure that the resources are available to support of the NYCC programs when they are needed and in the amount needed through planning, budgeting and managing the financial resources of the club. Let's move into the next year together.

**Members may cast their ballots by mail, on-line ([www.nycc.org](http://www.nycc.org)) or at the next club meeting on Tuesday, November 12<sup>th</sup>.**

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**Geo Carl Kaplan  
18 West 16th Street  
New York, NY 10011**

**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.

**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 1<sup>st</sup> through December 31<sup>st</sup>, 2002

register online @ **active.com**

**Bike shop discounts!**

**A BICYCLE SHOP**

345 West 14th Street  
(212) 691-6149  
www.a-bicycleshop.com  
abikshp@aol.com  
10% on non-sale items  
(not items already discounted)

**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

**BICYCLE RENAISSANCE**

430 Columbus Ave  
(212) 724-2350  
10% off repairs and accessories  
(not on sales items and new bikes)

**CNC BICYCLE WORKS**

1101-1st Ave (212) 230-1919  
cncbicycleworks@juno.com  
8.25% accessories, repairs, rental and bikes

**CONRAD'S BIKE SHOP**

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

Membership card!  
Cut me out!



**GOTHAM BIKES**

112 West Broadway (212) 732-2453 or  
gotbik@aol.com; 10% parts, accessories and  
repairs

**LARRY & JEFF'S BICYCLES PLUS**

2nd Avenue Bicycles Plus  
1690 2nd Ave. (at 87th St)  
(212) 722-5903  
15% off accessories and parts  
5% off on better new bikes

**PIERMONT BICYCLE CONNECTION**

215 Ash Street, Piermont, NY 10968  
(845) 365-0900 or 4 Washington Street,  
Tenafly, NJ 07670 (201) 227-8211  
www.piermontbike.com  
10% off EVERYTHING including  
bicycles. FREE SHIPPING on purchases  
over \$100

**SID'S BIKE SHOP**

235 East 34th Street (212) 213-8360  
www.sidsbikes.com  
8% off parts, accessories and clothing

**TOGA BIKE SHOP**

110 West End Avenue  
(212) 799-9625 or gotbik@aol.com  
10% off parts, accessories and repairs

**TOGA BIKE SHOP**

110 West End Ave  
(212) 799-9625 or gotbik@aol.com  
10% parts, accessories and repairs



# How to Beat Winter and Become a Better Cyclist with Rick Prince

Rick Prince has been bike racing competitively since he was 14 and is currently a USCF category 2 rider. He has raced for the US National Cycling Team and has competed in major national and international events. Rick has a BS in exercise physiology from Springfield College, is a USA Cycling certified cycling coach and currently works for the Reebok Sports Club as a personal trainer and cycling coach.

Rick will be teaching us how to stay in shape and become a more efficient rider in the winter. Areas that he will focus on include; The differences between riding outside, riding on rollers/trainers, spin bikes and exercise bikes; proper postural form on the bike and common problems that many cyclists have in regard to postural deviations and biomechanical deficiencies; Sport specific strength/flexibility training that can be done in the gym and at home; Cross Training and how to make the most out of riding a bike indoors and outside in the cold

## So please join us, on

Tuesday, November 12th

At

Annie Moore's Pub and Restaurant

50 E. 43rd St. (west of GCT between Madison & Vanderbilt Aves.)

Buffet Dinner includes Chicken Marsala, Pasta Primavera, Sheppard's Pie, rice, 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 runs from 8 to 9:15. (Subway: Take 4/5/6/7 to 42nd St./Grand Central)

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