

# NYCC Bulletin

NEW YORK CYCLE CLUB

**Renew your membership NOW!**



The annual membership will remain the same \$24 for individuals and \$30 for couples residing at the same residence. We are again offering a discount of \$3 for renewing online at [active.com](http://active.com). If you renew your membership before March 14 using [active.com](http://active.com), the fees are \$21 for individuals and \$27 for couples. All memberships run on a calendar basis (Jan-Dec). It doesn't matter when you registered during the year, this is the time to renew. If you have forgotten your membership number (required when registering online), please go to [www.nycc.org](http://www.nycc.org). (See inside back page for membership renewal form)

## Francis Harrison

shares how she, Beth Renaud and Leslie Jennings worked together and won Empire State Game medals (pg 6)

## David Mandelbaum

attempts Boston-Montreal-Boston with support of Karl Dittebrandt (pg7)



## Carol Wood

and friends ride "Escape New York" (pg5)

## President's Message

It's December and another year is coming to a close. Here in NYCCville, that means only one thing, the annual NYCC Holiday Party!! It's not too late to sign up for a really great evening, buffet dinner, door prizes, dancing, and the fabulous ambiance of St. Maggie's Café, all for a very reasonable \$40. Check the bulletin back page for details, you can mail in your check or you can sign up on-line. I can't guarantee there will still be tickets available at the door so don't wait! You may find yourself out of luck.

2002 has been an extraordinary year for the NYCC. We've set another record for membership and the SIGs, and club weekends experienced their largest turnouts ever. When we needed volunteers for specific events, the New York Bike Show, Escape New York, you all turned out in impressive numbers. I've harped on the dearth of candidates for the board of directors enough, I'm only going to say that as I write this, we still have no candidates for C Ride coordinator. If this is still the case when you read this, there is a good chance there will not be any C rides. Wouldn't that be a shame!! In fact it would be a tragedy. Come on you C riders, there must be one of you willing to take on the task of finding and coordinating rides, I know you're out there!!! Those of you that are interested, please let me know either by phone or by email.

It's not too early to renew for 2003. We are offering the same deal as last year, if you renew using the member number found on your mailing label you get the same old membership price of \$21.00 for the year. What's that? Don't get the bulletin mailed to you? We will put the membership list with numbers on our fabulous website. Check at [www.nycc.org](http://www.nycc.org) for more information. Yes, it's true, members have until mid-March to renew but why wait. Do it today.

See you all at the Holiday Party!

- Tom Laskey

## Editor's Message

Hello and thank you for electing me bulletin editor. Some know me as a ride leader for NYCC, but I am also the Regional Brevet Administrator for New Jersey/Metro New York, a long distance cycling organizer of brevets. My professional career is pre-press (printing). As bulletin editor I intend to set high standards based on the works of previous editors. A member of several cycling networks, I want to share my knowledge, keeping NYCC members up-to-date with cycling events, training and nutrition information, cycling feats, etc...

Thanks to all who participated in the publication of this month's bulletin and roster (the NYCC board, Alfredo Garcia, George Kaplan, Jennifer Benepe, Park Lane Litho, all who contributed articles, announcements, photos, etc...) This edition took extra time but expect your bulletin before the first of every month in 2003.

Meeting minutes, articles and announcements have been brought to the front hoping members read the news of the club rather than skip to the rides. Anticipate lots of photos and informative articles. Don't be shy to send me an email, ask to publish an article or classified, or just say "hi." I'm an approachable editor - I stick to the deadlines. If you have a piece you "must have" included and it looks lengthy, email me before finishing the piece to reserve space. I'd like to keep the newsletter filled with current articles rather than saving articles for future editions.

Lastly, any member who wants to work on the bulletin with me may contact me. No experience necessary. Working on the bulletin is a great way to get to know NYCC and learn desktop skills.

- Diane L. Goodwin

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**Ads:** Only bicycle related advertising is accepted. Only digital files will be accepted (contact Editor for more information). Maximum ad size is 7 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 context 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 warrant to the NYCC that material is in no way an infringement on the right of another and may be published without additional approval.

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

**Email:** Attach your DIGITAL file and send it to the editor at <dgoody@mindspring.com>. Contact the Editor if you have any questions.

**Postal Mail:** Put your DIGITAL file on a Zip or CD - no floppies. Include self-addressed, stamped envelope and mail to:

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

# NYCC Board of Directors Meeting Minutes

October 2, 2002

The meeting was called to order at 7:05 p.m.. In attendance were Tom Laskey, Ira Mitchneck, Eileen Crowley, Robert Gray, John Vazquez, and Cathy Martone, Stan Oldack.

Membership Report: Eileen reported current membership at 1787 with 110 new joins in September, 40 from ENY. So far in 2002, 1255 members have joined through Active.com, up from 857 in 2001. 42% of our current membership is female, 93% are from New York State. Eileen also reported that Active is willing to maintain the club database, making it possible for more than one person to access it at a time. This will facilitate extra help with the membership director position.

Special Events: Ira suggested using Active for Holiday Party sign-up, Eileen to check on cost to Active. Active fees will be absorbed by the club.

ENY: Stan's preliminary report: 350 registered, 268 actually rode, gross receipts approx. \$9000. Full accounting to be given at next meeting.

Tom reported that TA has requested a link from our website to theirs specifically referencing their campaign for a car-free park, Ira suggested TA linking our website to theirs. All agreed.

Club Apparel: The possibility of selling club apparel on-line through Active was discussed; Ira suggested that purchasers should pay for additional Active charges. All agreed.

Rides: Robert suggested adding a ride solicitation blurb to the weekly email announcements. Robert will write up blurb for Hans. It was further suggested that ride coordinators be more aggressive about matching up ride leaders with co-leaders that are interested in leading rides but who are reluctant because of a lack of experience or knowledge of routes.

Meeting adjourned at 8:20.

November 5, 2002

The meeting was called to order at 6:38 p.m. In attendance were Tom Laskey, Ira Mitchneck, Eva Wirth, Eileen Crowley, Diane Goodwin, Carol Waaser, Robert Gray, John Vazquez, and Cathy Martone.

Membership Report: Eileen reported we now have 1,881 members. She then raised some issues with regard to renewals. Renewals are accepted beginning December 1, 2002 for the 2003 calendar year. (Eileen will have Active.com open a new 2003 page and close

the 2002 page as of that date.) Dues will remain the same - \$21 for an online renewal by March 15, 2003 and \$24 for renewal by mail or after March 15. A box needs to go in the December Bulletin reminding members to renew.

Bulletin: Diane Goodwin was welcomed as the new Bulletin Editor. She asked a few questions with regard to ads. Discussion turned to the Roster. Diane will send a PDF version to Board members to look over. Some corrections are needed on the front and back cover pages. Eileen raised the issue of member phone numbers: because we have two fields - day phone and evening phone - but we only print what's entered in the "evening phone" field in the roster, some members have no number printed because they didn't fill in the "evening phone" field. It was decided that with the 2003 membership year, we will only have one field simply labeled "phone". That way members can list whatever phone number they wish for contact purposes (and still have the option not to list it in the roster).

Special Events: Everything's set for the Holiday Party at St. Maggie's Café. Members may register through Active.com or send checks to Eva. Eva will finalize the menu and solicit items for the raffle.

The Whitney Museum event is set for November 22.

Liane Montesa is working on a caterer for the Berkshire Weekend dinner. Tom mentioned that Dona Kahn also has a house up there and is willing to work on the dinner arrangements.

It was decided to do a joint All Class Ride with Sound Cyclists in Connecticut in July. It will be a picnic by the water. The Board voted to subsidize \$5.00 per member for the lunch. Eva will finalize details with Sound Cyclists.

ENY Report: Postponed until next meeting.

Miscellaneous: The new message board upgrade will be going live this week.

It was suggested that the information on the self-classification ride be posted on the website.

The next Board meeting will be Tuesday, December 3. This will be a joint meeting of the old Board with the new.

The meeting was adjourned at 7:55 p.m.

Respectfully submitted,  
Carol Waaser  
Secretary



## TEAM IN TRAINING

This year, the Leukemia & Lymphoma Society's Team In Training program will train over 30,000 people to run or walk a full or half marathon, cycle in a century ride or participate in a triathlon, while helping to find cures for leukemia, lymphoma, Hodgkin's disease and myeloma.

Team In Training New York City participants receive a four-five month training program with our professional coaches, and we ask participants raise funds to help the Society achieve its mission—to find a cure for leukemia, lymphoma, Hodgkin's disease, and lymphoma.

After the training program is complete, participants join Team In Training members from across the country to complete their endurance event—a life enriching experience—and the travel and accommodations are on us!

Please see our feature article in the next issue about a **NYCC member** who participated in the Lake Tahoe Century Ride last summer with Team In Training!! To find out more information about Team In Training, please go to our website ([www.teamintraining.org/nyc](http://www.teamintraining.org/nyc)) or call 212-448-9206 ext. 26.a

## FAT TIRES IN THE BIG APPLE

Believe it or not, New York City boasts hundreds of acres of little-used parklands, some of them ripe for the construction of mountain-biking trails. The group known as New York City Mountain Biking is working to organize the city's mountain bikers and to educate the New York City Parks Commissioner and elected officials about the needs and attributes of their favorite sport. Working with the International Mountain Bicycling Association, they hope to build a 16-mile showpiece trail, most of it singletrack.  
<http://groups.yahoo.com/group/nycmb/>



Catherine Bent

## Bent Spokes

when straight English doesn't go the distance. . .

### gunking vb.

A style of riding without the use of any middle gears, only the highest and the lowest, for the entire route. Also **gunker** n. -- better experienced than defined - by riding in the Catskills with a Fred Steinberg cue sheet.

# 2003 NYCC ELECTION RESULTS!

President .....Tom Laskey  
 VP Rides.....Fred Steinberg  
 VP Programs.....Eileen Crowley  
 Special Events Coordinator.....Eva Wirth  
 Treasurer.....Deborah Bennett  
 Secretary.....Carol Waaser  
 Membership Director.....John Dindas  
 Public Relations.....David Hallerman  
 Bulletin Editor.....Diane Goodwin  
 A Rides Coordinator.....Robert Gray  
 B Rides Coordinator.....Stan Oldak  
 C Rides Coordinator.....\*

Best Dressed Man ..... Tim McCaCarthy  
 Best Dressed Woman ..... Linda Nappi  
 Most Improved Man.....John O'Connor  
 Most Improved Woman.....Carol Wood  
 Comeback Rider of the Year.....Stan Oldak  
 Best Cycling Couple .....Jody Saylor & Christy Guzzetta  
 Best Ride Leader .....Hank Schiffman  
 Best Diner/Food Destination.....Runcible Spoon  
 Fastest Flat Fixer .....Tim McCarthy  
 Best Retrogrouch..... "In Honor of Mark Martinez"  
 Best Wheel to Follow in a Paceline .....Tim McCarthy  
 Most Shameless Gear-Head.....Evan Marks  
 Best Schwebbers.....April Greenberg

Thank you Tim Andon, Peter Morales, Tony Nappi, Jeff Vogel for helping to count the ballots. In case you are curious -- there were 72 electronic ballots and 31 paper ballots (4 by mail and 27 at the meeting) cast. - *Geo Carl Kaplan*

\*C Rides Coordinator - 8 members received write-in votes - 7 with one vote each, and one with two votes. Tom Laskey is speaking to the recipient of the two votes, to see if he will serve. -

\*\*\*

## ROAD DIRT

Send tips to: [harrietbeecherstowe@nyc.rr.com](mailto:harrietbeecherstowe@nyc.rr.com)

by  
Wentworth Darcy Rhodes III

like all that cross training really helped.

On Saturday October 5, 2002 **Judy Meyer** was delivered of her second daughter Natasha. Mother and daughter are doing well as well as proud father **Conrad** and older sister Alexandra. Judy was a member of the steering committee of the first three ENY NYCC Centuries and Conrad served as VP of Rides. Congratulations.

At a very touching and dignified ceremony, on Saturday October 19, **Alison Holden** spread the ashes of her late husband **Mark Martinez**, onetime VP Rides of the NYCC, at the NY-NJ State line on Rt. 9W, just north of the entrance to the Lamont Observatory. Joining **Alison** were her mother Rosemary Holden, Mark's brothers Bob and Bill, Mark's Uncle Bill, and his cousin Meredith, as well as many members of the NYCC.

*This involves the Escape from New York century and one of it's participants, Tom \_\_\_?\_\_. I don't know his last name, but it's not Laskey, Kurilla, or McMabon. This Tom is an A Rider who rides a Litespeed, I think.*

*Tom's claim to fame is that almost every year he is the first finisher of ENY. He planned on being first this year too. What's his secret? Every year he does the Century alone. He leaves at 7:30AM*

Wasn't it great to see **John Ceceri** at the October meeting. Now that's a blast from the past!

Bon Voyage – Nov 17 – to **Jeff Vogel** and **Margaret Cippola** off for 90 days to South East Asia – 5 countries plus Hong Kong and Macao. See you soon.

Congratulations to **Maggie Schwarz** (2002 B-SIG grad and Wednesday Nyack ride hammerhead rider/speed demon), for successfully completing the Chicago Marathon in 5hours 37 minutes and 24 seconds. Looks

*sharp, or whenever the official start time is, not dilly-dallying waiting for the group rides to start. He then does the 100+ miles non-stop. Tom doesn't need the official ENY rest stops. He usually gets to them before they open. The week before the big event, he pre-rides the course and strategically hides energy bars and bottles along the route, eliminating the need for stops.*

*This year was to be no different. A week before ENY, Tom rode the course and dropped off the bottles and bars. The day before the ride he stayed home and rested. He woke up, ready to ride, on Sunday. SUNDAY???? The ride was SATURDAY!!!! - Lou S Pokes*

What do the following have in common: **Jeff Vogel** and **Margaret Cippola**, **Ed Fishkin**, **Kristi Roberts**, **Reyna Franco** and **Charlie Katz** and **Mark**, **Ellen Medins**, **Mike DeLillo**, **Steve** and **Amy** and **Julia** and **Michelle Britt**, **Liane Montesa** and **Herb Dershowitz**, **Christy Guzzetta** and **Jody Saylor**, **Alan Stein** and **Gay**, **Judy** and **Conrad** and **Alexandra** and **Natasha Meyer**, **Rob Kohn** and **Candace**, **Rachel Spevack** and **Clif Kranish**, **Kathryn Chatham** and **Craig Spiegel** and son **Andrew**, **Beth Renaud** and **Todd Brilliant**, **Frances Harrison** and **Todd Herriott**, **Geo Kaplan**, **Simone Smith** and **Barry Shapiro**, **Fred Steinberg**, **Jim Modula** and **Eliza Lansdal**, **Mitch Yarvin** and **Valerie Rudman**, **Ron** and **Judy Kahn**, **Tom** and **Debby Laskey**, **Alison Holden**, **Bob** and **Shari Foss** and sons **Kenneth** and **Jeremy**. Answer next year.

Sandy Hart writes: Just wanted to let you know **Damon** and I had a beautiful baby boy. He was born October 5th. We are all doing well can't wait to introduce **Byron Lane Hart** to our cycle club friends! With all the babies born to cycle club couples, we will eventually need to add a cycle tots ride.

**Road Genius of the Month** – The man who replaced his pneumatic rear tire on his commuter bike, with a solid rubber tire. No More Flats on his daily ride from the West Side to Rockefeller Center. Congratulations **Christy Guzzetta**.

Keep those cards & letters coming, email your Road Dirt to [harrietbeecherstowe@nyc.rr.com](mailto:harrietbeecherstowe@nyc.rr.com).

- Wentworth Darcy Rhodes III

# All Together Now: The NYCC Century

By Carol A. Wood

In the early morning hours of Saturday, Sept. 28, I pedaled my silver aluminum Fuji Team road bike from Midtown to 122nd St. and Riverside Drive. Though barely awake, I was answering the call of Fred Steinberg, VP of Rides, who needed leaders for the club's annual Escape from New York tour. Brian Kivlan, a strong cyclist who had signed on for the A19 century route through Bergen and Rockland Counties, was without a coleader, so that's what I would be. Though unable to pull faster than 16mph on average (the lower limit of the A19 category), I could still "lead from the rear" and offer moral encouragement. Brian would end up doing most of the work, but I would at least make an effort!

When I arrived at Sakura Park, a pool of dedicated club members had already been there for an hour setting up tables for registration, food, and water. Dozens of familiar faces milled around the park, meeting and greeting each other, gulping down free bananas and Clif Bars and peanut-butter-and-jelly sandwiches. (Debbie Rothschild estimated a turnout of about 350.) Along with at least a dozen other ride leaders, Brian was already there too, preparing some 30 eager recruits to ride 100 miles together at 19 mph on the flats. The excitement level was indicated by the line of cyclists waiting for the port-a-johns.

Brian led us out of the park into a punishing wind that gusted at 20 mph or more (thanks to which, however, the previous night's storm had been blown away). Brian was determined to "keep to the advertised pace," he said, and valiantly managed to do so for awhile. But as often happens on a century, the riders were anxious at the start. As everyone jockeyed for position, the paceline accelerated and then dissolved into anarchy, so that within a few miles we were like a swarm of mutant insects invading the New Jersey roadways. Ride another 90 miles in a mob like this? It didn't seem a good idea. Thus my main contribution as a ride leader was simply to suggest (as we blockaded an intersection during a red light) that we allow car traffic to pass us on busy roads so that no one would get hurt.

There was a bit of grumbling among the ranks as I spoke up, but from then on sportsmanlike discipline asserted itself as if by nature. Brian and I watched with pride as our long, clean paceline hugged the right edge of the narrow Jersey roads, the busiest part of the route, without incident. It was a magnificent sight. Even impatient drivers proceeded cautiously around this stately display of self-possession and skill.

After the first rest stop in Saddle River, the group began breaking up according to speed. The front was averaging over 17mph; Brian was leading at times from the center, letting riders set their own pace. When the tail end went too far on Route 306 in Rockland County, I unfolded my map to get us reoriented. But before I could get it folded up, everyone had taken off. I got dropped by my

own group! Meredith Berman hung back with me, the dear, and Tim McCarthy came around looking for the both of us. But as the hills increased, I allowed myself to be dropped again. It was a relief—and my only chance of the day to enjoy the scenery.

Under the bright blue skies, Fred's redesigned century route was particularly glorious. Even the most familiar terrain sparkled anew, and traffic was at a minimum. Between a relatively flat start and finish, the route packed in a fair amount of hills in its middle third, as is aerobically correct. And it was touching to note how it sent us up Blanchard so as to avoid Gate Hill with its 10% grade. It's as if Tough Guy Steinberg were sacrificing, for the good of all, his native inclination to seek out and conquer the steepest hills around. (Ask yourselves this: just where would this club be without Fred?)

But this lovely interlude didn't last, because Harvey Minsky and Bob Mirell's supposed B-17/18 group came up fast behind me on Cedar Pond Rd. I fell into formation and let them pull me through Haverstraw, all the way



to the lunch stop at Rockland Lake. Harvey charged up and down 9W as if on a life-and-death mission, after having already led his troops some 30 miles. (He and Bob were switching off between rest stops—pretty long pulls!) It reminded me of the first time I rode the Montauk Century in 1999, when I also had the fortune of falling in with Harv. I probably wouldn't have made it on my hybrid that day otherwise. Such strength, not to say determination!

At the lunch stop, I re-encountered my putative group, which had arrived a half-hour earlier. To try to justify my absence, I explained how I'd climbed to the top of Gate Hill from Blanchard out of fear that Tim and Meredith would be waiting for me there, as there was some confusion between us about the route at that point. (No, Fred, it wasn't a problem with the cue sheet.) Among those overseeing the feeding trough was übermensch Hank Schiffman, showing off his new haircut and unfamiliar civilian attire. All were grateful to our fellow club members who sacrificed their day for us, and fed us to boot! I inhaled a tortilla something-or-another and sat down to relax. But no sooner did my group reassemble than I was back up on the bike.

On the return trip, Ron Roth did more than



his usual lion's share of leading, and bless his muscular little heart, given the wind. We inadvertently lost a couple of riders who had intelligently stopped at a red light; I couldn't catch the front fast enough to tell them to wait. But at least with this ride, the roads were well marked and plenty of other groups were coming along had the riders wanted company.

And who could blame us for hustling back through New Jersey, when there was Ben & Jerry's ice cream to be had at the Bicycle Workshop rest stop on 501? While slurping a semisoft chocolate-covered Cherry Garcia bar, I chatted for several minutes with ENY volunteer Ted Kushner, an old pal from the Five Borough Bicycle Club, who never let on that I had chocolate smeared all over my face. I guess being a parent lets you take such things in stride. One of the shopkeepers brought out an old-fashioned big-wheeler and was letting people try to ride it on the sidewalk. Meredith, Tim, and Ron lolled on the shop's doorstep, blocking foot traffic and taking digital photographs of their charming selves.

The final climb up Walnut was comparatively easy, but I was certainly in no mood for anything more strenuous. Back at Sakura Park, we were treated to more ice cream and goodies, along with souvenir NYCC musettes and bottles donated by local bike shops, including my favorite, Bicycle Habitat. I finished the day with 112 miles at a 16.4 mph average, somewhat consoled to know that although I couldn't keep up with the pack, I at least technically qualified as an A19.

It was a relaxing, sociable finish, with lots of people hanging out in the late afternoon sun, and me in a very mellow mood—half asleep in fact. My neighbor (and ENY committee member) Barbara Spandorf generously offered a ride home in her car. Ever the cowboy, Ron harangued me not to accept—I should ride off into the sunset, he argued, tall in the saddle. Oh sure, another time! My bike fit perfectly in Barbara's hatchback, and I was soon safely at home, reminiscing on the couch about the wonderful day spent out of doors with my bicycle and 350 friends.



## Francis Harrison: Empire State Games Four Time Medalist!

By Jennifer Benepe and Diane Goodwin

When Frances Harrison boarded the plane from London to New York five years ago, she brought her trusty steel Orbit touring bicycle with her. She had used it around London on the weekends for light riding. When she landed in New York, she didn't know her destiny would transport her from the old 30-pounder to a Litespeed titanium, 19-lb frame. And she also didn't know that one day she would win one of the most prestigious cycling road races in the nation with her new bike.

Frances, 40, is originally from New Zealand. An accounting degree and a job with Canadian Imperial Bank of Commerce took her to London, and then to New York five years later on a short-term project. After the project was completed, Frances told her boss at CIBC that she wanted to stay, and planted her feet firmly in place. And so she did.

You might wonder how a woman with such a petite physique and charming smile can get her way. But a closer look at the organized, and highly disciplined Harrison reveals why she has managed to come so far so quickly as a cyclist.

Her apartment is almost like a photo out of *Architectural Digest*. It is spare and tasteful, with well-placed objects around the room. Her arms are toned and fit. She can't be interviewed past 10 p.m. because she has to lift weights in the morning. Immediately you can sense why she is a winner.

After settling in New York, Harrison took up cycling with the New York Cycling Club. With her trusty Orbit between her legs, a T-shirt, and plain shorts adorning her still-European physique, she began to ride on the "C" trips. She made friends quickly, and a racing buddy suggested she buy a better bike. Straight to the top she went, to a Litespeed, purchased through the mail and fitted at Conrad's. That was 3 years ago.

On a tip from two NYCC cycling buddies, Jamie Epstein and Steve Tublin, Harrison took her vacation to a training camp in Majorca. It was a turning point for her, because she met Stephanie Blecher from Women's Sport and Fitness Team. She was a NYCC and Century Road Club Association racers, and she convinced Harrison to do team rides with Women's Sport and Fitness when they returned to New York.

Harrison also began racing in Central Park. In the beginning, her results were disappointing. "I got dropped in the first few races," she said. "My performance was pretty average." On a good day, she said, she would place fourth or fifth in a Category 4 race. Harrison was racing against women who started racing in their

20's, and some were still in 20 or 30-years old. "I wondered if I was past it all," she said. Inspired by Renaud, and other NYCC club riders who were racing, Harrison began doing the race circuit, including Fitchburg in Massachusetts, Jiminy Peak in Vermont, and the Housatonic race in Connecticut. "I wasn't having that good a time," Harrison said. And she wasn't getting the results she wanted either.

Yet despite Harrison's frustration with her performance, she was a team rider. Last spring she decided to complete the Empire State Games qualifier, a race in Prospect Park, Brooklyn that for the top 63 finishers, allows them to go on to the Empire State Games in August. Although the games are open to all ages and categories, only those riders who qualify, and who are New York State residents, can actually compete. Six regions of the State are represented by teams of 10 men and 3 women, and the races are spread out over four days.

This time Harrison was ready. At the beginning of the season, her team had hired Todd Herriott as their coach, this year's winner of the elite Uninvest race in Pennsylvania, and now a category 1 rider. Todd introduced Harrison and her team to a disciplined training routine and provided guidance on nutrition. After racing at Fitchburg, Harrison dropped 10 pounds from her already small frame. She also adopted a healthier diet, eating salads with lean protein for lunch, reducing excess carbohydrates, and increasing protein intake all day long.

Harrison came in with the top six at the Empire qualifier, held in annually in Prospect Park, Brooklyn by Karl Steen and Bill Montgomery. It's a 13-lap race of about 40 miles. A couple of people who placed highly in the qualifier were unable to go to the games, meaning Harrison got her spot on the team with Renaud and Leslie Jennings.

The Empire Games are structured like many northeastern stage races because it includes a time trial, a hilly road race, a criterium and a team time trial over a period of four days. They are held in different regions - usually Albany, Syracuse and Rochester. There's talk of the games coming to Westchester soon.

Harrison came in 10th on day one, for the 10-mile time trial, an event that she admits is not her strongest. She was discouraged.

On day two, Harrison, Renaud and Jennings geared up for the demanding 58-mile race that took them around a hilly course three times. In lap three about 10 miles from the finish, Harrison crashed. "I hit a hay bale," Harrison said, making it sound like she had merely fallen into a pile of soft feathers. "I got back on my bike and

chased the field," she said. She won the field sprint which gave her second place - a member of the Long Island team had attacked earlier in the race and stayed away for the win. The race was "uneven", said Harrison, because it was a mix of inexperienced racers and strong, experienced riders. Harrison benefited from the inexperience of a strong rider who inadvertently led her out for the sprint finish.

The following day, Harrison and Renaud planned their strategy before the 19-mile criterium started. They would take turns taking leads, gaining as many points as they could individually and as a team, to win the crit with the most points. They agreed that Harrison's sprint would begin after a designated tree on the side of the course. After winning the sprint in two laps with a lead out from Renaud, Harrison led out for Renaud, who took third in the third lap. In the last lap, Harrison had passed the tree before realizing she had to start the sprint. The late sprint won her the last lap, and first place in the race. Harrison later said that Renaud's lead outs are "pure poetry," they're long, strong, and seem to go on forever. Renaud was wondering why the hell Harrison had passed the tree without starting the sprint.

The following day the team wanted to clinch the 28-mile team time trial. Eugene Boronow described the women's performance that day for the winning title: "They were smooth and fast. They rode their asses off. And at one point they started gaining on the men's B team."

Harrison came home with four medals—a gold for the criterium and silver for the other events. She said that the New York Cycle Club is "fantastic for women. It shows them all the great rides to go on, and it's very social." She said NYCC opened up the world of cycling for her.

Despite the role the club played in Harrison's racing and social life, Harrison remains mum on whom she is dating, admitting only that it is an accomplished bike racer whose racing she said, "is much more important than mine." "I could never be as good as he is, and I have no desire to be," she said.

But one wonders, really, if that is all the future holds for Harrison, who has racing years to go before she reaches the age of Jeannie Longo, 45-year old French pro cyclist who ranks among the top women cyclists in the world. "She's very determined, a fighter," said a fan. With such a quick rise to racing stardom from an old steel bike, we wonder what the next three years will bring for the scrappy Harrison.

*Anyone interested in participating in the 2003 New York City Empire State Game qualifier? Contact Bill Montgomery at 212-563-4502 or Karl Steen at 845-255-8723.*

## David Mandelbaum: NYCC's "Super Randonneur"

By Diane L. Goodwin

David Mandelbaum was born in Germany — child of Holocaust survivors. They were Polish immigrants — fleeing from the German side of Poland at the beginning of WWI (Sept 1939) to the Russian Zone. They chose to flee here knowing their destiny would be Siberia, but the life was better in Siberia than living off the streets. His mom ended up working in fields, dad, a logging camp. Eventually, they immigrated to the United States where David grew up.

His first bicycle training was at a "chicken farm in Vinland, NJ" — about age of 10 or 11. The Summer of 2000, much later in life, was when he bought his first bicycle.

Prior to buying this bike, his exercise routine concentrated on rowing in a neighborhood gym and some weight training. One day he was looking out a window and thought "I'd like to go outside and bike." Biking was an alternative to rowing inside.

One day he went to a bike shop in Manhattan (24th and 6th) and bought a hybrid for approximately \$250. He test drove it around the block, bought it and rode home to 192nd St. He decided to begin commuting by bike. It was so much fun — "a chance to think." Now he rides everywhere!

Eventually, the bike was stolen outside the gym. So, he immediately bought another hybrid. This time he spent \$350. Evolution began — riding in winter and buying clothes. Kaufman's Army Navy on 42nd and 6th is where his cycling gear came from. Woolen pants "kept him going through the winter."

In Spring 2001, club rides interested him. Through the web he found out about New York Cycle Club. Cue sheets were downloaded. He chose Nyack for his solo rides — a steady stream of cyclists was how he avoided getting lost.

John Polakas, a friend of David's, saw David riding and decided to take out his own bike, a mountain bike. They rode to Nyack. Exhausted, John completed the ride. Both continued to train in Central Park. John knew Jeff Axelrod. The three started riding together. Eventually David went clipless. The second hybrid was stolen.

In Fall 2001, David bought his first road



bike. Jeff organized a B17 ride to Westchester. The ride broke up before the end. David didn't mind because he was curious; it was fun to discover new routes.

By Mid-September 2001, David thought to join Karl Dittebrand's Audax rides which usually leave George Washington Bridge early Sunday mornings (EARLY and ON TIME!). Memories of that first ride for David include "Karl looking over his bike and repeating THE RULES." David thought for sure he'd be dropped. "So, what", he thought, "I know the route." On these Audax rides, the brevets were mentioned from the "regulars" — Alex Bekkerman, Janet Majagna, Greg Schilds, etc... it peaked his interest. Princeton 200K was his first. John was kind of interested. Both signed up. While on the ride, David told John, "I can't ride with you. I'm holding you back." They continued to ride together. John being stronger would wait on the hill. John completed the SIG series and a 200K that Spring. David abandoned the SIG to complete an entire brevet series and qualify for Boston-Montreal-Boston (BMB). After the 200K, he had no idea about the 300K. Janet Magajna and David thought they'd ride the 300K together. John abandoned the 300K. Adding to their ride were Hans Schmidt, Pat Carter, Stan Oldak and David. Because Hans helped scout with Diane Goodwin (RBA) and Pat Carter, he remembered the route and navigated for the group.

Karl Dittebrand and David were becoming regular riding partners. Karl commented that the 400K is the toughest. It is because you need to complete 250 miles within 28 hours. The 600K, which is 350 miles with a 40 hour time limit, seems harder but it isn't mainly because you can sleep.

Janet hurt her knee and dropped out of the 400K. Excited about brevets she supported David on the 400K in Boston. Dave Jordan, creator of Boston Brevet series who recently retired from RBA, was appreciative of Janet's support and allowed her to support David more than "normal".

David completed the 400 and 600K qualifying for BMB. His own words "nothing prepares you for BMB." BMB is a ride which is held in the middle of August — starting from Newton, Mass travelling through Connecticut Valley to Brattleboro, VT, Ludlow, VT, Middlebury, VT, Burlington, VT, Routes Point, NY and finally ... Montreal, Canada. The return is the same route. This is considered an "out-and-back" — like Marty Wolf's Montauk weekend held in May. Well, BMB starts at 4 a.m. Thursday and finishes at 6 p.m. Sunday. Yes, 90 hours. If you think we have hills .... Try the route yourself. Middlebury Gap is a landmark. Everyone tries to ride to Middlebury to sleep there. If you arrive in Ludlow, Vermont (controle south of Middlebury) around the closing time (9:30-



10:00p.m. Thursday) the first day, you are doomed. David's time into Ludlow was fine. He actually looked cheery. Karl Dittebrand was his support guy. On BMB riders aren't required to have support. Some do. It's a blessing when there is rider support because of the amount of riders who end the ride before Newton (finish). This is a DNF (did not finish). Karl helped a couple in trouble at Ludlow on the way back — driving them to another controle.

David trained and planned for BMB well. Karl was his "mentor" before BMB and during. I saw an enormous improvement in David's strength and skills on BMB. But his wobbly paceline was back on the last leg (Bullard Farm to the Finish). Who wouldn't be wobbling after 750 miles? I was sagging the route. David, was out there, so I wanted to help him with encouragement and mechanical support. Yes, I yelled at him to "keep straight and as far right as possible." Another reason I stayed on route was because I knew the support crews weren't allowed on the rider course. As Chris (DNF recumbent rider) and I rode the route back, we created a list of rider names, times and locations. This is helpful for the BMB staff at the finish and family members who patiently wait to congratulate the finishers.

Riders, when tired on BMB and other long distance rides, tend to zig-zag. It was amazing to see how close he came to finishing. Nope, David was twelve miles from the end when he came across the SAG wagon. Chris Tomesett was driving. These guys don't force riders off the road unless they are a danger to themselves. The decision is strictly and always the riders.

At the finish, David was happy to have accomplished the miles. It was amazing. Some cyclists can't get past the 200 or 300K. David did it with few years cycling. He's one of the NYCC members who train hard and you never seem to hear about.

There are many members of NYCC who have accomplished either Paris-Brest-Paris or Boston-Montreal-Boston.

*Continued on Page 10*

# Seattle International Randonneurs - 1000K Kilometer Brevet

## September 12-15, 2002

By Bill Strachen - RUSA #867

This was going to be like no other brevet. It was not to simply be a physical challenge but an emotional one as well.

I successfully completed my fifth Boston-Montreal-Boston. After talking with John Lee Ellis I determined that the week and a half to the Last Chance Randonnee was simply too short a recovery period. My attention focused on Seattle. A 1000K brevet. Three weeks.

There was a larger purpose at hand here though. In the Spring I had sent out, through the Regional Brevet Administrators and Jennifer Wise's good offices in the form of the Randonneur Newsletter, a request for riders to dedicate their brevets and medals to the families of the twenty-three New York City Police officers who had died on September 11 during the attack on the World Trade Center. Three I had known. One, a sergeant, had been a former supervisor. Mssr. Robert Lepertel, Directeur of the Audax Club Parisien, generously donated a full compliment of brevet medals in their memory. The American response was only a handful. I had one more chance to fulfill my obligation. Seattle was to be my singular opportunity.

I "harassed" Mark Thomas, the RBA, with e-mails. We had met during this year's BMB. A strong rider, friendly disposition and generous of spirit. "What was the route like? What was the altitude gain? Was three weeks enough time to recover? How did the climbs differ from Middlebury? Anything like Saxton River?" He was patient and informative. He assured me that it was attainable.

An early morning departure from JFK Tuesday, September 10, a brief stopover in Phoenix and on to SeaTac. King County Transit. I scoped out my route to Mark's house where he was to offer me hospitality. Public transit worked pretty well even with my bike in my new Trico Sports Case I had purchased for BMB and a duffel bag. A taxi deposited me on Mark's doorstep.

The next morning brought a startling surprise. The New York Times. Mark and Chris, his wife, subscribe to it. It brought the immediacy of the day to my attention. I was not sure how I was going to observe the Day of Remembrance. I knew I had to find some private time and space for myself to mourn, reflect and rededicate to my purpose.

We went to Mark's bike shop, Sammamish Valley Cycle, tuned up a couple things. I gave him our New York Cycle Club's water bottle. I had already laid out my drop bags with clothing, supplements and some food. I was ready to go. I hoped.

Between still being on New York time, memories of my own involvement at the WTC crowding my mind and anxious about getting on the road, my sleep was fitful at best. 5:30AM came. I was up, showered and downstairs, meeting the other riders. There

were eight of us with most starting at 7AM. Mark gave us last minute instructions and updates. Bon chance et bonne route.

We were on our way. A steep incline. Never knew a brevet I liked that didn't start with a climb. Three were off the front. I, fortunately, was guided by two veteran riders who steered me through the back roads. I can certainly read a cue sheet but it doesn't hurt to have some indigenous assistance.

We reach the first control. The day has begun to warm. The five day weather forecasts predict temperatures up in the 80's and down in the 50's with no expectation of precipitation.

I was on my own. Somehow, while I enjoy the pleasures of riding with others socially and on brevets, I savor those chances to trav-



el alone. I don't feel loneliness as much as I do the solitude. The opportunity to reflect. To clear my mind of the extraneous. Perhaps it comes from living in New York. Conceivably, it is an inherent element of randonneuring. Whatever the dynamic it is in its own way comforting and reassuring. It demands and defines a clarity of purpose. The memories of my friends and their comrades strengthens my resolve. I am in good hands with strong spirits.

Skykomish controle. 3PM. Last stop before the major climb of the day to the top of Steven's Pass at 4,061 feet. I had logged on to the Washington State Department of Transportation's web cam in the previous two weeks. There were archived photos kept for forty hours of conditions at the top of the pass. There was a profile provided of Route 2 for the weather. With this prior knowledge I felt confident about my capacity to ride it. I

think I was even a little ahead of "schedule." I had allotted two hours to the climb. At the summit I was to be half way through the day's riding. If I reached the top by 5PM I would have been on the road for 10 hours and a reasonable chance to conclude in Pateros by 3AM for a shower and some sleep.

David, Peg and I have been criss crossing each other today. We continue the pattern up the "hill". This is my first "re-experience" of climbing in the West. Sixteen years earlier I had solo toured for nine months around the perimeter of the US covering over 12,000 miles laden with panniers, low-riders, bike rack and handlebar bag. Seventy-five to hundred mile days were my norm. What struck me was the contrast between "here" and "there." Here, in the West, were fewer secondary and tertiary roads. As a consequence the grades were "gentler" but longer. There, in the East, we had more "contour" roads that while shorter in length generally were steeper (example: Middlebury Gap at 6.5+ miles but up to 15% grade) following the steepness of the terrain more closely.

Halfway up a Marine Corps fighter out of Whidbey Island (you remember the the Chinese spy plane incident) screams overhead narrowly navigating the gap between the ridges. Visually it is gone but the reverberations of its engines echo on long after. A more serious reminder of why I am here and why I ride. Around, on the other side of the ridge, I hear the screech of wheels and later glimpse the tracks of the Amtrak train following the winding route of the river. I wonder what it is like "down there" on "the flats." Now why am I contemplating that? I'm having fun up here aren't I? Enjoying the late afternoon sun on my back as I shift down once again (I love my granny). It is hard. It is tedious. No plateaus. Just continuous climbing. I stop about every mile. More water. More Gatorade. More Sustained Energy. More Cliff Bars. More of everything just to keep me going. This is not how I remember my climbing "the West" in '86. Maybe some things have changed. Maybe it's me.

I turn the curve. What the hey!? A huge building. Ski lifts. Would anyone ski down a slope that steep. Man, gotta be crazy. A mirage. Mark is there with his car. Gawd, it feels good to be able to sit down! Potato chips (Cascade style), water, fruit. I want to go to sleep. I re-carbo/hydro up. I am refreshed. Payback time. It's thirty miles to Leavenworth's faux Bavarian decor and a Subway stop. A bit of ersatz New York. Time to hammer. David and Peg are but moments departing after me but I am empowered. No passing this time. I'm out of here.

*To be continued in the  
January 2003 NYCC Bulletin*



## “Obviously the mark of any successful event” .... Escape New York

By Marty Wolf

As one of the few people or more likely one of the very few women who've completed all eight of our club's annual century rides, I feel I'm especially well qualified to offer my opinion (extremely positive) on this year's event! I thought the century route was the best yet. The arrows were beautifully done. I especially liked what I call the reassurance arrows placed at roughly the mid point of some of those longer stretches (those over 2 miles before the next turn) - just when we started wondering if we'd missed a turn, there was an arrow pointing straight ahead, namely the reassurance that we were still on the route! Special thanks to the arrow painters - I know it's a messy and tedious job that has to be done on what would normally be a bike riding day for the painters.

The route was by far the prettiest of any of the previous years and I'm certain I've said that each year! A few of the roads I'd never actually ridden on before so will look forward to adding some of them to my existing rides to make them more interesting! The food



stops were again wonderful. You had a terrific group of volunteers again this year. And the food was just perfect. I was amazed at the swarms of bees at Rockland Lake; that was a surprising first but not especially troublesome, particularly with the bee traps some-

one must have hurried off to buy!

And, wasn't the weather absolutely perfect? After hearing the forecasts of morning rain for days prior to Saturday, I was prepared for the worst, even if it meant getting a terribly late start and missing all the great food - but it was a lovely day; and, of course, a perfect day for biking!

Obviously the mark of any successful event such as ENY depends on the people who run it and all the people who volunteer their time and energies. So I thank the ENY Committee and all your other volunteers for giving the rest of us this wonderful day.

Though I plan to ride again next year I promise I'll volunteer to do some of the other jobs like stuffing the goody bags or something similar. Oh, that reminds me - the musette bag is the nicest I've ever seen - Its large enough to carry lots of sweet corn home from Trautweins next summer and the large velcro closure is really marvelous - the design and color scheme couldn't have been better - high visibility and very attractive as well!

Thank you again for a perfect day.

### NON - NYCC “Women Only” Training Clinics - Every Wednesday ...

Nina Strika, RLX Women's Polo Team, is graciously offering (again) a FREE riding series to WOMEN ONLY - held in Central Park on Wednesday evenings at 7 p.m. Bad weather may cancel cycling, but there may be a PLYOMETRIC class. Contact Nina to confirm and to receive weekly emails: [ninastrika@hotmail.com](mailto:ninastrika@hotmail.com).

## For Ladies Only!

Toga Bicycle Shop presents their

### 2nd Exclusive

## “For Ladies Only” Clothing Show

MONDAY, DECEMBER 16th at 7 pm.

This exclusive show will feature Spring Apparel from Cannondale and Louis Garneau!

### Plus a “Ladies Only” raffle!

1st Prize: Choose any item of stocked clothing for free!

2nd Prize: Choose any pair of stocked shoes for free!

3rd Prize: One free Deluxe Tune-Up worth \$75.00

### Discounts!

15% discount on any apparel purchased on the night!

5% discount on sample clothing!

20% discount on Pre-Season orders!

### Goody Bags!

For the first 30 lucky ladies to arrive!

And a light dinner will be provided ... it's OK to come hungry!

Toga also offers other classes such as bike repair.

## Everyone Spins for FREE! ...

Tuesdays and Thursdays at TOGA with Will Alvarado (13 yrs cycling experience)

Only 10 spots available per session ... sign-up required ... phone us or stop by the shop ... out of courtesy for others on the “wait list”, we ask for a phone call if you need to cancel.

Bring your bike and Willie will set you up on a “Mag trainer” aka “Wind trainer”. During the class, you'll receive skill instruction along with a vigorous workout ... FREE!

Classes run for 1 hour and start promptly at 7:30 p.m. - which means you should arrive at least 15 minutes early to set-up.

Any questions? Call Toga.

**Toga Bike Shop - 110 West End Avenue, NYC, NY (212) 799-9625 or [gotbik@aol.com](mailto:gotbik@aol.com)**

# Please read this before your first club ride

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

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

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

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

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

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

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

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

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

Riding 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

## Grand Central Trains

### Outgoing from GCT

GCT>Poughkeepsie	7:53am (Hudson Line)
GCT>Poughkeepsie	8:53am (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	4:33pm (Hudson Line)
Poughkeepsie>GCT	5:33pm (Hudson Line)
Poughkeepsie>GCT	6:33pm (Hudson Line)
Brewster North>GCT	3:09pm (Harlem Line)
Brewster North>GCT	4:09pm (Harlem Line)
Brewster North>GCT	5:09pm (Harlem Line)
New Haven>GCT	2:59pm (New Haven Line)
New Haven>GCT	3:55pm (New Haven Line)
New Haven>GCT	4:55pm (New Haven Line)

## Lead A Ride

Pick a date, pick a pace, pick a destination, pick a route, write it all up and submit to the appropriate ride coordinator by the second Tuesday of the month before you want to lead your ride. Lead enough rides during the year and you qualify for a special prize:

**5 Rides - FREE NYCC Water Bottle**

**12 more more Rides - FREE NYCC Ride leaders Vest**

(You can't buy one of these, you can only get one by leading 12 or more rides)

Ride leader incentives are given out in December. Leaders who lead 12 or more rides will receive the vest only. Leaders will only receive the vest for one year's rides.

A-rides co-ordinator = John Vazquez (212) 544-9450 John.Vazquez@asbinc.com

B-rides co-ordinator = Stan Oldak (212) 780-9950 stanOnyc@aol.com

C-rides co-ordinator = Robert Gray (212) 593-0986 nyarchitect@email.msn.com

## David Mandelbaum: NYCC's "Super Randonneur"

*Continued from Page 7*

Besides successfully riding his bike, David is an actor performing in a play, *Yentl*, by Isaac Bashevis Singer and Leah Napolin - the story of a young woman who dared to dream ... The caste is small and David plays three different parts! The entire play is performed speaking Yiddish. For those who don't speak Yiddish, there are headsets which translate the play into English.

The Folksbiene Yiddish Theatre is located at 43 East 33rd Street, New York (212) 213-2120.

If you are interested in long distance cycling,

you should contact him. 2003 is a Paris-Brest-Paris year and stricter rules apply to the brevets. If you are just interested in riding better - still contact him.

To learn more about randonneuring events, go to [www.rusa.org](http://www.rusa.org) which is the site of Randonneurs USA. This club sanctions all brevets held in the United States.

To participate in Karl Dittebrand's Audax rides email him at [dkaudax@hotmail.com](mailto:dkaudax@hotmail.com) or check the NYCC web for his rides.





# Rides List

Always wear your helmet!

Special Note: 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.

## Repetitive Rides

### Wednesdays, December 4, 11 and 18

**A19+/- 50+/- Miles 10:00 AM Sharp**  
**Wednesday Morning Spin**

**Leader: What? ! You still need a leader to go to Nyack?!  
 From the Boathouse**

Just because El Jefe is off eating insects and monkey brains in southeast Asia, doesn't mean you shouldn't have muffins and scones at the Runcible Spoon. On beautiful days we'll head for Nyack. If it's cold the ride will be shortened to Piermont or Riverdale. If it's snowing, stay home and send El Jefe an email.

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

**Leader: Bill Strachan 212-677-6951  
 nyceZRider@aol.com From: 72nd St. & Riverside Dr.**  
 Every Wednesday, except Christmas and New Years Day.  
 Please bring helmet, waterbottle and pocket food. 30% chance of rain cancels but call leader by 8 AM to double check. Any other questions, feel free to call leader at home.

### Tuesdays, December 3, 10 and 17

### Thursdays, December 5, 12, 19, 26

**A19 18Mi 7:15 PM**

**Laps in the Park**

**Leaders: Justin Reid (work: 212-850-0324)  
 and Charlie Ward (work:212-776-5020,  
 home: 212-663-3693).**

**From: the Boathouse**

Please join us every Tuesday and Thursday night for 3 steady-state loops of Central Park. For heightened safety: (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.

**AUDAX RIDES** startup again in February Each week the mileage will increase - preparing for brevets..  
 Email Karl Dittebrandt for details: kdaudax@hotmail.com

## November Rides

### Saturday, November 30

**A17 56 Miles 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+/- Miles 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 thereason we ride. If in doubt, call me before 8:30 a.m.

## December Rides

### Sunday, December 1

**A18 40-50 Miles 9:30 AM**

**Winter Ride**

**Leaders: TBA**

**From: Boathouse**

Meet at the boathouse. Pick a destination – pick a leader and have a great ride for some hot chocolate. Rain, snow, ice or wet roads cancels.

**B15 40 Miles 9:30 AM**

**Scarsdale**

**Leaders: Irving and Hindy Schachter 212 758 5738**

**From: First Avenue and E. 64 St. NW corner**

Through the Bronx and lower Westchester to coffee at the Coffee Tree. Weather below 40 degrees near start, tremendous threatening winds, rain, snow, hail, sleet, unicorns or pythons on First Avenue all cancel.

**B15 45Miles 9:00 AM**

**Piermont**

**Leaders: Maureen Berlings-Minsky 212-595-9344,  
 mberlings@nyc.rr.com and Marjorie Shaffer  
 212-387-8347, Marjorie Shaffer @MED.NYU.EDU.**

**From: the Boathouse**

How about an easy ride to Piermont before it gets too cold?

We can eat @ the Runcible Spoon or, if weather permits, @ the Gazebo. Temps below 38 @ 9:00 or rain, snow or wet roads cancels.

**C12 25 Miles 9:00 AM**

**Frost Bite #1 Ride to Pancakes**

**Leader: Alfredo Garcia 212-802-2441 and  
 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

*Continued on Next Page*

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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> & <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.

**Saturday, December 7**

**A19**                      **70+/- Miles**                      **9:00 AM**  
**Garrison via Little Tor — Seven Lakes Drive — Perkins**  
**Leaders: Hank Schiffman 212-529-9082**  
**[schiffhank@aol.com](mailto:schiffhank@aol.com), Timothy McCarthy**  
**718-204-7484 <[timothymc@earthlink.net](mailto:timothymc@earthlink.net)>**

**From: The Boathouse**

This could be the last dance prior to the same old winter destinations. So we will try for some distance and hills. Depending on the conditions we will shoot for the cluster of Little Tor, Mickey's Bagels in Garnerville for lunch, 7 Lakes Drive, Perkins. If we make all the lights we can even go to Cold Spring to catch the return train. Should things not bode well we will aim for a lower target, possibly Nyack... You will need to wear or carry enough gear for possible degrading conditions. Check that your bike is in reliable form. Also bring spending money, Metro North Bike Pass, and spare tubes. A rear light is a smart thing to have. If the weather is dreadful I'll post a cancellation on the NYCC Message Board by 8:00 AM. But you can be sure that wet or snowy roads, temps below 25, winds above 25, or forecasts of persistent precipitation will cancel the ride.

**B16**                      **55 Miles**                      **9:30 AM**

**Pearl River**

**Leaders: Carol Waaser 212-581-0509 ([bikerc@rcn.com](mailto:bikerc@rcn.com))**  
**and Mark Gelles 212-689-1375 ([mgelles@okcom.net](mailto:mgelles@okcom.net))**

**From: The Boathouse**

Pearl River on Pearl Harbor Day. A pleasant spin through Bergen, just dipping into Rockland for lunch. Rain, snow, sleet, hail cancel (what d'ya think we are, the post office?). Also temps below 38 at 8:30 a.m. If in doubt, call leaders' machine at 8:30 a.m. for final decision.

**Sunday, December 8****NYC 2012 Preview**

**A19**                      **45+/- Miles**                      **8:30AM**

**Leader: Scott Demel, 718-909-0066, [scott@demel.net](mailto:scott@demel.net)**

**Meet: Lower Deck, 8:30am ferry departing Whitehall St**

With the hometown advantage, it is time to start learning the course whether for spectating or going for the gold. We'll start with a 30 mile spin into the interior of the island to warm-up on some hills and flats, then proceed to 1 or 2 (or 3?) 7.5 mile laps on the proposed Olympic road race course. A19-ish pace. You will need power for the climbs but this late season ride is more for fun than dedicated training. Helmets required. No planned food or water stops. Freezing temps or lingering threat of wet/icy roads cancels.

**B15,16**                      **40 Miles**                      **9:30 AM**

**Winter Ride**

**Leaders: TBA**

**From: Boathouse**

Meet at the boathouse. Pick a destination – pick a leader and have a great ride for some hot chocolate. Rain, snow, ice or wet roads cancels.

**C12**                      **25 Miles**                      **10:00 AM**  
**Front Bite #2 Ride to Flat Rock Brook Nature Preserve**  
**Leader: TBA & Ed DeFreitas (5BBC)**

**From: City Hall**

Rocky Mountain high it isn't, but we'll go up a slope to see a 150 acre preserve/environmental center. See the trip related website <http://www.flatrockbrook.org>. Bring a lock, \$ for lunch and maybe a camera. Co-listed with 5BBC.

**Friday, December 13**

**C12/13**                      **25+/- Miles**                      **7:00 PM**

**"Lights in the Heights" in Dyker Heights, Brooklyn**

**Leaders: Trudy Hutter (212-838-2141) and Hannah Borgeson**

**From: City Hall, SW corner of Chambers and Centre**

**Street/Park Row, across from the entrance to the Brooklyn Bridge (by Horace Greeley Statue) OR at 7:45 PM at 3rd St. & Prospect Park West (entrance to Prospect Park) in Brooklyn.**

For ride description, go to December 22nd listing. Ride will be repeated on Sunday, December 22nd.

**Saturday, December 14**

**45 Miles**                      **9:30 AM**

**Diner Finders: Westwood**

**Leaders: Wayne Wright 212-873-7103**

**[wwright8@nyc.rr.com](mailto:wwright8@nyc.rr.com) and Mark Gelles 212-689-1375**

**[mgelles@okcom.net](mailto:mgelles@okcom.net)**

**From: The Boathouse**

Your basic out-and-back for Joisey dinerage. We'll entertain theories as to why the Oradell Reservoir's water level never appears to be low. Helmets and smiles please. Percip/wet roads, or temps below 32 at 8:00am on NY1 cancels.

**All-Class**                      **Cross-Training**                      **9:00 AM**

**Harriman State Park Hike**

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

**From: Via car from 710 West End Ave. at 95th St.**

Our annual easy 5-6 mile early-season hike over the "Cascade of Slid" and over Diamond Mountain to a picnic lunch overlooking Pine Meadow Lake. Choice of easy downhill or two extra miles with two extra climbs on the return. No technical terrain. Please call to volunteer your car or to request a ride. We will hike in cold weather and/or in light snow. Rain cancels.

**Sunday, December 15**

**B16**                      **40 Miles**                      **10:00 AM**

**Tough Guys Ride**

**Leader: Peter O'Reilly 212-414-1937**

**From: Starbucks, 60th St & Broadway**

This leisurely ride is an urban excursion passing through some neighborhoods of past and present "tough guys" like Frank Sinatra, Tony Soprano and Tube Bar's Louis "Red" Deutsch. Some highlights of the ride include a few hills alongside River road, a little taste of Japan and Paris-Roubaix, a nice close-up view of Lady Liberty, the Manhattan skyline and Jersey brownstones. A little bit of hard pack dirt road riding' is thrown in for good measure. (Yo! It's a tough guys ride, remember?) Road bikes are perfectly up for the task. Tough gals and a friendly 'tude are most welcome, too. Ride ends with Staten Island ferry ride to lower Manhattan.

**C12**                      **25 Urban Miles**                      **10:00 AM**

**Frost Bite #3 Ride To Xmas In The Cloisters**

**Leader: Alfredo Garcia 212-802-2441 and Ed DeFreitas (5BBC)**

**From: City Hall**

Smells like Medieval spirit. Christmas time is coming--there's no snow on the ground, yet. But we ain't got no reindeer, no sacks on our backs. Then come ride with us to Fort Tryon Park, on the Hudson. Visit the Cloisters, a European monastery brought back brick by brick, a part of the Metropolitan Museum. See trip related websites <http://www.metmuseum.org> and <http://www.hhoc.org/fftp/>. Bring a camera, lock, \$ for lunch at the New Leaf Cafe and museum contribution. Co-listed with 5BBC.

**Saturday, December 21**

**C14**                      **45 Miles**                      **9:30 AM**

**Northvale**

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

**From: The Boathouse**

First day of winter...is there snow on the ground or just frost on the pumpkin? Let's do an easy spin up to Northvale and have pancakes and hot chocolate at the diner. Rain, snow, temps below 38 at 8:30 cancels. If in doubt call leader's machine at 8:30 a.m. day of ride for final decision.

**C12**                      **23 Miles**                      **9:15 AM**

**Staten Island Chocolate Run**

**Leader: Alfredo Garcia (212) 802-2441**

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

First cycling day of winter. Short ride to Superior Confections for gooey chocolate and last-minute holiday gifts. No lunch. If hungry, pop a candy in your mouth :) See [www.superiorconfections.com](http://www.superiorconfections.com) website for your selections. Co-listed with the 5BBC. Wet weather at the start cancels.

**Sunday, December 22**

**B15,16**                      **40 Miles**                      **9:30 AM**

**Winter Ride**

**Leaders: TBA**                      **From: Boathouse**

Meet at the boathouse. Pick a destination – pick a leader and have a great ride for some hot chocolate. Rain, snow, ice or wet roads cancels.

**C12**                      **25 Urban Miles**                      **10:00 AM**

**Frost Bite #4 Ride To Xmas Lights In Dyker Heights with Dim Sum**

**Leader: TBA and Ed DeFreitas (5BBC)**

**From: City Hall**

Elvis once said why can't everyday be Christmas? If the King ever came to this part of Brooklyn, you'll know why. See bigger-than-life holiday statues like nowhere else in the city. Then East meets West over lunch at a Chinese restaurant. Check out trip-related <http://www.apeculture.com/christmasblights2.htm> and <http://www.dykerheights.com/map.html>. Bring a lock and \$ for lunch. Co-listed with 5BBC.

**C12/13**                      **25 +/- Miles**                      **4:00 PM**

**"Lights in the Heights" in Dyker Heights, Brooklyn**

**Leader: Trudy Hutter (212-838-2141)**

**From: City Hall, SW corner of Chambers and Centre Street/Park Row, across from the entrance to the Brooklyn Bridge (by Horace Greeley Statue) OR at 4:45**

**PM at 3rd St. & Prospect Park West (entrance to Prospect Park) in Brooklyn.**

Join us for a fun and leisurely ride to see the "miracle mile" of Christmas lights and decorations in Dyker Heights. The spectacular displays draw 150,000 visitors a year who come from as far away as Japan. So come prepared with bicycle bells ringing to the tune of Jingle Bells. It's fun to ride in cold weather. Remember, there is no such thing as bad weather--only bad clothing. Bring pocket food and dress in layers. Ice or snow on the ground, or temperature below 20 degrees cancels the ride. Co-listed with TIME'S UP! and The Weekday Cyclists.

**Saturday, December 28**

**B15,16**                      **40 Miles**                      **9:30 AM**

**Winter Ride**

**Leaders: TBA**                      **From: Boathouse**

Meet at the boathouse. Pick a destination – pick a leader and have a great ride for some hot chocolate. Rain, snow, ice or wet roads cancels.

**C14**                      **43 Miles**                      **9:15 A.M.**

**Scarsdale**

**Leader: Scott Wasserman (914) 723-6607 or bicyclelife@cs.com**

**From: The Boathouse**

I'm told the attraction of Scarsdale is the luxurious houses and while there are one or two, what I notice is the trees though more of the former is decreasing the latter. Lunch in 'downtown' Scarsdale and if it happens to be one of those 60 degree December days we'll eat outdoors. Substantial expected precipitation cancels.

**Sunday, December 29**

**B15,16**                      **40 Miles**                      **9:30 AM**

**Winter Ride**

**Leaders: TBA**                      **From: Boathouse**

Meet at the boathouse. Pick a destination – pick a leader and have a great ride for some hot chocolate. Rain, snow, ice or wet roads cancels.

**C12**                      **25 M**                      **9:00 AM**

**Frost Bite #5 Ride To Giuseppe & Alice**

**Leader: Alfredo Garcia & Ed DeFreitas (5BBC)**

**From: City Hall or Staten Island Yankees ballpark (10AM)**

Finish the last Sunday of 2002 with a cruise. Take a Staten Island journey to visit Alice Austen and Giuseppe Garibaldi. We'll see them even if they're not home. Check out the trip-related websites [www.aliceausten.8m.com/museum/](http://www.aliceausten.8m.com/museum/) and [www.statenislandusa.com](http://www.statenislandusa.com). Bring a camera, lock, \$ for lunch at Cargo's. Co-listed with the 5BBC.

**January Rides**

**Wednesday, January 1, 2003**

**A17**                      **55 Miles**                      **10:00 AM**

**Annual New Year's Day Ride**

**Leader: Marty Wolf 212-935-1460**

**From: The Boathouse**

The "Start the New Year Right" ride. A chance to get off on an easy-paced start. Brunch in White Plains at the Sea Star Diner. The obvious cancels.

## Advertising Section

*All members of New York Cycle Club are entitled to free classified advertising in the bulletin. Take advantage of your membership benefits!*

### Classified Ad

Brand new, never used Colnago for sale Brand new, never used 54cm Colnago CT-1 with Flash fork, 120mm Colnago stem, 3T handlebars, and Chris King headset. Mapei team color. Campy Record 10-speed group (53x39 front, 11-23 rear) with Record carbon seatpost. Mavic Open Pro rims with Conti Gran Prix 3000 tires. Look 357 pedals on 172.5mm Record crankset. Specialized Body Geometry saddle. Campy Ergo Brain cycle computer. \$4,300 or best offer. contact: Miki at 917-282-4493

## 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

## What to get yourself for Christmas-Hanukah-Kwanza -or pagan celebration of lengthening days.

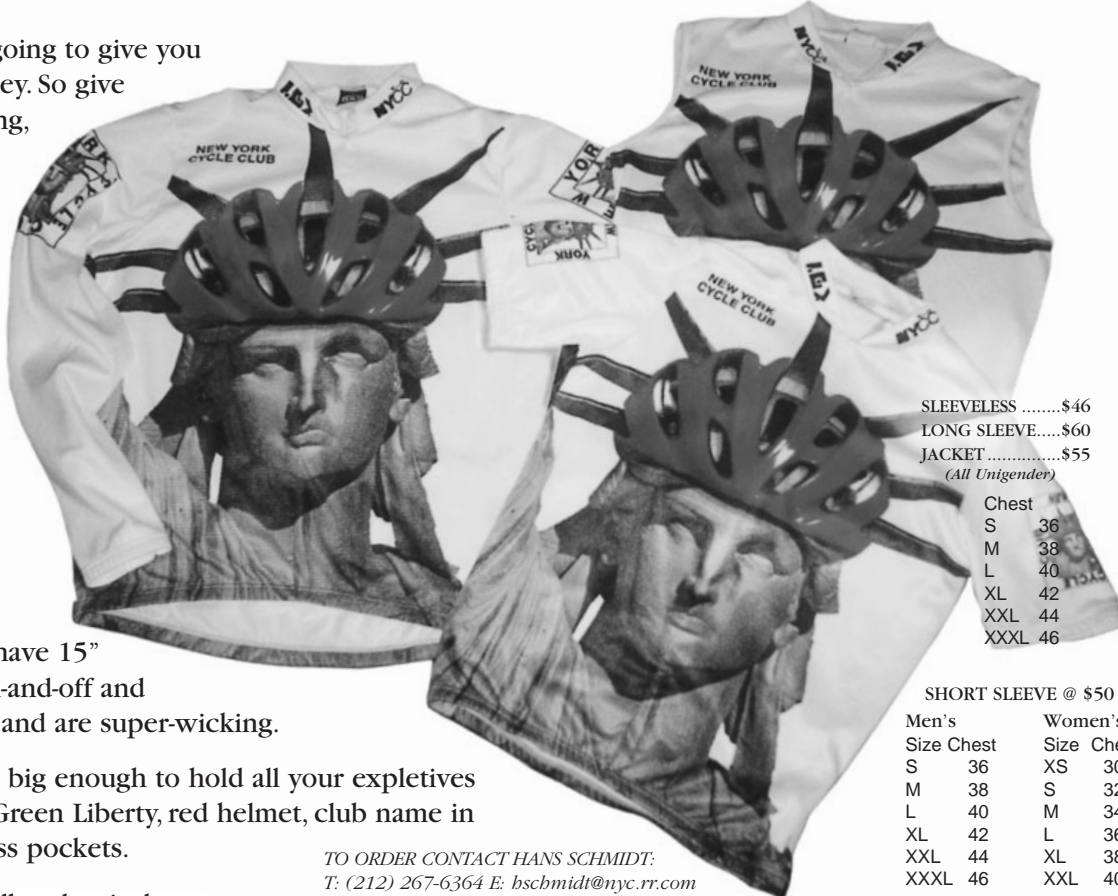
Face it, nobody is going to give you your own club jersey. So give it to yourself. In long, short, or no sleeve.

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 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.

Also available: windbreaker jacket.



SLEEVELESS .....\$46  
LONG SLEEVE.....\$60  
JACKET.....\$55  
(All Unigender)

Chest	
S	36
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XL	42
XXL	44
XXXL	46

SHORT SLEEVE @ \$50

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Size	Chest	Size	Chest
S	36	XS	30
M	38	S	32
L	40	M	34
XL	42	L	36
XXL	44	XL	38
XXXL	46	XXL	40

TO ORDER CONTACT HANS SCHMIDT:  
T: (212) 267-6364 E: [bschmidt@nyc.rr.com](mailto:bschmidt@nyc.rr.com)

**2003 RENEWAL / MEMBERSHIP APPLICATION / CHANGE OF ADDRESS**



In consideration of being permitted to participate in any way in New York Cycle Club ("Club") sponsored Bicycling Activities ("Activity") I for myself, my personal representatives, assigns, heirs, and next of kin: 1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately cease further participation in the Activity. 2. FULLY UNDERSTAND that (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these risks and dangers may be caused by my own actions, or inactions, the action or inaction of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time, and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS AND DAMAGES I incur as a result of my participation in the Activity. 3. HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE the Club, the LAB, their respective administrators, directors, agents and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS, AND I FURTHER AGREE that if, despite the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as the result of such claim. I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

New  Renewal  Change of Address Date: \_\_\_\_\_ Check Amount: \_\_\_\_\_

**PLEASE PRINT OR USE ADDRESS LABEL. ZIP CODE IS REQUIRED.** Mail this application with a check made payable to:

**New York Cycle Club, P.O. Box 20541, Columbus Circle Station, New York, NY 10023**

NAME: \_\_\_\_\_ EMAIL: \_\_\_\_\_ Riding Style: A B C

SIGNATURE: \_\_\_\_\_ DAY PHONE: \_\_\_\_\_ EXT: \_\_\_\_\_

NAME: \_\_\_\_\_ EMAIL: \_\_\_\_\_ Riding Style: A B C

SIGNATURE: \_\_\_\_\_ DAY PHONE: \_\_\_\_\_ EXT: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ APT. # \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP (required): \_\_\_\_\_

NIGHT TEL: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_

Check, if applicable: I do not want my  Address  Phone  Email published in the NYCC roster.  
 Partner does not want  Address  Phone  Email published in the NYCC roster.

Check if you want to receive monthly bulletin:  Online only (requires email address)  Via regular mail

ANNUAL MEMBERSHIP: Jan. 1 - Dec. 31, 2003. Please check the appropriate box:

- Individual \$24 (\$12.00 after Labor Day 2003)
- Couple residing at the same address \$30 (\$15.00 after Labor Day)

register online @



Membership card  
Cut me out. →

**Bike shop discounts!**

**A BICYCLE SHOP**

345 West 14th Street, NYC, NY  
(212) 691-6149 or  
www.a-bicycleshop.com;  
abikshp@aol.com; 10% off non-sale  
items (not items already discounted).

**BICYCLE HABITAT**

244 Lafayette Street, NYC, NY  
(212) 431-3315 or cmcbike@aol.com;  
15% off parts and accessories. 10%  
off bikes, no discounts on sale items  
(no double discounts).

**BICYCLE WORKSHOP**

175 County Road  
Tenfly NJ 07670  
201-568-9372  
10% off on part and accessories

**BICYCLE RENAISSANCE**

430 Columbus Avenue, NYC, NY  
(212) 724-2350. 10% off repairs  
and accessories (not on sale items  
and new bikes).



**CNC BICYCLE WORKS**

1101 1st Avenue, NYC, NY  
(212) 230-1919 or cncbicycleworks@juno.com;  
8.25% off accessories, repairs,  
rental and bikes.

**CONRAD'S BIKE SHOP**

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

**CYCLE PATHS**

138 Main Street, New Paltz, NY  
(845-255-8723); 15% off parts and accessories. 10% off bikes,  
no discounts on sale items (no double discounts).

**GOTHAM BIKES**

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

**LARRY'S and JEFF'S**

2nd Avenue Bicycles Plus, NYC, NY  
1690 2nd Ave. @ 87th St., NYC, NY  
(212) 722-2201, 15% off accessories  
and parts. 5% off or better on new  
bikes.

**PIERMONT BICYCLE CONNECTION**

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10% off EVERYTHING including  
bicycles. FREE SHIPPING on  
purchases over \$100.

**SID'S BIKE SHOP**

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

**TOGA BIKE SHOP**

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

# New York Cycle Club Annual Holiday Party

## Monday, December 9, 2002

### St. Maggie's Cafe ... 120 Wall Street

Cash bar, buffet, dinner, choice of pasta, beef, chicken or shrimp entrée, dessert and coffee.

\$40.00

Door prizes and dancing.

Hours: 6 p.m. until 9 p.m..



Make check payable to NY Cycle Club and send to:  
Eva Wirth, 23 Waverly Place, 6J • New York, NY 10003

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