

NYCC Bulletin

NEW YORK CYCLE CLUB

HAPPY NEW YEAR !!!



Photo By: Jim Tomlinson

It Takes Two to Replace Robin

by Tom Laskey

Several years ago, New York Cycle Club member Robin Read undertook a major redesign and upgrading of the club website. The result was an internet presence on par with the most professional and cutting edge websites. Since then she's maintained and upgraded the site to the highest standard. I've tried to calculate how much time she must have invested in this task, but alas, one would need the mathematical skills of Albert Einstein on a very, very good day to even approach an accurate accounting.

Sadly, Robin is stepping down as webmistress. We are fortunate that she will be followed by two extremely skilled, creative and dedicated club members, Peter O'Reilly and Tim McCarthy.

Webmistress or not, as long as there is an NYCC, the energy and creativity that Robin invested in the website will always live on at www.nycc.org.



Timothy McCarthy and Peter O'Reilly

Outgoing & Incoming Board



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Left to Right: *Photo 1 - Cathy Martone; Photo 2 - Deborah Bennett, Ira Mitchneck; Photo 3 - Stan Oldak, Isaac Brumer; Photo 4 - Carol Waaser, David Hallerman, Robert Gray, Timothy McCarthy, Fred Steinberg, Peter O'Reilly and Isaac Brumer; Photo 5 - Ira Mitchneck, Jon Dindas, Tom Laskey and Carol Waaser; Photo 6 - Fred Steinberg, Photo 7 - Eileen Crowley, Eva Wirth.*



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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. If you renew your membership before March 14 using 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. (See inside back page for membership renewal form)

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President's Message

First, let me wish all of you NYCCers a happy and healthy new year!! Since it is the start of another year, we bid a fond farewell and give huge thank you's to outgoing board members John Vazquez, Cathy Martone and Ira Mitchneck. I also want to make special mention of Ira's contributions above and beyond his duty as club treasurer. For several years, Ira donated a significant amount of storage space to the club that not only saved us a good bit of change but also proved to be an invaluable help with such events as Escape New York and our annual free lunch all-class ride. In addition, Ira invested a lot of time and effort helping coordinate our annual Berkshires weekend. Let's also welcome our new board members, David Hallerman, Deborah Bennett and Isaac Brumer. And of course we shouldn't overlook the contributions and staying power of those continuing board members Fred Steinberg, Jon Dindas, Eileen Crowley, Eva Wirth, Carol Waaser, Robert Gray, Stan Oldak and Diane Goodwin. I look forward to working with the new board on the further expansion of the club membership and activities.

In addition to the board, I need to mention a few others who have made significant contributions in terms of time and energy to the club over the past year. The compliments never stop coming in about our website and we owe almost all the credit to our fabulous webmistress, Robin Read. Robin will be relinquishing her web duties this year but her legacy will remain with the club for a very, very long time. Taking over in the web department will be Peter O'Reilly, who will handle the technical and administrative aspects of the site, and Timothy McCarthy, who will handle the editorial responsibilities. Those of you who get our weekly email announcements have Hans Schmidt to thank for keeping you updated with his witty and informative communiqués. And if you ever don the club apparel, you have Richard Rosenthal to thank for contributing his excellent design and handling the logistics with our supplier, as well as Hans Schmidt, who takes care of fulfilling the orders.

Speaking of club membership, did you renew for 2003 yet? It's very easy you know. Just log onto our website: www.nycc.org and follow the links to on-line registration. When you get to our on-line registration page at Active.com, you'll notice a few changes while you're there, particularly the ability to order our great-looking club apparel on-line with a credit card. Our annual dues remain the same as last year, but there is a \$3 discount for renewing with your member number. Don't know your member number? You can look for it either on the mailing label on your paper bulletin, or you can find it at our website, where you can access it with the same user ID and password you use to access the on-line bulletin. Could things be any easier?

All in all, 2002 was a great year for the New York Cycle Club. Here's to making 2003 even better still!!

- Tom Laskey

Editor's Message



Happy New Year ... By the time you receive this bulletin I will, hopefully, have a tan and many hilly, Florida miles. Since there was a shortage of B rides in January, I decided to lead "a few." Anyone need help mapping a route, scouting tips or ride ideas? I'm always available.

The February bulletin is filling up fast with the overflow of January's articles. Please email me as soon as you can if you plan to add something.

Alfredo Garcia was a big help researching the Event Calendar on page 13. Carol Wood copy edited most of the bulletin. Richard Rosenthal has offered to write for future editions. Don't be surprised if you receive a phone call from Richard!

One Letter to the Editor was received but was not included only because it involves time was running out. I will include it and appropriate changes to the bulletin in the February issue - thank you Hannah!

Cheers, Diane

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

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Subscriptions: Free to NYCC members. If you don't receive your Bulletin on time, have a change of address, or any other questions about your membership, email Eileen Crowley <eileen_crowley@msn.com> or call (212) 744-1518. Email is preferable. Please include your name and full address in your message.

January Bulletin: Thank you, Carol Wood (copy editing and story), Deborah Bennett, Jason Healey, Don Montalvo and Tom Laskey (photo identification) and all who contributed articles and ideas.

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

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

Ads: Only bicycle related advertising will be 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. **Image files** must be in TIFF, EPS or JPG format. **Text files** must be in Word or .txt, using Times 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
107 W. 68 St, #1F
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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

December 4, 2002 — The meeting was called to order at 6:58 p.m. In attendance were Tom Laskey, David Hallerman, Eva Wirth, Eileen Crowley, Jon Dindas, Carol Waaser, Deborah Bennett, Robert Gray, Fred Steinberg, Ira Mitchneck, Stan Oldak, Diane Goodwin, Isaac Brumer and Cathy Martone. Also attending were Timothy McCarthy and Peter O'Reilly, who are taking over webmaster duties.

This was the joint Board meeting of both the 2002 and 2003 Boards.

Membership Report: Eileen and Jon tag-teamed the membership report. The 2003 Active.com registration is now up and running. Our clothing line can now be purchased through Active as well. Members can now look up their membership numbers on our website in a password-protected area. Jon has now taken over the membership duties and will coordinate with new Treasurer Deborah Bennett regarding payments from Active.com and checks from members.

Bulletin: Diane will be keeping the same bulletin schedule as Don Montalvo did. (December bulletin was late because of Roster.) Question was asked, should we go back to listing new members in the bulletin. Consensus was yes. Jon will send those names monthly to Diane.

Ride Listings: Isaac was introduced as the new C-Rides Coordinator. Robert and Isaac will try to coordinate putting together the new ride library. This will take some effort to collect good, tested, accurate cue sheets. Once again, there was a brief discussion on the lack of ride leaders. The SIGs tend to drain the club of leaders through the spring and even into the summer, since those leaders burn out on the SIG and don't want to lead again until at least autumn. We will encourage ride leaders to find co-leaders from the newer members to train new leaders. There was some more discussion on the SIGs and the massive turnout we had last year (and expect again this year). The B-SIG is particularly large. There was no consensus on the subject of advance registration for the SIGs.

Special Events: So far, 60 people have pre-registered for the Holiday

Party. Eva has promoted 8 bike shop gift certificates for raffling off at the party. The Whitney event was a success. (The music held everyone's interest for about 7 minutes, but everyone agreed the Louisiana Quilt exhibition was splendid.) Eva is planning a wine tasting event for mid-winter. Liane Montesa will be planning and organizing the group dinner for the 2003 Memorial Day Weekend in the Berkshires.

Escape New York Report: The ride this year was a great success. The event raised \$1,450 for the designated charity, which this year is Recycle-a-Bicycle. David will generate some PR about the donation. Next year's ENY will be on Saturday, October 4. A notice will go into the January Bulletin asking for volunteers to serve on the committee. Stan Oldak, who has chaired for the past two years, will step down. The Board applauded his efforts.

Miscellaneous: Tom asked if the club should allow retail sales of our "Lady Liberty" jersey in bike shops. After some discussion it was decided to authorize such sales, and at the same time, solicit designs for a new club member-only jersey. The Board felt that the Liberty design (by the inimitable Richard Rosenthal) was so commercially popular and in demand by people all over the world, that we should let it go out to the world and come up with a new design just for us.

Timothy and Peter were introduced. They will be taking over running the website from Robin Reed, who has done a superlative job. Timothy will be content editor while Peter will handle the technical stuff. Peter has already installed the newly redesigned message board. Hurrah to Peter!

The next Board meeting will be on January 7 at 6:30.

The meeting was adjourned at 8:12 p.m.

Respectfully submitted,
Carol Waaser
Secretary



Leaders (L-R): Don Belfer, Bill Moss, Carolyn Boober, Rosario Gennaro, Russ Berman, Harvey Minsky, Mai Yee, Ginny Somma

"A" RIDERS HAVE CHOICE ...TWO SPRING TRAINING SERIES'

You're an A-level rider. Single and double pacelines are second nature to you. You have the advanced bike handling skills of an experienced cyclist. You love to ride and you love the challenge of a good ride. You are not alone.

The A-Rider Spring Training Series is for experienced cyclists who want to enhance their riding skills and improve their strength and endurance through a graduated training program. These STS rides offer the camaraderie and friendly support of like-minded riders in a series of organized group rides.

This year there will be two series: the aggressive A Classic STS, which follows in the tradition of prior years modeled on the A Classic SIG, and the more moderate A-19 STS, which is new this year and will be comparable in intensity to the A-19 SIG. Put another way, the A-19 STS is aimed at A riders who prefer to do their recovery from winter sloth at cruising speeds under 20 mph; it is not meant for racers and hammerheads. Neither of these programs is a teaching series for paceline and other bike handling skills, which are best developed in the SIGs.

Both series will kick off with a combined warm-up ride on February 15, which will have modest aspirations. It will be led by ride leaders from both programs, offering riders a chance to select the toxicity of their poison. In the following weeks, beginning on February 22, each of the two programs will offer a separate series of 12 successive group rides at progressively faster paces and longer distances, ending on May 10. The A-Classic will conclude with three rides longer than 100 miles, climbing more than 10,000 feet, and cruising at speeds in the 22 mph range. The A-19 will conclude with one or two rides over 100 miles, with plenty of vertical, aiming at a 19 mph cruising speed. Both programs will target the best riding you can do in the area, and many of the rides will start from points outside the city to avoid "junk miles." All rides for each month will be listed in the Bulletin, beginning in February.

You don't need to signup for either series or to show up for every ride,

and there won't be skills classes or first-aid classes or graduation certificates. You'll be free to switch between series at any time, with the understanding that there will be significant differences in pace and aggressiveness between the two and, each will stick to its scheduled pace and that program. If you're suffering winter malaise to start with and don't make an effort to ride pretty consistently throughout the spring at or above the progressive levels of the series you select, you may not feel comfortable as we go further and faster and look for more hills. Achieving the required level of fitness will likely require additional riding/training during the week. A few "dissolve the rust" workouts prior to the first scheduled ride are recommended.

All former SIGgies are welcome, but you don't have to have done a SIG to join us. (All of the A-19 STS leaders are A-19-SIG grads and some are former A-19 SIG leaders.) Just be sure you bring those paceline and group riding skills and a sociable attitude. We expect all riders to pay attention to the cue sheets and take their turns up front. If you are still honing your basic or advanced skills, please consider riding with a SIG this year and joining us next year.

There won't be a lot of stops (or really long ones) on any of the rides, but we will sit down for lunch. Except for the very longest rides, we will make a serious effort to get back at a reasonable hour. We will ride on Saturdays, except in wet or excessively cold weather. If a scheduled ride is cancelled, it will be rescheduled automatically for the next day.

Aside from skills and ambition, there will be only a few basic and obvious requirements: You must wear a helmet and bring spare tubes and a pump (or CO2 equivalent). Some kind of a multi-tool is a good idea, and you'll need pocket food and plenty of fluids for every ride. You'll also want to bring some cash, a photo ID, your Metro North pass and a credit card. For the safety of other riders, aerobars, hybrids and mountain bikes will not be permitted. Bike maintenance is your responsibility, and we expect you to check out your bike and tires before each ride. It wouldn't be a bad idea to take your bike into the LBS for an overhaul (or do it yourself) before the series begin.

For information about the A Classic STS, contact Peter Walker (pwalker5@nyc.rr.com). For information about the A-19 STS, contact Russ Berman (rberman@kronishlieb.com).

NYCC 2002 Holiday Party on December 9 at St. Maggie's Cafe

— organized by Eva Wirth

*"Thanks Eva, for a high energy,
satisfying social time with biking buds!"*

— Jack Lehnert

Photos by Diane L. Goodwin

1. Jody Sayler and Timothy McCarthy
(Voted Best Dressed Man)
2. Jody Sayler and Timothy McCarthy
(Fastest Flat Fixer)
3. Herb Dershowitz and Rita Tellerman
4. ?, Karl Dittebrandt and ?
5. Bill Strachan, Ian Hughes
and Basil Ashmore
6. Linda (Best Dressed Woman) and
Tony Nappi
7. Marty Wolf
8. Tom Laskey, Billy Able and
Debbie Rothschild
9. Basil Ashmore, Ian Hughes
and John Healey (background)
10. Jeanine Hartnett and John Bundy
11. ? and ?
12. Christy Guzzetta and Jeanine Hartnett
13. ? and Dan
14. Timothy McCarthy and David Estrada
15. Christy Guzzetta and Jody Sayler
(Voted Best Couple)
16. Ian Hughes, Stan Oldak (Comeback
Rider of the Year) and Rita Tellerman
17. Christy Guzzetta and Jeanine Hartnett
18. Ellen Schwarz, ?, Deborah Bennett, Jack
Lehnert, ?, Lara Baskin
19. Hal Eskenazi and Eva Wirth
20. Cathy Martone, ?, Tom Laskey and
Debbie Rothschild
21. Georgina and ?
22. ?
23. Ron Seagal
24. Pieter Maesen
25. Al, Theo and Julian Boland
26. Fred Steinberg
27. Diane Goodwin, Karl Dittebrandt and ?
28. ?, Gary McGraime, ?, ?, ?
29. Carol Waaser, ?, Mark Gelles, ?,
Wayne Wright
30. John Vazquez and Kelleigh Dulaney
31. John Z ap and ? and Robert Dinkelman
32. ? and ?
33. Alfredo Garcia
34. Jay and Joan Jacobson and ? and ?
35. ?, ?, ?, ?, ? and ?
36. Doug Parent and Midori Nakamura
37. ?, Annaline and Robert Dinkelman, and
?
38. Evan Marks (Most Shameless Gearhead),
Marcy, Jason Healey, Liz Baer, Anthony
Ricupero, Valerie Martinez, Rich Ramon and
Kris Lau





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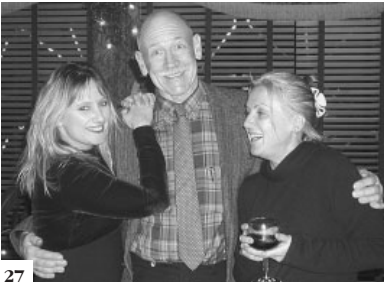
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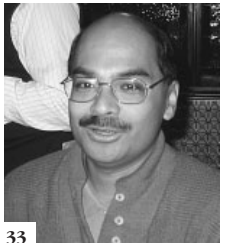
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Autumn Sonata: Bear Mountain, Greenwood Lake, and Storm King

By Carol A. Wood

The ninth of November was predicted to be a perfect fall day. Forecasts called for temperatures in the mid-60s, with clear skies and mild winds. E-mails were exchanged and an impromptu ride organized. Rich Ramon whipped up a cue sheet, which would add up to about 80 miles with some 5,700 feet of climbing.

Saturday morning, about 15 of us exited the Metro North train at Garrison, where we headed south on Route 9D in the chill air. I intended to claim the *lanterne rouge* the whole day, dragged down by fatigue and antibiotic-induced nausea. But who needs speed when it's a beautiful day and you're out cycling in the country?

Our first stop was at the Bear Mountain Inn, where Rich had parked his car. For the first six miles before we got there, I hung in with Brian Kivlan, Hank Schiffman, and Meredith Berman, who kept up an average speed of over 17mph. The others were already out of sight. Enough, I thought. The biggest climbs were coming up and I would have to take them as best I could. As Fred would say: You have to do your own ride.

And what a glorious day for traveling at a leisurely pace. Mist muffled the hillsides, pierced by just enough sunlight to inflame the foliage on and under the trees. On Seven Lakes Drive, the reeds and lily pads on Queensboro Lake whispered to me to stop and hear their secrets. But lotus-eating was not on the schedule, so I kept pedaling. The group was spinning restlessly around Tiorati Circle, waiting for us stragglers, when I got there. (By the way, I count eight lakes on Seven Lakes Drive; anyone else?)

At Kanawauke Circle, we headed west. The curved section of Route 106, between Lake Kanawauke and Little Long Pond, is one of my favorite stretches. After climbing and then screaming down the switchbacks along Lake Stahahe, I rejoined Hank and Brian, who were waiting for Meredith and me at the bottom. We headed up Hogback on Route 17A, toward Greenwood Lake for the group's first official deli stop. It was high time for a snack: lunch wouldn't be bad for another 30 miles.

Warmed up by now, I made the mistake of removing my windbreaker, getting chilled, and putting the jacket back on just as we got rolling again. So eventually I had to stop to take it off, again falling behind. Note to self: put the windbreaker on as soon as you stop riding—and take it off before you start.

The route leveled out as we headed up to Monroe, west to Oxford, and then north up Route 51. The temperature was now in the balmy low 60s. Master flat fixer Tim McCarthy stopped to change a tube for Frank Hacklander, and then the group got separated. The speedsters sprinted ahead and, seduced by John Zenkus's "creative" sense of direction, got lost. The rest of us turned right on Prospect Road to once again begin climbing. I was relieved to later hear a strong rider like Brian confess that one particularly steep roller had

gotten to him, as it surely had to me.

Start to finish, this was a very pretty route. One of its most vivid sights appeared on a section of Round Hill Road that I was climbing ever so slowly. When I looked up, my eyes were bathed in sunlight that slanted through the thicket of trees. Just ahead of me, the hillside (and St. Hank, as we call him) were crowned with golden halos.

We stopped for a photo-op along Otterkill Road, west of the railroad viaduct. The last time I had been here was on Fred's July 5 ride from West Point, when Ed Fishkin, Evan Marks, and I stopped to wonder in silence at the looming mountain ridges that run to the southwest. Now, those ridges are dusky orange, not dark green, and the air silver rather than crystalline. Today's animated horde was too preoccupied to survey the magnificent landscape at any length. But I briefly paid my respects before climbing back on the bike for the final miles to Cornwall—and lunch at Painters.

Painters is a charming restaurant with good food, local artwork, and in the summer, a nice veranda. Today, we would appreciate its cozy interior. Our errant hares miraculously arrived just as we did. Not even Hollywood could orchestrate better timing! Everyone thanked Ron Roth for having discovered the place, which he used to visit during his bad old days as a motorcyclist.

Concerned about the dwindling daylight and catching the 5:04 train, Hank made sure we were back on the road by three o'clock. We threaded up Storm King, with me in the far rear. By now my stomach felt like it was holding both the contents and machinery of the 145th St. sewage treatment plant. But that didn't stop me from enjoying the sight of the massive rocks carved out by the Hudson River. Nor the spectacular Mine Road, a long downhill



On Otterkill Road (L to R): Ian Hughes, Brian Kivlan, Carol Wood, Ron Roth, Hank Schiffman, Rich Ramon and Meredith Berman.

stretch of silent natural beauty above West Point—preserved however so ironically by the U.S. military.

As we approached the Garrison station, the last shards of daylight were scattered on the Hudson. For a lively half-hour, we huddled on the platform in the darkening air. Just before a chill set in, the train arrived to whisk us home, safe and warm, and revived by another long, luxurious day on the bike. It might be the last long ride before winter.



Carol and Hank



Ron and Meredith conquer the final hill



Ron and Rich lead the way

Photos by Timothy McCarthy, except upper left, by Catherine Bent



JOIN TEAM IN TRAINING FOR THE RIDE OF YOUR LIFE...

*A Personal Story from
Gary Katz, a NYCC
Member...*

Three years ago, I was a casual cyclist. Then, I decided to expand my cycling horizons by joining the New York Cycle Club. After completing several club rides, I was hooked on organized cycling. My eyes were always open for print and Internet messages that could lead me to new roads.

In January of 2000, I clicked on an online ad for Team In Training (TNT). As I like to say, "The rest is history."

In the last three years, I have flown approximately 20,000 miles with TNT, spending weekends in Tahoe (twice!), St. Croix, Chicago and Tucson. During those weekends, I have taken part in three century rides and two triathlons. I raised over \$12,000 for The Leukemia & Lymphoma Society. Through the NYCC and with the added help of Team In Training's amazing coaching staff, I

became a much stronger cyclist. By being a part of Team In Training, I have traveled more in three years than in the previous fifteen.

Team In Training has given me additional opportunities outside of the cycling—I have served as a mentor and assisted the team's head coach, Harlan Matusow. I have shared memorable experiences with new riders, helping them to ride to the best of their abilities during training and during the events. In addition, I have experienced the thrill of cycling in centuries with experienced riders as well.

Many Team In Training cyclists have literally started their involvement with the purchase of a bicycle and have gone on to achieve their cycling and fundraising goals. The coaching offered to team members by the coach, along with the fundraising support provided by the Team In Training staff and mentors, is truly remarkable!

You have already shown your interest and commitment to our sport by joining and supporting the New York Cycle Club. Team In Training presents each of you with the opportunity to have the time of your life, while helping to save the lives of those who are battling blood-related cancers. The money raised by TNT participants goes to support the Society's mission—to cure leukemia, lymphoma, Hodgkin's disease, and myeloma, and to improve the quality of life for patients and their families. By participating in TNT, you get to take your passion—cycling—and make a difference in the world while doing it.

What is Team In Training...

The Leukemia & Lymphoma Society's Team In Training program is the largest and most successful endurance sports training program. Train with Team In Training to cycle a century ride, complete a triathlon, or to run or walk in a marathon! You will be provided with all the support and inspiration you need—from expert coaching to nutrition clinics. And, the Society will cover your expenses for the event, including airfare, ground transportation, hotel cost, and your registration fees for the event! We will provide the fundraising guidance to raise the needed funds for important research in the fight against leukemia, lymphoma, Hodgkin's disease and myeloma. Your efforts can impact the future of people battling blood-related cancers.

Upcoming events and how to get involved...

In June 2003, Team in Training will be taking a team of cyclists to "America's Most Beautiful Bike Ride" in Lake Tahoe, California! This century ride circumnavigates Lake Tahoe clockwise through both Nevada and California and is one of the most scenic and awe-inspiring rides you will ever experience. Spectacular scenery, clean mountain air, great food and full support by experienced ride organizers make this one of the most popular century rides in the country!

- Give TNT a call (212-448-9206 ext. 26—Stacy Mitz) and we'll tell you about the upcoming informational meetings in January, where you can meet the coaches and past participants, and learn more about the program.

- Sign up! It's easy—you'll get a binder of important information and fundraising support, a Team In Training T-shirt and a training schedule. Oh, and let's not forget about group training! Group practices start in February.

- Ride "America's Most Beautiful Bike Ride"—the event takes place on June 1st, 2003. You will have an amazing experience while helping to save the lives of others!

- Check us out on the internet—

The Leukemia & Lymphoma Society:
www.leukemia-lymphoma.org/nyc

Team In Training:
www.teamintraining.org/nyc



Family Photo: Elle, Gary and Adina Katz.



Gary on El Tour de Tucson XIX - November 17, 2001



Mrs. T's Chicago Triathlon - 8/26/2001 - Chicago, IL



By Bill Strachen - RUSA #867

(Continued from December 2002)

Din-din. Control card signed I have mixed needs. Something cold to drink and warm to eat. Gu, Power Bars and Hammer Gel go just so far. Then reality sets in. Real food. Even if it is just a sandwich it has substance and texture. We leave together. Three miles out of town we are rudely awakened even if we weren't asleep. RUMBLE STRIPS! Notwithstanding our combined headlights we don't see them coming. Hey, these weren't on Mark's pre-ride notes. We avoid the shoulder for a while. Finally we settle into a good pace line. At some point Peg falls off the back. David encourages me to proceed. He'll check to see what is going on. I reach the turn off toward Pateros. I wait. No riders. I continue.

I pass the point where there was a major earthquake in 1872. The countryside is unlit. Above me is the Big Dipper and the Milky Way. The clearness reminds me of camping on a beach in South Africa or the desert of the Australian Outback. So many stars. Such enormity. Enveloped in quiet and comforted by my remoteness. This is why I ride. The moments which others are unaware or oblivious to. The seeming, as Karl Marx would put it, "dialectical contradiction" of isolation and connection. I am tranquil.

I arrive later than hoped. Shower, change and eat some breakfast. Today is THE day. No longer than Thursday but the greatest amount of climbing is ahead. Pateros to Winthrop is thirty-one miles. Mark informs me the climbing, however gradual up the valley, is none-the-less climbing. I make the turn. There is something out here that we don't frequently experience back East. "Chip seal." "Aggregate." Roads on which 3/8 and 1/2 inch stone is laid down with a thin covering of oil and pressed by the traffic into the established road surface. While asphalt is subject to frost heaves and cracking in the Northeast and Central US, chip seal is favored in the Southwest and West for its economy and lack of perceived need of maintenance. The vibration is persistent, constant, unrelenting, interminable, repeated, perpetual, continuous, harsh, severe, oppressive, unmerciful, ceaseless, repetitious, recurring.

Mark pulls ahead of me to take a picture. I try to look enthusiastic. On his car roof rack is a storage cone and his bike. I am facing a crisis

Seattle Int'l Randonneurs - 1000K Brevet, Sept. 12-15, 2002 (Part II)

of confidence. I'm feeling abandoned. Where are my spirits? I realize in my head that there is no room for my bike on or in his car. I am here. There is no turning around. It is no shorter going forward than it is going back the way I came. I think Mark recognizes my despair. He does the right thing. There are others to attend to. He wishes me well. I'm back on my bike.

I reach Winthrop. Azamas. While there have been some stretches of flat riding and diminution of the wind the chip seal remains. I think, "You have to be seriously disturbed to enjoy riding on this stuff." But then some folks think I'm crazy to live in New York City. It takes all kinds.

I had hoped that Mark might be at the top of the Pass but he had indicated that he wouldn't. Be nice to get a picture at the high point (5,477 feet) of my trip. Oh well. Thirty miles to Marblemount. A series of rolling downhill with a probable secret controle tucked in between somewhere. Hope it wasn't halfway down a nice descent. Not to worry. After hitting Rainy Pass and no relief from the heat there I try to hammer as best I can. Let me explain.

The geophysical phenomenon that permits Northwestern Washington to have a rain forest environment (over 200 inches of precipitation per annum) is what can drive any randonneur crazy. "Resistance training." (Did I mention this term before?) Warm moist air is carried in off the Pacific Ocean to the Cascade Range. It rises to the top and circulates backwards and as it cools in the upper altitudes translates itself into rain. Thus accounts for the aforesaid billboard regarding "rusting." I don't know about the other riders that day, but as I am passing Diablo ("devil" en espanol, si?) Dam Lake, going downhill, I am in my granny gear trying to make headway. This just does not make any kind of sense at all. Yes, I can rationally, scientifically explain and understand it, but boy, emotionally it is whacko! Let me make this perfectly clear: I will take hills, climbs, ascents any time as opposed to headwinds. You have some modicum of assurance that you will have a payback of some kind be it a plateau or descent. Headwinds are invisible, unpredictable and erratic. At least with a hill you know that at some point you will get to the top, even if you have to walk. But having to use my granny going downhill was too much. I just had to laugh about the absurdity of it.

Secret controle. I was also afforded a chance to stop and, ahhhhhhh, sit. Bill had hot soup and sandwiches.

Newhalem. General store was closed but Marblemount was not all that far away. Peg checked the time. 7PM. She left at five after. Ten after, I was gone. Halfway to the controle I blow past Peg. I'm hitting 18, 19 mph. Marblemount controle. In. Others arrive. I'm out. I've made the decision not to stop in Darrington where Mark has set up support and is the final controle after Arlington for the day but I don't tell anyone. Bad move. Always let your fellow riders know what you are doing. My decision is based on the belief I will lose too much time there. I hammer out on my way to Arlington. I make a couple stops and misread my cue sheet missing a turn. By the time I am on the return from

Arlington to Darrington I've blown myself out. Any time I think I have made has probably now been sacrificed to just getting into the controle. But my mind has also been playing games with me.

For most of the afternoon and night I have miscalculated the amount of time I have to complete the 1000K. I believe that I need to leave the Darrington controle by 6AM because I need to finish the last 300K in sixteen hours. I am a man possessed. All my riding has been predicated on this distortion.

I pull into Darrington. I explain to Mark that I need to be on the road soon, without sleep if need be. He is concerned. The other riders, whom I passed on the way back from Arlington to Darrington, were concerned that something untoward had happened to me by my not stopping at the support stop earlier. It suddenly occurs to me. It is 4AM Saturday morning. I have until 10AM SUNDAY morning to complete the ride. I have in reality an additional twelve hours over what I thought. My concentration on completing the brevet has distorted my perception of what was required. I realize the time frame: BMB had ended at 10PM. I had somehow confused the times. I was also still thinking in New York time forgetting the zone changes. All the tension was released. I felt exhausted now. Spent. I could actually sleep and still have a margin to successfully complete. I showered. I slept. Finally, some repose.

It's a beautiful day. I look at the altitude gains for the course. Reasonably flat with some climbing but nothing like the previous two days. I'm riding north on the road between Darrington and Rockport. And then, suddenly, there IT is! It is unmistakable. The green sofa pad! Twix mile markers 61 and 62 on the right hand side of the road next to a crash barrier. I make a mental note to get the phone number and call Kit about my discovery. She will be so pleased. (Phone was later discovered to have been disconnected.)

It's early Sunday morning. The final quarter mile. A dutifully challenging 15% grade. 4:45 AM. I'm "home." Sated. Satisfied. I have consummated what I had come here to accomplish. For my friends and their colleagues there is one more dedication and medal. But more importantly there is their memory. The travails of headwinds, sixteen mile climbs, chip seal and every other impediment now fades into the insignificance they deserve. There is left the memory of friends and comrades. That is what is critical. And what makes it all worthwhile. I laugh as I weep. Pride. Joy. Remembrance. Love.

(My thanks to the members of SIR who rode giving me encouragement and support. My deep appreciation to Mark Thomas, RBA, for the superb job of running this event. A special note of thanks to Chris Thomas for not simply putting me up but putting up with a crazy New Yorker. And to Phillip and Elena Thomas for giving me needed moments of amusement and cheer.)

NOTE: Medal worn by Bill in photo is the 2000K Randonneur Medal - to earn this medal, one needs to complete 2000K which cannot be used toward the Super Randonneur medal.

La Madonna del Ghisallo

Written Anonymously

There is a Bell bike helmet described as "an offering of the altar. With 17 cathedral-like vents, it is a Renaissance marriage of art and science." There is a Litespeed titanium bicycle that won professional stage races in its first year of production.

Both helmet and bike are named Ghisallo, after the patron saint of bicyclists. But what's the real story of this canonized person, beyond high technology and sophisticated advertising?

Let's go back to the Middle Ages, in northern Italy, nearly a thousand years ago. A Count Ghisallo was on vacation, in the village of Magreglio. A group of bandits stalked and attacked him. Count Ghisallo was able to flee his tormentors. Quickly, he saw a religious shrine of the Virgin Mary. He went and prayed to the Virgin Mary to save his life. By some unexplained miracle, he escaped further danger.

As word spread, the Medieval Catholic icon from a Magreglio roadside was regarded as La Madonna del Ghisallo "Madonna of the Ghisallo." Tourists who visited the shrine paid respects and prayed for a safe journey. Through historic accounts dating from 1135, various versions of the Madonna were made (e.g. textured Fresco) and later moved from the road to a church (a monastery similar to our Cloisters in Manhattan), on a hill, overlooking the glacier-etched Como River. In 1681, the church grounds were expanded to include several arches.

Centuries later, many a bicycle tourist or racer, made time-honored pilgrimages and climbed hills to seek the sacred blessing. After World War II, Father Ermelindo Vigano, pastor of the church, proposed to the Vatican that the shrine, which is also a local landmark, be designated as a hallowed site for cyclists. Indeed, in 1949, Pope Pius XII, made Madonna del Ghisallo an Italian female patron saint of cyclists.

A museum, Museo del Ghisallo, was created nearby, to display bike & racing memorabilia. You can see race jerseys worn and bicycles ridden by famed cyclists like Gino Bartali, Gianni Motta, Eddy Merckx, Francisco Moser and Fausto Coppi. The Bersaglieri (elite Italian Army group) have a military bicycle exhibited.

Mario Cippolini, the 2002 Road World Champion, dropped by the chapel to donate his rainbow jersey to the priest and former racing champion, Fiorenzo Magni.

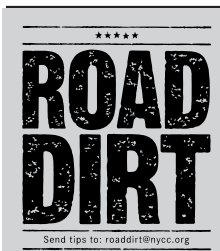
Besides daily blessings, there are various religious events that pertain to cycling. During spring, you can go to La Pasqua del Ciclista <Passover of the Cyclists>. In October, attend La Giornata Nazionale della Bicicletta "National Day of the Bicycle" and La Rosa Internazionale del Ghisallo "International Rose of the Ghisallo". On All Soul's Day (November) and Christmas Eve (December) to memorialized the deceased. The late Fabio Casartelli, a racing teammate of Lance Armstrong, met an unfortunate end at the Tour de France, is especially remembered. Casartelli was born in a town not too

far away. The museum also has momentos of cyclists who died in accidents, remembered as well.

The holy shrine is also a fitting locale for amateur and professional "classic" bicycle races in northern Italy. Like Giro de Lombardia "Tour of Lombardy", "race of the falling leaves," which is the final race of the World Cup series. Michele Bartoli, representing Fassa Bortolo, won last year's tour.

For most of us, you can travel with a bike to Northern Italy, Lombardy province, for a visit. You could, for example, ride a 117-kilometer (74-mile) route to the Madonna del Ghisallo from Milan, either in one day or several. Maybe a shorter ride from Como, Malgrate or Bellagio. Of course, there are hilly roads. But if you're not accosted like the Count was and when you make the journey, you'll be rewarded with heavenly views and be at the Madonna's doorstep. And that is a blessing in itself.

Honorable mention: Antipolo, Rizal Province, in the Philippines, bicycles can be blessed at Our Lady of Antipolo shrine. It is also known as Our Lady of Peace and Good Voyage. Like the Madonna, the shrine is on a hill. For owners of new vehicles, people going on vacation, as well as bicyclists, it is customary to visit the Filipino shrine to be blessed for a safe journey. And return afterwards for thanksgiving.



- Wentworth Darcy
Rhodes III

Jeff and Margaret write to us from Southeast Asia:

"Our Thanksgiving dinner was mussels in chili sauce, grilled prawns, nasi goreng ikan bilis, and ice kacang. I hope your holiday was as pleasant as ours." Now, don't that beat turkey!

now, six years later, even though not so much as one flat tire during that time, He does have a herniated disc. Not only does he have a herniated disc, but is impotent, hasn't gone to the bathroom in a long time, has hemorrhoids, spinal cord damage, stiff neck, but . . .

. . . not a flattire in six years.

Road Bozo!

Christy

Alas, poor Jody, we know her well!

Now that **he** bought a bicycle – in anticipation of a transit strike, shall we offer his honor honorary membership? Send us your opinion along with the head of your neighborhood grocer to:

harrietbeecherstowe@nyc.rr.com



Rumor hath it that **Don Montalvo** didn't know which way to turn when returning from a flat ride to Northvale and he climbed up the hill from 501. The Bridge is to the left Don, not the

right. Or, did **Diane** get you flustered?

Thank you- thank you- thank you **Robin Read** for your stewardship of the NYCC web site – www.NYCC.org – and good luck to **Peter O'Reilly** and **Tim McCarthy** who are taking it over.

Congratulations, kudos and thank yous to **Eva Wirth** for the sensational Holiday Party last month.

Now, how will you top it next year?

Isaac Brumer – stepped up to the plate to serve as C Rides Coordinator. Ask not what your club can do for you, but what you can do for your club – to paraphrase.

Keep those cards and letters coming to harrietbeecherstowe@nyc.rr.com

Dustee Rhodes.

Congratulation to **El Jefe** — just elected president of CRCA. Interesting that 25% of the membership of CRCA voted, all by mail, and only 2% of NYCC members bother to vote by mail, email or at the meeting. Good Luck Jeff! The CRCA is fortunate, indeed!

Received from one of our far flung correspondents:

Dear Dustee:

Idea for road bozo

Last month, **Christy Guzzetta** received the "Road Genius" award for having a solid tire on his bike. Smart guy, right? Hasn't gotten a flat tire in 6 - count 'em, 6 - 1, 2, 3, 4, 5, 6 years. Good, huh?

A classic Road Genius. However, it's a solid tire, hard, very hard. And the roads in New York City are filled with pot holes, construction, and treacherous pavement. So



Catherine Bent

Bent Spokes

when straight English doesn't go the distance. .

bugbiter n.

An ascent on which you find yourself moving so slowly that mosquitoes have time to reserve a table for brunch on your body.

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

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

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

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. One vest per leader.

A-rides co-ordinator

Robert Gray
(212) 593-0986
nyarchitect@email.msn.com

B-rides co-ordinator

Stan Oldak
(212) 780-9950
stanOnyc@aol.com

C-rides co-ordinator

Isaac Brumer
(212) 593-0986 nyarchitect@email.msn.com

NYCC HILL INFORMATION

Hank Schiffman was Voted Best Ride Leader



MAKING THE GRADE - PART 2

Average grades of hills in our region. Gleaned, extrapolated, calculated and compiled by **Hank Schiffman** using data from the map of The Central Park by George Colbert & Guenter Vollath for Greensward Foundation/Friends of Central Park (1994) and TOPO! Greater NYC, Long Island, Catskills and Poconos by National Geographic. No data was measured on site.

| LOCATION / HILL | DIST. | RISE | GRADE |
|---|---------|------|-------|
| <u>Manhattan</u> | | | |
| Fifth Avenue (between 106 and 90th St) | 0.8 mi. | 89' | 2.1% |
| Central Pk West Dr hill (between 88th & 86th St) | 0.15 | 24' | 3.0% |
| Cat Hill, Central Park East Drive | 0.25 | 49' | 3.7% |
| Bennett Av (Broadway to 187th St) | 0.41 | 82' | 3.8% |
| Broadway (Nagle Av to 181st St) | 0.66 | 140' | 4.0% |
| Morningside Dr (110th to 113th St) | 0.15 | 40' | 5.0% |
| RSD Hill to Sakura Park from 125th St | 0.27 | 90' | 6.3% |
| Overlook Ter (187th St to Ft Wash Ave) | 0.17 | 81' | 9.0% |
| <u>Bronx</u> | | | |
| W Fordham Rd from Rt 87 (overpass to Sedgwick) | 0.21 | 60' | 5.4% |
| W Kingsbridge Rd (Heath to Sedgwick) | 0.22 | 113' | 9.7% |
| <u>Upper Nyack</u> | | | |
| Old Mtn Rd from Broadway to 9W | 0.61 | 203' | 6.3% |
| <u>Nyack/Upper Grand View</u> | | | |
| S Highland Av/Blvd (between Old Mtn & Tweed) | 0.24 | 111' | 8.8% |
| <u>Piermont/Sparkill</u> | | | |
| Rockland Rd (Ferdon to crest of hill) | 0.41 | 147' | 6.8% |
| <u>Cold Spring/McKeel Corners</u> | | | |
| base of Main St/Rt 301 to Rt 9 | 2.79 | 440' | 3.0% |
| <u>North White Plains</u> | | | |
| Route 22 north from Reservoir Rd | 0.37 | 64' | 3.3% |
| <u>Armonk</u> | | | |
| Rt 22 between Cox and Banksville Rd | 0.7 | 203' | 5.5% |
| <u>Hartsdale/White Plains</u> | | | |
| hill on Walworth Av/Fisher Av | 0.18 | 55' | 5.8% |
| <u>Kitchawan (Town of New Castle, NY)</u> | | | |
| Pines Bridges Rd (Rt 134, 1st 0.38mi) | 0.38 | 150' | 7.5% |
| <u>Greenwood Lake/Warwick</u> | | | |
| Kain Rd | 0.73 | 580' | 15% |



Jan/Feb 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.

January Repetitive Rides

Sun, Jan. 5, 12, 18 & 26

A18 35 Miles 10:00AM

Brooklyn Warm up

Robert Gray
nyarchitect@msn.com
(212) 593-0986

From the Boathouse

Thinking about riding faster this year but not prepared to go on the big A rides? Come with us out through the Brooklyn waterfront to Prospect Park for a few laps and back through Brooklyn Heights, Williamsburg, Greenpoint and Long Island City. Not a slow ride but you will be able to keep up because we will have to stop for lights and traffic. Pace line skills not required but pace lines will be employed occasionally if the group agrees. Aspiring A riders welcome on their road bikes without Aero bars. One brief stop after 25 miles, back in upper Manhattan by 1PM. Email mail to me if you are interested and I will confirm the ride back to all by the day before.

All Class 5-10 Mi. 9:00 AM

Snowshoeing in Harriman

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

From: Call leaders for info.

Every Sunday--conditions permitting--in January, starting 1/12/2003, we'll glide over some of the most beautiful terrain in Harriman, Bear Mountain, and other nearby parks. Not enough snow? We'll be hiking and climbing on some of the same exquisite trails. Please call during the prior week, indicating you can supply a car or need transportation. Ken's car carries five: first call, first served. You'll want layered clothing, waterproof boots, hat, gloves, gaiters, and poles, in addition to your snowshoes: ice creepers (\$7-\$30) are a good idea on hiking days. Snowshoeing takes lots of energy. Be sure to carry ample water and food. Rain or heavy snowstorm on Sunday cancels.

Tues., Jan. 7, 14, 21 & 28 Thur., Jan. 2, 9, 16, 23 & 30

A19 18Mi 7:15 PM

Laps in the Park

Ride 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 loops of Central Park. When safety permits, we'll do intervals. Please bring a tail-light and, if you have one, a headlight. Helmet, pace-line skills and esprit de corps required! Ride leaves promptly at 7:15. The usual cancels.

REGULAR Rides

Wed, Jan 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.

Sat, Jan 4

A18 50Miles +/- 10:00AM

Diner's Choice

Leaders: Fred Steinberg
212 787-5204
fsteinberg@nyc.rr.com
Hank Schiffman 212 529-9082
schiffhank@aol.com

From the Boathouse

We'll go as far as the weather and road conditionals allow to one of our warm, cozy winter haunts; you know, a diner with real food & coffee. The weather forecast will determine whether we cross the GWB or stay close to Metro North for a dry return. So, bring a Metro North pass just in case. Cancel conditions: wet/icy roads, temp below 30 at 9AM. Check the NYCC Message board or after 9AM if in doubt.

B18 100 Miles 7:30 AM

East Islip Flat Century

Leader: Diane Goodwin
212-875-9547

From: Fountain at New York

Plaza Hotel (E 59th St. and Central Park South) 100 miles in January!

Crazy? This ride can be done in 28F in February! Ride Marty Wolf's 55 miler on January 1st and you'll be ready. Pacelineing is encouraged for warmth and early arrival! Haven't ridden paceline? Are afraid? We ride safely and will have full instructions at the start and during the ride. Members of UMCA bring your mileage sheets. Not a member? Check out (www.ultracycling.com/). Need more info? Email me at dgoody@mind-spring.com or phone. Ride cancellation will be posted on NYCC message board.

B16 35 Miles 10:00 AM

Nathan's of Coney Island

Leaders: Herb Dershowitz and Liane Montesa 212-929-0787
tispectrum@bigfoot.com

From: Boathouse

All types of bikes are welcome. It's a mellow ride where the eating is more important than the riding. Rain or below 30 degrees at the start cancels.

Sun, Jan 5

B16 35 Miles 10:00 AM

Winter Ride

Leader: TBA

From: Boathouse

A brisk winter ride - out for hot chocolate and back. Temps below 35 at start or rain or wet or icy roads cancel.

C12 25 Miles 10:00 AM

Frost Bite #6 Ride to New York Botanical Garden

Leader: TBA and Ed DeFreitas (5BBC).

From: Plaza Hotel (59th & 5th Ave.)

Elly's Spangelberg's perennial ride. Smell the roses at one of the foremost American public gardens, in the Bronx. See the Holiday Train Show. Go to the Enid A. Haupt Conservatory for "A World of Plants" in a warm environment. Check trip-related website <http://www.nybg.org>. Bring a camera, lock, \$ for lunch and \$3 admission. Co-listed with the 5BBC.

Sat, Jan 11

A19 55-60 Miles 10:00 AM

Nyack the fun way

Leader: Timothy McCarthy
718-204-7484
timothymc@earthlink.net

From: The Boathouse

The weather calls the shots. We'll aim for Nyack and maybe take in some hills or if it's too cold just make a bee-line for the nearest diner. Horrid conditions cancel. Helmets and good cheer mandatory.

B16 50 Miles 9:30 AM

Diner Finders: White Plains

Leaders: Wayne Wright
212-873-7103
wwright8@nyc.rr.com;
Mark Gelles 212-689-1375
mnelles@okcom.net

From: Boathouse

Your basic out-and-back for pancakes. We're so glad the January thaw fell on this weekend! Helmets and smiles please. Precip/wet roads, or temps below 32 at 8:00am on NY1 cancels.

C12 mileage undetermined
9:15AM

Brighton Beach

Isaac Brumer
(isaacbrumer@hotmail.com)
917-531-5303 for info.

From front of Food Emporium 59th St & 1st Av.

Brighton Beach (Mrs. Stahl's Knishes) via Queensboro Bridge and Queens/Brooklyn waterfront. Return via Brooklyn Bridge or subway. Temp below 30 (at 8:30 on Channel NY1) precipitation or wet pavement cancels.

Sun, Jan 12

A20 60 Miles 8:30 or 9:30 AM

Westchester County Express

From: Larchmont train station

Leader: Hajo Thiele
(914) 833 1456 (evenings)
info@majorcacycling.com

This is a 60+/- mile starting at the Larchmont train station at 8:30 am. Riders can take the 7:37 am train from GCT arriving in Larchmont at 8:13 am. We will ride for 3-1/2 hours with minimal stops through Eastern Westchester County and

Greenwich/Bedford area, so that we will be back at Larchmont train station to catch the 12.29 pm train to GCT. Optionally, one hour later if everyone prefers. If interested, please confirm by calling Hajo Thiele at (914) 833 1456 (evenings), or send e-mail to: info@majorcycling.com, latest by Saturday evening 8 pm.

B16 40 Miles 9:30 AM Scarsdale

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

This is usually a pleasant route in winter. (If the roads are dry and it's not too cold, I'll do the variation with a few more hills.) Hot chocolate awaits at the coffee shop. Rain, snow, sleet, icy roads or predicted high below 35 cancels. If in doubt, check message board or leader's answering machine after 8:00 a.m.

C12 25 urban mi 10:00AM Frost Bite #7 Coney Island Dreamin'

Leaders: TBA and Ed DeFreitas (5BBC)
From: City Hall

To the Borough of Churches we will go. Ride to the serene waterfronts of the Verrazano and Coney Island. Have lunch at Tototonno's, renowned for prized pizza. Check out http://id.essortment.com/historyofpizza_rmgf.htm for interesting mouth-watering facts about our standard cycling food staple. Yes--pizza was first developed by the ancient Greeks. We consume nearly 4 acres of it a day. Get that mozzarella! Bring a lock, \$ for food and film camera. Co-listed with the 5BBC.

Sat, Jan 18

A18 55 Miles 9:30AM Presidential Inauguration Ride

Leader: Tom Laskey
(212) 961-1610
(tomoboe@mindspring.com)
From the Boathouse

Join me for the inaugural festivities as we venture out once again to the Muddy Brook Diner in beautiful downtown Pearl River. Hopefully, we'll have better luck than the last two inauguration rides, both of which were rained out. We'll take a relaxed pace but in a tight pace-line and don't forget your helmet. Temps below 30 degrees, rain or better than 70% chance cancels. If in doubt, call the leader or check the message board.

B18 65 Miles 9:30 AM Saddle River

Leader: Diane Goodwin
212-875-9547

**From: Riverside Park
(Riverside Dr. and W. 72nd St.)**

Let's begin the task of updating our NYCC Rides Library with the Saddle River ride. Not only will you participate in adding mileage and landmarks to the route sheet, but verifying the accuracy of turns and streets. If you never scouted a ride before, here's your chance to learn and have a great ride as well. Download the preliminary cue sheet from the NYCC Rides Library (www.nycc.org). Need more info? Email me at dgoody@mindspring.com or phone. Ride cancellation will be posted on NYCC message board.

Sun, Jan 19

B15 40 Miles 9:30AM Scarsdale

Leaders Irving and Hindy Schachter 212-758-5738

**From: 1st Ave & E. 64th St.
NW corner**

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

C12 30 urban miles 9:00AM Frost Bite #8 Historic Flushing

Leaders: Danny Lieberman
(212) 598-4827 and Ed DeFreitas (5BBC)

From: City Hall

My favorite Cantonese restaurant on Mott St. burned down several months ago. It recently reopened in Queens' own Asian "Restaurant Row." Join us for a trip to historic downtown Flushing and we'll break at this FAB chow spot. Remember to bring a lock, disposable camera and \$ for lunch. Co-listed with the 5BBC.

Sat, Jan 25

A19 55-60 Miles 10:00 AM Nyack via the lakes

Leader: Hank Schiffman 212-529-9082
<schiffhank@aol.com>

From: The Boathouse

An homage to Spencer. A winter ride for winter. And a hill or 2 thrown in if possible. Check your tires; winter is no time to change a flat. Dress for success. Money for lunch. Bad conditions

scrub this dog. Temps below 25 at ride time or strong winds/ wet or snowy roads just won't do. If in doubt check the NYCC Message Board.

B18 65 Miles 9:30 AM Elmsford - Spy Ride

Leader: Diane Goodwin
212-875-9547

From: Central Park - Loeb Boat House

Westchester County can be hilly. Our destination is a Revolutionary War Cemetery - Isaac Van Wart's grave is here - my ancestor and ticket into the Daughters of the American Revolution. Maybe we can convince the mayor to join us again for lunch and be our tour guide into the Oldest Dutch Church. Hill climbers, you'll love Elmsford's side streets! Need more info? Email me at dgoody@mindspring.com or phone. Ride cancellation will be posted on NYCC message board.

Sun, Jan 26

A-20 60 Miles 8:30 AM or 9:30 AM

Westchester County Express

From: Larchmont train station

Leader: Hajo Thiele
(914) 833 1456 (evenings)
info@majorcycling.com

This is a 60+/- mile ride starting at the Larchmont train station at 8.30 am. Riders can take the 7:37 am train from GCT arriving in Larchmont at 8:13 am. We will ride for 3-1/2 hours with minimal stops through Eastern Westchester County and Greenwich / Bedford area, so that we will be back at Larchmont train station to catch the 12.29 pm train to GCT. Optionally, one hour later if everyone prefers. If interested, please confirm by calling Hajo Thiele at (914) 833 1456 (evenings), or send e-mail to: info@majorcycling.com, latest by Saturday evening 8 pm.

B16 50+MI 9:30 AM Westchester Mini-Adventure

Leaders: Diane Goodwin
(212) 875-9547
dgoody@mindspring.com,
Gary McGraine
(212) 877-4257
garynycc@aol.com

From: The Boathouse

Join us for a steady B16 spin into the scenic areas of Westchester. We'll make our first stop at the Coffee Tree in Scarsdale and continue to head north until we decide to turn either southeast to Mamaroneck OR turn southwest

to Tarrytown. Both offer train bailouts for those who prefer a warm / comfy return to Grand Central. The hardcore may opt for the additional mileage. Freezing cold and wet roads cancel. Call early if in doubt.

C12 25 miles 10:00AM Frostbite Series #9 Sheephead Bay & Beyond

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

From: City Hall

Encore excursion into the Borough of Churches. We'll check out the Bay Shore Parkway greenway, a path frequented on Bum Beach rides, with a glimpse of the Atlantic Ocean. Bring a lock, \$ for lunch and a camera. You can look but you better not touch (bike) a pedestrian bridge in the area. See www.transalt.org/bridges/sheep.html to find out why. Bring a lock, \$ for lunch and digital camera. Co-listed with the 5BBC.

Sat, Feb 1

B18 100 Miles 7:30 AM Somewhere towards North Shore Long Island

Leader: Diane Goodwin
212-875-9547

From: Fountain at New York Plaza Hotel (E 59th St. & Central Park South)

Another 100 miles? Not sure where in Long Island this will go but ... again, members of UMCA bring your mileage sheets. Not a member? Check out (www.ultra-cycling.com/). Need more info? Email me at dgoody@mindspring.com or phone. Ride cancellation will be posted on NYCC message board.

Sun, Feb 2

C12 25 miles 10:00AM Frostbite #10 Astoria & Uncle George's

Leaders: TBA and Ed DeFreitas (5BBC)

From: City Hall

Oceanography, what!? Feast on Greek cuisine at Uncle George's. Who knows-we might run into Queens' own Steve "Wildman" Brill (www.bigfoot.com/~wildmansteve) and eat something else. Possible excursions to the Museum of the Moving Image, Socrates Sculpture Park, Gantry State Park and other waterfront delights. Bring a lock, \$ for lunch and disposable camera. Co-listed with the 5BBC.

MAINTAIN FITNESS In Many Ways

Got Flour? Got Legs? Be a Hash Harrier



Basil Ashmore @
ba@nyc.rr.com

My only reservation (not a serious one) is that the typical NYCC member probably does not see "binge-drinking" after a one-hour run as something desirable to do with his/her time.

However, that's an extreme view and I also know there are some

out there who are actually interested and have threatened to come along to a hash from time to time.....and you don't have to indulge in the beer any more than you wish to really.

FYI, I generally set the "St. Patrick's Day" run - usually the Sunday closest to March 17th. Also, I always set (=hare") it with John O'Connor who, as it happens, is also a NYCC member ("Most Improved Man" this year!)

The schedule is available at www.hashnyc.com but is not up-to-date for January yet. However, it'll include weekly Sunday afternoon runs at 3.00 PM for the New York City Hash House Harriers - this is the main group.

All other groups tend to be sub-groups of that one even tho, technically, they're separate hashes. Start location is always determined by the hare(s), as is finish (= "On-In") location/bar.

FYI, the hash prides itself on being very disorganised but actually functions very well in spite of this. It is not registered anywhere in USA and tries to maintain a low profile as far as anything official is concerned. Eg. the committee is known as the "mismanagement".

Some general hash background is available at:
<http://hashnyc.com/about/HistoryIndex.htm>

On-On!
Basil

Ultra-Marathon Cycling ... Got Training Questions?



Mark Patten @
www.markpatten.com

Mark Patten, lives in California, and has offered to answer NYCC members' cycling questions via email. His personality is parallel to his cycling ... a winner. Check him out and learn how his focus makes him a winner.

Patten completed the 2,900-mile Racing Across America (RAAM - www.raam.org) 17th Annual Extreme Cycling Championship, which stretched from Irvine, Calif., to Savannah, Ga. Here's a blurb from a newspaper article:

"His attempts to stay nutritionally balanced fell flat—he lost an astonishing 30 pounds in the 10 days, two hours and 40 minutes that it took to complete the race. 'I'm a junk-food junkie,' Patten says. 'After all those protein drinks, my stomach was all messed up, and I was craving regular food. People would run off and get me hamburgers and burritos, and I would scarf them down on the road.'"

Major Cycling Events for 2003 in Metro New York, New Jersey and Connecticut

- | | |
|------------|---|
| MAR | 29 200K Princeton Brevet • www.njrandonneurs.com email: dgoody@mindspring.com |
| APR | 4-6 Boston Bicycle Show web: www.nycbicycleshow.com • email: info@bicycleshows.us |
| | 12 300K Princeton Brevet (New Jersey Randonneurs) www.njrandonneurs.com , email: dgoody@mindspring.com |
| MAY | 1-3 New York City Bicycle Show www.nycbicycleshow.com • email: info@bicycleshows.us |
| | 1-11 Bike Week New York City (Transportation Alternatives) web: www.transalt.org , email: info@transalt.org |
| | 4 Bike New York -- Great Five Boro Bicycle Tour (Bike New York) web: www.bikenewyork.org email: info@bikenewyork.org |
| | 10 400K Princeton Brevet (NJ Randonneurs) web: www.njrandonneurs.com • email: dgoody@mindspring.com |
| | 18 Bloomin' Metric. (Sound Cyclists) web: www.soundcyclists.com |
| | 18 Montauk Century (Five Borough Bicycle Club) www.5bbc.org , email: president@5bbc.org |
| | 18 Flapjack 40 (Staten Island Bicycling Association) web: www.sibike.org , email: sibike@si.rr.com |
| | 18 200K New York City Brevet (New Jersey Randonneurs) web: www.njrandonneurs.com • email: dgoody@mindspring.com |
| JUN | 1 Tour de Cure Westchester (American Diabetes Association) www.diabetes.org/tourdecure • (888)342-2383. |
| | 8 Tour de Cure Riverhead (American Diabetes Association) www.diabetes.org/tourdecure • (888)342-2383. |
| | 8 George Washington Bridge Challenge. (American Cancer Society) web: www.gwbchallenge.com • email: kristi.baugh@cancer.org |
| | 8 Singles Only Ride (Staten Island Bicycling Association) web: www.sibike.org • email: sibike@si.rr.com |
| | 14-15 600K Princeton Brevet (New Jersey Randonneurs) www.njrandonneurs.com , (917) 543-4333 |
| | 22 Tour de Cure New York City (American Diabetes Association) www.diabetes.org/tourdecure • (888)342-2383. |
| | 27 Bike Summer begins (BikeSummer) www.bikesummer.org |
| | 29 Mansion Tour • www.bicycleshows.us |
| JUL | 12 200K New York City Brevet (New Jersey Randonneurs) www.njrandonneurs.com • email: dgoody@mindspring.com |
| | 25 Bike Summer ends (BikeSummer) www.bikesummer.org |
| AUG | 16 Gilda Century (Gilda's Club New York City) www.gildacentury.org , (212) 647-9700 |
| | 18-23 Empire State AIDS Ride • www.empirestateride.com |
| | 24-25 Hazon's NY Jewish Environmental Bike Ride www.hazon.org , (212) 685-7908 |
| SEP | 7 Western CT Bike Tour for MS -- "Down to the Sound" |
| | 7 NYC Century Bike Tour (Transportation Alternatives) www.nyccentury.org , info@transalt.org , (212) 629-8080. |
| | 4 Harvest Rides (Sound Cyclists) www.soundcyclists.com , (203) 840-1757 |
| | 14 MS NYC (MS New York) www.msnycc.org/btour/index.html |
| | 20 NY to the Hamptons Challenge www.bikechallenge.com (877) 612-BIKE. |
| | 21 Twin Lights Ride (Bike New York) web: www.bikenewyork.org , email: info@bikenewyork.org • 212-932-BIKE |
| | 21 Golden Apple Century (Westchester Cycle Club) www.westchestercycleclub.org |
| | 28 Ramapo Rally • Bike Touring Club of Northern New Jersey. www.btcnj.com |
| OCT | 4 Escape from NY Century New York Cycle Club. www.nycc.org |
| | 5 TZ Bike Tour for MS (MS Southern New York) www.fightms.org , (914) 694-1655 |
| | 5 Pumpkin Patch Pedal (Staten Island Bicycling Association) www.sibike.org , sibike@si.rr.com (718) 948-2025 |
| | 19 Tour de Bronx - Transportation Alternatives and the Bronx Borough President's Office. info@transalt.org , www.tourdebronx.org |

Open Women's Rides (NYCC and CRCA members especially welcome) Wed. nights in Central Park ... Meet at Tavern on the Green at 7pm for an informal social/training group ride for women. This is not a "led" or "organized ride." It's just a way for those of us interested in getting out in the cold winter months a chance to ride together. Inclement weather (precip or under 30 degrees) cancels.

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 also offers other classes such as bike repair.

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

The Cycle Loft New England Women's 2002 Race Series Award Party Event

Held at **Cycle Loft, Saturday, January 11th, 2003, Burlington, Massachusetts**. The Cycle Loft party will include events all day long and will end with a fun Fashion Show featuring products from various Series sponsors and will include models you will recognize from the peloton!

There will be road rides for the hearty winter cyclists, and this year we'll plan a group cross country ski trip to Great Brook or some nearby ungroomed trails. There will also be in-store specials, CompuTrainer races, door prizes, and a drawing for a Fuji frame for all Series and Clinic participants. We'll wrap up the day with the Series awards and prizes. If you'd like to volunteer, I could help with such fun responsibilities as Back Stage Model Coordinator, Cross Country Ski tour leader, and a bunch of other fun tasks that will make the day complete. Contact me if you're interested in helping. I know our Series and Clinic participants live across a wide area in New England and New York, (and some even further!) but I hope many of you can make it to the party. More detail will follow when we get closer!

Mark your calendars! Gerri (moriartygerri@cs.com)

Advertising

*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. ntact: 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

Want one of these numbers? Call this number: (212) 267-6364. Ask for Hans.*

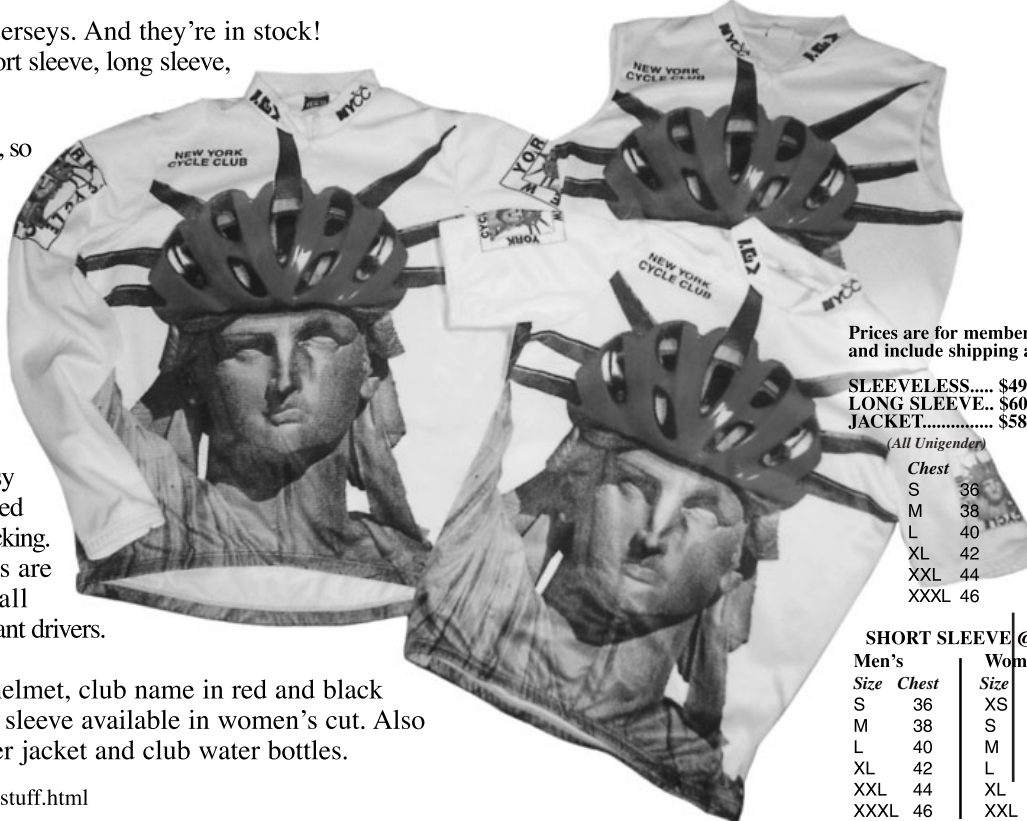
Here are your club jerseys. And they're in stock!
Have it your way: short sleeve, long sleeve, or no sleeve.

They're so imaginative, so eye-catching, they've 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, all are super-wicking. The three rear pockets are big enough to hold all your expletives for errant drivers.

Green Liberty, red helmet, club name in red and black across pockets. Short sleeve available in women's cut. Also available: windbreaker jacket and club water bottles.

*Or go to: <http://nycc.org/stuff.html>



Prices are for members/non-members and include shipping and handling.

SLEEVELESS..... \$49 / \$69
LONG SLEEVE.. \$60 / \$80
JACKET..... \$58 / \$78

(All Unigender)

| Chest | Size |
|-------|------|
| 36 | S |
| 38 | M |
| 40 | L |
| 42 | XL |
| 44 | XXL |
| 46 | XXXL |

SHORT SLEEVE @ \$54 / \$74

| Men's | | Women's | |
|-------|-------|---------|-------|
| 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 |

NYCC 2003 MEMBERSHIP APPLICATION / RENEWAL / 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.

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

☐ New ☐ Renewal ☐ Change of Address Date: _____ Check Amount: _____

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)

NAME(1): _____ EMAIL: _____ Riding Style: (circle one) A B C

NAME(2): _____ EMAIL: _____ Riding Style: (circle one) A B C

ADDRESS: _____ APT. # _____

CITY: _____ STATE: _____ ZIP (required): _____

NIGHT TEL: _____ BIRTHDATE: _____

SIGNATURE(1): _____ DAY PHONE: _____ EXT: _____

SIGNATURE(2): _____ DAY PHONE: _____ EXT: _____

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

register online @



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

Bike Shop Discounts NYCC membership saves you dollars!

Membership card. Cut me out.

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 (2 locations)

215 Ash Street, Piermont, NY 10968
(845) 365-0900

4 Washington Street, Tenafly, NJ
07670 (201) 227-8211
www.piermontbike.com

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

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.

NYCC Members' Monthly Meeting Tues., January 14th



Barbara (on recumbent) surrounded by bicitaxis and pedestrians in Holguin.

bicycling cuba

Come and meet Wally and Barbara Smith authors of "Bicycling Cuba." Wally and Barbara Smith spent 6 months cycling 5,000 miles in Cuba. Their slide show describes highlights of the country including Havana and the three best regions of Cuba for cycling: Pinar del Rio, Central Cuba, and the Oriente. In addition, the authors provide information on getting to Cuba, food and water, safety considerations, overnight accommodations, and more. Exploring this fascinating country on two wheels may just be the best way to fully appreciate its history, people, and culture. Wally Smith, a former newspaper and radio reporter, has been a bicycle tour leader for Bike Vermont for more than 12 years. Barbara Smith has cycled in the Maritime Provinces, Quebec, New England, and the Skyline Drive in Virginia and the Carolinas.



Bottom Photo: Wally and Barbara Smith

More info on the book and authors can be found at www.BicyclingCuba.com

So, please join us on Tuesday, January 14 at

Annie Moore's Pub and Restaurant (downstairs) ... 50 E. 43rd St

(west of Grand Central Station bet Madison & Park Aves.) • (Subway: take 4/5/6/7 to Grand Central/42nd St)

Buffet Dinner includes: Chicken Marsala, Pasta Primavera, Sheppard's Pie, rice, green salad, coffee or tea, and more.

Dinner is \$20.00, including tax and tip (cash only)

Hours: Social hour w/cash bar starts at 6 p.m. Dinner at 6:45 p.m. Program runs from 8 until 9:15 p.m..

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