

# NYCC Bulletin

NEW YORK CYCLE CLUB



## “Top of the World”

SIGs go all the way to the top of Bear Mountain and West Point ... Here We Come! Inside this issue are letters from the SIG leaders. YES! They have organized the SIGs already — now, are you ready? To truly enjoy the series, you'll need to read the descriptions (page 4 and 5) of ALL classes to determine which group you are best suited for ... oh, and make sure you take the Central Park Loops test (page 10) before deciding. The SIGs are 17 years old which means, you can count on them being around long enough to graduate through all levels! No matter which group you join, you'll have a blast, make new friends, learn new routes and challenge yourself. Group riding is rewarding. Attention new members, don't be shy, we especially want you to participate!

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### \$1400 Presented to Recycle-A-Bike From 2002 Escape New York!



As we begin to plan for "Escape New York 2003" we are looking for new committee members. This is a chance to get involved in the planning of one of our premiere events/rides of the year. If interested, please contact Debbie Rothschild at email: [deroth@mind-spring.com](mailto:deroth@mind-spring.com)

This photo is of the check presentation for \$1400- from the proceeds of the NYCC's 2002 Escape New York Ride to Recycle-A-Bicycle. Recycle-A-Bicycle is a non-profit organization dedicated to environmental education and job training for NYC youth. With the support of NYCC, Recycle-A-Bicycle is partnering with Project Renewal to expand its program to homeless adults who are addicted or mentally ill. Pictured from left to right; Debbie Rothchild (ingoing ENY Chairperson), Ed Gaffner, Stan Oldak (outgoing ENY Chairperson), Bill Strachan, Karen Overton (accepting the check for RCAB), Kathy Jennings, Robert Dinkelmann, Hank Schiffman. Not pictured are numerous, hardworking members of ENY.

### Join your fellow members for a WINE TASTING

Mary Karnis, Wine Ambassador from BV Wines (Beaulieu Vineyard) and a Sound Cyclists Bicycling Club member, will be giving this wine tasting. She will discuss the various steps involved in wine tasting while we sample a selection of white wines, red wines, and cheese. Mary will also speak about BV Wines and the history of the California wine industry and then open up the floor to questions.

February 22, 2003 @ 7 to 9 PM Fred Astaire Dance Studio, 127 West 25th Street, 4th floor  
\$10 per person (payable the evening of the event). Limited to the first 100 members who RSVP to: [events@nycc.org](mailto:events@nycc.org) by February 17, 2003.

**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)

<http://www.nycc.org>

February 2003

## President's Message

*Burrrr*, it's cold out there. I don't know about you but I'm not getting too many miles in in this weather! Luckily, it's just one more month until the warmer weather arrives and cycling season begins. And have we got a great spring program lined up!! First, there are the legendary SIG programs, one for every style of riding. For you newbies, the SIGs (Special Interest Group) consist of 12 week training sessions designed to improve your fitness and skills and provide information about nutrition, clothing, maintenance and a host of other topics. We offer separate programs for B and C riders and two different programs for A riders. For a complete rundown of the various SIGs, check out the articles by the SIG leaders elsewhere in this bulletin. You can also find a description of each SIG program on our fantastic website: [www.nycc.org](http://www.nycc.org).

In addition to the SIGs we now have not one but two Spring Training Series (STS). If you've completed the A SIG but your fitness level has ebbed during the cold weather, the STS is the perfect way to regain your mid-season form. For the first time this year we are offering two levels of training series, one for A19 SIG graduates and another more intense version for A classic grads. Again, there is more information about these programs in this bulletin and on the website. Not only are the club's spring programs a great way for club riders to improve their skills and fitness, they show how many truly dedicated club members we have who are willing to get out there week after week and share their knowledge and experience with their fellow club members.

A few housekeeping details. For the past few years, we've had a great program of rewarding ride leaders for their contribution to the club. The top award is for leading 12 or more rides in a given year which earns an official NYCC helmeted liberty ride leader's vest. The only way to get this garment is by leading 12 or more rides. However, members are only eligible to win the vest once. This has always been the policy. The board will explore other incentives for leading 12 or more rides in successive years but for now, it's one vest per leader per lifetime. In the past, we have included all SIG leaders in the vest awards however, we are making a slight change. From now on, SIG rides will only count for those who are the leaders of record as indicated in the monthly ride listings. Last, while we appreciate all those who have taken the initiative to organize Prospect and Central Park training rides and hope they will continue to do so, only rides with a destination outside of the parks will count towards a vest.

- Tom Laskey

## Editor's Message

First, this is a BIG bulletin and there were some articles omitted due to space. Thanks everyone who contributed.

Hannah Borgeson wrote a letter to the editor a few months ago. Rather than publish it which is appropriate, David Hallerman edited the "Please Read This Before Your First Ride" found on page 10. Letters will be published in the future.

You will find a Special Spread Section for the Special Interest Group (SIG). I'm hoping members bring cameras for the bulletin.

Running articles are included because it's important to remember it's not "just a cycling world." Another, reason was that cross-training is necessary to become or maintain fitness as a strong cyclist. We've had a few accidents recently and members have needed hip surgery. These accidents are a constant reminder of black ice and using your head before you decide to ride during winter.

Hank Schiffman contributed the "Making The Grade - Part 1" which appears on page 10. Part 2 was published in the January bulletin.

New Horizon's Bike Shop (in the Berkshires) is now offering club members a discount! Check out Don's website - he's an RBA too!

Not listed anywhere in the bulletin, go to <http://www.indiana.edu/~preschal/pala/paal/earn.shtml> to learn about a Presidential award offered for those riding during the week.

Note: February 11th is the last day to submit anything for the March bulletin. I've extended the deadlines every month but now am pushing the deadline. Thank you.

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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**February Bulletin:** Thank you, SIG captains, Bill Moss and all others who supplied photos and articles in this month's bulletin..

**MailingService / 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:** DO NOT SEND LARGE attachments before contacting the editor. With permission, attach your DIGITAL file and send it to the editor at <[dgoody@mindspring.com](mailto:dgoody@mindspring.com)>.

**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  
New York, NY 10023

**MARCH Deadline:** All articles, announcements, and advertising are due at the Editor by FEBRUARY 11TH. **Sorry, no exceptions.**

## CORRECTION FOR JANUARY BULLETIN:

Alfredo Garcia wrote last month's La Madonna del Ghisallo article.

## NYCC Board of Directors Meeting Minutes - January 7, 2003

The meeting was called to order at 6:50 p.m. In attendance were *Tom Laskey, Fred Steinberg, Eva Wirth, Eileen Crowley, Jon Dindas, Carol Waaser, Robert Gray, Isaac Brumer, Stan Oldak, Deborah Bennett and David Hallerman.*

**Financial Report:** Deborah handed out a comparative statement of the 2001 and 2002 fiscal years. Cash has increased, due mostly to increased membership. There was some discussion about the sale of jerseys and other items through Active.com. We need to set up a download for Hans from Active. It was suggested that Hans include a Club flyer with jerseys purchased by non-members. The Board discussed whether we could find an alternative to Active to sell our merchandise online. Jon thought there was and volunteered to check it out.

**New York Bike Show:** Tom announced that once again we can get free booth space in exchange for a free ad for the show in our bulletin. All approved. The show will be May 1-2 at the Armory at 26th St. and Lexington Ave. We will need volunteers. David offered to coordinate the volunteers.

**Ride Library:** Fred stated we have to have both a technical standard and a content standard for route sheets in the library. We need a committee of 3-5 people to work on it. We already have 3 people who have offered. Each route sheet should have guidelines as to the type of ride it is (e.g., flat, hilly, suitable for pacelining...).

**Special Events:** Eva will arrange a winetasting for February 22 from 7:00 to 9:00 p.m. It will be at the Fred Astaire Dance Studio with a limit of 100 attendees. We'll charge \$10.00 per person to cover the cost of the room and hors d'ouvres. Eva also suggested a bowling evening – enthusiastically received by the rest of the Board – for March or April. As to the Memorial Day Weekend, Dona Kahn has found a venue for the dinner and Liane Montesa has checked out a caterer. Fred offered to coordinate rides again. We will not be running a luggage shuttle this year.

**Bulletin:** Diane hooked up by phone to discuss the bulletin and received kudos for the January issue. It was pointed out that some of the information in the "...before your first club ride" section was out of date or inaccurate. David offered to correct and edit the section for the next issue. The deadline for the February issue is Tuesday, January 14, with a little flexibility. Diane suggested we start an archive of back issues on the web site. All agreed this was a good idea.

**SIG Orientation:** We need an indoor space for the first day orientation session on March 1. The A's will take the early time slot before their 1st ride and the B's will take the space after their classification ride. That way we can try to negotiate a better price for a single half-day. Liane Montesa is checking on the AYH space and Carol is checking on the church basement meeting room at 60th and Ninth. Carol relayed the suggestion of ride leader training sessions for the SIGs from A-SIG Coordinator Frank Grazioli. Fred suggested that actual rides are the best kind of training. Some felt we would not get any turnout in the spring.

**Miscellaneous:** 1. Club storage space: we are now paying for a Manhattan Mini-Storage locker. Tom would like to reduce the amount we have to store by paring it to the essentials and see if there's a club member who can store it.

2. We will have a contest for design of a new club jersey. It will be announced in the February Bulletin with a submission deadline of March 31.

3. We need a back-up for the weekly email service. Tom will talk to Peter about doing it through a web-based system.

The next Board meeting will be Tuesday, February 4 at 6:30.

The meeting was adjourned at 8:59 p.m.

Respectfully submitted,  
*Carol Waaser*  
Secretary

### Newest Club Member: Kevin Riley



Kevin Riley, a native New Yorker and just like most New York Cycle Club members, rides loops in Central Park — the only difference is that he rides a hand crank bike and is paralysed.

A spinal tumor took the use of Kevin's legs a few years back. All the hospital could offer was a motorized wheelchair, some physical therapy and an aide.

Before the tumor, skate dancing in Central Park was his "game." Having to stay indoors was and will never be for Kevin. Skate dance is still apart of his life. If you want to know more

about skate dancing in Central Park, just wander around following the music on a Saturday or Sunday and soon you'll see Kevin - just south of the main quad skate group. If you want to learn to skate, just bring your quad skates and he'll teach you some moves. Most of us in NYCC finish our weekend rides with a lap around Central Park and maybe hang out at "the benches" (benches on West Drive across from Tavern On The Green). Try something different, go to the skate area.

The Achilles Program of New York Road Runners Club, gave Kevin his hand crank bike. It wasn't until Kevin met someone from Achilles on Riverside Park bike path that he found out about these bikes. If you volunteer, you receive your own bike. One of his assignments was to meet with a blind person in Central Park. Kevin rode around the Park directing the man how to rollerblade the loop! Kevin calls the person who gave him his bike "Santa Claus". "Elves" are the people like the two men who found Kevin and told him about the bikes. There's an infamous recumbent rider, who is seen in Central Park and on the West Side Bike Path, frequently with his HUGE smile and extremely fast recumbent who is labeled "an elf."

With his bike, Kevin has completed two New York Marathons, cut back on smoking and is constantly harrassed by store owners who think he's riding a regular bike. That's right, he's constantly yelled at by ferry workers, waiters, store employees, etc... everyone thinks he's riding a regular bike. Kevin has fun with them. He replies, "hey, I'm paralysed. This isn't a bike. It's a high-end wheelchair!" You should see their faces!

If you see Kevin on the road, make sure to wave - maybe give him a pull, or get a pull!?

### Bikes and Trains and Ride Leaders

It's getting on to springtime and our fancy turns to bike rides. If you are planning a ride that is going to use the Metro North Railroad please follow these guidelines.

1. Let me know a month in advance. (Rides are submitted to coordinators in that time frame.)
2. Try to use an existing Bike Train.
3. If you require a stop at a station not covered by Bike Train, Metro North will oblige with a special accommodation.
4. If your start is more than one (1) hour before the first Bike Train on that route, or more than one hour after the last Bike Train on that route Metro North will oblige with a special accommodation.
5. Even if you are going to use a scheduled Bike Train let me know, so that Metro North will be aware of a greater number of bikers than anticipated.
6. This is the only don't . . . do not call Metro North directly. . . . It takes a very dim view to this.
7. You can reach me at 212 989 0883, or gkaplan4@nyc.rr.com.

*i. GEO CARL KAPLAN*

# IMPORTANT: SIG update from

The following two pages contains information about the Traditional NYCC Special Interest Group Series (SIGS). Every member is encouraged to join. Non-members may also participate but must join NYCC after the third week to continue. You must showup for the rides every week, otherwise, you get dropped. For more details contact the appropriate captain of the group you plan to participate in.

## C-SIG Patricia Janof (212) 737-1668 (patricia.janof@verizon.net) Gary McGraime (212) 877-4257 (garynycc@aol.com).

Saturdays from March 15-May 17, for beginners and uncertain intermediates who seriously want to have fun.

Maybe you haven't been on a bicycle much since you were a kid. Or you'd like to do more than circle the park, but don't know what to do about it. Here's what to do: join a group of fun-loving, relatively easygoing riders for bicycle day trips that start small, but will eventually have you confidently doing 50 miles or more into the countryside and back in a day. Yes, that's you we're talking to and you can so do it. Just wait until you actually manage your 65-mile graduation ride.

Join the C-SIG and learn:

- How to be a safer, stronger, more competent cyclist
- How to ride "street smart" with a group or alone
- How to get up hills (even steep ones) without frying your lungs or busting your knees
- How to buy the right kind of bike for the riding you do and also make sure it fits you—and then how to maintain it once you own it
- Clever techniques for going faster and farther with less effort
- Routes, maps, cue sheets and how to get the most out of them
- What to wear to keep you warm when it's cold and cool when it's hot
- Stretches and strength-training techniques to keep your cycling muscles flexible and strong

This is the SIG that's been called "a college education in cycling." And it's free. All we ask is your commitment to show up each week and your willingness to learn from our instructors. We start March 15th and 16th (come either day) in Central Park with a Self-Classification ride of 18 miles—3 times around the park—that helps us place you in the right group so you can get the most out of the SIG. The March club bulletin will have further details.

Questions? Feel free to contact Patricia Janof (212) 737-1668 (patricia.janof@verizon.net) or Gary McGraime (212) 877-4257 (garynycc@aol.com).

## A-Classic Frank Grazioli (212) 529-9462

You're a strong rider; maybe you've done some long-distance riding; maybe you've raced, or you've done some club riding. But do you have finesse? Can you work with a group? Can you redirect and rechannel solo brute force into group synergy? How do you measure up among your peers when it comes to riding and handling your bike, your speed, and your communication in a group riding setting—all the elements that spell safe, organized group riding?

On Saturday, March 1, the 17th annual A-SIG Classic Series begins; the series continues every Saturday through May 17. Visit the NYCC Bulletin Board over the next several weeks and watch for future email and bulletin announcements regarding venue.

The A-SIG Classic is a progressive skills, strength, and speed building series that focuses on the skills needed for safe, efficient group riding at the A-ride level. It also teaches riders the basic skills needed to organize and lead group rides. It'll help build the confidence and connections you need to set forth as an A ride leader.

Over the years, men and women "graduates" of the A-SIG have become outstanding ride leaders among their peers in the NYCC; many have gone on to become successful local and even nationally ranked road racers; several have returned over the years to the A-SIG to offer their experience as coaches to train strong riders to become collaborative, group-aware and group-efficient riders.

The series begins Saturday March 1 with a

mandatory Orientation meeting, followed by an informal group ride. You'll meet the Leadership Team of the A-SIG Classic Series for 2003; the Leaders will outline the program, the rides, what you can expect from the program, and what successful participation in the program will require from you.

We will gradually increase the distances and pace over 12 weeks as we ride on some of the most beautiful roads in the tri-state area, finishing with a 110 mile over Bear Mountain in May. We will attain sustained cruising speeds of 21+mph AFTER everyone has the experience and bike handling skills necessary to ride safely at that speed. We will teach you how to take care of your bike and yourself and how to look out for your fellow riders on the road. We will teach you and you'll observe from the Leaders the skills, tools, and attitude needed to lead good group rides. Our goal is to make safe, skilled, strong, confident, self-reliant cyclists and future A Ride leaders out of each and every SIG graduate. Ask any one of last year's 40 A SIG graduates about how much fun the SIG was, how it changed their approach to cycling and made them stronger and more confident cyclists than they ever imagined. They will tell you about the thrill of riding in a smooth double paceline, listening to the *iwihii-irrrrrrrr* of wheels and pedals, taking turns at the lead. They will talk of being undaunted by such hills as Whippoorwill, Little Tor, or Perkins Drive, followed by the thrill of cruising back down the other side knowing they could handle their bike, manage their speed, and stay

in control. They will talk of the incredible feeling of accomplishment at having established a goal and met a challenge. And they'll say how getting in shape was never more fun.

If you are an able-bodied cyclist with at least 2 solid years of cycling under your belt, you are open to, and have a willingness to, be coached and instructed, and you can to commit to the time and training this involves, we look forward to seeing you on March 1. A few ground rules apply, so please take these seriously:

All A-SIG participants must be NYCC members within the first 3 weeks of the series. SIG participants are expected to show up and participate in EACH AND EVERY RIDE for the 12 week duration of the program. If inclement weather prevents a Saturday ride, participants will be expected to ride on Sunday. We will own your Saturdays (and sometimes maybe your Sunday).

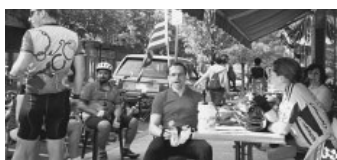
SIG graduates will be expected to have completed the Graduation Ride on May 17. SIG participants and graduates will be encouraged to lead rides with other riders or on their own for the NYCC. Helmets and (geared) road bikes (only) are REQUIRED. Aerobars and panniers must be removed from your bike for the duration of the series. We're sorry, but there are absolutely NO EXCEPTIONS to these rules.

Look for details about the 2003 A-SIG Classic on the web site of the New York Cycle Club at <http://www.nycc.org>.



# the leaders themselves!

## A19 Ed Fishkin (718) 633-3038 • Jim Galante (201) 503-9192



Hold on to your helmets! Are you ready for an invigorating beginning to 2003 with what promises to be one of the most thrilling experiences of your life? Do you want to feel exhilarated every Saturday afternoon? Are you prepared to embark upon a three-month journey that will challenge you physically and mentally? Are you ready for an intense camaraderie born of the extremes of physical endurance matched to weather, unexplored terrain, the privation of Saturday morning luxuries and the shared objectives of ending up as an improved and confident cyclist? If reading this makes you salivate for more, maybe you're the type of person we need to kick off the fourth running of the A-19 SIG. This program was carefully designed for serious riders interested in improving their cycling skills and physical capabilities. Each week, under the careful tutelage of our fantastic team of leaders, you'll ride a little further, a little faster, and a lot more confidently because you'll be learning all the skills used regularly by "A" riders. You'll also look incredible on your two wheeled weapon of choice. Rider and group safety are the focal points of this program at all times. You'll become comfortably expert at riding single and double rotating pacelines, hill climbing, shifting, braking, and communicating while riding. You'll learn how to train, eat, dress and prepare for cycling success. You'll become familiar with the essentials of bike maintenance and what to do in case of a crash or injury on the road. Your leaders will make you ready to enter the cycling season as a capable cyclist, ride leader, and an enthusiastic supporter of the NYCC. Sound a lot like the "A Classic" SIG? Well it should. The leaders of the "A"-19 SIG are either seasoned "A Classic" SIG leaders or graduates of one of the SIG programs. Both "A" SIGs are coordinated with each other and there is an opportunity to change groups during the first few weeks if you feel you made the wrong choice at the outset. The main difference between the two programs is the target cruising speed. For the "A" 19 SIG, we aim to achieve a target flat terrain cruising speed of 19 mph during the last few weeks of the program. The venerable "A Classic" SIG graduates are expected to cruise at faster speeds.

What do I have to do to participate and graduate? There still is no such thing as a free lunch. We expect all participants to take this program very seriously. From the first ride on March 1, to the graduation ride 11 weeks later, we own your Saturdays. You should attend all sessions. We expect you to be self motivated and to train several times a week on your own or in small groups. No one with more than two unexcused absences will be permitted to continue. Here's the deal: everyone must become a member of the NYCC by the third week, sign up with us to lead two non-SIG rides, participate in the leadership seminar we offer and take our cyclist's first aid course. You are expected to show up on time, with your road bike ready to go. Mountain bikes are not encouraged; bikes with aero/tri bars and riders without helmets will not be permitted. There will be a leisurely "meet the leaders ride" on February 22 where you can shake the winter cobwebs from your knees and have an opportunity to ask your leaders about the program. See the February bulletin for details. There it is in a nut shell. We will nurture you while we beat you into shape. Some of you will love us; others will hate us, but all of you will thank us for the great experience that will be the "A"-19 SIG. You will be so proud of yourself in May!

If you have any questions, please contact one of the "A"-19 SIG captains: Ed Fishkin (718) 633-3038 or Jim Galante (201) 503-9192

We look forward to seeing you. You have to check out the March ride schedule and the March Bulletin for more details. On the first day we do NOT meet at the Boathouse.

If you are thinking of joining the A-19 sig, please contact Rob Kohn as soon as possible with the following information: full name, snail mail and email addresses, home and cell phone numbers, emergency contact name and phone number, and if you are currently a member of the NYCC. You can reach Rob at robk@dtsoft.com (preferred) or by mailing the information to Rob Kohn, 102 W. 85th Street #4C, New York, NY 10024.

### ALTERNATIVE TO SIGS for A Level Riders

Can't make all the rides but are already an A level rider? 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. 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).

## B-SIG Eva Wirth (212) 477-9322 (ewirth@yahoo.com)

Do you want to learn good bike handling skills? Improve your stamina, strength, and speed? Get to know some of the great NYCC routes? Learn how to ride safely in a group, and work together with other riders to make any ride easier and more enjoyable? Then take a look at our 2003 B SIG Riders Guide (in the SIG section of club's website [nyc.org](http://nyc.org)) and decide if you want to join our 10-week progressive training & cycling skills series.

The B- SIG will consist of three groups:

1. The B16 group will progress from a 14-mph pace and a 30-mile distance on the first day to a 16-mph pace and 85 miles by the end of April;
2. The B17 group will start at a 15-mph pace and 30 miles and work up to a 17-mph pace & 85-miles by the end of April;
3. The B18 group will advance from a 16-mph pace and a 30-mile ride up to an 18-mph pace and 93 miles by the end of April.

(Note that any ride's average speed is typically 3-mph less than the indicated pace.)

Plus the B- SIG's dirty little secret is that we also put extra emphasis on making friends and eating great food.

That's it in a nutshell. If you want to participate please pre-register either on line or by fax (212 779 4457). Space may have to be limited, as last year we started with over 100 folks. We will get back to you before it all starts on:

Saturday, March 1st. At 9:15 AM at the north end of the boathouse parking lot. You will time yourself for four laps around the park to be followed by an indoor meeting. Pizza will be served during the meeting, so please bring \$5 to cover cost of the lunch. In the event of rain on Saturday, we will hold meeting @ Blesses Sacrament School, 147 W 71st St. at 1PM, then try to ride on Sunday.



## If You Can't Ride, Run

By Carol A. Wood

Running is one way for cyclists to keep fit during the winter, said cycling coach Rick Prince at the New York Cycle Club's November meeting. Hoping to avoid another year of winter bloat, I figured it was worth trying—again.

Oh, this happens every Marathon season. Along with millions of other amateurs, I get excited about running, go out a few times, develop painful calluses and shin splints, and give up. Because of the pain, I've never been able to run consistently or to go more than three miles at a shot.

But this time, I got off to a good start, with lots of help from Hank Schiffman and Timothy McCarthy. Start out easy, Hank advised. Go regularly, Tim said, adding that the stiffness would soon ease up. They were right. Helping to correct the underlying problems are a few simple ankle- and shin-strengthening exercises in the gym—along with ice, heat, and (best of all) massage.

After the first couple of weeks, it was time to invest in a real pair of running shoes. I was reluctant to do so, since no sports shoe store has ever fitted me properly. However, this long losing streak was reversed by a knowledgeable saleswoman, Brandi Holmes, at the Super Runner's Shop (Third Avenue at 72nd Street, 212-249-2133). Brandi watched me run along the sidewalk, then selected a pair of cushioned Sauconys, along with some orthotics (shaped soles) that compensate for my high-arched foot's tendency to roll inward. She thus brought an end to two decades of discomfort and frustration, for about \$110.

The next morning—temporarily disregarding Hank's counsel—I met friends in Central Park and circled the entire six-mile loop road for the first time—twice my previous distance. At the finish, it was as if I could feel the mayor placing the laurel wreath on my head and hear the triumphant roar of the crowd! ("Endorphins" is how Ron Roth explained this moment of euphoria.)

I now try to run five or six miles on Saturday and/or Sunday, and two to three miles once or twice during the week before work. Six miles was my ultimate goal, and I see no need to go further and to risk an injury that would interfere with my biking. But I do like heading out from my Midtown apartment, rain or shine, unencumbered by equipment. (Sometimes I carry a Metrocard.)

For nineteenth-century French poet Charles Baudelaire, the urban wanderer was the prototypical modern artist, searching for sights from which to draw the "eternal from the transitory, the poetic from the merely historical." Given the right attitude, couldn't running around New York City for similar reasons fall partly into that category? Baudelaire would surely scorn physical fitness as a purely materialistic pursuit—and he would have a point. What, after all, does it do for our spiritual and intellectual condition?

In our town, at least, exercising outside is

one way to immerse oneself in the throngs of humanity. One Saturday in late December, I ran down Fifth Avenue, stopping en route to visit a friend, and then headed toward a very crowded South Ferry. I ran back up Broadway and finished at City Hall Park, where tourists were swarming the pine-covered fountain. While stretching my limbs, I had to keep moving around to avoid being photographed with my butt up in the air behind the smiling couples.

More in the spirit of C.B., the next day, I ran a lap around a snowy Central Park (our own Bois de Boulogne), browsed for housewares at Gracious Home (a modern bricoleur), and took a sauna and Jacuzzi at the gym (opium substitute).

Running, breathing, stretching—seeing things from a fresh perspective. On a quiet Sunday morning in early January, I ran up Park Avenue, gawked at the deserted skyscrapers, and entered the park at 72nd Street. On the loop road, at least a half-dozen NYCCers passed me in the "other" lane. Sometimes we stopped to chat, breaking the biker/runner barrier and, I like to think, setting a new standard for civility.

A standard, indeed, that continuously needs to be set. While I was on the curb talking to Brian Kivlan, who was one foot away on his bike, a struggling runner going in the clockwise direction burst right between us, midsentence! Evidently it would have too much trouble for him to go two feet to the left to avoid us.

But most people in the park are relatively convivial, whether on bike or on foot—at least during the uncrowded wintertime. Running may even be making me a little more patient and cautious around pedestrians, since I don't want to become one of those sweaty creeps who jostles you while he or she huffs past.

Near the Metropolitan Museum, I recognized a cyclist I hadn't seen for a year and a half. "Hey, we rode to Nyack once!" I yelled. Bob, who said he is a former VP of rides for our club, obligingly slowed down to chat. And he clocked me going 6.9 mph—a nine-minute mile, up from 11 minutes in November. Surprise!

Climbing the Great Hill, David Hallerman and Cathy Martone spun alongside me for awhile. A little later, Tom Laskey flew by, followed by Debbie Rothschild, who called out hello. It was like strolling down Main Street in a friendly small town.

So, now the cyclists want to know: Does this running pay off on the bike? I don't know yet, and won't be able to ride until February. My heart rate monitor says that organ is working a bit more efficiently than before. But even if running has done nothing more than display for me the sights New York City en plein air, it's been worth the effort. As Brian said to me in the park: "Enjoy it!"

## A Word From The Wise

*It took some friendly persuasion to get these guys to speak up, but here is some advice from three NYCCers who know from running.*

### Brian Kivlan:

I started running on the track team as a senior in high school. In college, I was a three-time all-American and was nationally ranked in the mile. My best time was 3:57.4. I once ran 100 miles in one week—just to prove I could. But most of the time in college and after, I probably averaged 50 miles a week.

In high school, I cycled before I started running, but I considered myself a runner first. I only started riding again because of tendonitis and compartment syndrome (a muscle injury—in my case, the calf) acquired from running over the years. Now I am now a level 2 certified coach with USA Track & Field, the sport's governing body in the U.S.

I run as much as I can, usually about two to four miles per day, mostly in Central Park. In December 2002, I started to run again, but after only two weeks, my calf stopped me. That's why cycling has been a blessing, it's helped me to keep fit.

During the cold and snowy winter weather, cyclists can stay in shape by running. A new runner should get a good pair of shoes and start out very gradually, trying to stay on soft surfaces. The impact stress from running does not exist in biking. It would be very easy for a cyclist to get hurt running, because while they are fit from biking, they might do too much too soon. Any increase in miles or pace should not be more than 10%.

What cycling does that running doesn't would be a paper unto itself. It works muscles differently, lets you see more of the beautiful land, and gives you more of an upper body workout than running does—and much more.

**Editor's note:** We hear from secondary sources that Brian was the first man in New York State to break the four-minute mile, and only the 27th American to do so. "He was one fast dude," says our source, who estimates Brian's time in the Boston Marathon at 2:35—without using the subway.

When he sent us his responses, Brian told us, "If anyone has any questions, I'll gladly respond." So, y'all feel free to ask for some free advice from a pro!

### Hank Schiffman:

I ran regularly for more than 10 years. But about eight years ago, when I was diagnosed with chondromalasia (an inflammation under the kneecap), I was told that my running days were over. Being late for a Broadway show in April of 2001, and having no options, I ran successfully about a mile and a half in street shoes. The same thing happened two days later.

The next week, I attended a conference in New Orleans. Not wanting to lose fitness for cycling (which I have been doing seriously since my A SIG five years ago) I took my running shoes. I ran through the French Quarter



## 2003 Brevets with New Jersey Randonneurs

by Diane Goodwin - Regional Brevet Administrator

It's brevet time again. This year all series' across the United States are starting much earlier than previous years. Paris-Brest-Paris (PBP)

is the reason.

**Who are randonneurs?** Randonneurs are cycling enthusiasts who ride events as low as 200K (125 miles) and prepare for ultra-distance events as long as 1200K (750 miles). They usually travel to other states and countries for these events. If you ask around, you'll soon find out who in the New York Cycle Club are veteran randonneurs and newbies. Each randonneur has his own limit — maybe riding 200Ks only. The idea of randonneuring is self-sufficiency. After riding a few events, even the most novice will have learned more than imagined.

**How does one find out about randonneuring events?** Go to the local New Jersey/Metro New York website at [www.njrandonneurs.com](http://www.njrandonneurs.com). The main club governing the United States' brevets is Randonneurs USA (RUSA) ([www.rusa.org](http://www.rusa.org)). The worldwide club is Audax Club Parisien (ACP). On the RUSA website, there is a search engine for "rides". You can find out about brevet events in other US states.

**What are brevets?** Brevets are long distance rides sanctioned by RUSA for ACP. These events can only be organized by an approved Regional Brevet Administrator (RBA). Event dates are submitted October

1st, the year prior to an event. For example, this year's 2003 series dates were submitted by Oct. 1, 2002. The rides are scheduled rain or shine. There are NO make-ups without the approval of the RBA. This is NOT common. Snow and rain do not cancel a brevet.

The most common brevets are a series of 200, 300, 400 and 600Ks. Completing all four events in a given year entitles the participant to apply to such events as Boston-Montreal-Boston. This is a 1200K with a time limit of 90 hours. Every four years, Paris-Brest-Paris is offered. All other countries respect PBP and do not offer a 1200K in the PBP year.

All brevets have specific time limits. The rider carries a control card. The card is proof of completion. The rider has the card stamped and dated at various control points indicated on the card. Missing a control means disqualification (DNF). Changing the route also means disqualification. No support along the route is allowed unless it is a volunteer of the brevet. Basically, a rider cannot have a vehicle following him along the route. Drop bags are allowed; these are rider bags filled with clothes, gear and food for different controls. Lights are required for brevets higher than 300K. Secret controls are common. Secret controls serve as reminders that cheating is not allowed.

**Where do the New Jersey brevets start?** They start at the Forrestal Village Center in Princeton, New Jersey. This is an

outlet center. We are fully insured. This is a safe, well-lit, easy-access start. There is a Westin Hotel located on the premises. The rides travel mostly in Western and Central New Jersey. In 2002, there was a 200 and 300K. In 2003, there will be a full series - 200, 300, 400, and 600K.

### Princeton brevet dates:

200K - March 29 (Princeton 13.5 hrs)

300K - April 12 (Princeton - 20 hrs)

400K - May 10 (Princeton - 28 hrs)

600K - June 15 (Princeton - 40 hrs)

### Metro New York brevet dates:

200K - May 18 (New York City - 13.5 hrs)

200K - July 12 (New York City - 13.5 hrs)

**Why Princeton as a start?** Princeton is central to Philadelphia and New York City. The start is easy to find. I had to find a place with parking for the majority of the riders. New York City has been added out of requests. The next series closest is in the Berkshires and Washington, DC. All routes are rural and low-traffic, scenic. Northern New Jersey is quite different from our area.

**What should you expect from the NJ series?** You'll get an impeccable cue sheet - error-free, meet new friends, and learn how others survive such distances. You will be riding on roads you can't believe are in New Jersey! You'll be surprised at how well planned these rides are with so little help. We expect the interest to be double from last year.

for 25 minutes, at which time my knee began to bother me. So I walked the rest of the way.

Two days later, I ran for 22 minutes. I kept running 22 minutes about three times a week, then increased the mileage by 10% each month. My knee problem never resurfaced.

Through running classes with the New York Road Runners, I was picked up by Coach Bob Glover to run for his Greater New York Racing Team men's 50+ age group as an "Ancient Warrior." Then in April 2002, I ran the Suffolk County Half Marathon in 1:29:30 to qualify for the New York Marathon, which I ran in November in just under 3:24.

I used running, especially running upstairs, to help train for the Mt. Washington Hillclimb (an annual race in New Hampshire that involves cycling up an eight-mile mountain carriage road with a 12% average grade). Running has helped maintain my aerobic fitness. Living in Greenwich Village three miles from Central Park, I can exercise by running out my door and going around Washington Square Park or up the West Side Bike Path.

Running has been fulfilling. Some people have no problem cycling solo for long rides; I am one of them. So running long distances alone is enjoyable for me as well. Yes, running has cut into my cycling time. But mixing up exercise is good. And things evolve if you let them. One thing doesn't substitute fully for

the other, but can complement it. There are no flats to fix when you are hoofing it. But of course there is nothing quite like cycling down a country road with your buddies.

### **Timothy McCarthy:**

I started running 14 years ago. I had gotten into what I thought was great shape on the bicycle during a long vacation in California and came back to New York wanting to hold on to that fitness. However, I didn't like the idea of riding in the city, so I thought of running.

When I first started, I found myself incredibly out of breath. My cycling form did little for running. I've found since that cycling doesn't improve my running much, but that running helps my cycling a great deal.

Once I got established, I ran six to eight miles around Astoria Park a few times during the week and then a long run of 12 to 18 miles on the weekend in Central Park with a running club. I concentrated mainly on training for marathons but also did a lot of New York Road Runners Club races. I also learned to race walk, and have done that off and on over the years. I do not run at present, but hope to get started again soon.

Running builds great cardiovascular conditioning. It also gives more bang for the buck, which for me meant getting a much more

extensive workout in a significantly shorter period of time. Running helped me cultivate a great deal more endurance than I ever could have done by cycling.

But while I've run 15 marathons and countless other races, I think of myself as a very mediocre runner. No fooling. I put in the miles lackadaisically, not competitively. Brian is the one with real expertise and a serious running career.

Cyclists ought to approach running cautiously. Often, they go at it too hard and too fast. Running requires a certain ligament and bone toughness that cycling does not cultivate. Anyone who wants to begin running should start slowly and modestly. Build gradually. Go for consistency rather than intensity.

I find cycling much easier on my body than running. Many injured runners can turn to our sport to continue their intense aerobic athletics. The gearing on bicycles offers a great deal of control over the intensity of a workout. One can take it easy, coast, or ride hills and push big gears. When running, one never coasts.

Cycling can take one farther afield than running. It can prove marvelously social when working cooperatively in pacelines or participating in group rides taking you to new places. And cyclists get better clothes.

# Cycling on Six Continents — Impressions and Opinions

By Jay Jacobson

**Oceania** We just returned so it's fresh in my mind. New Zealand is a scenic feast! Cycle past lakes which reflect like mirrors with a backdrop of snow-covered mountains.

The lower part of the mountains are verdant and punctuated by a herd of grazing sheep. Two of us cyclists stayed at the home of a sheep rancher—a memorable experience. The only downsides aside from the long flights (partially offset by the low prices there) are 1. it does rain in the rain forest and 2. bring insect repellent.

The country is larger than most people realize so an unsupported bike tour requires careful planning.

On this recent trip we also cycled in New Caledonia (about 2-3 hours from New Zealand), one of the few Americans to do so. We soon realized why a recent Newsweek article recommended this French territory as a cycling venue. It is the epitome of a South

Pacific island paradise. It has an annual "Tour de France of the Pacific" As in many archipelagos no visit is complete without trips to the out islands.

While it doesn't have hundreds of "cyclable" miles, Tahiti is great for short rides. One can easily circumnavigate on lightly-trafficked (now paved!) roads: Moorea, Bora Bora and Raiatea in a few hours. The lush island of Huahine has a longer paved road in a figure-8 and even less traffic and is also less spoiled by civilization.

Any cyclist browsing through the 2001 Lonely Planet 463-page "Cycling Australia" in Barnes & Noble will get the urge!! Adelaide (cycle to the South Australia "Riviera" or to its lovely wine country) and capital Canberra's hundreds of miles of paved cycle paths were highlights of our trip there. Cross country or between major city cycling requires plenty of time because of distances and almost all (non-cold) weather extremes exist.

**South Africa** Crime is a problem but our group didn't encounter any during our three week trip from the Cape to Durban. It is scenic but I didn't think it was the world's most beautiful place. Winds were the strongest I ever continually encountered. It was fascinating to observe the positive political and social developments but it was apparent that the country still has to cope with major problems. I'm told that Namibia is a cycling paradise in June or July. I saw lemurs as I was cycling in Madagascar and jacaranda was blooming all over its capital city in October. Cyclists can get a taste of wildlife — animals and plants while they pedal in these countries.

**China and Russia** Observe the amazing development of Chinese cities. Cycle through Tiananmen Square and South China. Cycle to and in St. Petersburg in their "white nights" in June or July and observe the surprising summer brightness of Moscow and St. Pete. I didn't have to shift at all on the Russian tour. I would have to admire any cyclists who do these countries unsupported!

**Southeast Asia** Cycled Vietnam and Thailand (north) in their dry season and both tours were excellent. The Golden Triangle

*Jay Jacobson, NYCC member for 10 years, has visited 62 countries and all 50 states. He has cycled in 40 countries (on six continents) and 40 states. In 2002, he cycled over 8,000 miles. Much of these travels have been with his wife Joan, the stoker on their tandem. She recently had to get a new passport, hers was filled!*

area is laid back, suitable for mountain bikes and the weather during that period was perfect. Vietnam was fascinating and a heavy amount of pre-tour reading enhanced the experience. The tourist infrastructure has improved in recent years in both countries.

**Patagonia Cross** from Chile to Argentina, through majestic national parks in the Lake District on washboard (dirt) roads on mountain bikes. Costa Rica's best cycling in on the Pacific side—the roads and weather conditions in the interior are far from ideal.

**Canada** The US dollar goes a long way and we can get to the Eastern provinces by car, bus or train in a day or two. Excellent summer biking in Quebec and Nova Scotia, the gateway to Prince Edward Island and Newfoundland. The Rockies are also on my list.

**Caribbean Cruise** and have guided bike tours at each island port. Most are hilly, but some like Aruba and Anguilla are flat. Guadeloupe (bike camp in March!) is the best—more than just a strip of hotels. Cycle by/thru plantations, rain forest, volcano, large national park, etc. Annual mini Tour de France. Go to Cuba legally with cultural/bike exchange. Live/cycle with Cuba bike club! Roads, outside of Havana, built by Russians for defensive purposes are excellent. At this time they have no traffic as Cubans can't get cars or gas! The roads (and everything else!) in Havana are dilapidated but the music wafting out of bars and clubs in the evening emits a romantic charm.

**Holland, Denmark and Germany** All nice people but cycling in Holland is like playing baseball without 2d, 3rd or home! Plenty of rain in all 3—we tandemed 200 miles on Germany's auto-free paved "Romantische Strasse"—it rained every day!

**Austria** A different story! Excellent paved bike paths (along Danube, etc.) all types of terrain, People were better than expected. Excellent hotels and cuisine.

**Eastern Europe Czech Republic and Hungary**—still inexpensive for us...picturesque and some areas still have light auto traffic. I cycled all the way into Prague from the Danube.

**EXCITING COUNTRIES FOR CYCLING BUT NOT RIGHT NOW!** Israel—Thrilling rides around Sea of Galilee and crossing from Israel into Egypt (Sinai) Men in white Arab dress in booths lifting gates for me to cycle through after I paid them (small) tolls—a scene out of Arabian Nights! India—has done a very poor P.R. job! Cycled on the beach in Goa and along a string of vibrant fishing villages in gorgeous Kerala with dozens of locals screaming support of me. Rajasthan



also seemed like a dazzling biking destination.

**THE BEST CYCLING DESTINATION** (in my humble opinion): **France** The Southern third of the country, from the Atlantic Coast (Bordeaux) all the way to Provence and the Riviera. Bordeaux (the world's greatest wine area & excellent Atlantic beaches), the Dordogne the Midi and the Riviera (a short distance out of Nice or Cannes are national forests, corniches, and mountains with little traffic...that's why a number of American racers have lived there all year round) The weather from June to Sept is generally excellent—very dry in Provence! All terrains are available. The beaches are the best in Europe. I need not mention the FOOD & WINE. Culture (art & music) also is great. Ride with (before the stages each day) then watch the Tour de France.

I haven't experienced any problem with the French people. I have found Parisians to be brusque at times (like New Yorkers). Being a cyclist and speaking a little French might have helped.

**THE SECOND BEST CYCLING DESTINATION:** (four-way tie!) 1. **Italy**—from top to bottom: nice hills (3 flat tours if that's your preference: Veneto, Apulia, the Po Valley) culture, history, beauty and a cycling tradition. Except for the North/mountains, avoid Italy in the summer. 2. **Switzerland**—its lakes and mountains are incomparable—also we've had perfect summer weather. 3. **Mediterranean Islands** (from Spain all the way to Greece) Sample Minorca near Majorca, off Spain (the Spanish mainland isn't my favorite) Corsica (I'm hoping to cycle on that magic island for the sixth time this summer!) is a special place for us—a blend of Italian and French, miles of seaside corniches—stunning scenery! Pleasantly hilly, not too expensive and not many Americans (a plus?). Italian islands (Elba has Italy's best beaches), Sardinia, Sicily and the Aeolians, etc.

4. **U.S.** The whole West Coast, the national parks and the Rockies and don't forget the twin forks of Long Island and the Hudson Valley. Hawaii is in a class by itself! Cycle around the Big Island and experience every warm weather environment and terrain, with the Pacific almost always in view. In Maui cycle past Kapilua and see the unspoiled Hawaii (Joan and I rented excellent Cannondale tandems and road bikes from the shop in Lahaina) and sensational mountain biking in Lanai and Molokai.

I love to talk about cycle touring—you can reach me at joanandjay@aol.com



# Major Taylor - An Appreciation



By Alfredo Garcia

Over a century ago, a Black athlete dominated track racing in these United States and abroad. Marshall "Major" Taylor was the first African American sports champion. He was regarded as the "Fastest Bicycle Rider In The World."

Taylor was born in 1878, over 20 years after the American Civil War. Although by then, Black Americans, freed from slavery, were supposed to take their place among society. But racism was continuously rampant.

Major Taylor was introduced to cycling as a young boy. He worked for a wealthy family and was given a bicycle. He later signed up to compete in a 10-mile bike race. Taylor won and received a medal. He later described the experience as a "freak of fate."

Despite racial prejudice, his development in cycling as a young boy was encouraged by Louis "Birdie" Munger, racing great and bike builder. He saw potential in Taylor. He would take him to Worcester, Mass., to work for his bike shop and give riding exhibitions in 1895. Munger, a white man, risked alienation from other whites for openly supporting and training an aspiring Black athlete. He strived to groom Taylor as the "Fastest Bicycle Rider In The World."

A year later, his first pro race was the six-day "Madison" marathon event, Madison Square Garden, in New York City. He placed sixth. Subsequently, Taylor breaks several mile & other short sprinting records and becomes the American sprint champion.

Major Taylor raced in velodrome with

ornery riders. White racers would refuse to compete with him, not because he was a worthy competitor, but because of the color of his skin. Others would use "pocket" tactics to surround and deliberately foul or injure him.

Outside the arena, Taylor faced more bias. Racing governing bodies would not let him compete in other races. For a while, he was not granted a racing license from the League of American Wheelmen due to political complications. He would receive warnings such as: "Mister Taylor, If you don't leave here before 48 hours, you will sorry. We mean business. Clear out if you value your life. Signed, White Riders."

Nonetheless, Taylor faced racism with a gentlemanly sense of restraint. He had a code of ethics of fair play, clean living and strong religious convictions. Taylor competed fairly, accepted victory and defeat alike. A stanza from a self-composed poem attributes his competitive spirit:

"He would never boast / He's a good old sport / When he does catch up, / He will wear you out / You may win for a while / It's lots of fun / But he's always best In the long run."

Major Taylor identified with 13, a seemingly unlucky number associated with losers. Many times, he was assigned 13 in races and even assigned hotel rooms with that number. Instead, Taylor regarded 13 as a number of a champion.

And a champion he was, at age 22--Taylor was a great bike racer. In his best years, from 1897 to 1901, he used several tactics: a) Feign weakness and fatigue, then attack. B) fool riders in believing he could not win. C) As a "trick" rider, ride a bit unorthodox (yet legal) to seek an opening. d) And almost NO ONE can beat him in a sprint at the final stretch.

Taylor found fame and further honors abroad, besting every champion racer who raced against him in Europe and Australia. He finally retired in 1910. Surprisingly, he was criticized for that.

Sadly, in his twilight years, Major Taylor died a lonely & penniless death, in 1932. He was 53 and survived by his wife and daughter. Taylor was buried in an unmarked grave.

But good people, especially professional cyclists and Schwinn Bicycle Company, would not forget him. He was later given a dignified re-burial in 1948. He is well remembered, especially in New England and the Midwest. Today, bike clubs, touring and century rides, week-long events, races and velodromes are named after him. One public school has a learning curriculum on Major Taylor.

The remarkable Taylor would pave the way for distinguished Black athletes such as Ralph Metcalf and Jesse Owens (1930's Olympic runners), Jackie Robinson (baseball), Joe Louis and Muhammad Ali (boxing), Bill Russell & Michael Jordan (basketball), Tiger Woods (golf), Nelson Vails (1980's Olympic cyclist), Althea Gibson, Arthur Ashe and the Williams sisters (tennis), Peter Westbrook (fencing).

Fellow cyclists like ourselves, should revere Major Taylor as we do with famous American cyclists such as John Howard, Greg LeMond and Lance Armstrong.

Sources: Taylor's autobiography: "The Fastest Bicycle Rider in the World," 1991 reprint edition, Greene Press; Andrew Ritchie's "Major Taylor: The Extraordinary Career of a Champion Bicycle Racer," Hopkins University Press, 1993; Arthur Ashe's A Hard Road to Glory, vol. 1, Warner Books, 1980 and [www.majortaylorassociation.org](http://www.majortaylorassociation.org) website.

## Hank's Tech Tips: Rubberband Parking Brake For Your Bike

This is an easy way to add a parking brake without having to adjust your bike's brake. This is the sort of thing that will keep your bike from rolling in one of MetroNorth's car's in which you lean your bike against the wall. Just remember to place the elastic at the base of your valve stem as it will break your tube if placed high. And don't forget to remove it when you are ready to ride. If you have one large, stout rubberband you can skip step one.

Hank Schiffman

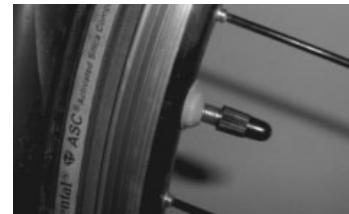
Step 1:  
Loop 2 rubber  
bands together



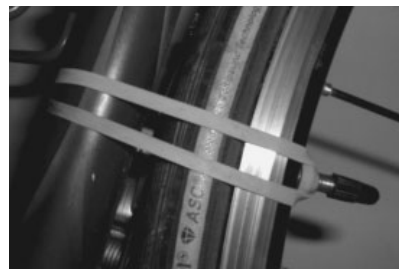
Step 2:  
Rotate rear wheel  
to position where  
valve is closest  
to seat tube



Step 3:  
Loop one end of  
the rubberband  
over the base of  
the rear valve stem



Step 4:  
Loop other end  
around seat tube  
and back over the  
base of the rear  
valve stem



# Please read this before your first club ride

**NYCC RIDES** are led by volunteer leaders who plan the route and maintain the listed speed (e.g. B15 = B style & 15 mph cruising speed...see charts). Our rides are described by style and pace 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 below. **CRUISING SPEED** indicates the ride's speed on flat terrain (aka, the listed speed). **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. Ride with other cyclists if you are uncomfortable riding alone.

**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 small lock. Leaders may specify other items in their ride listings.

**BIKE TRAINS:** On Saturdays and Sundays, Metro-North 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 Metro-North timetable. Schedules change frequently. There are no bike trains on holidays. Refer to the 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 arrange another train for your ride.

**BIKE PASSES** are always required. Bike passes are available at Window 27 at Grand Central or by calling (212) 499-4398 for an application.

**SCHEDULE:** Here is the schedule as of January 10, 2003. Contact Metro-North for the most current schedule.

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. One vest per leader.

### A-rides co-ordinator

Robert Gray  
(212) 593-0986  
nyarchitect@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 1



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>			
Harlem Hill - Central Park	0.32 m	84'	4.4%
165th St Hill - Riverside Dr/Ft Wash Ave	0.09 m	40'	8.4%
<u>Bronx</u>			
Riverside Ave-W 230th St/W 239th St	0.68 m	150'	4.2%
<u>Staten Island</u>			
Grymes Hill - Terrace	0.38 m	230'	11.5%
<u>Bergen</u>			
Alpine Hill - to grade change at top	1.07 m	400'	7.1%
Churchill	0.69 m	240'	6.6%
Closter Dock - 501/crest at Ridge	1.97 m	415'	4.0%
E Clinton - Dean/crest s of Woodland	1.13 m	340'	5.7%
E Clinton - Old Smith/crest s of Woodland	0.52 m	225'	8.2%
Speer	0.33 m	198'	11.4%
Walnut - from Lydecker	0.55 m	190'	6.5%
<u>Westchester</u>			
Roaring Brook Rd	0.75 m	337'	8.5%
Whippoorwill Rd to top from 120	2.57 m	298'	2.2%
Whippoorwill Rd - 1st mile from 120	1.00 m	200'	3.8%
Whippoorwill Crossing	1.42 m	292'	3.9%
Whippoorwill from 117 - steep section only	0.85 m	306'	6.8%
Whippoorwill Rd East - steep section only	0.52 m	200'	7.3%
Hardscrabble Rd - 120/top of 1st hill	0.70 m	210'	5.7%
Hardscrabble Rd - from 120, start	0.10 m	50'	9.5%
<u>Rockland</u>			
Ash - to divide just short of 9W	0.32 m	205'	12.1%
Little Tor	0.80 m	420'	9.9%
South Mtn Rd to the Orchards	1.60 m	360'	4.3%
S Mtn Rd Orchards Hill - steep section	0.69 m	240'	6.6%
Rt 106 - rise w of Central Hwy/Lake Welch	4.85 m	960'	3.7%
State Line Hill - Oak Tree/crest at state line	0.57 m	167'	5.5%
Gate Hill to Lake Welch	1.45 m	520'	6.8%
Gate Hill to Rt 106 junction	0.61 m	320'	9.9%
7 Lakes Dr - Bear Mtn Inn Cir/start Perkins	1.80 m	428'	4.5%
Perkins Memorial Drive	2.10 m	660'	6.0%
<u>Orange</u>			
Hogback Mtn - east to west	2.20 m	685'	6.9%
Mt Peter - east to west	1.60 m	547'	6.4%
<u>Ulster</u>			
Mohonk - west(6/6A) to east(top)	1.91 m	713'	7.1%
Minnewaska - 299/Trapps Bridges(1st crest)	1.41 m	468'	6.3%
Minnewaska - hairpin/Trapps Bridge	0.57 m	218'	7.2%
Minnewaska - Berm Rd/Lake Minnewaska	5.49 m	1112'	3.9%
<u>Sullivan</u>			
Glade Hill Rd	1.9 m	1259'	12.5%

# Feb/March 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 Park Loops

Feb Tues. - 4, 11, 18 & 25

Feb Thurs. - 6, 13, 20 & 27

A20 20Mi 7:15 PM

**Ride Leaders:** David DeVecchio (h: 212-988-3005), Leigh Ettinger (h: 212-734-7086), and Charlie Ward (w: 212-776-5020, h: 212-663-3693).

**From:** the Boathouse

Join us every Tuesday & Thursday night for 3 loops of Central Park. When safety permits, we'll do intervals. 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.

## Cross-Training

Sunday, February 9 & 23

All Class 5-10 Miles 9:00 AM

Snowshoeing in Teatown, Ward Pound, and Harriman

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

**From:** Call leaders for info.

Conditions permitting, we'll glide over the most beautiful terrain in Harriman, Bear Mountain, and other parks. Not enough snow? We'll hike and climb on many of the same exquisite trails. Call during the week, if you can supply a car or need transportation. Our car carries five: first call, first served. You'll need layered clothing, waterproof boots, hat, gloves, gaiters, and poles in addition to your snowshoes: ice creepers (\$7-\$30) are a good idea for hiking days. Snowshoeing uses a great deal of energy: carry ample water and food! Freezing temps are no impediment. Rain or heavy snow forecast (on WINS-1010 at 7:30 on activity day) cancel.

## Feb. Regular Rides

Saturday, Feb 1

A19 55+/-Mi 10:00 AM

Nyack

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

**From:** The Boathouse

From the heart of New York to the heart of Rockland in the heart of winter. Mother Nature may have the last word but with a little luck we will have wiggle room for some options. Bring money for lunch and dress for success. If the conditions are unreasonable we will sleep late. Check the NYCC

Message Board 60-90 min. prior to the launch time if there is any doubt.

B15 40+/- MI10:00 AM

Scarsdale

**Leader:** Linda Wintner

212- 876-2798

**From:** The Boathouse

Join me for a relatively flat, pleasant spin to Scarsdale, quick pit stop on the way and lunch stop in Scarsdale to warm up. If it's really chilly or weather is otherwise foul in afternoon, we can bail out on the way back and take Metro North from Scarsdale or a subway from the Bronx. Temp below 35F or precipitation at 9 am cancels. (Please call if the weather looks iffy.) Helmets required.

Sunday, Feb 2

A18 40 Mi 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 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 25miles, back in upper Manhattan by 1PM. Email mail to me if interested and I will confirm the ride back to all by the day before.

C12 25 MI 10:00AM

Frostbite Series #10;

Astoria & Uncle George's

**Leaders:**

TBA and Ed DeFreitas (5BBC)

**From:** City Hall (Brooklyn Br. side, near Horace Greeley statue)

**Leaders:** TBA & Ed DeFreitas (5BBC) - 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 camera. Co-listed w/5BBC.

Saturday, February 8

A18 50-60 Mi 9:30 AM

Pearl River

**Leader:** Tom Laskey

(212) 961-1610 or  
tomboe@mindspring.com

**From:** The Boathouse

Another easy paced, schmoozy ride in my famous pre-season Pearl River series as we get a few base miles in, dust off our panceline skills and devour those yummy pancakes at the Muddy Brook Diner. Rain or temps below 25 with wind chill cancel, helmets required.

B16 44 MI 9:00AM

Westwood Diner

**Leader:** Tim Casey 718-392-1963

**From:** Rambles Shed

It's time to spin to keep warm. Thinking of joining the B-SIGs? Take a practice run at a comfortable pace. Helmets required!! Dress properly (layers). Bring money for lunch stop at diner. 50% chance of rain or snow at 8AM or temps below 36F cancels. If in doubt call leader by 8AM.

Sunday, Feb 9

A-18 55+/- Mi 9:30 AM

Park Ridge, Somehow

**From:** The Boathouse

**Leader:** Russ Berman

212-595-8834;  
rberman@kronishlieb.com

A steady spin with just a hill or two, for lunch at the diner, followed by a smooth return to allow digestion. Helmets and smiles required. Check your bike and tires before we start to minimize risk of mechanicals. Wet weather, icy roads or high winds cancel; cold is the reason we ride (provided the wind chill is over 20°). If in doubt, call me before 8:30 a.m.

A20 60 Mi 8:30 AM/9:30 AM

Westchester County Express

**From:** Larchmont train station

**Leader:** Hajo Thiele (914) 833 1456 (evenings) info@majorca-cycling.com

Ride starts at 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.

C13 20 Mi10:00 AM

River Road

**Leader:** Alinda Barth (212) 928-5399 ahb1@columbia.edu

**From:** George Washington Bus Terminal (Ft. Washington Av & 178-179 St)

Fight the mid-winter blahs : Get out and ride River Road with me. The climb at the end will keep us warm. Ride back on 9W and have lunch at the Hilltop Diner. Temp. below 35 degrees at 9am or wet/snowy/icy roads cancel. Call by 9am if in doubt.

C12 25 Mi 10:00AM

Frostbite Series #11;

Giuseppe & Alice Encore

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

**From:** City Hall (Brooklyn Br. side, near Horace Greeley statue)

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

Get transported again on the Staten Island Ferry for scenic riding. You can get anything you want at Alice's Restaurant-oops wrong song-it's Cargo's. Visit the home of famed photographer Alice Austen, with gleaming views of New York Bay. She won't be home, but appreciates you coming(www.aliceausten.8m.com). Don't worry about Giuseppe Garibaldi, baby. Bring \$ for lunch, a lock and glass-plate camera. Co-listed w/5BBC.

Saturday, Feb 15

A18/19/20 50+ Mi 10:00 AM

A19 & Classic STS

Prologue Ride to Nyack

**Leaders:**

A19 STS Don Belfer 212-316-1876, dbelfer@alum.mit.edu & Harvey Minsky spokes609@nyc.rr.com

A Classic STS Peter Walker 212-831-4418 pwalker5@nyc.rr.com & John Zenkus Jjz2116@aol.com  
**From:** Boathouse Parking Lot

Let the festivities begin. Both groups meet together for this prologue. Today's ride will give participants a feel for which STS is right for them. This is not a hammer-jammer; STS will focus on panceline group efforts. We will take turns at short pulls out front. Social consciousness and skills are de rigueur. We all expect to be

rusty but make sure your machine is serviceable; mechanicals are particularly unpleasant this time of year. Bring a spare tube, wear a helmet, and have money for lunch. The route will be simple; there will be no cue sheets provided. Check NYCC Message Board weather cancellation or delay.

**B16 50 Mi 9:00 AM**

**Scarsdale Diner**

**Leader: Tim Casey 718-392-1963**

**From: Rambles Shed**

Time to spin to keep warm, just like last week. Another practice run for those considering joining the B-SIGs! Helmets required!! Dress properly (layers). Bring money for lunch stop at diner. 50% chance of rain or snow at 8AM or temps below 36F cancels. If in doubt call leader by 8AM.

**C12 28 Mi 10:00 AM**

**Pre Sig Warm-up**

**Leader: Gary McGraine (212) 877-4257, garynycc@aol.com**

**From: The Boathouse**

Spring is coming sooner than you think and it's time to break the ice, so to speak. If you haven't been out on your bike in a while, this is the ride for you. We cross GWB, head north a short way to a little known special place for lunch that overlooks the Hudson, serving sandwiches, hot cocoa and java. Only one hill before lunch - walk or ride, but the panoramic views will be worth the effort...promise! I'll be happy to answer any questions you may have at lunch about the upcoming C SIG. Make sure to pump up your tires and check your bike before the ride and dress appropriately for the weather. Below freezing at start or wet / slippery conditions cancel. Call if in doubt or if you have any questions.

## Sunday, Feb 16

**A18 40 Mi 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 25miles, 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.

**C12 25 Mi 10:00AM**

**Frostbite Series #12; Coney Island Dreamin' Repeat**

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

**From: City Hall (Brooklyn Br. side, near Horace Greeley statue)**

**Leaders: TBA and Ed DeFreitas (5BBC) - Waltz again into Brooklyn to check out the famed amusement park and boardwalks.**

The Tunnel of Love is frozen but not our hearts. See Polar Bear Club take a skinny dip ("A" cyclists--bring your swim suit!) Then feast on Totonno's pizza, with extra cheese, please. Perhaps a dish of knish from Mrs. Stahl's. Visit [www.pastrywiz.com/season/pizza.htm](http://www.pastrywiz.com/season/pizza.htm) for web facts on basic riding food. Bring a lock, \$ for lunch and film camera. Co-listed with the 5BBC.

## Saturday, Feb 22

**A20+/- 50 Mi 9:30AM**

**A-Classic Spring Training Series - Nyack**

**Leaders: Ron Roth, ron@rroth.com & Bill Greene, bgreene@nac.net**

**From: Boathouse Parking Lot**

This is the official "kickoff" of the series. How we actually get there will be determined by the weather - colder or a little snow on the ground means 9W, warmer and we will take the longer route through the back roads of NJ and NY to achieve our destination. In Nyack, we will feast at one of the typical venues, warm up, and psych ourselves for the ride home - 501 or 9W. Prepare to get yourself back into shape. It's going to be a great season. As will be the case for all rides in the Series, paceline skills and helmets are de rigueur. Warm clothes, a well-maintained bike, and a positive attitude will help make the day more enjoyable. Snow, ice, rain at start, temps below 28F or wind chill below 20F will move the ride to Sunday. Same conditions Sunday and the ride is scrubbed. Check the Bulletin board after 8am the day of the ride if in doubt.

**A-19 SIG 42 miles 10:00 A.M.**

**2003 Orientation**

**Breakfast in Northvale**

**Leaders: Ed Fishkin (718) 633-3038 & Jim Galante (201) 503-9192 and the leadership team for 2003**

**From Boathouse Parking Lot**

Thinking of trying the SIG this year? "Want to get some of the cobwebs out of your legs? Join the leaders of the 2003 A-19 SIG for a leisurely, easy paced ride to one of

our favorite eateries. On the way, you'll have an opportunity to meet the leaders, hear about the program and have your questions answered. We're looking forward to meeting you. Temperature less than 32 deg. F, icy conditions and any form of precipitation cancels. Helmets mandatory, no aero bars please. On the day of the ride, call before 9:00 AM but after 6:30 AM if you have questions.

**A-17 45+ Mi 9:00 AM**

**A-19 Spring Training Series to Tarrytown.**

**Leaders: Maria Quiroga (mquiroga@nyc.rr.com, 212,532,5320) and**

**Rosario Gennaro (rgennaro@hotmail.com, 718-809-7003)**

**From: Eastern Side of Parking Lot at Tavern on the Green**

Come experience the new and most exciting addition to the NYCC Spring Training Series. We will open the A-19 STS with a classic. Ride to Tarrytown the old fashioned way up Warburton and Route 9. We'll stop for a quick refueling and then head back to the city following the Sprain Brook. A few non-threatening hills will spice up this ride. To join us, you don't need to sign up for the program or participate in any rides but this one. You do need to be an NYCC member and have the necessary group-riding skills. A helmet, spare tubes, well-maintained bike and positive attitude are musts for all STS rides. Wet or icy roads, precipitation or a high likelihood, temps below 32, winds over 25 mph or wind chills below 20 will move the ride to Sunday. Same cancel conditions apply on Sunday. If in doubt, call a leader between 7 and 8 a.m. or check the message board ([www.nycc.org](http://www.nycc.org)).

**B16 50 Mi 9:30 AM**

**Diner Finders - White Plains**

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

**wwright8@nyc.rr.com; Mark Gelles 212-689-1375 mgelles@okcom.net**

**From: Boathouse**

Your basic out-and-back for pancakes. The weather has thwarted our last two attempts, but rumor has it that those diners are still out there ... Helmets and smiles please. Precip/wet roads, or temps below 32 at 8:00am on NY1 cancels.

**B/C13 30 Mi 10:00 AM**

**Hicksville for hot chocolate**

**Leaders: Jim Drazios (718) 225-1842**

**From: Queens Borough Hall (statue of Civic Virtue, Queens Blvd @ Union Turnpike)**

A leisurely ride through Queens and Long Island communities and a stop for the quintessential winter refresh-

ment. Bring lock. Rain, snow or temp below 35 at 9AM cancels.

## Sunday, Feb 23

**A20 60 Mi 8:30 AM or 9:30 AM**

**Westchester County Express**

**From: Larchmont train station**

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

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 ride for 3.5 hours with minimal stops through Eastern Westchester County and Greenwich/Bedford area, to be back at Larchmont train station to catch the 12:29 pm train to GCT. Optionally, one hour later if everyone prefers. If interested, confirm by calling Hajo Thiele at (914) 833 1456 (evenings), or send e-mail to: [info@majorcycling.com](mailto:info@majorcycling.com), latest by Saturday evening 8 pm.

**B16 50-60 Mi 10:00 AM**

**Gourmet brunch/lunch ride Piermont or Nyack**

**Leader: Jay Jacobson (845) 359-6260 joanandjay@aol.com**

**From: 72nd & Riverside Dr**

Flexibility on speed, venue and route, depending on abilities and wishes of group. Bring \$ (most entrees are around \$10 or less) and lightweight lock if you have one. Wine or champagne consumption will be limited to one glass but unlimited coffee will be permitted. Extreme cold (below 25 degs), precip or icy roads cancel.

**A/B 35 Mi 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 30F at the start cancels.

**C12 25 Mi 9:00AM\***

**Frostbite Series #13 World's Greatest Pancakes Redux**

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

**From: City Hall (Brooklyn Bridge side, near Horace Greeley statue)**

Kull-ing all bikes! Kull-ing all bikes! Join us for an encore ride to conclude our fabled series. Lunch will be hot and delicious, at Bayonne's Broadway Diner. Journey further to Liberty State Park: Ed will give a moving tribute on the Liberation Monument. Shipping & park details at [www.siferry.com](http://www.siferry.com), [www.nywaterway.com](http://www.nywaterway.com) and [www.libertystatepark.com](http://www.libertystatepark.com). Bring a lock, ample \$ for lunch and camera. Co-listed with

5BBC. (\*or beginning of Staten Island Greenway, near Stadium at 10:00AM)

## Saturday, March 1

**A-SIG Classic 40-45 Mi TBA**

**Orientation/Intro Session**

**Leaders: Frank Grazioli (212) 529-9462 and the Leadership Team of the 2003 A-SIG Classic**

*See the February Bulletin for full program details, and consult the Club website and March Bulletin for periodic updates and venue.*

Considering going "Classic" this year? Join the leaders of the 2003 A-SIG Classic for a Welcome and Orientation meeting and learn what we have in store for 2003. After a 45 minute Orientation, we'll head out for a casual ride through New Jersey. We'll make a brief stop at one of our Classic refueling spots before heading back to New York. You'll have an opportunity to meet the Leaders, hear about the program and have your questions answered. We're looking forward to meeting you. The Orientation will be held regardless of prevailing weather conditions. Temperature below 32 F, icy conditions and any form of precipitation will cancel riding Saturday (rain date: Sunday March 2). Helmets mandatory, no aero bars. (Self-test for fitness for the A-SIG Classic: complete 4 laps of Central Park in under 1:35:00. If you're not sure, come out and let us determine if the Classic is the right fit for you—we work cooperatively with the A19 and offer several early opportunities to "re-enroll" in the A19 program to best meet each rider's needs.)

**A-19 SIG 35 Mi 9:15 A.M.**  
**Introductory Session: "Shake**

**your booties"**

**Co-captains: Ed Fishkin (718) 633-3038 and Jim Galante (201) 503-9192, (Please see the article in this month's bulletin for more details)**

**From Boathouse Parking Lot**

Rain date Sunday, March 2, 2002 same time and place. If it rains on Sunday, show up without your bike for your introduction to the SIG and your leaders. After a brief hello, with your leaders, we'll orient you to the SIG and then an easy; get the cobwebs out of your legs ride to a lovely diner in New Jersey. (Self Test: All prospective "A"-19 siglets should be able to complete 4 loops in Central park in less than 1hr50min.) From then on, you'll be making history

**A20+/- 55+/- Mi8:30 AM**

**A-Classic Spring Training Series - Westchester**

**From GCT, 8:48 train to North White Plains**

**Leaders: Pieter Maessen 646-207-5593**

**pieter.maessen@abnamro.com**

**Hank Schiffman 212-529-9082 schiffhank@aol.com**

Westchester without the outbound junk miles and a quick ride home. Whippoorwill Road will be the only significant hill en route. The focus of this ride will be working on paceline skills. Bring money for lunch, a Metro North Bike Pass, a helmet, spare tubes, and a well-maintained bike. No aero bars. Delays or cancellations to be posted on the NYCC message board 90 min prior to train time. If cancelled, ride will go Sunday.

**A-19 55+ Mi 9:00 AM**

**STS - West to Nyack**

**Leaders: Mai Yee mai\_yee\_2000@yahoo.com,**

**(917) 991-4279**

**Russ Berman rberman@kronishlieb.com, (212) 595-8834**

**From: Eastern side of parking lot at Tavern on the Green**

The second ride in this year's A-19 STS program. This moderately-paced ride will proceed to and over some hills west of Nyack in a roundabout way to help us build up mileage and stamina. A quick bite in Piermont and we're back on the road and into Manhattan as early as we can get there. To join us, you don't need to sign up for the program or participate in any rides but this one. You do need to be an NYCC member and have the group-riding skills and strength to take your fair share of pulls in our rotating paceline. A helmet, spare tubes, a well-maintained bike and a positive attitude are musts for all STS rides. Wet or icy roads, precipitation or a high likelihood of it, temps below 32, winds over 25 mph or wind chills below 20 will move the ride to Sunday. Same cancel conditions apply on Sunday, and if we don't go then, the ride never happens. If in doubt, call a leader between 7 and 8 a.m. or check the message board ([www.nycc.org](http://www.nycc.org)).

**B SIG 30+/- Mi 9:30 AM**

**B14, B15 & B16 Classification Ride & Orientation**

**Leaders: Eva Wirth (212) 477-9322, ewirth@yahoo.com; Mark Gelles, (212) 689-1375, mgelles@okcom.net**

**From: North end of the Boathouse parking lot**

We'll do 4 laps of Central Park. You'll calculate your total time for the 4 laps so we can determine which of the three B-SIG groups

you will start in. Bring your B SIG registration number & a few bucks for Pizza. After the classification ride, we'll ride to Blessed Sacrament School (147 W 71 Street) to go over some basic information (as we all need to start out safely working together to improve our skills and fitness). Bring \$5 for pizza. Cancels: actual temperature below 25-degrees at 8:30am; raining or snowing; wet or slick roads; or steady winds above 40 mph. Check [nycc.org](http://nycc.org) bulletin board or call listed leaders if uncertain. If weather cancels ride we will have meeting at 1PM, and try to ride the 4 laps on Sunday.

**C13 25 Mi 9:15AM**

**Run for the Border!**

**Leader: Bernie Brandell (brande@cooper.edu)**

**From: Central Park Boathouse**

We set out on a leisurely ride to the State Line. Foul weather or temp. below 38F cancel

## Sunday, March 2

**C12 25 Mi 9:30 AM**

**Queens Greenways**

**Leader: Isaac Brumer (917) 531-5303**

**From: 59 St & 1st Av (Food Emporium)**

Cross the Queensborough, ride quiet industrial streets and a well-marked greenway through neighborhoods and parks to the Queens/Nassau border. Stop to sample neighborhood foods. Return via subway or optional ride back. Foul weather, wet roads or temp below 35 (at 8:30) cancel.

**More next month!**

## MAINTAIN FITNESS ... Present and Future Events

### NYCC Berkshires Weekend

Memorial Day Weekend -

May 24 -26, 2003

It's never too early, though sometimes it's too late, to think of the start of summer. While I'm writing this, the temperature is consistently in the sub-freezing range and snow is a weekly event. But it's time to start planning for NYCC's annual weekend in Sheffield, Massachusetts and its environs, for 3 days of beautiful countryside, new routes, new friends, (old friends, too) and club a dinner. Rides are planned for A, B, and C levels.

General information and lodging will be available early February. Keep an eye on the NYCC web site for links and registration information. See you soon in the Berkshires where Massachusetts meets Connecticut, New York and the New York Cycle Club.

### 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](mailto:gotbik@aol.com)**

## Advertising and Volunteering

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

### NYC Bike Show 2003 We Want You ...

...to represent our club at the annual NYC Bicycle Show this coming May 1-3 at a new location, the New York State Armory (68 Lexington Avenue at East 26 Street).

This year, as in the past, NYCC will have a free booth—and we need you to meet and greet visitors. We'll be telling everyone about our great club and the various programs and events we sponsor...the SIGs, weekly rides, monthly programs, ENY, getaway weekends, etc.

We need one person to coordinate this event. (Is that you?) And we need several more volunteers to help set up and work the booth. This is a great opportunity to meet lots of people (both club and non-club members), use your organizational skills, and give back to the club. Hey, you never know who you might meet!

For more information, contact David Hallerman at [volunteers@nycc.org](mailto:volunteers@nycc.org)

### 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

### For Sale BRAND NEW . . . NEVER RIDDEN !!!

Fuji Ace SE 43cm road bike 650cm wheels, shimano sti components. This is a current model, asking \$325 firm, retails \$525+. Perfect fit for someone 4'10"-5'1".

Go to [WWW.FUJIBIKES.COM](http://WWW.FUJIBIKES.COM) for exact specs.  
Call Larry 212-304-8503, anytime, or e-mail: [darut@aol.com](mailto:darut@aol.com).

## SHORT MONTH, LONG SLEEVES. IN STOCK. ALSO: SHORT & NO SLEEVES.

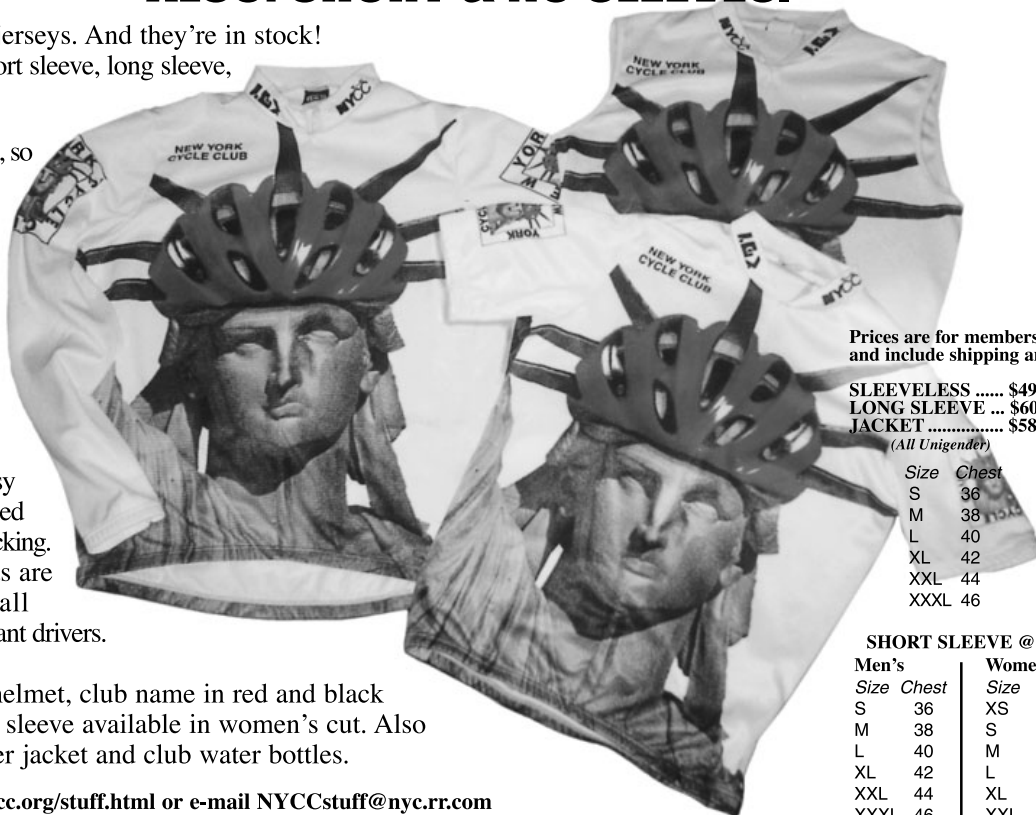
Here are your club jerseys. And they're in stock!  
Have it your way: short sleeve, long sleeve, or no sleeve.

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.

To order, go to <http://nycc.org/stuff.html> or e-mail [NYCCstuff@nyc.rr.com](mailto:NYCCstuff@nyc.rr.com)



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

SLEEVELESS ..... \$49 / \$69  
LONG SLEEVE ... \$60 / \$80  
JACKET ..... \$58 / \$78  
(All Unigender)

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

#### 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 employ ees, 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 B E 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 accesories

**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 cncbicycle-  
works@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.

**NEW HORIZONS SPORTS**  
55 Franklin St., Westfield, MA 01085  
413-562-5237

Don@NewHorizonsBikes.com  
Certified Serotta Bike Fit Specialist  
www.NewHorizonsBikes.com  
www.BerkshireBrevets.com  
10% off parts and accessories

**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., February 18th



### "Viva La France! Lafayette, nous arrivions!"

What is a brevet? A randonnee? Un ancien? Join Bill Strachan for an informative and inspiring panel discussion about the quadrennial classic, Paris-Brest-Paris. Find out how you can qualify for PBP and participate with cyclists from all over the world for this ride that was the precursor to the Tour de France. The panel will include Diane Goodwin, NY/NJ Regional

Brevet Administrator, Marty Wolf, club member and first American woman to successfully complete two successive PBPs, David Mandelbaum on his novice year and Karl Dittebrandt on the Audax style of riding.

In addition, discover how participating in one of our Club SIGs this Spring can prepare you for this PBP. As a bonus, the first person who correctly identifies the lead phrase in this announcement will win (by drawing) a

Randonneurs USA water bottle.



**So, please join us on Tuesday, February 18 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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