

NYCC Bulletin

NEW YORK CYCLE CLUB

APRIL BULLETIN DEADLINE: Noon on MARCH 7th is the FINAL deadline for articles and rides to be printed in the April 2003 bulletin! Anything submitted after that date will NOT be printed. The editor will be out-of-state.

A Chance Encounter

by Ian Hughes

As I watch the CNN Breaking News coverage of the disintegration of the Space Shuttle 'Columbia', I feel compelled to record a chance encounter during the summer of 1998.

I am employed in the construction industry and my work has taken me to numerous locations. Prior to being assigned in this area, I worked on construction of a chemical plant in Bayport, TX, near La Porte on the Houston Ship Channel.

While in the Houston Area, I frequently rode with the Space City Cycle Club in Clear Lake. Many times I have ridden by the back reaches of the LBJ Space Center and seen astronauts jogging on the track just inside the fence.

One day, returning from a solo ride to Alvin, I met up with another cyclist at an intersection along the I-45 service road. We rode together for some time and carried on, what was for me, a fascinating conversation. His name was David Brown, an



astronaut-in-training as a mission specialist. It was obvious that he thoroughly enjoyed his work as he spoke freely of his background and training. He had obtained degrees in biology and medicine before becoming a Navy flight surgeon then carrier pilot. This flight training led to his interest and subsequent acceptance into the astronaut program. He indicated that it would be several years before he would have an opportunity to go into space.

I have waited for Dave's name to appear on a shuttle flight roster and was very pleased to see him slated for his maiden flight aboard STS-107. I have monitored this flight since launch. When news of the lost contact with Columbia splashed across the TV, I was stunned. I felt a chill as I watched the video from Dallas TV of the last moments of the flight.

As we all do, I feel for the families of all the shuttle crew in this devastating accident. However, for me, the chance encounter with Dave has put a personal touch on this tragedy.

In Memory of ... Arlene A. Kando

by Diane Goodwin

I was fortunate to meet Arlene Kando in person on December 21st, 2002. She was the mother of Michael Kando, owner of Boro Park Graphics — where the New York Cycle Club bulletin has been printed for many years. On January 27th, 2003, she passed away unexpectedly. She was sixty-six years.

I won't forget how friendly and super efficient she was. Working in the print industry also, we deal with quick-turn-around deadline pressure, mixture of personalities and the "I want it yesterday" phone calls. Arlene was the person who always answered my phone calls. Whenever I rang up the print shop, she treated my needs with urgency and as if I were one of the most important clients. It was a pleasure to phone Boro Park; she made you feel special.

One Saturday, Don Montalvo (former editor) and I planned to visit Boro Park to make an easier transi-

tion. Although she tried to connect us with Michael, the trip was postponed. Eventually on December 21st, I drove alone to Boro Park and was greeted by Arlene's smile. I will miss her.

She was a generous woman and wife — always helping others like the homeless and kid's selling items to raise money for school events. Her green thumb was seen in the garden behind her house filled with vegetables and flowers. She loved flowers. Also, amongst her love was her dog and cat, who she took care of before herself. Family life was important, as she was old fashioned. She spent an enormous amount of time with Michael's family.

Brooklyn was her birthplace and she lived there all her life. Her mom was a mid-wife, therefore, Arlene was born at home, delivered by her mom's girlfriend.

Arlene is survived by her husband, George. They were married for forty-four years. Between their two sons, George and Michael, five grandchildren survive.

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Next Month -
Cyclocross by
Karl Dittebrandt

President's Message

Finally, March is here. Of course, as I write this, the mercury is inching towards 20° but hasn't made it there yet. I'm hoping when you read this, it will be at least 40 or 50 degrees. Hallelujah!!! Regardless of the temperature, March means one thing in NYCCville: SIG time!! Yes, the SIGs are already underway. That's the C, B, A19 and A Classic SIGs, those fabulous 12 week training courses that will improve your cycling skills, stamina and knowledge, not to mention your social life! A priceless investment that is literally priceless in that club members pay no price to participate. Check out our brilliant website for all the latest information. If you haven't signed up yet there's still time but come on, what are you waiting for?

Speaking of membership, did you renew yours yet? If not, you are flirting with getting dropped!! It's true, if you don't renew by the middle of this month you won't get next month's bulletin or the new user id and password to access the on-line bulletin. What's worse, you won't get the \$3.00 discount on your membership fee. Think of what your club membership gets you: this wonderfully informative monthly bulletin, freshly re-designed and re-invigorated by our prodigiously talented bulletin editor, Diane Goodwin; access to the fantastic SIG program described above; entry to many social events both cycling and non-cycling and a whole host of other benefits too numerous to mention in this small space. Quite a return on your \$21 (\$30 for couples) I'd say.

In addition to the SIGs, another thing I know that members look forward to in March is my annual sermon on helmets. No, helmets are not mandatory for club rides (though leaders can require them for their particular ride). We've thought about making it so, even implemented it once or twice but in the end, the powers that be decided that since we are all adults, we can all be left to make our own choices for our own safety. That doesn't stop me from sermonizing however. Some may remember a lengthy debate that raged - as most debates do - on our message board last year. Some of the posters even questioned the effectiveness of wearing a helmet. I don't question such things. I prefer not to take unnecessary risks, period, especially when the precaution is so painless. Yes, I know, no one likes helmet hair. And in the summer, who needs the extra warmth? When one considers the alternatives, however, these concerns are but the most trivial of annoyances. To paraphrase Woody Allen, my head is my second favorite organ. I'm going to do whatever I can to protect it, I hope all of you will do the same.

Let's ride!!!!

- Tom Laskey

Editor's Message

This is a 20 page bulletin because of the SIG rides. Not too much art is included due to inactivity of January and February. My ride on February 1st (century) went off but I took no photos ... didn't want the weight!

Check out the SIG Information page (4) and Maggie Clarke's "Get Back Into Shape" and "Club Riding Course." She's offering a good base. In the minutes on page 5, there is a list of dates for the Newcomers, All Class and possible Singles ride.

Don't overlook the Out-of-Bounds on page 9 filled new rides. The Audax Hudson 200K is hidden on page 11 though. This is a FREE ride and offered by Karl Dittebrandt - ride Audax style with brevet cards. This is different from my RUSA sanctioned brevets. My NJ series is not double pace-line.

Speaking of paceline, participants of the A SIGs will be riding paceline and should read the amazing article I found (and received permission to reprint) found on page 7.

Once again, Alfredo Garcia has offered his creativeness by writing a cycling story about Africa - page 8. Also, don't forget to start planning for the Berkshire Memorial Day weekend - page 8.

The New York Cycle Club is having a jersey contest. Please participate - page 10.

We have a new board member, Marty Wolf, membership. Congratulations! Thank you Jon Dindas. To be a board member is time consuming - more than you can imagine.

Please email me if you like or don't like what you see in the bulletin or have new ideas ... Don't forget the new deadline for April Bulletinnoon, March 7.

Diane

New York Cycle Club Board Members

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



President

Tom Laskey
(212) 961-1610
tomoboe@mindspring.com



V.P. Programs

Eileen Crowley
(212) 744-1518
eileen_crowley@msn.com



V.P. Rides

Fred Steinberg
(212) 787-5204
fsteinberg@nyc.rr.com



Secretary

Carol Waaser
(212) 581-0509
biker-c@rcn.com



Treasurer

Deborah Bennett
(646) 226-7148
deborahbennett@usa.net



Public Relations

David Hallerman
(718) 499-8171
cycleman23@earthlink.net



Special Events

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



Membership

Marty Wolf
(212) 935-1460
wolfmarty@msn.com



A-Rides Coordinator

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



B-Rides Coordinator

Stan Oldak
(212) 945-9801
stanOnyc@aol.com



C-Rides Coordinator

Isaac Brumer
212-734-6039
isaacbrumer@hotmail.com



Bulletin Editor

Diane Goodwin
(212) 875-9547
dgoody@mindspring.com

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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.

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Text files must be in Word or .txt, using Times or Arial fonts.

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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 MARCH5th. **Sorry, no exceptions.**

NYCC Board of Directors Meeting Minutes - Tuesday, February 4, 2003

The meeting was called to order at 6:50 p.m. In attendance were Tom Laskey, Fred Steinberg, Eileen Crowley, Robert Gray, Stan Oldak, Deborah Bennett, David Hallerman, Marty Wolf, Diane Goodwin and Eileen Crowley.

Membership - Tom introduced Marty as the new membership director. Tom explained that the membership job will be split into two components: the board position including answering member questions and manual registration and a database position responsible for keeping the membership database up to date. Tom explained he received numerous responses from volunteers for the database position. The group agreed to offer the position to Emily Miranda-Thompson. Tom agreed to contact Emily. Eileen and Marty will follow-up with Emily to arrange a time for the three to do a hand over.

Eileen reported that we have 1997 members as compared to 1807 this time last year.

Bulletin - Tom explained that there was a delay in the bulletin printing due to a death in the printer's family. The bulletins were scheduled to go in the mail today or tomorrow.

Use of Club Logo - Tom explained that he was approached by Jeff Vogel to gain permission to use the NYCC logo on Jeff's racing team Jersey. It was agreed that the logo could be used as long as all the team's members were also NYCC members.

Memorial Day - Fred reported that Reyna Franco has volunteered to handle the question about the weekend on nycc.org. Fred also explained that we will utilize active.com to arrange pre-registration for the dinner. We will also collect additional information as part of the registration. Tom explained that Liane Montesa and Donna Kahn have arranged a new venue and a caterer for the Sunday night dinner. It was unanimously agreed that the dinner would cost \$40 per person.

Bike Show - David reported that Carol Wood has volunteered again to organize the volunteers to work the table at the Bike Show. It was agreed that we would sell water bottles and give away a water bottle when someone registered. David is organizing the materials needed for the table.

Ride Library - Fred and Robert gave us a preview of the work to date on the ride library. Fred asked whether we want to rate the rides by difficulty. It was agreed that the library would include difficulty, distance and starting point. Fred explained that he had numerous volunteers to help complete the task. We agreed that the library would only be accessible to members. Additionally, all the cue sheets would

be credited to individuals but would become the property of the club in terms of use and copyright.

Calendar - The following club calendar was agreed:

All Class Rides
June 8th
July 19th – free lunch ride
August 17th

Newcomers ride
June 22nd
Aug 9th

Possible singles ride
Sept 9th

Fred requested that we also provide lunch for the all class ride in Aug (usually held on a Sunday in Valhalla). It was unanimously agreed.

Message Board Policy - Tom solicited feedback on whether we should allow anonymous posts to the club message board. It was unanimously agreed that we would restrict anonymous posts (i.e. you must use name to post messages) and we would continue to welcome nonmembers. Tom will follow-up with Peter O'Reilly on how to achieve this technically.

Budget Surplus - Deb explained that the cash has increased over the last several years. We probably can afford to run a deficit of \$6000. It was agreed that we should consider initiatives in the following categories:

Infrastructure
Increase membership
Increase rides

It was agreed that this would be discussed at the next meeting.

The next Board meeting will be Tuesday, March 4 at 6:30 p.m.
The meeting was adjourned at 8:50 p.m.

*Respectfully,
Eileen Crowley
VP Programs*

Big Apple BikeSummer ... <http://www.bikesummer.org>

Bike races on the refurbished Kissena track. A competition of skill and derring-do on homemade choppers. A tandem social. An after-dark tour of landmark bridges. These events and many, many more will all be part of BikeSummer 2003 in New York City.

That's right, the fifth annual BikeSummer will roll in the Big Apple from June 27 to July 26, 2003. A month full of fun and educational events celebrating bicycling, BikeSummer 2003 will include numerous rides for all ages along with bike-themed workshops, competitions, art exhibits, films, parties, lectures, and more.

BikeSummer was founded in San Francisco in 1999 to focus the bicycle movement and to promote bicycling and transportation concerns, and its exciting month of actions, adventures, and advocacy was a great success. Since then, the festival has traveled to Vancouver, Chicago, and Portland, OR, leaving behind expanded, energized, and more effective cycling communities. This year, between June 27 and July 26, BikeSummer will give locals and visitors from around the globe the chance to discover the unique (and

healthy) experience of cycling in New York City. It's a once-in-a-generation opportunity to showcase cycling in the world's premier city.

To see the 2003 events calendar, learn more about the vibrant history of BikeSummer, tie in your own (NYCC) rides, and get involved, visit www.bikesummer.org. Closer to June, look for printed event calendars throughout New York City and beyond.

Putting this all together is a host of volunteers from a broad-based coalition of New York cycling groups, all donating their time and resources. BikeSummer 2003 could use your support, too, to help make the BikeSummer's East Coast debut the best ever.

There are lots of ways to contribute:

- Spread the word, whether by telling friends, linking to www.bikesummer.org, or volunteering to distribute flyers or postcards.
- Plan an event. If you have an idea but don't know how to proceed, or need

advice about logistics, BikeSummer volunteers can help.

- Make a financial or in-kind donation. Although most events will be free of charge, funds are needed to pay for venues and equipment, printing and distributing the calendar and other promotional materials, administrative expenses, refreshments, and more--an estimated \$17,000 for the entire month.
- Donate your skills. BikeSummer needs graphics, mechanics, musicians, lawyers, valet bike parkers, promotional help, and probably any other talents you have.
- Tell all your out-of-town friends to visit New York during BikeSummer, and come to events with them. Remember, it's June 27-July 26.

To get in touch with the organizers and get involved, visit the "contact" page at www.bikesummer.org.

MARCH SIG INFORMATION

Where it all begins: C-Sig leaders plan series



1st row (seated) Kevin Banks, Peter Hochstein;
2nd row Arlene Chapman, Lee Ann Van Wyck,
Julie Bechtel, Alinda Barth, Patricia Janof, Chris
Bernstein, Kimi Mittelman, Tracy Young; 3rd
row Jim Janof, Gary McGraime, Kibbie Payne,
Paul Hofherr & Elliot Honig.

Missing from picture: Arlene Ellner, Ed Geffner,
Gary Trotter & photographer Debbie Dowell.

of time to improve your bike-handling skills. Second, you should be able to maintain a minimum average pace of about 10 mph. We'll divide riders into 3 groups with different riding speeds, depending on each rider's Self-Classification time. Last year's C-Sig group ranged from 11-16 miles per hour at the beginning. All groups start slower and ride fewer miles, gradually building up speed and distance. Third, you should be willing to commit to attending all 10 weeks, excepting excused absences, to follow instructions from your ride leaders, and have fun. Being a beginner cyclist is an advantage. We like to start at the beginning and train you our way. Having no previous bad habits to overcome is good!

Q: I'm an experienced rider but really want to learn more about the fundamentals of cycling. Will the C-Sig be too slow for me?

A: The C-Sig tries to give you a thorough grounding in all aspects of cycling. As the B-Sig starts 2 weeks earlier, you might want to contact them, too. The B-Sig assumes you are somewhat experienced in shifting, braking, etc. (However, a novice who's comfortable with bike handling can do very well with the Bs.) The C-Sig concentrates on bike skills and assumes riders can always increase their speed and endurance later. Our fastest C group is held to a 15-16 speed, because our emphasis is on learning.

Q: Do I need special equipment?

A: You must wear a helmet on all rides and bring a spare tube that fits your size tires. Also at least one water bottle and a portable bike pump. If you haven't yet bought a pump or bike tools, you can hold off until C-Sig Ride #2, when we'll talk about this. It's a good idea to make time before the Sig starts to get your bike in good working condition: brakes adjusted, chain cleaned and lubed, tires pumped to recommended pressure. Many cyclists visit their bike shops around now, when it's not too busy. A tuned bike should be good for several months of carefree riding.

Our C-Sig training classes start this month! If you are still hesitant about joining, we say "Go for it!" To help you decide, here are answers to some frequently asked questions we have received by e-mail and phone.

Q: Do I just show up or pre-register?

A: You can just show up for the Self-Classification ride either March 15 or March 16. See this month's ride listings for time and location. There is a pre-registration form on our C-Sig web page. Filling it out is encouraged as it gives us an accurate e-mail address, etc.

Q: How much biking experience do I need in order to join? I'm a runner but new to biking....I just got a new bike....I'm an experienced rider but haven't ridden much

A: There are three minimum requirements for joining the C-Sig. First, you should know how to ride a bike (no, I'm not kidding!) and be able to control the bike. This is for you and the group's safety. During the Sig, you will get lots

Improve Strength and Skills with the 2003 A-SIG Programs

Frank Grazioli

Looking to jump start your season? Looking to improve your bicycle handling skills? Come join the A-SIG Classic or the A-19 SIG as they kick off a new season. Both levels of the A-SIG offer instruction that helps riders build strength and group riding (paceline) skills over a 12-week series of rides. Each week sees an increase of mileage and speed. The A-SIG Classic eventually reaches a flat cruising speed of 21-22 mph while the A-19 program targets a flat cruising speed of 19 mph. In addition to on-the-road instruction, the A-SIGs offer a unique opportunity to build friendships and confident cycling through extracurricular activities that include bike maintenance and first-aid clinics, leadership workshops, and a variety of social evenings.

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 of last year's nearly 100 A-SIG graduates about how much fun the SIG was, how it changed their approach to cycling. They will talk of the incredible feeling of accomplishment in making the commitment to the program and seeing it through. They will say how getting in shape was never more fun.

There is no charge for the A-SIG program (beyond a paid 2003 NYCC membership within the first three weeks of the series) but there is also no free lunch. All participants are expected to take the program seriously and to attend all rides. No one with more than two unexcused absences will be permitted to continue. If inclement weather prevents a Saturday ride, we ride on Sunday. In other words, we will own your Saturdays (and sometimes maybe your Sunday). Helmets are required at all times.

Not sure which program will suit you? Riders who can comfortably complete 4 consecutive laps of Central Park in 1:50:00 or better have enough fitness for the A-19 SIG. Riders who can comfortably complete 4 consecutive laps in 1:35:00 or better have enough fitness for the A-SIG Classic. If you're still unsure of which A-SIG is right for you, make your best guess or consult with a leader. The Classic and A-19 programs will work cooperatively in the first weeks and switch riders up or down to ensure the fit is right.

For further details on the A-SIG Classic and the A-19 SIG please visit the web pages dedicated to each on the club's web site at www.nycc.org, contact the program leaders, see the ride descriptions in this month's bulletin, or just show up for our joint orientation. Registration, orientation and our respective first rides take place on Saturday, March 1, meeting at the Blessed Sacrament School cafeteria, the north side of 70th Street, between Broadway and Columbus Aves. Registration starts at 8:30 am and orientation begins promptly at 9:00 am. Bring your bicycle and be prepared to ride.

SIG Co-ordinators:

A Classic

Frank Grazioli (212) 529-9462

A19

Ed Fishkin (718) 633-3038

Jim Galante (201) 503-9192

B

Eva Wirth (212) 477-9322

(ewirth@yahoo.com)

C

Patricia Janof (212) 737-1668

(patricia.janof@verizon.net)

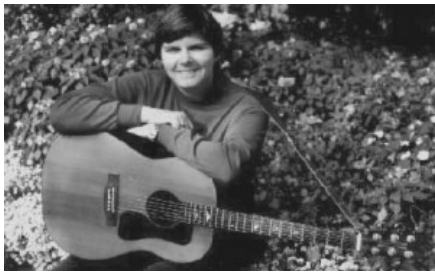
Gary McGraime (212) 877-4257

(garynycc@aol.com).

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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).



2003 Intro to Club Riding Course

by Maggie Clarke

Mark your calendars! -All NYCC members are invited to a two-session course, inspired by Irv Weisman, designed for members who are relatively new to our sport and for those who want to increase their bicycling savvy. The last two years 60 people came to this course, and it was well received. It is highly recommended for those taking the SIGs. The course will be held indoors on 2 Sundays in early March.

The sessions start at 10 am and should last about three hours, Sundays, March 2 and March 9. Bring a snack for the break. Each session covers different material, so please come to both! More details and class notes will be submitted to the Club website.

The workshops take place at the Hunter College North building, accessed from 69th Street just east of Park Avenue, 10th floor, left to the Geography dept. Room 1036. Please bring your helmet to the first session (so that you can learn to adjust it).

Some of the topics to be covered include:

- Introduction to the course -- why is it important
- Clothing, things to put on yourself
- How/what to eat and drink, and why
- Bike fit: Gearing; Seat height, Reach
- Helmet fit (this can save your life in an accident)
- What to bring on a ride (tools (flat repair), money, food, bike pass, maps, water)
- Maps (reading, route planing, topography)
- Off-bike Stretching (before, during, after ride)
- How to pick a bike (if enough people need that info)
- How to get to rides: Navigating the Subway with your bike
- What to expect on a group ride;
- Orderliness! Ride in a line, even spacing; no jockeying. No massing at lights!
- Predictability!, No sudden moves or stops; indicate movements by signaling.
- Group consciousness: Look out for one another AND for yourself; Respect the Leader
- Mechanical (tire inflation, valve types, brakes, maintenance/lube, gears)
- Individual Bike check: Individualized advice on gears, bike fit
- How to select a club ride -- advertised pace, classification
- How to ride (cadence, pedal position on turns, over-manuevering)
- How Gears work and how/why to use them
- Recognizing and dealing with hazards
- Rules of the road Right of Way, Our place on the road, Our rights
- Traffic strategy, group riding

Get Back In Shape!

by Maggie Clarke

For those of you who, like me, have been hibernating to these many months, I offer a regular series of rides to get ourselves back into shape this spring. The series is intended for those who have already graduated from a SIG or riders who are experienced at Club riding, so road etiquette will be observed.

If you have any questions, please phone Maggie at: 212-567-8272, mclarke@hunter.cuny.edu or Ed Sobin at 718-625-7452 esobin@keyspanenergy.com.

The rides will take place on Sundays beginning in late March (March 30) starting at 25 miles and working our way up to 50 or 60 miles (depending on how many weather cancellations there are). The pace will be slow at first (12 mph cruising) and working up to 13 or 14. The series is modelled after the training series that Irv Weisman and I led for

many years prior to the creation of the C SIG in the early 1990s. Therefore, our routes will be inspired by Irv - on less traveled roads where possible. To maximize the pretty scenery and minimize the drudgery of

Manhattan riding, the rides will begin at the GW Bridge or Inwood in upper Manhattan, or the PATH at Greeley Sq. midtown.

Where it all begins: C-Sig leaders plan series

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Q: How should I dress?

A: Dress in layers for cold weather: covered knees (tights plus windbreaker pants are good if it's in the 30s), layered tops with a windbreaker as the outer layer, gloves, something to cover your ears that fits under your helmet, two layers of socks and winter cycling boots or booties to cover your shoes. Many of you won't have cycling boots or booties, try putting plastic bags over your socks inside your shoes or buy Grabber 'Toe Warmers,' found at most sporting good stores. I'm writing this during February's really cold weather, but keep in mind that even at, say, 40 degrees, with a combined 20 miles of wind and bike speed, your body perceives a wind chill temperature of 13 degrees! We will cover bike clothing in more detail during the Sig.

Q: This is all free?

A: We do say the Sig is free, but we require that you join the NYCC. You also need to buy a Metro North bike pass; it's \$5. The only other upfront expenditure is lunch money during our rides. And you even get one free lunch, courtesy of your volunteer ride leaders!

Q: I've never ridden in a group...it looks terrifying! Will it be OK?

A: You're probably thinking of pace line riding, where you're inches from another cyclist's rear wheel and you keep your eyes on the road and that other wheel all the time. We teach single file group riding, and we start with a healthy gap between bikes. The gap will narrow over the course of the Sig, but you should be comfortable riding within the group. We spend a lot of time on verbal and hand signals and correct positions on the road vis-à-vis left-hand turns, traffic circles, etc. Honestly, you'll feel like such a pro riding in a group.

Q: Is it too late to get in shape for the Sig? How do I train?

A: Try to get out and ride before March 15-16. There's nothing better than riding, to train for riding! If you have access to a gym, leg press, leg lift and hamstring curl machines are great for building leg muscles. Aerobic exercise on the treadmill or elliptical fitness cross-trainer will build lung capacity. Non-gym exercises include, squats, lunges, pushups and crunches to strengthen your legs, arms and lower back muscles.

Q: How long does each ride last?

A: Plan to show up for the Self-Classification ride a little before 9:30 and to leave 2-3 hours later. For the next 9 Saturdays, we'll get back between 3-5 PM. So this is, in a way, the "cost" of doing a Sig—you hand over your Saturdays to us! But I don't think you'll regret it; you gain life-long skills and get to know a great bunch of fellow cyclists.

Spring Training Ride in Crete with Norwegian Racing Club

I would like to write about a ride I participated in on the island of Crete in April 2001 with a Norwegian racing club while working for Computer Sciences Corporation in Norway.

The club, Baerum og Omegn Cykleklubb (BOC), has over 500 members and is located in Oslo (population: 512,589). It provides amateur racers with many training rides, winter indoor spinning classes and races under their team banner. I joined the BOC spinning classes in February 2001 to prepare for the summer cycling season. Although not a racer myself, I decided to stick with their program because they made me feel accepted despite my less than stellar riding abilities. Many of them are avid cross-country skiers during the winter.

I decided to go on the trip because I was assured by my soon to be roommate that the ride would be divided into three groups based on riding ability. What I did not know at the time I booked my reservations is that the western part of Crete is very mountainous. I kept up with the spinning classes and by the time April rolled around I was ready to go.

Another thing I did not know at the time, is that the trip was used by the BOC as a training ride for the Trondheim-Oslo race, also referred to as the "Great Trial of Strength". It is a 540km (336 mile) race from Trondheim to Oslo. The total height of climbing in the race is 4304 meters (14,121 feet).

The top riders in 2001 finished in less than 14 hours with the top BOC riders (my Crete buddies) finishing in 13:51. That is just over 24 miles an hour for 14 hours. So, this is the group of guys I went to Crete with! It is a good thing I did not know the full extent of their abilities in advance because I would not have gone on this ride. But, regardless of their race

performance, they were very friendly and always made the slower 3 riders feel welcome. We had a wonderful time and it helped me to get prepared for the Lillehammer-Oslo race, a much shorter race of 190 Kilometers (118.060527 Miles).

We went to Crete in April, before the tourist season began. Temperatures were in the high 60s to low 70s. It rained on one day only for a few hours. However, it was combined with a sandstorm from the Sahara desert and the winds became so strong that they managed to knock me off of my bike. We were there for a total of seven days. The daily rides were anywhere from 70 to 120 miles with climbing between 4000 and 6000 feet per day.

We went through charming villages that were inhabited by locals, hardly any tourists. We were often the only customers for lunch at local restaurants. One day we ate delicious seafood on the coast in the town of Sfakia. This is a town known for its rugged, mountainous landscape and history. It is one of the few places in Greece that was able to resist the occupying forces of both the Venetians and Turks. Here is a web link: <http://www.interkriti.org/visits/sfakia.html> in case you want to get a sense of the look and feel of the place. The locals treated us to their best service since we were often the only customers.

Our starting and ending point was the coastal city of Rethymnon. The hotel had a pool and we were next to the sea. It was a bit too cold for me to take a swim, but some of the Norwegians - who are accustomed to more extreme weather conditions - actually found some time to sunbathe at the end of the day's ride. Another reason I did not swim or sunbathe is that I often came in a few hours later than the two groups.

We basically rode in double paceline - regardless of the group 1, 2, or 3 that we were in. We stopped when necessary but mostly kept riding, enjoying the beautiful scenery and the car free roads. We encountered cars as we left Rethymnon, but once outside of the city limits, the roads were pretty empty. I had been to Majorca the summer before and was struck by the large number of cyclists and cars on the road. Not so in Crete, which is something which made the trip truly enjoyable.

So, here I am back in the U.S. and trying to find another bicycle vacation that will be both fun and challenging and I could not help but reminisce about my trip to Crete. So, I decided to write an article and invite anyone out there who is interested in participating in this trip to join in what promises to be a very challenging vacation.

The website for the BOC with pictures from the trip and link is: www.boc.idrett.no/tur/kreta2001-dagbok.htm. Information and links are available from www.boc.idrett.no/tur/kreta2002.htm. I have already spoken to the ride organizers and they said that they would be happy to allow a NY group of cyclists to join them if there turns out to be any interest. Their only concern is double paceline formation. But I don't think that this will be an issue. I actually took part in some CRCA coaching rides back in 1999 and know this won't be a problem with any level CRCA rider who might want to join the trip.

So, if you are interested in the trip, have any questions, or want additional information, please contact me at your earliest convenience at antheodor@yahoo.com or call me at 845-680-0333(home) or 917-971-0033(cell).

Lon Haldeman's '90% Rule' for Indoor Training

by Lon Haldeman

Go to www.roadbiker.com for more training tips for the "road biker" where this tip comes from.

Lon Haldeman is an ultra-marathonist who won the first two Races Across America in the early 1980s and set numerous endurance records. Now he operates PAC Tour with his wife, Susan, which has given thousands of riders the chance to cross the U.S. at a pace of 125-140 miles per day.

Another PAC Tour event is the annual Desert Training Camp every March in southern Arizona. It's the process of getting in shape for camp while in cold, snowy Wisconsin that prompted Lon to explain how he goes about it.

LON HALDEMAN WRITES:

Now that the indoor season has started, I'm back riding the old Monark ergometer I've been using since 1982. It has a belt hitched to a furnace fan to add pedaling resistance and make a cooling breeze.

To help keep my heart rate up, I made a couple of other modifications, too. I replaced

the handlebar with chrome high-rise bars from a kid's String Ray. Then I took off the seat so I have to stand for entire workouts.

The handlebar is high enough so I can't lean on it and cheat the weight off the pedals. I push a big gear at about 60 rpm. The position isn't very efficient, but it raises my heart rate 10-15 bpm over what it would be sitting and spinning the same wattage output.

One thing I've realized over the years is a basic formula for maintaining fitness. It seems if I can accumulate at least one hour per week within 90% of my max HR, then I have had a good training week.

Years ago, my max HR was 200 bpm, so 90% was a goal of 180. If I did 3 workouts per week with my heart above 180 for 20 minutes, I felt I had a good week. Same thing for 6 workouts at 10 minutes each above 180 bpm.

Doing 2 workouts with 30 minutes above 180 bpm was tough. Doing one workout with 60 minutes above 180 bpm was impossible.

Now that I'm 20 years older, my max HR is about 190 bpm. My training goal of 90% is 171 bpm. I've been using the goal formula of 60 minutes per week at over 90%. I think it's

still pretty effective.

Including warm-up, cool down and steady riding while watching TV, sometimes I only ride 3 hours per week. But I still seem to get in okay shape for Desert Camp. I realize it would be much better to be riding up to 3 hours on several days to maintain or improve my endurance.

For many years, I rode all winter for 3-4 hours per day and my heart rate probably never got over 160. I wasted a lot of training time, but I learned how to stay on the bike!

I just wanted to report my "One Hour per Week Over 90%" rule. I'm not sure how much scientific sense it makes, but it is a good rule of thumb that seems to work for me and is easy to calculate and remember. Maybe other riders will find it effective, too.

Anyone interested in participating in PAC Tour Elite (that's 200 miles a day cross country - supported - not a race), contact Lon and Susan at www.pactour.com

Pacelining For Dummies ... <http://www.randonneurs.bc.ca>

by Tom Hocking (© Tom Hocking, 2000)

If you caught any of the coverage of le Tour this year (2000), you watched and probably admired those long lines of riders in the peloton moving across your TV screen with seemingly effortless grace. A line of trained riders working together truly is a thing of beauty as it traverses the countryside fluidly, like some variegated snake. We don't have to be Euro pros to do this, but alas, the majority of recreational cyclists, yes, even some randonneurs, do not know how to ride a proper pace line. After four years of riding brevets with our club and observing riders in action, I feel it's time to address this issue.

Done properly, pacelining (or "drafting") can increase a rider's efficiency by up to 30%. That means 30% faster or farther on a given amount of cookies--a significant difference when you're nearing the end of a long ride. I should stress the "done properly" bit because many times I've been part of ragged lines on our rides when less experienced members seemed uncertain of how to do what when. This article has arisen out of my frustration at the wasted efforts and confusion that resulted. I hope to clear up some of this confusion and allow us to develop a commonly agreed upon standard of practice.

I rode with Edmonton Velo during the 80s and we had a strict protocol for riding pace lines. Not to say that these road racers were a bunch of "pace line nazis", but when bikes are travelling inches apart at 40 kph, certain rules are essential for safety.

The ideal situation for pace lining is terrain that is flat to rolling and frequented by wind (e.g. The Fraser Valley). When things are going good and all cylinders are clickin' it's often possible for following riders to simply coast whilst the lead rider is doing his best to turn bananas into lactic acid. Not only is a good paceline efficient in terms of distances travelled at high average speeds, it also happens to be one hell of a lot of fun.

So how is it done? First a bit of theory about aerodynamics. Scientists have determined that air resistance is an exponential function of speed [Editor's note: technically it goes as the square but the effect is the same]. In other words, as you increase your speed, the effort required to overcome the resistance of the air increases dramatically. For example, increasing your speed from 12 kph to 32 kph increases the air resistance you encounter by a whopping 1800%! A recent study demonstrated that, at 32 kph, the energy requirement is reduced by 18% in a paceline compared to a solo cyclist travelling at the same speed. And that's in still air. The difference becomes even more significant if you're riding into a headwind. What all this technobabble means is that a tremendous amount of a rider's energy is expended just trying to push bike and body through the ocean of air that surrounds us. Wouldn't it be nice if we didn't have all that atmosphere to contend with? Of course, without any air none of us would be able to breathe, so forget bicycling. But just suppose that there was another rider in front of you,

poking a hole in the air for you to ride through. That rider would be breaking the wind for you and, according to the eggheads, your efficiency would skyrocket. That's what drafting is all about. The lead rider in the line punches this hole in the air. That window only stays open for a short time before it begins to close up again, so there is a pocket of low pressure just behind the lead rider. That's exactly where you want to be riding so you can get sucked along in the draft. The same theory holds for every other rider in the line. I believe that the effort expended is even less for each additional rider who joins in behind.

OK, so how did those Velo boys work it? Here's how: Riders form up single file in a group of two to perhaps eight bikes and begin pedaling at a mutually agreed upon speed. This could be a comfortable cruise if the purpose of the ride is leisurely or, if the group was really pouring on the coal, the pace could become greater than that which could be sustained for any length of time by one of these riders alone. The lead rider assumes an aerodynamic position on the drops or aerobars and pedals hard, but is careful to avoid going anaerobic. A smooth, steady pace is paramount. No braking without plenty of warning and no eating or drinking. Even standing up suddenly can create chaos back down the line. The lead rider remains on the front for a predetermined period, which may be 3 km on easy rides, or, if the group is really hammering, it could be as short as 30 pedal revolutions.

Now here's an important part that, for some reason, people don't seem to understand. When the lead rider's turn at the front is over, he (or she) does a shoulder check for oncoming traffic, then peels off TO THE LEFT and begins to soft pedal in such a way that the rest of the line overtakes him on his RIGHT side. As the last rider in line passes by, the erstwhile leader accelerates enough to fall in behind, thereby becoming the caboose. Now that rider can recover, take a well-earned drink, scratch his nose and grope for a broken cookie in his jersey pocket. As other riders complete their turn at the front they will fall back to the end of the line in turn and our original 'leader' (now hopefully well recovered!) resumes his place at the front once again. In this fashion the entire line recirculates continually as it moves down the road somewhat like a bulldozer's caterpillar tread. Except lighter, quieter, faster, and more graceful.

The role of the second rider in line, and all subsequent riders, is to maintain the correct interval to the rider ahead and to remain alert to what's coming up. Don't fixate on the rear wheel of the next bike. Instead try to peer ahead for upcoming traffic signals and hazards. How close should you be to the rider ahead? That really depends on several factors amongst which are speed and your own comfort level. It can vary from, say 6" (15 cm) to about a wheel length. Certainly after a distance equivalent to a bike length, you will notice the window beginning to close down and the beneficial effect will soon be lost. You do not want to let this happen for, if you do,

you'll find you have to work very hard to get back on. Should you allow too much of a gap to open up, your train will become uncoupled and you will be unable to regain contact. It's what we call "getting dropped". Sometimes this gap can occur due to a lapse in attention. Neither do the riders behind you want this to happen to you because of the "slinky effect" that follows, nor do they want to lose contact with the locomotive. A line of serious road racers will maintain a constant chatter and would not be shy about informing you of your lack of concentration. The kindest phrase you might hear could be, Gap.....Gap!.....Hey, watch the **** GAP!!" Randonneurs, being of a far gentler sort, would never speak so harshly. Should the gap begin to widen despite your best efforts, then you need to communicate this to the rider in front (presumably before it becomes necessary to shout in order to be heard). If it becomes evident that you're in over your head or that the rest of the group is constantly riding above your comfort level and you're not able to recover, it's fine to let the group go and resume riding at your own pace. Chances are there'll be another train along in a few minutes that might be more to your ability. You can hop on the back of any train, but it's considered good etiquette to ask permission first.

When riding in a line do keep your hands near the brakes, but try to avoid touching your brakes (see Slinky Effect). If wheels are getting uncomfortably close, stop pedaling, sit up, and maintain your interval. Remember: smoooooth and steady....

A CARDINAL RULE: You must never, ever, allow your front wheel to touch any part of the bike in front of you for, if you do, you will go DOWN. The rider ahead may remain blissfully unaware of your personal tragedy, but terror will reign amongst those behind. If you don't feel comfortable with your tyre (I used

Harold's spell checker) directly in line with the wheel ahead, it's permissible to ride slightly to one side or the other while maintaining the gap. Do not overlap wheels or you may come to grief when the rider ahead swerves suddenly to avoid debris.

Another part of the protocol that seems to be troublesome for many riders occurs when it's time to take over at the front. When the lead rider peels off and begins to fall back, there is often a tendency for the next rider in line to speed up. Do not (I say again) do NOT accelerate. Maintain exactly the same speed that the line's been travelling.

Those are the basics. Follow these rules and you and your group will be happy, healthy randos. There are more advanced methods such as double pacelines and echelon formations used to counteract the effect of wind from different directions. I hope I have sparked some interest for this exciting aspect of cycling and that eventually all members will become proficient. We simply need to agree on a standard method and put it into practice.

The spirit of randonneuring is co-operation and working together and a well ridden pace line personifies this. How about trying it on our next brevet? Bon route!



Africa--Cycling The "Dark" Continent

By Alfredo Garcia

"These are the days of miracle and wonder. This is the long distance call. The way the camera follows us in slo-mo. The way we look at a distant constellation

And don't cry baby, don't cry." Paul Simon From the Great Pyramids, the Sahara Desert, rain forests to the Great Zimbabwe and beyond, Africa spans many centuries as a beautiful continent with unique history, civilizations, lands, culture and people. True, there is constant turmoil and instability, as like many countries everywhere. But Africa presents a unique destination to ride a bicycle.

Africa has been successfully cycled cross-country. Recently, in the early 1990's, participants of the AfricaTrek expedition dauntlessly rode 18,990 kilometers (11,800 miles) in 262 days, starting north from Tunisia to South Africa. Goals were three-fold: a) promote bicycles as non-polluting transportation b) via the internet, report to grade & high school children & teachers worldwide, for progress reports and education c) take air-samples from the Sahara Desert for NASA scientific research.

Another combined cycling/research journey, in the late 1990's, was AfricaQuest. It probed beginnings of mankind (earliest humans came from Africa, millions of years ago) and investigated disappearance of game animals in East Africa, which was discussed via the internet again with schoolchildren & teachers worldwide.

There are so many countries in Africa. Bicycle events are a relatively new concept in Africa, as opposed to sports like running and soccer. People commonly ride bikes for transport and means of making a living. For example, in the Congo, young boys use bikes made of wood for delivery jobs. Although most African roads are dirt, there are notable bike races and tours on paved roads:

As of this writing, Tour d'Afrique is in its third month. This new 100-day bike event spanning 10,500 kilometers (6,600 miles) is organized by Tour D'Afrique Foundation, Canada. Competing and non-competing cyclists ride from Cairo, Egypt, through various eastern African countries, and will arrive in Cape Town, South Africa, by May.

Another new event, to be held in October, is Bike The Nile, organized by Age Concern, a British organization, to benefit senior citizens. Cyclists will ride in Egypt, along the Nile River, taking in the cities of Luxor, Esna, Aswan and Kom Ombu, as well as visiting ancient Egyptian historic places. This tour seems to be in the making for thousands of years.

Tour du Faso, is an annual 11-stage, 1,300 kilometer (807 mile) road race held in November, in the country of Burkina Faso, western Africa, bordering Ghana, Benin, Mali and the Ivory Coast. Legendary racer Fausto Coppi rode his last race here in 1960. Presently, Tour du Faso is administered by Jean LaBlanc, Tour de France.

Differing contrasts: White Europeans, usually Belgians, French & Italians, are amateurs and retired professionals arrive with state-of-the-art bikes and gear. Especially with time-trial helmets, which Tour du Faso spectators look strangely upon and refer to as "banana" helmets. They compete with Burkina Faso & other African cyclists, riding old & worn road bikes. Usually, it's no contest. But European teams donate bikes (with prized Campagnolo components) to deserving African racers afterwards.

Along East Africa, there's Pedal Safari East Africa. Every August, this organization leads a 4-week bike "safari" from Dar es Salaam, Tanzania, Kenya and finishing at Kampala, Uganda. This 1,668 kilometer (1,037 mile) road tour includes visiting politically stable regions & people and a chance to ride up snow-capped Mt. Kilimanjaro-and dance. Ernest Hemingway would be proud. Tour proceeds will benefit various African non-profit foundations, educational programs & institutions. One of the organizers is Michael Mpyangu, who successfully rode AfricaTrek and AfricaQuest.

South Africa is the dominant cycling nation on the continent. Among notable Cape Town bike events is Giro Del Capo, a 5-day stage bike pro race. Its breathtaking final stage is a hilly time trial. Shortly after is the annual Cape Argus Cycle Tour, world's largest bike race. With 35,000 riders, rivaling our Bike New York & Montreal's Tour de L'ile mass starts, Cape Argus racers vie for medals or prize money. The challenging 109-kilometer (68 mile) route on the Cape peninsula is rolling terrain, hills with occasional high winds and

maybe wet weather. Since 1978, Cape Argus is renowned for its legendary SAG support, like providing thousands of gallons of Coca-Cola! Another bike race is Tour Durban, near the Indian Ocean, in April.

South Africa is also the lead African country hosting brevets (a distant second, interestingly, is Senegal), sanctioned by Audax Club Parisien (ACP).

Another side of South African cycling, is AfriBike, a non-profit network, which has helped Black South Africans by distributing bikes and teaching riding skills at low cost. Among impoverished South Africans, the bicycle is a dignified means of self-empowerment, as sustainable transport, good opportunities for education, jobs and economic advancement as well as maintaining health. AfriBike has various bike-related projects throughout South Africa as well as an AIDS charity ride.

There's great cycling in Europe and North America. Even in Asia, Latin America and Australia. But hey, you can have a memorable ride under African skies.

Resources - Book: *Bicycling In Africa*, David Mozer, International Bicycle Fund, 1993

Internet: AfriBike Online: www.afribike.org. Argus Cycle Tour: www.cycletour.co.za. Bike The Nile (download the event pamphlet): www.ageconcern.org. Pedal East Africa Safari: www.pedalsafari.com. South Africa Cycling, plus riding in Zimbabwe and Namibia (formerly Southwest Africa): www.sa-cycling.com. Tour D'Afrique, with weekly dispatches: www.tourdafrique.com. Beautiful black & white photo spread of the 2000 Tour du Faso by Dutch photojournalist Chris Keulen: www.photo.nl.

An African proverb, "caution is not cowardice," makes sense with safety, crime and health concerns when going to Africa. Besides Pedal East Africa Safari & South Africa Cycling, check the International Bicycle Fund, for important information, advice and misconceptions of Africa, especially for cyclists: www.ibike.org.

Recommended non-cycling resources: *Africa On A Shoestring*, Lonely Planet (LP)2001. Jan Brokken's *The Rainbird*, LP, 1997. Jennifer New's *Dan Eldon: The Art of Life*, Chronicle, 2001. Sekai Nzenza-Shand's *Songs to An African Sunset*, 1997. Nelson Mandela's *Illustrated autobiography*, Little, Brown & Co., 1996.

NYCC Berkshires Memorial Day Weekend • May 23-26, 2003

OK, as I write this, it's still snowing every other day, and black ice would be an improvement over current conditions. But, by the time you read this, the SIG's will be sprouting a new crop of NYCC riders, and just a week or so after the SIG's graduation is the NYCC Berkshire Weekend, where over a hundred NYCC cyclists take their act on the road for the first club weekend of the season.

Join us for 3-4 days of cycling through the beautiful country roads, farmland and of course the Berkshire Mountains. Rides are planned for A, B and C levels. In addition to cycling, we have a great windup dinner planned at the Berkshire South Regional

Community Center and catered by Pappardelle Restaurant on May 25th. Cash bar runs from 6 to 7 p.m. and dinner, 7 to 9 p.m.

To maximize your riding opportunities, there will be rides from New York City to the Berkshires using Metro-North trains to give us a head start to the country.

Please refer to NYCC.ORG and follow the links to Weekend Events and the Memorial Day weekend. There you will find links to local hostels as well other local attractions. This year we will offer on-line registration for the club dinner (\$40.00). Please register on-line, it makes it easier to track where our members are staying so we can distribute ride

and other weekend information.

Please note: The NYCC will not be running an official luggage shuttle to the Berkshires in 2003. If you are planning to join us in the Berkshires by riding up, please make sure you have transportation for your luggage, both going up and back. If you are interested in providing a luggage shuttle, please contact the number/Email address below.

For further information, contact Berkshires@NYCC.org or call Fred Steinberg (212 787-5204). Up to date information will be posted on the NYCC.Org site and weekly E-mailings.

OUT-OF-BOUNDS Rides

T-Town Women's Cycling Clinic • May 3-4, 2003 • Trexlertown, PA

A WEEKEND CLINIC FOR WOMEN that includes classroom and on-the-bike sessions with professional instructors. Features both road and track time in a supportive, women-only atmosphere. Includes a special "Evening With the Stars!" - a catered dinner with some of cycling's hottest riders.

This is your chance to learn cycling tips and secrets such as: how to ride in a group, how to take a corner smoothly and how to handle your bike in tricky situations. Also, get expert bike fit and pro training secrets. Optional velo-

drome time on Sunday gives you the opportunity to try out your track legs on a freshly-tuned fixed gear track bike.

Instructors:

Karen Bliss -- Professional cyclist, 7-time U.S. National Road and Track Champion, captain of the Saturn Cycling Team, one of America's "winningest" cyclists with over 300 career wins.

Sue McDonough -- 3-time U.S. National Criterium Champion, over 150 career wins, raced at the elite level while holding down a

full-time job and raising two kids, current expert-level coach.

"Whether you've raced before or are just considering it, this clinic will help you increase your knowledge about the sport and help you get more out of your bike riding." - Julie Mallette, 1999 clinic participant and current category 2 racer, Atlanta

for more information:

go to: www.lvvelo.org or contact: Nancy Seay @ 610-967-8947

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.



2003 Ride for Autism

Charity bicycle tour on
June 14, 2003 in
Monmouth County, NJ.

Information about the event, and
online registration, is available at
<http://www.ride4autism.org>



**LONG ISLAND
ALZHEIMER'S
FOUNDATION**

3rd Annual "A Ride to Remember"

Nassau County's North Shore bike tour
Saturday, May 17, 2003

Long Island University at C.W. Post Campus,
East Gate, Northern Blvd., Brookville, NY

Registration: 7:15 a.m.-8:15 a.m.

Start: 30-mile course--8:15 a.m. sharp

20-mile course--8:45 a.m. sharp

Proceeds benefit the Long Island Alzheimer's Foundation, an independent nonprofit organization that provides educational and social services to improve the quality of life for individuals with Alzheimer's disease and related dementias, and their families in Nassau, Suffolk, Queens and Brooklyn.

For more information about LIAF or "A Ride to Remember," call toll-free 866-789-5423 or visit www.liaf.org.



2003 New Jersey Brevets (not races)

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)

Not riding? Ask how to volunteer!

TO REGISTER and MORE INFORMATION:

www.njrandonneurs.com or

email the organizer:

Diane Goodwin at dgoody@mindspring.com

Look for our booth at Bike New York!

RBF presents Fifth Annual RAAM Qualifier

Adirondack 540

A Benefit for the Adirondack Council 544 Miles
Ticonderoga, New York September 12 -14, 2003



Welcome to the fifth annual Adirondack 540. This race is a fund raiser for The Adirondack Council and a qualifier for RAAM 2004.

The Adirondack 540 will be held on a 136 mile loop which begins and ends in Ticonderoga, NY. This year's event will offer distance options of 544, 408, 272 and 136 miles. Please note that only the 544 distance is a RAAM qualifier. Riders will have the choice of three start times on Friday, Sept. 12th: 7AM, 9AM or NOON. In addition, riders of the 136 mile option may also choose to start on Saturday, Sept. 13th. We also have categories for tandems and HPVs, in addition to our team and solo categories.

FOR A BROCHURE CONTACT: John Ceceri - Race Director, Adirondack 540
16 James Street, Saratoga Springs, NY 12866
518-583-3708 • adk540@nycap.rr.com



Race Across America (RAAM) Update ... Release: January 31, 2003

San Diego to Atlantic City ...

Pat Carter, NYCC member, to support Mark Patten

Lanie Mason, USCF/UCI # B0083740.
RAAM Public Relations

Have you ever wondered how far you can push yourself physically and mentally? Well we have prepared just the opportunity for you. Race Across America (RAAM) - the World's toughest endurance bicycle race begins this year (new route) from San Diego, California, and proceeds 3000 miles to Kennedy Plaza on the Famous Boardwalk in Atlantic City "America's Favorite Playground" in New Jersey. The legendary RAAM with its mystique is now in its 22nd year since inception and is waiting for you.

Solo RAAM presents the unbelievable challenge of 22 hours and 350 miles per day for more than 8 days to finish. For those of us more in the realm of mortals, 2 and 4 person teams are done as relay teams breaking the ride up into manageable pieces for any well trained cyclist. Expect 6 hours per day on a 4 person team doing 100 miles or so. The Corporate Team Division has up to 8 team members so 3 hours per day for 50 to 60 miles is the target. Prize money of \$40,000 is to be divided between the winners of the Solo, 2

and 4 person divisions, plus several \$10,000 bonus awards to the first to beat certain existing records.

Checkout the RAAM website www.raceacrossamerica.org for Route, Award details and more, and sign up for the ride of your lifetime. You will be televised on Outdoor Life Network (OLN-TV)

RAAM 2003 Route (new):

2930 miles

Downtown Harbor, San Diego, CA to the Famous Boardwalk in Atlantic City, NJ

Dates:

Starting Banquet Celebration Saturday, Jun 14, 2003 at Holiday Inn, Downtown San Diego, 1355 N. Harbor Dr.

Solo Start: Sunday, June 15, 2003 at 7:00 am

Team Start: Monday, June 16, 2003 at 2:00 pm

Finish Banquet Celebration, Wednesday, 5:00pm, June 25, 2003 at Kennedy Plaza on the Boardwalk, Atlantic City, NJ, America's Favorite Playground

Race complete, June 27, 2003 12:00 Noon

Banquet Tickets are \$20.00, available on the RAAM website store. Everyone invited, limited seating available. Come out to see and support these incredible athletes.

Anyone interested in ultra-marathon cycling should attend the Finish Banquet Celebration on June 25th. Since the route changes every year, this excitement is rare.

Pat Carter, NYCC member, will be crewing for Mark Patten. She's crossed the United States with PAC Tour six times but never raced. Questions? Contact the event as listed here or myself @ dgoody@mindspring.com

Diane Goodwin

WANTED: T-SHIRT IDEAS for Escape New York Century Bike Ride

We need your creative ideas for our event t-shirt. All ideas are welcome. The wackier the better. Your idea will need these words:

NYCCV presents
The 9th Annual
Escape New York
Century Bike Ride
October 4th, 2003.

The person whose idea is chosen will receive free entry to the Century Ride. Good luck.

Submit ideas to:

John Barnard
155 Hicks Street
Brooklyn NY 11201
Ph 718 858 9466
F 718 858 5504
jbarnard_backdrop@acedsl.com

AUDAX 200K HUDSON RIDE

April 6, 2003
7 a.m. SHARP! start
(this means arrive no later than 15 minutes before start)

Sanctioned by
Union Audax Federation
(UAF)

FREE

Start: George Washington
Bridge - New Jersey Side
bike path entrance

Brevet Cards

No conditions cancel

For further
information contact:
Karl Dittebrandt
212-477-1690

New York Cycle Club - At the NYC Bicycle Show • May 1-3, 2003

The New York City Bicycle Show is an annual event where bicycle manufacturers, merchandisers, clubs, and whatever else will fit display their wares and services to the public.

Once again, the NYCC will have a booth at the show—and we need you to meet and greet visitors and tell them about our great club!

It's a couple of months away, but the volunteer slots fill up fast. And the show is a bit shorter than last year, so there are fewer shifts to fill. To volunteer, send an e-mail to volunteers@nycc.org indicating:

- your name and a phone number where you can be reached
- your availability (date and time, if you know this far in advance)

The following slots are available:

- Three people are needed to get and set up the table.
(Get a first look at the show!) Thursday, May 1, before 4pm
- Four people are needed to staff the table for each of these six shifts:
Thursday, May 1: 5-7pm and 7-9:30pm
Friday, May 2: 4-7pm and 7-9:30pm
Saturday, May 3, 12-4pm and 4-8pm

This year, the show is being held at the New York State Armory at Lexington Ave. and East 26th St.

For more information, see <http://www.nycbicycleshow.com/>

Who in the E Are We?

By Richard Rosenthal

Observations based on reading our club roster, featuring, for the most part, e-mail names that struck me for sundry reasons—and Saturday ones, too.

First, as we are a bike-minded body, it figures we use bike-related names:

audaxusa
bellabiker
belloinbici
bikeadman
bikek
biker-c
bikeman999
birdrider

(Is he as avid a birdwatcher as the Barons?)

cpacycles
cycle
cycleman23
cyclensun
elizabike
getinline

(...which answers that question asked by those who've moved here: are you *in* line or *on* line...except when you're online.)

garynycc
(conspicuous patriotism)
hilgebike
kdaudax
(obviously in cahoots with audax usa)
kfcycler
(unrelated to Kentucky Fried Chicken.)

lennybike
ljftriathlon
nycezrider
nyroadbiker
racexalso
rozbike
suebiker
swrides
tispectrum
your paceormine

(very witty, but it could hurt lurking in chat groups to pickup women.)

Add to them these two domain names:
bikerider.com
majorcacycling.com

Is <cycopath> a word play on cycling...or is it something darker?

<jlsbway> has nothing to do with the subway; it is Jane Slotin's recongition of Broadway in her life.

I've long rued the NYCC for being so whitebread and, with too few exceptions, occupying such a narrow band on the eco-social spectrum. Our club has such member names as Barons, a Banker, Banks, (two Wilbanks), and Bechtel.

Among the high status/high income domains:

bankofny.com
deweyballantine.com
kpmg.com
jpmorgan.com
morganstanley.com
skadden.com

Is <adam.strictlysterling@....> telling us of his fine character, his profession, or is he in league with the banks?

It's expected we have graduates of Columbia, Fordham, and NYU who house their e-personna at their schools. (<m_syracuse> is not the school but Michael Syracuse.) We also have alumni of these schools whose domains are their universities:

uchicago
cornell
mit
(A free tube to anyone who can tell me why I list <langossamer> here. Answer next month.)
princeton
rice
stanford
wharton/upenn

Do Jack Lehnert, Chad Hoskins, and Matthew McQueen know one another? E-write each of them at <georgetown>.

Do Carol Abrams, Mark Loftis know each other?. Both their domains are Yale. Do they know Ben Goldberg whose Ph.D. is from

Yale, even if his domain isn't?

Here are other education domains in our directory, but I can't tell the schools:

mssm
nwu (Northwestern?)
nit (a typo?)
yu (a typo with a dropped "n"?)

Do Andrea Kannapell, Jamie Epstein, Kathleen Mahoney, and Ed Wyatt know each other? Their domain tells us they all work at the New York Times (<nytimes.com>). Do they know Grace Lichtenstein, who doesn't use the NY Times domain but who used to be a staff writer there and now publishes as a freelancer? And do they exchange shop talk with Andrew Wolf <cbsnews>?

Our roster lists members who live in:

Berwyn, PA
Chicago
Durham
Glenside, PA
Monarch Beach, CA
Overland Park, KS
Palo Alto
Pittsburgh
San Diego
San Jose
Santa Barbara
Scottsdale

Do Ben Goldberg (1 Washington Sq. Village), Bob Rehder (3 Washington Sq. Village), and Jonathon Goodman (4 Washington Sq. Village) know one another?

<samarks is Steven Marks. He lives on Fifth Ave. Sally Birchard is <stmarksvet> but she doesn't live on St. Marks either. Cheryl Daitch (<kitsikat>) does live on St. Marks. She is at 32. Does she know Keith Goldstein who lives at 31 St. Marks?

<bikeadman> lives right under the very nice Dinkelmanns. Does he visit them? No, he's anti-social.

(OUT OF TIME; OUT OF SPACE:
MORE NEXT MONTH)

Night Riding Roadlite handlebar taillight plugs! glowsport.com

by Diane Goodwin



Here's a good way to be seen in the dark aside from a bright, reflective vest, arm and ankle bracelets, taillights, etc... I discovered these in Florida on the 300K at the Palm Beach Bike Shop in North Lake. They are attracting but should not replace your single red taillight as required by law.

GlowSport is a subsidiary of:
World Class Bicycle Components, Inc.
550 SW Industrial Way #20
Bend, Oregon 97702 • USA
Ph: 541.317.1522 • Fax: 541.317.1409

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

A Vigorous riding with advanced bike handling ability including cooperative paceline skills. Stops every 2 hours or so.

B Moderate to brisk riding with more attention to scenery. Stops every hour or so.

C Leisurely to moderate riding, sightseeing and destination oriented. Stops every half-hour or so.

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

Grand Central Trains

Outgoing from GCT

GCT>Poughkeepsie	7:53am (Hudson Line)
GCT>Poughkeepsie	8:53am (Hudson Line)
GCT>Brewster North	7:48am (Harlem Line)
GCT>Brewster North	8:48am (Harlem Line)
GCT>New Haven	8:07am (New Haven Line)
GCT>New Haven	9:07am (New Haven Line)

Returning to GCT

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

Lead A Ride

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

5 Rides - FREE NYCC

Water Bottle

12 more more Rides -

FREE NYCC

Ride leaders Vest

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

Ride leader incentives are given out in December. Leaders who lead 12 or more rides will receive the vest only. One vest per leader.

A-rides co-ordinator

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

B-rides co-ordinator

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

C-rides co-ordinator

Isaac Brumer
(212) 734-6039
isaacbrumer@hotmail.com

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Start Training Young Man

Start training young man,
Do some laps in the park.
Do the pack ride at night,
And come home in the dark.
Then on the mag trainer,
For maybe an hour,
Work on that spin,
Work on that power.

Now it's off to
the weight room,
I want to see hustle.
I want to see strain,
And I want to see muscle.

The leg press and
bench press,
Then some power cleans.
Some rowing and curls,
Then the Nautilus machines.
Many reps many times,
Do them all, one by one,
First push up,
then push down,
Then push in,
then you're done.

Now some sit-ups
and push-ups,
and chin-ups, such fun.
Then cross-training begins,
With a brisk evening run.
Hurry back now real quick,
dinner's waiting for you.
It's GatorLode soup,
And Power Bar stew.

Get training young woman,
Ride a track bike to work.
Buy a spare for the rain,
and an off-road for dirt.
Ride through the cold,
The mist and the fog.
Chronicle all your efforts,
In a neatly kept log.
To train properly,

Monitor your heart rate.
Make sure that when resting,
It does not deviate.
Push it to its limit,
Till it reaches its max.
Make it go anaerobic,
Then let it relax.

Go training eager one,
Kiss away your dear wife.
Your husband and friends,
Your whole social life.
Hug them long, squeeze
them hard,
And say fare thee well.
The last kissing you'll do,
For a very long spell.

Now circles, more circles,
It's circles we want.
Keep them smooth, keep
them clean,
Eliminate all dead spots.
Work hard on position,
Get your trunk down
real low.
Elbows must be bent,
To minimize air flow.

We've worked hard
on the body,
Well now comes the mind.
Start stretching those
brain cells,
Learn to visualize.
See yourself strong and able,
With a powerful stroke.
See yourself pull away,
See yourself really smoke.

Start training my friend,
If you carry that load.
You'll be fast, super fit,
And you'll burn up the road.

March/April Rides List .. Always wear your helmet!

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

REPETITIVE RIDES

Every Wednesday Morning

A19+ 50+/- Miles 10:00AM sharp

Wednesday Morning Spin

Leader: Jeff "El Jefe" Vogel 718 275-6978
CPAcycles@aol.com

From: The Boathouse

Sooner or later winter will end. It always does. Join us for a weekly spin through Bergen and Rockland Counties. If it's relatively warm, we'll do Piermont or Rivervale. If it's really cold, just laps in the park. Colder than that? Stay home. Pace will be determined by the amount of riding we've done in prior weeks.

Sundays in March 2, 9, 16, 23, 30

A 19-20 65 Miles 9:30 AM

Back roads to Nyack

Leader: John Bundy
jkbundy@prodigy.net, 212-932-1012

From: The Boathouse

Want to get an extra half hour of sleep, and still do a challenging ride? Join me on my Sunday training / recovery ride. 60 to 70 miles along generally flat - rolling terrain through Rockland and Bergen Counties. We'll start out on the back roads, circle around to Nyack (where we can make a quick food / pit / water stop at the Runcible Spoon) and head back to Manhattan along 9W or 501. The emphasis is on keeping a steady consistent pace as opposed to hammering; thus, good paceline skills are a must. Come equipped with an "aero bar-less" road bike, a helmet, water bottles and pocket food. Rain or temps below 35 degrees Fahrenheit cancel; check NY1 (Weather Channel) at 8:30 if in doubt.

Audax Rides 8:30 SHARP!

Each Week Ride is Progressively Longer

Ride Leader:

Karl Dittebrandt 212-477-1690

From New Jersey Side of George Washington Bridge

Every Sunday, we leave at 8:30 SHARP - together in double paceline. This is an Audax style ride which means: same pace as directed by leader. These rides will prepare you for the scheduled Audax Hudson ride on April 6th, brevet rides and Paris-Brest-Paris, riding in a group with strict ride rules and your own personal fitness. No conditions cancel.

CROSS TRAINING

Sun., 16 March 2003

9 Miles 9:00 AM

9th Annual Great Frozen Foot Expedition

Leaders: Marilyn & Ken Weissman
212-222-5527

From: Penn Station

(Zaro's Bread Basket, main floor, opposite "glass" waiting room.)

After coffee and cake, we plan to leave 9:30 AM, walking south to Chelsea Market, then southeast toward the lower east side and Chinatown. After crossing the Brooklyn Bridge, lunch at Junior's awaits in Brooklyn. Coffee stops, subway bail-outs aplenty. Rain cancels. If forecast is for temp above 50 we'll go biking (call us, see ride listing below.)

TRAINING & MEMBER RIDES

Sat., March 1, 2003

A20+/- 55+/- miles 8:30 AM

A-Classic Spring Training Series - Westchester

Leaders: Pieter Maessen (646-207-5593
pmaessen@hotmail.com, Hank Schiffman
(212-529-9082 schiffhank@aol.com

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

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 spending money for lunch, a Metro North Bike Pass, a helmet, a spare tube or 2, and a well maintained bike. No aero bars please. Delays or cancellations to be posted on the NYCC message board 90 minutes prior to train time. If cancelled, the ride will go Sunday.

A-18 55+ miles 9 AM

A-19 Spring Training Series-West to Nyack

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

Leaders: Mai Yee (917- 991-4279,
mai_yee_2000@yahoo.com

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

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 (<http://www.nycc.org>).

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 38 cancels.

Sunday, March 02, 2003

A18 45 miles 9:30 AM

Northvale

Leader: Sue Foster 212-874-1388
suefoster@nyc.rr.com

From: The Boathouse

Looking for a quick spin to follow-up Saturday's A19-STs or SIG? We'll take this one to Northvale. Wet roads and/or temperature below 25 degrees at 8:00 am cancels.

A/B 18/1935 Miles (+/-) 8:30 AM

BK Fix

Leader: Scott Demel, 718-909-0066,
scott@demel.net

Meeting Place: Corner of Adams, Fulton and Joralemon, near BK Boro Hall 2 blocks south of end BB bike path

At winter's end, try some old school training... on a fixed gear! Take a winding urban route through Brooklyn to Prospect Park, the beach, Bay Ridge, Sunset Park and back to downtown. Hills added where I can find them. Cue sheets? Nope. Precise pace/distance? Doubtful. Pacelines? Who cares? Fixies preferred but equal opportunity given to fancy multi-gear rigs. Helmets required, brakes recommended. No planned stops; we're riding. Freezing temperatures or lingering threat of wet/icy roads cancels.

C14 40 MI 10:00 AM sharp

Scarsdale

Leaders: Hindy and Irving Schachter (212 758 5738)

From: 1st Avenue and E. 64 St., NW corner

Through the Bronx and southern Westchester to coffee at the Coffee Tree. Interesting (aka hilly) route home. So far this ride or variants thereof has been cancelled twice for inclement weather. We still don't go if it rains, snows, or if the temperature is not close to 40 at start. It

may be that our sponsoring this ride precipitates just these weather conditions!

Note: This ride replaces the previously announced "Queens Greenways" ride.

Sat., March 8, 2003

A20+/- 65+/- miles 7:30 AM

A-Classic Spring Training Series - Brewster

Leader: Peter Walker, pwalker5@nyc.rr.com

From: Grand Central Terminal

Meet at Grand Central Terminal around 7:30am or so to catch the 7:48am train to Brewster. We will then proceed South through North Salem and Bedford with lunch in Thornwood. After lunch we will paceline home to Manhattan via Route 9. The terrain is flat to rolling and good paceline skills will be essential. A Metro North bike pass is a must, as well as the usual helmet, water, spare tubes and a pump. Rain or temperatures below 30F will result in the ride's postponement to the following day. If the weather appears doubtful, check the club's message board where the ride's status will be posted by 6am.

A18 55+/- miles 10:00 AM

A-19 Spring Training Series- Oyster Bay

From: Statue of Civic Virtue, Union Turnpike at Queens Boulevard, E or F train to Union Turnpike/Kew Gardens stop.

Leaders: Harvey Minsky 212-595-9344, spokes609@nyc.rr.com; Carolyn Booher 718-636-0315, cbooher@aol.com

Today we begin our ride at the Statue of Civic Virtue in Forest Hills--no junk miles for us. We'll roll smoothly through Queens and alongside the LIE before hitting the country-like roads of Long Island. There will be plenty of opportunity for double-pace lining and a quick bagel (or diner) stops in our beloved Oyster Bay. 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. No Aero bars are permitted. 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. If in doubt, call a leader between 7 and 8 AM or check the message board (<http://www.nycc.org>).

Sun., March 9, 2003

C14 46 Miles 9:30 AM

Park Ridge

Leader: Scott Wasserman (914-723-6607)

From: Outside the boathouse gate

This ride was rained out last November. Perhaps today, we'll be lucky and it'll be an pleasant ride to the famous Park Ridge Diner. The only major hill is the one climbing back to the GWB. Ride ends at Manhattan side of the

bridge. It's cancelled if there's a substantial precipitation or roads are icy.

Sat., March 15, 2003

A20+/- 65+/- miles 7:30 AM

A-Classic Spring Training Series - Garrison

Leaders: John Zenkus (jjz2116@aol.com, 917-617-0901), Hank Schiffman (schiffhank@aol.com, 212-529-9082)

From: Grand Central Terminal

As the days get longer, so do the rides. Meet at Grand Central Terminal around 7:30am or so to catch the 7:53am train to Garrison. We will then cross the Hudson River on the Bear Mountain Bridge, then take 9W south to Stony Point where we will essentially follow the reverse of the ENY route. The terrain is flat to rolling and good paceline skills will be essential. A Metro North bike pass is a must, as well as the usual helmet, water, spare tubes and a pump. Rain or temperatures below 30F will result in the ride's postponement to the following day. If the weather appears doubtful, check the club's message board where the ride's status will be posted by 6:30am.

A-19 60+ miles 9:00 AM

A-19 Spring Training Series - Pearl River/Nanuet

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

Leaders: Don Belfer 212-316-1876 dbelfer@alum.mit.edu
Bill Moss 212-569-8896 billmossnola@hotmail.com

Now we're up to speed, so let's work a little. This is a pretty ride Northwest to Nanuet with some climbing to get the heart pumping. Lunch (deli stop) is about 35 miles out so bring pocket food. 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. No Aero bars are permitted. 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. If in doubt, call a leader between 7 and 8 AM or check the message board (<http://www.nycc.org>).

Sun., March 16, 2003

? ? Miles

9:00 AM

It's too warm to walk, let's ride

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

From: Call for location

We will ride only if it's not raining and the temperature is above 50.

Otherwise, we walk (see cross training listing above.)

Saturday, March 22, 2003

A21+/- 65+/- miles 8:30am

A-Classic Spring Training Series - Introduction to Hills

Leaders: Ron Roth (ron@rroth.com); Greg Cohen (mrlovely@earthlink.net)

From: Boathouse

If you've been doing STS rides thus far, your spring legs are likely beginning to bloom. This ride is a good opportunity to give them a test run on a good helping of hills, while taking note of the budding flora en route. We'll take in some of the area's classic climbs: River Road, Clausland Mountain Rd., Mountainview, Christian Herald, a bit of Bradley, and Tweed. Lunch will be in Nyack, with the number of hills completed prior to the stop determined by consensus. For those "in the know", this route borrows heavily from Tim's "The Knot" ride. It isn't a particularly long route, but your legs will know you've ridden by the time it is over. Bring a bike in good repair, a helmet, paceline skills, and a willingness to greet the new season cheerfully. If weather is questionable, seek the NYCC Bulletin board after 7am for guidance with regard to possible cancellation.

A19 70 Miles +/- 7:30 AM

A-19 Spring Training Series - White Plains and Cold Spring

Leaders : Rosario Gennaro 718-809-7003, rgennaro@hotmail.com; Sean Kelliher 212-795-2581, sean.kelliher@verizon.net

From: Grand Central Terminal information booth, 7:48 am train to North White Plains

This is the fifth A-19 STS ride. Arrive with time to spare and gather at the information booth in GCT. The ride features some climbing but there's a miles long descent into Cold Spring as reward. Train ride to and from location so bring your Metro-North pass, it's required. 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 stamina to SAFELY take your fair share of pulls in our rotating paceline at the listed pace. SIG experience is a plus but not required. As with all STS rides a helmet, spare tubes, a well-maintained bike and a positive attitude are musts. Aero bars are not permitted, pace busting is discouraged and scheduled stops are limited, so bring pocket food and fluids. Rain date is Sunday. If in doubt, check the message board at (<http://www.nycc.org>) or call a leader.

C13 25 MI 10:00AM

Lunch in Queens

Leader: Claudio Medina (718-847-2808)

From: 59 St & 1 Av (Food Emporium)

Cross the Queensborough Bridge through Long Island City. Stop for scenic skyline views. Cruise through Maspeth to Forest Park and on to Middle Village for lunch. Bring a lock.

Foul weather or temp. below 35 cancel.

Sun., March 23, 2003**B16 50-60 Miles 9:30 AM****Gourmet brunch/lunch ride to Piermont or Nyack****Leader: Jay Jacobson (845) 359-6260
joanandjay@aol.com****From: 72nd & Riverside Dr**

Flexibility on speed, venue & route, depending on abilities and wishes of group. Bring \$ (most entrees are around \$10 or less). En route we may visit a mini bike/touring museum and/or a celebrity enclave.

C12 30 MI 9:30AM**Quack!****Leader: Isaac Brumer (917-531-5303)****From: Central Park Boathouse**

After a long, cold winter, take familiar roads and visit Bergen County to check on our web-footed friends. Snack stop in Tenaflly. Picnic at the Demarest duck pond. Back over the Palisades. Bring pocket food. Helmets required. Foul weather or temp. below 40 (8AM on NY1) cancel.

Sat., March 29, 2003**A21+/- 65+/- miles 8:30 AM****A-Classic Spring Training Series - Peekskill****Leaders: Richard Ramon 718-745-7025,
ramonr@coned.com; Bill Greene
bgreene@nac.net****From: Boathouse**

A one-way route, heading north through Saddlebrook, down South Mountain Road to Little Tor, then lunch at the 202 bagel shop. After lunch, we'll climb Gate Hill Road, and then we take a more leisurely cruise through Harriman State Park, with an optional climb up Perkins. Finally, after crossing over the Bear Mountain. Bridge, we'll climb Anthony's Nose, and then descend most of the way to the Peekskill Metro North Station where you'll purchase your ticket to ride. A Metro North bike pass a must, as well as the usual helmet, water, spare tubes and a pump. If weather is questionable, check the NYCC Bulletin board after 7am for guidance with regard to possible cancellation.

A-19 70+ miles 9 AM**A-19 Spring Training Series - Rockland County Extravaganza.****From: Eastern side of parking lot at
Tavern on the Green****Leaders: Andrea Kannapell 212-674-1323
andreak@nytimes.com; Bennett Dubson
212-755-0968, bdubson@earthlink.net**

Join the A-19 STS for a tour of Rockland County. You don't need to participate in any rides but this one. You do need to be an NYCC member and have the group-riding skills and stamina to take your fair share of pulls in our rotating paceline. After last week's hilly Westchester ride, today we are going to enjoy more flats, and hopefully crank it up a notch in speed. Bring a friendly attitude, your

helmet, pump and spare tubes. No aero bars permitted. Wet roads, precipitation or high likelihood of, temps below 32, winds over 25 mph or wind chills below 20 moves ride to Sunday. If same on Sunday, the ride is cancelled. If in doubt call a leader or check the NYCC message board. <http://www.nycc.org>

Sun., March 30, 2003**C11-12 25 Miles 10:00AM****Get Back in Shape: Scarsdale****Leader: Maggie Clarke 212-567-8272;
mclarke@hunter.cuny.edu****From: Isham Park benches on Broadway
in upper Manhattan; Take "A" train to
207th St.; exit at rear of train; walk for-
ward (north) 1.5 blocks on Broadway.**

This is the first of a series of C rides to help us get back into shape after a winter of relative sloth. Let's follow the Bronx River bike path, enjoy the geese, ducks and swans and peaceful babbling brook on our first outing. Lunch will be indoors in Scarsdale. Helmets are required; there will be strict observance of Club riding etiquette. Cancellation: starting temp below 40F, wind chill below 25F, icy roads, or 50% chance of precipitation. Call Maggie after 8 am if in doubt.

C13 40+ MI 9:30 AM**Closter Diner****Leaders: Dona Kahn 212-399-9009 and
Lynn Sarro, 212-529-8198****From: Boathouse**

Pancake ride to Closter Diner. Helmets a must. Rain or temp. below 40F (8AM on NY1) cancels.

Sun., 6 April 2003**C11-12 25 MI 10:00 AM****Get Back in Shape: Closter****Leader: Maggie Clarke 212-567-8272;
mclarke@hunter.cuny.edu)****From: Meet at 178th St and Ft.
Washington Ave (rear of GW Bus
Terminal); Take "A" train to 175th St; take
elevator out and walk north to 178th St.**

This is the second of a series of C rides to help us get back into shape after a winter of relative sloth. Let's venture into NJ on Irv's very pretty route through the burbs of Bergen to the Closter Diner for lunch. Helmets are required; there will be strict observance of Club riding etiquette. Cancellation: starting temp below 40F, wind chill below 25F, icy roads, or 50% chance of precipitation. Call Maggie after 8 am if in doubt.

Sun., 27 April 2003**C14 33 or 47 MI 7:35 AM****North County Trailway****Leaders: Marilyn and Ken Weissman
212 222-5527****From: Grand Central Terminal (informa-
tion booth) for 7:48 AM bike train to
Croton Falls**

The North County Trailway is one of Westchester County's PAVED rail-trails, running about 28 pretty-flat miles--trains don't climb hills--from just north of the Westchester/Putnam border to Tarrytown. This mostly tree-shaded route uses the roadbed of Metro North's abandoned Putnam line, crossing the Croton Reservoir on the old rail bridge, now reconstructed for bike use. About seven road miles to the trailhead. Metro North return from Tarrytown, with an optional 14 mile ride back to the #1 train. Picnic lunch in Millwood. Helmets and Metro North passes required. Rain or forecast of high below 50 cancels. (Rain/chill-out date; Sunday, May 4.)

SIG RIDES**Sat., March 1, 2003****A-SIG Classic and A-19 SIG****35+/- Miles 8:30 AM Registration****9:00 AM Orientation, 10:15 AM Ride****Orientation and Ride #1****Leaders: Ed Fishkin (718) 633-3038, Jim
Galante (201) 503-9192 (A-19 SIG co-cap-
tains) and Frank Grazioli (212) 529-9462
(A-SIG Classic captain)****From: Blessed Sacrament School, West
70th Street (north side), between
Broadway and Columbus Avenue**

The A-SIG Classic and the A-19 SIG will hold a joint orientation. The leaders will present their programs for 2003 cooperatively and answer all questions. The two A-SIG groups will then divide and head out to the respective destinations of their first ride. Each group will stop for a late breakfast at a diner and participants will have more opportunity to talk with the leaders and to get to know each other. The Saturday orientation will be held regardless of weather. Temperature below 32 F, icy conditions and any form of precipitation will postpone riding until Sunday. If we ride on Sunday, the meeting place and time will be given on Saturday and posted on the NYCC web site Message Board. Helmets mandatory. Aero bars are not permitted under ANY circumstances. The A-Classic permits road bikes only.

Not sure which program will suit you? Riders who can comfortably complete 4 consecutive laps of Central Park in 1:50:00 or better have enough fitness for the A-19 SIG. Riders who can comfortably complete 4 consecutive laps in 1:35:00 or better have enough fitness for the A-SIG Classic. If you're still unsure of which A-SIG is right for you, make your best guess or consult with a leader. The Classic and A-19 programs will work cooperatively in the first weeks and switch riders up or down to ensure the fit is right.

For more information, or to pre-register for either program, visit the NYCC web site for pages dedicated to each: www.nycc.org

B- SIG**30 Miles +/- 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 West 71st St.) to go over some basic information (as we all need to start out safely working together to improve our skills and fitness). Cancells: actual temperature below 25-degrees at 8:30am; raining or snowing; wet or slick roads; or steady winds above 40 mph. Check nycc.org bulletin board or call listed leaders if uncertain. If weather cancels ride we will have meeting at 1 PM, and try to ride the 4 laps on Sunday.

Sat., March 8, 2003**A-SIG Classic****46 MI 9:00 AM****Ride #2: Northvale****Introduction to cooperative group riding****Leaders: Kelleigh Dulany (212) 932-0171, Diane Kee (212) 628-8823, and Glenn Pierce (914) 631-4606****From: Boathouse parking lot**

Arrive at the parking lot by 8:30 so you can sign in. We want to be on the road promptly at 9:00 to avoid crowds and traffic. Place your name on your helmet on the front and back (we need to know who you are coming and going!). The purpose of today's ride is to get some base mileage in, to get to know each other and to practice riding as a group. We will also introduce the idea of pace lines and getting comfortable riding on each other's wheels. Your fearless leaders will give you guidance on everything from road etiquette (for your fellow cyclists as well as motorists who share the roads) to proper bike fit. We'll cruise to the Northvale Diner via 505 in small single line groups, eat breakfast, and return to NYC on 501. Only one hill—leader's choice: Churchill? Booth? Walnut? Please bring two full water bottles and some smiles. Helmets, with names on front and back are required. No aero bars. Rain date: Sunday, March 9.

A-19 SIG**40 miles 9:00 AM****Ride #2: Westwood****Leaders: Robert Dinkelmann (212) 666-0175 and Richard Embry (212) 678-6115****From the Boathouse Parking lot: Who let the dogs out?**

SKILL: Group riding (nonrotating) Don't take the tape off your helmet!

DEADLINE FOR NYCC MEMBERSHIP: This is the last week you can ride without a valid NYCC membership. Now that we've all been training diligently, the differences between our performances are starting to diminish. We'll keep the pace easy while we cruise one of the classic routes to Westwood concentrating on safety, communication and group riding etiquette. The speed will be just right to focus on safety and skills. This is called, "holding the juices in." No one will be dropped today.

B- SIG**45 Miles +/- 9:30 AM****B14, B15 & B16 Westwood, NJ****Leaders: David Hallerman, 718-499 4467, cycleman23@earthlink.net; Eileen Crowley (212) 744 1518, eileen_crowley@msn.com;****From: Ramble Shed (north of Boathouse on East Drive)**

Class this morning is about bike handling skills: cornering, braking, & holding a line. After class we will do our first full ride, taking it easy as we journey to the Westwood Diner (great pancakes!). We'll practice the communication and bike handling skills we've learned over the last two weeks. Only one real hill—the infamous Churchill—to get us back up the Palisades. Cancells: actual temperature below 25-degrees at 8:30am; raining or snowing; wet or slick roads; or steady winds above 40 mph. Check nycc.org bulletin board or call listed leaders if uncertain. And if weather cancels, we try again on Sunday.

Sat., March 15, 2003**A-SIG Classic****51 MI 9:00 AM****Ride #3: White Plains****Leaders: Christy Guzzetta (845) 265-7210 and Jack Lehnert (718) 884-6437****From: Boathouse parking lot**

Introduction to single, non-rotating paceline
LAST WEEK FOR NEW PARTICIPANTS TO JOIN THE A-SIG CLASSIC

Today we begin to build a beautiful working knowledge of Westchester—a favorite stomping ground of the A-SIG. We will head out through the Bronx on the Grand Concourse. We will eat at the delightful Sea Star Diner. Did you train during the week? If you didn't, don't bother coming out. Training during the week is critical to keeping up and everyone will keep up. We will do more miles today. In addition, we will focus on riding in a single paceline, getting a taste of how cool it is to ride on someone's wheel, pulled along in a draft. Better yet, the leaders do all the pulling! Cool! Arrive at the boathouse 20 minutes early so we can get signed up and on the road promptly by 9:00 AM. Helmets with names on front and back are required. No aero bars. Rain date: Sunday March 16.

A-19 SIG**48 miles 9:00 AM****Ride #3: Ridgewood****Leaders: Anthony Donato (212) 923-5924 & Joe Irizarry: (718) 230-0756****From the boathouse parking lot**

THE IDES OF MARCH, BEWARE!!

SKILL: Single, nonrotating Paceline

NO NEW RIDERS MAY JOIN THE SIG TODAY: You are all looking so fine! This week you'll learn the fundamentals of the paceline. Today's session is essential to your evolution into an elegant and graceful yet powerful rider. If you are quick studies, we may be able to advance to double paceline riding to take advantage of the wind breaking effect of the front riders. Don't worry though; we'll keep the speed just right so you can focus on learning pace lining safely. You'll make short work of the well-paved road shoulders. If you continue on the steep learning curve you've demonstrated thus far, we may even rotate the PL today. The usual cancels.

B- SIG**50 Miles +/- 9:30 AM****B14, B15 & B16 Scarsdale NY****Leaders: Wayne Wright (212) 873-7103, wwright8@nyc.rr.com; Tonya Harroun (718-828-5309), bikintonya@yahoo.com****From: Ramble Shed (north of Boathouse on East Drive)**

We'll start with a class in spinning—an all-important skill that will save your knees as the years go by, and help you go faster now. Then we head up into Westchester to Scarsdale; several feeding stations are available there. There will be a few hills (not too daunting) to practice your spinning. Cancells: actual temperature below 25-degrees at 8:30am; raining or snowing; wet or slick roads; or steady winds above 40 mph. Check nycc.org bulletin board or call listed leaders if uncertain. And if weather cancels, we try again on Sunday.

C-SIG**18.3 Miles 9:30 AM****Week #1: C-Sig Self-Classification Ride****Leaders: Patricia Janof (212) 737-1668, patricia.janof@verizon.net or Gary McGraime (212) 877-4257****garynycc@aol.com if you have any questions.****From: E. 72 St. & Fifth Ave., just inside Central Park entrance**

Three laps around the Park, at a steady, even pace to determine your strength and skill levels. Required: helmet, spare tube for tire, water bottle. Wear layered clothing, topped with a windbreaker. Cover your hands, ears & knees against the cold. Bring your bike in good working condition, with tires inflated to recommended pressure. We'll provide the cheering section.

Rain, wet roadway or temp. below 35 degrees postpones. Call by 8:30 AM if in doubt.

Sun., March 16

C-SIG
18.3 Miles **9:30 AM**

Week #1: C-Sig Self-Classification Ride

Leaders: Patricia Janof 212-737-1668, patricia.janof@verizon.net or Gary McGraime 212-877-4257 garynycc@aol.com if you have any questions.

From: E. 72 St. & Fifth Ave., just inside Central Park entrance

If you didn't make yesterday's self-classification ride, come today. See our March 15th ride listing for details.

Sat., March 22, 2003

A-SIG
Classic **50MI** **9:00 AM**

Ride #4: Montvale

Leaders: Kelleigh Dulany 212-932-0171, Paul Frio 212-529-9462 and Paulette Holladay 212-945-2060

From: Boathouse parking lot

Introduction to single, rotating paceline

DEADLINE: ALL REGISTERED SIG PARTICIPANTS MUST BE MEMBERS OF THE NYCC! (www.nycc.org)

Get to the Boathouse parking lot 20 minutes early in order to sign in and group up. You are expected to have trained during the week because, although the pace will remain somewhat moderate, there will be some hill work. We don't want to lose anyone on a hill! We've had a taste of paceline riding in the last weeks. This week, more of the same: getting comfortable with it, however today we start rotating the lead. Cool! You are getting to be a steady, smooth, predictable rider. Riding was never so efficient! Rain date: Sunday, March 23.

A-19 SIG
50 miles **9:00 AM**

Ride #4: White Plains

Leaders: Michael Hollis 201-583-9401 & Maria Quiroga 212-532-5320

From: the boathouse parking lot

SKILL: single, rotating Paceline

Today we'll learn to rotate the paceline to conserve energy and ride much more efficiently (faster and longer but not harder). We're still invoking the No Drop policy, but the effects of training are beginning to be seen. You definitely can't keep up with the pace of our future weekend rides unless you train during the week. You guys are really looking good. No one will believe we've only been riding together for 4 weeks. Let's hope it doesn't rain. If it does, catch a few old Tour de France videos on your trainer. The usual cancels.

B- SIG
54 +/- & 58 +/- Miles **9:00 AM**

B15, B16 & B17 Ridgewood, NJ

Leaders: Cathy Martone 718-499 4467, cmartone@hallarchitect.com; Neil Botwinoff 212-535 7951, botwinoff@tanhelp.com

From: Ramble Shed (north of Boathouse on East Drive)

All the cobwebs are gone from our winter hibernation, so we're picking up the pace by one MPH. Class today will be about shifting and gearing, and you'll need most of your gears on this pretty, but somewhat hilly ride west into New Jersey. Be careful, though: most of the hills are after lunch and one of our restaurant choices is considered the best pancake house in the tri-state area. NOTE THE EARLIER START TIME. (Plus, you'll get the chance to lead part of the ride, too.) Cancels: actual temperature below 25-degrees at 8:00am; raining or snowing; wet or slick roads; or steady winds above 40 mph. Check nycc.org bulletin board or call listed leaders if uncertain. And if weather cancels, we try again on Sunday.

C-SIG
16-22 Miles **9:30 AM**

Week #2: Bike Clinic

Leaders: Contact Gary McGraime 212-877-4257 garynycc@aol.com or Patricia Janof 212-737-1668 patricia.janof@verizon.net, Paul Hofherr

From: Boathouse Parking Lot, Central Park

We'll ride to Queens for free pizza lunch and some cozy, indoor workshops on keeping your bike and yourself in good repair. Clinics on changing flat tires, lubing your bike, gearing, nutrition, clothing, stretching and more. Bring helmet, water bottle, spare tube (required) and portable tire pump. Add bike tools, if you've got 'em. See March 15-16 for clothing suggestions and weather conditions that might postpone to Sunday. Any questions, call by 8 AM.

Sat., March 29, 2003

A-SIG Classic
55 MI **9:00 AM**

Ride #5: Pleasantville

Leaders: Dan Keating 973-632-5019, David Grogan 718-875-1977 and Jody Saylor 845-265-7210

From: Boathouse parking lot

More single, rotating paceline and introduction to double paceline

This ride is hilly! Did you train during the week? Maybe even do some hill repeats? You'll be glad if you did! Phew! By now you're comfortable riding in a single paceline. We will ride up to Tarrytown on Route 9—a great place to practice rotating the lead. We will then climb over a hill to the Thornwood Diner for lunch and then return via Grassy Sprain. On the way home, if you're good (and we know you will be), we'll introduce you to a double paceline (non-rotating), so you'll be ahead of the game next week. You know the drill by now: Arrive early with name on helmet to get signed in and into your group. We leave at 9:00 on the dot. You're getting to be a real A-rider now. Rain date: Sunday, March 30.

A-19 SIG

51 miles **9:00 AM**

Ride #5 Nyack

Leaders: Rob Kohn: 212-787-9199 & Jorge Gonzalez 201-725-1312

From: the Boathouse Parking lot

SKILL: Single, rotating Paceline

Payoff begins. You're feeling stronger, muscles ripple a little. Heartbreak Hill will seem a little easier this time. Today, there's only a small change in velocity, but we'll learn and practice single non-rotating pacelines. A more beautiful thing to behold, you haven't seen (until we learn double rotating pacelines). We'll cruise out through scenic Northern Jersey, through Englewood, Tenafly, and Rockleigh and pastoral Piermont to the cyclists' hallowed ground, NYACK. On the way back we'll cruise along rotating our pacelines to perfect this critical "A" riding skill. If you haven't been training, this is the week you'll see the difference. This is the last week of our "no drop" policy. Leaders will also begin the process to decide recommendations for reassignment to the "A Classic SIG" or the "B-SIG." Train Harder!! The usual cancels, bring lots of water.

B- SIG

55 +/- & 60 +/- Miles **9:00 AM**

B15, B16 & B17 Mamaroneck Harbor NY

Leaders: Maureen Berlings-Minsky 212-595 9344, mberlings@nyc.rr.com;

John Segal 917-544 4504, johnsegal@rcn.com

From: Ramble Shed (north of Boathouse on East Drive)

Our class will be about riding in traffic—skills we all need just to get to the start of our rides each week. And we'll practice those skills as a group quite a bit today, especially on Route 1. But this is a pretty ride and, if the weather's nice, we can picnic on the beach. (If not, we have a few indoor choices.) Cancels: actual temperature below 25-degrees at 8:00am; raining or snowing; wet or slick roads; or steady winds above 40 mph. Check nycc.org bulletin board or call listed leaders if uncertain. And if weather cancels, we try again on Sunday.

C-SIG - see below **10AM**

Week #3: NJ via the George Washington Bridge

Leaders: Contact Gary McGraime, 212-877-4257 garynycc@aol.com or Patricia Janof 212-737-1668 patricia.janof@verizon.net, Paul Hofherr

From: Boathouse Parking Lot, Central Park 9 AM or GW Bridge Terminal, 178 St. & Ft. Washington Ave., lower level

Stronger riders will pick up some extra miles by leaving early from the Park. The rest of us ride the subway to the bus station; we'll give you directions. Contact the ride leaders your group's starting location, if in doubt. (by 8AM). Leisurely ride to New Jersey for lunch & back, with some training along the way. Bring water bottle, helmet, money for lunch, spare tire tube, tire pump and a lock, if you have one. Precipitation, wet roads or temp. below 35 degrees postpones ride to Sunday. if in doubt.

Advertising and Volunteering

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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

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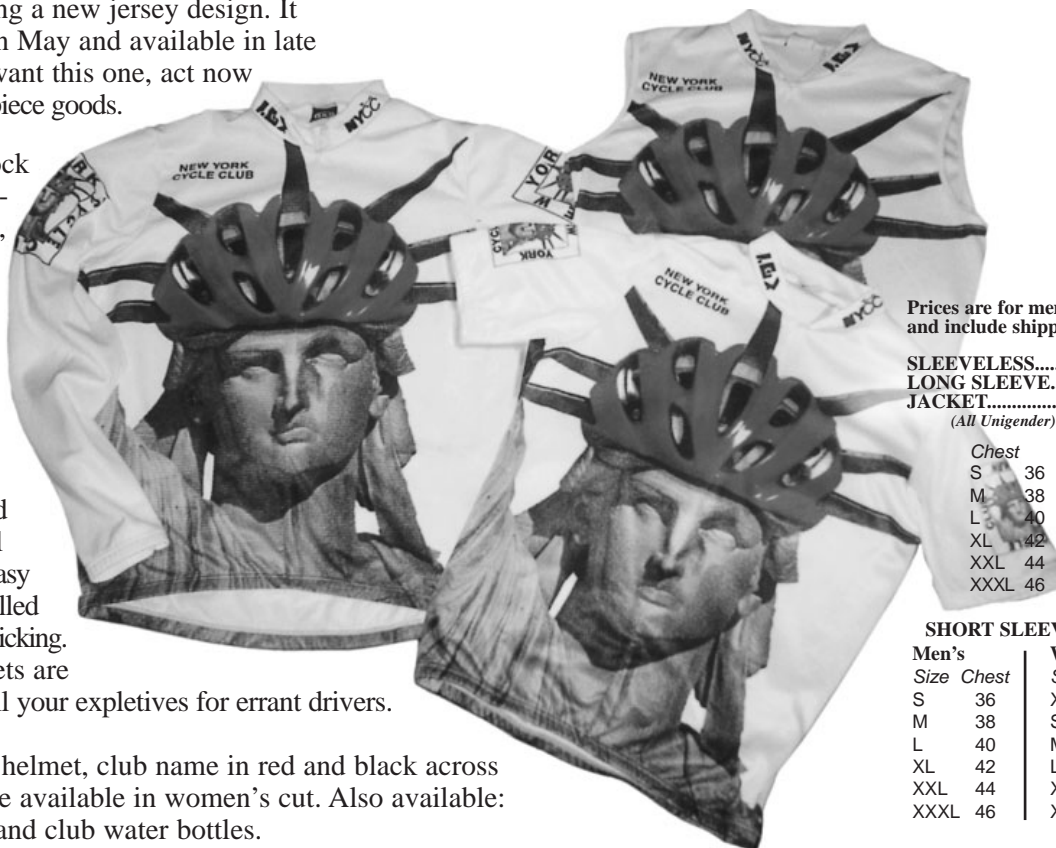
HURRY! THE DAYS OF THIS AS YOUR OFFICIAL CLUB JERSEY ARE ENDING.

The club is choosing a new jersey design. It will be announced in May and available in late summer. So if you want this one, act now or forever hold your piece goods.

These are all in stock now. 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.



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S 36
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SHORT SLEEVE @ \$54/\$74

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

NYCC 2003 MEMBERSHIP APPLICATION / RENEWAL / CHANGE OF ADDRESS

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

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

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

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

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

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

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

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

ADDRESS: _____ APT. # _____

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

NIGHT TEL: _____ BIRTHDATE: _____

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

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

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(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 March 11

Pura Vida

**Come join fellow club members
Gerry Wendrovsky and Karen Reich
as they share their recent 350 km cycling trip to Costa Rica.
They have photos, maps and possibly a slide show
of the mountainous terrain, beaches, volcanoes, rain forests,
howler monkeys, birds, reptiles and other animals,
even road cyclists on mountain bikes!**

*You'll soon understand the meaning of
Pura Vida- the Costa Rican motto- Pure Life!*

**So, please join us on Tuesday, March 11 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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