A NOTE ON THE DESIGN OF YOUR NEW CLUB JERSEY

If you were designing a jersey for, say, the Muskegon, Michigan cycle club, you might be obliged to create a generic jersey—one that is like thousands of others, merely consisting of stripes, bands, blotches, and blocks of color.

But New York is like no other city and a jersey for our cycle club should be like no other: it should use the symbols and imagery of this city; it should be particular to New York; it should "say" New York in graphics as well as words.

So what are the most recognizable, the most identifiable, the most celebrated landmarks in New York? My previous design for the club jersey used the one that is most all those things: the Statue of Liberty. So pause and think for a moment: what are the ones you think of next?

My new design makes use of two of them (and possibly a remembrance of a third): it observes a similarity of appearance between those landmarks and parts of your bicycle...because the jersey should say "bicycle" in picture as well as word, just as much as it should say "New York."

Look at the radiating cables on the Brooklyn Bridge. What do they remind you of? Overlay them with a radially spoked bicycle wheel and you'll see one replicates the other. (When you think about it, in a manner of speaking, there's also a parallel in engineering between them as the spokes perform something of the same function as the cables.)

Look at the curvilinear shape and step-back of the top of the Chrysler Building and observe how the decorative, spike-like triangles radiate, further implying the arc the suggestion of the domes do. Now look at your cogset. With a bit of imagination, doesn't one suggest the appearance of the other to you? They do to me.

If I may say so myself, your new club jersey, we hope available in mid-summer, says and shows "New York" and "bicycle" in an original and imaginative way. I'm honored and delighted my design for it was selected by the board.

-Richard Rosenthal
President’s Message

In last month’s message I expressed my hopes that spring would finally make itself known by the time members actually opened their bulletins. Then we got four inches of snow. As I write this now, the snow has melted and the mercury is approaching springtime numbers but is still coming up short. As one member has said, winter will end, it always does. I’m not so sure anymore. One thing I am sure about, regardless of temperature or other weather conditions, the NYCC Memorial Day Weekend in the Berkshires is only a few weeks away. If you haven’t made your plans yet, now is the time!! If you miss the club weekend, you’ll miss out on 3 days of great riding, the companionship of your fellow members and a fabulous dinner on Sunday night at the Berkshire South Regional Community Center. Check out this bulletin or our website for more information on area lodging and events.

Anyone who cycles in New York City knows that it has more to offer in terms of cycling opportunities than any other city in the country. Central Park, Prospect Park, the greenway, not to mention easy access to the scenic roads of Bergen, Rockland and Westchester Counties, make New York ideal for cyclists of all levels of ability and experience. This summer, however, puts our fair city way over the top. Anyone who cycles in New York City knows that it has more to offer in terms of cycling opportunities than any other city in the country. Central Park, Prospect Park, the greenway, not to mention easy access to the scenic roads of Bergen, Rockland and Westchester Counties, make New York ideal for cyclists of all levels of ability and experience. This summer, however, puts our fair city way over the top. As one member has said, winter will end, it always does. I’m not so sure anymore. One thing I am sure about, regardless of temperature or other weather conditions, the NYCC Memorial Day Weekend in the Berkshires is only a few weeks away. If you haven’t made your plans yet, now is the time!! If you miss the club weekend, you’ll miss out on 3 days of great riding, the companionship of your fellow members and a fabulous dinner on Sunday night at the Berkshire South Regional Community Center. Check out this bulletin or our website for more information on area lodging and events.

Once again, it’s time to lavish praise on some of our many volunteers. I want to thank all those who helped out with our presence at the New York Bike Show. In particular, I want to thank David Hallerman and Carol Wood for managing our efforts in setting up a booth and coordinating volunteers to staff it, not to mention all the volunteers who sacrificed their time to actually work the booth and spread the good word about the New York Cycle Club. I also want to thank all those who submitted designs for our jersey contest and congratulate Richard Rosenthal whose design once again will adorn the new official club jersey. You folks are what make this club great!

- Tom Laskey

Editor’s Message

Thanks to all who posted positive notes on the message board last month. Thanks to all who submitted articles according to the deadline. Is it really one month more for the SIG training? Don’t forget to thank your SIG leaders for their efforts to train all of you .. See you on the road.

Diane
NYCC Board of Directors Meeting Minutes - April 1, 2003

The meeting was called to order at 6:48 p.m. In attendance were Tom Laskey, Eileen Crowley, Mary Wolf, Carol Waaser, Robert Gray, Isaac Brumer, Stan Oldak, Deborah Bennett, and David Hallerman.

Membership Report: 1.) The roster is due in June. Work needs to start on it soon in order to have enough time for the difficult formatting. 2.) Eileen will talk to Active.com about managing our database. That would truly simplify the difficult Membership job.

Bulletin: The April bulletin was slightly late getting into the mail, but it was up on the website prior to April 1.

Financial Report: The previous financial report was missing a payment to Garneau for jerseys, so the surplus is not unusually large after all. The budget for FY 2003 should once again be balanced with a small surplus.

Memorial Day: We need insurance for the catered dinner. Tom is exploring the cost. Fred still needs B-ride leaders for the weekend. Otherwise, everything is in good shape.

Special Events: 1.) Eva has booked St. Maggie’s Café on December 8, 2003 for the Holiday Party. 2.) Eva is considering other events such as minor league baseball, bowling and an evening at the Metropolitan Museum.

Bike Show: Carol Wood still hasn’t filled many of the slots of Saturday and Sunday with volunteers to man the NYCC booth. The Board discussed offering incentives to people who would take those daytime slots (instead of being out riding their bikes). It was decided to make one more pitch to find volunteers before offering additional incentives. It was agreed that water bottles would be sold for $4.00 and that we would have order forms for jerseys as well as a couple of samples. People who join at the bike show will receive a free water bottle and a bulletin.

Ride Library: Tim McCarthy is designing a web interface. Fred and Robert will be collecting cue sheets from experienced ride leaders. Rides will be coded for difficulty and have a short description.

Miscellaneous: David said he could negotiate a good bulk price for cue sheet holders. Board consensus was that we don’t want to sell them, but we should offer to put a link on our website since so many people have asked about them, and we can see if the company will offer a discount. ENY might also be interested in them. Eileen raised the issue of the June meeting – SIG graduation – which is usually very crowded. Board consensus was that we still want all the groups to do the graduation the same night, so Eileen will look for a larger space.

The next Board meeting will be May 6 at 6:30 p.m.

The meeting was adjourned at 8:25 p.m.

Respectfully submitted,
Carol Waaser
Secretary

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MARK YOUR CALENDAR NOW!

**BIKES & TRAINS**

*by Geo Carl Kaplan*

Several times in the past month I have received requests for Metro North bike accommodations with very short notice – as little as two days. This puts the club in a bad light with Metro North, and so we will have to enforce the rules. As of April 15, 2003, all requests for accommodations on Metro North – be they large (16 or more) groups on scheduled Bike Trains, or three (3) or more cyclists requesting space on a non-bike train – must be submitted no less than four weeks in advance. (Do it when you submit your ride listing to the co-ordinator.) All requests that are less than four weeks in advance will not be forwarded. This is being posted on the message board on April 15, and I will ask Hans Schmidt to include it in the next electronic ride listing. If you have any questions, e-mail me at gkaplan4@nyc.rr.com, or call me at 212 989 0883.

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**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

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
FOR IMMEDIATE RELEASE

“The Adulterer” Spring Screenings In New York and Los Angeles

Contact: Douglas Morse
Grandfather Pictures
212.982.3715
www.theadulterer.com/press

“The Adulterer,” which recently won Best of Fest at the Sarasota Film festival, will screen at Cinespace in Hollywood April 23rd at 8pm as part of the New Filmmakers series. It has also been selected as the opening night feature for the third annual Bicycle Film Festival and will screen at Anthology Film Archives in New York City on May 8th at 9pm.

‘The Adulterer’ features Broadway stars Alice Ripley (Janet in ‘The Rocky Horror Picture Show’ and Molly Ivers in ‘James Joyce’s The Dead’), Jeremy Kushnier (playing the leading men in ‘Footloose,’ ‘Rent,’ and ‘Aida’) and Chris Diamantopoulos who played Ethan in ‘The Full Monty,’ and formerly of ‘Les Mis’) in their first feature film.

A sensitive portrayal of a marriage in crisis with pitch black comedic overtones, Diamantopoulos plays Dave, a film professor and avid cyclist attempting to have an affair. After fumbling an opportunity for adultery, he joins an Iron John-style men’s group lead by a charismatic weirdo, Erik, (Todd Feder) where he hopes to ‘learn what it means to be a man.’ Sex crazed cousin Aaron (Kushnier) cheers him on while wife Kim (Ripley) struggles with the pain. Eventually, Dave meets the bubbly, beautiful and available Julie, played with grace and style by newcomer Lainie Ventura.

The film was written and directed by Douglas Morse, who teaches "Producing the Low-Budget Feature" and "Finish the Damn Thing," a screenwriting course, at New York University and The New School.

The Adulterer’ screens on Wednesday, April 23rd at 8 p.m at Cinespace as part of the New Filmmakers, LA series. Cinespace, a new state of the art digital screening room also features an upscale restaurant and is located at 6356 Hollywood Blvd. Reservations for dinner are a must. Call 323 817 FILM For more info: www.newfilmmakers.com.

The third annual bicycle film festival is from May 8th to 11th at Anthology Film Archives at the corner of 2nd Street and 2nd Avenue. The Adulterer screens at 9pm on Thursday May 8th preceded by a special performance by October Project whose music is featured prominently in the film. The film is followed by a short making of video and party. The festival is co-sponsors include Transportation Alternatives, New York City DOT, GT, Mongoose and Schwinn among others. The four day festival includes short films, celebrity filled parties, and of course bike rides. A schedule of events can be found at www.the-bicyclefilmfestival.com.

I Live Under A Curse

… by Peter Hochstein

Once upon a time, when it was really, really cold (remember?), Peter Hochstein went on a scouting ride to Cresskill for the C-Sig, with a few other ride leaders. On the other side of the GW Bridge, he got a flat. This is his story….

I Live Under a Curse

So after the flat, and the broken pump, I head back to New York. It’s a good thing I didn’t go on with you from Palisade Avenue to Cresskill.

Coming down the hill at 165th Street I hear an explosion, and by the time I realize that the explosion came from my rear tire, I’m braking my rim to a stop. It was an extraordinary blowout. It blew through the Kevlar and separated it from the wire bead, about three inches worth.

I live under a curse.

I walk the last 10 feet to Riverside Drive, and decide I’ll boot the tire with the empty cardboard box from my now-destroyed spare and ride home.

So I take out the tire that flattened in the first place and I can’t find the leak. I look, I listen, I hold it to my ear, I put it to my face feeling for wind. Nada. I figure it’s a fluke. Maybe the valve was open.

So I boot the tire, put in the tube, get the rear tire back on the bike, and then discover that the problem must be not only a valve, but a faulty valve, because the tire won’t inflate past 40 pounds and I can’t screw the valve closed.

See what I mean? I live under a curse.

So I decide to walk back up the hill to grab a cab, and on the way up I step in a huge lump of dog poop. (I kid you not). With both -- that’s both -- feet.

A curse, I’m telling you.

I wipe my feet as best I can, catch a cab, and on the way up I step in huge lumps of dog poop. (I kid you not). With both -- that’s both -- feet.

If you are thinking about entering the race, this is a great opportunity to see the course first hand with your fellow UMCA’ers.

FOR A BROCHURE CONTACT: John Ceceri - Race Director, Adirondack 540
16 James Street, Saratoga Springs, NY 12866
518-583-5708 • adks540@nycap.rr.com
by Diane L. Goodwin - RBA

While most of you were sleeping at 3 a.m. on April 12th, there were 45 cyclists arriving at Forrestal Village Center in Princeton, New Jersey — fully prepared to ride 194 hilly, challenging miles in Mercer, Somerset, Hulton and Warren counties.

Riders came from New Jersey, Pennsylvania, Maryland, Connecticut, New York and Massachusetts. For some, this was their second longest ride. Most had ridden other brevets before.

Registration was handled by Susan Plonsky, veteran Boston-Montreal-Boston rider. Hammer Gel and Sustained Energy was at the start. Goodie bags including an Endurance Handbook was offered on the 200K (3/29).

At 4:15 the riders were off after a brief send-off by myself, the organizer. At the last moment because the official inspector hadn’t shown up. Proper lighting is required on brevets. One rider was warned about showing up without lights — this is an instant DQ.

Susan and I packed up the vehicles, closed registration and left Sandiway Fong to register late comers - up to one hour.

We followed the riders - they looked so beautiful - all illuminated in vests. Blinking lights were everywhere. It didn’t bother me that they rode bunched up - overtaking the road. At 4 a.m. there aren’t many vehicles out. I did yell out “remember single file” once or twice though.

Railroad tracks snagged three riders - down they went. Angel Alvarez, Mike Davis, and Carol Goodman were involved. Wet tracks can be slippery and if your wheels aren’t perpendicular to the road - well, down you’ll go. All were fine - just a bruised mentally.

It pelted rain until mid morning. Riders who arrived at Whitehouse Station were shivering. One, Hank Greenblatt, had hypothermia and DNFd. It was diagnosed by the rescue squad next door. Here I received two blankets for riders needing immediate warmth.

Several riders chose to end the ride here, not that they couldn’t finish but because of weather. They rode back as a group - good company - using a shortcut we mentioned, Jim Bonner’s favorite road - Dreahook Road.

Whitehouse Station is a small town near Round Valley Reservoir. Three days before the event I discovered a biathalon offered on the 200K, 180K and 120K. I decided the way - showing them the turns. How many had a problem (I marked TR on Silverlake rather than R on Unmarked road), I dashed off the cue sheet problem (1 marked TR on Silverlake rather than R on Unmarked road), I dashed off with a borrowed hammer and nails and Hank.

We hung the sign. Most of the riders arrived at the intersection as we posted the sign. We backtracked a loop the front guys, Alexis Touchnak and Bob Powers, could have taken and left a corrected route sheet at the “Friendly Deli” which is actually Cruz’s Deli in Johnsonburg (a ghostlike town).

I short cutted back to Control #3 and saw Alexis and Bob there. Now everyone was arriving! The NYC Audax group was smaller this time. On the 200K there seemed to be at least 25 in the group. Not everyone is an Audax rider but they become one when they see the large group. Janet Magajna and Paul Schaye seemed to take charge of the group. Some riders were Davide Mandelbaum, of course, John Hsu, Geoffrey Kaufman and Klaus Schriber.

Here, riders purchased deli sandwiches and ate Susan Plonsky’s famous brownies. She also made Russ Loomis’ recipe for Energy Bars.

Annaline and Robert Dinkelmann were seen near Johnsonburg - far from the control #3 ... I gave Robert my head lamp to use later. I hoped they finished. They did .... Annaline had gone over her handelbars early in the season so her fitness is down. Both want to qualify for Paris-Brest-Paris. I’m sure they will qualify.

Leaving Control #3 the riders immediately are faced with Jenny Jump State Forest. It’s quite a climb. Single file was stressed. I spoke with the Park Rangers earlier in the week and they requested this. When IScouted the ride, I was concerned of the gravelly road - especially. I did yell out “remember single file” once or twice though, the sun was shining and the riders were facing becoming overheated.

Laurent Chambard - recently moved from England - had a skipping gear and had to walk major climbs. He finished. Another rider was a smoker and cycling! He finished also.

Riders seemed to miss one turn - Pequest Road - near Pequest Hatcheries. Every rider missed this turn remarked about the extra big hill! The cue sheet indicated “easy to miss!”

Penwell Road was a climb. Riders stopped at Schooliey’s Mountain Country Store for more food.

David Cohen, Philadelphia randonneur and completer of BMB, raved about Hostess Pies - he broke the calorie per dollar down and swears by it - PowerBars have no calories compared to Hostess.

All the riders loved Black River Road. First you ride next to Hacketbarney State Park (this section is due west of Chester) and the State Park Road puts you onto Black River Road. You have the river on your left and there’s a great downhill - not steep but refreshing after all the climbing. Fishing had just opened and fishermen were along the river. Pottersville was the town they were dropped into.

Alexis was caught by Hank and myself because of a flat. We beat the front riders back to Whitehouse Station even after shopping for rider food and dropping Ted off.

Turkey sandwiches, tomatoe juice, Matzah, potatoe chips, yum! Alexis had 3 flats in one mile! Most of the riders came in. I left at 8 p.m. to find Darlene Kaplan at 206 and Pottersville Road - she was lost ... really lost.

Margo, Annaline and Robert were who Susan was waiting for at Whitehouse. They arrived in time of closing the control and hurried to finish the last 42 miles. These miles weren’t so hilly - especially Sandiway’s change by placing the riders on Canal Road.

Sandiway Fong and I looked for Margo, Annaline and Robert at 11:50 p.m. - the rides ends at midnight. We found them and illuminated the way - showing them the turns. How fresh Annaline looked!

The 400K is May 10th. It goes into the Pine Barrens - a flatter, windy route.

www.topica.com/lists/nirandonneurs is a new forum setup for anyone interested in brevets and riders to communicate better for travel, route questions, bike maintenance and prep, etc.

The 300K route had more than 11,300 ft of climbing and is a tough route ... all participants should be commended.
Road Dirt May

By Wentworth D’Arcy Rhodes IV

Bill Strachan got his chance to "pitch" PBP at the March meeting (he was snowed out in February) so how come he didn’t introduce the four other PBP finishers who were at the meeting: Alex Bekkerman, Karl Dittebrandt, Jeff Vogel and Marty Wolfe? When Marty completed PBP in 1991 she set a record (since surpassed) as the first American woman to complete it two times.

Two Mike’s – DeLillo and Yesko have completed PBP four – count ‘em – four times! Well tell you about the two timers next month.

Received from Hank Schiffman, Monday March 17, 2003 ....

Hey Tim/Hank... I just finished the 2nd Central Park Spring Series race this morning and finished 3rd overall!!! I challenged strongly in the final stretch and only lost 2nd place on a wheel-length and 1st by 2 bike lengths.

I learned from my previous mistake last week (finishing 7th due to some misguided sprint tactics) and as such deployed my finishing sprint earlier separating myself from the peloton and challenging my good friends from Toga who finished 1st and 2nd respectively. Given my strong allegiance to the Toga bikers, it was labeled a total domination by Toga (maybe now they’ll ask me to join the team). It was great... we totally left the peleton down the stretch. Amazing! It is quite thrilling as I continue to improve from week to week. Anyway, I hope you enjoyed a wonderful weekend on the bike. I couldn’t wait to share this with the two of the most revered NYCC cyclists I know. David Garcia

Plucked from the Message Board:
Kudos go to the SIG leaders, we’ve gotten this year’s series off to a fabulous start! The considerable effort they expend to make the SIG experience so special, for all groups, is much appreciated. Mark Hugel.

...and from Charlie Ward
As a new A-19 SIG leader, allow me to comment on Mark’s posting with an anecdote of my own. On one of our recent A-19 SIG rides, one SIGister asked me why the leaders do it...why do they lead these rides. Here’s my answer: I had such a great time when I did the SIG that I wanted to give something back to the NYCC. I should also add that the SIGisters themselves make leading it worthwhile. Their unabashed enthusiasm and curiosity are enviable. It’s easy (for now at least) to sometimes get caught up in the hardwork of training and calorie-counting and racing and, as a result, to forget about the sheer pleasure of riding. The SIGisters plain joy remind me of why I started cycling in the first place. Thank you, SIGmates.

Imagine this. Showing up in Princeton, NJ for a 200K brevet complete with frame, handlebars, saddle, brakes and gears and levers, pedals, fully inflated rear tire, helmet, gloves, water bottle, finger food, correct apparel, shoes, sunglasses. . . . and what’s missing? Mike Yesko’s front wheel. Congratulations on becoming Road Bozo of the month, Mike! You win ten miles of Siberian Railroad Bonds, issue of 1905.

Once again Hank Schiffman comes through - This from Greg Cohen in a race this past weekend (Apr’l 5-6)

I almost got into a crash during the race on Sunday. The problem was that the Cat 3/4, Master’s and Women’s fields were combined. There must have been 150+ cyclists taking up the road (minus the jogger’s lane) at the same time.

On my third lap, some guy cut off the cyclist that was in front of me on the left side of the road, causing the both of them to go down. Luckily I responded quickly enough and went into the curb. I clicked out of my pedal in time and put my foot down on the grass. Unfortunately, my race was over at that point, as I wasn’t going to be able to launch a flyer down the hill by the Lasker rink to catch the group. Well, at least I kept the rubber side down...G

Suggestion - - restore the Bulletin to its original format - - ride listings. Have a front page with masthead, and president’s message, add out of bounds, meeting and special events notices, and make it easily available to the majority who will print it from the web. Send out the hard copy to those who still want it - - -think of the money and aggravation that will be saved.

From Hank Schiffman on March 29, 2003 we heard (sic!):

Today I heard that Midori Nakamura won her division in last Saturday’s Crit on Riverside Drive. You might want to check it out. She had broken a few bones last year in competition yet stuck with it. Hank

Jim Galante writes (3/31/03)

Unfortunately Alison Galante is the newest member to the broken clavicle club. On Saturday March 29, while riding a pace line in the a-19 sig along 501, Her bike dropped into a storm drain about a foot below road level pavement. Throwing her off the bike cracking her helmet, causing severe road rash and a broken collarbone. She expects to be on the disabled list for at least 6 weeks. Why didn’t anyone point that hole out?

So... keep those cards, postcards, and emails coming harrietbeecherstowe@nycc.com . . Dusty Rhodes

Send your hatches, matches, dispatches and snatches, as well as your Road Dirt to Dustee Rhodes email: harrietbeecherstowe@nycc.com.

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 windsup 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 hostehies as well other local attractions.

This year we will offer on-line registration for the club dinner ($40.00). Please register online, 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-malings.
Cycling In Harm’s Way

By Alfredo Garcia

"Ride the other's inadequacies. Go by unexpected ways. Attack where he has not taken precautions." Sun Tzu, The Art of War.

As much as bicycles are pedaled in peace, they have been pedaled in war. Among artillery, infantry and armored deployment, a place has been found for the humble bicycle on the battlefield, when used smartly.

Military bicycles were typically heavy and roughed. The Japanese Army used cumbersome high wheelers for maneuvers in the 1890s. Swiss Army bikes, weighing nearly 60 pounds were used from 1905 to 1992, carrying gear and soldier. On the other hand, the British Army in the early 1900s, used a 15 pound Dursley-Pedersen bike, which can be easily carried.

Some bicycle designs didn't work out. In 1890, the British tried an eight-wheel bike with solid tires that carried guns, cannon, ammunition and gear. Dubbed the "Hernia Horror," the bike was scrapped because it was too heavy to move.

Unlike tanks or motor vehicles, bicycles can be ridden, pushed or carried on almost any terrain. Can you imagine carrying a Humvee over a mountainous hill or a single log bridge? Not likely. As compared to marching infantry carrying back packs and gear, pedaling infantry can use panniers and cover more ground quickly, in certain situations.

Sometimes war necessitated innovation. In the battlefield, we see the advent of: folding bikes; use of bikes as human powered electrical generators; some suspension, pre-dating mountain bikes on the battlefield.

The US Army first used bikes in the late 1890’s. Major General Nelson Miles, commanded his 25th Infantry Bicycle Corps, which consisted of African American ("Buffalo") soldiers, was the first American cycling unit. Miles led his men on a 1,900 mile ride from Montana to Missouri to promote its unique military use. One bike unit saw action after the Spanish-American War, quickly forming instant barricades and keeping the peace in Cuban towns.

Bicycles were used in combat for the first time in the 1899 Boer War, South Africa. They were primarily used for messenger and scout duties. In 1916, British Army cycling troops were used in the Easter Rebellion, Ireland. However, the Irish Republican Army used bicycles in turn against them.

World War I saw a great deal of bicycles in action on both sides, which numbered in the hundreds of thousands. British, French, Belgian, Italian (notably the Bersaglieri), Turkish and German cycle troops were deployed. However, bikes were used only for messenger duties during trench warfare.

After World War I, German Major Rudolf Theiss, wrote about military cycling, called "Die Radfahrtruppe." According to Theiss, bicycles are effective: a) for transmitting messages in absence of radios/telephones to deliver orders and information. B) small tactical group raids on enemy bridges, railroads and air fields. C) to pressure or panic retreating forces by stealth encirclement.

One advantage of bicycles is speed and stealth during World War II. Japan used bikes to conquer British Malaysia within 70 days instead of 100. Flats or punctures didn't stop Japanese Colonel Masanobu Tsuiji's army. Some rode with bare rims, which sounded like advancing tanks in the distance.

In Occupied France, local Resistance forces attacked German troops at night, fleeing with bicycles. Although not seen in the film "Saving Private Ryan," Allied bike units were involved during D-Day in Normandy. Bikes were heavily used by civilians in Australia; there wasn't enough gasoline for motor vehicles. They also produced military bicycles in large numbers, imported for the Allied war effort.

The Vietcong used bikes against the French and the Americans, from the 1950s to mid 1970’s, in Vietnam. Although not primarily used for riding, bikes were pushed and utilized as "porters" to carry gear, weapons and ammunition across the infamous Ho Chi Minh Trail. The "trail" was a network of paths throughout Vietnam, Laos, and Cambodia. It went through numerous bodies of water, mountains and other hostile terrain. Bicycles are very low tech and effective on the 'trail,' as opposed to Americans using B-52 aircraft used to bomb bridges in North Vietnam.

Interestingly, the Pentagon, noted such enemy activity, commissioned a study, "Bicycle Troops," written by R.K. Kohn. It drew from historical sources like "Die Radfahrtruppe" and the Japanese use of bikes during World War II. Kohn's study was limited because he couldn't get access to certain classified information. Nothing further was mentioned or acted upon.

Currently, the US Army, through the 1st Tactical Studies Group, used folding all-terrain bikes on a parachute drop, called Operation Dark Claw, 1993. The bikes had solid foam inner tubes and ultra-quick release attachments.

A scene from the film "Black Hawk Down," showed an American "Delta" soldier on a reconnaissance mission. He rode a mountain bike from Mogadishu to a beach to be picked up. The US Army, with info from the Delta cyclist, helped capture an associate of Ethiopian warlord Mohamed Farrah Aidid, in 1993.

US ATB's have been used in the Airborne invasion of Haiti. Other countries, like England, Singapore and Switzerland (until 2003) are still using bicycles for military use.

Gulf War II: bicycles have been used in non-combatant situations, from what I've observed on television. Notably near US Central Headquarters in Doha, Qatar. News footage has shown racks filled with mountain bikes. They have been used for short non-mechanized transport, likely to an air base or to see Brigadier General Vincent Brooks give early morning press conferences. Some bikes may have been used in Airborne operations, Northern Iraq.


Special thanks: Diane Goodwin (bike librarian) and Leon Evers (Germany via email) for their assistance.
Who in the E Are We? Part 3

Richard Rosenthal

Do Sharon Todd and Susan know each other? They are both at the kmpg domain. But Raymond Colin <soros.com> and Michael McAllister <sorosny.org> dont work at the same place.

A free tube to the first writer (bikeadam@aol.com) or caller (212-371-4700) to say why Kris Zdyb and Herb Dershowitz should know each other based on their e-personnas. Herb and his buds are ineligible.

Jeff Vogel has been known to pause for a beer in mid-ride, but he is not <vogelhi>. <wildwolf> is not Marty Wolf (although would be appropriate given what she said she would do to anti-war demonstrators disturbing her under her window near the UN).

Can you imagine the e-engagement announcement of <fourgoody> and <dgoody>? While I’m proposing relationships, would a <gronmitsahra> date a <sommuido>?

I'm 2600 miles from my roster at deadline without benefit of the roster and am looking at my notes: is <gallieog1564> something other than an homage to the Renaissance scientist? <bogeymaxx> could be a disciple of Bogart, a duffer of a golfer, or an enemy pilot. Go figure: <mac> works on a PC, not a Mac. Can anyone who has ridden behind Alson Bowles vouch that she truly has a <sonnybun>?

It is an alphabeticall straw when <abcmailing> writes <jklmpop>. <jklmpop> is Noel Comess. Get it? No "L." Clever. Noel owns Tom Cat bakery. <tom1tolm23> could show Noel executive potential. <nymufflinking> might apply to be a route driver...well cyclist. Part of his employment spiel should be that he is nutritionally superior to <nycheeto>.

<tom1tolm23> could walk <two2dog>. Others who wear their love for animals on their e are <cat800>, <foodcat625>, and <kitzikat>. <oldshoe> likely has something to offer them.

<hbflyfish> (for whom, one gathers, cycling is not his favorite sport), and <calahmari> seem to have a somewhat different interest in animals. They may want to <hop2borabora> or go to the <bluegalapagos>. Be careful of the <blubottle>.

There is no bigger Mets fan than Howard Turoff, but he is not <hbflyfish> (for whom, one gathers, cycling is not his favorite sport), and <calahmari> seem to have a somewhat different interest in animals. They may want to <hop2borabora> or go to the <bluegalapagos>. Be careful of the <blubottle>.

By Joe Kurmaskie

Excerpt from the opening chapter of "Metal Cowboy: Tales From The Road Less Pedaled" (Three Rivers Press April 2002)

It was 5:30 a.m. in Pocatello, Idaho, a thin strip of icy rainassaulting the street into the rest of his life. That little push has kept me rolling right up to the edge of the millennium and beyond...

A chill passed through me. I have thought about that old man many times during my travels. He was certainly right about the wind, and as for locating where the innocent sleep, I want to believe he meant to look for the best in people along the road, and that’s what you will often find. My bicycle has also brought me to the innocence and the best in myself.

I remember the crusty old rancher tapping the back of my bike gently before he crossed the street into the rest of his life. That little push has kept me rolling right up to the edge of the millennium and beyond...

(To Be Continued)

Register for a chance to win Arkel GT 54 panniers over at www.metalcowboy.com, as well as purchase signed copies of my books at a bike club discount from my website or get unsunged copies wherever books are sold. The new book hits beles May 27.

http://www.nycc.org

Who in the E Are We? Part 3

Richard Rosenthal

By Joe Kurmaskie

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http://www.nycc.org
Randonneuring a 600K ... Surviving a series ... Surviving at night

by Diane L. Goodwin

This article’s intention is to share the successful and unsuccessful moments I personally experienced this year as a randonneur and organizer of brevets.

In December 2003, I decided it important for me, as Regional Brevet Administrator (RBA), to ride my own routes and to complete at least one full brevet series (200, 300, 400 and 600K). For those who don’t know what a brevet is, it is a timed long-distance cycling event, not a race, which includes a minimum of elevation and includes controle stops (designated stops where the brevet card is signed). A card is handed to each participant before each ride. Upon completion, the card is returned to the organizer and later to the cyclist with a stamp from Audax Club Parisien.

My training started in the midst of winter. I rode Kreitler rollers. I ran the Midnight Run on January 1st, commuted to work, led rides, rode outside for training and rode the Florida brevets.

The Florida brevets and rollers combined are what gave me the most fitness. Each brevet intends to train you in different areas. Most 200Ks are completed within daylight. The correct clothing you choose to wear in the morning is selected by the temperature throughout a period of 13.5 hours. Your bike is at its lightest. A 300K might require proper lighting. Battery lights are normally used so you still ride Ksyrium wheels. Food and hydration become and issue. By the 400K, you need to consider “real” lighting, sleep (maybe) and food and hydration. A 400K is 28 hours limit. If you get caught in snow or rain, you hope to have a change of clothing at the turnaround. Most of the 400K turns around at mile 150. It’s usually a hotel - you’d have clothing and your own room.

The 600K ... it’s tough. It’s 380 miles and the time limit is 40 hours. It usually starts at 2 a.m. Saturday morning; you ride 270 miles to a sleepyover spot (NJ brevets is using a Youth Hostel in PA); wake up a few hours later to complete a century.

The Florida 600K in Gainesville, FL was the first 600K brevet I ever participated in. I’m not ashamed of DNFing. Everytime you go out to ride and I was getting too hot. The route had 30 miles. It needed to be “broken in.” Don’t ride a new wheel - especially one that drags on an important ride. If I was fit, maybe it wouldn’t have hurt so much.

4. Illness: The entire ride, my stomach was stressed and I wanted to vomit each time I coughed. I guess, I was still sick.

5. DOGS! What could stress you more than dogs on the route? As we passed fenced in dogs, I anticipated them finding a hole and escaping ... some did! One even placed his mouth around my foot while tried escaping!

6. Route: A foreign route is challenging. Finding some mistakes on the cue sheet led me to believe more inaccuracies would come up.

7. Food: Alex Bekkerman once taught me to take a peanut butter & jelly sandwich, cut it into quarters and place each part into individual sandwich bags ... I wish I did this. Time was wasted the night before the ride eating at a fine restaurant .... order in next time! My stomach needed the food it was use to and travelling made it difficult to accommodate this. So, always pack your own food so you don’t need to go to the store or hope your host has the food you need or like. Ask the host if he drinks coffee (mine didn’t) - I “need” coffee to wake me up.

8. Heat: It was 80F the second part of the ride and I was getting too hot. The route had no shade being in the horse country of Ocala.

9. Lack of camaraderie: My 600K only had 3 other riders. Only one rider was supportive. It’s important to ride with a group and with someone who supports you (maybe pushes you up a hill too!).

It’s okay I DNFd because I intend to ride my own 600K. I did learn the feeling of being a DNF (Did Not Finish) and am more sensitive to riders who fall into this category on my brevets.

Night Riding

We, NYCC’s don’t ride at night often enough that lighting is a concern. Lighting needs to be tested before riding at night. Each participant needs to find out what he/she is comfortable with first to avoid surprises. Lighting isn’t just a white light on the handlebar or a steady red light on the rear.

For my ride, I decided to go with the Schmidt Hub (see photo) and Lumotec lamp. I have two Cateye Micro Halogen lamps mounted on the handlebars. The handbar blinkies (now available at Toga Bike shop) and one additional red blinky on the seat stay are additional insurance of being seen. The largest red lights you can place on the back of the bike, the better. Interestingly, the Audax Club Parisien has strict rules on lighting - they want incandescent lighting - NOT LED!

Besides seeing those potholes, you need to read street signs and the route sheet. Chances are, you won’t know the roads already. Missing turns loses time and enough lost time ends in DNF! Headlamps are typical accessories of a randonneur and commuters. Besides a strong beam, riders look for look for something called “Shermer’s Neck” happens when neck muscles become tired on long events. The neck starts to bob ... the rider has no strength to hold his head up. A bungee cord connecting the head to a camelbak is the only hope. To avoid this, choose a light-weight headlamp.

Black Diamond Ion is the newest find. I purchased mine for $20 at Eastern Mountain Sports. Sandiwy Fong was the one who told me about it.

Visibility to cars is critical when night riding. Reflective ankle straps and vests are the minimum. Some riders have placed small blinky lights inside the back of the helmet (Peter White sells them). Others stick reflective tape in strategic point on the bike frame.

The most effective way to be seen is riding as a group. Some riders double up, looking like a car.

Helmet mirrors are critical. This saves physical energy - you don’t need to twist your body.

Even if you don’t think you’ll need the above, consider purchasing a good set of lights ... they may come in handy one night!
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 who lead 12 or more rides 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.

Grand Central Trains

| GTc | Poughkeepsie | 7:53am (Hudson Line) |
| GTc | Poughkeepsie | 8:33am (Hudson Line) |
| GTc | Brewster North | 7:48am (Harlem Line) |
| GTc | Brewster North | 8:48am (Harlem Line) |
| GTc | New Haven | 8:07am (New Haven Line) |
| GTc | New Haven | 9:07am (New Haven Line) |

Returning from GTc

| Ridgeway GCTc | 4:33pm (Hudson Line) |
| Poughkeepsie-GTc | 5:33pm (Hudson Line) |
| Poughkeepsie-GTc | 6:33pm (Hudson Line) |
| Brewster North-GTc | 3:09pm (Harlem Line) |
| Brewster North-GTc | 4:09pm (Harlem Line) |
| Brewster North-GTc | 5:09pm (Harlem Line) |
| New Haven-GTc | 2:59pm (New Haven Line) |
| New Haven-GTc | 3:55pm (New Haven Line) |
| New Haven-GTc | 4:55pm (New Haven Line) |

New York City Cycling 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.

CAUTION (A19 STS 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@nycrr.com). For information about the A-19 STS, contact Russ Berman (rberman@kronishlieb.com).
Recurring Rides

Every Sat. except the 24th (May 3, 10, 17, 31)

A 19.9 ~ 55 Miles ~ 8:00 AM
River Road, Bradley, Tweed

From the Boathouse
Leader: Richard Rosenthal (212) 371-700; BikeAdman@aol.com

Note: Early start time. In the Park by 10 am.

Every Sunday
(May 4, 11, 18, 25 & June 1)

A-19 ~ 55-60 miles ~ 9:00 AM
Sunday Muffins in Nyack

Ride Leader: Jon Adler, 917 369 1807 or jadler8@nyc.rr.com

From the Boat House
Join me for a recovery ride from the SIG or STS ride. I will try and vary the route from week to week. We'll find a hill or two. No matter where we end up, note the following: Pace line skills welcome, bad attitude not. Prompness is good, and lunch won't be long (I have to be back in Midtown by 2pm). Bring tubes, cash, and a helmet. Nasty weather cancels; check the message board at 10 pm on Saturday for confirmation.

Every Tuesday and Thursday
(May 6,8,13,15,20,22,27,29)

A19 ~ 18 miles ~ 5:30 AM
Morning Laps in Central Park

Leaders: Jesse Ostrow 212-877-7658; Richard Embry 212-678-6115

From: Engineers Gate at 90th St & East Drive
Join us for early morning workouts. We'll hone our paceline, do some hill repeats and speed work. All are welcome. Please be of good cheer. Mellow rules! Major rain/wet roads cancels.

B17/18 ~ 24 Miles ~ 5:20 AM
Laps in the Park
Leader: Linda Wintner 212-876-2798 lwintner@metlife.com

From: Engineers Gate, Fifth Ave and 90th Street
I know - you think 5:20 am is ridiculous. But, trust me - the park is beautiful at that time as well as serene and, best of all, not crowded. Please join me for various training exercises - hill repeats, intervals, sprints, laps in a paceline (I’ll teach you if you don’t know how to paceline). We’ll have fun and improve our skills while we’re at it. I generally try to do 24 miles, but you can always shorten or lengthen the time as you need or want to. I occasionally travel for work so please check the email listings and the bulletin board for any cancellations. Cancellations: precipitation

May/June 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.

Club Rides

Thurs., May 1

C12-13 ~ 30+/- Miles ~ 10:00 AM/11:15 AM
Preride to NYC Bicycle Show - Chocolate Factory in Staten Island

Leaders: Trudy Hutter (212-838-2141 trudyth@aol.com) and Linda Roesner (lroesner@earthlink.net)

From: Loeb Boathouse, Central Park at 10 or Manhattan side, SI Ferry at 11:15 a.m.
We'll be taking the ferry to Staten Island and visit a chocolate factory (www.superiorconfections.com). You won't be able to see them make the chocolate but you'll be able to buy it at very reasonable prices. We'll stop off for a picnic lunch and get back to Manhattan at approx. 4:30 to attend the NYC Bicycle Show (nycycleshow.com) which opens at 5:00 PM. Print out a discount entrance coupon from the show's site. Rain at the start cancels the ride. Co-listed with 5BBC & The Weekday Cyclists. NOTE: This ride ends at the NYC Bicycle Show, NY State Armony, 26th Street & Lexington Ave. FREE indoor valet bike parking for the show. BRING: A good working bicycle, water to drink, spare inner tube/s, lunch or money for it, a helmet (and wear it), bicycle lock, bicycle lights (optional) in case you stay at the show and you have to ride home in the dark.

Sat., May 3

A20+/- ~ 100+/- mi. ~ 7:35am
GCT to Peekskill

STS A Classic - South Gully Road
From: GCT 7:53am Metro-North train to Peekskill

Leaders: Hank Schiffman, schiffhank@aol.com, 212-529-9082; John Zenkus, Jjz2116@aol.com

Our penultimate ride, with distance and climbing that will reward those who have been training! We start with an ascent of Anthony's Nose then climb 9W above West Point. The premier hill, South Gully Road is a must for any serious climber's CV. Later, we do a 26 mile paceline run, most likely to windward, on 17K. And you can look forward to a delicious lunch in Wurtsboro. Return is from Beacon on Metro-North. Please be at GCT by 7:30am. Helmets are required on all STS rides. Bring a Metro North Pass, 2 water bottles, pocket food, wampum, extra tubes, and a serviceable bike. Your tires should not be an embarrassment. Check the NYCC Message Board by 6:30am if in doubt about the weather. Or check it the night before for any added information on this ride.

http://www.nycc.org
A-19 Spring Training Series

A-19  60-70 miles  8:30 a.m.

Byram Lake & Sleepy Hollow

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

Leaders:  Don Belfer, 
edbelfer@alum.mit.edu  212 316-1876;

Sean Kellieri,
skellieri@verizon.net  212-795-2581

From Tavern, we'll ride North, taking in the scenery (and the occasional hill) of White Plains and Mt Kisco. Awe will inspire as we round Croton Reservoir and the train at Tarrytown will save us from exhaustion. (For those wishing to ride into Manhattan, cue sheets will be provided.) To join us, you don't need to have done any of the other STS rides. Please have paceline skills and the stamina to take a share of pulls. Metro-North passes are 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 nycc.org or call a leader.

Wed., May 7

C12  18+/- Miles  6:45 PM

Manhattan Evening Ride on Greenways/Pathways

Leader:  Trudy Hutter (212-838-2141, trudyth@aol.com )
From: Plaza Hotel Fountain, 5th Ave. betw. 58th & 59th Sts

In celebration of Bike Week, join us for this annual fun leisurely evening ride on Manhattan's Greenways/Pathways. We plan to go through Central Park, down the West side pathway to Battery Park, through South Street Seaport, and up the East side. We'll get back to the Plaza Hotel at approx. 9:30 PM. Bring pocket food, water, spare inner tube, and you must wear a helmet. Co-listed with SBBC & The Weekday Cyclists.

Sat., May 10

A20+  100+/- mi  7:53am

GCT to Poughkeepsie

A Classic Spring Training Series: Peekamoose

From: GCT 7:53am Metro-North train to Poughkeepsie

Leaders:  Peter Walker, pwalker5@nycrr.com, Hank Schiffman, schiffhank@aol.com, 212-529-9082 & John Zenkus, jji2216@aol.com

Last dance, and it's going to be a winner. Ascents of Mohonk, Minnewaska and Peekamoose are on the card. Return is from Poughkeepsie on Metro-North. Helmets are required on all STS rides. Bring a Metro North Pass, 2 water bottles/or water pack, pocket food, cash, extra tubes, and a serviceable bike. Your tires should not be an embarrassment. Please be at GCT by 7:30 AM. Check the NYCC Message Board by 6:30 AM if in doubt about the weather. Or check it the night before for any added information on this ride.

A-19  105 miles approx  8:00 AM

A-19 Spring Training Series: Skyline Drive, Greenwood Lake and Beacon

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

Leaders:  Harvey Minsky, spokes609@nycrr.com  212 595-9344
Russ Berman rberman@kronishlieb.com (212) 595-8834

Harvey's been yearning for two years to do Skyline Drive again, so we thought we'd finish up the series with that delight and a little more. We should be adequately fatigued by the time we pull up to the train station in Beacon. This is one ride for which cool weather would be just fine. To join us, you don't need to have done any of the other STS rides. You do need to have the group-riding skills and stamina to take your fair share of pulls in our rotating paceline and make it up that damn drive and the hills that follow without bonking. You also need a Metro North pass, a helmet, a well-maintained bike, a positive attitude and plenty of fluids and pocket food. Rain date on Sunday. If in doubt, call a leader before 7:30 a.m. or check the message board.

Sun., May 11

A-20  60 Miles  8:30 AM

Westchester County Express

From: Larchmont train station

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

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

B16  60 Miles  9:15 / 10-10:15 AM

Oyster Bay

Leader: Hal Askinazi 917 822-5401 and Peter "Bananus" Kouletsis 917 854-1181

From: 9:15 - 1st ave & 60th St. nw corner;
10:00 Union Turnpike/Queens Blvd/Statue of Civic Virtue
Helmet & fun attitude required. Rain at 8am will cancel.
C 12-13 50 Miles 9:30 AM
Get Back in Shape C-STS: Irv's 50-mile route (Bergen, Rockland)
Leader: Maggie Clarke 212-567-8272; mclarke@hunter.cuny.edu
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 180th St.
This is the seventh of a series of C rides to help us get back into shape after a winter of relative sloth. If there have been a number of cancellations due to weather up to this point, the ride may be shorter.
Let's venture into NJ on Irv's very pretty route through the burbs of Bergen and Rockland counties, through Tappan, West Nyack, the Pascack valley to mention a few. 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. Look at a weather forecast or call Maggie after 8 am if in doubt.
C 13 28 Miles 9:30 AM
It's Mother's Day! Ride to Herman MacNeil Park
Leader: Trudy Hutter (212-838-2141 trudothy@aol.com) & Linda Rosner (lcroesner@earthlink.net)
From: Roosevelt Island Tramway Plaza, Second Ave. betw. 59th & 60th Sts
See the Manhattan skyline from Herman MacNeil Park in College Point, Queens. Join us for a scenic ride as we go over the Queensboro Bridge, weave our way around Shea Stadium and through flushing Meadow Park on some unfrequented roads. We'll pick up lunch and eat it in the park while taking-in the wonderful view of the city. Bring a spare inner tube, lunch or money for it, and you must wear a helmet. Co-listed with 5BBC & The Weekday Cyclists.
Fri., May 16
B16 50 Miles 9:15 AM
Point Lookout
Leader: Ron Grossberg 718 369-2413 Argee401@aol.com
From: City Hall Park opposite Brooklyn Bridge bike path
Long Beach /Point Lookout with picnic lunch on the beach. Call or e mail to confirm.
Sat., May 17
A19+ 80+ miles 9:00 AM
Byram Lake/Armonk
Leader: Fred Steinberg (212) 787-5204 fsteinberg@nyc.rr.com
From: the Boathouse
An A-route classic. Out of the city via the shore route, then into the hills and a slice of Connecticut, then the beautiful back roads around the lake to Armonk and lunch. Return via Grassy Sprain, w/Whipoorwill and Nannynaken as options. Metro north pass suggested for bad-weather bailout. Rain, early snow cancels.
A17-22 250 Miles Time TBD
Montauk Twin Century
Leader: Marty Wolf 212-935-1460
From: Call leader
Call for costs, time, and meeting place. In our version of the Montauk Century, we bike out on Saturday and return on Sunday, on the same road used by the one-way century riders. We also tend to break into tiny groups of 2 or 3 as we find others who ride our pace, so some riders will go much faster than the named pace. Rooms are often limited and must be paid in full no later than Sat, May 10 (which is also the cancellation date). Leader will have a few rooms reserved for the earliest callers.
B17 55 Miles+/-. 9:00 AM
Pearl River Encore
Leader: Tom Laskey (212) 961-1610 or tomoboce@mindspring.com
From: The Boathouse
Now that I finally made it to Pearl River, I can't get enough!! Join me for a spin through some of Bergen and Rockland's prettiest roads as we make our way to the Muddy Brook Diner for their superb pancakes. Helmets required, rain or better than 70% chance at 8:00am cancel. In doubt, check message board or contact ride leader.
C13 45 Miles 9:00 AM
Piernmont
Leader: Bernie Brandell
From: Boathouse. If boathouse is blocked by an event, ride will meet at 9:45 at north exit of park (110th St & A C Powell Jr Blvd)
A great ride to a great destination. (Note: return ride ends at the GWB.) Rain or temp below 40 (at 8) cancels.
Sun., May 18
A 18 75 Miles 8:30 AM
Brewster or Bust
Leader: Robert Gray - nyarchitect@msn.com - 212-593-0986
From the Boathouse
Out through the Heights, Scarsdale, Purchase, Greenwich, Mianus River, Pound Ridge, Titicus Reservoir and more Reservoirs to the train back from Brewster. Last half of the route is almost rural. From Fred Steinberg or course but different enough to merit a try if you have been to the neighborhood. Bailout after 65 miles at Purdys if you need to get home earlier. We will not be looking for every hill along the way but over 4,000 feet of vertical if you get to Brewster. No big climbs but it will not be flat. I will be slowing down for the hills. Don't forget your train pass!
B16 40+/- Miles 9:00 AM
Spring Ride
Leader: TBA
From: Boathouse
A lovely spring ride - those April showers have brought May flowers. Rain or wet or roads cancel.
C 13 48mi / 75 km 10:00 AM
Get Back in Shape C-STS: The 26th Annual Bloomin' Metric
Leader: Maggie Clarke 212-567-8272; mclarke@hunter.cuny.edu
Meet at the Metro-North train parking lot in East Norwalk, CT (the south side of the tracks) for the short ride to the start of the event. The schedules may change, but as of now the train arriving in East Norwalk at 9:08am (leaving Grand Central a little over an hour earlier) is probably the one for us, since an earlier one gets there around 7-45am. But check with Metro-North to be sure and get in touch with me if there's a change. (I'll be boarding at Fordham.)
This is the eighth of a series of C rides to help us get back into shape after a winter of relative sloth. The Bloomin' Metric is an annual series of rides along the beautiful scenic roads of Fairfield County, CT at the time of peak blooms, hosted by the Sound Cyclists (of Westport, CT area). Metro North has waived the need for a bicycle permit on New Haven line trains all day and the limit on the number of bicycles allowed on board. The Bloomin' Metric goes rain or shine, though I may not if the weather is bad. Call me after 7 am if in doubt or if there is a change in the train schedule. For more information See the Out of Bounds listing below or go to http://www.soundcyclists.com/Bloomin.htm
Fri., May 23
Memorial Day Weekend in the Berkshires
Please note: the meeting times posted below are based on the current Metro North schedule. The schedule for the Memorial Day weekend is not available as we go to press. Contact the ride leaders to confirm train and meeting time. You must allow time to purchase your ticket, buy whatever munchies, etc, get to the platform and load your bike.
Please note: Thus far this year we do not have a luggage shuttle. If you plan join one of the following rides you must have accommodations in the Berkshires a have made arrangements for your luggage transport- up and back!
The following rides are for those who want to get an early start on the weekend by taking a Metro North train to either North White Plains, Brewster or Wassaic and ride the remainder of the way to their weekend lodgings. Additional rides may be posted. Contact Fred Steinberg fsteinberg@nyc.rr.com 212-767-5204 and check the NYCC bulletin Board for updated ride information.
http://www.nycc.org
If you want to ride on your own from the various Metro North stations contact the ride leaders below for route information.

There will be return rides to Metro North stations on Monday, May 26th. The details will be in the weekend information packet and will be updated at the dinner/party.

A19 31-100 Miles
7:44 AM train to North White Plains
N White Plains to Brewster via Whippoorwill/Roaring Brook/Route 100
Leader: Hank Schiffman, schifflank@aol.com, 212-529-9082
From: GCT, be there early enough to get a ticket

This ride is designed to meet the A riders getting off the train at Brewster about 11:15 as they ride up to Sheffield, as well as to give NYC riders who are not spending the weekend away a chance to rack up some country mileage. This 31 mile stretch has only 2 featured hills but, "if you continue riding with the group, you can catch a return train from any number of stations along the route. These trains run about every 2 hours. So you can conceivably ride with us all the way to Sharon, CT and catch the train back from Wassaic, giving you about a 90 mile day.

Please contact me if you are going to do this ride and let me know about how far you want to go or when you have to be back in NYC so I can work out your logistics. Please have tires in good shape, 2 spare tubes, pocket money, a Metro-North bike pass, and water. And please have paceline skills and be ready to roll when we get off the train as we need to make good time to Brewster; the club rides we are to meet will not wait for us. Also, the new train schedule is not out as I write this so please check the NYCC Message Board for possible scheduling changes.

A18 65 +/- MI 9:20 AM @GCT
Same thing this year...
Leader: Fred Steinberg
fsteinberg@nyc.rr.com 212 787-5204
From: Grand Central Terminal

The riding starts in Brewster. Its the same route as last year, which was perfectly un-flat.
Lunch is in Kent. We’ll take the hard route from there, with some serious climbing up Sharon Mountain. An alternate cue sheet will be available. The ride will officially end, as always, at the Stagecoach Inn, where we will again hoist a pint or two in memory of fellow wheelman Mark Martinez, who traditionally led this ride, and whose presence will be missed.

Sat., May 24
B17 75 Miles 8:30 AM
Bergen-Rockland Ramble
Leader: Carol Waaser 212-581-0509 biker-c@rcn.com and Wayman Thomas, wayman-thomas@msn.com.
From: Boathouse

This is a beautiful ride mostly on back roads. There's one short section I haven't scouted, so that will add to the adventure. Two deli stops and the second one has an ice cream parlor next door. Cancels: rain, predicted high above 95, high winds. Helmets, 2 water bottles and pocket food, please.

B15 50+/- Miles 9:30 AM
Westchester Picnic
Leader: Mark Gelles (212) 689-1375 mgelles@okcom.net
From/End: 242nd. St. & Broadway in the Bronx (#1 Train - last stop)
Route is scenic hilly ramble from Van Cortlandt Pl. to Pocantico Hills horse country & lunch @ Kingland Pt., lots to look at! Bring a smile, fluids, pocket food & something to carry lunch 2 miles from deli stop to park. Wet roads @ 8:00 AM cancels.

C? ?MI 10AM
Not in the Berkshires?
Leaders: You
From: Boathouse

Fri., May 30
B16 45 Miles 9:20 AM
Staten Island
Leader: Ron Grossberg 718 369-2413 Arggee401@aol.com
From: Staten Island Ferry terminal

Staten Island perimeter with some internal hills. Lunch on the water at Conference house. Call or e mail to confirm

Sat., May 31
B18 65+ Miles 9:00 AM
Long Island North Shore
Leader: Tim Casey 718-392-1963 Tim_Casey@Earthlink.net
From: Forest Hills. 72nd/Continental Ave

Over the GW Bridge, through Bergen and Rockland Counties, and on into urbane territory. Halfway through, the ride splits into two groups. A faster group will try to touch the bear's nose. A slower group will watch the bear wiggle its toes. Return is by Metronorth from Garrison. MetroNorth pass mandatory. Rain cancels.

Bear With Me a Moment...
Leaders: Hindy and Irving Schachter 212 758 5738
From: First Avenue and E. 64 St., NW corner

No ride scheduled at printing. Check your e-mail and online for rides today.
Or go to the boathouse and meet friends.

Mon., May 26
A18 70+/- Miles 8:00 AM
Somerville, NJ Critérium
Leader: Marty Wolf (212-935-1460)
From: TBD

These races have taken place every year since, I think, 1946; it's a fun day in small town America. We'd take the PATN to Newark and ride from there. Call if interested. (If you call at least a week before the ride, I might even go ahead and scout it since I haven't ridden there since 1999.)

B14-16 55+ Miles 9:30 AM
Bear With Me a Moment...
Leaders: Hindy and Irving Schachter 212 758 5738
From: First Avenue and E. 64 St., NW corner

New York Cycle Club
http://www.nycc.org

May 2003

14
"Bananas" Kouletsis 917-854-1181; peter.kouletsis@citigroup.com

From: the Boathouse

Please join us for a scenic and relaxed ride to Mamaroneck where we’ll buy lunch at a deli and picnic by the water. The route has some rolling hills as well as some nice flats! Plenty of hail-out options on the way home, Metro North (Metro North pass required) or subway in the Bronx. Please bring some snack food, plenty of water, a spare tube, and a pump. Helmet is required. This is really a nice ride and we look forward to seeing you on it. Cancellations: rain

SIG Rides

Sat., May 3

A-SIG Classic 90 Mi 8:00 AM
Ride #10: Bedford
Putting it all together
Leaders: David Grogan (718) 875-1977, Seth Prince (718) 422-0085 and Jody Sayer (845) 265-7210

From: the Boathouse

After riding through the lovely Bronx and some of lower Westchester, picture yourself, having bought lunch in town, eating on benches in Mamaroneck’s Harbor Park deciding which of the yachts you prefer. A few hills on the way back but this is Westchester, after all. Substantial expected rain cancels.

C14 47 Miles 9:00 A.M.
Mamaroneck
Leader: Scott Wasserman (914-723-6607 or swrides@earthlink.net)

From: the Boathouse

B SIG 70 +/- MI 8:00 AM
B16, B17 & B18 Cold Spring via Harriman State Park
Leaders: Eileen Walker (212) 879 4055 walker.eileen@worldnet.att.net
Cynthia Saeli (212) 517 8723 cynthia.saeli@verizon.net

From: 72nd & Riverside
(Statue At the entrance to Riverside Pk.)

Congratulations it’s time for our graduation ride. You deserve this lovely ride through Bergen, Rockland, Orange & Putnam counties. We will cycle through the burbs then it’s up Seven Lakes Drive, cross the Hudson at the Bear Mountain Bridge, then it’s on to Cold Springs for a celebration at the station cafe. Bring lots of pocket food for this ride has very few food stops. We will ride Metro North home from Cold Spring so bring that train pass. NOTE DIFFERENT START TIME AND LOCATION. Cancellations: actual temperature below 25-degrees at 7:00am; raining or snowing; wet or slick roads; or steady winds above 40 mph. Check nycc.org bulletin board or call listed leaders if uncertain. If weather cancels we try to ride on Sunday.

C-Sig Week #8

Ride Leaders Paul Hofherr (212) 737-1552 bikeman99@aol.com , Gary McGraime (212) 877-4257 garynych@aol.com, Patricia Janof (212) 737-1668 patricia.janof@verizon.net.

If your ride leader hasn’t contacted you, call above to confirm your start time and meeting location. Bring water bottle, helmet, spare tube, bike pump and lock, and $ for lunch. Precipitation postpones ’til Sunday. Check the NYCC Message Board by 7:30 AM, if in doubt.

Sun., May 4

A-19 SIG Skills and Maintenance Session 9:00 A.M.
Leaders: All + Special Guest Leaders
From the Boathouse Parking Lot:
Bringing your bike and the tools/supplies you usually bring on a ride. This activity is limited to A-SIG participants only. Sorry. Half the group will rid with the pros and learn the skills necessary for crisis management on your bike (safely riding over gravel, sand, holes, glass, sudden flat tires, emergency stops, bumping another rider, etc.), the other half will learn how to change a flat in seconds, lube your chain, troubleshoot and adjust derailleur, and brakes and other tips to keep your bike running like new. Don’t forget to give your ride listings to Rob.

A-19 SIG Ride #11: Bedford
84 miles 8:30 A.M. Putting it all together!
Leaders: Charlie Ward (212) 665-3693 & Jorge Gonzalez (210) 725-1312
From: the Boathouse Parking lot

Note the early start time again. Please be prompt. A more beautiful ride won’t be happening today. As we disappear powerfully over Cat’s Paw Hill, your leaders’ hearts are pounding near their VO2 max in anticipation of riding with you as real “A” riders. In SIG language however, beautiful ride = hills. The ride to Bedford has some nice climbing and beautiful pastoral vistas. We’ll see if the hill repeats we’ve all been practicing on our own really work. Bring plenty of water, pocket food, determination and sun block. We might try a picnic this time on the Bedford Town Green. Helmets mandatory of course. The skills you learned the past few weeks, especially working together, communicating and forming incredible pacelines are expected. This will be great practice for graduation next week. Remember the carbon road dinner this week!! The usual cancels. We better have all the rides you’re going to lead; the diplomas are being printed now.

C-Sig Week #9

Ride Leaders Paul Hofherr (212) 737-1552 bikeman99@aol.com, Gary McGraime (212) 877-4257 garynych@aol.com, Patricia Janof (212) 737-1668 patricia.janof@verizon.net.

If your ride leader hasn’t contacted you, call above to confirm your start time and meeting location. Bring water bottle, helmet, spare tube, bike pump and lock, and $ for lunch. Precipitation postpones ’til Sunday. Check the NYCC Message Board by 7:30 AM, if in doubt.
Wed., May 14

A-19 SIG Pre Graduation Cannoli and Carbo loading Dinner
6:30 p.m.
Leaders: Marcy Bloomstein (212) 243-0911 & Gretchen Bates (212) 439-6778
Call leaders for time, location and attire. We have a great ride planned for this weekend. Proper nutrition is the underpinning for SIG success. We’ll make sure you have sufficient quantities of the basic food groups: Carbohydrates, beer and chocolate.

Sat., May 17

A-SIG Classic 108 MI 7:00AM
Ride #12: Bear Mountain
The graduation ride!
Note Earlier Start Time
Leaders: Frank Grazzio (212) 529-9462 and Timothy McCarthy (718) 204-7484
From: Boathouse parking lot
Bring your caps, gowns, cameras and champagne. Today we finish with a blast. Please note that we take off at 7:00! Be at the parking lot, signed in, helmets on ready to ride by 6:45. We’ll barrel north along the Hudson, stopping for fuel in Stony Point, NY, then climb up Perkins Drive to the top of Bear Mountain. From this point, we head west along the rolling beauty of Seven Lakes Drive out to Skoatsbg, NY. We then head SSE through Suffern, Airmont (where we break to refuel), Saddle River and Ridgewood toward NYC. The ride ends with a celebratory reunion on the hill across from the Boathouse in Central Park and group dinner that evening! What a fabulous day and a fabulous series! Bring pocket food, sun block and lots of water. How much will you miss us next week? Rain date: Sunday, May 18.

A-19 SIG Ride #12: GRADUATION RIDE:
A lot of miles!! 7:30 AM
Leaders: ALL OF US. AND YOU BETTER NOT BE LATE
From the Boathouse Parking lot
Congratulations!!! Here is the moment you’ve been working toward and waiting for. Bring your caps and gowns, your pomp and circumstance, champagne and a couple of extra tubes. Today, we’ll finish off this bad boy with a blast. We’ll barrel north along the Hudson River at breakneck speed (safely of course), observing all the rules of the road and of good sportsmanship. We’ll paceline into the mountains and up Perkins Memorial Drive near Bear Mountain. The ride will have a surprise ending. Warm and fuzzy (hopefully not too smelly) we’ll return to NYC. What a fabulous day!! Bring your Metro North train pass, pocketed food, sun block and lots of water. The usual cancels. Remember, we want to let you down easy; no cold turkey without us Saturday cancels. Remember, we want to let you down easy; no cold turkey without us Saturday cancels. Remember, we want to let you down easy; no cold turkey without us Saturday cancels. Remember, we want to let you down easy; no cold turkey without us Saturday cancels. Remember, we want to let you down easy; no cold turkey without us Saturday cancels. Remember, we want to let you down easy; no cold turkey without us Saturday cancels. Remember, we want to let you down easy; no cold turkey without us Saturday cancels. Remember, we want to let you down easy; no cold turkey without us Saturday cancels. Remember, we want to let you down easy; no cold turkey without us Saturday cancels. Remember, we want to let you down easy; no cold turkey without us Saturday cancels. Remember, we want to let you down easy; no cold turkey without us Saturday cancels. Remember, we want to let you down easy; no cold turkey without us Saturday cancels. Remember, we want to let you down easy; no cold turkey without us Saturday cancels. Remember, we want to let you down easy; no cold turkey without us Saturday cancels. Remember, we want to let you down easy; no cold turkey without us Saturday cancels. Remember, we want to let you down easy; no cold turkey without us Saturday cancels. Remember, we want to let you down easy; no cold turkey without us Saturday cancels. Remember, we want to let you down easy; no cold turkey without us Saturday cancels. Remember, we want to let you down easy; no cold turkey without us Saturday cancels. Remember, we want to let you down easy; no cold turkey without us Saturday cancels. Remember, we want to let you down easy; no cold turkey without us Saturday cancels. Remember, we want to let you down easy; no cold turkey without us Saturday cancels. Remember, we want to let you down easy; no cold turkey without us Saturday cancels. Remember, we want to let you down easy; no cold turkey without us Saturday cancels. Remember, we want to let you down easy; no cold turkey without us Saturday cancels. Remember, we want to let you down easy; no cold turkey without us Saturday cancels. Remember, we want to let you down easy; no cold turkey without us Saturday cancels. Remember, we want to let you down easy; no cold turkey without us Saturday cancels. Remember, we want to let you down easy; no cold turkey without us Saturday cancels. Remember, we want to let you down easy; no cold turkey without us Saturday cancels.
Bear Mountain Spring Classic Road Race .... Women's Local NYC Race!

... to be held at Harriman State Park in New York on Sunday, May 11. Fields are women's 1-2-3 and women's 4, as well as pro-1-2-3, 3, 4, with distances from 42 to 98 miles. The Harriman course in the Hudson Valley is one of the country's most scenic road courses and tremendously satisfying to race on. Full details are at www.crca.net/races03/harriman.htm and you can register online at bikereg.com. Hope you can make it!

Also, we are looking for help with neutral support vehicles in the race -- any club or team providing a car and driver will have entry fees for two racers refunded at the race. Please contact Frances Harrison (riderdevelopment@crca.net/tel (212) 580-2129 (before 9pm) by May 8. For general questions about the race, contact: openracing@crca.net.

Thanks,
John Tomlinson
Century Road Club Association

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Cycle Loft New England

Women's Race Series .... 2003

Hi Everybody,

The Cycle Loft New England Women's Race Series for 2003 is about to get underway. The new season schedule is posted below and attached as well. The first event of the Series is the Adelphia Grand Prix, followed by the road races in Palmer and Monson. Here are the first 3 registration links:


For more information on the Series rules refer to the regional series site at http://cyclingmadereal.tripod.com

We will again have great prizes from The Cycle Loft, DeFeet, Clif Bar, Terry, ShankPro, Bike Stuff Jewelry, Bob Beal Medals and others. Sugoi has again provided us with Leader's Jerseys too.

Good luck to everybody in 2003! Have a safe season and I hope to see many of you at the races!

Gerri Moriarty

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The Cycle Loft New England Women's Race Series 2003 Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Race / Location</th>
<th>Series</th>
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<tbody>
<tr>
<td>April 19</td>
<td>Adelphia Grand Prix, Plymouth, MA</td>
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<tr>
<td>April 26</td>
<td>Palmer Library Road Race, Palmer, MA</td>
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<td>April 28</td>
<td>Monson Road Race, Monson, MA</td>
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<td>May 3</td>
<td>STM Jiminy Peak Road Race, JiminyPeak, MA</td>
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<tr>
<td>May 10</td>
<td>Sterling Classic Road Race, Sterling, MA</td>
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<tr>
<td>May 11</td>
<td>NHIS Mother's Day Criterium, Loudon, NH</td>
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<td>May 17</td>
<td>Lake Sunapee Bike Race, Newbury, NH</td>
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<td>May 24</td>
<td>E. Hartford Aircraft Criterium, E.Hartford, CT</td>
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<td>May 25</td>
<td>Hartford Downtown Criterium, Hartford, CT</td>
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<td>June 22</td>
<td>Very Fine Grand Prix, Littleton, MA</td>
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<td>June 22</td>
<td>New Britain Criterium, New Britain, CT</td>
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<td>June 26-29</td>
<td>Fitchburg Longsjo Classic Stage Race, Fitchburg, MA</td>
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<td>July 13</td>
<td>Attleboro Criterium, Attleboro</td>
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<td>July 19</td>
<td>Webevent.com Criterium, Poughkeepsie, NY</td>
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<tr>
<td>July 20</td>
<td>Webevent.com Road Race, Union Vale, NY</td>
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<tr>
<td>July 27</td>
<td>NCC Tour of the Hilltowns, Amherst, MA</td>
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<td>Aug 9</td>
<td>Concord Criterium, Concord, NH</td>
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<tr>
<td>Aug 10</td>
<td>Central NH Road Race, Bow, NH</td>
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<tr>
<td>Aug 24</td>
<td>Southern Maine Road Race, Scarborough, ME</td>
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<tr>
<td>Aug 29-Sept 1</td>
<td>Green Mountain Stage Race, Burlington, VT</td>
<td>3,4</td>
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<tr>
<td>Sept 7</td>
<td>Wayne Elliott Memorial Criterium, Haverhill, NH</td>
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</tbody>
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** Multi-Day Event

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JULY 4TH ...

ALL-CLASS CLUB WEEKEND AT WEST POINT
July 4-6, 2003

Three days, two nights, great cycling, great friends, at perhaps the best place in the country to spend a patriotic July 4th Holiday weekend.

We'll bicycle up to West Point from Central Park on Friday, July 4th — red, white and blue required! Rides will be planned for A, B, and C riders by our expert ride planner. We will have a baggage shuttle to carry our clothes from Central Park to West Point and then back after the weekend. Friday evening, July 4th, we'll enjoy a patriotic outdoor concert given by the Army Band — picnic dinner included.

A, B, and C rides are planned for Saturday, July 5th.

There's also a swimming hole, Storm King Art Center, holiday celebrations in town, a museum, the campus — West Point is the greatest.

Don't miss the dinner cruise aboard the M.V. Commander, chartered for our exclusive use, Saturday, July 5th. On board will be a hot live rock'n' roll band — bring your dancing shoes!

Then, we'll bike on home Sunday, July 6th.

Three days, two nights at the historic Hotel Thayer right on the West Point Campus.

Two full breakfasts, two dinners, baggage shuttle to carry our clothes, dinner cruise with rock'n' roll band, pretty much everything except lunch and drinks - all included.

Cost will be between $235 - $255, exact cost will be calculated in the next week or two.

Keep an eye on your weekly e-mails, on the bulletin, on the website.

Happy Birthday, America!
Questions?
Christy.Guzzetta@GESServices.com

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http://www.nycc.org
Advertising and Volunteering

**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!

The club is choosing a new jersey design. It can be found on the cover of this bulletin and will be 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.

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

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<tr>
<th>Cut</th>
<th>Price</th>
<th>Size</th>
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<td>$78</td>
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</table>

Men’s  

Women’s  

SHORT SLEEVE @ $54/$74

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

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**2003 New Jersey Brevets (not races)**

Join our forum at:  
www.topica.com/lists/njrandonneurs

Princeton brevet dates:  
400K - May 10 (Princeton - 28 hrs)  
600K - June 14-15 (Princeton - 40 hrs)

Metro New York brevet dates:  
200K - May 18 (NYC/Harriman/NYC - 13.5 hrs)  
200K - July 12 (NYC/West Point/NYC - 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!

---

**2 BR Apartment for Rent in Holliswood, Queens (188th Street and Grand Central Parkway) - $1300 / month.**

Sunny 2/BR apartment, 2nd floor, in beautiful 2 family house, upscale residential neighborhood. In excellent move-in condition, wall-to-wall carpeting, eat-in kitchen, large bathroom (separate bathtub and separate tiled shower), new refrigerator. Easy access to subway (20 min. walk or 5 min. bus ride). Indoor garage available for $1300/month. Sorry, no pets. Must have good credit. Call owner (Trudy) at 646-641-2141.
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, hereby: (i) 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; (ii) 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; 3. 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 any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as the result of such claim. I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

PLEASE PRINT OR USE ADDRESS LABEL. ZIP CODE IS REQUIRED. Mail this application with a check made payable to:
New York Cycle Club, P.O. Box 20541, Columbus Circle Station, New York, NY 10023

New  Renewal  Change of Address Date: ___________  Check Amount: ___________

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

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

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

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

ADDRESS: ________________________________________________________________________ APT. # ____________

CITY: _______________________ STATE: ____________ ZIP (required): ____________

NIGHT TEL: ________________________ BIRTHDATE: ____________

SIGNATURE(1): ___________________________________ DAY PHONE: ____________ EXT: ____________

SIGNATURE(2): ___________________________________ DAY PHONE: ____________ EXT: ____________

Check if applicable: I do not want my Partner does not want ___________ Check Amount: ___________

- Address
- Phone
- Email published in the NYCC roster.

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

Check Shop Discounts .... NYCC membership saves you dollars!

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

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

BICYCLE HEAVEN- formerly C'n C Bicycles
348 East 62 Street
New York, NY 10021 - (212) 230-1919 www.bikeheaven.us 8.25% off accessories, repairs & bikes

BICYCLE WORKSHOP
175 County Road
Tenafly NJ 07670 201-568-9572 10% off on part and accessories

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

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

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

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

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

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

NEW HORIZONS SPORTS
55 Franklin St., Westfield, MA 01085 413-562-5237 Don@NewHorizonsBikes.com Certified Serotta Bike Fit Specialist www.NewHorizonsBikes.com www.BerkshireBrevets.com 10% off parts and accessories

PIERMONT BICYCLE
CONNECTION (2 locations)
215 Ash Street, Piemont, NY 10968 (845) 365-0900

SID’S BICYCLE SHOP
235 East 34th Street, NYC, NY (212) 213-8360 or www.sidsbikes.com; 8% off parts, accessories and clothing.

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

http://www.nycc.org

New York Cycle Club May 2003
NYCC Members’ Monthly Meeting .... Tues., May 13, 2003

Yoga and Cycling

Learn How Yoga Can Improve Your Cycling Performance and Enjoyment!

At this informative and fun presentation, Chuck Lam will discuss the anatomy of the breath and how conscious breathing helps to increase speed and endurance. He'll also talk about the benefits of flexibility and the proper ways to stretch without sacrificing strength. With a brief explanation of the different yoga disciplines out there, Chuck will demystify YOGA, showing how you don’t need to be ‘Gumby’ to enjoy the benefits from this ancient practice of strength and balance.

Chuck Lam, a Classic-A SIG survivor and a B-18 SIG Leader, is also a certified Level II Hatha Yoga Instructor at the Integral Yoga Institute of NYC. He has been teaching yoga for 2+ years and is a long standing member of both the NYCC and CRCA.

"After Yoga... I am more supple and strong on and off the bike." -Jack Lehnert, Classic-A Leader

So, please join us on Tuesday, May 13th 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.