

NYCC Bulletin

NEW YORK CYCLE CLUB

New Club Jersey Designer/Richard Rosenthal



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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 blocs 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

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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, as we will be host to Bikesummer 2003. BikeSummer's East Coast debut will include rides for all ages along with bike-themed workshops, competitions, exhibits, films, parties, lectures, and more. Almost all events are free, and the calendar will include contributions from locals as well as out-of-towners. The dates are June 27th – July 26th. For more information on specific events, check out their website: www.bikesummer.org/2003/calendar/plan.php

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

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

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

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

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Ad Rates: Full page, \$250. Half page, \$135. Quarter page, \$75. Eighth page, \$45. Bottom blur, \$40. Frequency discounts available.

Article Submissions: Material may be edited for brevity and clarity. Please proofread your submissions carefully. A full page context is 750 to 1,090 words. Publication is determined by available space. **We cannot guarantee that all submissions will be published.**

Submission is contributor's warrant to the NYCC that material is in no way an infringement on the right of another and may be published without additional approval.

File Format: ONLY DIGITAL FILES WILL BE ACCEPTED. **Image files** must be in TIFF, EPS or JPG format.

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

Email: DO NOT SEND LARGE attachments before contacting the editor. With permission, attach your DIGITAL file and send it to the editor at dgoody@mindspring.com.

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

Diane L. Goodwin
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JUNE Bulletin Deadline:

All proofread articles, announcements, and advertising are due at the Editor by May 9th.

No exceptions.

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

ALL MEMBERS READ!

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 bell me at 212 989 0883.

MARK YOUR CALENDAR NOW!

All Class Rides:

Sunday, June 8th

Saturday, July 19th ? free lunch ride

Sunday August 17th - free lunch ride

Newcomers rides:

Sunday, June 22nd

Saturday, Aug 9th

WANTED: T-SHIRT IDEAS

for Escape New York Century Bike Ride

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

NYCCV presents

The 9th Annual Escape New York

Century Bike Ride

October 4th, 2003.

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

Submit ideas to:

John Barnard
155 Hicks Street, Brooklyn NY 11201
Ph 718 858 9466
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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, yank the front wheel, put it in the cab and ride down to Larry and Jeff's. Linda Wintner was there. She's my witness. So is James.

The tire was totaled. The inner tube I'm keeping as a souvenir because it's a great testament to how far apart an inner tube can blow. From banging around in the cab, or maybe from riding on the rim, my rear wheel went out of true.

It's all part of the curse.

Taxi: \$15. New tire and tube plus James' work: \$40. Total miles: 14. That comes to \$3.92 a mile. For that kind of money I could have gone to Cresskill in a stretch limo. And I haven't even replaced the Road Morph pump yet.

I'm telling you, I live under a curse.

Special 1-Loop "Scout" Invitation

RBF presents Fifth Annual RAAM Qualifier

Adirondack 540

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



Roger and I have set June 29, 2003 as the date for a 1-lap (136-mile) preview of the Adirondack 540. The starting time will be 7:00 AM.

This event is open to anyone, and is held free of charge. There will not be any organized support (mostly because we are going to ride also!!!), but you are welcome to bring your own crew. It is not a race, and drafting will be allowed. The purpose of this ride is to get as many people familiar with the course as possible, and to have a little fun too.

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

Hope to see you,
John Ceceri
Race Director

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

300K New Jersey ... April 12th, 2003

by Diane L. Goodwin - RBA

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

It pelted rain until mid morning. Riders who arrived at Whitehouse Station were shivering. One, Hank Greenblatt, had hypothermia and DNF'd. It was diagnosed by the rescue squad nextdoor. 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 biathlon offered on the same day in the reservoir - but not using our roads. This reservoir is ranked by National Geographic as one of the 50 best places to mountain bike. New Jersey transit stops at Whitehouse Station and is not too far from the reservoir!

Ginny Champion manned Whitehouse Station control #2. She is a smart woman. Hank listened to her advise eating a P&J sandwich and downing Hammer Gel. He immediately felt better.

We came across riders around Hackettstown. Greg Schild, John Delia, and Mark Hnatov were the last riders - they took a wrong turn in the beginning miles (that's what fast guys do!) but it wasn't long before they were passing everyone. Mark lives in Long Island and is super strong. Greg has climbed Mt Washington

in 1hr 10min and John, well ... he's just as strong.

Margo Montaquila was seen climbing Ryan (Crying) Road with Al Emma. Al later DNF'd due to a spoke - out in Allamuchy. Allamuchy is not a good place to DNF. I told him to ride or walk back to a firehouse I spotted earlier. Pat Carter joined him - tried to help him fix his tire. It took one fireman, Pat Carter and Al Emma to get those Continentals off. Pat said the bead just disintegrated when the tire was removed. Last 300K, I changed Al's tire he claims he's been practicing. I told him to get rid of those tires! If it's too hard for you to take the tire off your wheel - try another brand!

Pat and Al got a ride from someone to Hackettstown where they caught a cab. Flemington is a bad omen for Pat ... on the 200K in March, she was pulled over by a policeman with Bill Strachan. The policeman said he had complaints. He asked Pat if there was some biking event - he hadn't been notified. She said "no, we're just on a club ride." She said there were maybe 40 riders. On the 200K, there were 79! Since then I've spoken with the chief of police and we're working on the route for 2004.

Pat and Al were dropped out of the cab in Flemington by the cabbie due to it breaking down. They wouldn't pay the cab driver because he refused to get accommodations for them. The police were called. Pat and Al called a different service and made it back to Princeton \$80 later. Flemington is only 20 miles from Princeton.

Ted Hoag phoned me from Johnsonburg - he couldn't continue. He was warned not to ride his generator hub - from my past experience. He wasn't using a generator! He rode to Lyle Smith's Big K Deli at the bottom of Jenny Jump State Forest and was thinking of attempting the ride back.

My refusal of SAG for Ted was based on concern that the front riders hadn't arrived at Control #3 by 11 a.m. It opened at 8:45 a.m. Front riders often arrive within 45 minutes of opening. Where were these guys? We thought they passed by ... nope. They actually were lost briefly and the hills in this section had slowed them down. Upon hearing of the cue sheet problem (I 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 Touchmak 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 shortcutted 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 Kauffman and Klaus Schriber.

Here, riders purchased deli sandwiches and ate Susan Plonsky's famous brownies. She also

make 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 handlebars 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 I scouted the ride, I was concerned of the gravelly road - especially if it was raining. By this time, 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 missing this turn remarked about the extra big hill! The cue sheet indicated "easy to miss!"

Penwell Road was a climb. Riders stopped at Schooley'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 Hacklebarney 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 Kapitan 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 ooked for Margo, Annaline and Robert at 11:30 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/njrandonneurs 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

Send tips to: roaddirt@nycc.org

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 Wolf?** When Marty completed PBP in 1991 she set a record (since surpassed) as the first American

woman to complete it two times.

Two **Mikes – 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 by 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 peleton 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 two of the most revered NYCC cyclists I know. *David Garcia*

Plucked from the Message Board:

Kudos go to the SIG leaders, who'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 of recent A-19 SIG rides, one SIGster 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 SIGsters themselves make leading it worthwhile. Their unabashed enthusiasm and curiosity are invigorating. It's easy (for me, 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 SIGsters 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 com-

plete 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:[April5-6]*

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: harrietbeeherstowe @nycc.rr.com. . . *Dusty Rhodes*

Send your hatches, matches, dispatches and snatches, as well as your Road Dirt to Dustee Rhodes email: harrietbeeherstowe@nyc.rr.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 windup dinner planned at the Berkshire South Regional

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

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

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

and other weekend information.

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

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

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 seen 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 Tsuji'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



Swiss Army Bike Corps

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.

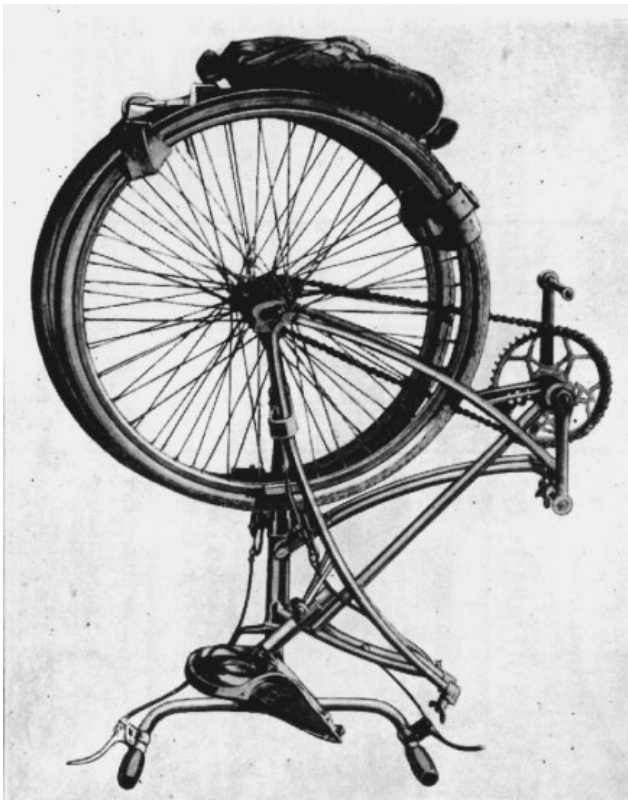
A scene from the film "Black Hawk Down," showed an American "Delta" soldier on a reconnaissance mission. He rode a mountain bike from Mogadishu to a beach to be picked up. The US Army, with info from the Delta cyclist, helped capture an associate of Ethiopian warlord Mohamed Farrah Aidid, in 1993.

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.

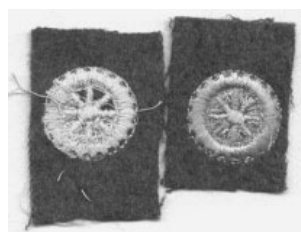
Gulf War II: bicycles have been used in non-combatant situations, from what I've observed on television. Notably near US Central Headquarters in Doha, Qatar. News footage has shown racks filled with mountain bikes. They have been used for short non-mechanized transport, likely to an air base or to see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

Recommended sources: Jim Fitzpatrick's "The Bicycle In Wartime," Brassey's, 1998. David Perry's "Bike Cult," Four Halls, 1995. LBI (Light Bicycling Infantry) website, www.geocities.com/pentagon/5265/atb.htm.

Special thanks: Diane Goodwin (bike librarian) and Leon Evers (Germany via email) for their assistance.



British Folding Bike



Belgium Bike Corps Emblem

Who in the E Are We? Part 3

Richard Rosenthal

Do Sharon Todd and Susan know each other? They are both at the kpmg domain. But Raymond Colin <soros.com> and Michael McAllister <sorosny.org> do not work at the same place.

A free tube to the first writer (bikeadman@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 <gromitsabra> date a <somguido>?

I'm 2600 miles from my roster at deadline without benefit of the roster and am looking at my notes: is <galileog1564> 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 Alison Bowles vouch that she truly has a <sonnybun>?

It is an alphabetical stew when <abcmailing> writes <jklmnop>. <jklmnop> is Noel Comess. Get it? No "L." Clever. Noel owns Tom Cat bakery. <tom1tom23> could show Noel executive potential. <nymuffinking> might apply to be a route driver...well cyclist. Part of his employment spiel should be that he is nutritionally superior to <nycheeto>.

<tom1tom23> 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 <nymets11209>. <awbceltic> does not have an Irish name and the basketball team is Celtics, plural, so what's his etymology?

If <ivanworkng> used Warner for his ISP (@nyc.rr.com), his song lyric would overlap "I've been workng on the railroad." But if he is

working, alas, it sounds as if <jahbless357> may not be.

You want quirky spelling? Write Roberto Cipriano at <qarc>. The only other name I know with a "q" that is not followed by a "u" is al-Qaeda. Speaking of notorious evildoers, another "d" would have Scott Adams riding by himself and the subject of a pursuit by the club's one FBI agent: Scott is <sadam>. You have to admire the grit of someone willing to suffer the obloquy of <tmcveigh>. These last two are righteously pilloried by <nogoodnik>.

Is <checkers 368> an homage to a disgraced president (no, you under 50-year-olds, not Clinton), a prime minister's manse, or a defunct taxi manufacturer?

From the literary quarter comes: <jaflicka>, <harrietbeecherstowe> (who is not Stephanie Bleacher), and <george.sands>. <siddhartha> is not an homage to Hermann Hesse. It is Krishna Siddhartha. Reading & Writing: Not literary at all is <rkread>. <writeme> strikes me as a near perfect e-name.

As I stagger towards the coda, I note I omitted from the shortest e-names <foi@aol.com>. I should have inserted <goddess> in the paragraph of women using their e-names as personal ads under the shameless rubric of "come and get me."

<conradbike> talks to me; and, while I have, for the most part, eschewed reference to domains, so do <@comedycentral.com> and <@hirschlandler.com>. <@did.it.com> has a certain ring, as in <kevin@did.it.com>.

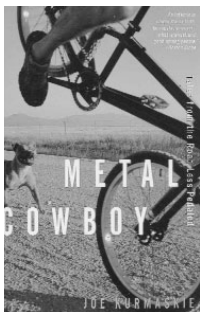
My favorite e-name in the club is <violetdubois>. It does not come from Tennessee Williams' character in "Streetcar Named Desire," Blanche DuBois. Instead, it is derived from...from...from nothing. At least so says its real life alter ego, Carol Wood. Ask her.

The greatest linguistic gymnastic, the most obscure etymology, the greatest puzzle, but one that is solvable, among the club's e-names is Joe Kissner's: <silverwhiting7>. Three free tubes to any of you who can give me the correct explanation for it without having talked to Joe, talking to Joe...or being Joe.

<robert.welch> is not that Robert Welch (G.E. golden parachutist), but, ladies and gentlemen of the NYCC, here's THE surprise--actually, something far closer to astonishment, and closer yet to sheer disbelief that came over me after hours looking at our club roster: DavidBoies IS that **David Boies**...and if you don't know who he is, that leaves us very little to talk about. Clue: Bush vs. Gore.

"Oh To Be Young And Go Very, Very Fast"

By Joe Kurmaskie
Aka The Metal Cowboy



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 sheet of icy rain masked sunrise, and I wasn't quite sure I was up for my latest bicycling adventure. Coasting through the nearly deserted streets of this small Western town, I found myself poised at a stoplight. An ingrained obedience to traffic laws coupled with a sleepy hangover from the long train ride kept me anchored in place, though there wasn't a car in sight.

As I waited, an old rancher ambled up to the intersection. The fur collar on his long coat was tattered, crusted with tobacco stains, and faded. As his cane tapped its way over my bike, I noticed for the first time that he was blind. One eye drooped shut like that of a tomcat which had seen too many late-night

brawls, while the other, still open, was cloudy and distant. That eye reminded me of an African tribesman seen in the pages of National Geographic who suffered from river blindness.

The old rancher continued to work his cane over me, tapping as he went. And though the light changed from red to green several times, I remained frozen, allowing this slow survey of my person. The moment felt intimate and awkward, but I did not break it.

When he was done, the old rancher stood back, grinned through a ruin of teeth, like stonehenge in the morning light, and said, "Ah, metal cowboy."

I was dumbfounded; first, that he had spoken at all, and more importantly, that this battered husk of man had hit upon the perfect description of me at the time, and my story. Though I looked more like an aging surfer, or a guy on a fool's journey, to him I felt like a metal cowboy, the bike my horse, and the asphalt my open trail.

"Keep the wind at your back, and find where the innocent sleep," he added. Then, without fanfare, my rancher crossed the street and dissolved into the early morning mist.

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. Collectively, my travels have been the antidote for the cynicism that can gather at the feet of complacency and grow in even the most useful life.

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 unsigned copies wherever books are sold. The new book hits shelves May 27.

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 Kreidler rollers, 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 it's lightest. A 300K might require proper lighting. Battery lights are normally used - so, you can still ride Ksyrium wheels. Food and hydration become an 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 400Ks turn 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 sleepover spot (NJ brevets is using a Youth Hostel in Quakertown, 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, you should learn something about yourself or how to improve. The 600K helped me learn about sleep, travel, food, routes, comradery, etc.. The distance was scary - could I do it? I know I could have but the following factors held me back:

1. **Lack of sleep:** Sleep deprivation puts you at a disadvantage from the start - you can never get enough sleep and you find yourself falling asleep on the bike! I flew into Gainesville nine hours before I needed to wake - I still needed to drive to my friend's house and unpack the bike and prepare food and sleep! Good thing my bike showed up and nothing was broken.

2. **Under Trained:** On 3/15 I rode a 400K in Florida and had bronchitis. The time between the 400 and 600 was spent off the bike since the air was cold here and I was so sick. I lost fitness and felt it the entire 600K.

3. **New Schidmt Hub:** I purchased a Schidmt Hub generator light and rode it - having only 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 trying to escape!

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



**Black
Diamond Ion
Headlamp**

Check out:
www.ems.com

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 comaraderie:** 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 DNF'd 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'rs 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 handle bar or a steady red light on the rear.

For my bike, 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 bend handlebar 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!

Paul Schaye, NYCC member/brevet rider, started talk between Cateye and Randonneurs USA - maybe Cateye will create something less expensive and within regulations.

Lithium batteries ... got to use those ... no more alkaline! Lithium throws a white light rather than a yellow - from alkaline. As the life is shorter, lithium batteries tend to keep a steady beam, unlike alkaline. Always wrap your extra batteries in plastic - you never know when it's going to rain.

Schmidt Hubs are German and imported - you cannot go to your local shop and ask for this wheel to be built - go to the mentioned guys below. I purchased mine from Southampton Bikes in the Berkshires. Most randonneurs go to Peter White (www.peterwhitecycles.com). Check out their websites for further information.



**Lumotec Lamp for
Schmidt Generator Hub**

Check out:
www.peterwhitecycles.com
www.sohobikes.com

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 weight. 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. Sandiway 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 may specify other items in their ride listings.

BIKE TRAINS: On Saturdays and Sundays, Metro-North has scheduled specific trains to/from Grand Central Station to accommodate large groups of cyclists. Bike trains are indicated by a bicycle symbol on the Metro-North timetable. Schedules change frequently. There are no bike trains on holidays. Refer to the roster for restrictions which apply at other times. If you are leading a ride and absolutely require a bike train at another time, you must call NYCC's Metro-North liaison, George Kaplan, at (212) 989-0883 well in advance to arrange another train for your ride.

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

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

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

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

Grand Central Trains

Outgoing from GCT

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

Returning to GCT

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

Lead A Ride

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

5 Rides - FREE NYCC

Water Bottle

12 more more Rides -

FREE NYCC

Ride leaders Vest

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

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

A-rides co-ordinator

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

B-rides co-ordinator

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

C-rides co-ordinator

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

SIG Leader Information

SIG Co-ordinators:

A Classic - Frank Grazioli (212) 529-9462

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

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

C - Patricia Janof (212) 737-1668
(patricia.janof@verizon.net)

Gary McGraime (212) 877-4257 (garynycc@aol.com).

STS Information

ALTERNATIVE TO SIGS for A Level Riders

Can't make all the rides but are already an A level rider? The A-Rider Spring Training Series is for experienced cyclists who want to enhance their riding skills and improve their strength and endurance through a graduated training program. These STS rides offer the camaraderie and friendly support of like-minded riders in a series of organized group rides. For information about the A Classic STS, contact Peter Walker (pwalker5@nyc.rr.com). For information about the A-19 STS, contact Russ Berman (rberman@kronishlieb.com).

New York Cycle Club -

At the NYC Bicycle Show • May 1-3, 2003

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

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

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

- your name and a phone number where you can be reached
 - your availability (date and time, if you know this far in advance)
- The following slots are available:
- Three people are needed to get and set up the table.
(Get a first look at the show!) Thursday, May 1, before 4pm
 - Four people are needed to staff the table for each of these six shifts:
Thursday, May 1: 5-7pm and 7-9:30pm
Friday, May 2: 4-7pm and 7-9:30pm
Saturday, May 3, 12-4pm and 4-8pm

This year, the show is being held at the New York State Armory at Lexington Ave. and East 26th St. For more information, see <http://www.nycbicycleshow.com/>

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.

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.

Beautiful, untrafficked, challenging. I lead from behind on all the up hills. No lunch stop. Note early start time.

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. Heck, we might not even find Nyack, but we'll find a hill or two. No matter where we end up, note the following: Pace line skills welcome, bad attitude not. Promptness 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 Tues. and Thur. (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 pace-line). 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. Cancels: precipitation

Every Wednesday

(May 7, 14, 21, 28)

A20+/- 52+/- Miles 10:00 AM Sharp

Wednesday Morning Spin

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

From: the Boathouse

Join us for a quick spin to Nyack. Current SIG participants who want some mid-week training are welcome to join us. So are non-NYCC members. We have no silly requirements and you should know what conditions will cancel.

B14 50 Miles 9:00 AM

Nyack Rides

Leader: Bill Strachan 212-677-6951
NYCEZRider@aol.com

From: 72nd Street & Riverside Drive
(Eleanor Roosevelt Statue)

Well we made it through April and the last of the snow storms (we hope.) Join us each Wednesday for a relaxed, sociable ride. We'll work on new SIG skills or sharpen old ones. Learn how to lead a ride in a safe, supportive environment. We don't drop riders but we will be increasing our speed incrementally as the season progresses. Helmet and filled water bottle required. Recommend some pocket food to get you up to the Spoon. Cancellation: 30% or greater chance of rain but call Bill by 8 AM to confirm. And as always: we ride safe and we ride easy.

C-12 to "C-22"

WEDNESDAY NIGHT
STRESSBUSTER SERIES

From: 90th Street and Fifth Avenue
Central Park Entrance

Time: 7 pm

Leaders: Peter Hochstein (212-427-1041)
and David Sabbarese
(dsabbarese@firstmanhattan.com)

Join Peter and David for our third consecutive year of velopedic-induced stressbusting. Ride three times around the park at your own pace. We stop and regroup at East 90th Street after each lap to schmooze and let the authentic C riders catch up with the closet B and A-riders who often join in. Pizza party afterwards is often discussed, though rarely realized. But hey, ya never know.

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
(lcroesner@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 (nycbicycleshow.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 Armory, 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. 7:53am

GCTo 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.

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, <dbelfer@alum.mit.edu> 212 316-1876;****Sean Kelliher, <sean.kelliher@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 pacer 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.

C? ?Miles 10AM**Pick-up ride****Leaders: You****From: Boathouse (or E 72 St entrance to Central Park)**

No ride scheduled at printing. Warm-up for BikeNY. Or check your e-mail and online for rides today. Or go to the boathouse and meet friends. Note that the Revlon Run-Walk for Women is today and the Boathouse may be blocked.

Sun., May 4**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.

C12-13 45mi 9:30AM**Get Back in Shape "The C Spring Training Series" Stamford, CT****Leader: Maggie Clarke 212-567-8272; mclarke@hunter.cuny.edu**

Meet at benches just above Isham St on Broadway (underneath the Giant Ginkgo Tree); Take "A" train to 207th St; take elevator or stairs out at south end of station and walk north 1.5 blocks from 207th St. There are elevators at this station.

This is the sixth of a series of C rides to help us get back into shape. If there have been a number of cancellations due to weather up to this point, the ride may be shorter. Let's venture northeast through lower Westchester and the hills and estates of lower Fairfield County, CT to the Long Island Sound. If we're lucky we'll get into the beautiful Old Greenwich point park, a peninsula jutting into Long Island

Sound. We'll be taking Metro-North back, so bring your pass and money for a ticket. 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.

B16 55 MI 9 AM**Ridgewood New Jersey and Radburn, an academic treasure from the 1920's****Leader: Robert Gray (212) 593-0986 nyarchitect@msn.com****From: The Boathouse**

Englewood, Haworth, Oradell, Ridgewood and more of the older and near New Jersey suburbs on the way back. A quick look at Radburn, the famous greenway planned community. Only two notable hills, the climb to the GW bridge through upper Manhattan and the palisades on the way back to the bridge. The terrain is somewhat rolling, a little more so than the typical trip to the North toward Piermont. Lunch in Ridgewood at the half way point. Please expect to keep moving at the rated pace. Email me and I will send you short articles about Radburn.

Wed., 7 May**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 5BBC & 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@nyc.rr.com, Hank Schiffman, schiffhank@aol.com, 212-529-9082 & John Zenkus, Jjz2116@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@nyc.rr.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 pacerline and to 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.

B18 60+ Miles 8:30 AM**Nyack From the Back Roads****Leader: Tim Casey 718-392-1963 Tim_Casey@Earthlink.net****From: The Boathouse**

Bring 1 bike, 2 pedals, 1 helmet, and a sense of humor. B-SIG Grads, want to practice some B-level pacerline? Some good stretches to practice on. And you'll know the route. Lunch at Runcible spoon or Diner. Rain at 7:30 cancels. Any questions, my machine will have the answer.

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@majorcacycling.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@majorcacycling.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 "Bananas" 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 9:30AM

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 178th 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.

C13 28 Miles 9:30 AM

It's Mother's Day! Ride to Herman MacNeil Park

Leader: Trudy Hutter (212-838-2141 trudyth@aol.com) & Linda Roesner (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 Nannyhagen 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 tomoboe@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. If in doubt, check message board or contact ride leader.

C13 45Miles 9:00AM

Piermont

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 10:00AM

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 riding the remainder of the way to their weekend lodgings. Additional rides may be posted. Contact Fred Steinberg fsteinberg@nyc.rr.com 212 787-5204 and check the NYCC bulletin Board for updated ride information.

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,
schiffhank@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 NYCC 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 perfect(ly 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 were 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.

C12/13, C13/14, C/B15
43 Miles 9:20 AM @GCT
Dover Plains to Great Barrington, via
Sheffield from Dover Plains
Meet: Grand Central Terminal Time: TBA

Leaders: Peter Hochstein,
phoch1172@aol.com; Debbie Dowell,
drd1@nyu.edu; Paul Hofherr,
bikeman999@aol.com

We take the train to Dover Plains, where you will have 3 ride speeds to choose from. Our route takes us immediately into the country,

past farms and woodland, and even includes part of a Rails-to-Trails bike path. Bring an early lunch to eat on the train. There is a deli at Dover Plains, so you can replenish your water bottles. You will need a Metro-North bike pass and a bungie cord to hold down your bike. Helmets are required, as is a spare tube for your tire. Can't think of a more terrific ride to start the Memorial Day weekend.

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, way-
man_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 - 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 Pk. 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

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

Sun., May 25

A-19 65 +/- miles 9:00 AM
Chappaqua via Tarrytown and
Sleepy Hollow
Leaders: Anthony Donato (212) 923-5924,
NYC181@aol.com; Russ Berman (212)
595-8834, rberman@kronishlieb.com
From: The Boathouse

Not everyone gets to go to the Berkshires. We did this ride twice last year, each time in stellar weather and with a great group. It offers fine scenery, a couple of memorable hills, a stop at Lange's deli in Chappaqua and a number of bailout options via Metro North or subway. Good attitude plus a helmet are necessities. All else is optional. Rain or wet roads will delay or cancel, but we may use the Memorial Day holiday as a rain date. If in doubt, call one of us or check the message board.

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

Over the GW Bridge, through Bergen and Rockland Counties, and on into ursine 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.

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

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 8:00AM
Somerville, NJ Criterium
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 PATH 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.)

Fri., May 30

B16 45 Miles 9:20 AM
Staten Island
Leader: Ron Grossberg 718 369-2413
Argee401@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
and Queens Blvd, at the bank on the
north side of Blvd. Take E/F/N to
72nd/Continental.

Scenic tour, rolling hills. Bring 2 water bottles and snack food before lunch break. There is 1 steep but short hill at midway. Rain at 8AM cancels. Helmet required. Any questions, call leader.

B16 55+/- Miles 9:00 AM
Mamaroneck
Leaders: Linda Wintner 212-876-2798;
lwintner@metlife.com and Peter

"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 bail-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. Cancels: rain

C14 47 Miles 9:00 A.M.

Mamaroneck

**Leader: Scott Wasserman
(914-723-6607 or swrides@earthlink.net)**

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.

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
Saylor (845) 265-7210**

From: Boathouse parking lot

This ride is bar none the most beautiful ride of the A-SIG. Don't miss it! Now we have it all: skills, teamwork, predictability, endurance and speed. Let's put it all together and see if we can fire on all cylinders. Eat a good breakfast and bring pocket food and two water bottles, because we're not stopping until we hit the 40-mile mark. We'll ride through Southern Westchester and Greenwich CT, past Leona Helmsley's Estate and up hilly roads to the idyllic town of Bedford for a picnic on the town green. Our return offers some initial rollers, then evolves into a beautiful, fast, downhill route. It's not long until Graduation Day. You're going to make it! Rain date:

A-19 SIG Ride #10:

South Mountain Road 80 miles 8:30 A.M.

Skill: speed/hills

**Leaders: Keith Goldstein (212) 982-9461 &
Rob Kohn (212) 787-9199**

From the Boathouse Parking lot:

Arrive before 8:30 A.M. We want to get started on time today. And you thought last week was tough? More hills today (they don't call it South Mountain Road for nothing). Practice makes perfect. Maybe you'll see nirvana or are you just hallucinating from the oxygen deficit? Today your groups will attack hill climbing

with vigor. By the time we finish this ride, you will be repeating the mantra, "I love hills, I love hills I hate Ed, I hate Ed.....". The pay-off comes at the end. We'll sail into the park and cruise to the hill with the audience standing and screaming at our arrival. Don't forget pocket food. You won't believe how great you look and feel. Save a few smiles for the post ride social on the hill. Don't forget your commitment for tomorrow's extra session (skills and maintenance). Some of you haven't submitted your ride listings yet. A commitment to lead two rides for the club is a prerequisite for graduation.

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 route 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 café. 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. Cancels: actual temperature below 25-degrees at 7:00am; raining or snowing; wet or slick roads; or steady winds above 40 mph. Check nyc.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
bikeman999@aol.com , Gary McGraine
(212) 877-4257 garynyc@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:

Bring your bike and the tools/supplies you usually bring on a ride. This activity is limited to "A-19 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 derailleurs

and brakes and other tips to keep your bike running like new. Don't forget to give your ride listings to Rob.

Sat. May 10

A-SIG Classic 70-90 MI 8:00 AM

RIDE #11: TBA

Show us how it's done

**Leaders: The A-SIG Classic Class of 2003,
assisted by Paulette Holladay (212) 945-
2060 and Glenn Pierce (914) 631-4606**

From: Boathouse parking lot

This is the day for A-SIG Classic participants to show all they've learned as well as their strength, character and finesse. Today they lead. Who will step forward? Where will we go? This ride requires coordination in the weeks prior. Email messages and phone calls will fly back and forth thickly as we nail down a plan of action and a challenging route. Our graduation candidates will create maps and a route sheet, take care of getting us signed in and grouped, and coordinate our day. Gather at 7:30 to create groups and chat before pulling out at 8:00 sharp! Rain date: Sunday,

**A-19 SIG Ride #11: Bedford:
84 miles 8:30 A.M. Putting it all together!**

**Leaders: Charlie Ward (212) 663-3693 &
Jorge Gonzalez (201) 725-1312**

**From the Boathouse Parking lot:
WHO LET THE DOGS OUT?**

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 V02 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 paelines are expected. This will be great practice for graduation next week. Remember the carbo load 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
bikeman999@aol.com, Gary McGraine
(212) 877-4257 garynyc@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 Grazioli (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 Slootsburg, 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 A.M.**

**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 peline 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, pocket food, sun block and lots of water. The usual cancels. Remember, we want to let you down easy; no cold turkey without us Saturday mornings. Ergo, your leaders expect to see you next weekend in Sheffield, Mass. for the Memorial Day cycling weekend extravaganza and in two weeks (May 31) helping to lead the

Bike Ride for Health for the children of North Brooklyn. Ask us for the details. How much do you miss us now?

C-Sig Week #10 – Graduation Ride

**Ride Leaders Paul Hofherr (212) 737-1552
bikeman999@aol.com, Gary McGraime
(212) 877-4257 garynycc@aol.com,
Patricia Janof (212) 737-1668
particia.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. This is a fun ride, to a secret location. (No, it's not New Jersey....) Congratulations on completing the Sig!

Out of Bounds

Sat., May 10

**400K (250 miles) - New Jersey Brevet
Princeton to the Pinelands
(with 50 and 100 mi options)**

Registration: 3:00 a.m. to 4 a.m. for 400K

Location: Doral Forrestal, Princeton, NJ

**Organizer: Diane Goodwin, 212-875-9547,
dgoody@mindspring.com**

Website: <http://www.njrandonneurs.com>

Terrain: Flat - some rolling terrain

Cost: \$35 pre-registrants / \$40 morning of

Join us for a 250 mile ride with 28 hour time limit south to the Pinelands. Ride from Princeton to Centerton, NJ (75 miles) to the first control (rest stop) and then complete two fifty mile loops (similar to Farmlands Flat Tour). 50 and 100 milers start in Centerton. 400K route heads back to Princeton using same route to Centerton - only north! Register via mail or active.com. Paper entry available by phoning the organizer. Complete details at www.njrandonneurs.com. No SAG wagon! Self-supported ride! See rules: www.rusa.org.

Sat., May 17

**Long Island Alzheimer's Foundation presents
its 3rd annual "A Ride to Remember"
bike tour of Nassau County's North Shore.**

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

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

Start: 30-mile course--8:15 a.m. sharp
20-mile course--8:45 a.m. sharp

Proceeds benefit Long Island Alzheimer's Foundation, an independent nonprofit organization that provides educational and social services to improve quality of life for individuals with Alzheimer's disease and related dementias, and their families in Nassau, Suffolk, Queens and Brooklyn. For more information about LIAF or "A Ride to Remember," call toll-free 866-789-5423 or visit www.liaf.org.

Sun., May 18

26th Annual Bloomin' Metric

25mi, 75K, 100K routes along beautiful scenic roads of Fairfield County, CT

Fully supported marked routes, SAG wagon, food, water and rest rooms. \$20 (non-refundable and preregistered by 5/11) \$28 after and day of event. ANSI / SNELL certified helmets required. For further information <http://www.soundcyclists.com/bloomin.htm>

Flapjack 40

**25 and 40 mile routes around Staten
Island with Pancake brunch.**

There is a Start point/Registration right across from the Staten Island Ferry. For more information: <http://www.sibike.org> or phone: 718-948-2025.

**200K (130 miles) - NYC / Greenwood Lake
/ Harriman State Park / NYC**

Registration: 6:00 a.m. to 7 a.m.

Time Limit: 13.5 hours - no SAG

**Location: Toga Bike Shop, 110 West End
Ave, New York, NY 10023 - 212-799-9625**

**Organizer: Diane Goodwin, 212-875-9547,
dgoody@mindspring.com**

Website: <http://www.njrandonneurs.com>

**Terrain: CHALLENGING and HILLY and
SCENIC**

Cost: \$15 pre-registrants / \$20 morning of

This self-contained ride starts from Toga Bike Shop Please contact organizer for ride information - not Toga Bike Shop. Toga will be open and limited mechanical support available. Ride over George Washington Bridge to a scenic route up some incredible climbs (i.e. Skyline) to Greenwood Lake, through Harriman and south to NYC with fellow randonneurs. Get out the Granny Gear! Sign-up now if you want a low-cost, ride involving only you and your bike - no trains!

Fri. - Mon., June 6-9

Montreal Bike Festival 2003

For the price of just \$350, you can join riders for a long weekend of riding at the annual Montreal Bike Festival, including Le Tour de L'Ile. Sponsored by Five Boro Bike Club. Led by trained, experienced leaders. Open to everyone. Travel: Luxury coach from NYC Lodging: Montreal hostel, once a 3-star hotel Food: Continental breakfasts and restaurant dinners (we pick up all the tabs, minus alcohol) Information and Signup: Wentworth Price went13@lycos.com 718-857-2278; Steve Sakson stevesakson@yahoo.com 212-308-8584

Sat., June 14

**2003 Ride for Autism charity bicycle tour,
Monmouth County, NJ.**

Information about the event, and online registration, is available at www.ride4autism.org.

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

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 Adelpia Grand Prix, followed by the road races in Palmer and Monson. Here are the first 3 registration links:

- Adelpia: <http://www.bikereg.com/races/register.asp?EventID=603>
- Palmer: <http://www.bikereg.com/races/register.asp?EventID=679>
- Monson: <http://www.bikereg.com/races/register.asp?EventID=680>

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

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

Date	Race / Location	Series
April 19	Adelpia GrandPrix, Plymouth, MA	3,4
April 26	Palmer Library Road Race, Palmer,MA	3,4
April 27	Monson Road Race, Monson, MA	3,4
May 3	STM Jiminy Peak Road Race, JiminyPeak, MA.	3,4
May 10	Sterling Classic Road Race, Sterling, MA	3,4
May 11	NHIS Mother's Day Criterium, Loudon, NH.	3,4
May 17	Lake Sunapee Bike Race, Newbury, NH.	3,4
May 24	E. Hartford Aircraft Criterium, E.Hartford, CT	3,4
May 25	HartfordDowntown Criterium, Hartford, CT	3,4
June 22	Very Fine Grand Prix, Littleton, MA	3
June 22	New Britain Criterium, NewBritain, CT	4
June26-29**	Fitchburg Longsjo Classic Stage Race, Fitchburg, MA,	3,4
July 13	AttleboroCriterium, Attleboro	3/4
July 19	Webevent.comCriterium, Poughkeepsie, NY	3,4
July 20	Webevent.comRoad Race, Union Vale, NY	3,4
July 27	NCC Tour of the Hilltowns, Amherst, MA.	3,4
Aug 9	Concord Criterium, Concord, NH	3,4
Aug 10	Central NH Road Race, Bow, NH	3,4
Aug 24	Southern MaineRoad Race, Scarborough, ME	3,4
Aug 29-Sept 1**	Green Mountain Stage Race, Burlington, VT.	3,4
Sept 7	Wayne Elliott Memorial Criterium, Haverhill, NH	3,4

** Multi-Day Event

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

Advertising and Volunteering

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, wal-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.

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

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

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

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

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

The following slots are available:

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

This year, the show is being held at the New York State Armory at Lexington Ave. and East 26th St. For more information, see <http://www.nycbicycleshow.com/>



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!

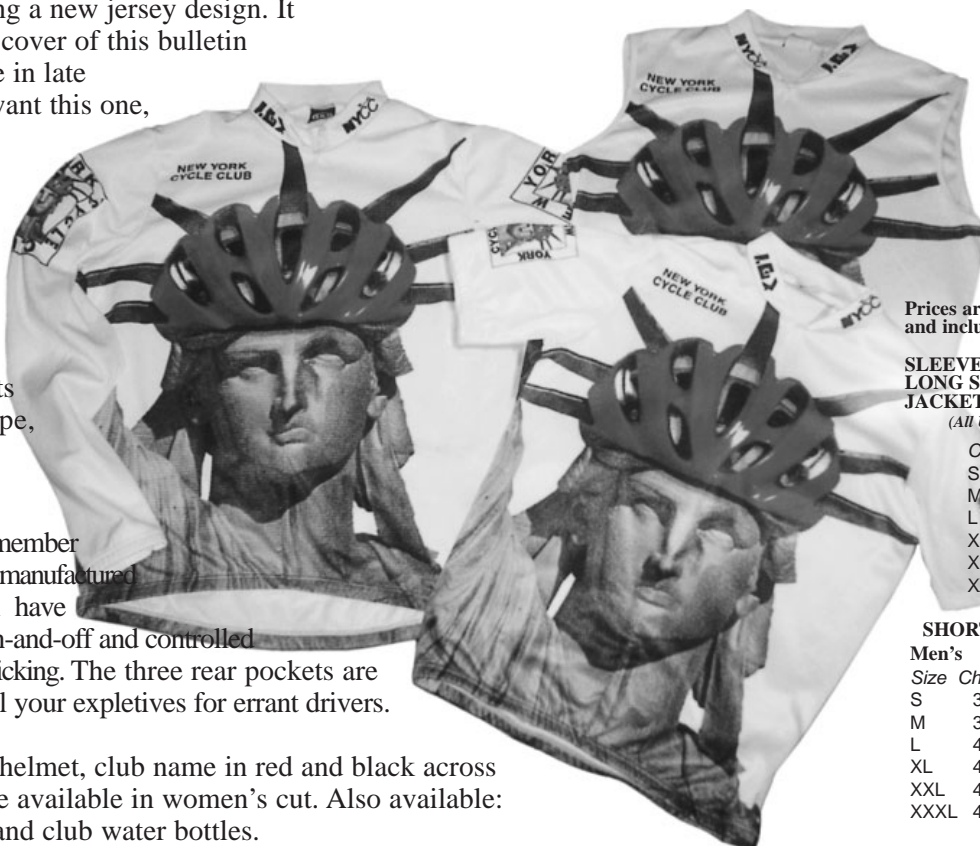
HURRY! THE DAYS OF THIS AS YOUR OFFICIAL CLUB JERSEY ARE ENDING.

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.

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

(All Unigender)

Chest

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

SHORT SLEEVE @ \$54/\$74

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

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

NYCC 2003 MEMBERSHIP APPLICATION / RENEWAL / CHANGE OF ADDRESS

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

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

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

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

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

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

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

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

ADDRESS: _____ APT. # _____

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

NIGHT TEL: _____ BIRTHDATE: _____

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

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

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

register online @



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

Bike Shop Discounts NYCC membership saves you dollars!

A BICYCLE SHOP

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

BICYCLE HABITAT

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

BICYCLE HEAVEN- formerly C'n C Bicycles

348 East 62 Street
New York, NJ 10021 - (212) 230-1919
www.bikeheaven.us
8.25% off accessories, repairs & bikes

BICYCLE WORKSHOP

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

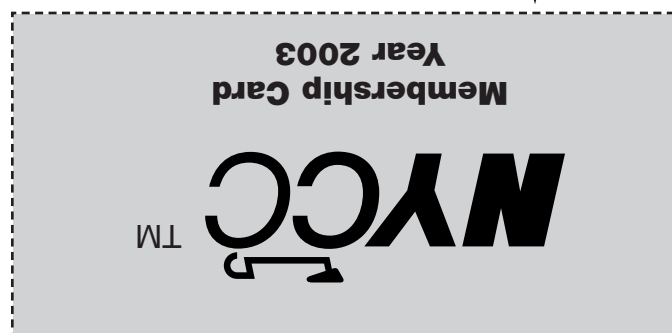
BICYCLE RENAISSANCE

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

CNC BICYCLE WORKS

1101 1st Avenue, NYC, NY
(212) 230-1919 or

Membership card. Cut me out. ↓



cnbcycleworks@juno.com;
8.25% off accessories, repairs, rental and bikes.

CONRAD'S BIKE SHOP

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

CYCLE PATHS

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

GOTHAM BIKES

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

LARRY'S and JEFF'S

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

NEW HORIZONS SPORTS

55 Franklin St., Westfield, MA 01085
413-562-5237

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

PIERMONT BICYCLE

CONNECTION (2 locations)
215 Ash Street, Piermont, NY 10968
(845) 365-0900

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

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

SID'S BIKE SHOP

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

TOGA BIKE SHOP

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

NYCC Members' Monthly Meeting Tues., 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..

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New York Cycle Club
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