

NYCC Bulletin

NEW YORK CYCLE CLUB

July 4th Weekend in West Point



THREE days, **TWO** nights, great cycling, great friends, at perhaps the best place in the country to spend a patriotic July 4th Holiday weekend. Finally you get

to meet all those names you've reading in the bulletin and faces you've seen from the web! We are all staying in the same hotel which makes it easier to get to know one another!

Details, details, details:

How do you get your bike, you and belongings to West Point?

You bicycle up to West Point from Central Park on Friday, July 4th – red, white and blue required. Rides are planned for A, B, and C and brevet-style riders. Don't be shy ... ask someone which group is your fit if this is your first time on a club ride.

Baggage shuttle will carry clothes to West Point and then back after the weekend.

What do I do when I get there?

First, if you don't know anyone before you start to bike to West Point, you certainly will meet a lot of new friends along the way.

Evening of July 4th, there's a patriotic outdoor concert given by the Army Band – picnic dinner and fireworks included. Wow - no cramming for space along the FDR this year!

Rides for every level are planned for Saturday! The A and B rides travel most the same roads – the A group will add a loop. Both go to Kent Cliffs, East of the Hudson. It's a bit hilly but the mileage is 40 - 50 with hardly any turns. Think you'll get lost or dropped? Only if you hide from us! On the B group, Christy Guzzetta will lead the way, along with Evan Marks and Diane Goodwin. Don't worry, we'll take care of you! Christy is planning to keep the B group together.

For the C riders, there's the "Bridge to Bridge" ride - Beacon and Bear Mountain.

Thirty-eight miles is a rough estimate of mileage.

Whichever group you decide to ride with, you'll have an unforgettable blast! Don't forget the camera.

Who will I eat dinner with and where?

Everyone will eat dinner aboard the M.V. Commander, chartered for our exclusive use, Saturday, July 5th. Yes, Christy has organized a dinner cruise!

Entertainment?

Besides a hot live rock 'n roll band – you'll have fun watching the other members try to dance! Bring your dancing shoes!. Bike on home Sunday, July 6th.

\$250 payment covers pretty much everything (breakfasts, dinners, hotel, baggage shuttle, dinner cruise, concert, all except lunches and drinks). See your weekly e-mails, the bulletin, the Club web site has several great links, or contact Christy.Guzzetta@GESServices.com

My First Group Ride - Adventure & Social Education



by Linda Salzhauser

Although I swim one mile five or six times a week, as I approached my 60th birthday I decided that I should add another physical

activity to my exercise regime. A self taught recreational cyclist since childhood, I thought that biking would enable me to enjoy the spring weather and expend caloric intake. Surmising that my trusty foot brake mountain bike would not serve me well if I was to become a serious biker, I asked my long time neighbor and New York Cycle Club member, Jay Jacobson, to assist me in my transition to the sport. Jay graciously escorted and assisted me in purchasing all the equipment and paraphernalia that I would need. His knowledge and expertise facilitated my transition to

cycling as an adventure and a sport. Jacobson's interest and enthusiasm for the sport was exciting and contagious. As he related information about the New York Cycle Club I decided to join and participate.

I hardly slept the two nights preceding the first all class ride scheduled for June 8th. Part of me wished that it would rain so that I would not have to test my endurance, skill, or nerve. This was going to be my first group ride, city traffic ride, and my longest distance ride. To many people beginning this adventure at my age might be perceived as foolhardy. No matter, I have always believed in pushing the envelope and extending boundaries.

The mob of people that arrived at the Central Park Boathouse on Sunday morning was daunting, but with Jay as my mentor, I managed to find the individuals who would be participating in the class C11 ride, purported to be the slowest group. At the outset I knew that I wanted and should be with the slowest group, but I quickly surmised that not many others, even if this was also their first ride, want to be perceived as 'members of the

slowest group'. As I looked around I also noticed that the slowest group was comprised of women, perhaps some of the younger women opted to change groups even before we started because of the lack of males in the C11 group. I started to think that perhaps this was not just a sporting event but a social event as well.

Needless to say since I am writing this piece I survived the ride and the day. I may have finished last, often kept my group waiting (other groups were departing as we were arriving), and missed the food. Class C group leader Stan gallantly biked out for additional nourishment. **NONETHELESS, I COMPLETED THE RIDE, AND WITHOUT INJURY.** What did I learn? I learned that I can conquer my fear of bike riding in traffic, through city streets, Harlem and the Bronx. More importantly I learned the etiquette of group riding and that I can take care of myself. In fact, if you do not take care of yourself, no one else will. Will I do it again, most assuredly YES. And for you young people out there, **THERE IS A WONDERFUL PHYSICAL AND SPIRITUAL LIFE EVEN AFTER ONE ENTERS THEIR 6TH DECADE.**

President's Message

Top 10 signs that summer is finally here:

- 10) Additional layer of spandex replaced by layer of sunscreen
- 9) Blinky lights not needed to ride in Central Park after work
- 8) Bike shops giving customers numbered tickets for service
- 7) River Road becomes focal point for traffic control studies
- 6) Lack of appetizing muffins at Runcible Spoon after 10:30am
- 5) Appearance of new party game: "Who's shaving their legs, who's not?"
- 4) Crews begin filming confrontations between roller bladers and cyclists for sequel to "Gangs of New York"
- 3) Prevalence of helmet shaped tan lines on domes of follicley challenged cyclists
- 2) Increase in mishaps resulting from cyclists staring at scantily clad members of opposite sex.
- 1) The NYCC July 4th West Point weekend is around the corner

Yes, it seemed like it would never happen but summer is finally here!! And how do we celebrate summer here in NYCCville? With more rides, all-class rides and weekend getaways like the fantastic July 4th West Point weekend coming up. Later this month, on Sunday, July 20th to be precise, we have a club first, a joint ride/picnic with our Connecticut cycling cousins, the Sound Cyclists. For those who haven't cycled in the Westport, CT. area, it's gorgeous!! There will be rides at varying levels and distances culminating in a barbecue/picnic at Burying Hill Beach. \$5.00 gets you food, drink and a chance to hangout with your NYCC cohorts and meet new friends from the Sound Cyclists. For more information, check the bulletin or website or, contact Eva Wirth, our tireless special events coordinator, at events@nycc.org.

One last word about summer. While we're all grateful for the warmer weather – finally! – everyone needs to take the precautions that summer riding demands. As one who knows, I can assure you sunburn and dehydration are no fun at all. Prior to a ride, I always slather on my number 30 sunblock. I find this usually gives me sufficient protection for several hours of riding. I also squirt some in an old film canister and take it with me. It's the best way to be sure to have enough protection and using a film canister is the easiest way I've found to carry an additional supply. For every ride I lead during summer I suggest 2 water bottles, you can't have too much water for a summer ride. And it's not enough just to carry the 2 bottles - though the extra weight might improve your climbing skills - you have to drink from them too, 1 bottle per hour of riding time is what the experts say and who am I to argue.

Ride safe everyone – and sunburn and dehydration free!!

- Tom Laskey

Editor's Message

My life is back to "normal" after recovering from a rollerblade accident. It was completely my fault ... didn't practice the correct stopping technique.

It seems that quite a few cyclists have had spills this Spring/Summer and even deaths. In review of some of these accidents, you should ride according to the traffic (pedestrian included) around you — keep control, wear a helmet mirror, have good lighting and wear reflective and light/bright colored clothing. The key keeping safe is to be as visible as possible and know your riding partners. If you are riding amongst strangers, evaluate their skills and check out if they are "riding squirrely." If you feel someone is riding unsafe, mention this to them or don't ride near them.

One disappointing change in this month's bulletin is the loss of Dustee Rhodes' Road Dirt column. If you would like Dustee back, you can email anyone on the board.

There is another newcomer's ride on July 13th ... don't forget to mention it to friends.

For those not attending this year's Fourth of July at West Point with the NYCC, you'll get a chance to see what happened in next month's bulletin.

Diane Goodwin

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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.

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AUGUST Bulletin Deadline:

All proofread articles, announcements, and advertising are due at the Editor by August 8th. **No exceptions.**

NYCC Board of Directors June 2003 Meeting Minutes

Will appear in the August Issue.

Letters to the Editor

To The Editor
28 April 2003
NYCC Bulletin

Several people have taken umbrage about my criticism of those who used the message board to politicize rides. To them, and any others, I apologize.

My employer has transferred me to Guam, and so my riding will be in the vast reaches of the Pacific Ocean - Saipan, Eniwetok, Iwo Jima, etc. I will miss you all.
regards,

Dustee Rhodes

To The Editor
4 June 2003

The following email was received by Gary Katz. The article being referred to is the Team In Training in the January 2003 bulletin.

Thanks, Gary,

Thank you also for being our mentor, coach and inspiration for this ride. Even though you didn't make it, it was your picture on the NYCC bulletin that first got me inspired and here was a guy with two daughters who did it- so you're a good role model.

This ride was definitely more magnificent than I imagined. Lake Tahoe must be one of the blessed corners of the world. And the presence of riders from all over the US was amazing.

*Thanks,
Lynn*

Mark Your Calendars all Class Rides and Newcomers Rides

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



All Class Rides:
Saturday, July 19th ? free lunch ride
Sunday August 17th - free lunch ride
Newcomers rides:
Saturday, Aug 9th



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.

How To Break, Flush and Prevent Muscle Cramps

by LuLu Weschler, P, MAT (Chemistry)

2 PM April 11, 2002

Reprinted with permission from
UltraCycling

A muscle cramp is a muscle contracting when you didn't tell it to, and staying contracted to an exquisitely painful extent when you are begging it to stop. Cramping has happened to many an ultra-rider, and wrecked more than a few performances.

Many of us have learned from experience that:

- If you get a calf cramp at night, when you're in bed, you leap out and stand up to make the cramp go away. Generally, a muscle cramps when you've put it in a shortened position. To get rid of the cramp, you've got to stretch it, in this case, move your foot in the toes-to-nose direction and straighten your knee. We all seem to know this intuitively. By the way, when you get back into bed, keep your knee straight and don't let those toes point away from your nose! Let your foot hang over the end of the bed if you are sleeping on your stomach!

- It's mostly the big muscles that cramp, massive muscles like the calf (Gastrocnemius, not Soleus), hams, and quads. Cycling exceptions to this rule include the intrinsic muscles of the feet and hands. Perhaps you have experienced foot muscle cramps that forced you off your bike; sitting by the side of the road, you take your shoe off to behold the sight of your toes pointing every which way. A typical hand muscle cramp is of the muscle along the little finger side, which makes your little finger point away from your other fingers.

- You are much more likely to cramp towards the end of a long hard effort, especially An Event, than on an easy training ride.

Current Understanding

The current hypothesis (Bentley, 1996, Schwellnus et al 1997) names both muscle fatigue and contracting an already shortened muscle as the direct causes of cramping. It goes on to implicate adaptive shortening in a muscle (read: a muscle that you work a lot in a shortened position and that you never get around to stretching) as increasing a muscle's vulnerability to cramping. The theory implies, therefore, that stretching is preventive medicine for cramping.

The theory has a neurophysiological basis that takes a little explaining. Put your mind in the big churning and hang tough: when you understand it, you will be a smarter stretcher as well.

All muscles have two elegant sensing systems physically built right into them. The first of these is based on a little structure called the muscle spindle. Many spindles are found in every muscle belly, running parallel to the muscle fibers. The spindle senses, and things are wired so that the muscle responds to, length, changes in length and the rate of change of length in the muscle. When a muscle is quickly stretched, the spindle tells the muscle to contract, and to do so right now!

(Different nerve cells conduct signals at different rates, and the ones we're talking about here are the fastest conductors in the body.) The spindle itself can, like muscle fibers, contract; if the muscle stays shortened, the spindle will eventually detect this state and will itself shorten. In other words, it re-sets itself so that it will be ready to tell the now shorter muscle to contract when once again it is quickly stretched.

Now take that shortened muscle and make it tired as well. Animal studies (Nelson and Hutton, 1985) show that muscle fatigue makes the spindle more 'excitable,' meaning you need less of a stimulus to set it off (ref: Schwellnus et al also cite increased EMG activity in recently cramped muscles as evidence of increased spindle activity).

Spindle operation is exactly why you want to stretch slowly (and NEVER bounce!). Quick stretch makes a muscle contract, or shorten, the exact opposite of what you are trying to do by stretching.

The Golgi Tendon Organ (GTO) is the functional unit of the second sensing system. GTO's are built into every muscle-tendon junction (tendons are at the ends of muscles, attaching them to bones). The GTO responds to tension (or amount of pull), change in tension, and the rate of change in tension of muscle. Its response is entirely inhibitory: increase the amount of tension in a muscle, and the GTO sends signals to decrease its contraction. The GTO prevents a muscle from tearing by not allowing it to develop too much tension.

Unlike the spindle, the GTO cannot itself contract. So when you've shortened up a muscle, the GTO does not shorten. It just sits there like an un-stretched rubber band, its ability to sense tension compromised, and it is less able to 'stop a cramp before it happens.' As with the spindle, it may be even worse: the new hypothesis cites animal studies (Hutton and Nelson, 1986) which show that in a fatigued muscle, the GTO is itself inhibited, and hence firing off its signals at a slower rate.

Here is how to use your GTO's to enhance your stretching. Stretch a muscle, let's say for the sake of an example your hams (see Low Back, Part I), as far as they want to go (before pain, of course!). Then, contract isometrically to increase tension in the muscle. To do this for your ham, press your heel, in fact your whole leg onto whatever surface you are sitting on. Press hard, without moving, and after 5-10 seconds, gently but completely let go of the contraction, again without moving. Slowly resume your stretch, and see if you don't go a little further! You may already know this method, and have heard it referred to as 'a PNF method' or as 'contract-relax' or 'hold-relax.'

To summarize current cramping theory: Fatigue makes the muscle spindles more excitable, making the muscle poised to contract. It also results in an inhibited GTO, thus blocking a defense against too strong a contraction. Breaking a cramp is a matter of stretching the muscle, which both gets the GTO to send its inhibitory signal, and quiets

down the muscle spindle. Note that stretching the muscle stretches the spindle, and the longer the spindle, the less 'edgy' it becomes. Then, to flush a cramp, work it in an elongated position to take advantage of the GTO's inhibiting signal.

My experience says muscles don't have to be tired to cramp. Get a muscle short, and contract it (that is, make it work) in that short position. This recipe works especially well with 2-joint muscles, examples of which are the Gastrocnemius, Hamstrings and Rectus Femoris (see below). You can get a 2-joint muscle relatively shorter than a 1-joint muscle. After you shorten the muscle over one joint, you've got another to get it even shorter! Additionally, I think that the fact that 2-joint muscles are more predominantly fast-twitch muscles has something to do with their readiness to cramp.

Recipes for Breaking and Flushing Cramps

We'll inventory cramp-prone cycling muscles and learn what position they want to cramp in. Gently stretching the muscle is the ticket for breaking the cramp, and you can often do this right on the bike. My personal experience is that you can then flush the cramp, and hence keep it from returning, right on the bike as well. For leg muscles, this means working in a reduced arc of the pedal-stroke, and letting the muscle 'go for the ride' the rest of the pedal-stroke.

If the acrobatics on the bike prove too much, then get off the bike, take the muscle to its full-stretch position and resist its isometric (or very short range concentric) contraction there. When you get back on the bike, work the muscle in the range (or arc) suggested below. Gradually increase that arc. You'll know the cramp is completely gone when you can get the muscle to work exactly as you'd like through the whole pedal-stroke.

The Gastrocnemius (a 2-joint muscle) is the fleshy calf muscle which, when you're standing, raises you up on your toes (or in general, points your foot down, away from your nose). The second joint it crosses is the knee, which it bends. So to make it cramp, bend your knee and point your toes down. To un-crimp it on the bike, put the crank in 5-6 o'clock position, slide back in the saddle, lock your knee straight and slowly drop your heel as far as you can get it to go. To flush the cramp, stay back in the saddle, keep your toes pointing towards your nose, and make the muscle work in the 4-6 o'clock part of your pedal stroke. Let it go 'along for the ride' through the rest of the pedal stroke where it is shorter and once again, ready to cramp.

The Hamstrings (2-Joint Muscles) are the big fleshy muscles at the back of the thigh. You can readily find their tendons: stay seated and put both hands on your right thigh, near the knee, so that your left hand is on the inside of the thigh and your right hand is on the outside. With your thumbs on top of the thighs, use your index and middle fingers to find the cord-like tendons just under the thigh near the knee. (Careful feeling will reveal two, not

one, tendons on the inside.) Follow them to where they attach to the leg (if pressing where the inside ones attach to bone evokes tenderness, then you need to stretch both hams and adductors).

These muscles bend the knee and straighten the hip. Here is how to start a cramp that just might put you in orbit: lie on your stomach, straight at the hip and with your knee bent so that your heel comes close to the butt. Pull the heel closer to the butt. Better yet, have someone try to pull your heel away from the butt while you resist them! See you on the moon!

To un-crimp on the bike, put the crank at 4-5 o'clock position, slide back in the saddle, bend forward at the hip, (not the trunk, see Lumbar Spine Part I) and lock your knee straight (don't point your toes down, but don't pull them up either). To flush, try a few pedal strokes like this: slide back in the saddle, bend forward at the hip, and pull down on the pedal stroke in the 3-4 o'clock range. This may not give you quite enough resistance; if this is the case, then coast, and try to pedal while you hold the crank stationary in the 3 o'clock position with your other leg.

The Rectus Femoris is the only one of the four quadriceps (muscles in front of the thigh) that is a 2-joint muscle. It crosses the knee joint, and like the other quads, straightens the knee. It also crosses the hip and flexes, or bends the hip (see Lumbar Spine, Part II). Here is how to cramp it: sit with your leg straight out in front, and try to lift your leg (this method may not work if you have tight hamstrings!).

Un-cramping can be tricky because the RF's stretch position is the hams' cramp position and it's a safe bet that if you've already cramped one muscle, others are 'ready to go.' The key to keeping the hams happy and un-cramped is to let them go along for the ride; do not contract or work them as you try to break the RF cramp. Un-clip, reach down and grasp your ankle or the heel of your shoe. Keep straight at the hip (see Low Back Part I) and use your hand to pull your heel to your butt. If you sense a ham cramp coming, then you'd best get off the bike. Lie on your un-cramped side, reach with your hand for your ankle or shoe and proceed as above. Or lie on your stomach, and have your crew gently bend your knee, pushing your heel to your butt. Let your crew do it. Do not 'help' to pull the heel to your butt with your hamstring, or you and your crew will wind up on the moon! When the cramp is broken, your good crew can hold your leg in that position while you try to straighten the knee, and even allow you a small arc of motion to flush the cramp.

To flush the cramp while riding, sit up as straight as you can and make the cramping leg work the 12-1:30 o'clock arc. This is less effective than the off-the-bike method, but you may be able to get it to work.

The other 3 quads are one joint muscles; they straighten the knee. Since these muscles don't cross the hip, you can allow the hip to bend when you're trying to break their cramps, without the ghastly possibility of cramping the hams. Usually, the cramp will be near the knee on the inside of the thigh (Vastus Medialis muscle). To break a cramp at the inside of the thigh, un-clip and pull your ankle so that your heel touches your butt. You will, of course, be using your right hand for your right ankle, and it augments the stretch a little if you bring your heel up to a little outside of the thigh. If the cramp is on the outside of the thigh (Vastus Lateralis muscle), then stretch so that your heel comes up a little inside of the thigh.

To flush quad cramps, work with your knee bent to as acute an angle as you can. Make it work only at the top of the pedal stroke, say 12-1:30 o'clock, and let it go 'along for the ride' through the rest of the pedalstroke until it flushes.

The Intrinsic Foot Muscles are tiny little muscles lie between the long bones of the foot, and it is amazing how much misery they can cause. In their shortened position, the toes point down, away from the nose and sideways. To break the cramp, grasp your toes in the palm of your hand and bend them (and perhaps your whole foot) towards your nose as far as your carbon-soled shoe will allow. Be persistent, but if this doesn't work, you've got to stop, sit on the side of the road, take the shoe off, and bend the toes up. Ah, relief! When you get back on the bike, keep your toes pointed up as much as your shoe will allow. This is the best I can say as to how to flush these little devils.

The little finger side of the hand has a small muscle with a big name (Abductor Digiti Quinti Minimi). Its cramping is less dramatic than, say a hamstring cramp, and is perceived more as an aching pain. So try treating pain there as a cramp. The muscle is short when the little finger is bent towards the palm and points away from the others. To break a cramp in your right hand, straighten your right hand and fingers, and use your left hand to bend it back at the wrist and in the direction of the thumb side of your hand. Use the contract-relax technique to flush the cramp: Hold the right hand still in that fully stretched position and make it work against the resistance of your left hand. All editorial comments from the foot intrinsic muscles apply here as well.

You don't need to be brushed up on anatomy to know what to do for any other muscles. Bend as many joints as you can away from the cramp. If, for example, you cramp on the palm side of your forearm, then bend your hand backwards, and straighten your elbow. Then, just keep the muscle as close to that stretched position as possible, and coax it to work a little.

Experience Also Tells Us...

- If you get night cramps, you get them in the summer, not winter. If you get them while you're riding, it is also more likely to be in the summer than in the winter. Cramping has something to do with heat.
- If you're a woman, you are more likely to cramp during menstruation than at other times during the menstrual cycle. And you are way more likely to cramp if you are pregnant.
- Diarrhea makes you more vulnerable to cramping.

The authors of the current hypothesis discount other factors, dehydration and electrolyte depletion/imbalance among them, that we have long thought to have some role in causing cramps. I would argue that these factors, while not the sole causative factors, are still important. I also think that whatever factors cause cramps multiply each other, so that if you can fix even one, you greatly reduce your chances of cramping.

Additional Tips

• Calf-twitching after a long hard ride: Have you experienced this? You feel partial little contractions in you calf muscles, perhaps even in your feet muscles. You can see them too, temporary little indents here and there when you're sitting. I think you are in a state where cramping can easily be touched off. Stretch! Get those GTO's to calm the muscle! I also think that these involuntary twitches may indicate salt (as in the sodium part of sodium chloride or table salt) depletion.

• There are anecdotal reports for the efficacy of Tums™ for breaking cramps (see www.roadbikerider.com).

• A little training helps! Seriously, training helps you postpone the fatigue threshold.

• Stretching is never more important than after a long, hard ride on a hot summer's day.

Keep Those Letters and Cards Coming!

We don't have all the answers to cramping. Your experiences may well put you ahead of the physiologists! Please write me with your comments, stories, and suggestions at weschler@optonline.net.

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Fictitiously Cycling With Mohammed

By *Alfredo Garcia*

With no group rides of interest, I took a solo trek to Piermont, to see a close friend. The usual route-Riverside Drive leading to the George Washington Bridge. Little did I know that I'd be taken on a ride.

At the Jersey side of the bridge, I saw a cyclist, medium build, bike clothes & helmet. Looked Middle Eastern. His bike was a black Cannondale "bad boy" hybrid bike. He motioned me over, with a sense of urgency. A tire needed some air. I whipped out a Topeak "morph" pump. The man looked very pleased, with a sense of urgency. He asked me not to worry-"I am not scared and neither should you be."

Hudson Terrace was strewn with pieces of stones, sharp objects and bumpy road. "This is unbased, the situation is excellent!" he said. What does this mean? As I was heading to Piermont and waved goodbye, he wanted to come along. First time rider? Another "C" rider needing a guide? Befuddled, he was on my wheel.

At a red light, a car stopped alongside us. The driver played his radio loud: "Greasy slicked down body, groovy leather trim, I like the way you hold the road, Momma it ain't no sin." As the car moved on, my 'Bad Boy' cyclist lectured me:

"After a while, you go out and you don't find anything. You find some nails, screws, pieces of metal, but the important thing here is the sound."

Sound? Looks like he doesn't know much about Led Zeppelin's "Trampled Underfoot."

He asked for the quickest way to Piermont. There's an "appointment" he needed to make later. Told me to hurry up. It was "up" Rt. 9W, I said. I was planning a longer run, going from Palisade Rd. to Rt. 505. It's not the first time I've guided cyclists. Several years ago, I took a group of German tourists around several bridges and greenways around Manhattan. I also brought a film crew from a European show, Cool Tour to the George Washington Bridge. Arrghh, 9W.

I wanted to ride a little fast. But my cycle friend was not up to the pace and asked me to slow down. Then a group of riders on road bikes, passed us quite gracefully. My new-found friend was agitated seeing them. "Wherever they go, they will find themselves encircled."

By who I asked? Is he paranoid? Nothing, he said. They reminded him of home. Where? "I'll tell you later. I need to get to a rest stop. Let's hurry." The nearest stop was Park Headquarters at River Road. He had a fun time getting there a little fast, with a sense of urgency.

I rolled my eyes in amusement. Everything seems to be a political thing for my friend. I brought him to River Rd. He was nervous approaching a police station. Nothing to worry about, I said. They see cyclists all the time. He was now in salvation.

Afterwards, my friend told me his name: Mohammed Saeed al-Sahafi. That didn't ring a bell in my head. Being playful, he rang my



His Cannondale 'bad boy' hybrid bike

bike bell-hello? Mohammed was the Iraqi Minister of Information. "I had a great time telling off the American media when your country was invading mine." He was flattered that people around the world praised him, for keeping a somewhat invective and positive front in the face of certain defeat, both confusing and funny.

Mohammed liked cycling in Iraqi. It's quiet, doesn't pollute and a good way to work off frustration after a day at the Presidential Palace with Saddam Hussein. Pedaling gives him a chance to think of new ideas for Saddam without being executed.

He said he was here in New York, secretly since the beginning of May. Guess it was a good time to quit while being ahead. In fact, he found time to register (under a different name) and ride Bike New York. I asked if he had problems riding with tens of thousands of people. Didn't he feel that the authorities knew he was here? Again, he said that he wasn't not scared and neither should I be.

Back on our bikes and we eventually reached Piermont. He liked going to the "Pier" waterfront. The cool flowing Hudson River pleased him. Too bad we don't have this in Iraq, with the Iraqi flag-the stars and stripes was flying on a flagpole. There were pedestrians and cyclists abound, but no one noticed him. We got lunch from the local deli and ate it at the Bike Connection shop, on the bench.

We went inside the shop. Mohammed was impressed with the bikes. He liked the aluminum and titanium bikes. It would be nice to bring some back to Iraq. Instead, he bought several colorful racing caps.

After an hour, we headed back. A nice stretch, going on Piermont Road. Mohammed suddenly had a sweet tooth, so it was home-made donuts at Trautwein Farms.

We made another stop at Bicycle Workshop. I told Mohammed there will be hills, which is unfortunate for him, as he refused to use the granny gear.

We reached Churchill Rd. Mohammed ended up walking his bike.

Along sidewalk gutters were bunches of seemingly dead insects. They were cicadas, I told Mohammed. Cicadas go through life as underground burrowing grubs, sometimes as long as 17 years, before they mature.



Newly evolved Cicada shedding skin

Unfortunately, adults live long enough to attract a mate, spawn and die.

Cicadas interested Mohammed. He put one in his pocket ("future study") as he rode his bike to the end of Churchill. A police car was there. Two uniformed officers came out. They knew who Mohammed was. Without a struggle, he gave up. This must be his "appointment." He thanked me for being good company.

As they took Mohammed away, he screamed at me before I headed back to the George Washington Bridge: "No, I am not scared and neither should you be!" Then he laughed.

On a humble note: Quotes by Mohammed Saeed al-Sahafi came from the www.welovetheiraqiinformationminister.com website, which were used in a humorous context. And really, people actually ride bikes in Iraq, esp. in Baghdad, Baghdad has many flat roads, suitable for riding in spite of traffic and heat. Could you imagine Bike Baghdad one day?

And yes, yours truly did give a bike tour for Cool Tour TV in September 2000 (via Bike New York) and brought German tourists to the Hudson River Greenway plus the Brooklyn Bridge in April 2001.



Photo of Iraqi Information Minister

How an Experienced Bike Traveler Begins A Bike Trip: Part 2

by Richard Rosenthal

Last month I described how, calling upon my extensive experience in preparing for sixteen bike trips to Europe in twenty-one years, I discovered, only a day or two before my flight, my passport had expired and I got a new one just as the pilot was instructing my fellow passengers to put their seats in the full upright position and prepare for take off.

Nevertheless, I proceeded to the airport. I digress to tell you about my 1992 trip, well, my trip to the airport that year. That year, Atlantic following the Olympics in Barcelona, I rode the entire length of the Pyrenees from the Mediterranean, but nothing on that ride was as memorable as my ride to the airport.

I was in a taxi on the Van Wyck Expressway, nearing JFK airport, when I heard several fire engines behind us. On a hunch I asked the driver to turn on his radio and, sure enough, there was a fire at the airport. In another few minutes we could see a tall plume of smoke rising from the area of the airport. And in another minute traffic was at a standstill with police directing it off the freeway. It took a loooooonng time to get up the ramp. Once there I had the cab driver pull over as soon as he could. I had already started to undress in the back seat and change into my cycling shorts. I pulled my bike out of the trunk, attached my seat wedge pack to it—which was all the baggage I took—and went right back down the opposite entrance ramp to the near empty freeway and took off for the airport, likely the first cyclist to bike on that heavily traveled expressway. A cop stopped me en route. I explained to him I had a ticket for a flight that was due to leave soon. He asked to see it. I showed it to him, then humped to British Air.

As I churned those miles on the freeway, I allowed myself to believe—correctly, as it turned out—the airport would be closed. I actually arrived at the terminal before the scheduled departure of my flight, and just in time to board...but for the fact the Brits, unfazed by the fact no planes were taking off, had already closed the plane.

I insisted I had to get to the Olympics and ambiguously pointed to the fact I had my bike with me. You, noting I was in my fifties and therefore not too likely to be competing in them, would have said, "So what?" British Air shouldn't have thought I was actually in the Olympics... never-the-less, that's what I abstractly hoped they might think, and I think

they did. They extended them-selves to get me not onto their plane but on an Air Iberia flight. It was due to leave at 8:30PM. We boarded at 10:30PM ...and sat on the tarmac until 1 AM.

Yes, I got to the velodrome in time for the climactic evening of races where, as I gauzily recall, five gold medals were awarded. I say "gauzily" because I fell asleep in my seat. I had been up way too long to not fall asleep.

But back to last summer. I had called Air France from the passport office and told them there was no way I was making the flight. They graciously put me on their next flight to Zurich. That was their last act of grace.

I had a one hour layover in Paris for the connecting flight to Zurich. Gate 21, to be exact. Just to be sure, as I strode past the desk in front of Gate 21, I asked the attendant in impeccable French, "Zurich?" She nodded, "oui." And I sat and waited. Right under the sign that said Gate 21.

After an hour I went to her and asked when was the flight being called.

"Oh, monsieur. Il est départ." Sounds a bit like "departed," doesn't it?

"WHAT?! No it didn't! I was seated right here! When?! It wasn't called!"

"You should have gone down those stairs there."

"Why didn't you tell me? You knew I was going to Zurich. You saw me sitting here."

Her answer was utterly lacking in Gallic charm: "Because I didn't have to."

What gall.

I armed myself with the names of a native French speaker who had been waiting near me for the flight and who also missed it, and a gate attendant who corroborated the flight had not been announced, then went in pursuit of someone of rank. I found a supervisor who was rank. I explained in my C-/D+ French the flight was not announced in the waiting area and asked to be on the next flight to Zurich, regardless of airline. I had to get on the road, so tightly had I timed my arrival in Nice. My wallet was as thin as my hair and I would be more than mildly dyspeptic if I ended up losing an entire riding day—I was already late in arriving at the start—and have to pay a surcharge for a changed flight home.

I know I utterly beguiled her with my whining and positively enchanted her with my wheedling. In other words, while she didn't offer to get me onto the next flight to Zurich

on another airline, she did offer me a sandwich at Air France's expense—with time enough to digest it as I waited three hours for Air France's next flight to Zurich. I know, at least until our invasion of Iraq, France was a close trading partner of the U.S., and enjoyed a "most favored nation" status in our free trade policy; but in a real setback to the global economy, I declined her offer of the sandwich lest she consider my acceptance of it a fair trade. She emphasized she was being generous by not charging me for the changed flight. I didn't know the French word for chutzpah.

As I walked into the terminal in Zurich, I saw the baggage being off loaded from my plane. I was excited to see on the tarmac the Gary Fisher bike box in which I packed my new Havnoonian titanium frame with S&S couplers. I was directed to where I could claim it. And I did.

Well, I thought, the airline isn't so bad after all. They saw how poorly I had taped it and re-taped it for me. So, would I start riding right from the airport, or would I take the train into town and start from there? I'm a man of few principles but one of them is I ride from airport-to-airport on my bike trips. But I was tired and disinclined to test my New York street savvy against Swiss motorway traffic. So I lumbered the box onto the commuter train that came right into the airport, got off at the hautbanhöf, borrowed a knife from a shopkeeper in the train station, and cut into the well-taped box. ...Only to discover it wasn't my bike!! It was somebody else's bike!!

...In the same box, the very same, identical box! What are the odds of that? So sure was I it was my bike, in my exhaustion, I hadn't bestirred myself to look at the writing on it. So I re-sealed the box, put the box back onto the train, took the train back to the airport, and took the box back to the baggage area...where a woman very evenly said, yeah, we saw the mix-up a moment after it happened. My box hadn't come off the plane yet. (The owner of the bike hadn't even arrived in Zurich.)

I lumbered my bike box back onto another train, debarked for a second time at the hautbanhöf, and put my bike together. By the time I started my ride to Nice, it was 5PM. I had been up pretty much continuously for forty-four hours. An hour later I was on the ground, bleeding. But that's part of next month's story.



Catherine Bent

keep going without apology to those you run into. Confident enough to plow me with your fat front tire and not spoil the moment with a single word. A cockroach with a Camelbak.

Cycling Celebrity I Resemble Most: Ned Overend's

Cat_astrophe

Occupation: good sport

ungraceful sister Hed

5 Items I Can't Live Without: my helmet, and the Puerto Rican family who caught my airborne ErgoBrain and bottles and hung with me after you split and until I and my bike were ready and steady to head west.

In My Bedroom You'll Find: the sharp wits with which -- had I not been hanging upside-down from my cleats --I would have made you perform a fitting act of contrition.

Why You Should Run Into Me Again: So that I can present you with a copy of Bike Safety For Dummies, and reserve you a place in next year's B-SIG where you might also learn some manners.

Recycle-A-Bicycle Receives Donation From Siglets



June 4, 2003

Recycle-A-Bicycle
Attn: Karen Overton
55 Washington Street
Brooklyn, NY 11201

Dear Karen:

Please accept the enclosed donation of \$250 from the New York Cycle Club 2003 A-Classic SIG participants, on behalf of captain Frank Grazioli and the other 2003 A-Classic SIG leaders.

Each spring, the New York Cycle Club holds a training series called the SIG (Special Interest Group) for bicyclists lead by expert volunteers. The SIG was created 17 years ago by Christy Guzzetta. The SIG has different groups for different levels of cyclists, and teaches good riding etiquette, safety, group riding skills, bicycle maintenance, etc. The most advanced group among the various SIG levels is the A-Classic SIG. This year, the A-Classic SIG completed its twelve-week training with its graduation ride on May 17. This ride was a 110-mile course that included riding to the top of Bear Mountain. That evening, our group (21 participants and 13 volunteer leaders) held its graduation dinner. At the dinner the participants collected the enclosed donation to honor the thirteen leaders of the A-Classic SIG.

We thought it was appropriate to make a donation to Recycle-A-Bicycle ("RAB") because our leaders share your spirit of generosity in helping others to understand and enjoy cycling. We are sure that our donation will be put to good use.

Regards,

New York Cycle Club

NIKETOWN Running Club ... Every Tuesday Evening at 6:00 p.m.



Runners warmup in front of Niketown at 6 East 57th Street

Come out to the NIKETOWN Running Club every Tuesday night at 6:00 pm. It's fun, free, and guaranteed to give you a terrific workout.

You don't need to call, you don't need to write, just show up and lace up!

- meet cool local runners like yourself
- log your miles and reap the rewards as you run toward our 100 Mile Club
- enjoy post-run refreshments every week
- road test the latest Nike Running gear
- win cool Nike prizes from our monthly raffle
- join our team as we go out and strut our stuff at local races all season long

Plus, stay tuned for many more great things to come.

There's more to NIKETOWN Running Club than meets the pavement.

Tuesdays - 6:00 pm @ NIKETOWN - Rain or Shine



NIKETOWN New York
6 East 57th Street | 5th & Madison |
212.891.6453

NYCC Columbus Day Weekend in the Catskills ... October 10-13, 2003

Join us for a fabulous weekend on Ulster County's lightly traveled roads. There will be great rides, fun people, delicious food (Sweet Sue's has re-opened), and spectacular fall foliage. Phoenicia, 25 miles west of Kingston on Route 28, in the heart of the Catskill Mountains, is the perfect location for our fall getaway. Bed and breakfasts, inns, lodges and motels abound, and we all know the riding is unsurpassed. (No one ever gets lost -- they just wind up on the wrong beautiful road!)

Woodstock is a mere 15 miles away and it's just a short detour from there to the infamous Devil's Kitchen. It's been 6 or 7 years since one of us ventured up. I hope this year to get a whole group to suffer on this climb. Besides the great views, the reward is lunch is Maggie's Cafe in Tannersville. New Paltz is about 70 miles roundtrip, with or without climbing Mohonk Mountain. The notorious Slide Mountain - Samson - Peekamoose loop is only a 65 mile ride, albeit most of it is vertical! Which way will we do the loop this year? Several new routes have been scouted too. There's a route climbing past Haines Falls and one up Glade Hill and plenty of riding around the Ashokan reservoir. And there are literally hundreds of miles of other scenic roads to explore.

The only problem is that rooms sell out fast. If you're tired of spending weekends in Nyack and Park Ridge, don't wait til the last minute to make a reservation.

Paul Hoffer will be leading his inimitable B15/C14 rides as only a native of Phoenicia can; Margaret Cipolla will show you the Catskills on A/B18 rides; Fred Steinberg will be finding new routes on his A19 rides; and Jeff Vogel will be getting dropped while attempting to lead faster A rides. There will be other rides if someone volunteers to lead them. Contact Jeff Vogel at CPACycles@aol.com or 718-275-6978 if you would like to lead a ride.

And don't forget to bring your hiking boots -- you may want to forgo a day in the saddle to take advantage of the area's many hiking trails. (There's everything from a quiet walk in the woods, to challenging 4,000 foot climbs.) Or, stay over on Monday night to hike Giant Ledge with it's phenomenal views with Margaret and Jeff on Tuesday.

There will be a group dinner on Sunday night, October 12th at the American Cafe on Route 28, two miles west of Phoenicia. The final cost for the buffet dinner has not yet been finalized, but will be \$35 or less if paid by September 20. You will NOT be able to pay at the door. Please make your check payable to Jeff Vogel and mail to 102-10 66th Road, Apt 14E, Forest Hills, NY 11375.

Most towns in the Catskills are served by Trailways 800-858-8555. The one way fare is \$27.00 Bikes are free, but must be boxed.

The following is a partial list of accommodations in the area. (All are in area code 845.) More info on lodging is available at:

Ulster County - www.co.ulster.ny.us
B&B's - www.hudsonvalleybandbs.com or 845-687-0757
Ulster County tourism 24 hour info line - 800-DIAL-UCO
Ulster County direct line (9:00 to 5:00) - 845-340-3566

Phoenicia:
Cobblestone Motel - 688-7871 (inexpensive)
Phoenicia Motor Village - 688-7772 (inexpensive)
Rays Cabins - 688-5410 (inexpensive)
Claude's B&B - 688-2561 (inexpensive)

Chichester (1.5 miles away):
Manor House B&B - 688-2085 (moderate)

Mount Tremper (3 miles away):
La Duchesse Anne - 688-5260 (moderate)
Lodge at Catskill Corners - 688-2828 or 877-688-2828 (expensive)
Lazy Meadow Cabins - 688-9950 (inexpensive)

Boiceville (5 miles away):
Trail Motel - 657-2552 (moderate)
Onteora, The Mountain House - 657-6233 (expensive)

Shandaken (6 miles away):
Appletree Inn - 688-7130 (moderate)
Ramblebrook House B&B - 688-5784 (moderate)
Shandaken Inn - 688-5100 (moderate)
Auberge des 4 Saisons - 688-2223 (moderate)

Big Indian/Olivera (10 miles away):
Alpine Inn - 254-5026
Big Indian Springs B&B - 254-5905
Val D'Isere - 254-4646
Star-Lite Motel - 254-4449
The Weyside - 254-5484

Woodstock, Bearsville, Lake Hill (10-14 miles away):
Woodstock Inn on the Millstream, Woodstock - 679-8211 or 800-697-8211
Twin Gables Guest House, Woodstock - 679-9479
Woodstock Lodge, Woodstock - 679-2814
Ivy Farm Inn, Lake Hill - 679-9045
Carol's Woodstock Country Inn, Bearsville - 679-9380
Morning Glory B&B, Woodstock - 679-3208

An email with all final details will go out to all confirmed participants in early September. If you have any other questions, please contact Jeff Vogel at CPACycles@aol.com or 718-275-6978.

Be Part of BikeSummer

by *Hannah borgeson*

It's July and that means BikeSummer is here! From June 27 to July 26, New York City is host to BikeSummer, a roving celebration of all things bike. Choose from more than 130 events, including a number of NYCC rides, to expand your bicycling horizons.

Highlights of the non-riding variety:

Opening Party: Friday, 6/27
Swift Folder Bicycles "Factory" Tour: 6/30
Ladies Night at Recycle-A-Bicycle: 7/1, 7/8, 7/15, and 7/22
"YbikeNY?" Exhibit: 7/9-8/10
Drawing the Bicycle: 7/10

Greenwood Lake 200K: 7/12
"Views of Life from the Seat of a Bike and Other Dangerous Places": 7/12
Swap Meet: Wednesday, 7/16
Bike Films: Wednesday, 7/16
Chopper Building: Saturday, 7/19
Honku Reading and Ranting: 7/22
Critical Mass Book Release Party: 7/24
Chunkathalon: Friday, 7/25

NYCC leaders are contributing rides to Bergen County (Saturday, July 12) and City Island/Orchard Beach (Friday, July 25), a nighttime crossing of five bridges (Friday, July

11), a daytime ride across ten bridges (Friday, July 26), and more.

Visit www.bikesummer.org to see the full calendar of arts, performance, literary interest, food, adventure, advocacy, competition, rides, tours, activism, multimedia events, films, education, fun, and more. Get involved by attending events, hosting an out-of-town visitor, co-listing a ride, or contributing to the "YbikeNY?" exhibit. For more information, visit the Web site or call 212-330-7083. Enjoy BikeSummer!

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

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).

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:

3 Rides - **FREE NYCC Water Bottle**

6 more more Rides - **FREE NYCC**

Ride leaders Vest

12 or more Rides (1st time) - **FREE NYCC Ride Leader's Vest** (You can't buy one of these, you can only get one by leading 12 or more rides.)

12 or more Rides (2nd time) - **FREE any Club garment of your choice.**

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

Grand Central Trains April 27-Oct 25, 2003

Outgoing from GCT	To / From	Returning to GCT
7:53 AM #8809 [Hudson Line]	Poughkeepsie	3:38 PM #8840
8:53 AM #8813 [Hudson Line]	Poughkeepsie	4:33 PM #8844
	[Hudson Line]	Poughkeepsie
		5:33 PM #8848
7:49 AM #9611 [Harlem Line]	Brewster No.	3:09 PM #9642
8:49 AM #9615 [Harlem Line]	Brewster No.	4:09 PM #9646
	[Harlem Line]	Brewster No.
		5:09 PM #9650
8:07 AM #6510 [New Haven Line]	New Haven	2:59 PM #6541
9:07 AM #6514 [New Haven Line]	New Haven	3:55 PM #6545
	[New Haven Line]	New Haven
		4:55 PM #6549

July/Aug 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

Saturdays, July 12, 19, 26

A-20 57 miles 8:00AM
River Road, Sneed's Landing, Bradley, Tweed, Rockleigh

Leader: Richard Rosenthal
(BikeAdman@aol.com; (212) 371-4700).

Very scenic, very untrafficked, very challenging. No meal stop. Back c. 12:30. Lots of up hills. My guarantee: you will NOT be the last up them. Why? We both can't be.

Sundays, July 13, 20, 27, August 3

B14 40 Miles 9:00 AM
Sunday Super Singles Series

Leaders: Linda Wintner, 212-876-2798, Kimi Mittleman, 212-988-7234, Lynn Sarro, 212-529-8198, other guest leaders

From: the Boathouse

We're cyclists, we're old(?), and we're single, get used to it! If you're 40+ and interested in same, please join us on our Sunday Super (annuated) Singles Series. Rides in this series will be not too long, not too fast, and have a relaxed lunch stop, for maximum schmoozability. We'll ride, we'll schmooze, we'll have fun!

Every Tuesday and Thursday July 1,3,8,10,15,17,22,24,29,31

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 & E Drive

Join us for early morning workouts. We'll hone our paeline, do some hill repeats and speed work. All welcome. Please be of good cheer. Mellow rules! Major rain/wet roads cancels.

B17/18 24 Miles 5:30 AM
Laps in the Park

Leader: Linda Wintner 212-876-2798 lwintner@metlife.com

From: Engineers Gate, Fifth Ave & 90th St

I know - you think 5:30 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 paeline (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

Wed, July 2, 9, 16, 23, 30

A21+/- 52+/- miles 10 AM Sharp
Wednesday Morning Spin

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

From: Boathouse

Join us for a quick spin to Nyack. We plan to be back by 2:15PM. We have no silly requirements; you know what conditions will cancel.

B 15 55 Miles 9:00 AM
Nyack Rides

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

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

It's Prime Time! This is what we've been training and looking forward to all year. Whether we're cycling here, touring or vacationing, the opportunities to ride are limitless. These mid-week rides are the perfect accompaniment to those pleasures. They'll help us recover or give us the little edge we need for the upcoming weekend to be more enjoyable. Relaxed, sociable. A great opportunity to test your nascent ride leader skills in a supportive environment on a comfortable route. You'll need a helmet, a couple of water bottles and some pocket food to make it up to the Spoon. 30% chance of rain cancels but call me by 8 AM to double check. We ride easy and safe.

C 12 - C-25 18 Miles 7:00PM
Wednesday Night Stressbuster Series

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

From: 5th Ave. & 90th St entrance to Central Park

A mostly C-ride with closet A and B riders occasionally joining. Three times around the park at your own pace. We regroup after each lap for air and conversation. Pizza afterwards sometimes come up.

Thursday July 3, 10, 17, 24, 31

A-19 20-25 miles 6:45PM
Thursday Nights in Prospect Park w/Bill

Leader: Bill Vojtech (w)212-630-0379, (h)718-832-3588

From: Union Street entrance to Prospect Park
 We will attempt to maintain an A-19 pace, but

anyone can come along. If you drop off the back or sprint off the front, meet us when we re-group around 8:00ish or when it gets dark-ish, (this will vary as the season progresses). Then we'll find a bike friendly, (outdoor seating), café for dinner in Park Slope. Lightweight pocket-sized cable lock, blinky lights, and MetroCard suggested. Non-A-rider types welcome. If the leader cannot show, that should not stop you; you will not get lost.

Club Rides

Friday, July 4

A-20 100+ miles 8:00AM
West Point the hard way

Leaders: Timothy McCarthy
(timothymc@earthlink.net), Ron Roth
(ron@rroth.com)

From: East 72nd Street/Fifth Avenue

A beautiful day trip for those who want it or a great start of the NYCC July 4th weekend at West Point for others, but a challenging ride for all: Skyline Drive, Greenwood Lake, Mt. Peter, Storm King. Yes, there are flatter ways to get there. Bring: Metro North pass if you are not staying for the weekend for a Metro North return from Beacon or Garrison.

A-20 60 miles 8:00AM
Only part way to West Point, then back to NYC.

Half leader: Richard Rosenthal
((212) 371-4700; BikeAdman@aol.com)

From: East 72nd Street/Fifth Avenue

Did you know that bikes were part of our D-Day Normandy invasion? No kidding. Today we'll conduct a military maneuver known as a feint. We'll feint as though we're going to West Point by riding with the group that is riding there, then turn around at the c. 30 mile mark and retreat for home. Rain? Count me out.

C? ?MI
9:00AM

Star Spangled Pick-up Ride

Leaders: You

From: Boathouse

No Ride listed at press time. Please check the July bulletin, the website and your e-mail for updates. Or meet at the boathouse for a pick-up (ride.)

Saturday, July 5

A-20 57 miles 8:00AM
A repeat of yesterday's ride: River Rd., Bradley, and Tweed.

Because I heave, and sway, and shimmy, and lumber to get up every hill, I need all the practice I can get. So here I am repeating yester-

day's beautiful, challenging, and untrafficked ride up River Road, Bradley, and Tweed. I don't do rain and just as soon not stop for lunch.

C? **?MI** **9:00AM**

Morning After Pick-up Ride

Leaders: You

From: Boathouse

No Ride listed at press time. Please check the July bulletin, the website and your e-mail for updates. Or meet at the boathouse for a pick-up (ride.)

Sunday, July 6

A-20 **57 miles** **8:00AM**

River Road, Sneed's Landing, Bradley, Tweed, Rockleigh

Leader: Richard Rosenthal (BikeAdman@aol.com; (212) 371-4700).

Because I heave, and sway, and shimmy, and lumber to get up every hill, I need all the practice I can get. So here I am repeating yesterday's beautiful, challenging, and untrafficked ride up River Road, Bradley, and Tweed. I don't do rain and just as soon not stop for lunch.

B14-16 **60 +/- Miles** **9:00AM**

Bear With us Again

Leaders: Irving and Hindy Schachter 212 758 5738

From: 1st Ave and East 64 St., NW corner

Once again through Bergen and Rockland Counties and into ursine territory. Halfway there the ride breaks into two groups. A faster group pulls the bear's nose. A slower group tries to touch the bear's toes. Whether you like many hills at a fast B pace or a less hilly ride at a slower pace, we have a great day for you. Return from Garrison. MetroNorth pass required. Rain cancels.

C12 **35 Miles** **9:00AM**

Brooklyn's Working Waterfront Ride - A BikeSummer event

Leader: Danny Lieberman (212 598 4827; dfl@panix.com)

From: Outside the Plaza Hotel, 59th St. and 5th Ave

This ride takes you to the other side of the tracks. Explore the mostly deserted industrial waterfronts of Brooklyn in detail. Be prepared for cobblestones and railroad tracks. Knobies are best but not required. Bring or buy lunch. Helmets required. A BikeSummer event, co-listed with the Five Borough Bicycle Club.

C11 **30 Miles** **10:00AM**

Beach Bums #1

Leader: Ed Ravin (718 796 3137; eravin@panix.com)

From: Grand Army Plaza entrance to Prospect Park (Brooklyn) at 10

Combine your two favorite activities - an easy 30 mile bike ride with a few hours swimming or sunbathing at a quiet beach in the

Rockaways. Join the Bicycle Beach Bums - every Sunday in July and August (except Labor Day weekend) we will cycle a moderately paced, flat, and friendly ride to Neponsit Beach in the Rockaways. Bring swimsuit (we'll stop at a changing area), beach stuff (towel, sunscreen, hat, kite, Frisbee, etc.), and a lock (lightweight lock OK). Bring or buy lunch. Helmets required. Co-listed with the Five Borough Bicycle Club

Friday, July 11

B16/17 **60 Miles** **9:15 AM**

Point Lookout

Leader: Ron Grossberg 718 369-2413 Argee401@aol.com

From: City Hall Park adjacent to Brooklyn Bridge bike path

Long Beach /Point Lookout with picnic lunch on the beach. Call or e mail to confirm.

C11 **15 Miles** **8:00PM!**

Bridges by Night - a BikeSummer event

Leader: Hannah Borgeson (212-348-2601; gasiorecj@att.net)

Location: Meet: Tramway Plaza (Second Avenue at 60th Street, Manhattan)

A twilight tour of East River bridges, through three boroughs and over the Queensboro, Pulaski, Williamsburg, Manhattan, and Brooklyn bridges. About 15 leisurely miles with an ice cream stop. This unique ride highlights stunning vistas, takes in the glorious sunset with a Manhattan backdrop, celebrates bridge access for bicycles and pedestrians, and provides a brief history of the bridges and waterways. Bring lights if you have them and a snack or money to buy. Be prepared for some stairs. The ride will return to Tramway Plaza, but you are free to leave after the final bridge or at any other time. A BikeSummer event, co-listed with Times-Up!

Saturday, July 12

A20+ **85 miles** **8:00AM**

Croton Dam Redux

Leaders: Hannah Long (212) 865-7452 hannah_long@yahoo.com

Jack Lehnert (718) 884-6437 JSL7@Georgetown.edu

From: The Boathouse Parking Lot

For those who enjoy the pleasures of upper Westchester join us for a repeat ride to Croton Dam. The dam's spillway may still have a raging torrent of water as it did for the A-classic SIG ride. After the Dam we have about eight scenic miles of road alongside the reservoir (Rte. 129 & Rte. 100), Seven Bridges Road, Hardscrabble and the ever-popular Grassy Sprain return. Helmets required, bring Metro North bike pass for bailout. Check bulletin board or call after 6:30 AM if doubtful about weather.

B17 **60+/- Miles** **9:00AM**

Mamaroneck Redux

Leaders: Linda Wintner (212-876-2798; lwintner@metlife.com) and Peter

"Bananas" Kouletsis (917.854.1181,. peter.kouletsis@citigroup.com)

From: the Boathouse

Last time the rain started after lunch and we scrambled to the New Rochelle Metro North station. This time, who knows? But we'll try it again. Please join us for a scenic ride to Mamaroneck where we'll buy lunch at a deli and picnic by the water. We plan to meet up with the C ride for our lunch picnic. The route has some rolling hills but no 'killers.' In case you don't want to ride all the way back to Central Park, there are plenty of bail-out options on the way home, either on Metro North in the 'burbs (if you have a pass) or the subway in the Bronx. Bring some snack food and plenty of water. Helmet and Humor required. MetroNorth pass and Metro card strongly advised. Cue sheets will be provided. This is a beautiful route and we look forward to seeing you on it. Cancels: rain, snow, or temperature over 95 degrees at 8 am.

B18 **60+/- Miles** **9:00AM**

L.I. North Shore via Wheatley Rd.

From: 71st/Continental subway stop.

Leaders: Tim Casey, 718-392-1963, Tim_Casey@Earthlink.net & Doug Campbell.

To avoid the "Garbage miles" of QNS Blvd, take the E, F, V, R to 71st/Forest Hills.

Meet at the Bank on the north side of QNS Blvd. Route has rolling hills and a couple of steep but short segments. Beautiful scenery and mansions. Deli break at half-way point. Bring \$\$ for lunch. Bring enough snacks and water for 28 miles. Helmets required, bring the snack of your choice, as much water as you will need in July weather. Rain at 8AM cancels. If there is predicted bad weather, please call me or watch the message board for late updates.

B15 Flat **55 Miles** **9:00AM**

"Zap CT Gold Coast Ride" Lower Section

Leaders: John Zap Day 212-255-7191, Eve 203-972-9339, Allan Goldberg 914-693-2928

From: Meet at Grand Central Station for the 9:07 AM New Heaven train to Fairfield Leader will meet group at Darien Train Station arrive 9:59AM

A leisurely scenic ride along Fairfield County's coastline from Darien to Stratford. Last month we did the upper half, this month the lower and next month the entire 73 miles from Darien to New Haven. Ride will travel through Darien, Norwalk, Westport, Fairfield, Bridgeport, Lordship and end in Stratford. Return approx. 4:10 pm depending on finish time. Joint WCC

C14 **47 Miles** **9:30AM**

Mamaroneck

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

From: The Boathouse

I tried this ride in May and while we made it to Mamaroneck, it had already started drizzling and we never made it to the best part of the

ride - Mamaroneck Harbor Park. As with the May attempt a B ride is going to the same place so we'll try to arrange to eat lunch at the park together. Don't even think about rain.

C14 40?MI 9AM

I Brake for Beer

Leader: Dave Sabbarese (dsabbare@firstmanhattan.com)

From: The Boathouse parking lot

A leisurely spin to Coney Island via Prospect Park and the bike path by the Belt Pkwy before heading back by way of Ocean Parkway. We'll have lunch either @ Totonno's famous pizzeria or Nathan's famous red hots stand, depending on group preference. Bring helmet (mandatory), lock (suggested) and beer money (optional) for those who wish to quaff suds in an East Village German beer garden upon completion of the ride. Rain date is Sunday,

C12 45 Miles 9:00AM

Bergen County Classic - A BikeSummer Event

Leader: Isaac Brumer (917-531-5303)

From: Boathouse (if boathouse is blocked, meet at E72 St & 5th Ave entrance of the park)

In honor of BikeSummer, a "classic NYCC" ride. Over the majestic George Washington Bridge to the tree-shaded and (mostly) bike-friendly byways of Northern Bergen County. Snack stops in several villages, lunch at a farm-stand. Back over the Palisades. Bring water and pocket food. Helmets required. Ride is hilly. We stop for red lights! Rain or temp. forecast over 95 cancel. A BikeSummer event.

Sunday, July 13

A18 75 miles Approx 8 AM Train

Scenic Westchester & Putnam Counties I

Leaders: Russ Berman 212-595-8834 rberman@kronishlieb.com; Robert Gray 212-593-0986 nyarchitect@msn.com

From: Grand Central Station North White Plains-Chappaqua-Croton Reservoir-Somers-Shenandoah-Cold Spring.

Meet us at Grand Central 15 minutes before departure to buy tickets for the train to North White Plains and for the return from Cold Spring. We will head north on country roads for 60 miles and turn east around the Appalachian Trail for the last 15 miles. Train bail-outs available until the last 20 miles. Lovely country roads in rolling terrain, lots of reservoirs, a big roll near the end. Bring plenty of fluids and pocket food. Helmets, pace-line skills and good attitude also necessary. Wet roads or excessive heat cancels; see nyc.org for notices. Email nyarchitect@msn.com for departure time, route and train details when they become available.

A22/A20 80+/- Miles 9:00 AM

L'Etape du Tour, New York Style

From: Boathouse

Leaders: John Zenkus (jjz2116@aol.com), Timothy McCarthy (timothymc@earthlink.net), Ron Roth (ron@rroth.com),

Rich Ramon (ramonr@coned.com)

July 13th is the queen stage of this year's Tour de France, ending with a mountaintop finish at Alpe d' Huez (14.1 km climb at a gradient of 8%) preceded by climbs of Côte de Megève (9.9 km climb at a gradient of 5.1%), Col du Télégraphe (12.1 km climb at a gradient of 6.8%) and Col du Galibier (18.5 km climb at a gradient of 6.7%). While our geography does not offer such wonderfully long climbs nearby, we are proud to offer a stage of the Tour, New York style.

Starting at the Boathouse and ending at Bear Mountain (7.25 km climb at a gradient of 5.25%) and preceded by climbs of Gate Hill Road (3 km climb at a gradient of 6%) , Arden Valley Road (6.5 km climb at a gradient of 4.5%) and Lake Welch Road (2.5 km climb at a gradient of 5.5%) , we are including in one ride several of the area's best climbs, providing a flavor of the day's Tour stage.

At either speed, this is a hard ride. Endurance and good climbing skills are a must, along with the usual helmet, water bottles, bicycle in good repair, spare tubes. There will be no sit-down lunch, so bring some Powerbars or such. Return is via train from Garrison, so a rail pass is also required.

For the evening, the 66 Water Street Bar will be open and OLN's Tour de France broadcast of the day's stage will be shown on the big screen. Plenty of food and drink will be available from the restaurant and bar. Remember, you don't have to ride during the day to join in the evening festivities at 66 Water Street. This is an event for all cycling sport enthusiasts! Cyclists, friends and family are certainly welcome. Secure bicycle parking may be available in the building, check the message board for updates. If possible, please RSVP via email so a rough estimate of participants can be established.

A B C

Newcomers Ride 35 to 70 miles

C12 - 35 miles, C13 - 43 miles, C14 - 48 miles, B15 - 53 miles, B16 - 58 miles, B17 - 65 miles, A18 - 70 miles

If there any questions about the nature of the ride or the meeting point for the C12 ride, please contact the Ride Coordinator: Gary McGraime, garynyc@aol.com (212) 877-4257

From: Central Park Boathouse parking lot, except the C12 leaving NY side of GW Bridge (A train to 178th St.)

Leaders: To Be Announced

New to the club but not sure how to get started? Been thinking of joining but want to try a ride first? This event is for you! You don't need to be a member and the rides are free!!! P.S. You bashful members are welcome too - Enjoy a fun ride with us!

There will be a choice of A, B and C rides to accommodate every level of rider. If you have not previously been on a club ride or on your bike for a while, try a ride that you feel is easily within your capability. You may move up or down to a faster or slower group after lunch or at one of the "connecting" points in the ride.

The rides range from 35 to 70 miles. We will meet @ 9:00 AM in Central Park and cross

the G W Bridge to ride scenic roads in New Jersey. All groups will stop to pick up food at a nearby deli and rendezvous for a picnic near the lake in Pascack Brook Park. After lunch, we'll have a drawing for many free prizes including the new sleeveless NYCC Jersey!!! Expect to return home mid afternoon or a little later if you take a slower ride.

It is important to show up for the ride prepared with a bike in good running order, properly inflated tires, a spare tube, water, money for lunch and ID. A helmet is required.

If the weather conditions are questionable, check the message board on our website (nyc.org) after 7:00 AM in case of cancellation.

For more information, contact: newcomers@nyc.org.

B17/18 50+ Miles 9:15 AM

Caumsett State Park

Leader: Ron Grossberg 718 369-2413 Argee401@aol.com

From: Statue of Civic Virtue Queens at 9 15 (optional start at 8 15 from Brooklyn Grand Army Plaza if there is any interest)

North shore route with some hills and picnic lunch overlooking Long Island sound.

C12 15 Gateway Miles 11:00AM

Sandy Hook Within

Leader: Alfredo Garcia (212) 802-2441

From: NY Waterway Terminal, World Financial Center

We'll check out the "Hook," with an emphasis on seeing the sights and get more beach time. Sand anyone? Lunch at Sea Gull's Nest. Then tour the Visitor Center, Ft. Hancock Museum, History Museum and Sandy Hook Lighthouse. Bring \$ for lunch (or bring your own), lock beach gear and camera. Round trip ferry fare is \$27 (tickets are limited, you can call NY Waterway at 800 53-FERRY for a reservation). Beginners and casual riders welcome. Helmets required. This is a Bike Summer 2003 event, co-listed with the Five Borough Bicycle Club. Wet weather at the start cancels.

C11 35/30 Miles 9:15AM/10AM

Beach Bums #2

Leader: Ed Geffner (edgeff@panix.com, 212-620-0340) and Ed Ravin (718 796 3137; eravin@panix.com)

From: East Side of City Hall (Manhattan) at 9:15, Grand Army Plaza entrance to Prospect Park (Brooklyn) at 10

Combine your two favorite activities - an easy 30 mile bike ride with a few hours swimming or sunbathing at a quiet beach in the Rockaways. Join the Bicycle Beach Bums - every Sunday in July and August (except Labor Day weekend) we will cycle a moderately paced, flat, and friendly ride to Neponsit Beach in the Rockaways. Bring swimsuit (we'll stop at a changing area), beach stuff (towel, sunscreen, hat, kite, Frisbee, etc.), and a lock (lightweight lock OK). Bring or buy lunch. Helmets required. Co-listed with the Five Borough Bicycle Club

Saturday, July 19

A18/19 75 miles
7:49 AM train to Brewster

**Brewster/Pawling/Kent/Sherman/
Brewster**

Leaders: Hank Schiffman (212) 529 9082, schiffhank@aol.com, Peter Walker pwalker5@nyc.rr.com, & Carol Wood violet-dubois@mindspring.com

From: GCT be there by 7:30 and buy a round trip ticket

Rolling county roads. A different route to Kent over some of the roads the club uses to get to/from Sheffield. Lunch will be at the American Pie Co in Sherman, Ct with a climb just after we pay the check. Lots of bailouts en route but they are on the Wassaic/Harlem line so trains run every other hour. You will need water, money for lunch, a Metro-North bike pass & 2 spare tubes. Please make sure your bike is in serviceable condition and your tires are not just this side of threadbare. If there is any question on the weather check the NYCC message board the night before and or the morning of the ride by 6:30 AM.

B17 65+/- Miles 8:30AM

Oyster Bay

Leaders: Melissa Bybee (212-740-9393; melbybee@earthlink.net) and Linda Wintner (212-876-2798; lwintner@metlife.com)

From: the Boathouse

Please join us for a lovely ride to Oyster Bay where we'll buy lunch and have a picnic near the water. There are rolling hills and some nice flats and, best of all, a fair amount of shade on this route. We'll be going through some really pretty areas of LI, which everyone always enjoys. Please bring some snack food, plenty of water, and spare tubes. The ride will officially end at the subway in Forest Hills at the Tasti Delite shop, but there are usually some brave souls who ride the extra 10 miles back to Manhattan along Queens Boulevard. Helmets required. Cancels: rain or temperatures above 95 degrees at 8AM.

B17 50+/- Miles 10:00AM

Yer Basic Nyack ...

Leaders: Wayne Wright, wwright8@nyc.rr.com, 212.873.7103; Amy Kirschner, amy.kirschner@verizon.net, 212.501.0298 and Rachel Frankel, rsf225@yahoo.com, 917.520.6821

From: The Boathouse

Typical schmooze to Nyack. Maybe River Rd, maybe Tallman ... we'll figure something out. A good choice for club newbies, assuming you've done your self-timed laps in the Park that is. Helmets and smiles please. Rain cancels. If in doubt, call a leader in the a.m. or check the NYCC message board.

B15/16 Hilly 50+ Miles 8:40AM

"Zap Mahopac Lunch" Ride

Leaders: John Zap Day 212-219-3339, Eve 203-972-9339 Allan Goldberg 914-693-2928

From: Meet at Grand Central Station for

**the 8:48 AM Brewster North train to
Katonah**

Leader will meet group at Katonah train Station arrive 09:53AM

Horse Farms, nice roads, green woods. A very hilly ride up to North Salem, Titicus Reservoir to Brewster and mostly down approx 8 miles of bike path and flat 8 miles back to Katonah. Return approx. 5:27pm train depending of finish time. Joint WCC

C14 50-55 Miles 9:00AM

'Ride for Pie'

From: Eleanor Roosevelt's statue, 72nd St and Riverside Drive

Leaders: Anthony and Rebecca Poole. (Home: 212 875 8333, Cell: 917 331 0903, anthonypoole2000@yahoo.com)

You know the club's unofficial motto, "We Ride to Eat". Well we like to take that literally, so join us for a rolling ramble through Bergen and Rockland counties, over some familiar ground to C Sig graduates. C14 means just that, and we will be keeping the cruising pace steady at 14mph and work up a hearty appetite, stopping at some nice delis and/or diners along the way. We'll take any up hills gently and down hills safely. Bring two tubes, a pump, money, sunscreen and plenty of water. Temperatures below freezing or heavy precipitation at 6AM cancels. If there's a light shower at starting time, we might delay the start, rather than cancel. Check the club's message board the evening before and on the day of the ride. If temperatures above 95 degrees and high humidity are forecast, we may shorten the ride. At the end, we can gather around the statue and eat one of our homemade apple pies. If anyone wants to get ice cream to go with the pie, that would be swell.
(Rain date, Sunday 20 July)

C13 45 Waterfront Miles 9:00 AM

4th Annual Missing Links Ride

Leaders: Carter Craft (MWA), Richard Brause and Alfredo Garcia (212 802-2441)

From: Battery Park, at the "Sphere" (enter park at Broadway and head towards Castle Clinton)

Pedal paths and greenways along the Hudson River in both New York and New Jersey. See where waterfront access exists and doesn't exist. Cross the George Washington and Bayonne Bridges. Includes four stops to discuss river, waterfront and neighborhood issues. Optional bailout points along the way. Ride ends on a returning Staten Island Ferry to Manhattan. Bring sunscreen, water, pocket food & \$ for lunch. This is a Bike Summer 2003 event co-listed with 5BBC and the Metropolitan Waterfront Alliance. Helmets required.

Sunday, July 20

All Class Picnic with the Sound Cyclists

Rides leave 9:30am from Luciano Park near the Westport train station, picnic starts at 12:30pm

We will join the Sound Cyclists for a ride in the Westport area followed by a barbecue on Burying Hill Beach. Hot dogs, hamburgers,

veggie burgers, salads and dessert will be served. Cost is \$5 if you RSVP by July 17 or \$8 the day of the event. Please RSVP to events@nycc.org indicating your menu preference. Details on train times will be announced in the next few weeks.

B18 65+/- Miles 9:00AM

Nyack via Back Hills

Leaders: Tim Casey, 718-392-1963, Tim Casey@Earthlink.net & Adam Pollack

From: 72nd St. & RSD

The ever popular (at least with me) Nyack Hilly route. Beautiful back roads bring you down into Nyack. Route includes hills (as if you couldn't guess). Lunch at Runcible or Diner. Bring \$\$ for lunch. Option on the return of either State Line Hill or Churchill. A consensus vote decides the return route. Helmets required, bring the snack of your choice, as much water as you will need in July weather. Rain at 8AM cancels. If there is predicted bad weather, please call me or watch the message board for late updates.

C11 35/30Miles 9:15AM/10AM

Beach Bums #3

Leader: Ed Geffner (edgeff@panix.com, 212-620-0340) and Ed Ravin (718 796 3137; eravin@panix.com)

From: East Side of City Hall (Manhattan) at 9:15, Grand Army Plaza entrance to Prospect Park (Brooklyn) at 10

See 7/13 for description

B16/17 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 interior hills. Lunch on the water at Conference house park overlooking the water of Raritan Bay. Call or e mail to confirm

B16 64+/- Miles 9am/10am

Oyster Bay

Leaders: Hal Eskenazi 917 822-5401 hal@profilesworldwide.com [to fri.noon] Peter Kouletsis [banana guy] 917 854-1181 peter.kouletsis@citigroup.com

From: Boathouse / Union Turnpike [Queens Blvd]

Lunch on the water [please no rain!] Join us for a ride through the suburbs of LI, amongst trees, beautiful homes and rolling hills we'll find the perfect place for lunch on the water. Starting from Manhattan at 9am and stopping at 10-10:15am at Union Turnpike (Queens Blvd) at Statue Civic Virtue for whoever wants to join us there.

Terminating at Statue of Civic Virtue for the E, F, R trains. Helmet & fun attitude required. Rain at 8am will cancel.

Wednesday, July 23

C12 45 Miles 11:30 AM

Jersey Bayshore

Leader: Alfredo Garcia (212 802-2441) & Phil Goldberg (5BBC)

From: Pier 11 ferry terminal, south of South St. and Wall St.

Come on a mid-week (Wednesday, baby) to cycle lovely towns of New Jersey along Raritan Bay, starting in Highlands. Venture along the Henry Hudson Trail, a ten-mile railroad route turned greenway. Flat, rolling & some busy traffic. See wooden bridges, perfume factories, amusement parks and a red train caboose. Visit the Navesink Twin Lights, the only twin-light-house in these United States, with spacious views. Then Sandy Hook for free 6:30 PM rock concert. Return on 9:45PM ferry back to NYC. Bring \$31 fare, bright front lights (to see clearly in the dark), rear lights, sunscreen, \$ for lunch & ice cream, camera and maybe swim gear. This is a Bike Summer 2003 event co-listed with the 5BBC & Metropolitan Waterfront Alliance. Helmets required. Wet weather at the start cancels.

Friday, July 25

C12-13 25-30 Miles 10:00AM

City Island / Orchard Beach Ride - A BikeSummer event

Leader: Maggie Clarke (212-567-8272, mclarke@hunter.cuny.edu)

From: Meet under the Giant Ginkgo tree On Broadway 1.5 blocks north of 207th St (Near the end of the "A" line in upper Manhattan, exit at the south end of the station, there are elevators to get out of the 207th Street station.

This ride is almost entirely along a tree-lined route - the historic North Bronx Bikeway, one of the City's first, debuting in the late 1970s. Our destination is the delightful little 'village' of City Island, and if time, weather and temperament permit, we'll take a side trip to Orchard Beach. We'll be getting back well in time to get to the Green Maps lecture/party downtown at 5. Ride includes optional short tour of leader's community botanical garden (www.ringgarden.org) at the foot of Ft. Tryon park. Please bring with you: 1-2 Water bottles, 2 spare inner tubes Money for lunch A helmet on your head, A functioning bicycle, air in the tires, working brakes. Ride cancelled if predicted high temperature is 95 degrees or higher, or if there is 60% or greater chance of rain.

Saturday, July 26

A18/20+ 65 - 110+/- Miles 8:00AM

Bear Mountain, and back

Leaders: Fred Steinberg (212 787-5204 fsteinberg@nyc.rr.com, Ron Roth (212) 875-0905 Ron@rroth.com Peter O'Reilly PTOR@prodigy.net

From: the Boathouse

Mostly straight up to Bear Mountain, with an optional descent via the Appalachian trail, then decision time- return via the Bear Mountain Bridge, 'Anthony's Nose' and Westchester Hills

or Seven Lakes Drive, Kanawauke & Spook Rock Roads and Rivervale. The preference is for an east shore return, but we've spent so much time in Westchester due to miserable spring weather, an A-SIG-ish redux may be refreshing. Time will tell. Cancel conditions: Rain oppressive heat- check the NYCC Bulletin Board after 6:30AM. Bring MetroNorth pass for bailout or for return from Garrison.

A18 90 Miles 8:00AM

Scenic Westchester & Putnam Counties II

Leaders: Russ Berman 212-595-8834 rberman@kronishlieb.com; Robert Gray 212-593-0986 nyarchitect@msn.com

From: Central Park Boat House

Central Park-Scarsdale-Purchase-Armonk-Bedford-Cross River-Titicus Reservoir-Carmel-Fahnestock-Cold Spring

We will head north for 75 miles and turn east through Fahnestock State Park for the last 15 miles. Train bail-outs available until the last 20 miles. Lovely country roads in rolling terrain, numerous reservoirs, friendly natives. Bring plenty of fluids and pocket food. Helmets, paceline skills and good attitude also necessary. Wet roads or excessive heat cancels; see nycc.org for notices. Email for route profile and details.

B17 65+/- Miles 8:30 AM

Oyster Bay

Leaders: Rick Braun (212-477-2575) and Linda Wintner (212-876-2798; lwintner@metlife.com)

From: the Boathouse

Please join us for a lovely ride to Oyster Bay where we'll buy lunch and have a picnic near the water. There are some rolling hills and some nice flats and, best of all, a fair amount of shade on this route. We'll be going through some really pretty areas of LI, which everyone always enjoys. Please bring some snack food and plenty of water. The ride will officially end at the subway in Forest Hills at the Tasti Delite shop, but there are usually some brave souls who ride the extra 10 miles back to Manhattan along Queens Boulevard. Helmets required. Cancels: rain or temperatures above 95 degrees at 8AM

B15 50 +/- Miles 9:30AM

Westchester Picnic

Leaders: Mark Gelles mgelles@okcom.net (212) 689 1375

From/End: 242nd. Street & Broadway (#1 Train's 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.

B15 60 Urban Miles 7:00AM

Bridges of New York

Leaders: Alfredo Garcia (212) 802-2441, Jesse Brown, Robert Brown & Wally Stuck

From: Chelsea Piers, 22nd St. & 12th Ave.

Cycle to glorious 19th and 20th century NYC

legacies through its bridges, in the 21st century. Truly engineering marvels, built by Roebling, Ammann, Lindenthal, Mosisseiff and Buck. Ride 12 bridges in one day, count 'em 12, in all five boroughs, including Randall's Island. This ride will tax your endurance, as you cycle long stretches, climb hills and navigate off-road, bumpy roads, tight spots and some busy traffic. Lunch (maybe ice cream) in Jersey. Those who stay with me beginning to end, plus follow

instructions, receives a medal (idea by Roger Kanter) at Fort Wadsworth, Staten Island to see the Verrazano. Make sure your bicycle is in GOOD working order. Helmets required. Note: ride is NOT MEANT for beginning, casual, contentious, faint-of-heart or pace-busting cyclists. This is a Bike Summer 2003 event, co-listed with 5BBC and Metropolitan Waterfront Alliance. Recommended reading: Darl Rastorfer's Six Bridges—The Legacy of Othmar H. Amman.

B15/16 Rolling/Hilly 50+/-Miles 8:40AM

"Katonah to Darien"

Leaders: John Zap Day 212-255-7191, Eve 203-972-9339 Allan Goldberg 914-693-2928

From: Meet at Grand Central Station for the 8:48 AM Brewster North train to Katonah

Leader will meet group at Train Station arrive 9:53AM

Ride goes through Bedford then down through North Greenwich to Cove Island Park Beach in Stamford for lunch. Then onto Darien, up to New Canaan and Pound Ridge and back to Katonah. Return approx. 4:27pm train depending on finish time. Joint. WCC

C12 23 toll-free miles 11:23 PM (that's right, 11:23 PM)

Veloped Lincoln Tunnel

Leaders: Alfredo "hasta la vista" Garcia (212 802-2441), "bruising" Isaac

Brumer, "peerless" Ed Pino & "handsome" Mark Trainor

From: Chelsea Piers, 22nd St. & 12th Ave.

In the evening, when the day is done...Let's coast to the Lincoln Tunnel, built by Othmar Ammann, the only triple tube underwater crossing in these United States. We'll get there via Hudson River Greenway, some hills, George Washington Bridge (one of 6 Big Apple bridges built by Ammann) and Hudson River Walkway, under cover of darkness. You must have BRIGHT front lights to SEE where we're going and red rear lights, so others KNOW where we're going.

Do not bring backpacks and panniers. Bring valid ID for the tunnel authorities and follow directions. Helmets required. This is a Bike Summer 2003 event, co-listed with 5BBC and Metropolitan Waterfront Alliance. Wet weather at the start cancels.

Sunday, July 27

A19+ 65-70 Miles
7:30am at GCT for 7:53 train

Cold Spring to GWB/Central Park

Leader: Steve Weiss (212) 842 2309 racerx-also@rcn.com

Meet at 7:30 or so to buy tickets for 7:53 am Poughkeepsie train from Grand Central Station to Cold Spring. Ride back to city via 9D, 9W, 98, 202, West and East Saddle River. Group consensus on route for the final ascent up to Hudson Terrace. A mostly flat ride geared to recovery from previous day's hammer fest. Look to keep stops to a minimum in order to get back to the city between 2 and 3. Requires Metro North pass, helmet, 2 water bottles, paceline skills and good attitudes. Heavy rains cancel, check NYCC bulletin board for status.

B18 60 Miles 9:30AM

Rye Beach via Beautiful Bronx

Leaders: Tim Casey, 718-392-1963, Tim_Casey@Earthlink.net & Eileen Walker in red tights

From: Boathouse

Bring your bathing suit if you want to swim at lunch. You can also wear your red tights.

Eileen promised she would. Bring your Metro-North pass if you want to bail out along the way there or back. You have the option to stay at the beach and return by train on your own. Lunch is at Seaside Johnnie's at the beach. Bring \$\$ for lunch.

Municipal beach in Rye so if you want to swim bring \$\$ (approx. \$6) for a day pass.

Route is through the Bronx along some pretty scenery (don't laugh, it is, you'll see).

Helmets required, bring the snack of your choice, as much water as you will need in July weather. Rain at 8AM cancels. If there is predicted bad weather, please call me or watch the message board for late updates

B16 50 Miles 9:00 AM

Piermont

Leaders: Mark Lichtenstein (212-228-3953), mark.lichtenstein@im-

na.com, and Deborah Bennett (646-226-7148), deborahbennett@usa.net

From: The Boathouse

Please join us for a lovely summer ride through the back roads to Piermont. Bring your bike in good working order, spare tube, pocket food and 2 water bottles. We'll maintain a B16 pace. Cancels: Rain or 70% chance of. Helmets required.

C13 45+/- Miles 9:30AM

Pascack Park, NJ and Janis Joplin

Leaders: Stan Oldak (212-945-9801; stanonyc@aol.com) and Linda Wintner

(212-876-2798; lwintner@metlife.com)

From: the Boathouse

Please join us for a really lovely, meandering ride through the suburbs of NJ. Those of you who remember Irv Weisman will recognize his zig zag route, which manages to use fairly quiet roads and avoids lots of hills. We'll buy

lunch at a deli and picnic in Pascack Park under the trees. The route home is very pretty. There are a few unavoidable hills, but we'll follow another old Irv route that avoids Churchill and Walnut and takes in some wonderful old mansions that help distract from the climb. Please bring some pocket food and two water bottles. Helmets required. After returning (for those interested) we'll go directly to, or meet later (after a shower!), back in Central Park at SummerStage to listen to the Tribute to Janis Joplin concert scheduled at 5pm.

C11 35/30 Miles
9:15AM/10AM

Beach Bums #4

Leader: Ed Ravin (718 796 3137; eravin@panix.com) and Lee Ann Van Wyck (leann919@hotmail.com)

From: East Side of City Hall (Manhattan) at 9:15, Grand Army Plaza entrance to Prospect Park (Brooklyn) at 10

Combine your two favorite activities - an easy 30 mile bike ride with a few hours swimming or sunbathing at a quiet beach in the Rockaways. Join the Bicycle Beach Bums - every Sunday in July and August (except Labor Day weekend) we will cycle a moderately paced, flat, and friendly ride to Neponsit Beach in the Rockaways. Bring swimsuit (we'll stop at a changing area), beach stuff (towel, sunscreen, hat, kite, Frisbee, etc.), and a lock (lightweight lock OK). Bring or buy lunch. Helmets required. Co-listed with the Five Borough Bicycle Club

August 3, 2003

C11 35/30 Miles
9:15AM/10AM

Beach Bums #5

Leader: Marina Bekkerman (718-783-5355; marinab@mindspring.com) and Ed Ravin (718 796 3137; eravin@panix.com)

From: East Side of City Hall (Manhattan) at 9:15, Grand Army Plaza entrance to Prospect Park (Brooklyn) at 10

Combine your two favorite activities - an easy 30 mile bike ride with a few hours swimming or sunbathing at a quiet beach in the Rockaways. Join the Bicycle Beach Bums - every Sunday in July and August (except Labor Day weekend) we will cycle a moderately paced, flat, and friendly ride to Neponsit Beach in the Rockaways. Bring swimsuit (we'll stop at a changing area), beach stuff (towel, sunscreen, hat, kite, Frisbee, etc.), and a lock (lightweight lock OK). Bring or buy lunch. Helmets required. Co-listed with the Five Borough Bicycle Club

Out of Bounds

Fri -Sun, July 18th-20th

250 Miles Boston to New York Benefiting Project A.L.S. and their fight to find a treatment and cure for ALS (Lou Gehrig's Disease) Benefiting the research funding efforts of Project A.L.S. For more information: Mat Mendel, Tri-State Trek; Event Organizer 781-488-3231

www.projectals.org
www.tristatetrek.com

Sunday, July 27, 2003

The third annual Tour de Tincum, a multiple ride bike tour for the benefit of the Delaware Valley Volunteer Fire Company. Check their website, www.dvvc.org has all the information, including a downloadable registration form and directions. The tour is in Erwinna, Tincum Township, Bucks County, PA. The DVVFC may be reached at 610-294-9385 or TourdeTincum@yahoo.com or comstock@epix.net

Saturday, August 16, 2003

105 mile "Reach the Beach" ride benefitting the Save a Heart Foundation

Details on the ride from Valley Forge, PA to Stone Harbor, NJ can be found at <http://www.saveaheartfund.org/>.

Sunday, September 7

Festival of Life, Yardley, PA. Charity events to build a memorial for 9/11 victims, [Garden of Reflection](#). Fully supported by car and riding tour guides. Gourmet food for lunch. All ages and abilities. Choice of two routes: 1) 15-mile ride, half road, half unpaved canal path, 10:00am mass start, \$35 registration; or 2) 30-mile one-way ride from Tincum Park to Yardley on the unpaved canal path, return transportation included, \$50 registration. Other activities include a 5k run, 3-1/2 mile walk along canal, and carnival. Tour guides needed to assist/encourage participants. Jim Hanahan, 146 Juliet Rd, Yardley, PA 19067; phone 215-736-1118 e-mail hanahanstwobytwo@comcast.net



Back by popular demand, Yoga for NYCC cyclists (\$10/1.5hr class) will be offered twice in July only. A multi-level Hatha class for yogis of all levels and flexibility. Come practice yoga in a non-competitive and peaceful setting on Sunday 7/13 and 7/20 at 2:30 pm. Join us at Integral Yoga Institute of NYC at 227 W.13th St (bet. 7th & 8th) for the perfect complement to our sport. Secure rooftop parking is available if you bring a small lock.

For additional info or reservations contact Chuck Lam at (212)875-8572 or CL289@columbia.edu

Amazing Things Happen When You Focus and Stick To Goals

By Diane L. Goodwin

How easy it could have been succumbing to the "evil inclination" — sleeping-in weekday mornings and weekends during the freezing, wet Winter and Spring. For some, Paris-Brest-Paris (PBP) was the goal and each brevet became the immediate focus. Now participation at PBP will be their reward. August 2003 marks another PBP year. This ride is 750 miles and each rider has 90 hours to complete it!

Randonneuring events (brevets) were scheduled all over the United States and throughout the world starting January 1, 2003. Randonneurs chose which qualifiers they would ride and trained accordingly. Because this is a PBP year, these events were scheduled much earlier than non-PBP years.

Margo Montequila is a New York Cycle Club member who wanted to complete a SIG series this year. Because of the commitment

of the SIGS, she found herself stressing over the choice of completing the SIGS and the brevets. She managed to complete both!

It was tough riding both brevets and SIGS because of scheduling. The SIGs are formal training classes held every Saturday throughout Spring. Attendance is mandatory. Brevets are held ONLY on the scheduled date set by the Regional Brevet Administrator (RBA) and that happens almost one year in advance. A brevet calendar is submitted by Randonneurs USA to the Audax Club Parisien. These rides commence "rain or shine."

I remember Margo's 200K on March 29th. It was her first. Travelling to Princeton was a challenge what train to take? How much gear to bring? She didn't know any of the riders yet ... or didn't think she knew. When she got to the brevet, she was pleasantly surprised to find Paul Schaye. The two of them participate in the Pan Mass Challenge every year.

It's hard to know if you trained enough for an event especially when you aren't familiar with the course. Was she undertrained? She finished it in 12 hours 24 minutes. The elevation was 6800 ft. Good job!

The 300K was the real challenge on April 13th. Everyone knew it was going to rain; it poured. Quite a few DNFd due to hypothermia or crashing on the railroad tracks. I was afraid of lightning. Technically the ride is suppose

to go off rain or shine. If we had lightening at the start, I would have held off the start. Just like a newcomer, Margo needed some warm clothing. Wanting her to finish, I brought a few warm choices. She was all set. She rode solo until Jenny Jump State Forest where she met up with Annaline and Robert Dinkelmann. They were the last to arrive but Sandiway Fong and I drove backtracking the route to find the three. We found them to avoid any bad turns, we parked the car at turns. Margo really looked tired! The three of them stayed together and finished the ride in just under 20 hours — the limit.

Margo was set on going to Paris so she signed up for the 400K. By this time, riding partner relationships were forming. Of the original 78 riders on the 200K, a core group of 40 formed. Margo chose to ride with the Audax group. She would be with other riders and they would push her. Long distance events now only test you physically but mentally - you need to keep positive thoughts. Because we wanted to use as much of New Jersey as possible, the 400K was designed to travel south into the Pine Barrens and Cranberry Bogs of South Jersey. It's flat. There was no headwind either! Because of this, finishing times were much faster. The Audax group make good time and were able to stay together longer. Since the brevets were the only time these riders trained together, a flat 250 mile ride was a "gift." Naturally there had to be SOME hills. They came in the end. Her finishing time was 20 hours and 30 minutes.

Last was the 600K — 380 miles. Because the terrain was so steep between mile 150 and 250 — actually all the major climbing was here — little time was left to sleep. I believe she said that she had 1.5 hours of rest before she had to continue to finish the last 100 miles. She finished in 38 hours and 15 minutes.

As I drove behind the Audax group and saw Margo riding comfortably on the 600K Sunday morning, I was impressed and relieved to know she would finish. Here was a person who barely trained over winter, only heard the term "brevet" a few times from a friend, didn't know how to dress for the "elements," rode three brevets on her "old, heavy, steel Bianchi" and never gave up her goal of finishing these grueling, long rides.

The rides are grueling, long rides if you never rode this distance. Truthfully, the rides get easier as they get longer. Your body adjusts and your fellow randonneurs are beside you with tons of brevet tips.

Margo was amazing and should be an inspiration for anyone in the Cycle Club who doesn't think they will improve. Focus on a goal and you will achieve it.

Another great athlete is Jane Kenyon. Jane has completed Paris-Brest-Paris. Now she's a local racer - very fit - and she served on a previous board.

Let's keep an eye on Margo. If anyone wants to help out her fundraising for the Pan Mass Challenge, contact me (dgoody@mind-spring.com) and I'll connect you with her or look her up in the roster.



Joe Keenan

Joe lives part-time in West Milford, New Jersey and Florida. He completed the entire Florida series and rode the New Jersey 200K. He volunteered at the 600K and was a tremendous help.

He too set his mind on Paris-Brest-Paris and has qualified only after learning about brevets in 2002. His first ride was in January 2003.

What's his bike of choice? A recumbent!

You may find him riding with the Metro Area Recumbent Society (MARS) or just solo in Central Park. Lately he's been spotted mostly in Florida.

Advertising and Volunteering

WANTED: T-SHIRT IDEAS

for Escape New York Century Bike Ride

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

NYCCV presents

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

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

Submit ideas to:

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



2003 New Jersey Brevets (not races)

Join our forum at:

www.topica.com/lists/njrandonneurs/read

FREE 200K - July 12 GREENWOOD LAKE

Brevet Cards and route sheet available from 6 a.m.

Ride begins at 7 AM SHARP!

from Toga Bike Shop

110 West End Avenue, NYC, NY

ENTRY FORM and MORE INFORMATION available at:

www.njrandonneurs.com or

email Diane Goodwin at dgoody@mindspring.com

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

Fuji Ace SE 43cm road bike 650cm wheels, shimano sti components. This is a current model, asking \$325 firm, retails \$525+.

Perfect fit for someone 4'10"-5'1". Go to WWW.FUJIBIKES.COM for exact specs.

Call Larry 212-304-8503, anytime, or e-mail: darut@aol.com.

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

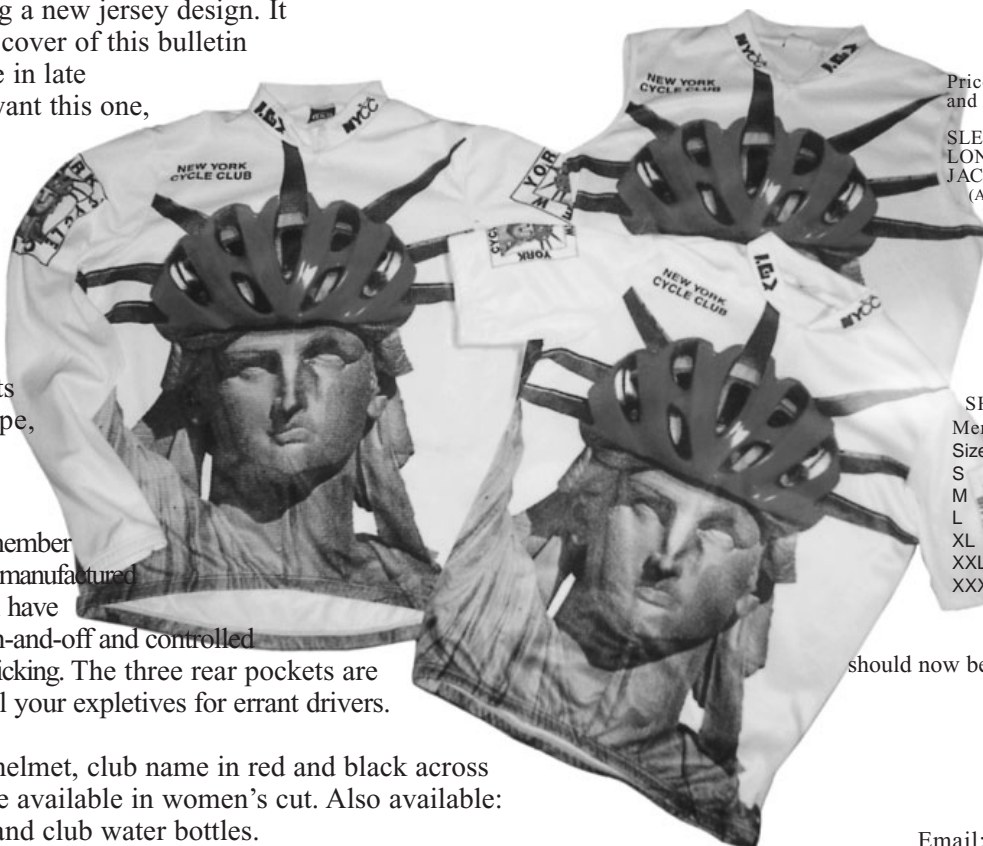
The club is choosing a new jersey design. It can be found on the cover of this bulletin and will be available in late summer. So if you want this one, act now or forever hold your piece goods.

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.

To view in color and download an order form go to <http://nycc.org/stuff.html>



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

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

(All Unigender)

Chest	
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

Order forms and checks should now be sent to the club P.O. Box:

New York Cycle Club
P.O. Box 20541

Columbus Circle Station
New York, NY 10023

Attn: Merchandise

Email: NYCCstuff@nyc.rr.com

Please allow 6-8 weeks for delivery

<http://www.nycc.org>

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: _____

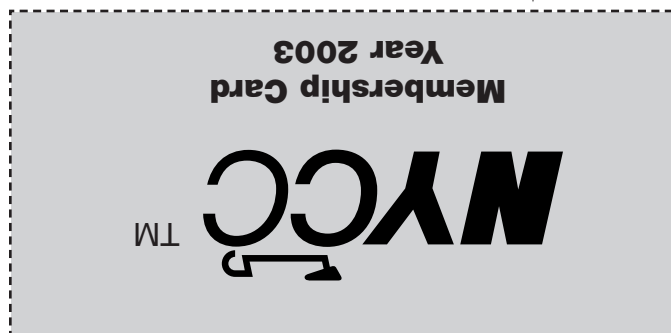
SIGNATURE(2): _____ DAY PHONE: _____ EXT: _____

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

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

Bike Shop Discounts NYCC membership saves you dollars!

Membership card. Cut me out. ↓



A BICYCLE SHOP

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

BICYCLE HABITAT

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

BICYCLE 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

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

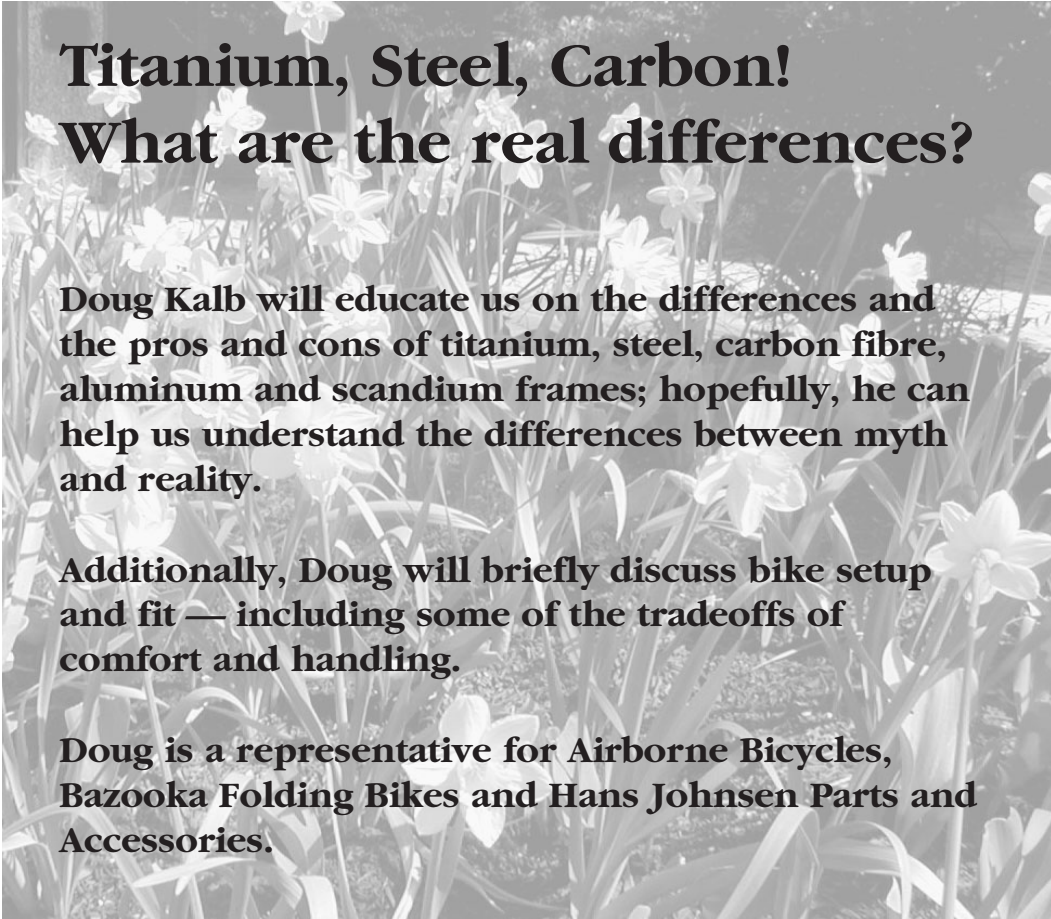
235 East 34th Street, NYC, NY
 (212) 213-8360 or
 www.sidsbikes.com: 8% off parts,
 accessories and clothing.

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 Tuesday, July 8, 2003

Please join us on
Tuesday, July 8th
 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 - 9:15 p.m..



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