

NYCC Bulletin

NEW YORK CYCLE CLUB

President's Message

Despite the onset of the dog days of August, or maybe because of them, our fabulous special events coordinator Eva Wirth has assembled a great menu of club outings. First up, on Wednesday, August 13th, we're inviting members to invade Staten Island and watch the Staten Island Yankees – 2002 Penn League Champs – take on the Vermont Expos. What could be better than a cruise on the SI Ferry coupled with a chance to see one of the country's great minor league baseball teams in action? You can find more details in this bulletin, on our website and in our weekly announcements. Next up is our second all-class free lunch ride of the season on Sunday, August 17th. We'll meet at the Boathouse, ride to one of our favorite cycling destinations and then return to the city where we'll meet at a secret destination and be treated to lunch courtesy of the NYCC.

Speaking of NYCC events, the granddaddy of them all is coming up faster than you think. Our annual Escape New York Century will be taking place on Saturday, October 4th. This is truly an event for the entire club whether you are an A, B or C rider or a non-riding volunteer. For the riders, there are three routes, 50 miles, 62 miles and 100 miles. Each route is marked, each is SAG supported and each features a sumptuous lunch at the halfway point. For those who've ridden ENY in past years, now is the time to volunteer to help make this event a success for those who will be riding it for the first time. All volunteers will have the chance to ride the routes in their own preview ride with a free lunch thrown in as well. Whether you ride or volunteer, it's a win win situation. This has become one of the great cycling events in the Northeast and a great showcase for your club, be sure you're a part of it!

With the August heat, thoughts of November elections may seem especially remote. That's how I've always felt in the past but recent history has convinced me it's never too early to bring up club elections. As some of you may know, the president of the NYCC is limited to a three year term. This being my third year as president I have no choice but to step down at the end of the year. No, save your handkerchiefs, it just means that some equally talented and affable volunteer will step up and save the day. Or will they? That is a question that depends on you, the members. Will everyone sit back and wait for someone else to come forward or will you – I'm specifically talking to those who have yet to serve on the board – take the bike by the handlebars and don the mantle of Prez? Not only will the president's position be vacant, several other board positions are likely to be up for grabs as well. Over the years, members have shown an amazing capacity for volunteering for specific club events. But when elections for the board of directors come around, the response tends to be a bit tentative. As I said above, it's YOUR club, every one of you. And it's up to every one of you to take part in making sure that the club continues to thrive.

- Tom Laskey



Blueberries Anyone? (L to R) Chris Taeger, Dolores McKeough and Laurent Chambard. Just as Chris was bonking and telling us how he needed to eat, he looked up and there appeared this blueberry bush. All completed the 200K NYC Metro Brevet held on July 12th. For further writeup go to www.njrandonneurs.com.

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

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.

NYCC SPECIAL EVENT! Staten Island Yankees 2002 NY-Penn League Champs versus the Vermont Expos - Wed, August 13 - 7:15 PM -

We will meet at 6:15 PM at the Manhattan side of the Staten Island ferry terminal and ride the 6:30 PM ferry. The ballpark is a short walk from the ferry terminal and has a wonderful view of the Manhattan skyline. Tickets are \$10. To purchase a ticket please send check payable to Eva Wirth, 23 Waverly Place, New York NY 10003.

2nd Annual Twin Lights Ride Sunday, September 21

Starts from Highlands in Monmouth County, NJ. 4 distances: 15, 30, 50, 75 mi. New routes and well-stocked rest areas. T-shirt for all pre-registrants. 950 riders joined us in our first year! For information and registration: www.bikenewyork.org. Questions? Call 212-932-2453 ext. 120. Presented by Bike New York and Highlands Business Partnership.

Obituary:

Anne Murray Ladd. Age 27. Died June 24, 2003 from accidental injuries sustained on a bicycle tour of the Bryce Canyon, Grand Canyon and Zion National Parks in Arizona and Utah. A native San Franciscan, Anne was born December 12, 1975, and was a consultant with PricewaterhouseCoopers in New York City.

Anne lived her life fully up to her last moment. She was doing what she loved to do. Her last night was spent under the stars in a campsite at North Rim on the Grand Canyon of the Colorado River. Anne did not suffer or linger. She was struck by an auto from behind and never regained consciousness.

Anne was a new member of the NYCC, having joined our club just this year. She rode with the B SIG this Spring, and attended the Berkshires weekend over Memorial Day. I've personally known Anne for about 3 years, through participation in Central Park Ultimate Frisbee. If there's one thing about Anne that I'll remember, it's that she always had a smile on her face. If there's anything we can all take from this very sad incident, perhaps it should be to always ride safe, and to always keep a positive outlook.

Submitted by Wayne Wright

Aug/Sept Rides List Always wear your helmet!



Recurring Rides

Sun, August 3, 10, 24, 31

B15+/- 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!

Tues. and Thurs., August 5, 7, 12, 14, 19, 21, 26, 28

A19 18 miles 5:30 AM

Morning Laps in Central Park

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

From: Engineers Gate at 90th St & East Drive

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

B17/18 18-24 Miles 5:30 AM

Laps in Central Park

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

From: Engineers Gate, Fifth Ave and 90th St We know--you think 5:30 AM is ridiculous. But, trust us--the park is beautiful at that time as well as serene and, best of all, not crowded. Please join us for various training exercises--hill repeats, intervals, sprints, laps in a pacerline (we'll teach you if you don't know how to pacerline). We'll have fun and improve our skills while we're at it. We generally try to do 18-24 miles, but you can always shorten or lengthen the time as you need or want to. Helmets required. Cancels: precipitation.

Wed, August 6, 13, 20, 27

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 and you know what conditions will cancel.

B 15 50+ Miles 9:00 AM

Nyack Rides

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

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

They say all good things must come to an end

but then they are just new beginnings. Wednesday, August 6 will be the last time in the foreseeable future that I will be leading this ride. I leave for the great Paris-Brest-Paris Randonnee on Wednesday, August 13. PBP runs from Monday, August 18 through Friday, August 22. I hope to repeat my success as an ancien. Fly home to New York on Saturday to then leave on Sunday for a two (2) year Masters program at the University of Pittsburgh (where I am told there are no downhills) on Monday morning, bright and early, at 8 AM for a three hour Quantitative Analysis class. Fast shifting. However, don't despair. I have arranged for two fine ride leaders, Jay Jacobson and John Wilkinson to take over for me and continue our tradition. My thanks to them and all who made these rides such an enjoyable experience. As always: helmets required, 2 waterbottles and some pocket food to get us to the Spoon. Rain: 30% cancels but call to confirm. Heat over 90°F expected will also cancel. Ride easy and ride safe.

Thur, August 7, 14, 21, 28

A-19 20-25 miles 6:45 PM

Thursday Nights in Prospect Park with 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, August 1

B16 65 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.

Saturday, August 2

A19/20+ 110 MI 7:35am at GCT

Poughkeepsie-Hunter Loop

Leaders: Ron Roth Ron@rroth.com Pieter MaessenPmaessen@hotmail.com Timothy McCarthy Timothymc@earthlink.net

From: GCT - Train to Poughkeepsie departs at 7:53am - 8:03 at 125th Street.

The weather has kiboshed this ride 2x already this year. Let's give it one more shot. We'll head north from Poughkeepsie in pacerlines on undulating 9G, then swing over to the west

side of the Hudson heading for Palenville. Make a left on 23A, grab some fluids if needed, and get on your climbing shoes! It's 4.3 miles and about 1500ft of vertical to get to the top. The reward for your effort will be a delicious, revitalizing lunch at "Maggies" in Tannersville. After that, a few rollers, than a 10+ mile, mostly downhill section starts us on our way back. Don't get complacent, however, as Mohonk (about 2 miles and nearly 800+ft.) looms at around the 95 mile marker. Expect great scenery, some serious climbing, and a few noteworthy descents within a long, rewarding day of riding. Bring (at least) 2 water bottles, pocket food, a bike in solid mechanical condition, a helmet, and a Metro North rail pass. A minimum 39/25 chainring/cassette combo is recommended. Please confirm if planning to ride, as Maggies is a relatively small establishment. Good cheer, pacerline skills, and fit riders welcomed. If rain or miserable weather (including serious heat!) is forecast, see the Bulletin Board http://www.nycc.org/bb_frame.html for the status of the ride.

A-20 70 or 100 Miles+/- 8:00 AM

Lakes and Hills of Orange County (Mark's First Ride)

Leaders: Mark Loftis (mloftis@riverdale.com); Melissa Bybee (melbybee@earthlink.net)

From the Boathouse

Over the bridge to Bergen; up Strawtown through Rockland; seriously up Gate Hill to Orange; on Seven Lakes to Perkins and up one last time. At the top of Bear Mountain we will decide whether we are continuing up to Garrison to take the train home or riding back for a century. If we cannot agree, we will agree to disagree and split into two groups to do both options. Helmets, fluids, good attitudes and Metro North passes required. Check nycc.org for change or cancellation if conditions are not good. My first ride; be nice.

B15/16 60 Miles 7:40 AM

New Canaan, Ridgefield, Amawalk Reservoir

Leaders: John Zap day 212 255 7191, eve 203 972 9339 Allan Goldberg (914)-693-2928

From: Meet at Grand Central Station for the 7:48 AM Brewster North train to Katonah.

Leader will meet group at Train Station arrive 8:52AM

Beautiful ride through the rolling to hilly back woods of Bedford, Pound Ridge, New Canaan with Lunch in Ridgefield. Then around Titicus Reservoir a nd out along Amawalk Reservoir. Return approx. 4:27pm train depending on finish time. Joint.WCC

C14 50 Miles 9:15 A.M.

Oyster Bay

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

From: Statue of Civic Virtue (Union Turnpike & Queens Blvd)

I listed this ride in June but it happened to be one of those rare days when it rained. While there are places to eat lunch indoors, the beau-

ty of this ride is eating in the park by the water. Since there's a beach right there, you can even cool off in the bay if you want. Substantial rain cancels, again.

Sunday, August 3

A18 18-40 Miles 10:00AM

Recovery Ride

Leader: fill in the blanks

From: Boathouse

There must be some A-riders alive and breathing after yesterdays efforts. Show up and take it easy.

A few laps of the park will do.

B16 60 Miles 9:15 AM

Crusher & Christian Herald-

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

From: The Boathouse

Enter Nyack thru its backdoor! Moderate hilly. Slower and stronger riders will be accomodated (within reason).

C 14 12-15 Miles 9:00 am

Beat the Heat – Pedal & Paddle – Second Smash Year!

Leader: Dave Sabbarese (dsabbare@first-manhattan.com)

From: The Boathouse parking lot

Let's try a little diversion by pedaling from the park to the West Side bike path and down to Pier 26 where we will park our cycles and exchange them for kayaks. The Downtown Boathouse offers free instruction and use of their kayaks on a first-come, first-served basis. After splashing around for 20 minutes or so we'll hop on our cycles and swing up the Lower East Side bike path where we will face a crucial decision – continue on to Brooklyn and Prospect Park or have brunch in an East Village sidewalk café. We'll cross that bridge if and when we get to it. Don't forget your helmet, lock, and lunch money.

C 14 60 Miles 9:00AM

To the Beach at Bayville

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

From: Statue of Civic Virtue on Queens Boulevard (take the E or F train to Union Turnpike, Kew Gardens, and get off at the front of the train) for this scenic North Shore ride to one of the leader's favorite destinations. The terrain is rolling and some of it shady, all of it pretty once we are out of Queens. Lunch on the beach.

Cancellation conditions: Rain or beastly heat (predicted temp. of over 92 Degrees.)

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

Wednesday, August 6

C14 18 miles 7:00 PM

Easy Does It Mid-Week Laps

Leader: Dave Sabbarese (dsabbare@first-manhattan.com)

From: Central Park Engineer's Gate (90th & 5th)

Let's go thrice around the park so as to keep in spinning shape for the longer, more arduous weekend rides. Newcomers, slow pokes and old folks welcome. Helmets required, red blinking lights suggested.

Friday, August 8

B16/17 60 Miles 9:15 AM

Destination to be Determined

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

From: City Hall Park adjacent to Brooklyn Bridge bike path

Destination to be determined. Call or e-mail to confirm.

Saturday, August 9

A 20 57 miles 8:00AM

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

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

From the Boathouse

It's scenic. It's untrafficked. It's challenging. Lunch? No. Rain? No. Wait to leave a few minutes after 8:00? No. Will I be with you on the climbs? No.

A19 70 miles+/- 8:00 AM

Best of Westchester

Leaders: Ed White (ewhite10@nyc.rr.com), (212) 799-0259; Steve Dwek (Stevdwek@aol.com), (212) 744-7083; Jason Winstanley (jwinstanley@att.net)

From the Boathouse

We are planning a ride in the shade as much as possible and coming home on the train so as to allow more time out in the country. We haven't worked out all the details in time for the bulletin, but we are thinking of a bit of the Hudson, the Croton, and several other great places to pass in Westchester. Please bring your Metro North pass, good attitude, two water bottles, helmets and good tires. Don't be surprised if the ride is not flat. Please check the weekly emails and/or the NYCC message board for more details or cancellation if necessary near or on the ride day.

B17 90/65 Miles 7:30 am

Deepest Westchester

Leaders: Wayne Wright, wwright8@nyc.rr.com, 212.873.7103; Eva Wirth, ewirth@yahoo.com, 212.477.9322; David Hallerman, cycleman23@earth-link.net, 718.499.8171; Cathy Martone, cmartone@hallarchitect.com, 718.499.8171

From: Grand Central Station

Get to Grand Central by 7:30 to catch the 7:49 bike train to White Plains. This B SIG classic had to be altered this Spring - today we'll do the real deal, complete with an all-star cast of B ride leaders. This hilly, challenging, beautiful ride will be well worth getting up early for. Bring 2 water bottles, pocket food, and Metro North pass. Bail-out in Tarrytown, or ride all the way back to the City. Smiles and helmets please. Rain cancels. Call leaders or check NYCC message board if in doubt.

B15/1650+ Miles Rolling/Hilly 9:00AM

"HOUSATONIC PIZZA RUN" Ride

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 Darien,

Leader will meet group at Train Station arrive 9:59AM

New Ride, with more straightaways than most of my rides. We take a mostly rolling and straight course for the Housatonic river in Monroe for Pizza along the river and return from Milford. No cue sheets. Return from Milford approx. 4:05 depending on finish time. Joint. WCC

C12 35+-MI 9:30AM

Hackensack River Ramble

Leader: Isaac Brumer 212 734 6039

From: GWB Bus Terminal (178 St & Ft Washington Av)

Start the morning with some excellent (really) GWB terminal coffee. Take a leisurely spin through the villages of Bergen County, cross a "new bridge" that's 150 years old. Pass charming old train stations. Meander up the Hackensack River to Oradell Reservoir. Stop at a farmstand or two (or a fast-food joint) for snacks. Say "hello" to our duck friends at Demarest. Note, route may be hilly! Bring pocket food and plenty of water. Helmets required. Forecast of steady rain cancels. We will adjust ride for heat.

Sunday, August 10

A18/19 8:30am 100 +/-miles

The Last First Lady Bear Mtn. B'day Bash

Leaders: Tom Laskey and Debbie

Rothschild (212) 961-1610 or biscboy@mindspring.com

From: The Boathouse

No, it's not the First Lady's last b'day ride, just her last as First Lady. We will celebrate with the obligatory Gatorade toast atop Perkins Drive but there won't be very many other stops. We'll grab a bagel in Stony Point, hang out on Bear Mtn. refuel in Nyack and then head home. Two water bottles, pocket food and sunscreen very highly recommended, helmets required. Rain or better than 70% chance at 7:00am ride day cancels, if in doubt, check message board or call leaders.

B17/18 55 Miles Flat 9:00 AM**Beach Party in Rye****Leader: Tim Casey,****Tim_Casey@Earthlink.net, 718-392-1963****From: Boathouse**

Bring your bathing suit, sandals, and sunblock. If you missed last month's beach ride I'm sure your friends are still talking about it. Don't get left behind. Join us for a day at the beach. Fairly flat ride up through the beautiful Bronx to the town beach in Rye. Swim at the lunch break. Seaside Johnnies has a great lunch. Bring \$\$ for lunch and a day pass if you want to swim (approx. \$6/day). Plenty of bail-out options via subway lines or Metro North (bring your pass). If you want to stay at the beach you can ride up with the group and take the train back on your own. Rain at 8AM cancels. Helmets are always a good idea, and for this ride, required.

C11 35/30 Miles 9:15AM/10AM**Beach Bums #6****Leader: Ed Ravin (718 796 3137;****eravin@panix.com) and Lee Ann Van Wyck (leeann919@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

Wednesday, August 13**C14 8-10 Miles 7:00 PM****NYCC goes to the Movies (part I)****Leader: Dave Sabbarese****(dsabbare@firstmanhattan.com)****From: Central Park Engineer's Gate (90th & 5th)**

We'll meet at our usual spot, but this time we'll do something different. After maybe a lap or two around the park, we'll take the West Side Bike Path down to Pier 54 where we will catch an outdoor screening (free, natch) of the movie "8 Mile" (starring Eminem). Hey, I missed it at the box office and i wanna see it, ok? Don't forget your helmet and a bike lock.

Thursday, August 14**B16 60 Miles 9:15 AM****Esplanade, Tweed, Speer****Leader: Jay Jacobson (845) 359-6260****joanandjay@aol.com****From: The Boathouse**

Esplanade, Tweed, Speer and other unusual routes to Piermont/Nyack--moderate hills, but we'll wait for you on the top (or you can wait for us on the top!) Slower and stronger riders will be accomodated (within reason) Group will participate in selecting exact route.

Saturday, August 16**A 20 57 miles 8:00AM****River Road, Sneed's Landing, Bradley, Tweed, Rockleigh****Leader: Richard Rosenthal (212) 371-4700;BikeAdman@aol.com.****From the Boathouse.**

It's scenic. It's untrafficked. It's challenging. Lunch? No. Rain? No. Wait to leave a few minutes after 8:00? No. Will I be with you on the climbs? No.

B18 60 Miles 10:00 AM**Cold Ones in Cold Spring****Leader: Wayne Wright,****wwright8@nyc.rr.com, 212.873.7103; Kate Durocher, katedurocher@hotmail.com****From: The Boathouse**

This ride got rained out in June, so we'll try again today. We'll take a direct route by paralleling the river. A spin through downtown Haverstraw avoids route 9W nasty bits. Only one climb to speak of. Metro North return. Catch the 4:03 train from Cold Spring station, or hang out for beers and catch a later train. Smiles and helmets please. Rain cancels. Call leader or check NYCC message board if in doubt.

B15/1650+ Miles Rolling/Hilly 9:00AM**"WHERE-EVER" Ride****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 Darien.**

Leader will meet group at Train Station arrive 9:59AM "Where-Every", "Show & Go" WHAT-EVER you want to call it. We will go were-ever we want. According to group consenses using some different roads then we normally go on. No cue sheets. Return from Darien or somewhere else about 4PM. Joint. WCC

C12 23 Jersey Shore Miles 8:30 AM**Sandy Hook III****Leader: Alfredo Garcia (212) 802-2441 & Andrea Mercado****From: Pier 78 NY Waterway Terminal (38th St. & 12th Ave.)**

Some people like riding to Piermont almost every weekend. I like taking a boat and riding to Sandy Hook likewise because: a) the ferry cruise is breathtaking b) see sights like no other in the tri-state area c) certain stretches you could ride like the wind (ask Peter O'Reilly) and d) beautiful beaches. Mostly flat, with some hills and some moderate traffic. Bring \$27 round trip fare for 9 AM boat (tickets are limited; call NY Waterway at 800 53-FERRY for reservation), sunscreen, swim gear, lock, \$ for lunch and camera. Co-listed with 5BBC. Wet weather at start cancels.

Sunday, August 17, 2003**A, B, C 30-40 50 60 miles 9:00 AM****Yes, another All Class Ride with a free lunch for all!****Leaders: To be announced****From: The Boathouse Parking Lot, other locations TBA**

June's all class ride was such a great success the NYCC nearly ate up all the food in Westchester county. We'll do it again and this

time there will be more than enough for everyone. But, which county? You must show up at and get you head counted (only one per person, please) when you sign up for one of the rides. Rides leaving from boathouse and other starting locations, sworn to silence, will bring their rides to the secret location for a free picnic lunch on the NYCC. Please check the NYCC weekly Email and Message Board for updates on this event.

C11 35/30MI 9:15AM/10AM**Beach Bums #7****Leader: Mark Hugel (718 548 2623, hwt@att.net) 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

Wednesday, Aug 20**C14 18 Miles 7:00PM****Easy Does It Mid-Week Laps****Leader: Dave Sabbarese (dsabbare@firstmanhattan.com)****From: Central Park Engineer's Gate (90th & 5th)**

Let's go thrice around the park so as to keep in spinning shape for the longer, more arduous weekend rides. Newcomers, slow pokes and old folks welcome. Helmets required, red blinking lights suggested.

Saturday, August 23**A19 85-100 Miles 7:49 AM GCT****Wassaic/ Millerton/Bash Bish/ Salisbury/ Sharon/ Pawling/(Brewster)****Leaders: Hank Schiffman, schiffhank@aol.com, 212-529-9082, Timothy McCarthy & Ron Roth****From: GCT, Metro-North to Wassaic @ 7:49 AM**

We take what was the continuation of the Harlem Valley train line, now a rail trail (<http://www.hvrt.org/index.html>), and country roads north to Bash Bish then climb to Mt Washington, Massachusetts. From there we descend to route 41 and go south to Salisbury, Connecticut. Then on to Sharon, Pawling (85 miles) and possibly Brewster which would make it a century. Place of lunch will be by consensus as will be the optional fluid stops, of which there are many. If your smallest chain ring is a 39 then you will need at least a 25 in the rear; a 27 would be even better. But, worse comes to worse, you can walk the steepest sections of Bash Bish. As this is August, lots of water is essential. One or two spare tubes; cash, a properly working bike and pocket food are also required. Buying a return ticket back from Pawling or Brewster might be helpful but there are ticket machines at all stations.

Trains north of Brewster run every other hour so we will play it by ear on which station we return from. If the weather is warm and there is only a chance of t'storms the ride will proceed but if you have any doubt please check the NYCC Message Board.

A 20 57 miles 8:00 AM

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

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

From the Boathouse.

It's scenic. It's untrafficked. It's challenging. Lunch? No. Rain? No. Wait to leave a few minutes after 8:00? No. Will I be with you on the climbs? No.

A-18 92 glorious miles 7:30 AM.

From Grand Central Terminal (to catch the 7:53 to Garrison)

Garrison/Orange County Loop

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

We'll traverse some of the best of northern Rockland and Orange Counties, including a couple of the most beautiful undulating stretches of road you'll see west of the Lot valley in France. Just to keep us honest, we'll climb Seven Lakes Drive and Hogback and the backside of Storm King and just before the finish we'll do the exhilarating descent of Mine Torne road, dodging live ordinance on our way back to the Bear Mountain Bridge. We'll stop for a quick bite in Greenwood Lake at about 30 miles and stop again in Cornwall at about 70 miles. That means you'll need to be carrying lots of pocket food and fluids, not to mention your Metro North pass. This will be a steady pacerline ride at the listed pace, with pauses at the top of the big hills for the views and to allow the leaders to catch up. Please be sure your bike and tires are in good shape. High probability of heavy precip or ridiculous heat will cancel. We'll post any cancellation on the bulletin board, but feel free to call one of us if in doubt.

B16 74 Miles Flat 8:07AM

"Zap CT GOLD COAST RIDE" Entire Coastline

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

From: Meet at Grand Central Station for the 8:07 AM New Heaven train to Darien

Leader will meet group at Darien Train Station arrive 9:01AM

A leisurely scenic ride along Fairfield County's coastline from Darien to New Heaven. Ride will travel through Darien, Norwalk, Westport, Farfield,

B15 45 +/- Miles 8:30 AM

Mamaroneck Harbor

Leaders: Mark Gelles mgelles@okcom.net (212) 689 1375 & Fred Leffel fleffel@aol.com

From: The Boathouse

Hey it's hot, so lets ride to the Sound for a picnic under the Gazebo. We depart on time, scoot up to the Bronx, then Westchester, stopping @ Deli then picnic at the harbor. On way home we head S.W. for carrot cake & subway ride back to midtown (ride ends at the last stop in the Bronx on #1 subway). Bring a smile, lots

of fluids, pocket food, Metro Card & something to carry lunch 1/4 mile from deli stop to park. Wet roads @ 7:30 AM cancels and will be posted on message board.

B16 74 Miles Flat 8:07AM

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C12 23 Jersey Shore Miles 8:30 AM

Sandy Hook IV

Leader: Alfredo Garcia (212) 802-2441

From: Pier 78 NY Waterway Terminal (38th St. & 12th Ave.)

Boat-bike-boat trip to this lovely Jersey Shore destination. Cross four bridges, a kiddie lemonade stand, visit a twin lighthouse and spend time on the beach. Mostly flat, with some hills and some moderate traffic. Bring \$27 round trip fare for 9 AM boat (tickets are limited; call NY Waterway at 800 53-FERRY), sunscreen, swim gear, lock, \$ for lunch and camera. Helmets required. Co-listed with 5BBC. Wet weather at the start cancels.

Sunday, August 24

C13/12 56 Miles 9:15 AM

Nyack Beach State Park

Leader: Peter Hochstein (212) 427-1041

From: The Boathouse

This is the prettiest local ride in my repertoire. It's also very long for a C-ride, but we'll go up slow (C-13), and home even slower (C-12). We'll follow the West bank of the Hudson River up to North Nyack, and then picnic under a shade tree on the shore of the Hudson River. Ride includes River Road (Yes, you can!) and a gorgeous mile or so along a hard-packed dirt path. (Yes you can again!) Musette bag for carrying lunch a couple of miles recommended. I'll attempt to get you back over the GWB by 5 p.m. Rain cancels.

C11 30 Miles 9:15/10AM

Beach Bums Blowout

Leader: Ed Ravin (718 796 3137; eravin@panix.com) and Lee Ann Van Wyck (leeann919@hotmail.com)

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

Combine your THREE favorite activities - an easy 30 mile bike ride with a few hours swimming or sunbathing at a quiet beach in the Rockaways. PLUS A PICNIC IN PROSPECT PARK! 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

Wednesday, August 27

C14 8-10 Miles 7:00 PM

NYCC goes to the Movies (part II)

Leader: Dave Sabbarese (dsabbare@firstmanhattan.com)

From: Central Park Engineer's Gate (90th & 5th)

Here's the deal: We'll do a lap or two and then head to Pier 54 by the West Side Bike Path and take in a free screening of one of my fave flicks of all time, "Pulp Fiction". Outdoors, like a drive-in., but w/ bikes instead of cars. You know the one, w/ Samuel L. Jackson, Uma Thurman, et al. Not much cycling, this is true, but we'll have fun. Bring your helmet and a bike lock.

Saturday, August 30

A19/20 80/90 miles 7:25 AM

Mohonk, Minnewaska & Cragmoor

Leader: Fred Steinberg (212) 787-5204 fsteinberg@nyc.rr.com Peter O'Reilly PTOR@prodigy.net

From: Grand Central Station (7:53am bike train to Beacon)

Another Labor Day Saturday in the incomparable "Gunks. Beautiful countryside from start to finish. Three long climbs with spectacular descents, plus some lesser hills along the way. One hardpack road, others almost that good. Be warned, this is not the ride to squeeze more miles out of threadbare tires! Alternate route bypasses one climb. Gourmet dining in Kerhonkson; water stops as available. Bring 2 water bottles, pocket food, tubes, etc. Metro North pass required. Arrive at GCT by 7:25AM and purchase ticket to Beacon (Hudson Line). Cancel conditions: Dismal weather in the mid-Hudson Valley. Rain date: call Fred.

B18 100+ Miles Very Hilly 8:00 AM

Someone's got a birthday

Leader: Tim Casey, Tim_Casey@Earthlink.net, 718-392-1963

From: 72nd St & RSD

Join me as I celebrate my 29th birthday (again) with a ride up to Bear Mtn. and back. There WILL be serious climbing involved. That's what "Mountain" means to a cyclist. I've got to burn calories in the day so I can have my cake later. We'll push a "nimble" pace without mashing too hard. Bring plenty of water (2 bottles and/or Camelback) and snack bars or gels. If you haven't done your century ride for the year, now's a good time to get one in. Rain at 8AM cancels. Helmets are always a good idea, and for this ride, required.

B17 75 Miles 8:30 AM

Bergen-Rockland Ramble

Leaders: Carol Waaser 212-581-0509 biker-c@rcn.com and Wayman Thomas, wayman_thomas@msn.com

From: Boathouse

This is a beautiful ride mostly on back roads. Two deli stops - the second one has an ice cream parlor next door (naturally...this is a Waaser ride). Cancels: rain, predicted high above 90, high winds. Helmets, 2 water bottles and pocket food, please.

C12 23 Jersey Shore Miles 8:30 AM

Sandy Hook V

Leader: Alfredo Garcia (212) 802-2441

From: Pier 78 NY Waterway Terminal (38th St. & 12th Ave.)

Let's see the "Hook" once more. In several years, a hotel and regular ferry service will become a reality. Let's head there while it's still somewhat undeveloped & feral (Bruce Springsteen once recorded a video here). Mostly flat, with some hills (to Twin Lighthouse), some moderate traffic and some beach. Bring \$27 round trip fare for 9 AM ferry (tickets are limited; call NY Waterway at 800 53-FERRY), sunscreen, swim gear, lock, \$ for lunch and camera. Helmets required. Co-listed with 5BBC. Wet weather at the start cancels.

Sunday, August 31

A/B/C ? Miles 9:00 AM

Woof, Woof

Leader: You

From: Boathouse

Hey, the dog days are over. Go to the boathouse and meet some friends. Sharpen your pencils. It's almost time to go back to school!

Monday, September 1

C1210-20 Gateway Park Miles 11:00AM

Sandy Hook Encore

Leader: Alfredo Garcia

From: NY Waterway Terminal between World Financial

Center and Rockefeller Park at Battery

Park City.

The last NY Waterway cruise until next year. We'll take the 11:20am ferry and stay at the Hook. You'll have a choice of seeing museums, a visitor center, hiking trails or just spend time at the beach, plus ride your bike. You even do sprints (great tailwind going north.) Bring \$27 fare, lunch or \$ for it at the Gull's Nest restaurant. Also, sunscreen, swimwear and a lock. Beginners welcome. You have a choice of taking the 4:30PM or 6:30PM boat back to NYC. Co-listed with 5BBC.

Out of Bounds

Sat August 2

23rd ANNUAL PRINCETON FREE WHEELERS BICYCLING EVENT

New location and routes. Tours range from an easy 16 miles to a scenic 100 miles, from mostly flat to rolling hills. Price: \$25 (\$10 for 16 and under) includes post-ride lunch. Register by July 18 to get a free Event T-shirt. Marked routes, cue sheets, rest stops with snacks, sags, free parking. For more information and directions phone: 609-882-4739; E-mail: webguy@princetonfreewheelers.com; web: http://princetonfreewheelers.com. For application, send SASE to P.O. Box 1204, Princeton, NJ 08542-1204.

Sunday, August 3

JPMorgan Chase presents the Greater

Harlem Historic Family Bike Tour Sunday 8/3 (Rain date 8/10) Gather at 9AM, leave at 10AM St Nicholas Park, W135 St & St Nicholas Ave 212-862-7200, 212-862-8477. Children must be 7 years or older to participate. \$10 pre-registration fee (\$5 children 7-12), or on site registration \$20 adults and \$10 children. All proceeds to benefit The Harlem YMCA Jackie Robinson Youth Center and Harlem Week Educational Scholarship Fund. Please make checks payable to: GHCC Community Fund. Mail payment to: GHCC Bike Tour, P.O. Box 10, Manhattanville Station, New York, NY 10027

Friday August 22

A, B, C Non-ride 8:30AM

8:30AM From: Herald Square, corner 34th St.--you can ride there if you like.

Dedication of JA Lobbia Bike Lane

Contacts: Joseph Jesselli

(josephjesselli@yahoo.com) Alfredo Garcia

(212)802-2441 and Clarence Eckerson

(clarence.eckerson@comedycentral.com),

who will cover it for bikeTV. Since Village Voice journalist & A-SIG graduate Julie Lobbia passed away nearly two years ago, a small humble remembrance will be unveiled. The DOT will name a portion of Herald Square bike lane in her honor. Even if you can't make the dedication, please take a look afterwards. Please get in touch with Joseph and Clarence if you have a story or two on Julie. Visit www.julies-garden.com.

Violation of By-Laws by NYCC Board Results in Editor Resigning

continued from Page 2

document for the editor. So, his deadline is later than the other coordinators. This was fine. Well, I guess not.

Tom Laskey told Don Montalvo that my deadlines were not "feasible" and that the Sept bulletin would need Don's assistance. The board should have approached ME not go behind my back and solicit a replacement. I would have helped them find a replacement if they didn't want me. You see, I planned to step down after my term. Timothy McCarthy knew this. (BTW, why is the board discussing another board member to a "regular member? The webmaster is NOT a board position). There are only several editions left in my term. As you can see in the emails, the board is suggesting the club pay for the Sept issue — an added expense on the club, interruption to production flow and an insult to volunteers. If it takes only a few hours (as Laskey states) production. Why doesn't HE format the bulletin?

I never charged the club for gasoline, CD, paper or toner expenses. My employer, and now NYCC member, never said a word when I worked on "his time" putting the bulletin together monthly. In fact, this could jeopardize my job!

There you have it!

I suggest members read the complete set of by-laws located on the club's website. You can obtain a copy from Carol Wassar, secretary.

Unfortunately, most bicycle club members choose to ride only and let the board decide the direction of club never knowing what happens "behind the scenes." Now I understand why there aren't a lot of volunteers in the NYCC. Cycling is suppose to be relaxing and a stress-release. For me, being bulletin editor should have been a

breeze. Deadlines are second nature to me ... working at Miami Herald and Sun-Sentinel for years, I make deadlines. The bulletin wasn't a job and I think the board members need to be reminded.

I am sorry the articles submitted for August weren't printed in this edition and that some rides were omitted. Because of my situation, the last bulletin suffered.

I urge members to read the by-laws especially because misconceptions of each members responsibilities occur. Please keep in mind that the address information is handled by the membership director, not the editor. Emily Thompson is the database maintainer. She's doing a great job. Eileen Crowley is always stepping in to help - although she's no longer the membership person.

BTW, Tom Laskey was responsible to send me the June minutes but I still haven't received them! Don't throw stones if you live in a glass house!

Now I will concentrate on my own riding and brevet riders of my club NJ Randonneurs (www.njrandonneurs.com).

For those who want to keep in contact, I can be reached at dgoody@mindspring.com or 212-875-9547. BTW, I had the choice of gathering 10 members to force the board into a meeting which is written in the by-laws but decided to resign and not let this stress me out — it's not a paying position, at least yet!

The following are the by-laws violated. You can download the entire by-laws at www.nycc.org under "Join."

Article III, Section 8. Removal of Officers. No elected officer shall be removed from office and/or membership before the expiration of his/her term except for cause. Cause shall include misappropriation of Club funds, consistent failure to perform

the duties of the office, violation and/or misrepresentation of Club by-laws or policies. A resolution that an officer be removed from office must be passed by a two thirds majority vote of the membership, in accordance with Article V, Sections 2 and 3.

Article V, Section 2. Method of Voting. All issues brought to a vote of the membership will be decided by a show of hands vote at the membership meeting, unless ten percent of the members present request a closed, written ballot. The following issues must be decided by a ballot mailed to all members of the Club: election of officers; removal of officers; acceptance of and amendments to these by-laws; and motions to reverse decisions of the Board in accordance with Article III, Section 6. All envelopes for mail ballots shall bear the name and return address of the member voting and the phrase, "New York Cycle Club Ballot," so that sealed ballots may be validated.

Article V, Section 3. Majority. All issues shall be decided by a simple majority vote from among all votes cast, except for the following issues, which must be decided by a two-thirds majority of all votes cast: acceptance of and amendments to these by-laws; election of chairman pro-tem; removal of officers; removal of members; and reversal of decisions of the Board of Directors. Abstentions shall not be considered cast votes. Issues decided by a mail ballot that end in a tie vote shall be decided by a written ballot of the members present at the meeting where the tie vote is revealed. In the event of a tie on an issue decided by a show of hands vote or written ballot vote, the Board members present, collectively, shall cast the deciding vote.

— Diane Goodwin

NYCC Members' Monthly Meeting Tuesday, August 12th, 2003

Please join us on
Tuesday, August 12th
 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..

Pilates and Your Hidden "Powerhouse"

Celeb's swear-by Pilates* for thin thighs and flat tummies. But did you know Pilates can also improve cycling performance and comfort and can prevent overuse injuries?

Authentic Pilates? Instructor Karin Fantus is a long-time NYCC member and ultra-distance cyclist. She'll talk about the 80-year-old method of physical conditioning and demonstrate how this strenuous, whole-body workout strengthens and stretches without causing pain or soreness.

You'll hear how Pilates builds core strength ("The Powerhouse") to create long, lean-looking muscles and to "take a load off" the knees, spine and other vulnerable body parts. NYCC members who do Pilates regularly will share their personal experiences.

* pronounced: pah-LA-teze

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