

NYCC Bulletin

New York Cycle Club Bulletin • Visit the NYCC website at www.nycc.org

September, 2003

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 until the last minute to make a reservation.

Rides Paul Hofherr will be leading his imitable 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.

Hiking 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.

Group Dinner There will be a group dinner on Sunday night, October 12th at the American Cafe on Route 28, two miles west of Phoenicia and must be paid in advance. The cost is \$33 if paid by September 20, then \$38 until October 6. 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.

Transportation 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.)

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

More info on lodging

Ulster County, www.co.ulster.ny.us
B&Bs, 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

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

Volunteers needed for Escape New York Century

Want to see old friends, meet new ones and/or feast on good food, all while helping the NYCC put on one of its biggest and most popular events of the year? (Or perhaps you're just feeling guilty that you haven't volunteered to help out the club in a while?) Here's your chance!

We eagerly seek volunteers to help with the Ninth Annual Escape New York Century ride, which will take place on Saturday, October 4, 2003. On the day of the ride, we will need assistance with tasks including registering people for the ride, setting up rest stops and lunch areas and serving food and drinks to the riders. (Some lucky soul may even get to operate the bull horn that we use to announce the start of the rides.) Although we need help starting early in the morning through early evening on the day of ENY, you can sign up for all or part of the day as fits your schedule. We also need volunteers to assist on Saturday, September 20 and Friday, October 3 with marking the ENY routes so that we don't have to send out search parties to find lost, confused riders.

In exchange for volunteering, you'll receive a free ENY t-shirt and all the wraps, cookies and gorp you can eat on the day of ENY. Although you will not be able to ride on the day of ENY, you can participate in the ENY Committee's pre-ride of the routes on the preceding weekend and still get in those precious miles. No prior experience with ENY or running bike events is required—we'll teach you everything you need to know.

Please contact Kathy Jennings at 212-595-2323 or kjbikes@hotmail.com if you'd like to volunteer or need more information.

President's Message

I WOULD LIKE TO START this month's column by apologizing for last month's bulletin. The airing of personal grievances in a club publication is totally inappropriate in any context and beneath the standards of the NYCC. What is even less tolerable is the reproduction of private correspondence without the knowledge or permission of the author. The club's policy has always been to give the bulletin editor discretion over what appears in the bulletin however; this should not be interpreted as license to smear other members or board members especially at the expense of club-related content. Future bulletin editors will be afforded the same wide latitude over content; however, the August bulletin highlighted a need for some revisions to our bulletin production process. The NYCC board members will take up this issue at our next meeting.

I also need to offer my personal and sincere apologies to Marina Bekkerman, an innocent bystander who was caught in the crossfire. Of course my comments were never meant for public consumption and the fact that they have caused Marina any hurt or embarrassment is very troubling to me to say the least. Despite what I wrote at the time, I have always known that Marina is an enthusiastic and dedicated ride leader who has made a great contribution to the club. And given what I am now hearing from others with much more experience dealing with her than I, my comments appear to have been made rashly and without sufficient knowledge. Marina, I truly apologize and hope you will continue to contribute to the NYCC despite this sorry episode.

Going forward, as the existence of this bulletin proves, we have secured a new editor from the vast talent pool that is the NYCC membership. For the remainder of the year, we have called a former bulletin editor out of retirement, one Ludwig Vogel. In speaking with Ludwig I can report he is eager to return to his old job and delighted at the prospect of working with our vastly updated—from his day—production infrastructure. Welcome back Ludwig!

Back to things cycling. The 9th Annual Escape New York, our very own fall classic, is rapidly approaching. The date is Saturday, October 4th. This event truly has something for everyone. There are routes of 100, 60 and 50 miles. There's food, there are raffle prizes, you name it! But wait, there's even more. Want to experience the joy and camaraderie of this great event but not up for the distance? How about volunteering? You can sign up for all or part of the day as fits your schedule. We need people to work registration, food stops and set-up and tear down. While you won't be able to ride on the day of ENY, you'll be invited to our special pre-ride of the routes on the preceding weekend. And if you want to volunteer and ride the event itself, you can help with route marking. Whether your ride or volunteer, ENY is the club's premier event, it tells the world what a great organization the NYCC truly is. Make sure to be a part of it! You can find more details about riding and volunteering in this bulletin, on our website and in our weekly email announcements.

As I mentioned in last month's column, and will mention again in next month's column, NYCC elections are fast approaching. There will be several open board positions, the presidency among them. With 1600 members and counting, I'm sure there are countless numbers of talented and motivated people just chomping at the bit to help guide the club through the coming years; now's your chance to get involved. Nominations will open at the September meeting and will continue at the October meeting. If you'd like more information about the various positions and their responsibilities, don't hesitate to contact me. Whatever you do though, don't sit on the sidelines. As the great James Brown once said, "Get up, get into it, get involved!"

Mark your calendar, this year's holiday party will be held on Monday, December 8th. There is a chance we may have live music, stay tuned for more details.

Tom Laskey
President
NYCC

NYCC Board of Directors



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tomoboe@mindspring.com



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fsteinberg@nyc.rr.com



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NYCC Bulletin

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Ads: Only bicycle related advertising is accepted. Only digital files will be accepted (contact Editor for more information). Page size is 7.5 by 10 inches.

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

Submissions: Email your text and/or photos to bulletineditor@nycc.org

Please proof-read your submissions carefully. Submission is contributor's warranty to the NYCC that material is in no way an infringement on the rights of another and may be published without additional approval. Publication is determined by available space. We cannot guarantee that all submissions will be published. A full page of text is 750 to 1,090 words. Material may be edited for brevity and clarity.

Deadline: All submissions and advertising are due to the editor by the second Tuesday of each month prior to publication. Sorry. No exceptions.

File format: Only digital files will be accepted. Image files must be TIFF, EPS, or JPG format. Text files can be in text or .txt format. Please do not send huge attachments without contacting the editor first.

October bulletin deadline

All articles, announcements and advertising are due by Tuesday, September 9

Address all correspondence to:
bulletineditor@nycc.org

New York Cycle Club

Board of Directors meeting minutes

June The meeting was called to order at 6:55, June 2, 2003. In attendance were Tom Laskey, Isaac Brumer, Marty Wolf, Robert Gray, Stan Oldak, Deborah Bennett, Eva Wirth.

Membership Report Marty reported we have 1,240 members as of May 31. It was suggested that the registration information on the website should be made clearer. A membership FAQ will be prepared by September.

Bulletin The new deadlines were discussed, they had proven achievable last month but there is some concern that the earlier date has made it more difficult to find ride leaders. The situation will require close monitoring.

Special Events The Memorial Day dinner was a big success. Other venues are being researched for next year.

All Class Ride Deli in Valhalla will deliver sandwiches to Croton Dam. Two six foot heroes should feed 80 people. Need count of riders at start for drink order.

Sound Cyclists July 20th. First ride leaves 8:45, need to contact Geo Kaplan to arrange Metro North train. Sound Cyclists will take care of food and provide ride leaders. \$5.00 entry fee for barbecue.

Future Events Eva is looking for a baseball game for July/August—minor league. Possible dinner—Turkish? Bowling in the fall.

Merchandise We will consider sale on existing inventory. Need to look at order taking and fulfillment. We will delay new jersey sales until the fall. We will not keep inventory we will only order stock for to cover existing orders.

Vote on new jersey design Approved liberty on sleeve, back of jersey is okay as submitted by Richard. Jersey will not include club URL. Hope to get orders in by September 15.

New board position Unanimous approval to add Webmaster to board of directors. Peter and Timothy will join the board this year as non-voting members. Referendum will be included on the 2004 ballot to amend by-laws to include Webmaster (1 position) as full voting board member.

Miscellaneous Bill Vojtech has volunteered to coordinate the club Labor Day Weekend with Ride Noho in North Hampton, MA.

The next board meeting will be July 1 at 6:30.

The meeting was adjourned at 7:55 p.m.

Respectfully submitted,

Tom Laskey
President

(based on Eileen Crowley's notes)

July The meeting was called to order at 6:53, July 1, 2003. In attendance were Tom Laskey, Fred Steinberg, Marty Wolf, Carol Waaser, Robert Gray, Stan Oldak, Deborah Bennett and Peter O'Reilly.

Membership Report Marty reported we have 1,340 members. This is 200 fewer than last year at this time.

Financial Report Deborah handed out an income/expense statement. This is on a cash basis. It looks good year to date. We should have a small surplus again at the end of the year due to robust jersey sales.

Bulletin The July Bulletin will be late.

Ride Listings The ride solicitation schedule is not working with the earlier deadline. It's too early for people to know what they want to do. Some discussion ensued about different solutions to getting the rides into the bulletin without moving the deadlines up. It was agreed that we'll drop the August Newcomers ride and just do the one on July 12. The August 17 All-Class ride is still on—Eva is getting the necessary permits.

Special Events Eva has gotten tickets to the Staten Island Yankees game on August 13.

Ride Library We must decide on the presentation of the data and maps. The maps are difficult. We have to categorize the rides and differentiate among rides to the same destination. Member should be able to put the mouse pointer over a ride and get a pop-up description of the ride. Author has to write a decent narrative description. Do we want/need to have this be member-accessible only?

Miscellaneous 1. The pre-production budget for the new jersey was approved. 2. We'll ask Hans to include in his weekly email a caution about using the gas station pit stop at the corner of Rte. 501 and Hudson Avenue. All bikes must go on the lawn side of the stone wall, not anywhere near the parked cars.

The next board meeting will be September 2 at 6:30. (There will be no August board meeting.)

The meeting was adjourned at 7:48 p.m.

Respectfully submitted,

Carol Waaser
Secretary

2003 Special Events Calendar

September

Pilates for cyclists. Unlock you "hidden powerhouse" with certified Pilates instructor and NYCC member Karin Fantus.

October

Dance lessons at Stepping Out dance studio.

November

Bowling party at Bowlmore Lanes on University Place (a possible joint event with Sound Cyclists).

December

Our annual holiday party at St. Maggie's Café. Monday, December 8th.

Look for more information about upcoming special events on the club website, in the weekly email announcements and in the club bulletin or, contact our special events coordinator Eva Wirth, ewirth@yahoo.com

Our next NYCC Monthly Meeting

Tuesday September 9th

Paris-Brest-Paris

It's only once every four years. It's been described as an Olympic level event. Only 852 Americans have successfully completed it in 112 years and some of them are New York Cycle Club members. Come join the latest class of "anciens" as they recount via picture and word their highs and lows of this grueling, intensely satisfying 750 mile/1200 Kilometer, with over 30,000 feet of climbing in 90 hours (think 1/3 the distance of the Tour de France in 1/7 of the time) classic cycling event.

Annie Moore's Pub and Restaurant

50 E. 43rd St (west of GCT between Madison & Vanderbilt Aves.)

Buffet Dinner includes Chicken Marsala, Pasta Primavera, Sheppard's Pie, rice, green salad, coffee or tea, and more. Dinner is \$20, including tax and tip (cash only).

Social hour with cash bar starts at 6:00 PM. Dinner at 6:45 PM. Program runs from 8:00-9:15.

Subway: take the 4/5/6/7 to Grand Central/42nd St

NYCC ride listings guide

NYCC rides are led by volunteer leaders. The leaders plan the route and maintain the listed speed. We list rides by level and cruising speed classifications in order to help members find rides in groups of similar ability. The pace and style of the different levels may vary, but rides all share the common objective of riding for fun, fitness and food.

Ride classifications All rides are classified according to level and cruising speed. The levels are as follows:

A	Fast, vigorous riding with advanced bike handling and paceline skills required. Stops every 2 hours or so.
B	Moderate to brisk riding with attention to scenery. Stops every hour or so.
C	Leisurely to moderate riding at a gentle pace. Sightseeing and destination oriented (a good introduction to the club). Stops every half-hour or so.

A number following a letter indicates the target cruising speed on flat roads: e.g. **B15** = B level at a 15 mph cruising speed. Cruising speed indicates the ride's speed on flat terrain. Average riding speed over rolling terrain is generally 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 cruising speed by timing yourself on a four-lap ride of the complete oval in Central Park (24.4 miles). Ride at a comfortable, sustainable pace. Fewer than four laps will give a false assessment. Find your time below and note the cruising speed.

Four lap time	Cruising speed
1:10 or less	22+ mph
1:10 to 1:13	21
1:13 to 1:16	20
1:16 to 1:20	19
1:20 to 1:25	18
1:25 to 1:30	17
1:30 to 1:38	16
1:38 to 1:48	15
1:48 to 2:00	14
2:00 to 2:14	13
2:14 to 2:30	12
2:30 to 2:50	11

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 or email 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 a spare tube or two, tire levers, patch kit, pump, water, snacks, money, medical ID, emergency phone numbers and rail pass. We also suggest that you bring a lock. Leaders may specify other items in their ride listings.

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 (listed below) by the second Tuesday of the month before you want to lead your ride.

A-rides

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

B-rides

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

C-rides

Isaac Brumer
(212) 593-0986
isaacbrumer@hotmail.com

Lead enough rides during the year and you qualify for a special prize (given out in December):

3 rides = NYCC water bottle

6 or more rides = NYCC t-shirt

12 or more rides (1st time) = NYCC Ride Leader's vest (you can't buy one of these—you have to *earn* them).

12 or more rides (2nd time) = any club garment of your choice.

PLEASE NOTE Metro-North requires prior notice for large groups (16 or more) on scheduled Bike Trains (Bike Trains are indicated by a bicycle symbol on the printed Metro-North time-tables) and groups of three or more cyclists on a non-bike train. When you submit a ride involving Metro-North to a ride coordinator, at the same time shoot an email off to our trusty Metro-North liaison, George Kaplan, at gkaplan4@nyc.rr.com. He will manage all the details but he can not do it on a piecemeal, last minute basis.

Bikes on trains

Bike trains On Saturdays and Sundays, MetroNorth 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 printed MetroNorth timetables. Schedules change frequently. There are no Bike Trains on holidays. Refer to the NYCC roster for restrictions which apply at other times.

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

Schedules Here are some commonly used departure and return times for weekends as of August, 2003. Contact Metro North for the most current and complete schedules at: www.mta.nyc.ny.us/mnr

HUDSON LINE

<i>depart</i>	<i>arrive</i>
GCT/125th	Poughkeepsie
7:53/8:04 am	9:49 am
8:53/9:04 am	10:46 am

<i>depart</i>	<i>arrive</i>
Poughkeepsie	125th/GCT
3:38 pm	5:15/5:27 pm
4:33 pm	6:16/6:27 pm
5:33 pm	7:08/7:19 pm
6:33 pm	8:13/8:24 pm

HARLEM LINE

<i>depart</i>	<i>arrive</i>
GCT	Brewster North
7:49 am	9:20 am
8:48 am	10:20 am

<i>depart</i>	<i>arrive</i>
Brewster North	GCT
5:09 pm	6:38 pm
6:09 pm	7:37 pm
7:09 pm	8:37 pm
8:09 pm	9:37 pm

NEW HAVEN LINE

<i>depart</i>	<i>arrive</i>
GCT	New Haven
8:07am	9:52 am
9:07am	10:50 am

<i>depart</i>	<i>arrive</i>
New Haven	GCT
3:55 pm	5:40 pm
4:55 pm	6:40 pm
5:59 pm	7:40 pm
6:59 pm	8:40 pm

September ride listings

Recurring rides

Every Tuesday & Thursday

A19 **18 mi** **5:30 AM**

Morning Laps in Central Park Sept. 2, 4, 9, 11, 16, 18, 23, 25 and 30

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

From: Engineers Gate at 90th St & East Drive

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

B17 **18-24 mi** **5:30 AM**

Laps in Central Park Sept. 2, 4, 9, 11, 16, 18, 23, 25 and 30

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

From: Engineers Gate, Fifth Ave and 90th St

Please join me for various training exercises: hill repeats, intervals, sprints, laps in a pace-line (I'll teach you if you don't know how to paceline). We'll have fun and improve our skills while we're at it. I generally try to do 18-24 miles, but you can always shorten or lengthen the time as you need or want to. (As I write this on August 11, I am out of the country on business and not sure when I'll return. So, please check the message board and weekly email listings in September in case I'm not back and need to cancel.) Helmets required. Precipitation cancels.

Every Wednesday

A21+/- **52+/- mi** **10AM sharp**

Wednesday Morning Spin Sept. 3, 10, 17, 24 and Oct. 1

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 cancel.

B16 **60 mi +/-** **9:00 AM**

Nyack & Piermont - Varied routes & venues Sept. 3, 10, 17, 24 and Oct. 1

Leader: Maggie Schwarz, 212-206-7672, mschwarzny@aol.com

From: Eleanor Roosevelt statue at 72nd St. & Riverside Drive

River Road (usually) and/or Crusher, Christian Herald, Speer, Tweed, Clausland Mountain,

Rio Vista and more. Guest and co-leaders such as John Wilkinson and Jay Jacobson. Specific routes may depend on wishes and capabilities of group and weather conditions.

Every Thursday

A-19 **20-25 mi** **6:45 PM**

Thursday Nights in Prospect Park with Bill Sept. 4, 11, 18, 25 and Oct. 2

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.

Every Saturday

A 20 **57 mi** **8:15 AM**

River Road, Clausland or Bradley, Tweed Sept. 6, 13, 20 and 27

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 8:15? No. (Note new, later starting time.) Will I be with you on the climbs? No.

Club rides

Saturday, August 30

A19/20 **80/90 mi** **7:25 AM**

Mohonk, Minnewaska & Cragmoor

Leaders: Fred Steinberg, 212-787-5204, fsteinberg@nyc.rr.com; Peter O'Reilly, PTOR@prodigy.net and Timothy McCarthy, timothymc@earthlink.net

From: Grand Central (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+ mi** **8:00 AM**

Someone's got a birthday

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

From: 72nd St and Riverside Drive

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 8 AM cancels. Helmets are always a good idea, and for this ride, required.

B17 **75 mi** **8:30 AM**

Bergen-Rockland Ramble

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

From: The 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 mi** **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 and feral (Bruce Springsteen once recorded a video here). Mostly flat, with some hills (to Twin Light-house), 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 (Labor Day)**C12 10-20 mi 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.

Saturday, September 6**A19/20 95 mi 8:00 AM****Mott Farm / Gate Hill Roads**

Leader: Fred Steinberg, 212-787-5204, fsteinberg@nyc.rr.com and Peter O'Reilly, ptor@prodigy.net

From: The Boathouse

Da Tour de Rockland, from the Hudson shore to the Ramapo Mountains and back. Starts out mostly flat, with lots of climbing in the middle; (no mountains, only foothills), and the return is fast. Cancel conditions: oppressive heat and humidity; rain. Check NYCC BB at 7AM or call/email leaders.

B16 54 mi 8:45 AM**Climbing to New Canaan**

Leader: Pat Mullen, 718-894-3333, Patmullenx@aol.com

From: Grand Central, 9:10 AM train arriving in Greenwich at 10:02 AM

Very hilly and challenging terrain with climbing at a moderate pace. We will cycle past miles of estates on scenic secondary roads which are mostly tree shaded and lightly traveled. Lunch in New Canaan. Helmets and Metro-North pass required.

C12 35+/- mi 9:30 AM**Hills, Rivers & Rails**

Leader: Isaac Brumer, 212-734-6039

From: GWB Bus Terminal (178 St & Ft Wash Ave)

Motorists know New Jersey by its highways. Cyclists know New Jersey by its roads, lakes, streams and villages. We'll meander through the villages of the "county of hills," cross the Hudson and Hackensack Rivers, and ride along the Oradell Reservoir and Tenakill Brook. We will see at least three old train stations (two functioning) and we'll stop to enjoy the scenery!

Sunday, September 7**Transportation Alternatives
New York City Century**See *Out of Bounds***Friday September 12****B16 60 mi 9:15 AM****TGIF - Long Beach and Point Lookout**

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

From: City Hall Park opposite the Brooklyn Bridge bike path

Call or email to confirm.

Saturday, September 13**A18 85 mi 8:30 AM****Upper Westchester Epic**

Leader: Robert Gray, 212-593-0986, nyarchitect@msn.com

From: The Boathouse

Up through Scarsdale, lunch in Katonah, past a lot of reservoirs, a long climb and a spectacular descent to end at Cold Spring. Good tires, good attitudes and a train pass for sure. Train bailouts available along the way. Email me for route details.

B18 72 mi 8:00 AM**Cold Spring Reunion**

Leaders: Michael Casey, 917-685-9022, Mec8870@aol.com and Adam Pollock, 646-391-4453, adam@adamdoesit.com

From: Rambles Shed

Relive the heady yesterdays of the B-SIG with Michael and Adam's Unofficial Reunion Ride. We'll follow the graduation route up Seven Lakes Drive, give Bear Mountain the cold shoulder, have lunch at the Station Cafe in Cold Spring and take the train home. Helmet required; Metro-North pass a must; bug repellent a good idea. We will make occasional stops, but there'll be no real lunch till it's over, so bring plenty of liquids and pocket food. Inclement weather cancels; the message board will have the details.

B16 102 mi 6:30 AM**The CT Century Ride**

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

From: Meet at Grand Central Station for the 6:40 AM New Haven train to Darien. Leader will meet group at Darien Train Station at 7:52 AM

The best of the woods, valleys, rivers, and coastline. Ridgefield, Bethel, Poverty Hollow, Housatonic River, and the Coastline. Several snack stops but no official lunch stop. Possible Dinner in New Haven. Return from New Haven 4:55pm depending on finish. If you know you are coming please call—I need a volunteer to act as co-leader at Grand Central for Metro North. Joint WCC

B15 50 +/- mi 9:30 AM**Westchester Picnic**

Leader: Mark Gelles, 212-689-1375, mgelles@okcom.net

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

Route is scenic hilly ramble from Van Cortlandt Park. to Pocantico Hills horse country & lunch @ Kingsland Pt. Lots to look at! Bring a smile, fluids, pocket food & something to carry lunch 2 miles from deli stop to park. Wet roads at 8:00 AM cancels.

C 14 40 or so mi 9:00 AM**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 @ Totunno'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.

Sunday, September 14**A20 85-100 mi 8:00 AM****Central Park - Bedford/lunch - Peekskill, with option to Tarrytown; return to NYC by train.**

Leaders: Steve Dwek, 212-744-7083, stevedwek@aol.com; Ed White, 212-799-0259, ewhite10@nyc.rr.com and Jason Winstanley 212-242-6744, jwinstanley@att.net

From: The Boathouse

Join us for a scenic ride up through Westchester County to Bedford, NY where we have lunch on the village green. After lunch, we ride another 40 miles to Peekskill, where we will board the train to return to the city. Those who are interested may ride an addi-

tional 15 miles to Tarrytown to make it a full century. This ride has fewer turns than many other rides this distance (the whole cue sheet doesn't even fill up one page), and includes several long stretches on well maintained, rolling roads with little traffic. The route includes some hills, but none too challenging. A number of bail out options by train are available along the route if you can't keep up with the pace. Please bring your Metro North bike pass, money for lunch and train ticket, two water bottles, pocket food, and a friendly disposition. Helmets and paceline skills are required. In case of inclement weather on the morning of the ride, check the NYCC Message Board or call one of the ride leaders after 6:30 AM.

C14 47 mi 9 AM

Mamaroneck

Leader: Scott Wasserman, 914-723-6607, swrides@earthlink.net

From: The Boathouse

One more time this year we'll ride to this Westchester town to pick up lunch and then a block away is a park on the water. While we eat we can choose our favorite yacht or just enjoy cool breezes. Substantial expected rain cancels.

Saturday, September 20

A19 75-100 mi 8:00 AM

Pound Ridge/Waccabuc/Brewster or Cold Spring

Leaders: Fred Steinberg, 212-787-5204, fsteinberg@nyc.rr.com and Hank Schiffman, 212-529-9082, schiffhank@aol.com

From: The Boathouse

Whether we end in Brewster for a 75 mile foray or go all the way into the setting sun and descend to Cold Spring for a century, this route is a crowd pleaser. Once we escape the gravitational pull of the city we will be racking up the country miles. Included will be a newly scouted section and perhaps a guest co leader. But bring a serviceable bike with enough rubber to get you home, pocket food, water/fluid, money for lunch and a Metro-North bike pass as we ride out but take the train home. If in doubt about the weather call Fred and check the NYCC message board.

B16 72 mi 8:00 AM

Bergen/Rockland - Trees and Lakes

Leader: Wayman Thomas, wayman_thomas@msn.com

From: Boathouse

Once across the GW, the ride goes through verdant Bergen county—greenery or maybe autumnal—but, let's bet that the trees still have leaves. Then deli lunch at 30 miles—another pit stop at 45. Bio break at 60. After lunch, we'll ride along Lake de Forest. Then, Lake Tappan. Cancels: rain, greater than 85 degree weather, greater than 60% humidity.

B15/16 60 mi 7:40 AM

Amawalk Reservoir Ride

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

From: Grand Central Station. Take the 7:48 AM Brewster North train to Katonah. Leader will meet group at Katonah Train Station arrive 8:53 AM

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

Sunday, September 21

2003 Golden Apple

Westchester Cycle Club

See *Out of Bounds*

Twin Lights Ride

See *Out of Bounds*

B14/16 55+/- mi 9:30 AM

Nyack

Leaders: Hindy and Irving Schachter, 212 758 5738

From: First Avenue and E. 64 St., NW corner

Shortly after we cross the GW bridge we split into two groups. A faster group takes a hillier route including West Nyack and Christian Herald Road. A slower group takes a flatter, more direct way through the appropriately named Grandview-on-Hudson. We meet at the Runcible Spoon for coffee and camaraderie. Rain cancels.

B16 71 mi 8:30 AM

3rd Annual Memorial Irv's Birthday ride

Leader: Ed Sobin, 718-625-7452, esobin@keyspanenergy.com

From: GWB Bus Terminal (178 St & Ft Wash Ave)

This is the continuation of Irv Weisman's birthday ride series. He led this one when he was 71 (it was called 71 for 71). Using one of Irv's circuitous (to avoid traffic and add scenic beauty) routes we will ride through Bergen and Rockland counties. This is a somewhat hilly ride, but as Irv would wish I'll be riding up hills slowly (using low gears and spinning) while looking at the scenery.

B15 52 mi 9:30 AM

Another 3rd Annual Memorial Irv's Birthday Ride

Leaders: Lynn Sarro, 212-529-8198 and Linda Wintner, 212-876-2798, lwintner@metlife.com

From: Boathouse

This Irv Memorial ride will be a bit slower and shorter than Ed's B16. We will try to meet the other rides at Pascack Brook Park in Bergen County for lunch and/or desert and a

very brief celebration. The route will be "Irv like"—peaceful, scenic, and with lots of turns. It will be mostly in Bergen with a bit of Rockland county added in.

C12-13 35-40 mi 10 AM

3rd Annual Memorial Irv Weisman Birthday Ride

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

From: 178th St and Ft. Washington Ave (rear of GW Bus Terminal); Take "A" train to 175th St; take elevator out and walk north to 178th St.

Let's venture into NJ on one of Irv's very pretty routes through the burbs of Bergen to Pascack County Park for lunch and meet up with the B section of this ride for dessert and a short celebration of Irv's life and contribution to cycling. Helmets are required; bring good attitude and group riding skills. Cancellation: Excessive wind conditions, expected temps in excess of 90 degrees, or 50% chance of precipitation. Call Maggie after 8 am if in doubt.

C-13 45 mi 9:15 am

Sheepshead Bay

Leader: Peter Hochstein, 212-427-1041

From: The Boathouse

Picnic on the sand by the water if it's warm enough. Otherwise it's a diner lunch. No cue sheets. Plenty of subway bailouts. Bring a lock and lunch money, as well as the usual pump, helmet, yadda yadda. Rain cancels. Call 45 minutes before start time if you can't figure out whether it's raining.

Friday, September 26

B16 45 mi 9:20 AM

TGIF - Staten Island perimeter

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

From: Staten Island ferry terminal

Call or email to confirm.

Saturday, September 27

A19 60-85 mi 8:00 AM

Cold Spring/Brewster via Blanchard and Cedar Flats

Leader: Hank Schiffman, 212-529-9082, schiffhank@aol.com

From: The Boathouse

9W/ Germonds/ Calls Hollow/ Blanchard/ Cedar Flats/ 9W/ 9D/ 301. Lunch at Cold Spring. You can make it a shorter ride and avoid the big climb on 301 by returning from Cold Spring (60 miles) or go all the way to Brewster for the full 85 miles. Please bring a serviceable bike with a spare tube, fluids,

pocket food, money for lunch and a Metro-North bike pass. Wet, persistent conditions will cancel this ride. If in doubt check the NYCC message board.

B17 70 mi 9:00 AM

Armonk

Leaders: Wayne Wright, 212-873-7103, wwright8@nyc.rr.com and Ivy Pool, 212-496-4048, ivy_pool@hotmail.com

From: The Boathouse

Join us for a beautiful ride to Armonk and back, including a scenic spin along the Kensico Reservoir. We'll pass by the residence of Bill and Hill in hopes of spotting of political honchos or maybe just early fall foliage. Smiles and helmets, please. Rain cancels. Check the NYCC message board if in doubt.

Sunday, September 28

A18 75 mi 8:30 AM

Lower Westchester Classics

Leader: Robert Gray, 212-593-0986, nyarchitect@msn.com

From the Boathouse

Whippoorwill, Seven Bridges, Pines Bridge Out through Ft Tyron and up to Scarsdale, Chappaqua and on to the Croton over the "Bridges." Down map but definitely up Pines Bridge to the Sleepy Hollows and a quick run along the Hudson back home. Good tires, good attitudes and a train pass to keep your options open. Train bailouts available along the way. Email me for route details.

B17/18 100 mi 7:35 AM

Catskill Century

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

From: Meet at 7:35 Grand Central for the the 7:53 train to Beacon

Via New Paltz, Ashokan, Kerhonkson and Minnewaska. Beautiful fall foliage ride returning to Beacon and the metro north back to GCT.

C14 40 mi 9:30 am

Seacliff

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

From: The Statue of Civic Virtue (Queens); take the E or F train to Union Turnpike, front of train exit.

Let's go to another favorite Long Island North Shore destination and have lunch at a spot with a spectacular view over Long Island Sound. The ride is over the typical rolling terrain of northern Long Island with gentle hills, shady roads and pretty scenery once we leave Queens. Bring two water bottles and money for lunch at a deli. Rain or 70% chance thereof cancels ride.

Saturday, October 4

NYCC Escape New York

100 miles: A22, A19, A17/18, B17

62 miles: A18/19, B17, B15, C14

50 miles: B15, C13/14, C12

We will need at least two leaders for each ride, please contact the appropriate ride coordinator to volunteer.

Sunday, October 5

Pumpkin Patch Pedal

Staten Island Bicycling Association

See Out of Bounds

B16 50 mi 9:15 AM

Back for Yom K Early—Piermont: an Unusual Route

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

From: the Boathouse

Possible routes include Rio Vista, Esplanade, Clausland Mtn, Tweed or Tallman Trail depending on wishes and abilities of group.

Out of Bounds

Sunday September 7

New York City Century

15, 35, 55, 75 or 100 mile routes

Transportation Alternatives

The 14th Annual New York City Century Bike Tour features a selection of distances to match your ability, rest stops specially stocked with tantalizing goodies from our sponsors and magnificent views of New York's bridges, neighborhoods and parks. On-line registration available until September 5th. For more information visit: <http://www.transalt.org/calendar/century/index.html>

Sunday, September 14

Harvest Rides 2003

100 mile, 100K, 75K, and 20 mile routes

Sound Cyclists Bicycle Club

The 14th fundraising bike tour for the Trumbull-based Make-A-Wish Foundation of Connecticut. This rain-or-shine event will offer riders a choice of 20-mile, 75-Kilometer, 100-Kilometer or 100-mile routes through scenic Fairfield County. All rides will depart between 7:30 AM and 10:00 AM from the Westport Train Station parking lot near Luciano Park. For more information, log on to www.soundcyclists.com, or call (203) 840-1757.

Sunday, September 21

2003 Golden Apple

125, 100, 75, 50, and 25 mile routes

Westchester Cycle Club

Our 22nd annual event will start and finish at the Metro-North Parking lots at Goldens Bridge with distances from 25 miles to 125 miles. Lunch is included as well as food stops, cue sheets, and more. Registration fees are \$20 until September 14 & \$28 until the day of ride with proceeds benefiting local charities. For further information. You may register online at Active.com:

http://www.active.com/event_detail.cfm?event_id=1070146

2003 Twin Lights Ride

75, 50, 30 and 15 mile routes

Bike New York and the Highlands Business Partnership

From: Highlands, NJ

Cue sheets, food stops and SAG support are all provided. Registration is \$34 until September 12. Day of ride registration is will be available only to those who drive to the start and may not be available if ride limit is reached. If available, day of registration fee is \$45 for adults, \$35 for youths, 14 and younger. For more information check out: <http://www.bikenewyork.org/twin-lights-ride.htm>

Sunday, October 5

Pumpkin Patch Pedal

100, 62, 50 and 25 mile rides

Staten Island Bicycling Association

From: Thompson Park, Jamesburg, NJ

The Staten Island Bicycling Association is happy to invite you to our annual, season ending, sag supported, cycling event—the Pumpkin Patch Pedal. This is a great ride to finish off your cycling season. This year, as always, we will offer rides of 25, 50, 62 and 100 miles. Each of these scenic rides winds through the rolling farmlands of central New Jersey during the peak of the harvest season. <http://www.sibike.org/ppp.html>

Ninth Annual Century Bike Ride

ESCAPE NEW YORK

OCTOBER 4 • 2003

CHOOSE FROM THREE ROUTES:



7:30 am – Century Challenge
A rolling Full Century through scenic Bergen and Rockland Counties.



8:00 am – Rockland Roll
A Metric Century, rambling on lightly trafficked, beautiful roads.



9:00 am – Piermont Pleasures
A Half Century, to the charming village of Piermont on the Hudson.

START/FINISH:

Sakura Park, Manhattan.
122 St. & Riverside Drive: across the street from Grant's Tomb.
Subway stop: 1/9 at 116th Street Columbia University.

- Lunch offered on all routes.
- Snacks and water provided along the way.
- All routes clearly marked: ENY, with route sheets.
- Free souvenirs and raffles for great bike stuff.
- Rain or shine.

Sign up Today for Early Registration Fee savings



HOW TO SIGN UP FOR ENY2CC3

- Fill out the attached form + send in a check.
- Log in online at www.nycc.org
- Register in person on the day of the event.

Early Registration Fee: \$23 until September 19, 2003

Day of the Event Fee: \$30 on October 4, 2003

Extra Savings when you join NYCC (15 month membership) and enter Escape New York:

- Individuals:** \$47 for PRE-Registrants — save \$15.
\$54 for DAY-OF Registrants — save \$8.
- Couples:** \$76 for PRE-Registrants — save \$24.
\$90 for DAY-OF Registrants — save \$10.

Save this page. No confirmation or additional materials will be mailed to you prior to the ride. Route sheets will be available at the start.

Cut off this panel and send in with payment.

Make checks payable to: New York Cycle Club

Mail registration and check to: NYCC — Escape

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

WAIVER / SIGNATURE REQUIRED

Be advised to wear a helmet for your own safety and as required by Rockland County. There is no rain date!

KNOW BEFORE YOU GO: 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 inaction, the action or inaction of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time, and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity. 3. HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE the Club, the LAB, their respective administrators, directors, agents and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATION, 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 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.

Sign below. One person per form. May be duplicated.

PLEASE PRINT:

NAME _____

ADDRESS _____

CITY / STATE / ZIP _____

TELEPHONE _____

EMERGENCY PHONE _____

EMAIL ADDRESS _____

NYCC Member? Yes No

Registration Fee: \$23 before Sept 19th \$30 day of event

Special combination: ENY ride/NYCC membership for 15 months

Individual: Here's my check for \$47 / Pre-Registered

\$54 / Day of Registration

Couple: Here's my check for \$76 / Pre-Registered

\$90 / Day of Registration

I plan to ride: Century Metric-century Half-century

Check here if you do not wish your name to be released to sponsors.

AS MANY OF YOU KNOW, Dustee Rhodes has been reassigned to the Guam office. We may get dispatches once in a while, but from now on we will be taking over with a slightly kinder and gentler though still naughty Road Dirt column. Now, on to the dirt:

While this is our first column, we've spent the last several months doing research in the field. To bring everyone up to date, here's the scoop from the Memorial Day Berkshires weekend. Despite the rain and the weather and more rain, the Berkshires weekend was once again a raging success. While many people wimped out and stayed home because of the forecast, a lot more braved the elements and had a fantastic time. What was really cool was how many new members showed up. Of course, there were still plenty of old timers to contribute plenty of grist for the Road Dirt mill. For instance, poor **Lianne Montessa** drove all the way from her house in Sharon, Connecticut on Sunday, our only dry day, with hubby **Herb Dershowitz**, her bike and —no shoes!! With her characteristic grace and good spirit, Lianne waved all the cyclists off to their rides and drove on home. What she did that day we don't know, but we do

know that, along with **Eva Wirth** and a great venue-identification by **Donna Kahn**, Lianne helped coordinate a fabulous dinner that night.

Over 90 people attended the club dinner that Sunday night. As usual, our Pres-MC **Tom Laskey** tried to "embarrass the newbies" by making them introduce themselves and say a few words. It didn't seem to work this time. Everyone was so busy telling how much fun they had had on their rides and how wonderful the SIGs had been, nobody had a chance to be embarrassed.

Speaking of embarrassment, how's this? **Seth Prince** chose a shorter, easier ride up Bash Bish than a strong rider like he would normally choose so as to "save himself for the next day" when he planned to set a Personal Best on his ride from Sheffield to the Poughkeepsie train station. (Seth was planning to do a group ride—was he thinking they would all set a PB that day? His PB?). Well, need we say more? For those who were further away than the Berkshires that weekend, we can tell you a row boat would have been a more appropriate vehicle than a bicycle that next day.

You know it's gonna be that kind of day. . . . **Marina Bekkerman** and **Isaac Brumer**'s June BQ Waterfront ride had barely gotten underway when a bird scored a direct hit on leader Isaac's cue sheet. Isaac had thrown out all of his extras. Fortunately Marina was smarter and had saved a couple.

On to this year's July 4th weekend and yet another smashing success. As many of you know, this year's weekend was almost can-

celed due to the Thayer Hotel trashing our reservations for the first night with barely 2 weeks notice. "Make my day," said the indefatigable **Christy Guzzetta** who managed not only to save the weekend with the help of wife **Jody Saylor**, but with this year's addition of live music on the Hudson River cruise, made the weekend one of the best ever. While the usual couples were bumpin' and grindin' on the dance floor, a few new couples appeared to be forming as well. Will you be reading about cycle club weddings whose origins date back to July 4th weekend 2003? As soon as we hear, we'll let you know. The highlight of the cruise however, came when Christy unzipped his fly to show that he was

wearing the red-white-and-blue boxer shorts he'd been given that morning at breakfast. Aw, how nice. He then stunned onlookers when he flashed down the boxers to show he was wearing the thong he'd also been given, underneath. The white type on the black thong reads "You're a Winner!"

Oh yeah, there was riding too. Special kudos go to the C riders whose route the first day was supposed to be 40 miles but turned out to be almost 70, more

than some in the group had ever ridden in one day. To top it off (literally), to get to Arden House, the first night's hotel, all rides ended with a 3.5 mile climb that the intrepid C group managed to pull off with aplomb!

And of course, no weekend would be complete without some type of embarrassing faux pas and this one was no exception. On the last day, the A ride got off to an auspicious start as Christy, webmaster **Timothy McCarthy** and el presidente, **Tom Laskey** collaborated on a route home. Everything was going fine until the group got to Piermont. Very few cycle club rides ever go through that area so you can imagine that Tom, our fearless leader, was a bit confused and actually missed the turn onto 501. And speaking of faux pas, how did Christy's Saturday B17 ride turn into a B23? Guess they couldn't wait to get to the West Point swimming hole and escape the 90° heat.

Thanks to New Jersey's finest: A group of 30 cyclists led by **Carol Waaser** had gone through Westwood heading south, approaching a merge onto Forest Ave.—a difficult intersection. A local cop car pulled up next to her and asked where they were going. "River Edge Diner" she replied. Next thing they know, the cop pops the siren, speeds up to the intersection, blocks it with his car and proceeds to wave all 30 riders through. Carol invited him to lunch but we guess he couldn't get off duty.

When you take a group of urban cyclists and bring them to the country for a day of riding with the Sound Cyclists as hosts, funny things can happen. The July All-Class ride was no exception. For instance, **Maggie Clarke** and

Dorothy Fong were joined on their ride by a deer who broke out of a forest next to them, darted across the road and then ran along side them for a stretch leaving them speechless (not to mention breathless). Our question, was the deer using clinchers or sew-ups? And what about the Soundies' alphabet? We know what A means but to the Soundies, B = A and we've even heard C+ = A. The B riders who showed up for the B ride were gasping for air at the first turn. The A riders were lucky to hang in on the back. Who says country living is relaxed? Finally, with all those fast miles behind them, the NYCC crowd plunged into the Long Island Sound head first. The Soundies looked on in wonder. "We never put our face in there" one was heard to exclaim.

If one thing is certain, we NYCCers know how to party. Large groups invaded bars in Brooklyn and Manhattan to watch the crucial stages of this year's Tour de France and a great time was had by all. At Blondie's on Manhattan's Upper West Side, **Michael Sopher** not only organized a gathering in the back room with projection TV for over 50 people, he even took a turn as waiter to help organize paying the check. All manner of NYCC celebrity were on hand, el prez and wife, a former editor, veteran SIG leader Ms. **Jody Saylor**, webmaster **Tim McC.**, you name it!! STS pioneer **Bill Green** and triathlete extraordinaire **Jeanine Hartnett** stuck their heads in for a minute but quickly retreated to the main room. Perhaps they preferred to discuss the fine points of the tour in their mutually fluent French.

There's nothing quite like cycling the Lincoln Tunnel, with 50 friends, at 3AM. That's what **Alfredo Garcia**, **Isaac Brumer**, **Ed Pino** and **Mark Trainor** got to do on July 26-27's NYCC-5BBC "Veloped" ride. To top it all off, their police escort serenaded the group with an a-capella "We are the champions" over their PA.

Cathy Martone (ex-NYCC public relations director) and **David Hallerman** (current NYCC public relations director) were married in June at the lovely Prospect Park Picnic House. Performing the ceremony? None other than NYCC member, the honorable judge **Rick Braun**. Several NYCC dignitaries were also in attendance including a few fellow board members and an assortment of ride leaders.

Next in line? Road Dirt hears that the long engagement between **Simon Naduleck** and **Mary Ann Cotter** may be reaching a happy conclusion sometime in September. Stay tuned for more details.

Former A-ride coordinator **John Vazquez** and wife **Hanna** brought a healthy baby boy into the world Sunday, July 13. His name is Oliver Richard and he weighed in at six pounds, 12 ounces. Look for momma Hannah stomping up River Road with baby Oliver strapped to her back in the very near future.

We can't be everywhere. We need help from all of you. If you hear anything newsworthy—weddings, births, notable accomplishments, funny anecdotes or just plain juicy gossip—send us a brief write-up at: roaddirt@nycc.org.

ROAD DIRT

Send tips to: roaddirt@nycc.org

2003 renewal/membership application/change of address

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

Check one: Individual \$24 (\$12 after Labor Day) Couple residing at the same address \$30 (\$12 after Labor Day)

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Check (if applicable): Do not print my Address Phone Email in the NYCC roster.
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Name: _____ Email: _____ Signature _____

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Make check payable to New York Cycle Club
You may also register on line at active.com:
www.active.com/event_detail.cfm?event_id=1025985

Bicycle shops that offer discounts for NYCC members:

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

348 East 62 Street
New York, NJ 10021
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Bicycle Workshop

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Bicycle Renaissance

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10% off repairs and accessories (not on sale items and new bikes).



Conrad's Bike Shop

25 Tudor City Place, NYC, NY
212-697-6966 or conradbike@aol.com
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Cycle Paths

138 Main Street, New Paltz, NY
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15% off parts and accessories. 10% off bikes.
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Gotham Bikes

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

Larry and Jeff's 2nd Avenue Bicycles Plus

1690 2nd Ave. at 87th St., NYC, NY
212-722-2201, 15% off

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10% off everything, including bicycles. Free shipping on purchases over \$100.

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235 East 34th Street, NYC, NY
212-213-8360 or www.sidsbikes.com
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YOUR CHANCE TO GET NYCC "LIBERTY" APPAREL IS ABOUT TO END. YOUR CHANCE TO GET THE NEW CLUB JERSEY STARTS HERE.

We have a few "Liberty" long-sleeved jerseys and windbreaker jackets in stock. If you want them, now's the time to buy.

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Jersey ... \$60/\$80
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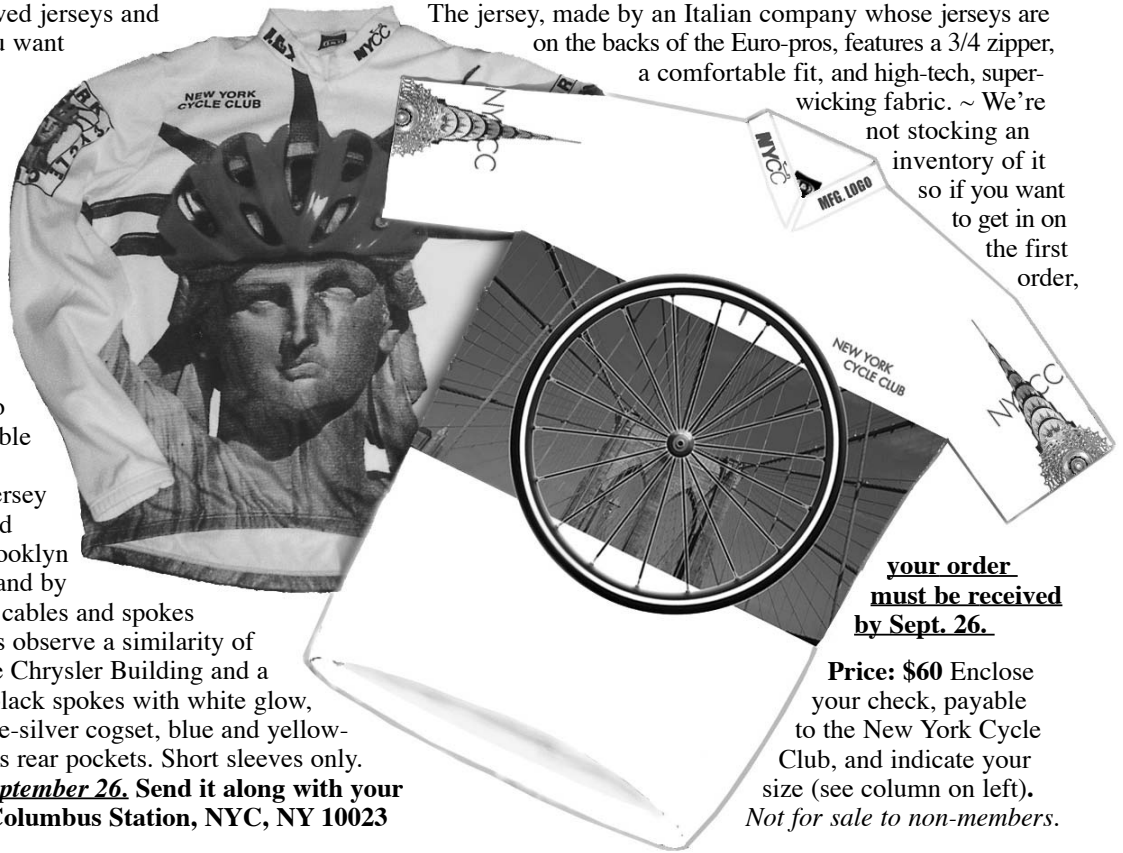
All Unigender.

Prices include shipping and handling.

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

Now's the time to order your *new* club jersey. The design features two of New York City's most recognizable landmarks, but sees them as having parallels to parts of your bicycle. Jersey designer (and club member) Richard Rosenthal sees the cables of the Brooklyn Bridge as radial spokes in a wheel and by putting a wheel over the bridge the cables and spokes appear interchangeable. The sleeves observe a similarity of appearance between the spire of the Chrysler Building and a cogset. ~ Blue sky, brown bridge, black spokes with white glow, gold- yellow and blue building, blue-silver cogset, blue and yellow-gold type. Club name is large across rear pockets. Short sleeves only. ***Your check must be received by September 26.*** Send it along with your size to: NYCC, P.O. Box 20541, Columbus Station, NYC, NY 10023

The jersey, made by an Italian company whose jerseys are on the backs of the Euro-pros, features a 3/4 zipper, a comfortable fit, and high-tech, super-wicking fabric. ~ We're not stocking an inventory of it so if you want to get in on the first order,



your order must be received by Sept. 26.

Price: \$60 Enclose your check, payable to the New York Cycle Club, and indicate your size (see column on left). *Not for sale to non-members.*

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