

October 2003

# **NYCC Bulletin™**

**Get To The October 14 Meeting For The  
Second Round Nominations  
For The  
NYCC General Election  
See Page 7 For More**

# October Opportunities

After an endless winter and an all too brief spring and summer, we've finally made it to fall, my personal favorite season for riding. And as fall returns, so does the highlight of the club year, the Escape New York Century. Haven't registered yet? You can still sign up the morning of the event, Saturday, October 4th. Want to volunteer but haven't signed up? I'm sure the ENY volunteer coordinator will not be turning away anyone who wants to help. Anyway you slice it, the club century is a great way to celebrate fall and take advantage of the cool temps of the season, the beautiful scenery offered by the route and the spirit of camaraderie offered by your fellow riders.

To top off October, we will once again be holding our annual Connecticut Shoreline Ride. Show up at Grand Central Station on Sunday morning, October 26th, buy yourself some breakfast, and take the 8:07am train to New Haven for the start of a truly breathtaking cycling adventure. There will be A, B and C rides, each taking an equally gorgeous route along the Long Island Sound. On the way back, your ride leaders will arrange for pizza to be delivered directly to the return train. What could be a better end to a great day of cycling than riding home on Metro North surrounded by pizza and your fellow NYCC members? All in all, it's a club event you don't want to miss. See the monthly ride listings for more details.

## Is This Message For You?

The October monthly meeting will be the last opportunity for nominations to the 2004 NYCC Board of Directors. At this writing, there are still several open positions and hardly any contested races. Many members who read this are saying, "I've been on the board, I've volunteered, I've done my part." Indeed you have, this paragraph is not for you and you are excused from reading the rest of it. Many members however have not been on the board, do not volunteer and have not done their part. **This note is for you.** It's easy to think that someone else will always volunteer or that no matter what happens, the job will always get done. I wish it were that easy but it isn't always. Several times in the last 3 years we have gone into the new year with open board positions. Yes, eventually we find someone but think of how much time and effort is wasted finding someone and lost because the positions are not immediately filled. The other side of this coin is why aren't there more people that actively want to help? One of the great satisfactions of being president has been the many, many members I meet who tell me how much they enjoy being a member of NYCC and how much they like the many club activities and events. When election time comes around however, I always wonder where are these people now? If they like the club so much, why aren't they more eager to help out? I'm sure some people are shy and feel it presumptuous to offer themselves as board candidates. Nonsense! Everyone in this club has something to contribute. I'm sure there are others who don't think they have the time. Rubbish! If you feel strongly about the club, you can make time. Come on everyone, this is your club and everyone in it is responsible for making it the best it can be. Don't leave that to someone else, go for it yourself and get involved.

Tom Laskey



## NYCC COLUMBUS DAY WEEKEND IN THE CATSKILLS

October 10-13, 2003

We hope you've already booked a room for the NYCC's final holiday weekend trip of 2003. If you haven't, there is a complete listing of accommodations in the September Bulletin and on our website.

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 \$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.

An email with all final details went out to all confirmed participants. If you have not received your email, or have any other questions, please contact Jeff Vogel at CPACycles@aol.com or (718) 275-6978.



## NYCC Board of Directors



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**Subscriptions:** Free to NYCC members. If you don't receive your Bulletin on time, have a change of address, or have any other questions about your membership **E-MAIL** Marty Wolf at **membership@nyc.org**. Please include your name and full address in your message.

**Mailing Services:** NYC Industries for the Blind, Brooklyn, NY (718) 854-7300.

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**Display Advertising:** Only bicycle-related advertising is accepted. Page size is 7.5 by 10 inches. Rates for camera-ready copy: Full page, \$250; Half-page, \$135; Quarter-page, \$75; Eighth-page, \$45; Bottom blurb, \$40. Frequency discounts available.

### Submissions:

#### E-MAIL:

**bulletineditor@nyc.org**

Submit copy via e-mail or Zip or CD plus hard copy. Advise operating system, software, phone number, and e-mail. Material may be edited for brevity and clarity. A full page of text is 750 to 1,090 words. Publication is determined by available space. We cannot guarantee that all submissions will be published. Submission is contributor's warranty to the NYCC that material is in no way an infringement on the rights of another and may be published without additional approval.

**Deadline:** All submissions and advertising are due the fourteenth of the month prior to publication.

**Visit Our Web Site:**  
<http://www.nyc.org>

# Club Rides

**IMPORTANT: BEFORE YOU TAKE YOUR FIRST CLUB RIDE, PLEASE READ ABOUT CLUB RIDES ON PAGE 10.**

**RIDE LISTINGS:** To lead a NYCC ride next month and list it in the Bulletin, contact the Ride Coordinator (see page 2) for that ride class on or before this month's club meeting date.

**ALWAYS WEAR A HELMET; NO HEADPHONES.**



*Unless otherwise stated, precipitation at starting time cancels the ride.*



## October Recurring Rides

### Every Wednesday

**A20+/- 52+/- MI 10 AM 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 leave at 10 am sharp. We plan to be back by 2:15 pm. We have no silly requirements and you know what conditions cancel.

## October Club Rides

### Saturday, October 4

#### 9TH ANNUAL NYCC ESCAPE NEW YORK CENTURY

100 MI — A22, A19, A17/18, B17 7:30 AM  
62 MI — A18/19, B17, B15, C14 8:00 AM  
50 MI — B15, C13/14, C12 9:00 AM

From: Sakura Park 122nd St and Riverside Drive

Registration Fee: \$30.00

Escape the crowds and cycle with us in our favorite territory: the West Hudson Highlands. It's again time for our 9th Annual Escape New York Century. Enjoy the support and camaraderie of The New York Cycle Club. We have thousands of miles and years of experience cycling in this area, which we want to share with you.

This year proceeds will go to organizations that teach inner city youth about the value of cycling and recycling, how to maintain and repair bicycles, and how to ride safely in the city.

Whether you enjoy riding at a leisurely pace, or speed along at 22 mph, we have a great ride for you. You and your friends may choose to follow the markers and cue sheet on your own, or you may prefer to join one of our guided groups. And of course, we ride to eat — there are lunch stops and snacks on all three rides.

All rides leave from and return to Manhattan and offer picture-postcard views of the Hudson River and Palisades as you cross the George Washington Bridge to the hidden pleasures of New Jersey and scenic New York State.

## Sunday, October 5

**A20 60 MI 8:30 AM WESTCHESTER COUNTY EXPRESS**

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

From: Larchmont train station

This is a 60+/- mile ride starting at the Larchmont train station at 8:30 am. Riders can take the 7:37 am train from GCT arriving in Larchmont at 8:13 am. We will ride for 3½ hours with minimal stops through Eastern Westchester County and Greenwich/Bedford area, so that we will be back at Larchmont train station to catch the 12:29 pm train to GCT. If interested, **please confirm** by calling Hajo Thiele at (914) 833-1456 (evenings), or send e-mail to: info@majorcycling.com, **latest by Saturday evening 8:00 pm.**

**A17/18/19 40 MI 9:00AM\* AUDAX LEADER TRAINING RIDES**

Leader: Karl Dittebrandt (212) 477-1690; kdittebrandt@nyc.rr.com

\*From: NJ side GWB

Learn to lead a group of riders in a double pace line at a steady pace up hill and down for 40 miles. The Audax method is a time proven safe way of doing long-distance rides. NYCC and Audax New York City for PBP (Paris-Brest-Paris) in 2003 had a 100% finish rate. Next year we will be doing an Audax section on BMB (Boston-Montreal-Boston) for the first time. Join us if this is of interest to you or if you just want to work on your skills.

**B16 50 MI 9:15 AM BACK FOR YOM K EARLY — PIERMONT: 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.

## Monday, October 6

**A19 105 MI DAYBREAK HO-HO-KUS/POMPTON LAKES/ UPPER GREENWOOD LAKE/ WARWICK/GOSHEN/BEACON**

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

From: Manhattan; but call me if you are interested and we will set up a starting place.

I doubt you have been to Warwick via this route. There are hills and we could add Mt Peter from Warwick and go down Kain Rd. and/or we could stop at Maskers Orchard for some fresh apples. But you must have the stamina and legs for this foray, as there are no bailouts. Please have good tires on your bike, pocket food, cash for lunch and stops, a Metro-North bike pass and plenty of fluids. Poor weather will scrub the fleas off this hound dog. **Call or e-mail to arrange.**

## Friday, October 10

**B16 45 MI 9:20 AM TGIF — STATEN ISLAND PERIMETER**

Leader: Ron Grossberg (718) 3692413, Argee401@aol.com

From: Staten Island ferry terminal

Picnic lunch in Tottenville overlooking lower NY Bay. **Call or e-mail to confirm.**

**Why don't you try co-leading a ride this Fall? Call your Ride Coordinator to find out how. Who's your Ride Coordinator? Find out by reading "LEAD A RIDE" on page 10.**

**Saturday, October 11, 2003****A20 65-90 MI 7:30 AM COLD SPRING-BEDFORD-  
WHIPPOORWILL-HOME**

Leaders: Jason Winstanley, [jwinstanley@att.net](mailto:jwinstanley@att.net), (212) 242-6744; Ed White, [ewhite10@nyc.rr.com](mailto:ewhite10@nyc.rr.com), (212) 799-0259

From: Grand Central Station (meet in lobby near ticket booths)

We'll be taking the 7:53 am train from Grand Central (Hudson Line) to Cold Spring, where we start with our most challenging climb of the day (to get that out of the way). We then roll into Bedford with lunch on the Village Green. After lunch, we'll climb up to Mt. Kisco, then Whippoorwill, then mostly downhill to Manhattan. On the way home, you can bail-out by train in White Plains (65 miles) or by subway in the Bronx (75 miles), or you can ride the full 90 miles back into the city. Please bring your Metro-North bike pass and money for lunch and train ticket(s). Helmets, pacerline skills, and a pleasing disposition required.

**A19 52 MI 9:00 AM THE HILLS OF  
HUNTERDON COUNTY**

Leader: Peter O'Reilly, [ptor@prodigy.net](mailto:ptor@prodigy.net)

From: School parking lot, Maple St, Lebanon, NJ

As far as biking goes, it does not get much better than this. Scenic, tree-lined, low traffic roads without a major commercial establishment to be seen the entire route. This area is horse country nestle with 1700s architecture. As such, this most challenging ride will require equestrian like skills while outputting some needed much horsepower. This ride contains 14 short, but steep climbs totaling 6,600 feet of vertical gain. A 39x25 or lower gear equivalent is strongly recommended for this ride. Additionally, two water bottles and extra pocket food is recommended. I expect one quick country-store stops to be made. If there's group interest, we'll grab lunch at a cafe immediately after the ride's end. If you intend to do this ride, please RSVP so I know how many people to expect in the parking lot. In return, I'll provide driving directions; it's a 45 minute drive from the Holland Tunnel. Sorry, no weekend train service. Although, if interested, but without a car, please email me ahead of time. I'll keep a list to possibly collaborate renting a van.

**B16 HILLY 102 MI 6:30 AM THE "CT CENTURY"  
FOLIAGE RIDE**

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

From: Grand Central Station for the 6:40 am New Heaven train to Darien.

Leader will meet group at Darien Train Station on arrival at 7:52 am. Should be lots of foliage. 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 or later 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. If it rains on the 11th ride will leave on the 12th. Joint WCC

**B15 55 MI+/- 8:30 AM "TALL VALL"**

Leader: Mark Gelles (212) 689 1375, [mgelles@okcom.net](mailto:mgelles@okcom.net)

From: The Boathouse

We will take a scenic route out & back on Bergen/Rockland County roads. Spin through Jersey 'burbs, onto Tallman bike path (hard pack), meandering south/west to deli/picnic at Pascack Brook County Park (River Vale NJ). Home on familiar NYCC roads (501 to Churchill). Official end of ride is the Manhattan side of GWB. Bring fluids, pocket food, a few bucks for lunch, something to carry it to the park & of course a smile. Wet roads at 7:30 am or forecast of steady morning rain will cancel, if in doubt check message board.

**B17 60 MI 7:30 AM FOUR RESERVOIRS  
(BUT WHO'S COUNTING?):  
WESTCHESTER AND  
PUTNAM COUNTIES**

Leaders: Wayne Wright (212) 873.7103 [wwright8@nyc.rr.com](mailto:wwright8@nyc.rr.com), David Hallerman (718) 499-8171 [cycleman23@earthlink.net](mailto:cycleman23@earthlink.net),

Cathy Martone (718) 499-8171 [cmartone@hallarchitect.com](mailto:cmartone@hallarchitect.com)

From: Grand Central Terminal: 7:49 train to White Plains

Byram Lake, dirt roads, and a 15 mile spin around Croton Falls Reservoir, with plenty of climbing (and descending) en route. We wouldn't ask you to take a train on each end of a ride unless it was really worth it, and believe us, this ride is worth it! Returns via train from Brewster North. Helmets and smiles please.

**C14 25-30 MI 9:30 AM PARK-TO-PARK**

Leader: Dave Sabbarese ([dsabbare@firstmanhattan.com](mailto:dsabbare@firstmanhattan.com))

From: the Boathouse parking lot

A nice little urban ride from Central Park to Brooklyn's Prospect Park. We'll cycle down the West Side bike path to avoid traffic and cross over the Brooklyn Bridge. After a couple of laps in Prospect Park we will be better able to compare the relative merits of Olmsted's two great urban landscapes. (Brooklynites like to say that after Olmsted "practiced" on Central Park he perfected his vision in Brooklyn.) Maybe grab a bite somewhere in Park Slope. Bring a helmet (mandatory), a lock (suggested), and some \$ (optional if you want to join us for lunch.) Return via Manhattan Bridge.

**C12 10 MI 2:00 PM FOLDS UP FOLDING BIKE  
RIDE AND FESTIVAL**

Leader: Hannah Borgeson (212-348-2601, [gasiorcj@att.net](mailto:gasiorcj@att.net))

From: the Cube (Astor Place and Lafayette, Manhattan)

You got to know when to hold 'em... Know when to fold 'em... Know when to roll away... Know when to bike. Join us for the fourth annual folding bike ride, through Manhattan and Brooklyn. (All bikes are welcome!) Festival follows (4:30 PM, Stuyvesant Cove Park, 23rd St & East River,) where you can learn all about folding bicycles, see and try different models, and enjoy light refreshments. Peter Reich of Swift Folder and other bike builders will discuss and demo various models at this outdoor event. Co-listed with TIME'S UP. Rain date: Sun 10/12

**Sunday, October 12, 2003****A-20 60 MI 8:30 AM WESTCHESTER EXPRESS**

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

From: Larchmont train station

This is a 60+/- mile ride starting at the Larchmont train station at 8:30 am. Riders can take the 7:37 am train from GCT arriving in Larchmont at 8:13 am. We will ride for 3½ hours with minimal stops through Eastern Westchester County and Greenwich/Bedford area, so that we will be back at Larchmont train station to catch the 12.29 pm train to GCT. If interested, please confirm by calling Hajo Thiele at (914) 833 1456 (evenings), or send e-mail to: [info@majorcycling.com](mailto:info@majorcycling.com), latest by Saturday evening 8 pm.

**A17/18/19 40 MI 9:00AM\* AUDAX LEADER  
TRAINING RIDES**

Leader: Karl Dittebrandt 212 477 1690, [kdittebrandt@nyc.rr.com](mailto:kdittebrandt@nyc.rr.com)

\*From: NJ side GWB

Learn to lead a group of riders in a double pace line at a steady pace up hill and down for 40 miles. The Audax method is a time proven safe way of doing long-distance rides. NYCC and Audax New York City for PBP (Paris-Brest-Paris) in 2003 had a 100% finish rate. Next year we will be doing an Audax section on BMB (Boston-Montreal-Boston) for the first time. Join us if this is of interest to you or if you just want to work on your skills

**B16 60 MI 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 accommodated (within reason).

**Saturday, October 18, 2003**
**A18/20+ 55/75/90 MI 8:00 AM A BRIDGE TOO FAR (?) STORM KING/INDIAN MTN.**

Leaders: Fred Steinberg (212) 787-5204 fsteinberg@nyc.rr.com; Timothy McCarthy timothymc@earthlink.com; Ron Roth ron@rroth.com

From: the Boathouse

Hopefully, a reprise of 2001's Hudson Valley Fall Foliage spectacular, not last years 90 mile slog upstream. The route winds through unfamiliar Rockland County back roads, along the Hudson shoreline, then up into the highlands above West Point, over Storm King, eventually climbing through orchards and vineyards to the 'Old Indian' in Ulster County. There are bailout options at the Bear Mountain (55mi) and Newburgh/Beacon Bridges (75mi). Those who hang on for the final leg will be rewarded with stunning views as far as the Berkshires. Return via FDR Bridge to Poughkeepsie and Metro-North to the city. Lunch in Stony Point or Cornwall; other stops as necessary. Bring: 2 water bottles, pocket food, Metro-North pass, \$\$\$ for carfare (\$11.00) and meals. Cancel conditions: rain, etc. **Call Fred after 6:30 am or check NYCC BB.** Rain date: Sunday 10/19, **confirm with Fred.**

**A25+ 70-83 MI 8:10 AM GIMBEL'S**

Leaders: Jeff Vogel (718) 275-6978, CPAcycles@aol.com; Todd Brilliant (212) 316-9430

From: the Boathouse

If you're fit and fast, this is the ride that will keep you that way through the fall and winter. If you've never done this before, we'll give you plenty of advice on the 14 mile ride to the start in Yonkers. We'll lead you up there and lead you back from the finish in Mamaroneck, but for the fast miles in between, you're on your own. We'll give you a map if you think you need one and let us know ahead of time that you're joining us. The route itself, from Yonkers to Mamaroneck, is 35 or 48 miles depending on which group you chose to do, "short" or "long". Two water bottles and pocket food or liquid calories are essential. Rain date: Sunday.

**A20 57 MI 9:00AM RIVER ROAD, BRADLEY OR CLAUSELAND, TWEED**

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

From: the Boathouse.

It's scenic. It's untrafficked. It's challenging. And you won't be the last up the hills because we can't both be. Temperature below 48° at 9 am, count me out; I don't do cold. Rain? No. Lunch? No. Leave a few minutes after 9:30? No, and note the new starting time.

**B17 60 MI 9:00 AM FALL FOLIAGE RIDE SERIES: CROTON RESERVOIR/ WESTCHESTER COUNTY**

Leaders: Wayne Wright, (212) 873-7103, wwright8@nyc.rr.com and Eva Wirth, (212) 477-9322, ewirth@yahoo.com

From: the Boathouse

Rolling ride thru Westchester via the Sleepy Hollow roads. Plenty of climbing and descending. Ride ends with 15 mile spin around Croton Reservoir, mostly on tree-lined secondary roads, followed by an awesome downhill into town of Croton. Late lunch, bring plenty of pocket food. Train return from Croton-Harmon. Helmets and smiles please.

**B15/16 HILLY 55 MI 8:40AM ZAP MAHOPAC LUNCH RIDE**

Leaders: John Zap(212) 255-7191 day, (203)972-9339 eves;

Allan Goldberg (914)693-2928

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

Leader will meet group at Katonah train Station arrival at 09:53 am.

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

**Sunday, October 19, 2003**
**A20 60 MI 8:30 AM WESTCHESTER COUNTY EXPRESS**

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

From: Larchmont train station

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

**A19 65-75 MI 9:00 AM CHAPPAQUA VIA TARRYTOWN AND SLEEPY HOLLOW**

Leaders: Anthony Donato (212) 923-5924, NYC181@aol.com.com; Russ Berman (212) 595-8834, rberman@kronishlieb.com

From: the Boathouse

Time to go to Chappaqua again. The route offers fine scenery, falling leaves, opportunities for getting lost if you don't follow the cue sheet, a couple of memorable hills, a stop at Lange's deli in Chappaqua and a number of bailout options via Metro-North or subway. Good attitude plus a helmet are necessities. All else is optional. Rain or wet roads will delay or cancel. If in doubt, call one of us or check the message board.

**A17/18/19 40 MI 9:00AM\* AUDAX LEADER TRAINING RIDES**

Leader: Karl Dittebrandt (212) 477 1690, kdittebrandt@nyc.rr.com

\*From: NJ side GWB

Learn to lead a group of riders in a double pace line at a steady pace up hill and down for 40 miles. The Audax method is a time proven safe way of doing long-distance rides. NYCC and Audax New York City for PBP (Paris-Brest-Paris) in 2003 had a 100% finish rate. Next year we will be doing an Audax section on BMB (Boston-Montreal-Boston) for the first time. Join us if this is of interest to you or if you just want to work on your skills

**B17 74 MI 8:00AM FULL "CT GOLD COAST" RIDE**

Leaders: John Zap (212) 255-7191 day, (203) 972-9339 eves

From: Grand Central Station for the 8:07 am New Haven train to Darien.

Leader will meet group at train station on arrival at 9:01 am.

Say goodbye to summer with good look at the coast as we ride into fall. Set your bike on auto cruise and ride the entire southern coast of CT to New Haven. Very few stops, leisurely pace, stick together ride. Lots of beaches, marshes, nice neighborhoods, and a few dingy city blocks thrown in for variety. Towns include: Darien, Norwalk, Westport, Southport, Fairfield, Bridgeport, Lordship, Stratford, Milford, W New Haven & New Haven. Return from New Haven **approximately** 4:55 pm or later depending on finish time.

**The NYCC isn't all just cycling. Why not try a Special Event. See page 7 for more. . .**

**B16 63 MI 9:00 AM PLEASURABLE RESERVOIR AND PARK RIDE**

Leaders: Ed White, (212) 799-0259, ewhite10@nyc.rr.com;  
Rick Braun, (212) 477-2575  
From: the Boathouse

Join us for a classic ride up New Jersey to West Nyack, NY and south again to Westwood, NJ. Lunch outdoors at Pascack Brook County Park. It's a pleasant ride—not too hilly. Bring lunch money, pocket food, and water bottles. Helmets required. If weather is questionable on the day of ride, check NYCC Message Board or call Ed after 7am.

**C12/13 30MI 10:30 AM FAIRFIELD FALL FOLIAGE RIDE**

Leaders: Dorothy Fong (203) 856-8620, dafong100@hotmail.com;  
Alinda Barth (212) 928-5399, ahb1@columbia.edu  
From: Westport Metro-North Station  
(take 9:07am bike train on New Haven Line from Grand Central. Call/e-mail Dorothy for driving directions.)

Enjoy the gorgeous autumn vistas of New England on this flat/rolling ride through the beautiful towns of Westport, Fairfield and Southport and along the shores of Long Island Sound. Helmet, Metro-North bike pass, bike in good condition, pumped up tires, spare tube, water required. Lunch indoor or out, depending upon weather. Rain at 8:00am cancels. If in doubt, contact leader(s). RSVP by 10/18 encouraged.

**Saturday, October 25, 2003****A19 85 MILES 8AM THROUGH THE WOODS, UP THE HILL, AND BACK BY TRAIN**

Leaders: Ed White, ewhite10@nyc.rr.com, (212) 799-0259;  
Jason Winstanley, jwinstanley@att.net, (212) 242-6744;  
Ken Wright, kennethwright@onsitewellness.org  
From: the Boathouse

Join us for a scenic fall foliage ride up Saddle River Road to Seven Lakes Drive and then up Perkins, returning by train from Garrison. 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. Check the NYCC Message Board for updates.

**A18/20+75 MILES 8:30 AM POCANTICO HILLS/MILL VALLEY/CARMEL/COLD SPRING**

Leaders: Fred Steinberg 212 787-5204, fsteinberg@nyc.rr.com;  
Timothy McCarthy timothymc@earthlink.com  
From: the Boathouse

We'll ride some well trod roads and few new ones in one last foray into Westchester and Putnam Counties before the clock falls back on us, limiting us to shorter, less challenging rides. If the colors are right the day will be unforgettable, routes 448, 100 and 301, always treats, will be spectacular. Hopefully this is the year. We should arrive in Cold Spring with sufficient time for a late lunch. We'll be riding near Metro-North all day, so we go unless it's wet at the start; there are many bailouts along the way. Bring Metro-North pass, \$\$\$ for carfare and food. Cancel conditions: rain, etc. Call Fred after 7:30 am or check NYCC BB.

**A20 64 MI 9:45 AM LAST RIDE OF THE YEAR: RIVER ROAD, BRADLEY, TWEED, ROCKLEIGH, AND 7 MORE MI**

Leader: Richard Rosenthal (bikeAdman@aol.com; (212) 371-4700).  
From: the Boathouse

It's scenic. It's untrafficked. It's challenging. And you won't be the last up the hills because we can't both be. Temperature below 48° at 9 am, count me out. I don't do cold. Rain? No. Lunch? No. Leave a few minutes after 9:45? No, and note the new starting time. Also, come prepared to vote for where we do the seven extra miles. They have to be done in honor of. . .

**B17 60 MI 9:00 AM FALL FOLIAGE RIDE SERIES GEORGE HERMAN WALKER BUSH'S AMERICA: FAIRFIELD COUNTY**

Leaders: Wayne Wright (212) 873-7103 wwright8@nyc.rr.com and Guests  
From: The Boathouse

Hilly ride thru Westchester and Fairfield counties. Spectacular foliage, spectacular real estate. More hard-packed dirt roads. Late lunch, bring plenty of pocket food. Returns via downhill schmooze to Greenwich train station. But you'll have paid your dues by then with all the climbing you did earlier. Helmets and smiles please.

**B16/17 50+/- MI 8:00 AM NYACK (WHAT ELSE?)**

Leaders: Catherine Brown 917-679-6541 catherine.brown@pfizer.com and Margot Montaquila mmoo7us@yahoo.com  
From: the Boathouse

Join us for a beautiful Fall ride to Nyack. Rain (only whisper the word) cancels.

**C12 35 MILES 8:23 AM BELFORD JOURNEY**

Leaders: Alfredo Garcia (212-802-2441) and Seth Asher.  
From: Chelsea Piers (22nd St. & 12th Ave.)

Let's gallivant to the Jersey Bayshore on this boat-bike-boat run. Take gam NY Waterway ferry to Belford, NJ. Ride to the Henry Hudson Rail Trail, a 10-mile greenway that was once a train route. Visit pleasant towns, such as Aberdeen, Keansburg and Pt.. Monmouth. See 9 wooden bridges and maybe a red caboose. Possible ice cream & bike shop run in Atlantic Highlands. Bring \$24 round trip fare, a camera, a Hagstrom Monmouth County map (no cue sheets). Co-listed with the 5BBC. Wet weather at the start cancels. Note: ride also subject to cancellation if regular ferry service ceases for the season. Check the web or call leader for updates.

**Sunday, October 26, 2003  
Daylight savings time ends!****A/B/C 65/55/40 MI 7:30 AM 12TH ANNUAL CONNECTICUT SHORELINE RIDE**

Leaders: To Be Announced

From: Grand Central Terminal @ 7:30 am (Clock back—extra hour sleep)  
Join us on one of our most beautiful club rides along the rustic shoreline and rural roads of Connecticut. Bring your Metro-North Pass (or come early and buy one), money, water bottle, pocket food, appropriate apparel for the weather and a bungee or old tube to secure your bike on the train. Purchase an off-peak round-trip Metro-North ticket to New Haven, breakfast if you like and **board the bar car of the 8:07 fifteen minutes early**. You will receive maps, cue sheets and ride information on the train. Once we arrive in New Haven, you can join an A, B or C ride or go at your own pace to our usual picnic spot at Guildford Green. Be back at the station by 3:30 PM for the 3:55 train. Money will be collected (approximately \$7.00) for Pepe's famous pizza and beverages which will be delivered to the station for the train ride back to New York. We expect to arrive in GCT at 5:40 pm and will try to arrange group rides home from the terminal. There is no rain date. We have always gone riding. For more information contact Gary McGraime: garynycc@aol.com.

**A20 60 MI 8:30 AM WESTCHESTER COUNTY EXPRESS**

Leader: Hajo Thiele (914) 833 1456 (evenings) info@majorcycling.com  
From: Larchmont train station

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

**A17/18/19 40 MI 9:00AM\* AUDAX LEADER  
TRAINING RIDES**

Leader: Karl Dittebrandt 212 477 1690 [kdittebrandt@nyc.rr.com](mailto:kdittebrandt@nyc.rr.com)

\*From: NJ side GWB

Learn to lead a group of riders in a double pace line at a steady pace up hill and down for 40 miles. The Audax method is a time proven safe way of doing long-distance rides. NYCC and Audax New York City for PBP (Paris-Brest-Paris) in 2003 had a 100% finish rate. Next year we will be doing an Audax section on BMB (Boston-Montreal-Boston) for the first time.

Join us if this is of interest to you or if you just want to work on your skills

**C12 35 MI 8:30 AM MANHATTAN PERIMETER,  
VERSION 2**

Leader: Alfredo Garcia (212 802-2441)

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

Let's take Manhattan—her waterfront greenways, that is, with a few busy streets and stairs. Imagine a Circle Line cruise except bikes are used. Itinerary for starters: the Battery, Fulton Fish Market, East River Park, Stuyvesant Cove, East River Walk, John Finley Walk and Carl Schurz Park. After a few curves, we'll make our way to the newly opened Harlem River Greenway. It will be pleasant once we gallop west to the Hudson River Greenway—Inspiration Point, Little Red Lighthouse, Ft. Washington Park, Riverside Park, Riverside Park South and back to Chelsea Piers. Bring a sturdy bike and verve that can take the urban rigors. Bring lunch or deli \$ to eat @ Inwood Park. Bring a camera for photographic memories. Wet weather at the start cancels. Co-listed with the 5BBC.

**C12/13 35-40 MI 9:00AM FALL CLASSIC TO  
LITTLE FALLS**

Leader: Maggie Clarke 212-567-8272; [mclarke@hunter.cuny.edu](mailto:mclarke@hunter.cuny.edu)

From: Greeley Square, Manhattan (32nd St. between Broadway and Sixth Avenue)—street level.

Let's venture into Essex and Passaic Counties in NJ on one of Irv's very pretty routes through Branch Brook Park, Cherry Blossomland, and through the beautiful estates of the Montclairs to Little Falls - at the height of the fall colors. If we have the interest and time, we can go as far as the Paterson Falls (the Niagara of NJ). Lunch indoors or outdoors depending on weather. Bring money for the PATH train 2 ways. Helmets are required; also please bring group riding skills. Cancellation: Excessive wind conditions, expected temps below 40 degrees at the start, or 50% chance of precipitation. Call Maggie after 7:30 am if in doubt.

## Special Events

### Friday October 17

#### AN EVENING AT THE MET

Spend an evening at the Metropolitan Museum of Art with your fellow club members.

Meet at the information booth at 6:15 pm. We will take the museum highlights tour starting at 6:30 pm or tour the museum in small groups.

The museum is open until 9 pm.

\$12.00 suggested admission

For more information on upcoming exhibits see [www.metmuseum.org](http://www.metmuseum.org)

## Out of Bounds

### Sunday, October 5

#### STATEN ISLAND BICYCLING ASSOCIATION PUMPKIN PATCH PEDAL

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>

### Sunday, October 19

#### C 25-40 MI 8:15-10 AM TOUR DE BRONX

From: Various start points

Bicyclists love the Bronx. The Tour de Bronx loves them back. Tour de Bronx is FREE! Register Online Today! Lunch & power snacks are on us! Festival & Jazz Concert.

To register over the phone or for more info, call the Bronx Tourism Council: (718) 590-BRONX or visit <http://www.TourdeBronx.org>. Rain date: Sun, 10/26.

**Remember: The upcoming monthly club meeting will be your second and last opportunity to nominate candidates for NYCC office for 2004. Your ballot will come in the November Bulletin.**

## Come to the NYCC Monthly Meeting Tuesday, October 14 Focus on Nutrition

**Lisa Zucker** is going to give us pointers on nutrition and supplements, in the hope of separating fact from fiction. Her presentation will focus on ergogenic supplements, that is, supplements that claim to give us a performance edge or promote weight loss. Lisa will also review the more popular supplements and help educate us on making informed decisions about supplements.

Lisa is a club member and nutritionist, currently with a private practice specializing in endurance athletes.

So please join us on Tuesday, October 14 at

**Annie Moore's Pub and Restuarant**

50 E. 43rd St

(west of GCT between Madison & Vanderbilt Ave.)

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

Buffet dinner includes chicken marsala, pasta primavera, shepherd'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 pm.

# Mt. Washington Hillclimb

## August 16, 2003

By Hank Schiffman

Mt Washington sits in eastern New Hampshire near the Maine border, some 380 miles from New York City by car. Each year during the summer there is an annual car race, a foot race and a bike race. The times of the Climb to the Clouds, as the foot race is called, are just a little longer than the times of the bike race. This is because the 12.7% average grade of the 7.6 miles is just shy of the crossover point in which the mechanical advantage of the bicycle is offset by its weight. But, due to this extreme angle, runners tend to severely stretch their Achilles tendons, making for uncomfortable going. Cyclists have a problem of gearing which, when correctly configured, allows the well-conditioned rider the opportunity to partake in an ascent which is like no other in this part of the world. The 4700' rise takes you from summer to the arctic equivalent of summer. The base temperature this year was 78 - 80 degrees with mild winds at the start but the top 2 miles were shrouded in fog and the summit had 40 mph winds, gusting to over 60 and 54 degrees. For the record, the highest wind speed recorded on our planet was at the top, and the all time record high temperature was a mere 72 degrees. The top 2000 vertical feet are above the tree line, exposed to the elements.

I had prior knowledge of the summit conditions via The Weather Channel in my motel room so, in addition to my Summer riding outfit I wore Winter socks, Winter gloves and arm warmers which I bunched up at my wrists. At the starting position for the 4th and final wave (the juniors, old timers and tandems), I appeared the only overdressed rider. And, as it turned out, I was. Perhaps next time I'll consult a wind chill chart. After the short sprint across the valley floor the grade is 12.5% and all you hear are gears clicking and heavy breathing. My heart rate quickly

climbed above my lactate threshold. John Zenkus, who closely

studies this event, has concluded that this is basically an aerobic effort. So for most of us mortals being above your LT for the entire race will cause you to blow up. By mile 3 I was still over the LT line and worrying that perhaps my gloves and arm warmers were creating a cooling problem. But all those many hill repeats of Alpine and Bear Mtn were paying off in that I was quite comfortable. And this is the thing: balancing comfort with performance. If you go slowly enough and you are conditioned you will not suffer but you will probably not get a good time. And if you push yourself you will be knocking on the door of a fast time but might blow up and finish with a poor showing. Doing hill repeats will make the event easier but aerobic training will allow you to push closer to your limits short of failure.

Some ways up the road I lost concentration and almost crashed into a ditch. The steepness is deceptive when you are in a rhythm: veering too much can result in a fall. After a while, I could see the distinctive 16% half mile hard pack section above and off to the left. The speed of the riders drops so much that the appearance is one of a line of stationary cyclists. No guard rail against the few thousand foot drop to the left would normally be unsettling but there was no real wind and the speed was so slow riders don't get unnerved. Soon the fog socked in and the wind turned up. Now the mountain transcended just another steep hill repeat. At first a cross wind blew from right to left. Just holding the bike down and in control took a lot of concentration. In the fog I was alone for minutes at a time. I came upon a rider ahead as his figure emerged out of the white. And all of a sudden he was down, blown over by the wind: I crouched even lower. Then the road turned to the left up a steep grade. The tailwind gave me a lift. But with each turn and gust I found myself trying to balance the sum of the forces and left wondering what

was next. The problem of the final 22% 'S' pitch hung in the back of my mind. Surely the officials would have us get off our bikes and walk to the finish line. Between following the turning road, the wind and the pitch, the chances of getting hurt seemed very real. But for the present the winds would blow every which way as the road turned to climb to the top. When the wind blew on my nose the bike would slow to 3 mph. I was turning my back to play the wind as much as I could. And the moving cooler air helped to bring my heart rate back down to the 140s, below my LT. I found myself among other riders and we each tried to best the others. The bike responded unpredictably in the winds with the added effort. And out of the white came the pulse of strobe lights, announcing the final pitch. The road was wet from the fog. People were cheering but only a few were visible through the thick fog. And now the ride was to the finish line. On the last turn one of the riders passed me. I could hear him breathing heavily as he pulled in front. The finish line sat not more than 50 feet ahead. I gave it a final surge and blew by him; with all the chaos going on around me it was still a race. And it was over.

The turnout of NYCC members were low for this year's event as the Great Blackout was still in effect the day before, making escape from the city a logistical problem. John Zenkus and Greg Cohen lost contact with each other. John would not leave without Greg so they both missed the race. Paul Spraos was blown off his bike twice. The second time was at the base of the final pitch (as happened to the first female finisher) and he walked his machine to the line. But the real winner was Christopher Chaput who broke 1:17, crossing the sub 1:20 Top Notch barrier.

If you plan on doing this event next year, plan on registering early online, probably the end of January or the beginning of February. The registration fee will probably be \$200 - \$300 but proceeds go to a charity organization. Go to [www.tinmtn.org](http://www.tinmtn.org) for more.

### JULIE LOBBIA BIKE LANE DEDICATED

On Friday, August 22, 2003, at the start of rush hour traffic, the J.A. Lobbia Bike Lane was opened on the northwest corner of 33rd St. Sixth Avenue. Many family, relatives and friends came to the understated ceremony.

Ms. Lobbia was a distinguished Village Voice correspondent, who wrote on housing issues as well as the High Line railroad and cycling in the Big Apple. She was also an A-SIG graduate,



and led a ride called "Beauty and The Bronx" with fellow A-SIG graduate and journalist Andrea Kannapell. Ms. Lobbia passed away from cancer in 2001.

This humble bike lane covers only a block. It is believed to be the first New York City bike lane to be named after a cyclist. Please go see Julie's unique bike space when you get the chance. She was one of us.

Alfredo Garcia

### Attention All Female Cyclists and Runners:

Does prolonged or frequent bicycle riding cause neurological deficits or impair your sexual function?

If you are a female cyclist or runner, you may be eligible to participate in a clinical research study of the effects of bicycle riding and seat designs on female neurological and sexual health. All women completing the study will receive \$50 compensation for their time and participation. Runners will be used for our control group.

Estimated participation time is approximately two hours. Participation is confidential.

For more information please contact: Marsha K. Guess, MD or Kathleen Connell, MD or Andrea Wang, MD  
Montefiore Medical Center/The Albert Einstein College of Medicine  
Department of Obstetrics and Gynecology  
718.920.2220 or 718.920.5339  
[mguess@montefiore.org](mailto:mguess@montefiore.org)



This past month was a big one for NYCCer accomplishments, so we thought we'd begin with some well-deserved congratulations. Kudos to club members **Annaline Dinkelmann, Robert Dinkelmann, Alex Bekkerman** and **Margot Montaquila** for successfully completing the entire Paris-Brest-Paris 1200km course in the allotted 90 hours. For those unfamiliar with PBP, it's considered the olympics of amateur long-distance cycling and finishing in regulation time is quite a feat. Also, job well done to **Bill Strachan, Diane Goodwin** and all the other club members who qualified for this year's PBP. A lot of hours in the saddle are required just to qualify and anyone who makes it to the start deserves hearty congratulations.

After all those continuous hours it seems **Alex Bekkerman** needed a break from his bike, but he didn't want to be away from his NYCC buddies for too long. So what did he do? Donned his bike clothes, grabbed his helmet and—his *scooter*, and away he went to join the next C ride he could find. Alex scooted all the way to Oradell and back staying right in the pack, hills and all. If Alex has his way, we may all be members of the NYC&SC before long.

At the Mt. Washington Hillclimb on August 16, we hear **Chris Chaput** kicked out the jams and blasted into the Top Notch category. He did it in 1:16:46 which was 19 out of 93 in the men's 20–34 category and 65 out of 549 overall. As if climbing for 7.6 miles at an average grade of 12.7% wasn't enough, the wind was blowing at 40 mph at the top with gusts of over 65. And if that wasn't enough, the top 2 miles were shrouded in fog.

While the Mt. Washington Hillclimb is a test of climbing prowess and intestinal fortitude, there are other qualities that were in evidence surrounding this year's event. Super climber **John Zenkus** trained most likely since the day after last year's Mt. Washington Hillclimb. He

had planned to drive up with fellow club member and super climber **Greg Cohen**. Apparently, because of the blackout in the days preceding the race, John couldn't reach Greg to hook up for the trip. John could've gone without Greg but didn't out of friendship and loyalty, thus proving definitively, there's more to life than testing your quads.

We hear **Rich Ramon** will do almost anything to get his training in. In Early August he knew he had to get those miles in

somehow—looming on the horizon just a month away was **Pieter Maessen's** fearsome tour of the Dolomites (also headed there: **Midori Nakamura, David Estrada, Doug Parent, David Makuen and Timothy McCarthy**). When the weather report forecasts thunder showers all weekend what's a poor boy to do? Twenty-two laps of Prospect Park. Richard was never more than 5 minutes from home. 3.35 miles per lap times 22 equals 67 miles!

Tune in next month, we're hoping to have a special Dolomites edition of Road Dirt with all the news from our wandering club mates.

What do you do if there's a crash on your ride where those involved are not seriously hurt and their bikes are rideable? Make sure your route passes by the North Salem Volunteer Ambulance Corp, of course! **Brian Stockmaster** and **Eva Wirth** were both scraped up but doing fine after

they each skidded out on a wet road during a winding descent on the August 9th Deepest Westchester B ride. The incident occurred in a fairly remote spot. After seeing that Brian and Eva were okay to ride, the group proceeded on the route in search of civilization. Sure enough, one of the first non-residential buildings they passed was the North Salem Volunteer Ambulance Corp station on Route 22, just west of the Titicus Reservoir. The volunteers on hand that day quickly attended to the wounds of the two crashees. Oh, and did we mention that the NSVAC building was only about 200 yards from the Purdys Metro-North station?

The August all-class ride was yet another rousing success, no help from the weather forecasters thank you. Once again, they predicted rain and everyone seemed to have a different plan. **Robert Gray** suggested postponing the ride, further confusing people since a note posted on the message board by the organizer indicated rides would leave on time. Despite it all, about eighty people rode and had a wonderful lunch at the end, all brilliantly organized by our special events coordinator, the bruised but resilient **Eva Wirth**. Because of the predicted rain and all the confusion however, Eva had quite a few sandwiches left over. Rather than let them go to waste, she stood in Fort Tryon park and offered the food to passersby. Who should pass by but a woman who runs a program for underprivileged children in Queens. She took the food for them and exchanged information for possible future collaborations with Eva. Talk about fortuitous timing and worthwhile donations!!

If you liked this month's column, help make next month's column just as good. If you didn't like this month's column, help make next month's column better. Send your dirt to: [Roaddirt@nycc.org](mailto:Roaddirt@nycc.org). Remember, it doesn't have to be dirty to be Road Dirt.

★★★★★

# ROAD DIRT

Send tips to: [roaddirt@nycc.org](mailto:roaddirt@nycc.org)

## Bouquets & Brickbats... Selected Letters to the Bulletin EMAIL ETIQUETTE

It's fun to learn of the exploits of friends, and email is a great way of publishing your prose. But it can also be a way of disseminating lists of email addresses to people who may use them in objectionable ways. When you "Carbon copy," or "Cc," an email, ALL of the addresses it has been sent to are displayed to ALL of the recipients. When you hit "Reply to All," your reply goes out to every last one of them.

Please be considerate to your fellow members when sending emails.

By using the Bcc, or "Blind carbon copy" option only the address in the "To:" box is displayed. This

prevents your own private list from being seen by all the recipients, and from getting in the hands of someone you may not wish to have it.

Similarly, in replying, use only "Reply," NEVER "Reply to All," unless you **really** want everyone to receive your reply.

*Caryl Baron  
August 28, 2003*

*This note was received after a particularly heated exchange of emails on the thread "Seeking C-Ride Leaders for October." The recriminations flew thick and fast—and into the mailboxes of innocent bystanders. —Ed.*

## Halloween Quiz— Where Did You Pass This Plot?



The first person to correctly identify the location of this small burial ground will be named in the letters column of next month's *Bulletin*.

Club members who don't know where this place is should slow down and learn to enjoy the scenery a bit more. —Ed.

## Re-Cycling

Two cycling-related classified ads (of up to 6 lines) per member per year are free. Additional ads cost \$1.00 per 50-character line. Please send classified listings to the Bulletin Editor, [bulletineditor@nycc.org](mailto:bulletineditor@nycc.org). Mac compatible disk or email is required. Listings will run for one month unless otherwise specified.

**FOR SALE:** No members offered anything for sale this month.

**WANTED:** No members wanted anything this month.

**QUESTION:** Does the club membership know that one of the benefits of NYCC membership is running two ads in this column every year?

## Please read this before your first club ride:

**NYCC RIDES** are led by volunteer leaders who plan the route and maintain the listed speed (e.g. B15 = B level at a 15 mph cruising speed — see charts). Our rides are described by pace and style because it's more fun when the group is of similar ability. We ride for fun, fitness, and food.

**RIDE LEVEL** indicates the type of riding. See chart at right. **CRUISING SPEED** indicates the ride's speed on flat terrain. **AVERAGE RIDING SPEED** over rolling terrain is 3 mph less than cruising speed. This will vary plus or minus 1 mph, according to terrain. **OVERALL SPEED**, including all rest and food stops, is about 3 mph less than average riding speed.

**SELF-TEST:** Assess your personal cruising speed by riding 4 laps (24.08 miles) around Central Park at a comfortable pace and matching your time with the chart. NOTE: Riding fewer than 4 laps will give you a false assessment.

**YOUR FIRST NYCC RIDE:** Be conservative. Choose a ride easier and shorter than you think you can ultimately handle. You won't enjoy struggling to keep up with a ride that's too fast for you, nor will the group enjoy waiting for you. It's a good idea to call the leader a day or so before the ride, and introduce yourself when signing up at the start.

**BEFORE ANY RIDE:** Check that your bike is in good riding condition: brakes and derailleurs working well, tires pumped to the pressure specified on the sidewall. Eat a nutritious breakfast.

**BRING:** spare tube, tire levers, patch kit, pump, water, snacks, money, medical ID, emergency phone numbers. **We also suggest:** lock, railroad pass. Leaders may specify other items in their ride listings.

**BIKE PASSES** are always required on Metro-North and the LIRR. Bike passes good for both Metro-North and the LIRR are available at Window 27 at Grand Central or any window at Penn Station or by calling (212) 499-4394 or (718) 558-8228 or by visiting <http://www.mta.nyc.ny.us/lirr/pubs/bicyclep.htm> for a printable application form to mail in.

**BIKE TRAINS:** On Saturdays and Sundays, Metro-North has scheduled specific trains to and from Grand Central Station to accommodate large groups of cyclists. Bike trains are indicated by a bicycle symbol on the printed Metro-North timetables. Schedules change frequently. Visit <http://www.mta.nyc.ny.us/mnr> for the latest schedule.

*There are no Bike Trains on holidays. Refer to roster for restrictions which apply at other times.*

The following schedule is the most current available:

FROM GCT	ARRIVES AT/FROM	DEPARTS	ARRIVES GCT
7:53 AM (HUDSON LINE)	9:49 AM POUGHKEEPSIE	3:38 PM	5:27 PM
8:53 AM (HUDSON LINE)	10:46 AM POUGHKEEPSIE	4:33 PM	6:27 PM
	POUGHKEEPSIE	5:33 PM	7:19 PM
	POUGHKEEPSIE	6:33 PM	8:24 PM
7:49 AM (HARLEM LINE)	9:20 AM BREWSTER NORTH	5:09 PM	6:38 PM
8:48 AM (HARLEM LINE)	10:20 AM BREWSTER NORTH	6:09 PM	7:37 PM
	BREWSTER NORTH	7:09 PM	8:37 PM
	BREWSTER NORTH	8:09 PM	9:37 PM
8:07 AM (NEW HAVEN LINE)	9:52 AM NEW HAVEN	3:55 PM	5:40 PM
9:07 AM (NEW HAVEN LINE)	10:20 AM NEW HAVEN	4:55 PM	6:40 PM
	NEW HAVEN	5:59 PM	7:40 PM
	NEW HAVEN	6:59 PM	8:40 PM

*Please Note:* Metro-North requires prior notice for large groups (16 or more) on scheduled Bike Trains and groups of three or more cyclists on a regular service 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](mailto:gkaplan4@nyc.rr.com). He will manage all the details but he can not do it on a piecemeal, last-minute basis.

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

CRUISING SPEED	CENTRAL PARK SELF TEST FOUR LAP TIME
22+ MPH	1:10 OR LESS
21	1:10 TO 1:13
20	1:13 TO 1:16
19	1:16 TO 1:20
18	1:20 TO 1:25
17	1:25 TO 1:30
16	1:30 TO 1:38
15	1:38 TO 1:48
14	1:48 TO 2:00
13	2:00 TO 2:14
12	2:14 TO 2:30
11	2:30 TO 2:50

**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 or [nyarchitect@msn.com](mailto:nyarchitect@msn.com)

**B-Rides:** Stan Oldak, (212) 945-9801 or [stanOnyc@aol.com](mailto:stanOnyc@aol.com)

**C-Rides:** Isaac Brumer, (212) 593-0986 or [isaacbrumer@hotmail.com](mailto: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.

## Meeting Minutes

### Board of Directors September 2, 2003

The meeting was called to order at 6:50. In attendance were Tom Laskey, Fred Steinberg, Eva Wirth, Eileen Crowley, Marty Wolf, Carol Waaser, Isaac Brumer, Stan Oldak, and David Hallerman. Also Tim McCarthy and Peter O'Reilly. Not present: Robert Gray, Deborah Bennett, Ludwig Vogel

**Membership Report:** Bob Cowin will be taking over management of the database. Marty reported that the problems with ENY registration joins have been straightened out.

**Bulletin:** Ludwig Vogel will be the new editor for the rest of this year. The deadlines will go back to the old deadlines: 2nd Tuesday of the month for all articles and for rides to be submitted to ride coordinators. Ride coordinators will get listings to VP Rides by the Friday. Fred will

confirm schedule with Ludwig. Sense of the meeting that we should scale back the paper bulletin to about 12 pages and not worry about finding filler articles. When interesting articles come along, they can be published. Can put extra articles (and links to others) on the website. Question was raised about offering some monetary incentive to members for not getting the paper bulletin. More discussion on this will take place at the October meeting.

**Website:** 1.) Tim and Peter will be introducing a new on-line ride submission program. It will also keep a history of each leaders rides and will be a tool for the rides coordinators. All were impressed with this new feature. 2.) It was decided for the web based ride listings to merge the weekend recurring rides into the regular weekend rides, so someone looking for a ride on a particular Saturday or Sunday will see all rides for that day. 3.) Slow progress is being made on the ride library, but it will now have a high priority.

**Special Events:** There will be an evening at the Metropolitan Museum in October and a Bowling event in November. The Holiday Party is scheduled for December 8 and will have live music. The club will put in some money for the party in order to keep the ticket price the same as last year. Maximum amount will be decided at next Board meeting.

**Miscellaneous:** 1.) Elections are coming up - anyone not choosing to run for their position again should notify Tom. We also need to think about the LAB volunteer of the year. 2.) Carol inquired as to whether we could get more business cards—they're a handy way to spread the word about the club. Tom will look into it. Stan knows a printer who does business cards.

The next Board meeting will be October 7, 2003  
The meeting was adjourned at 8:20 p.m.

Respectfully submitted,  
Carol Waaser  
Secretary

Enjoy the privileges of NYCC membership!



**2003 MEMBERSHIP APPLICATION / RENEWAL / CHANGE OF ADDRESS**

In consideration of being permitted to participate in any way in New York Cycle Club ("Club") sponsored Bicycling Activities ("Activity") I for myself, my personal representatives, assigns, heirs, and next of kin: 1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately cease further participation in the Activity. 2. FULLY UNDERSTAND that (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these risks and dangers may be caused by my own actions, or inactions, the action or inaction of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time, and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS AND DAMAGES I incur as a result of my participation in the Activity. 3. HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE the Club, the LAB, their respective administrators, directors, agents and 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.

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Make check payable to New York Cycle Club  
 You may also register on line at active.com:  
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**Conrad's Bike Shop**

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**Cycle Paths**

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

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**YOUR CHANCE TO GET NYCC "LIBERTY" ADDED TO YOUR MAIL IS ABOUT TO END. YOUR CHANCE TO GET THE EXTENDED 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.

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

LONG SLEEVE...\$60/\$80  
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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.

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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,



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