

November 2003

NYCC Bulletin[™]

**November 11:
NYCC General Election
Ballot and Information, p. 10-14**

**December 8
Holiday Party**
(Signup & Info, p. 16)

November Opportunities

It's election time here in NYCCville. You'll find our 2004 ballot in this issue. As most of you know, yours truly is stepping down. Our by-laws contain a three year term limit for the office of president and by the end of 2003 I will have served three years. I am officially lame. The good news is that we have two candidates interested in being my successor. We also have a contested election for the office of Secretary as well. And if all that weren't enough there are three ballot propositions. Those who follow the club Message Board may have noticed a little talk about whether the bulletin should continue to be delivered on paper. Well, there will be no vote about that specifically, the paper bulletin is here to stay for the foreseeable future. What you will find on the ballot is a question about offering members a \$5.00 discount if they elect to receive only the electronic bulletin. We are offering this as a one year test that will be evaluated by the board at the end of 2004. The basic dues, however will not change. They will remain \$24 with a \$3.00 discount for on-line renewals. You can vote by mail, on-line or in person at the November meeting. Check out the ballot for the complete details and instructions.

It's really important that all members vote. In past years, our voter turnout has ranged from poor to miserable, rarely achieving even close to 5% of membership. This year, there is too much at stake not to vote. **Be sure your voice is heard.**

As a grand finale to a great term of office, our outgoing Special Events Coordinator, Eva Wirth, who has done such a great job for the last two years, has planned a really great time for us in November. Like cycling, it involves something that rolls. Also like cycling, you need special shoes. Unlike biking, there is no need to wear a helmet. Yes, it's bowling. When was the last time you bowled? For me it was a couple of years ago and man did I have fun. The date is Saturday, November 15th. Look for all the details in this issue, on our website and in the weekly email announcements. This promises to be a really great time!!

As a grand, grand finale, Eva has once again booked St. Maggie's Café for our annual Holiday Party. We're going to have a larger space this year because of the addition of—drum roll please—**live music!!!** Yes, I've been promising dancing for the last two years and it's never happened. This year, not only will there be dancing, there will be live music supplied by George Gilmore and the Giblets. What's that you say? You've never heard of them? They're a collection of seasoned New York club scene veterans who've played everywhere from CBGB's to the Beacon Theatre and with bands as diverse as Blessed Union of Souls, The Edgar Winter Band, The Individuals, The Microscopic Septet, you name it! These guys played at my wedding and I can tell you, they rock!! Do not wait to make your reservation, we cannot guarantee that there will be space left by the day of the party. You may not be able to get in at the door as in some years past. The date is **Monday, December 8th**. Look for details in all the usual places. Be there or literally, be square.

—Tom Laskey



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Please include your name and full address in your message.

Mailing Services: Thanks to our Mailing Party volunteers. E-MAIL George Kaplan at gkaplan4@nyc.rr.com to volunteer for the next issue.

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Submissions:

E-MAIL: bulletineditor@nyc.org
Submit copy via e-mail or Zip disk 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.

A NOTE FROM THE EDITOR:

Thanks for all the article submissions so far, and special thanks for all the pictures. Keep those stories and pictures coming!

The inclement weather made for a relative paucity of usable images from the last ENY. Perhaps we will have better luck next year.

This month's cover was Gary McGraine leading off a group of C riders at the start of the last ENY.

Alas, I didn't get any images from Phoenicia that could print bigger than a large postage stamp.

Kudos to Hank Schiffman, who identified the Halloween Quiz location: it's the small burial plot about a hundred feet south of the entrance to the Undercliff area in Palisades Interstate Park.

If anyone out there would like to help produce the Bulletin, I would be much obliged for the services of a proofreader. Any volunteers?

—Ludwig Vogel

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.



November Recurring Rides

Every Wednesday

A20+/- 52+/- MI 10 AM WEDNESDAY MORNING SPIN

Leader: Jeff "El Jefe" Vogel (718)275-6978, CPACycles@aol.com
From: the Boathouse

Join us for a quick spin to Nyack. 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.

Saturday, November 1

A19 103 MI 8:00 AM ORANGE COUNTY

Leaders: Bill Moss, (917) 974-3400, billmossnola@hotmail.com;
Mai Yee (917) 991-4279, mai_yee_2000@yahoo.com
From: the Boathouse—Return via Metro North (Beacon)

This may be our last chance for a long ride this season, so why not make it one that's both challenging and beautiful? We'll explore the other side of Harriman State Park, packing in country roads and a whole panoply of hills: steep (Little Tor), long and gradual (Gate Hill), and rolling (Sugar Loaf and a series of nameless mini hills), going through the towns of Tuxedo, Goshen and Washingtonville, to finish at the Metro North station in Beacon (don't forget your bike pass!). To maintain the pace and pull off the mileage, we'll keep stops brief and infrequent, so be sure to bring plenty of pocket food and liquids, as well as the usual: helmet, spare tubes, a well-maintained bike and friendly disposition. Cancel conditions: Rain, temps below 32° or winds over 25 mph (postponement to Sunday is a possibility). If in doubt, call a leader before 7:00 am or check the NYCC message board.

B16 50+/- MI 9:30 AM CHOOSE A LEADER, CHOOSE A DESTINATION

Leader: TBA
From: the Boathouse

Meet at the boathouse, choose a leader, choose a destination and have a great ride.

SURVEY — Why don't you attend club meetings? Please respond to gkaplan4@nyc.rr.com, in complete confidence. I will tabulate and post results on web and in next bulletin. Thank you. —Geo Carl Kaplan

Sunday, November 2

A-19 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.

A18/19 40 TO 75 MI 9:30 AM BACK ROADS TO NYACK

Leader: John Bundy, jkbundy@prodigy.net
From: the Boathouse

Join me for my late season training ride for 40 to 75 miles depending on weather and time constraints. This ride gets you out and back with time left to meet commitments later in the day. We take the back roads out to Piermont/Nyack; make a brief stop at either the Runcible Spoon or the Runcible Spoon Too and ride 9W or 501 back to the City. Pace line skills required; amicability appreciated. Helmets a must.

B16 50 +/- MI 9:30 AM CHOOSE A LEADER, CHOOSE A DESTINATION

Leader: TBA
From: the Boathouse

Meet at the boathouse, choose a leader, choose a destination and have a great ride.

C13 22 MI +/- 9:00 AM NYC MARATHON

Leader: Peter O'Reilly ptor@prodigy.net
From: Meet in front of Dunkin Donuts, nearby south subway entrance.
Laststop, R train, 95th St, Brooklyn

As the title implies this is a ride along the NYC marathon course just hours before the race. Expect to ride through various ethnic neighborhoods along balloon lined streets with little or no traffic while listening to bands warming up. All in all it is a very festive atmosphere. The ride will be non-stop at a very leisure "see" ride pace. The only hills are the bridge crossings. The ride will end near the race's Central Park finish line at Columbus Circle, 59th Street. Riders of all abilities welcome. Please budget travel time accordingly to arrive for a prompt start. If you are running late, you may catch the group en route on 4th Avenue in Brooklyn. If the weather forecast is questionable (temp below 40 or wet weather) consult the club message board for an update.

Saturday, November 8

A25+ 70-83 MI 8:10 AM GIMBELS

Leaders: Jeff Vogel (718) 275-6978 CPACycles@aol.com and
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.

A17 55 MI 8:45 AM CHRISTMAS BAZAAR AT ST. PAUL'S

Leader: Marty Wolf (212) 935-1460

From: the Boathouse

The goal is to reach St. Paul's in New City before the best handmade ornaments and gifts have been sold out. Church lunch of soup, sandwiches and home-made desserts. Bring a small knapsack or large musette bag for your purchases. Note: we leave at 8:45am sharp!

B15 40+/- MI 9:00 AM WESTCHESTER BRUNCH

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

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

Season is winding down, so lets back off on the miles & have brunch! Route is scenic hilly ramble from Van Courtland Pk. to Pocantico Hills horse country with lots to look at. We will brunch @ Horseman diner or at Gourmet Deli. Bring a smile & brunch \$. Wet roads, prediction of precipitation or 7:30 am temp. of less than 35 degrees cancels. If in doubt check message board.

Sunday, November 9

A20 65 MI 9:00 AM SWIFT AND PLEASANT RIDE TO PLEASANTVILLE AND BACK

Leaders: Jason Winstanley, jwinstanley@att.net, (212) 242-6744;

Ed White, ewhite10@nyc.rr.com, (212) 799-0259;

Steve Dwek, Stevedwek@aol.com, (212) 677-2499

From: The Boathouse

How could you go wrong with a destination like this? We will keep close to the trains so you can bail out if you want or if the weather threatens. You will not get too cold because we will stop and get warm if necessary. The natives will be speaking English and the scenery will be terrific. There is actually nothing to worry about at all.

A18/19 80+/- MI 8:30 AM ALL POINTS WEST EXCEPT THE END

Leaders: Anthony Donato, (212) 923-5924, NYC181@aol.com;

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

From: NJ Side of the GW Bridge Bike Path

Saddle River Rd/Seven Lakes Pkwy/Bear Mtn /West Point/Old Storm King Hwy/Shore Rd/Newburgh/Beacon/Cold Spring—Our last ride for the year & we hope to see you on the road next year. This is our yearly trek to the Hudson Valley area under a fall foliage canopy. An optional climb at Perkins Memorial Drive will be decided by group consensus. You must bring a **MTA Bicycle Permit** (bailout at Beacon or Cold Spring) for our train ride home to GCT. Helmet, Spare Tubes, 2 Water Bottles, Pocket Food, \$\$ for Lunch/Train Fare, and Paceline Skills required. The usual cancels. Call us if in doubt or check the NYCC Msg. Board for any last minute cancellation.

A18/19 40-75 MI 9:30 AM BACK ROADS TO NYACK

Leader: John Bundy (jkbundy@prodigy.net)

From: the Central Park Boathouse

Join me for my late season training ride for 40 to 75 miles depending on weather and time constraints. This ride gets you out and back with time left to meet commitments later in the day. We take the back roads out to Piermont/Nyack; make a brief stop at either the Runcible Spoon or the Runcible Spoon Too and ride 9W or 501 back to the City. Paceline skills required; amicability appreciated. Helmets a must.

The NYCC isn't all just cycling. Why not try a Special Event. See page 6 for more . . .

B14/16 50/70 MI 9:00 AM CHOICES IN WESTCHESTER

Leaders: Hindy and Irving Schachter (212) 758-5738

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

All participants travel together to Scarsdale. After coffee at the Coffee Tree we break into two groups. A faster group has a longer, hillier ride going north. A slower group heads over to the Hudson and home. Rain cancels.

C14 45 MI 9:30 AM ROUNDABOUT TO NORTHVALE

Leader: Carol Waaser (212) 581-0509, biker-c@rcn.com

From: the Boathouse

We'll do a roundabout route to the Northvale Diner for a hot brunch. Shall we stop and read all the historical markers along the way? Helmets, water, \$\$ for lunch. Cancels: rain or more frozen precip, temps below 38° at 8:00 am or winds above 20 mph. If in doubt check message board or leader's answering machine at 8:00 am.

Friday, November 14

B16 60 MI 9:10/9:30 AM NYACK

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

From: 9:10 am—West Side Bike Path at Chambers Street adjacent to Stuyvesant High School. 9:30 am—72nd Street and Riverside Drive (Statue of Eleanor Roosevelt).

Nyack. Short lunch break and return.

Saturday, November 15

A19 75+/- MI 9:00 AM COLD SPRING VIA 7 LAKES DRIVE, RETURN BY METRONORTH

Leader: Hank Schiffman(212) 529-9082; hschiffman1@nyc.rr.com

From: the Boathouse

Perhaps we will be able to pull this one off. Mid-November is iffy up in the hills. So make sure your bike is reliable, you have a spare tube or two, pocket food, money for lunch and the ticket home and a Metro North rail pass. If in doubt check the NYCC Message Board.

B16/17 60+/- MI 9:00 AM MAMARONECK POST-FOLIAGE TOUR

Leaders: Marci Silverman (646) 408-4565; mhsilv@yahoo.com;

Peter "Banana Guy" Kouletsis, (917) 854-1181,

peter.kouletsis@citigroup.com), Heidi Sadowsky

From: the Boathouse

The leaves are gone but we still need to ride. Join us for a scenic trek to Mamaroneck where, depending on the weather, we'll eat lunch by the harbor or in some climate-controlled paradise. The route has some rolling hills but no killers. Plenty of bail-out options available on the way home, either Metro North or the subway. Positive attitude, helmet and social skills required. Bring water, spare tube, pocket food, all the usual stuff. MetroNorth pass and Metro card strongly advised. Cancels: rain, snow, wet roads, or temperature below 35 at 8:30 am (1010 WINS or NY1)

C15 45 MI 9:00 AM JERSEY DINER SERIES: NORTHVALE'S CLASSIC

Leaders: Alfredo Garcia (212) 802-2441 and Andrea Mercado

From: Rambles Shed (Central Park north of Boathouse)

Ride to this familiar two-wheeling feasting spot for good food. Interesting history on this Jersey Diner: it was built in 1958 as the Peacock Diner, located in the Meadowlands. In 1968, it was moved to Bergen County, to make room for Giants Stadium. New name: Northvale Diner. Twenty-three years later, it was acquired by current owner John Kontolis. He renamed it yet again as Northvale's Classic Diner. We might visit a bike shop before

heading back. Ride includes hills! Helmets required. Bring a lock, \$ for lunch. Wet weather at the start cancels. Co-listed with the 5BBC.

Sunday, November 16

A18/19 40 TO 75 MI 9:30 AM BACK ROADS TO NYACK

Leader: John Bundy, jkbundy@prodigy.net

From: the Central Park Boathouse

Join me for my late season training ride for 40 to 75 miles depending on weather and time constraints. This ride gets you out and back with time left to meet commitments later in the day. We take the back roads out to Piermont/Nyack; make a brief stop at either the Runcible Spoon or the Runcible Spoon Too and ride 9W or 501 back to the City. Pace line skills required; amicability appreciated. Helmets a must.

B16 50+/- MI 9:30 AM CHOOSE A LEADER, CHOOSE A DESTINATION

Leader: TBA

From: the Boathouse

Meet at the boathouse, choose a leader, choose a destination and have a great ride.

C13 35 MI 9:30 AM DONUTS & DUCKS

Leader: Isaac Brumer, isaacbrumer@hotmail.com, (917) 531-5303

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

A leisurely ride along the Hackensack River. Picnic in Oradell if it's nice, otherwise we'll snack indoors. Return via Demarest and the ENY route. We will be scouting a cue sheet, so be prepared for stops. Wet weather or temp below 40 cancel.

Saturday, November 22

A18 65+/- MI 9:00 AM BREWS IN BREWSTER

Leader: Fred Steinberg (212) 878-5204, fsteinberg@nyc.rr.com

From: the Boathouse

Brewster is the destination, not a bail-out this time of the year. The leaves will almost be off the trees and even familiar roads will look different. This year is the 10th anniversary of my first visit to Brewster, as good an occasion as any for some beer and Mexican food before hopping on the train back to the city. Bring: Metro North pass, \$\$\$ for food/carfare. Bad weather cancels. Check NYCC BB after 7:00 am or call leader if in doubt.

B17 55 MI 9:00 AM RIDGEWOOD

Leader: Wayne Wright, wwright8@nyc.rr.com, (212) 873-7103

From: the Boathouse

Okay it's the off-season; time to dust off the diner rides. Ridgewood, NJ, has diners. Diners have pancakes. We'll burn off the diner fare thanks to rolling hills on our way back to the city. Smiles and helmets please. Precip, wet roads or temp below 32° on NY1 at 8:00 am cancels. Call leader or check NYCC message board if in doubt.

B16 45 MI 9:30 AM WESTWOOD DINER

Leaders: Carol Waaser (212) 581-0509, biker-c@rcn.com;

Gabriella Radujko, gabffj@aol.com

From: the Boathouse

It's getting a bit chilly, so let's take a short spin out to the diner with the best pancakes around. Nothing like a good hot breakfast to cut the nip in the air! Bring all the usual stuff (helmet, water, \$\$, friendly attitude). Grounds for cancellation are rain, sleet, snow, winds above 20 mph or temps below 36° at 8:30 am. If in doubt check message board or leader's answering machine at 8:15 am.

Sunday, November 23

A18/19 40 TO 75 MI 9:30 AM BACK ROADS TO NYACK

Leader: John Bundy, jkbundy@prodigy.net

From: the Central Park Boathouse

Join me for my late season training ride for 40 to 75 miles depending on weather and time constraints. This ride gets you out and back with time left to meet commitments later in the day. We take the back roads out to Piermont/Nyack; make a brief stop at either the Runcible Spoon or the Runcible Spoon Too and ride 9W or 501 back to the City. Pace line skills required; amicability appreciated. Helmets a must.

B16 50+/- MI 9:30 AM CHOOSE A LEADER, CHOOSE A DESTINATION

Leader: TBA

From: the Boathouse

Meet at the boathouse, choose a leader, choose a destination and have a great ride.

C12 50 MI 8:30 AM PIERMONT BY KILOMETERS (19 KM/H, 80 KM)

Leaders: Alfredo Garcia (212) 802-2441,

Brian Hoberman & Ed DeFreitas (5BBC)

From: Chelsea Piers (22nd St. & 12th Ave., near Hudson River Greenway)

We'll ride to this quaint Rockland County cycling destination, visit the sights and have lunch. We will enjoy life and ride by kilometers. No talk about mileage. We will take in side trips to Trautwein Farms and the Bicycle Workshop on the way back. Check out the <http://www.science-madesimple.net/conversions.html> website or assume 1 kilometer = 0.62 miles, or 1 mile = 1.6 kilometers. Let's get with the program. Wet weather at start cancels. Helmets required. Co-listed with the 5BBC. Some hills.

Friday, November 28

A21/A18 55-65 MI 9:00 AM IRISH THANKSGIVING

Leaders: A21 - Tom "El Presidente" Laskey, (212) 961-1610,

tomoboe@mindspring.com, and

Jeff "El Jefe" Vogel, (718) 275-6978, CPACycles@aol.com;

Leaders: A18 - First Ladies, Debbie Rothschild, (212) 961-1610, and

Margaret Cipolla, (718) 275-6978

From: the Boathouse

Loosen your belts and work off yesterday's over-indulgence as you join us for the traditional Day after Thanksgiving ride to Pearl River. There will be two separate groups with possibly different routes, depending on the weather. For the A21's, be prepared for as much as 38 miles before lunch. Both groups will meet at our favorite restaurant for an Irish feast, including black pudding. You can have a turkey sandwich too if you insist. The return to the city will be shorter and flatter, and hopefully we can all ride back together. Bad weather cancels.

Saturday, November 29

A20 85 MI 9:00 AM COLD SPRING VIA WESTCHESTER

Leader: Mark Loftis, mark646@yahoo.com, (212) 866-5824

From: the Boathouse

Westchester classics including Hardscrabble, Seven Bridges, Colobough Pond, Anthony's Nose. Group discussion of option to visit Bear Mountain. Bailouts available all along the way so no reason to be concerned about the weather. Bring your train pass in any event because we are returning on the train from Cold Spring.

A17 56 MI 9:00 AM BIKE CHRISTMAS SHOPPING IN HICKSVILLE

Leader: Marty Wolf (212) 935-1460

From: Tramway Plaza, 2nd Ave and 59th St

Destination: a Christmas sale of bike "stuff" such as books, posters, Christmas cards, tee shirts, jewelry, men's ties, scale models - all bicycle related. Ride leaves at 9am sharp. Bring train pass if you wish to return by LIRR. Cue sheets provided should you wish to ride faster or slower than advertised. If it's a rainy day and you have a car and want to drive out, or should you wish to take train, call the leader and I'll match up people. B riders, please call and I'll set up a somewhat slower group for you.

C13 25 MI+/- 10:00 AM STATEN ISLAND SCOUTING RIDE

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

From: "The Sphere" in Battery Park

Feeling adventurous? Come along and help the leader scout next week's Staten Island ride. We may get a bit lost in the process, but how lost can we get on S.I.? Check the club's message board after 8:00 am if the weather is uncertain. We may then do the ride on Sunday. Real rain cancels.

Sunday, November 30**A18/19 40-75 MI 9:30 AM BACK ROADS TO NYACK**

Leader: John Bundy, jkbundy@prodigy.net

From: the Central Park Boathouse

Join me for my late season training ride for 40 to 75 miles depending on weather and time constraints. This ride gets you out and back with time left to meet commitments later in the day. We take the back roads out to Piermont/Nyack; make a brief stop at either the Runcible Spoon or the Runcible Spoon Too and ride 9W or 501 back to the City. Pace line skills required; amicability appreciated. Helmets a must.

B16 50+/- MI 9:30 AM CHOOSE A LEADER, CHOOSE A DESTINATION

Leader: TBA

From: the Boathouse

Meet at the boathouse, choose a leader, choose a destination and have a great ride.

Special Events**Saturday, November 15**

Bowling party at Leisure Time Lanes, 625 8th Avenue, Port Authority South Terminal, 7 to 9:30pm. \$25 covers bowling and shoe rental. Cash bar and food are available. Please RSVP **ASAP** to events@nycc.org. Money will be collect the evening of the event.

Out of Bounds**Saturday-Sunday, November 29-30****Richie Havens Thanksgiving Weekend Trip to Amagansett**

This trip out to the island rolls even if the weather is poor. Richie Havens is performing at The Stephen Talkhouse on Saturday, November 29th at 8:00 pm at 161 Main Street, Amagansett, (631) 267-3117, StephenTalkhouse.com. (Richie Havens performed a rousing rendition of "Freedom" at Woodstock.) Tickets are \$55 for VIP tickets, close to the stage with guaranteed seating and \$45 without guaranteed seating. If the weather is conducive, we plan to ride on Saturday, the 29th and/or Sunday, the 30th. At the present time there will be at least two groups, at A and B paces. The ride leaders are Rick Braun, Linda Wintner and Jack Lehnert. Jack will organize a car pool. Each rider must arrange his or her

own accommodations. Call one of us for suggestions, if needed. E-mail or call if you need a ride or can offer a ride, Jack Lehnert, JSL7@Georgetown.edu and (718) 884-6437; Linda Wintner, (212) 876-2798, or Rick Braun, (212) 477-2575.

Club Calendar**Tuesday, November 11**

Election of 2004 Officers, NYCC Meeting, from 6:00 pm to 9:00 pm. Annie Moore's Pub and Restaurant, 50 East 43rd Street, west of GCT between Madison and Vanderbilt Avenues. Admission between 6:00 and 8:00 pm (including dinner): \$20. Admission after 8:00 pm (program only): free. If you cannot attend, please mail in the ballot located on pages 13 and 14 of this Bulletin. **Mail ballots postmarked after November 5 will not be counted.** See rules printed on page 13.

Monday, December 8

NYCC Annual Holiday Party from 6:00 pm to 9:00 pm. Dine in elegant Victorian splendor at St. Maggie's Cafe, one of lower Manhattan's hidden jewels. Those of you who came last year know how wonderful it is. But this year, it will be even better. There will be another room, with a floor suitable for dancing, and a **live band!** The restaurant is located at 120 Wall Street near South Street and close to the #2 and #3 trains. The buffet dinner includes hors d'oeuvres; salad and bread; choice of entrée (including vegetarian); cake and coffee. A cash bar will be available. **The dinner costs \$40. We encourage you to pay in advance because space is limited.** Pay with check or cash at the October and November club meetings or by sending a check made out to NYCC to Eva Wirth, 23 Waverly Place #6J, New York NY 10003, or pay on line via active.com by visiting http://www.active.com/event_detail.cfm?event_id=1090644.

Get Stronger, Faster. . . Better!

Had a good cycling season?

Have a better one next year!

- Training programs
- 1 on 1 coaching
- Strength/Conditioning
- Biomechanical assessments
- Bike/cleat fittings

Rick Prince

- B.S. Exercise Physiology
- Certified Cycling Coach
- Certified Personal Trainer
- 14 years racing experience

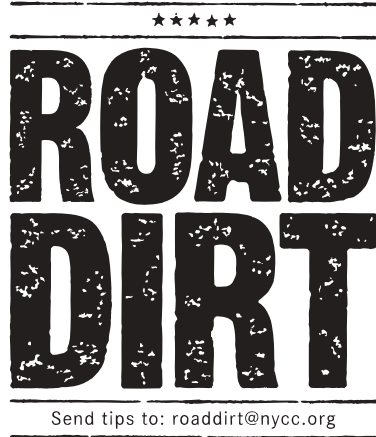
For more information or references contact Rick at:

Phone: (212) 217-0629

E-Mail: endurancediagnostix@yahoo.com

- NYCC members get discount

This month's column begins with some corrections and addenda. Last month we reported on those intrepid Club members who trained amazingly and traveled across the Atlantic to ride the 1200K of Paris-Brest-Paris. In that story, we referred to **Alex Bekkerman** as a current club member. In fact, Alex is a past member. I guess that just demonstrated our hope that he will return to us soon. We also told you about **Diane Goodwin**, who trained, went to Paris, but did not finish. According to our membership director and four-time P-B-P finisher **Marty Wolf**, Diane, who was Bulletin editor earlier this year, is not a current NYCC member either. Road Dirt wonders, how did she get away with that by-laws violation?



Here are the P-B-P stories we left out of last month. First, two club members who finished, **John Hsu** and **Paul Schaye**, were inadvertently omitted. Heartiest congratulations to both.

P-B-P Finisher **Annaline Dinkelmann** reports some other good tales from the front:

At the top of Roc Trevezel, the highest point in P-B-P, **Margot Montaquila** was receiving a backrub from **George Gregerio**. It was so good that a Danish participant who overheard the comments and accompanying sounds, requested a copy of the movie *Backrub on P-B-P*. We'll let you know when the release date is announced.

And talk about your drastic measures, during the first hundred miles Annaline's feet swelled so much, she used her Leatherman tool at the first control and cut open the front of her new \$250 Carnac cycling shoes. Ouch!!

Finally, anyone who rides with **Robert Dinkelmann** knows he never leaves home without his GPS unit and one can easily see how such a toy might come in handy during a 720-mile ride. Unfortunately, before he could download the P-B-P route from his laptop to the GPS, the screen blew on his laptop, rendering his GPS useless and he was literally lost without it. Having been blinded by lack of science, he had

to follow wife Annaline to find his way through the French countryside. Fortunately, Annaline used her own internal GPS and the couple finished under the allowable time limit.

Last month, Road Dirt promised you a special Dolomites edition featuring the adventures of a cadre of NYCC members who pedaled up the fierce slopes of this legendary Italian mountain range. Unfortunately, none of our travelers submitted any dirt. We can only assume they are still out of breath after those monster climbs. There is one story however that made it's way into Road Dirt's purview.

As many members know, there is little **Timothy McCarthy**, our fabulous web maestro and longtime A-SIG leader, can't do on a bicycle. Riding without wheels is however, one of those things. Unfortunately, it looked like that was what he might have to do when he arrived in Italy *senza* those round rolly things that go on the bottom of most bikes.

What to do? The group traveled the Italian countryside looking for a bike shop from which to purchase or rent a wheel set. For some reason, that particular region offered little by way of suitable choices. The group even stumbled upon the Bianchi factory. Alas, no wheels, though group leader **Pieter Maessen** managed to pick up a spiffy Bianchi racing team kit. Eventually, Timothy found a set of wheels and was afforded the privilege of suffering up the steep and relentless Dolomites along with the rest of the group.

The big story at this year's Escape New York was the rain. The downpour wasn't enough to keep the 315 riders off the road but it was just wet enough and cold enough to make them shiver and to turn a few lips blue. Some riders just kept on going, others spent their Rockland lunch break in cars with the heat turned on, still others went into the bathroom and stood under the electric hand driers for as long as they could. Then there was **Bill Moss**, **Bonnie Waldman** and

friends who found multiple uses for the lunch stop supplies. They used the gorp baggies for their feet and the blue latex sandwich making gloves to give their fingerless gloves some fingers. And we were impressed to see **Richard Rosenthal**, who led his ride—in full NYCC regalia no less—despite having previously declared loud and clear that he does not, repeat, does not, ride in the rain. Despite the weather, most riders completed the routes, making it back to Sakura in time to see who won the many prizes that were raffled this year. Even though they were wet, cold and tired, it was apparent a good time was had by most.

The ENY organizers have asked Road Dirt to say a hearty thank you to all the many members who forfeited riding to help out at registration and rest stops and to those who led rides. One special thank you must go out to a volunteer who is not even a member of our club but President of our brother club in Rockland. **Dave Schloss** of the Rockland Bicycling Club brought a repair stand and tool kit to Rockland, painted ENY SAG all over the windows of his van and drove the route for hours repairing bikes and assisting distressed riders. Guess we better find out when their big event is so we can return the favor. Mr. President, are you ready?

NYCC'ers will have a chance to vote for one of our own in the upcoming November elections. The Honorable **Rick Braun**, ride leader extraordinaire, is running for New York State Supreme Court. Rick is currently a Civil Court judge sitting as acting Supreme Court justice. Thanks to **Linda Wintner** for notifying Road Dirt to Rick's political aspirations. We saw Maria campaign for Arnold, Bill for Hill, now Linda for Rick?

Some of you may wonder, whatever happened to **Ken Shidler** who suddenly seemed to disappear this summer. We knew Ken was trying his hand at triathlons but in fact, it turns out our Ken found true love with a non-cyclist. Hey, even we have to admit, there's more to life.... The couple will be wed in November. Congratulations Ken, we wish you the best.

This month's column ended up being pretty full but Road Dirt had to do most of the legwork on our own. We've told you, we can only be in so many places at once—so how 'bout it? Send us your dirt at roaddirt@nycc.org. Remember, it doesn't have to be dirty to be Road Dirt.



Cycling the Dordogne

By Carol Waaser

Traveling by bicycle is your passport to the world! In September I did my ninth foreign cycling trip, my third in France. I had never been to the Dordogne region, home of foie gras, confit de canard, creamy goat cheese and famous regional wines. (Notice how I immediately get to the food.) The region is also famous for its sandstone cliffs, medieval castles and prehistoric cave paintings.

The tour company was ExperiencePlus out of Colorado, with whom I've done several tours. Being linguistically challenged, I prefer to be fully supported when riding in foreign countries. Although I've never had any problems while on my own, it's a little safety net I prefer to have. We were a wonderfully compatible group of 15 cyclists and 3 tour leaders, ranging in age from late 20's to mid-70's, with most of us being in our 50's and 60's.

People have asked if we had any trouble with the French, given the current tensions over Iraq. Here's my answer: on a hot and sunny first day, I crested a tough climb into a little village and stopped to wring out my headband and cool off a bit. Three others in my group followed soon after, and a villager appeared from an alley between two houses, asking if we needed water. I said yes, and one of my colleagues pointed at the yard from whence the man had come—there was a hose connected to a faucet, so off I went to fill my bottle with good local water. However, when I got back to

— continued on page 9...

Escape New York, 2003



Ready for lunch at Rockland State Park.



Right: Rest stop on the full Century.

Below: Volunteers in Tenafly. We couldn't have made it happen without volunteers. Thanks for helping out.



003

Cycling the Dordogne

— continued from page 7...

my bike, the man had returned with two liters of ice cold bottled water from his refrigerator! We stayed and chatted with him (much of it in tourist sign language). He used to live in Paris and used to enjoy cycling, but after major heart surgery was banished to the stress-free countryside. He was clearly thrilled to be able to give us assistance and have a brief chat about cycling.

One day, we visited the Bicycle Museum in Cadouin—how fascinating! The collection starts with an early model of walking bicycle: something like a hobby horse on wheels that was propelled by the feet. There were models from virtually every period of bicycle development, including the prize possession—the very machine ridden to victory in the first Tour de France in 1903. The proprietress is the widow of the man who put the collection together. She has been unable to find a buyer for the museum (Jay, are you interested?) and said she'll begin to auction off individual pieces. That will be sad.

— continued on page 12...



Getting ready to return to the City from Rockland.

Below center: A member models the latest in headgear.
Below right: Parking in Rockland Park.



Above: Carol by Rocamadour



Above: la Roque Gageac, which includes a troglodyte community.
Below: Rocamadour



Presidential Candidates' Statements:

STAN OLDAK:

I have enjoyed very much being a member of the New York Cycle Club and in particular taking advantage of the many rich opportunities it provides.

I have been a bike rider since one summer day in the Brooklyn projects when I was six years old and Eddie Farren gave me that big push sending me down the road, sans training wheels, toward a new sense of freedom. I have never looked back.

Today I am proud to be a member of a group that allows me to mix my love of bike riding with friendship, camaraderie, new challenges, a sense of accomplishment, and a general sense of well being. So it is easy to see why I have chosen to be active in the running of the club.

During my tenure with the cycle club I have led numerous rides at the "C" and "B" levels, both "regular" and "all-class". I have been on the Executive Board for three years, one year as the "C" rides coordinator and two years as the "B" rides coordinator. This experience as a ride leader as well as a ride coordinator and member of the Executive Board, has allowed me to be directly involved in the decision-making of the board and to gain an intimate sense of what is important to the members of the club.

I am fortunate to have been a member of the Executive Board during an exciting time for our club. It has been a time when we have seen a significant increase in our membership to over 1,500 members for the first time last year. We have also enjoyed an increase in the number of all-class rides offered to our members, and this was a time that the "SIG" training experience was first offered to members of all levels of riding with large numbers of members taking advantage of it. Finally, our web site has gone from "Great" to "Great, Great" with more expected to come.

As president I would continue to lead the club in the positive direction it has been moving. My specific priorities would be to increase the number of interesting and varied all-class rides with lunch provided; to continue the ever popular all-class weekends; to continue to provide a good assortment of regular club rides throughout the year; and to improve communication through the monthly bulletin, weekly emails, and our web site.

But I would be remiss if I did not mention that which has given me the greatest sense of accomplishment as a club member, the Escape New York Committee. In 2000, my first year on the committee I was in charge of route markings, and in 2001 and 2002, two of the most successful ENY's in the 8 year history of the event, I was fortunate to lead the committee as its chairperson. Each year it takes 12 months of planning and a lot of hard work by a committed group of people. What a great feeling it is to be standing in Rockland Lake State Park, watching as some 300 cyclists come riding in during the day, all having a great time, and to know that our committee made it all happen. For me, that's what it's all about.

Stan Oldak

HAL ESKENAZI:

I am **Hal Eskenazi**, candidate for President of NYCC. I would like to tell you something **about myself, why I am interested** in being President and what I would like to **do for the club**.

About me:

By day I am President of a National Management Consulting firm, one of several I've led over my career. By nights & weekends a cyclist, active member and ride leader of NYCC. I am also a B-SIG graduate. I have served as Sr. VP and Board Member of Sales & Marketing Executives International for 3 years [70 chapters worldwide]. In that capacity I dealt with membership issues, ran the monthly membership functions and built membership. This was, like NYCC, a membership/volunteer organization.

Why me?

I'm interested in being President for several reasons. NYCC has had a tremendous effect on my life. Out of the car, onto the bike. It has taught me to ride [no kidding] starting with Pat Janof personally teaching me how to use my gears. The SIG volunteers have taught me group riding skills, ride leadership, speed [?], roadside repairs, safety, roadside first aid, bike maintenance, nutrition, how to eat all the time, and how to have fun on my bike. Additionally, I have made a lot of new friends. **All this for FREE**. Now it's my turn to **give something back** to the club.

I have watched, in amazement, the work and effort the current leadership team has put forth to bring the NYCC to where it is today. My desire to become President is to both honor that team and continue to build the club. I believe my background uniquely qualifies me to lead NYCC.

And now the **Top 10 Reasons** I seek your vote. I will attempt to accomplish the following:

10. Solicit member's ideas with surveys and online brainstorming.
9. Develop Ideas that will increase participation at all levels by getting current members involved in things they'd like to do. A lot of members may be willing to make "small" contributions of involvement, without long-term commitment. That will also develop new leadership for the future of the club.
8. Monthly Bulletin – on time and a process rather than a person that will assure it's future.
7. A more balanced ride schedule with more rides at each level.
6. Reverse the decline in membership possibly with some branding.
5. Increase the attendance at monthly meetings with interesting topics, venue, and food.
4. Safety program: we must document and reduce accidents.
3. New event ideas. Fun outside the Helmet, maybe a clubhouse [?].
2. Build on the strengths of the club/membership, including creating a past president's resource center.

[Ok that's 9. I want YOUR IDEA for No. 1, see below]

1.

I will bring **new leadership** and **inclusiveness**

Participate. It's your club, **VOTE**

[especially, if it's for me]

Questions? Comments? Commentaries? Ideas?

Email me: be sure to put in the subject line: NYCC

hal@profilesworldwide.com

We ride for fun. Let's have fun together.

Statements of Candidates for Secretary:

MAGGIE SCHWARTZ:

I'd love to help out as secretary because I've benefited a lot from the experienced riders in the B and C SIGS and it's time to give something back.

The greatest thing about NYCC is the structure it provides to people who want to improve their cycling. That takes mega-hours on the bike and some sweat and tears. So it helps to have people who are engaged in the same activity, people who are also trying to become better cyclists. There's no way any of the good things that make up this club could happen without the time and effort of many people. I'd like to join the ranks of those people who make things in the club happen. As secretary, I will diligently record and report on board meetings, where I will get to learn the inner workings of the club.

Vote Schwartz for Secretary in '04.

KATHY JENNINGS:

Although I joined the NYCC only three years ago when I moved back to New York City, I have been an active member of the club since then. For example, last year I completed the B-Sig (despite a classic bonk in the woods of Westchester), and I recently have started leading rides. In addition, for the past two years, I have been a member of the committee that plans the Escape from New York Century ride each fall. Last year, I was in charge of food and ride leaders, and this year, I was in charge of food and volunteers. (My "campaign photo" is located on www.nycc.org along with all of the other pictures from ENY—it's the very last picture in the ENY series.)

I would like to be Secretary because I am interested in continuing and increasing my participation in the NYCC. As Secretary, one of my tasks would be to take notes during Board meetings and prepare minutes of those meetings for publication in the monthly NYCC Bulletin. While this does not involve rocket science, it is an important task and one that I would perform diligently. On a more serious note, I believe that Board members should listen to and solicit the opinions of the NYCC members—veterans and newcomers alike—and make sure that your voices are heard before the Board makes decisions regarding issues that affect the club. I welcome the opportunity to serve you in this role.



Meeting Minutes Board of Directors October 7, 2003

The meeting was called to order at 6:53. In attendance were Tom Laskey, Fred Steinberg, Marty Wolf, Carol Waaser, Robert Gray, Isaac Brumer, Stan Oldak and Deborah Bennett. Not present: Eva Wirth, Eileen Crowley, David Hallerman and Ludwig Vogel. Also present were webmasters Tim McCarthy and Peter O'Reilly.

Membership Report: Marty reported we had 1,607 members as of the end of September but that includes only some, not all, of the people who joined with their ENY registrations. The New York Bicycle Coalition has asked us to add a line to our registration form for people to express interest in joining NYBC. The consensus of the Board is we should not include it on our registration form, but we can add a link on our website and mention NYBC in our bulletin.

Bulletin: We are now switching to a member mailing party, which will take place on October 24. We have dropped the mailing house which was the cause of many of the delays in the past. However, this means Ludwig must get the finished bulletin to the printer by October 17, so deadlines will be moved up. All material must get to Ludwig by October 15. Ride Coordinators need ride info by October 13.

Financial Report: It looks like we will have about \$5,000 excess income over expenses at

the end of the year. Membership is down some, but we had higher than projected earnings from jersey sales (Ms. Liberty). This offset the lower membership income. Ride leader incentives will cost quite a bit, so it may even out. We were reminded that we need to change the fiscal year to January 1 through December 31.

Elections: Three proposals were discussed for Board approval to be added to the ballot: 1.) To reduce dues for members who don't get the paper bulletin. Consensus was that we should put this forth and discussion ensued as to the amount of reduction. The Board voted to propose a one-year experimental reduction of \$5.00 in dues for those members who do not request the paper bulletin. 2.) The Board voted to propose the addition of a Webmaster position to the Board. 3.) The Board voted not to propose the addition of the position of Training Director to the Board. (There was further discussion, however, of adding a "group riding skills" training session at a Newcomers Ride.)

Special Events: Holiday Party: The rooms at St. Maggie's Café will be set up to allow room for dancing. The live band was such a big hit at the West Point weekend the Board voted to allocate \$1,500 to pay for a live band at the Holiday Party so the cost of the party to members can remain at \$40.00.

ENY Report: It was agreed ENY was a big success despite the weather. We had over 300 riders and about 50-60 no-shows. Discussion

ensued as to whether to mail ENY T-shirts to the no-shows. Consensus was no.

Miscellaneous: 1.) The Board voted on the LAB Volunteer of the Year. 2.) The Board agreed to award a lifetime membership to a long-time club member. The member will be named at the Holiday Party. 3.) A suggestion was made that we write a thank you note to the Citgo station in Tenafly that graciously became a pit stop for ENY groups when the Mobil station refused. Also a thank you note to the Englewood Cliffs Police Dept. would be in order for the same reason. 4.) The webmasters will be doing informal whimsical polls on the web site. There was discussion about doing a member satisfaction poll. Robert Gray will devise a few questions for that. 5.) Discussion of whether the ride library should be public or members-only. Consensus that we'll make a few turn sheets available to the general public as a teaser but the vast majority will be members-only, password protected. 6.) Stan can get 2-color business cards for free. If we want 3-color, that would cost. Tom will talk to Richard Rosenthal about using the Bridge design for a new 2-color card.

The next Board meeting will be November 4.

The meeting was adjourned at 8:47 p.m.

Respectfully submitted,
Carol Waaser
Secretary

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 redoubtable **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.

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

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

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

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

C-Rides: Isaac Brumer, (212) 593-0986 or 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.

Cycling the Dordogne

— continued from page 9...

The prehistoric cave paintings were amazing. (We had tickets to visit the one cave of original paintings that's still open to the public.) It's quite thrilling to see the way artists of 35,000 years ago used the contours of the cave walls to give dimension to the animals. These are not stick figures or flat representations of animals; they are bison in motion, living and breathing in the flickering torchlight.

I brought my BikeFriday on this trip, and it performed brilliantly. The combination of a three-speed internal hub gear and a 9-speed cassette gave me 27 speeds (and every one of them usable since the hub gear avoids the crosschaining you get with a front derailleur). The newest version of the hub gear shifts more smoothly than any front derailleur I've ever used. The only way in which the Friday differs from my standard

road bike is in the center of balance—it doesn't lean around curves quite as readily. So I almost bought the farm on one descent. Going into a switchback just a little too fast, I found wet sand in the middle of the road. This further hampered my ability to lean the bike over and I ended up on the far left side of the road. As I was wondering if I would even stay on the road at all, I looked up to see a camper van coming up the mountain at me. It was either get that bike over or bail into the cliffside. Not wanting to look like a pumpkin on the day after Halloween, I managed to get over to the right side of the road and stay upright, but it did teach me to be a little more cautious on the descents.

Altogether it was a ten-day tour with eight days of riding. Although the daily mileage wasn't particularly high (35-45 miles) there was plenty of climbing so we felt like we had a workout. It also left us a good amount of time for sightseeing, winery visits and soaking up the sun by the hotel pool.

Whether you go on your own or take a fully supported tour, I highly recommend getting out of the USA and cycling in other parts of the world. People everywhere (except, of course, for the trouble spots) are very friendly toward cyclists. I think if you're on a bike, you're not threatening and you're something of a curiosity. On a bike, you're going slowly enough to see the country, and it's easy to stop and make friends with the locals. So get out of your Nyack rut ... slow down and take a tour.



Your Vote Counts!

VOTE FOR CLUB OFFICERS, NEW BYLAWS AND MEMBER AWARDS

Vote in Person, by Email, or by Snailmail

But You Must Vote Soon!

President⁽¹⁾: HAL ESKENAZI
STAN OLDAK

V.P. Programs: Open Position

V.P. Rides: FRED STEINBERG

Secretary⁽²⁾: KATHY JENNINGS
MAGGIE SCHWARTZ

Treasurer: DEBORAH BENNETT

Public Relations: DAVID HALLERMAN

Bulletin Editor: LUDWIG VOGEL

Webmaster⁽³⁾: TIMOTHY MCCARTHY

Membership: MARTY WOLFE

Special Events: DAVID SABBARESE

A-Rides Coordinator: ROBERT GRAY

B-Rides Coordinator: WAYNE WRIGHT

C-Rides Coordinator: ISAAC BRUMER

⁽¹⁾ See candidates' statements printed on page 10.
⁽²⁾ See candidates' statements printed on page 11.
⁽³⁾ See Question #2 directly below.

Please Write in the Names of Your Choices for Member Awards In the Spaces Below.

Your choices may include any current NYCC members. And yes, you can nominate yourself. We won't tell.

Best Dressed Man (Cycling Gear) _____

Best Dressed Woman (Cycling Gear) _____

Most Improved Man (Cycling Skills) _____

Most Improved Woman (Cycling Skills) _____

Comeback Rider of the Year _____

Best Cycling Couple of the Year _____

Best Ride Leader of the Year _____

Best Diner of the Year/Food Destination _____

Fastest Flat-Fixer _____

Most Shameless Gear-Head: _____

Best Retrogrouch: _____

Best Wheel (to Follow in a Paceline): _____

Best Schwebbers*:

*Schwebbers are the grease marks cyclists get on their legs when they brush up against the chain.

There are Three Proposed Bylaws Changes to Be Put Before the Membership This Year:

Question #1: Should the club institute a one-year test during calendar year 2004 wherein members who elect to receive the monthly bulletin online only will receive a \$5.00 reduction in annual membership dues. If approved, the test's impact will be evaluated before the end of 2004, at which time the board will determine whether dues for online recipients in the following year will 1) return to 2003 levels, 2) be reduced by less than \$5.00 from 2003 levels, 3) be reduced by more than \$5.00 from 2003 levels or 4) continue at the \$5.00 discount. Yes No

Question #2: Should the office of Webmaster be added to the NYCC Board of Directors? Yes No

Question #3: Should the NYCC by-laws be amended such that the club's fiscal year be changed from December 1 through November 30 to January 1 to December 31? Yes No

VOTE HERE VOTE HERE VOTE HERE VOTE HERE VOTE HERE VOTE HERE VOTE HERE VOTE HERE VOTE HERE VOTE HERE VOTE HERE VOTE HERE VOTE HERE VOTE HERE VOTE HERE

Voting instructions are printed on the following page.

You are encouraged to vote in person at our meeting November 11, at Annie Moore’s Pub and Restaurant, 50 East 43rd Street, starting at 6:00 pm. But if you cannot attend, you may vote online or by sending in the postal ballot printed on this page.

Candidates in contested races have been offered space to make statements, which are printed on pages 10 and 11 .

The position of V.P. Programs remains open. No nominees have accepted as of press time.

Online voting instructions will be posted on the website, <http://nycc.org>. **Online votes will not be accepted after midnight, Monday, November 10.**

Fill in your name, address and **signature** in the address and signature lines on the other side of this page, detach, fold and seal the ballot with tape. **(Do not use staples!)** Send ballots to the preprinted address below.

Mail ballots must be postmarked no later than **Wednesday, November 5th** and received by **Monday, November 10th**.

Ballots received at the NYCC P.O. Box will not be counted.

You may copy this form for use in multiple member households, but **without a name, address and signature in the return address your ballot cannot be counted.**

Please remember to use a 37¢ stamp.

PLEASE DETACH THIS PAGE, FOLD IT ON THE DOTTED LINES AND TAPE IT SHUT.

Signature

Name

Address / Apt

City State Zip



Mail this completed ballot to:

**Geo. Carl Kaplan
18 West 16th Street
New York, NY 10011**

These Bike Shops Offer Discounts To NYCC Members

Remember to clip the gray Membership Card above and present it at the store to receive your discount.

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
212-230-1919
www.bikeheaven.us
8.25% off accessories, repairs & bikes

Bicycle Workshop

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

Bicycle Renaissance

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



Larry and Jeff's 2nd Avenue Bicycles Plus
1690 2nd Ave. at 87th St., NYC, NY 212-722-2201, 15% off

New Horizons Sports

55 Franklin St., Westfield, MA 01085
413-562-5237
Don@NewHorizonsBikes.com
Certified Serotta Bike Fit Specialist
www.NewHorizonsBikes.com
www.BerkshireBrevets.com
10% off parts and accessories

Piermont Bicycle Connection

215 Ash Street,
Piermont, NY 10968

845-365-0900

4 Washington Street, Tenafly, NJ 07670
201-227-8211

www.piermontbike.com

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

Sid's Bike Shops

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

Toga Bike Shop

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

Conrad's Bike Shop

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

Cycle Paths

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

Gotham Bikes

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

★ ★ ★ ★ CLIP THIS COUPON ★ ★ ★ ★ DON'T DELAY ★ ★ ★ ★ CLIP THIS COUPON ★ ★ ★ ★ DON'T DELAY ★ ★ ★ ★

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 NEGLIGENCE 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 August 13th) Couple residing at the same address \$30 (\$15 after August 13th)

Check one: New Renew Address change Date: _____ Check Amount: _____

Check one: Send me the print bulletin by mail Save the postage (and other expenses). I'll collect the NYCC Bulletin online.

Check (if applicable): Do not print my Address Phone Email in the NYCC roster.
 Do not print my partner's Address Phone Email in the NYCC roster.

Name: _____ Email: _____ Signature _____

Partner: _____ Email: _____ Signature _____

Address: _____ Apt. _____

City: _____ State: _____ Zip (required): _____

Day tel: _____ Night tel: _____

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

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



**FIRST CLASS MAIL
DATED MATERIAL!**

**PRESORT
FIRST CLASS
U.S. POSTAGE
PAID
PERMIT NO. 179
L.I.C., NY 11101**

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

🍁 Election Night! 🍁

Come to Our Meeting November 11

MEET THE CANDIDATES



WOMEN

So please join us on Tuesday, November 11 at

**Annie Moore's Pub and Restaurant
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.

Meet at 6:00 pm — Dinner at 6:30 — Program at 8:00.