December President’s Message

As the end of the year approaches, there can only be one thing on the minds of New York Cycle Club members everywhere; the annual NYCC Holiday Party! And this year’s party promises to be the mother of all NYCC Holiday Parties. Yes folks, not only will there be the warmth and camaraderie of your fellow clubbies, the opportunity to see your cycling buds in something other than lycra and the festive atmosphere and fine food at St. Maggie’s Café; this year there will also be live music and dancing. That’s right, this year, we give you the opportunity to get in touch with your inner John Travolta and boogie down on the dance floor to the smokin’ grooves of George Gilmore and the Giblets. $40 gets you appetizers, dinner, coffee, desert and live music and dancing. For those who like to imbibe, there is a cash bar and to top it all off there will be a healthy supply of raffle prizes. The date is Monday, December 8th; the time is 6:00 to 9:00 pm. You can buy tickets on line or by mail but don’t delay, there is limited seating capacity and we cannot guarantee space for everyone. For more details, see the notice later in this issue. (Pg. 5 - ed.)

Not only is it the end of the calendar year, it’s the end of the NYCC membership year. Oh you didn’t know that? It’s true, no matter when you joined NYCC, your membership expires at the end of this month. Of course you want to renew for next year so rather than put it off and forget about—only to wonder why stopped getting the bulletin and emails in April of next year—why not renew your membership today? You can renew either by mail or on-line. If you renew by mail, you have to pay the full membership price of $25 – boo! If you renew on-line using your membership number, you get a discount of $3.00 and pay only $22—yeah! And new this year—thanks to all you members who voted for it—if you decide you want to save a few trees, you can forgo your copy of the printed bulletin in favor of the online PDF version and save an additional $5.00—whooppee! Whichever option you pick, you gotta’ admit, an NYCC membership is one of the best deals going. A healthy selection of rides all year round, the SIGs, club weekends, our monthly bulletin, weekly emails; what more could you ask for?

So this is it, my last column as president of NYCC. I’ve been el presidente for three years and I can honestly say, I’ve enjoyed just about every minute of my term. Okay, there were a few days this past August that weren’t so much fun but I think we can all agree that whatever problems we’ve faced as an organization, everything worked out for the best. Of course, if I hadn’t been privileged to have such fantastic support from such fabulous board members and volunteers, the last three years would not have been very much fun at all. Thankfully, I did have that support throughout my entire time as prez and I can’t thank all of you enough. I’ve already mentioned and thanked past board members who I was fortunate enough to serve with in previous years, let me mention those board members who I’ve been lucky enough to work with this year. Eva Wirth, Eileen Crowley, and Carol Waaser will be leaving the board this year, each of you did a fabulous job in your respective position. Special thanks goes to Carol who put up with me for three years on the board. The club is incredibly fortunate that Fred Steinberg, Robert Gray, Isaac Brumer, Debbie Bennett, Marty Wolf (no el!), David Hallerman and Ludwig Vogel will return to the board to continue doing the fine job they’ve been doing. The great Timothy McCarthy also gets a special mention as webmaster, luckily for the club he returns as webmaster and is now officially installed on the board. Several other people who were not on the board but equally important to the club deserve mention as well. Peter O’Reilly, our website administrator and all around troubleshooter has effortlessly and flawlessly had a hand in setting up many NYCC systems most of us take for granted. Gabriela Raduljko, affectionately know as “The Email Lady” stepped in on short notice to take over the weekly email announcements and has handled them as if born to the task. Emily Thomson and Bob Cowin have diligently and accurately maintained our membership database this past year and made it possible for us to keep track of our nearly 1700 members. I can’t name everyone else but big thanks to all the SIG captains and leaders and the everyday ride leaders who provide the core of what this club is all about.

I want to welcome our incoming board members, Wayne Wright, David Sabarese, Hal Eskinazi and Kathy Jennings. I’ve no doubt you’ll all be superb in your respective positions and each of you deserve thanks from all of us for stepping up and volunteer—continued on page 5...
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.

December Recurring Rides

Every Wednesday

A19+/– 50+/– MI 10 AM SHARP WEDNESDAY MORNING SPIN
Leader: Jeff “El Jefe” Vogel, 718-275-6978, CPacycles@aol.com & Todd Brilliant, 212-316-9430
From: The Boathouse

We expect the Wednesday ride to happen all winter long, weather permitting. If it’s reasonably nice, we’ll go to Nyack. If it’s cold we’ll shorten the ride to River Vale or Piermont. If it’s worse than cold, we’re smart enough to stay home.

December Club Rides

Saturday, December 6

A24+ 83 MI 8:00 AM GIMBEL’S
Leaders: Jeff Vogel, 718-275-6978, CPacycles@aol.com & Todd Brilliant, 212-316-9430
From: The Boathouse

As that famous cyclist, Yogi Berra, said “Gimbel’s is easy til it gets hard.” The “24+” section isn’t that long, just 45 minutes on the short route and 90 on the long route, but you need to be able to do it to keep up the whole way. If you’re fit and fast, this is the ride that will keep you that way through the 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. We’ll probably be doing the “long” route, which is 48 moderately hilly miles from Yonkers to Mamaroneck. The “short” route cuts out 13 miles and most of the hills. Two water bottles and pocket food or liquid calories are essential. Rain date: Sunday. We’ll probably be doing this ride regularly on Saturdays. If you’re interested in joining us any other Saturday, just let us know as we don’t always start from the Boathouse.

B16 55 MI 9:30 AM PEARK RIVER
Leader: Carol Waaser, 212-581-0509, biker@rcn.com
From: The Boathouse

This is an easy route to Pearl River, where we’ll brunch at the Muddy Brook Cafe (complete Irish breakfast for those who indulge). Dress in layers, bring the usual accoutrements (helmet, water, $5 for lunch, spare tubes, bike in working order). Cancels: rain or frozen precip, winds above 25 mph or temps below 36° at 8:00 am. If in doubt, check message board or leader’s answering machine after 8:00 am.

C13 45 MI 10 AM ENY Redux
Leaders: Kathy Jennings, kibikes@hotmail.com, Isaac Brumer, 212-734-6039, isaacbrumer@hotmail.com
From: W 178 St & Ft Wash Ave (GWB Bus Terminal)

Some of us cut short our Escape New York 50 mile ride due to threatening weather, some of us didn’t get to ride at all. Here’s the make-up. Wet weather or temp below 40° cancel.

Sunday, December 7

A18 55-65 MI 9:00 AM UPPER WESTCHESTER TRAILWAY: TARRYTOWN, POCANTICO HILLS, YORKTOWN HEIGHTS, CROTON FALLS
Leader: Robert Gray, nyarchitect@msn.com, 212-593-0986

The trailway becomes much more appealing in the off season. The vistas open up, the families go away and it becomes an exclusive express route through the countryside. At the end of the trailway we take a fast downhill to the Croton Falls Metro North Station for the train and we should be back to GCT by around 3 pm. One stop to warm up in Briarcliff Manor. Options for a slightly longer ride if the weather is good. Don’t expect a flat route, even the trailway is a steady climb. We cannot do this ride if there is ice on the ground so email me if you are interested and I will give you the ride status and more details. I will also confirm on the Web. Do not just show up without checking or getting in touch. Good tires and rail pass mandatory. If we cannot go this Sunday, we will try for another Sunday. Other trailway adventures to follow.

B16 50 MI 9:00 AM OLD SCHOOL TRAINING RIDE
Leader: Sal Cenatiempo, 917-302-2327
From: The Boathouse

“In the Olden Days, before Spinning and workout videos, European professional cyclists used to train in the winter using a fixed gear bike, and only switch to their derailleur-geared mounts in the spring.” Want to learn the virtues of off season training on a fixed gear? Then join me and my Pista for an old school fixed gear spin through Bergen County. No fixed gear? No problem. Bring your geared bike, pick a gear at the start and leave it (no gear shifting or coasting allowed). We’ll hammer up and spin down every hill (steep hills will be avoided). Do a couple of these and I promise come spring time you’ll be in much better shape for your first “geared” ride! Bring the usual and pocket food. Precipitation or temperatures below 40° the morning of the ride cancels.

C13 25 MI +/- 10:00 AM STATEN ISLAND SHORE RIDE
Leader: Alinda Barth, 212-928-5399, ahb1@columbia.edu
From: “the Sphere” in Battery Park

We will do an easy, flat, schmoozy ride along the Eastern Shore of Staten Island. Bring a lock for an indoor lunch stop. Hybrids and mountain bikes welcome, but road bikes are ok too. Rain cancels. Check the club’s message board after 8 am in iffy weather.

C14 27 MI 10:10 AM MANHATTAN PERIMETER
Leader: Richard Fine, 201-461-6959
From: Fort Lee Historic Park (one block south of NJ side of GWB) at 10. 178th St & Ft Wash Ave (GWB Bus Terminal) at 10:20.
Circle Manhattan, taking advantage of the greenway, wherever possible. Co-listed with the Bicycle Touring Club of NJ. Wet weather or temp below 40° cancels.
Sunday, December 13

A18/20 60+/- mi 9:00 am New City 30+/30–
Leader(s): Fred Steinberg, 212-787-5204, fsteinberg@nyc.rr.com; Ron Roth, r7@nyc.rr.com; Timothy McCarthy, timothymc@earthlink.com From: The Boathouse
We’ll aim for New City and the Good Times/Serendipity/Whatever Diner is in the usual spot. The route will be adjusted for weather and temperature. The ride is on if the 7:30 am Central Park temp is over 30° or the winds are under 30 mph and roads are dry. Check the NYCC BB after 7:30 am. Sloppy/wet roads? It may be time to roll out your ATB/Cross bike. Check the BB.

B17/18 45 mi 10:00 am Westwood
Leader: Eva Wirth, ewirth@yahoo.com, 212 477-9322
From: The Boathouse
Join me for a short winter ride with lunch at either the Westwood Pancake House or Seville diner. We will ride to lunch via Rt 505 and return via Churchill. Helmets and good group riding skills are essential as well as a positive attitude. The usual cancels.

C12 25 mi 10:00 am Frostbite Ride #1 Bayonne For The World’s Greatest Pancakes
Leaders: Ed DeFreitas, Phil Goldberg, Ted M. Kushner (5BBC) with Alfredo Garcia, 212-802-2441 From: City Hall
Take SI Ferry to the SI Yankee ballpark. Ride the working waterfront to the Bayonne Bridge. Cross into Hudson County, NJ to the Broadway Diner. Chose from a great selection of pancakes. Then we’re off to Liberty State Park (very fitting considering it’s Dec. 7). Take in the NYC skyline and revisit the historic CRRNJ Terminal. We’ll get back to the city via historic Hoboken’s Erie Lackawanna Terminal, which is in the process of restoration. Choice of NY Waterway ferry or train. But I’m taking the PATH to the WTC station. After all, it’s Dec. 7th. Bring lock & money for lunch. Helmets required. Co-listed with the 5BBC.

Saturday, December 20

A19 81 mi or less 9:00 am Whippoorwill/Roaring Brook/Hardscrabble/Thornwood Diner or a lot less...
Leader: Hank Schiffman, 212-529-9082, hschiffman3@nyc.rr.com From: The Boathouse
The writeup is for optimum conditions but we might end up just doing Whippoorwill or even just Nyack. Be prepared for cold weather. This means the consequences of a flat might range from inconvenient to fatal. Have you ever tried to change a tire in below freezing conditions? So serviceable tires are a must. A Metro North bike pass could get you home from faraway in deteriorating conditions. And money could come in handy if you want to eat or get on the train. Wet or snowy roads, temps below 26° and windy conditions will cancel this ride. Please check the NYCC Message Board the prior evening or before the ride if any doubts exist regarding conditions.

B16 45 mi 10:00 am Westwood
Leader: Wayne Wright, wwright8@nyc.rr.com, 212.873.7103; John Segal, john@johnsegaldesign.com From: The Boathouse
It’s December; we’re biking to a diner. Any questions? Smiles and helmets please. Precip, wet roads or temp below 32° on NY1 at 9:00am cancels. Call leader or check NYCC message board if in doubt.

C12 23 mi 9:15 am Bike Chocolate
Leader: Alfredo Garcia, 212-802-2441
From: South Ferry
Here we go again on an annual ride to a Staten Island’s Superior Confections factory outlet, cruising for mouth watering trifles and other sweet stuff at reasonable prices. We might skip lunch and head back to the ferry. Wet weather at the start cancels. Helmets required. Co-listed with the 5BBC.

Sunday, December 21

B15/16 41 mi 9:15 am Sunday Brunch in Scarsdale
Leaders: Peter “Banana Guy” Kouletsis, 917-854-1181, peter.kouletsis@citigroup.com & Marci Silverman, 646-408-4565, mhsilv@yahoo.com From: The Boathouse
Easy ride to Scarsdale, pancakes for brunch, then home in time to still have some daylight left. If the weather is unseasonably nice, we can always add a few miles. And if it’s just too cold to continue, we’ll be stopping very close to the Metro-North station for an easy post-brunch bail-out. Helmet required, Metro-North/subway pass suggested. Let’s see if Peter K can stay on the bike. Cancels: rain, snow, wet roads, or temperature below 30° at 8:00 am (1010 WINS or NY1).

Interested In Leading Rides But Don’t Know Where To Go? Call Your Ride Coordinator To Find Out About Leading In The SIGs Next Spring!
C12  30 mi  10:00 AM  **Frostbite Ride #3**  Xmas Lights in Dyker Heights & Dim Sum

**Leaders:** Ed DeFreitas (5BBC) & TBA  
**From:** City Hall

Go deep, deep way into Brooklyn. Dyker Heights, where the British landed in 1776, now an upscale bedroom community that loves to celebrate Noel with totally over-the-top Christmas displays. Then we'll enjoy Chinese cuisine, dim sum style. On the return, we'll see Sunset Park and maybe Red Hook. **Helmets required.** Co-listed with the 5BBC.

**Saturday, December 27**

A/B/C  40+/- mi  10:00 AM  **Choose a Leader, Choose a Destination**

**Leader:** you!  
**From:** Boathouse

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

**Sunday, December 28**

C12  30 mi  10:00 AM  **Frostbite Ride #4**  Midevil Xmas in the Cloisters

**Leaders:** Ed DeFreitas (5BBC) & TBA  
**From:** City Hall

If you’re “rich as Rockefeller,” you could build a castle, fill it with art treasures and buy the view. Well, the Rockefellers did just that. They bought Manhattan hilly real estate on the Hudson and transplanted the Cloisters and stocked with works of art. You can go on a tour or just have lunch in Ft. Tryon Park. George Washington fought a battle here. Bring a lock and diners for a meal. **Helmets required.** Co-listed with the 5BBC.

**Sunday, January 4, 2004**

C12  30 mi  10:00 AM  **Frostbite Ride #5**  NY Botanical Gardens

**Leaders:** Ed DeFreitas (5BBC) & TBA  
**From:** Plaza Hotel (59th St. & Fifth Ave.)

Elly’s Spangelberg’s perennial ride. Smell the roses at one of the foremost American public gardens, in the Bronx. See the train show display and the Enid A. Haupt Conservatory for “A World of Plants” in a warm environment. Check trip-related www.nybg.org website. Bring a lock & money for lunch. **Helmets required.** Co-listed with the 5BBC.

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**Club Calendar**

**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 entree (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.

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**A Reminder From The Membership Director:**

**RENEW YOUR MEMBERSHIP ON OR AFTER 12/01/03**

All memberships expire 12/31/03, regardless of when you joined the NYCC. See inside back page for the new membership form or go to www.nycc.org, click Join, click Application and print. If you wish to renew using active.com and have forgotten your membership number (required when renewing online) it’s on the mailing label of this bulletin or you can find it on nycc.org.

- **New Members:**
  - $24 Individual, $30 Couples (bulletin via mail)
  - On-line bulletin delivery only—no paper bulletin ($5.00 discount)

- **Renewing Members:**
  - Renewal via mail: $24 Individual, $30 Couples
  - Renewal online: $21 Individual, $27 Couples
  - Online bulletin delivery only—no paper bulletin ($5.00 discount)

—Marty Wolf

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**December President’s Message**

**— continued from page 2…**

In closing, I want to thank the members, each and every one for making my experience as president as rich and rewarding as I could have hoped it would be. It wasn’t just the people who thanked me personally for my contribution or offered their support or took the time to tell me how much they enjoyed the club that made my time as president worthwhile. It was truly the affable and talented successor I had hoped for and I know beyond the shadow of a doubt the club will be in good hands with him at the helm.

In closing, I want to thank the members, each and every one for making my experience as president as rich and rewarding as I could have hoped it would be. It wasn’t just the people who thanked me personally for my contribution or offered their support or took the time to tell me how much they enjoyed the club that made my time as president worthwhile. It was knowing that my efforts were directed at an organization comprised of so many wonderful, high spirited and high energy members who were so invested in getting the most out of any situation—whether it was a cold and rainy century, a washout club weekend or the most beautiful ride imaginable with the most perfect weather—that truly made my time as president something that I will always remember fondly and cherish. Finally, to any and all critics and detractors I may have picked up during my three years in office let me just say, all is forgiven.

—Tom Laskey
Cycling Gift Ideas

By Alfredo Garcia


Tour de France Soundtrack CD ($18).

Beyond the “bah bah bah at the autobahn.” Kraftwerk has re-released this music album with new recordings. Repetitive at times, yes, but it's something to get worked up for SIG class.

No carbon fiber bike? Get the Colnago carbon fiber rollerball pen ($75) or the Giro “Atmos” helmet with carbon fiber bracings ($200), worn by the USPS at the Tour de France: www.giro.com.

Kryptonite RCL1 combination cable lock ($20). Great for club rides. Strong but not heavy. You set the combination.


SmartWool “Adrenaline” socks. Wool is a time-honored fabric that keeps you warm and dry from the cold. SmartWool’s latest sox could make you forget booties. www.smartwool.com.


Cuesheet Holders, 3 Choices. Tired of clipping a cuesheet on the front cables of your bike? The “CueClip” ($7) has a Velcro band and a plastic clip. Adjust and secure on the handlebar or stem. Visit www.cueclip.com. The Cycoactive “BarMap” ($8) holds your cuesheet between layers of clear plastic and Velcro. www.cycoactive.com. The “ByCue” ($9) has a clamp to attach to handlebar and a wire frame with clip to attach a cuesheet. www.fred.net/tmbear.

US Postal Service Uncle Sam key ring ($4). America personified as a man is garbed in red, white and blue, happily riding a highwheeler bicycle. Subliminal. Available at Post Office philatelic shops, no internet sales.

So there you have it. Enjoy cycling and see you down the road.

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2003 Club Election Results

The 2004 NYCC Board of Directors shall consist of:

- President: Stan Oldak
- VP Programs: Hal Eskenazi
- VP Rides: Fred Steinberg
- Secretary: Kathy Jennings
- Treasurer: Deborah Bennett
- Public Relations: David Hallerman
- Bulletin Editor: Ludwig Vogel
- Webmaster: Timothy McCarthy
- Membership Director: Marty Wolf
- Special Events Coordinator: David Sabbarese
- A Rides Coordinator: Robert Gray
- B Rides Coordinator: Wayne Wright
- C Rides Coordinator: Isaac Brumer

All Three Ballot questions were approved:

The Club will offer a $5.00 discount to members who do not wish to receive the paper bulletin.

The office of Webmaster will be added to the Board of Directors.

The Club's fiscal year will be changed to run from January 1 through December 31.
Once again, we start with yet another correction about our coverage of this year’s Paris–Brest–Paris. Rather, it is a correction about one of our sources for our coverage of P-B-P. No, it is about a source for a back-story on one of the participants in this year’s P-B-P.

**Marty Wolf**, who we referred to as a four time P-B-P finisher has in fact only finished P-B-P twice. Only? It so happens she was the first American woman to finish P-B-P twice on a single bike. Marty provides the following details:

...another American woman finished (also for the second time) nearly 20 hours before I did—but on her second time she was on the back of a tandem. This truly did put her accomplishment into a totally different class since on the back seat of a tandem you can, when tired enough, take little snoozes...

Sorry about the mix-up Marty. Next time we mess up on your story, we promise to err on the positive side again.

As foretold in a previous column, the long-awaited marriage of **Mary Anne Cotter** and **Simon Nadulek** (yes) has come to pass. Where more appropriate for an NYCC couple to tie the knot than at the Boathouse? Were there cue sheets? Did everyone sign in? Was it on NYCC time? In fact, Road Dirt hears they timed it just right—a rainy, cloudy morning with the sun coming out just as the ceremony began.

This year’s Columbus Day weekend in Phoenicia, NY was a whopping success. For the most part, the weather was great and a large number of NYCC’ers took that sleepy little hamlet in the Catskills by storm. On the one day where the weather gods were not as cooperative as we might have hoped, **Jeff “El Jefe” Vogel** once again earned his nickname. A riders had their choice of either climbing Haines Falls or the infamous, wickedly difficult Devil’s Kitchen. El Jefe’s group chose Devil’s Kitchen. When the two groups rendezvoused at Maggie’ Café afterward, the Haines Falls contingent was notably more damp (read: dripping).

**Beth Renaud** refused to stop at all, she just wanted to get back to her hotel where there were dry clothes. Several people found a laundromat and threw their wet clothes in a dryer. **Lisa Lurie** coerced a member of Maggie’s staff to lend her his apron, it being dryer and warmer than anything she had on. On the other hand, the Devil’s Kitchen gang was distinctly dry. Had this been the only such occurrence one might have thought it a fluke, however... After lunch the group once again split up with several riders heading directly to Phoenicia. El Jefe however took a look at the horizon, saw where the storm was, divined where it was heading and pointed his group toward the more roundabout route. As his group rode on, the weather improved almost instantly with sunny skies providing a most pleasant return. The first group? They got wet. Lisa Lurie, back in her wet cycling clothes after returning the apron hitched a ride back to town.

If you’ve ever had your bike stolen, you know what an awful feeling it is. What could make it even worse is realizing that while you had thought you had locked your bike, in fact it was only locked to itself and as such, was little more than thief bait waiting to be stolen off the dangerous streets of Brooklyn. That’s what happened to **Bill Green** some months ago. What most of us who have been in that position have only fantasized about but never actually experienced is seeing your stolen bike on those same streets only days later, again unlocked. Well, that also happened to Bill Green. As they say, turnabout is fair play; Bill saw his stolen bike, saw that it was unlocked and unprotected and promptly stole it back. Way to go Bill!!

Some of you may be muttering, “How come Road Dirt only writes about A riders.” Well, first that’s not entirely true but unfortunately, it’s more true than Road Dirt would like. The reason for that is that we don’t get very much material from B and C riders. Where are you guys huh? Come on you B’s and C’s, show us the story and send us your dirt at roaddirt@nycc.org. We are an equal opportunity tattler and we like to spread all the dirt, B, C and A. Remember, it doesn’t have to dirty to be Road Dirt.
Tour Audax du Centenaire 2003
Souvenir Henri Desgrange du 14 au 27 Juillet

by Karl Dittebrandt

The union Audax Français is an old French club formed in 1921. The ACP was formed in 1904 and at that time the two clubs were one. In 1921 the ACP split into the two groups: the Roule Libre ACP and the Audax UAP. Then in 1951 the UAP became the UAF. Cycling is one of the disciplines practiced, also there is walking, swimming, kayaking and swimming. There are brevets in all of these disciplines.

There are strong Audax groups in Holland, Belgium, Germany and France. The US branch of Audax has existed in New York City since 2000. In addition to a regular brevet series of 200, 300, 400, 600 and 1000, there is also a special trip and we do PBPevery 5 years.

In 2003, it was proposed that we do the TDF original route of 1903, from Mongeron to Ville d’Avery. Both are just outside of Paris. Tradition is very important in the Audax. All of the routes are as close to the original as possible.

Even though the club has been around for a long time, the Audax way of riding has changed very little. In the US it is largely misunderstood.

We ride in a double pace line with tow leaders in front setting the pace and a Captain de Route who sets the pace. Each stage is broken down into smaller stages from 40 km to 60 km or so. The two stage leaders lead the group for an entire stage. There is no changing the leaders during a stage.

The route captain chooses the riders that he wishes to lead the group at each stage. The captain watches all of the riders and makes his choices based on many factors. His authority is undisputed in all matters on the road.

Running a large peloton is not an easy task. The TDF started with a group of 160. A double paceline of 160 is 800 meters long. Support is provided. In order, One number is the captain. His assistants and lieutenants are numbered in descending order. Usually the top ten are reserved or fixed numbers for other ranking members of the club. My number has been number 4, I consider this to be a real honor and a show of respect. This demands of me behavior that returns that respect for the entire peloton. None of this is ever discussed or mentioned. If one has been assigned a low number one is always seated at the captain’s table at meals. There are exceptions. At PBPAudax, a club member who signed up late and had a high number was assigned to the captain’s table as a show of respect. This year, my number was 15 because the permanent number 4 was on the trip. He was a very fit guy in his early forties. We didn’t speak much. I didn’t see him at all until we were six days into the trip.

Some UAF members did not ride the whole tour. Some rode just a stage or two. The riders eat separately from the support people. They eat at different tables. Sleeping arrangements are a little different. You can request a certain roommate or you can have your own room. Almost no one does this as this doesn’t reflect the spirit of the event.

I always let the organizers put me wherever they please. Usually, I was with the only other English speaking person, John Weeks, although we both prefer to be with the French riders so we can improve our French. John is more fluent than I. He speaks French all day in the peloton. I hook up with someone for a stage in the morning, then find another partner for the afternoon. That makes for about four hours a day of “peloton French.” This is about all I can take. At some point in the day, I need to say nothing and think nothing.

On this trip, I had many roommates. Little or no English is spoken in the Audax. On this trip there was more English spoken due to the international makeup of the ridership. The Germans didn’t mix with anybody, though.

The method Audax of riding requires attitude and skills that not everyone seems to grasp. The first thing to remember is that it’s not a competition in any way. If people were competing it would be total chaos. We all know what it’s like to be on a club ride in the US. Our method is economic in its expenditure of energy. We only climb hills in a way that maintains our speed goals. Each stage within a stage, the speed is calculated in accordance with the terrain. There is no deviation in relation to weather conditions.

Our goal is to achieve a speed of 22.5 kph average speed for the entire trip, no matter what the distance, terrain or weather. We have 3 different speeds for stages: 20 kph, 22.5 kph and 25 kph. There are some exceptions. On this trip we had a very long climb—about 20 km at an 8% grade. The average speed was calculated at 10 kph. Any slower and it would have been extremely difficult to make up. Any faster would have been a waste of energy. Our average distance for any Audax day trip is 200+ km. Of this eight hours are riding, four hours are rest periods. There is always one and a half hour for lunch. A good lunch is always the highlight of the day. Our brevets are designed to make all of the time limits for the distance. For example, Bordeaux to Paris is 600 km with a time limit of 40 hours. We did it in 38 hours and the riding time was about 24 hours. We were off the bikes for about 14 hours. We departed Bordeaux at about 5:00 am. We arrived at Chinon at 10:00 pm. Then we had dinner and slept in a nice hotel with a 5:00 am departure. We got to Paris at about 7:00 pm.

The Captain

It is the captain’s responsibility to set the pace on each day’s stage. He chooses the leaders for each stage within a stage. He also uses lieutenants to keep order and safety. We always ride double. The captain for this trip is Gerard. He is 64 years old and has the fitness of a 40 year old. His experience is unmatched. Six PBPevery 5 years is all around in fifty hours. And six PBPAudax. I have never seen him in a bad humor, always friendly but firm in his instructions. He controls the ride from the rear and will lead a stage once in a while. I have spent much time with Gerard as he lives outside Paris and often drives in to pick me up. He speaks not one word of English. When he tries it’s a real joke. He has many stories about everything. He is also a Norman which denotes a certain character. All of the captains I have ridden with have great leadership qualities, but Gerard commands the most respect.

I have never noticed rivalry between captains. Departing Marseilles, Gerard was to lead with his chief lieutenant. He asked me to ride second position behind him. This was a stage of about 50 km along the coast to Salon-de-Provence, the home town of Nostradamus. This was his way of seeing if I was ready to lead a stage. Rick from the UK was also asked to ride second position.
He told me he was to lead the next stage from Salon to Arles. Second position is important as your riding must be steady with few gear changes as you have about 75 people on your wheel behind you. As this was an up and down stage, steady riding was difficult.

Choice of gearing with Audax riders is important as large changes between gears would cause problems with cadence and rhythm. Gerard uses a 48x36 upfront with a 12x21 in the rear. My choice for a PBPAudax was a 48x36 with a 12x23 in the rear. I didn’t know what I would be up against.

It is very important to be in sync with the riders around you. Most riders were using doubles more or less like mine. The rest used triples with various choices. French macho these days seems to be microdrives. 22x32x44 upfront with straight blocks 11x19 in the rear.

I really am a gearhead. I get off the track whenever I start talking about this stuff. Anyway, Gerard asked me to lead the stage from Arles to Nîmes with another UAF member, Dominique, who I know but hadn’t seen yet. He had been there the whole trip and I hadn’t seen him. In a group so large I guess that’s not surprising.

The day before the trip started we were required to show up for bike inspection. We filled out a form about our equipment. This was for the mechanics so that if there was a breakdown on the road they could get us back to the peloton quickly. If repair that took longer that a few seconds, someone would stop and help pace you back to the group. On the way out of Bordeaux after a long climb, my chain broke. This would have been a long repair, so my bike and I rode with the mechanics to the next stop. These guys really enjoyed their jobs. We drove behind the last rider. This was a 65 km stage so many riders were using the facilities alongside the road. It was fun to watch them chase back through all the cars that were stuck behind us while we were listening to Gregorian chants. They repaired my chain at the next stop. Then I had to chase back myself.

There isn’t enough space here for me to describe every stage. A typical was 200 plus km with a lunch break about half way through. At some towns and cities local cycling clubs would host us, escorting us into town where they served refreshments. Where there was no club to host us we would swarm cafes for wine, beer or whatever. A lot of days after lunch, the women sang as we rode. John said it was because they drank too much wine at lunch!

On the hot days one of the women would jump into the town fountains to cool off. I thought that was a great idea and started doing it myself.

John and I, not to be outdone sang, rugby songs. No one understood what we were singing but everyone seemed to like it anyway.

It’s easy to see why professional cyclists stay on for as long as they do. Life in the peloton is unique and special. The last couple of days you could feel a bit of sadness coming into the group, as the end was near.

It started raining hard the afternoon of the second to last day. The last short stage through Blois, Gerard put all of the women in the front and they led us into the town for our last night on the road.

The next day we rode 200 km plus to the same cafe that was used in 1903. The next morning we rode into Paris to the Champs de Mars in front of the Eiffel Tower where we met Jean-Marie Leblanc, the director of the TDF. Then, through the streets, seven abreast to the Champs Élysées. Then we rode back to Mongerón for the final dinner of the trip.

There are many things I didn’t talk about in this article. There are some things I like to keep to myself. Those things are what keeps me always returning for more. In 2004, we will be doing another long brevet, Paris to Athens for the Olympics. I have no details as yet but I know already it will be planned down to the last detail. Please contact me if you are interested.

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**Ninth Annual Century Bike Ride ESCAPE NEW YORK**

Many thanks to all the participants, volunteers, and ride leaders for making the Ninth Annual Escape New York Century a great success!

We couldn’t do it without you!

Special thanks go to our following generous sponsors:

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The 2003 Escape New York Committee: Debbie Rothschild, Chair
Lynn Baruh, Russ Berman, Robert Dinkelmann, Ed Geffner, Kathy Jennings, MaryBeth Mulholland, Barbara Spandorf, Bill Strachan, Viviane Tubiana, Lee Ann Van Wyck, and Sandra Watanabe
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. B to 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 derailleur 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 applies from October 26, 2003 to April 3, 2004:

<table>
<thead>
<tr>
<th>FROM GCT</th>
<th>ARRIVES</th>
<th>DEPARTS</th>
<th>ARRIVES GCT</th>
</tr>
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<tbody>
<tr>
<td>7:53 AM (Hudson Line)</td>
<td>9:49 AM</td>
<td>Poughkeepsie</td>
<td>3:33 PM</td>
</tr>
<tr>
<td>8:53 AM (Hudson Line)</td>
<td>10:46 AM</td>
<td>Poughkeepsie</td>
<td>4:33 PM</td>
</tr>
<tr>
<td>7:48 AM (Harlem Line)</td>
<td>9:20 AM</td>
<td>Brewster North</td>
<td>3:09 PM</td>
</tr>
<tr>
<td>8:48 AM (Harlem Line)</td>
<td>10:20 AM</td>
<td>Brewster North</td>
<td>4:09 PM</td>
</tr>
<tr>
<td>8:07 AM (New Haven Line)</td>
<td>9:52 AM</td>
<td>New Haven</td>
<td>2:59 PM</td>
</tr>
<tr>
<td>9:07 AM (New Haven Line)</td>
<td>10:20 AM</td>
<td>New Haven</td>
<td>3:55 PM</td>
</tr>
</tbody>
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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.

BULLETIN: The roster should go out with the December Bulletin. Eileen will send the instructions for running the roster queries to Bob and Tom. December deadlines will be as follows: rides due to Ride Coordinators by Tuesday, 11/11; listings due from Coordinators to Fred by Thursday morning, 11/13; everything due to Ludwig by Friday morning, 11/14. The mailing party will be November 25.

Ride Library: The question of whether or not to restrict the online ride library to members only was revisited. This time the consensus was it should not be restricted, but should be open to all—it would actually be good marketing for the Club. Timothy reported that the library is basically built but needs testing and editing. The ride leaders who submitted the rides need to add commentary. Fred suggested we send out an email to everyone who submitted rides giving them access to the test sight, have them proof their rides and add descriptive commentary. Fred, Robert and Timothy will coordinate that. All comments and revisions will have to be submitted to Timothy two weeks after the email goes out. That way we should have the new library live before the end of the year.

Miscellaneous: No other items discussed.

The meeting was adjourned at 7:40 p.m. Respectfully submitted, Carol Waaser Secretary

Meeting Minutes
Board of Directors
November 4, 2003

The meeting was called to order at 6:40. In attendance were Tom Laskey, Fred Steinberg, Marty Wolf, Carol Waaser, Robert Gray, Eileen Crowley, Ludwig Vogel and Deborah Bennett. Not present: Ewa Wirth, Isaac Brumer, David Hallerman and Stan Oldak. Also present were webmasters Timothy McCarthy and Peter O'Reilly.

Membership Report: Membership is currently 1,669, about 200 fewer than last year at this time. Eileen reminded us we need to close out the 2003 registration on Active.com and open up 2004 registration. We should also clarify the “partial year” membership—some people have thought they would get six months of membership no matter when they joined after Labor Day and didn’t realize their membership was good only until December 31. We need to remind members to renew (article in December Bulletin?).
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, New York, 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, New York, 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
368 East 62 Street New York, NY 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 parts and accessories

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

Conrad’s Bike Shop
25 Tudor City Place, New York, 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, New York, NY 212-732-2453 or gotbik@aol.com; 10% off parts, accessories and repairs.

Larry and Jeff’s 2nd Avenue Bicycles Plus
1620 2nd Ave. at 87th St., New York, 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

Sid’s Bike Shops
235 East 34th Street, New York, NY 212-213-8360 or www.sidsbikes.com 8% off parts, accessories and clothing.

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

212-722-2201

FREE REPAIRS AND ACCESSORIES
10% OFF BY SHOWING YOUR 2003 MEMBERSHIP CARD

Check one:

** New ** Renew ** Address change ** Check Amount:

Check one:

** Individual $24 (Bulletin by mail) ** Couple residing at the same address $30 (Bulletin by mail)

** Individual $19 (Online Bulletin only) ** Couple residing at the same address $25 (Online Bulletin only)

Name: ____________________________ Email: ____________________________ Riding Style: A) B) C)

Partner: ____________________________ Email: ____________________________ (Check one)

Address: ____________________________ Street Apt. ____________________________ City ____________________________ State ZIP ____________________________

Day tel: ____________________________ Night tel: ____________________________ Partner tel: ____________________________

Signature (1) ____________________________ Birthdate ___________ Signature (2) ____________________________ Birthdate ___________

Check (if applicable):

** Do not print my ** Email in the NYCC Roster.

** Do not print my partner’s ** Address Phone Email in the NYCC Roster.

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 renew online through active.com and receive a $3.00 discount:

visit http://www.nycc.org/home_join.shtml and click onto the active.com link.

NOTE: ALL NYCC MEMBERSHIPS ARE ON A CALENDAR YEAR BASIS ONLY. Please renew by 2/26/04 to avoid a break in your weekly email updates.
NYCC Holiday Party:
Monday, December 8

A NIGHT TO REMEMBER

The NYCC Annual Party will be held in elegant Victorian splendor at St. Maggie’s Cafe, one of lower Manhattan’s hidden treasures. 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 buffet dinner includes hors d’oeuvres, salad and bread, choice of entree (including vegetarian), cake and coffee. A cash bar will be available. The dinner will cost $40; we encourage you to reserve because space is limited. Reserve by 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 reserve online through active.com by visiting http://www.active.com/event_detail.cfm?event_id=1090644.

6:00 — 9:00 pm

St. Maggie’s Cafe
120 Wall Street
(212)943-9050

(Near South Street and the East River. Take the #2 or #3 train to Wall Street.)