

December 2003

NYCC Bulletin



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 \$24—boo! If you renew on-line using your membership number, you get a discount of \$3.00 and pay only \$21—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—whoopee! 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 week-ends, 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 Radujko**, affectionately known 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 Eskenazi** 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...



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

Please include your name and full address in your message.

Mailing Services: Thanks to our Mailing Party volunteers.

E-MAIL George Kaplan at **gkaplan4@nyc.rr.com** to volunteer for the next mailing.

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Display Advertising: Only bicycle-related advertising is accepted. Page size is 7.5" by 10". Rates for camera-ready copy: Full page, \$275; Half-page, \$150; Quarter-page, \$85; Eighth-page, \$50; Bottom blurb, \$45. Frequency discounts available.

Submissions:

E-MAIL:

bulletineditor@nyc.org

Submit copy via e-mail or Zip disk or CD, preferably plus hard copy. Advise operating system, software, phone number, and email. 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 second Tuesday of the month prior to publication.

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 go 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 PEARL RIVER

Leader: Carol Waaser, 212-581-0509, biker-c@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, \$\$ for lunch, spare tubes, bike in working order). Cancells: 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, kjbikes@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 derrailleur-gearred 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, ahhb1@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 27MI 10/10:20 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.

**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 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, rr7@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.

C14 43 MI 9:30 AM SCARSDALE

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

From: The Boathouse

I've lost track—is this supposed to be an El Niño or anti-El Niño winter? The day could be anything from 60° and we'll eat lunch outdoors to a foot of snow. One has to take advantage of any decent day to ride so if it starts at 28° or above and precipitation is not expected, let's ride.

Sunday, December 14

B16 25 MI 10:00 AM RIVER ROAD

Leader: Stan Oldak stanonyc@aol.com, 212-945-9801

From: The Boathouse

Let's try River Road. We'll go and return at B16. Take River Rd. at your own pace. Those of us who are so "inclined" will do a repeat of the last hill. Those who are more "straight" forward will wait at the police station. 9W home with a possible diner stop. Wet or icy roads, or temp below 32° at 8:00 am cancels. If in doubt, **check message board after 8:30 am.**

**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 #2
FLAT ROCK NATURE PRESERVE**

Leaders: Ed DeFreitas (5BBC) & TBA

From: City Hall

This is a privately owned, volunteer-run nature preserve just inside the Garden State. A little know treasure that's worth our support. Hike the paths, eat lunch and enjoy the surroundings. **Bring a 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, hschiffman1@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 Confectionery factory outlet, cruising for mouth watering truffles 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).

**C12 30MI 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
MIDEIVIL 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 dineros 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.

BE FIT BE STRONG BE YOUR BEST

Don't delay — Time to prepare for next season is now!

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- Strength & Conditioning

For more information and references visit
www.trainwithdmity.com
email: drozinsky@yahoo.com
or call (917) 669-9877
First training session FREE

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 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](http://www.active.com) by visiting http://www.active.com/event_detail.cfm?event_id=1090644.

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](http://www.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

December President's Message

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ing to help run things. Finally, big congratulations and best of luck to our new president, Stan Oldak. I worked with Stan not only on the board but also on the ENY organizing committee in 1999 and 2000 and am thrilled that he will now be taking the reins of the club. He is 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.

See you all on the road in 2004!!

— Tom Laskey

Cycling Gift Ideas

With the holidays coming, think about giving yourself or better yet, a deserving friend, a bike-related present or two. Most selections are available at local shops or visit websites listed. Here are some ideas, in no particular order:

New York Cycle Club Jersey. (\$60). Get the current issue with Richard Rosenthal's design of the Brooklyn Bridge & suspended cables encircled with bike wheel plus the Chrysler Building & sprockets on the sleeves. Visit http://www.nycc.org/home_stuff.shtml to order.

Crank Brothers "Speed" Levers. (\$6). This anti-tire iron allows you to remove or install a clincher tire faster than conventional tire irons: www.crankbrothers.com.

Reading Choices:
Critical Mass—Bicycling's Defiant Celebration. AK Press (\$15). You may have ridden this monthly ride in Manhattan. Read Chris Carisson's book on its storied past, with beginnings in the 1980's.



Make Every Second Count, Broadway (\$25). Lance Armstrong's second autobiographic volume continues his trials and tribulations with the Tour de France. Note: also available on audio CD & cassette and e-book.

The Noblest Invention, Rodale Press (\$28). www.noblestinvention.com. *Bicycling* magazine's history of the bicycle, with beautiful pictures and thoughtful prose. One read during a winter day will motivate you to get on the bike come spring.

In Gear: A Bike Journal, Chronicle Books. (\$15). Here's your chance to write about your own adventures. This nifty spiral-bound book has helpful tips, encouraging quotations and lots of pages to write about memorable rides & events: www.chroniclebooks.com.

Tubus Rear Bike Racks. Well-built carrying hardware from Germany. Good clearance to attach panniers that won't brush against your heels when you ride. Two models: the "Cargo" (\$100) and the "Fly" (\$80). www.peterwhitecycles.com.

Pump It Up: Planet Bike "ST" Floor Pump (\$34). www.planetbike.com. Was seen at the New York Bike show for \$15. Note: some monies from Planet Bike are contributed to worthy charities.

Topeak "Morph" Frame Pump. (\$35) works like a floor pump for quick and efficient inflating. www.topeak.com. Some models have an air gauge.

By Alfredo Garcia

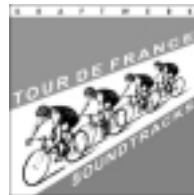


Unusual practicality: Mini Foot Pump (\$29). Very light and portable (6 in., 8 oz.) and can pump basketballs, too. Available at Gotham Bike shop or at www.mini-footpump.com.

2003 Tour de France DVD or VHS (\$90). Missed Lance's impromptu cyclocross, Joseba Beloki's bone-breaking gamble, Tyler Hamilton's pain-defying endurance and Jan Ullrich's watery wipeout at the world's greatest bicycle race? See this and more with Phil Leggett commentary. www.worldcycling.com. P.S. Lance won.

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 RCL 1 combination cable lock (\$20). Great for club rides. Strong but not heavy. You set the combination.

Promax I-Pad (\$13). Brake pads light up LED illuminated lights when applied. For bikes with

rim brakes (road, ATM, BMX). www.promax-usa.com.

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

Addias "Santiossage" sandals (\$27). Great for your feet after a hard ride. Adjustable strap for a better fit. Available at Modell's and other sports shops. www.addias.com.

Simple Green Bike Cleaner / Degreaser (\$10). Handy for cleaning your bike. Non-citrus yet strong and gentle on your frame, tires and drivetrain. Available in foam or liquid. www.simplegreen.com.

Road ID (\$19-\$24). Military-style dog tag for cyclists. A bike motif with personal & medical info helpful in case of accident. www.roadid.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.

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's Café afterward, the Haines Falls contin-

gent 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.

Jody Saylor bought a new t-shirt. **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.

ROAD DIRT

Send tips to: roaddirt@nycc.org



*Those who were there that rainy Saturday morning know...
—ed.*

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 PBP every 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 peleton is not an easy task. The TDF started with a group of 160. A double paceline of 160 is 800 meters long. Support is very important in the Audax. For safety and security we had 1 lead car, 8 motorcycles, 2 follow cars, 2 baggage trucks, 4 mechanics, 1 ambulance, 3 nurses and 1 doctor. All in all, about 30 people were support. Amongst these, only one person is in charge. In addition, we always had a local police escort in all the towns and cities. To say this was a massive undertaking is a real understatement.

The Peleton

There were several countries represented in the group: France, Belgium, the UK, Italy, Luxembourg, Germany, Holland and the US. From the US, Bill and Mary Claire from Ohio, who rode a tandem, and myself from NYC. Bill and Mary Claire have been doing Audax trips for years. They did do PBP Audax in 1996.

I would like to mention everyone, but space does not permit. I will note the youngest and the oldest: Rick and Pierre. Rick, 22, came from the UK—it's never too early for the English to start showing eccentric behavior. Pierre, at 83 started

racing in 1938. It was a great day for him in Bordeaux when he met the 1937 Tour de France winner and was seated at his table for lunch.

Two other participants deserve note. Bruno rode a 1903 fixed gear bike the entire trip. He had 4 of them! The lowest was 64 inches, the highest was 90 inches. His bikes had wooden rims and everything as it was in 1903. I will also mention my friend from the UK, John Weeks, who I first rode with in 2000. I had not seen him since then although he had been to France as many times as I—but we had not been on the same trips. It was good to ride with him again.

About 20 of the starters were women. Some I knew from other trips and some were new acquaintances.

It is difficult to write about Audax without mentioning individuals as there is so much interaction. Every rider is given a number; they go in order. Number one 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 peleton. 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 PBP Audax, 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 peleton. 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 "peleton 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 inter-

national 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 PBP randoneurs all in around fifty hours. And six PBP Audax. 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 PBP Audax was a 48x36 with a 12x23 in the rear. This was OK but it would have been better with a 34. For TDF Audax, I chose a 48x34 with a 13x26 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 Nimes 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 peleton quickly. If repair that took longer than 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 peleton 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 Mongeron 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.

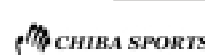
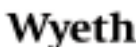
Ninth Annual Century Bike Ride

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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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

ENY2CC3

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/bicycle.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:

FROM GCT	ARRIVES AT/FROM	DEPARTS	ARRIVES GCT
7:53 AM (HUDSON LINE)	9:49 AM POUGHKEEPSIE	3:33 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
7:48 AM (HARLEM LINE)	9:20 AM BREWSTER NORTH	3:09 PM	5:38 PM
8:48 AM (HARLEM LINE)	10:20 AM BREWSTER NORTH	4:09 PM	6:37 PM
	BREWSTER NORTH	5:09 PM	7:37 PM
8:07 AM (NEW HAVEN LINE)	9:52 AM NEW HAVEN	2:59 PM	4:40 PM
9:07 AM (NEW HAVEN LINE)	10:20 AM NEW HAVEN	3:55 PM	5:40 PM
	NEW HAVEN	4:55 PM	6:40 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.

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: Eva 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?).

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 next Board meeting will be Tuesday December 2. This will be the joint meeting of the newly elected Board with any outgoing current Board members.

The meeting was adjourned at 7:40 p.m.

Respectfully submitted,

Carol Waaser

Secretary



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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

348 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 part 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

1690 2nd Ave. at 87th St., New York, NY
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www.BerkshireBrevets.com
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235 East 34th Street, New York, NY
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2004 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: ☐ New ☐ Renew ☐ Address change Date: _____ 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
(Check one)

Partner: _____ Email: _____ Riding Style: ☐ A ☐ B ☐ C
(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 ☐ Address ☐ Phone ☐ 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.



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New York, NY 10023

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.)