

January 2004

NYCC *Bulletin*[™]



President's First Message

As I sit by my window watching one of the wonderful "shows" of nature, there is already four or five inches on the ground and the snow continues at perhaps an inch an hour. At this moment, bike riding for the winter season looks pretty bleak. But not so for the coming year and NYCC. We look forward to a continuation of the improvements in the bulletin both in content and timeliness that we have seen over the last several months. "Muchas gracias" to **Ludwig Vogel** our editor and to **George Kaplan** our mailing-party organizer. We look forward to another successful **SIG** program as well as several new **STS's (spring training series)** with which we hope to accommodate a much broader range of riders than in the past. Additionally, we will soon see (thanks to **Peter O'Reilly**) a new web-based ride submission program that will make it much easier for leaders to submit rides, keep track of their rides, and much more. And "as we speak" we are already in the early planning stages of organizing our club biking events for summer '04. For NYCC—look for an exciting year ahead.

As we transition to a new year and a new executive board we have to thank a number of people, those members of the board who are leaving as well as those who have chosen to continue on. All of them having given so much of their time and effort to help make the club as successful and enjoyable as it has been over the last several years. Leaving the board are **Eileen Crowley, Carol Waaser** and **Eva Wirth**. Three people who you can be sure you will see around as they continue to be involved in other important areas such as helping to run the sigs and leading rides throughout the year. Staying on are **Fred Steinberg, Deborah Bennett, David Hallerman, Marty Wolfe, Robert Gray, Isaac Brumer, Ludwig Vogel** and **Timothy McCarthy** (now an official board member). Our "newbies" are **Hal Eskenazi, Kathy Jennings, David Sabbarese** and **Wayne Wright**. With an executive board like this, my job will be a "piece of cake". And of course, we owe a huge thanks to our outgoing president **Tom Laskey**, who will continue to be on the board in an advisory capacity as "immediate past president". I have had the pleasure of serving under "el presidente" for the last three years and I think that I can speak for all of us on the board when I say thanks for all of your hard work, leadership, and guidance that you have provided us and will continue to provide. Thanks Tom.

Finally, let me not forget to remind everyone that it is time to **RENEW** your membership. Whether you renew by US mail or online, now is the time! And be sure to check out our new fee schedule (found elsewhere in this bulletin). You can save up to \$8 off our already very reasonable dues of \$24 for individuals and \$30 for couples – what a deal!!

PS: Has everyone seen our new ride library? Check it out! Robert Gray, Fred Steinberg and our very talented webmaster Timothy McCarthy are the "culprits". Was it worth waiting for—or what??

Stan Oldak



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Submissions:

E-MAIL: bulletineditor@nyc.rr.com

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 Calendar

Friday, January 9

Place: Wollman Rink in Central Park

Time: 6:00 pm until ?

Bring your skates to work (of course, rentals will be available for those who don't own their own) and afterwards meet with other NYCC club members for a couple of skating sessions in Central Park. The rink is best accessed by entering the park on the 59th St and Sixth Avenue entrance. Skating in this incomparable evening setting is a relative bargain at \$8.50 for adults (add \$4.75 if you want to rent skates). Later, a drink in the Plaza's Oak Room is always fun. And for once, cold weather under 30°, or even snowy conditions, will **not** cancel this event. The more, the merrier . . .

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 Sunday January and February 1st

B15+ 40MI 8:00AM TEMPERATURE REGULATORS

Leader: Jesse Brown, 718-931-7783

From: White Plains Rd & Pelham Parkway, Bronx (#2 train to Pelham Pky)
The 5BBC's "Temperature Regulators" will take you to either White Plains, Rye, or Byram, CT at a **quick spin** pace that is sure to keep you warm.

Every Wednesday in January

A19+/- 50+/- MI 10:00 AM WEDNESDAY MORNING SPIN SHARP

Leader: You don't need a leader to get to Nyack

From: the Boathouse

We expect the Wednesday ride to continue 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 Piermont, Northvale or State line. If it's worse than cold, we're smart enough to stay home.

January Club Rides

Thursday January 1, 2004

B-ANY 25-30 MI 11:00 AM BROOKLYN POLAR BEARS

From: City Hall (optional start at Prospect Park, call leader if you plan to meet us there)

Leaders: Marci Silverman, mhsilv@yahoo.com, 646-408-4565 & Peter "Banana Guy" Kouletsis (peter.kouletsis@citigroup.com, 917-854-1181)
Happy New Year!

Join us on our first ride of the new year. We're going to the beach (Coney Island, that is) to see Polar Bears! The polar bears swim club will be meeting on the beach at Stillwell Ave at 1:00 pm for their annual New Years Swim party. We'll watch them make a splash, followed by Lunch at Nathan's, Totonno's, or some other place. Bring towel and swimsuit if so inclined. Sunblock probably not necessary. **Required: helmet, bike, spares, water, food, human warmth. Cancels: wet roads at start, temps below 25° at 10 am (NY1).** Plentiful bail-outs via Metro Card.

Saturday, January 03

A18/19 55 MI 9:30 AM PEARL RIVER

From: The Boathouse

Leader: Rich Ramon, RamonR@coned.com, &

Hank Schiffman, 212-529-9082, hschiffman1@nyc.rr.com

We go to Pearl River, NYCC's winter hunting grounds. Lunch at the Muddy Brook Cafe. No cue sheets. If you get lost, ask directions. This is winter: dress for success or freeze your ass. Advice from someone who has suffered in the cold: always carry one more article of essential clothing. This way you mentally feel that you have a trump card up your sleeve. Bulletproof, correctly inflated tires are essential. If you think fixing a flat in December is purgatory, doing it in January is **hell**. Temps below 25° and strong, gusty winds will cancel this stamp. Please keep an eye on the NYCC Message Board for late breaking developments.

B15 40 MI 9:30AM SCARSDALE

From: The Boathouse

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

I'm writing this on the day of the December blizzard, so let's hope by New Year's weekend we get a little break! But in case it's "iffy", we'll go to Scarsdale—plenty of bailout options! I'm told the diner is back in business. Bring water, helmet, \$\$ for lunch, MetroNorth pass just in case; dress in layers and we'll defy the elements! Studded tires or chains optional.

Sunday, January 04

A18 35 MI 10:00 AM BROOKLYN QUEENS EXPRESS

From the Boathouse

Leader: Robert Gray, nyarchitect@msn.com

Time to revive the Brooklyn sampler series featuring a quick run over to Prospect Park via the Queensboro Bridge, Long Island City, Greenpoint, Williamsburg, and Fort Green. A few laps of Prospect Park, a brief stop in Carroll Gardens after 25 miles to warm up, then Brooklyn Heights, other Williamsburg and Greenpoint, back across the QbB for whatever else you feel like. Wet streets, temps way below freezing, gusty winds will cancel. **Take a look at the message board or email me to confirm.**

B-16 50 MI 10:00 AM BACK WAY TO NORTHVALE

From: The Boathouse

Leader: Eva Wirth, 212-477-9322, ewirth@yahoo.com

A different route to Northvale. Let's start the new year right with a nice winter ride to a pizza palor that serves brick oven pizza. Wet roads, snow or temperatures at start below freezing cancel. **Check NYCC message board if in doubt.**

C12 30 MI 10:00 AM FROSTBITE RIDE #5: NY BOTANICAL GARDENS

From: Plaza Hotel (59th St. & Fifth Ave.)

Leaders: Alfredo Garcia, cyclistxxxiii@yahoo.com;

Ed DeFreitas, 718-237-0989, defreita@netscape.net;

Phil Goldberg, 718-888-9737 or email bike21@att.net and TBA

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 at www.nybg.org. Mostly flat. Bring a lock & money for lunch. **Helmets required.** Co-listed with the Five Borough Bicycle Club (5BBC.)

Saturday, January 10

A/B17/18 25 MI 10:00 AM ON TRACK

From: The Boathouse

Leader: Gary McGraime (212) 877-4257, garynycc@aol.com

Wanna try group riding on your track bike? Riding loops in the Park is far

more interesting on a fixed gear and is also the best place to get accustomed to riding together. If everyone likes it, we can venture beyond the Park on future rides. Last year, I was riding to Peirmont and returning on State Line and it was a blast! Below 30°, wet or ice cancel. Check the message board the morning of after 8:00 am if in doubt. **Helmets required.**

B17 55+/- MI 9:30 AM PARK RIDGE

From the Boathouse

Leader: Russ Berman, 212-595-8834, rberman@kronishlieb.com

What snow? Let's schedule and hope to ride one of the roundabout ways to Park Ridge to grab a carb-filled brunch at the diner. We'll try to make it back reasonably early by maintaining the posted pace. This should be a one-stop ride, so an extra energy bar would make sense (not to mention a thermos of hot soup and a range extender). Good group riding skills, good tires and a helmet are mandatory. Aside from precip, predicted high temp below 30° or winds above 25 mph at 8:30 cancel. We'll go if the roads are wet but not icy (I'll bring my old hardtail and we'll ratchet down the pace)

Check with me up to 9:00 am if in doubt.

Sunday, January 11

A18 35 MI 10:00 AM BROOKLYN QUEENS EXPRESS

From the Boathouse

Leader: Robert Gray, nyarchitect@msn.com

Time to revive the Brooklyn sampler series featuring a quick run over to Prospect Park via the Queensboro Bridge, Long Island City, Greenpoint, Williamsburg, and Fort Green. A few laps of Prospect Park, a brief stop in Carroll Gardens after 25 miles to warm up, then Brooklyn Heights, other Williamsburg and Greenpoint, back across the QbB for whatever else you feel like. Wet streets, temps way below freezing, gusty winds will cancel. Take a **look at the message board or email me to confirm.**

B16 45 MI 10:00 AM WESTWOOD

From: The Boathouse

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

The goal of any winter ride is to find pancakes. Westwood is usually a good bet for pancakes c'mon let's go! Smiles and helmets please. Precip, wet/icy roads or freezing temps at 9:00 am cancels. Check NYCC message board if in doubt. **Helmets and smiles please.**

B16 50 MI 9:30 AM OLD SCHOOL TRAINING RIDE

From: The Boathouse

Leader: Sal Cenatiempo, 917-302-2327, spcena@hotmail.com

"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-gearped 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 to Nyack. 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. Check the message board the morning of the ride for cancellation.

B/C15/14 40 MI 10:00 AM A NEW WAY

From: The Boathouse

Leader: Gary McGraime, 212-877-4257, garynycc@aol.com

It's a New Year which calls for trying New Ways to approach life including the Northvale Diner. Maybe we'll even order something totally different than the usual - wooh! Let's focus on smoothness rather than speed and hold a steady pace with a few hills thrown in to keep warm. Below 30°, wet or ice cancel—check the message board the morning of after 8:00 am if in doubt. **Helmets and warm clothing required.**

C11 25 MI 10 AM FROSTBITE RIDE #6: CONEY ISLAND DREAMIN' (ON SUCH A WINTER'S DAY)

From: City Hall (opposite Brooklyn Bridge)

Leader: Ed DeFreitas (718-237-0989, defreita@netscape.net) and TBA

Spend time in Brooklyn complete with that famous bridge, Prospect Park, the Shore Parkway Greenway, and unparalleled views of the Narrows. We'll have lunch at Totonno's Pizza, then visit the boardwalk before returning to Manhattan. Co-listed with 5BBC.

Saturday, January 17

A18 50 MI 9:30 AM WINTER RIDE

From: the Boathouse

Leader: Fred Steinberg, 212 787-5204, fsteinberg@nyc.rr.com;

Timothy McCarthy, timothymc@earthlink.com

We'll go as far as we can depending on the weather, temperature and road conditions. If precip is approaching we'll ride on the west side to be close to Metro North/subway bailouts. Bring Metro North pass, Metrolink. Cancel conditions, icy roads, winds above 30 mph, temps below 30° at 8:30 am. **Check BB for ride status after 8:00am.**

B16 32 MI 10:00 AM BLOOMBERG'S LOOP

From: end of East 82nd Street, overlooking East River, on John Finley Walk

Leader: Hannah Borgeson, 212-348-2601, e-mail: gasiorcj@att.net

We'll stick close to home on this winter day as we explore the new "interim greenway" encircling Manhattan Island. The East River Esplanade, Harlem Speedway, Henry Hudson Path, and Hudson River Greenway are some of the off-street routes our Department of City Planning worked overtime to connect at the behest of Mayor Bloomberg. We'll follow this route as we circum-bike Manhattan with brief stops to admire the scenery. Souvenir greenway maps will be given out. Bring pocket food and drinks; we will not stop for lunch. About a third of the ride is on city streets. **Icy conditions cancel.**

C11 25MI 10:00AM FROSTBITE RIDE #7: ASTORIA AND UNCLE GEORGE'S

From: City Hall (opposite Brooklyn Bridge)

Leader: Ed DeFreitas, 718-237-0989, defreita@netscape.net and TBA

Rudyard Kipling wrote "East is East, and West is West, and never the twain shall meet." Guess he never visited Astoria, which is teeming with diverse neighborhoods and direct evidence of east meeting west. A stop at Uncle George's for fine Greek cuisine may be in store on this ride. This ride will also include an excursion on the Queensboro Bridge bike path. Co-listed with the 5BBC.

Sunday, January 18

A18 35 MI 10:00AM BROOKLYN QUEENS EXPRESS

From: the Boathouse

Leader: Robert Gray, nyarchitect@msn.com

Time to revive the Brooklyn sampler series featuring a quick run over to Prospect Park via the Queensboro Bridge, Long Island City, Greenpoint, Williamsburg, and Fort Green. A few laps of Prospect Park, a brief stop in Carroll Gardens after 25 miles to warm up, then Brooklyn Heights, other Williamsburg and Greenpoint, back across the QbB for whatever else you feel like. Wet streets, temps way below freezing, gusty winds will cancel. Take a look at the message board or email me to confirm.

B-16 50 MI 10:00 AM SEVILLE DINER

From: The Boathouse

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

Will this be the weekend of the January thaw??? Let's hope so. The Seville Diner beckons via a scenic route. We'll take an easy pace on this relatively flat ride. (Your leader will be encouraging you up any hills from the rear of

the pack!) Bring helmet (on the head), water, \$\$ for lunch, and dress in layers. Cancels: precipitation, wet or icy roads, temps below 30° at 8:30 am, winds above 20 mph. If in doubt **check message board or leader's machine after 8:15 a.m.**

C11 25MI 10:00AM FROSTBITE RIDE #7: ASTORIA AND UNCLE GEORGE'S

From: City Hall (opposite Brooklyn Bridge)
Leader: Ed DeFreitas, 718-237-0989, defreita@netscape.net and TBA
 Rudyard Kipling wrote "East is East, and West is West, and never the twain shall meet." Guess he never visited Astoria, which is teeming with diverse neighborhoods and direct evidence of east meeting west. A stop at Uncle George's for fine Greek cuisine may be in store on this ride. This ride will also include an excursion on the Queensboro Bridge bike path. Co-listed with 5BBC.

Saturday, January 24

A18 50 MILES 9:30 AM WINTER RIDE

From: the Boathouse
Leader: Fred Steinberg, 212-787-5204, fsteinberg@nyc.rr.com, Ron Roth, rrr7@nyc.rr.com; Timothy McCarthy, timothymc@earthlink.com
 We'll go as far as we can depending on the weather, temperature and road conditions. If precip is approaching we'll ride on the west side to be close to Metro North/subway bailouts. Bring Metro North pass, MetroCard. Cancel conditions, icy roads, winds above 30mph, temps below 30° at 8:30 am. **Check BB for ride status after 8:00 am.**

B15/16 40+ MILES 9:00AM MT KISCO FOR CHOCOLATE

From: the Boathouse
Leaders: Marci Silverman, mhsilv@yahoo.com, 646-408-4565
Peter "Banana Guy" Kouletsis, peter.kouletsis@citigroup.com, 917-854-1181
One-way with Metro North return—mild weather and ambitious riders may result in extension of the ride to a maximum of 80 miles.
 Should chocolate be banned from Olympic competition as a performance enhancer? Let's hit the road and find out! Today's journey takes us north to Danielle's Chocolatier in Mt Kisco (www.danielleschocolates.com), where all sorts of confections await. We have been told that the hot chocolate is splendid. And with Valentine's day looming, this could double as a gift-shopping trip! Numerous bail-outs via MTA and MetroNorth. **Required: Helmet, bike, spares, water, food, human warmth,** and money for lunch and chocolate and MetroNorth. Suggested: **MetroCard, MetroNorth pass** Cancels: Falling snow, wet roads at start, temps below 33° at 8:00am (NY1/WINS).

C12 30+/- MI 9:30 AM BQ WATERFRONT

From: Bridgemarket (59th St & 1st Av, Manhattan)
Leader: Isaac Brumer (212-734-6039, isaacbrumer@hotmail.com)
 Meander through quiet industrial streets of the western boroughs of the island of length as we search for chocolate, cheesecake, coffee and other vitals. Bring lock, if possible. Wet conditions or temp below 35° cancel. Note: This ride observes all traffic signals. Check message board for cancellation info.

Sunday, January 25

A18 35 MI 10:00 AM BROOKLYN QUEENS EXPRESS

From: the Boathouse
Leader: Robert Gray, nyarchitect@msn.com
 Time to revive the Brooklyn sampler series featuring a quick run over to Prospect Park via the Queensboro Bridge, Long Island City, Greenpoint, Williamsburg, and Fort Green. A few laps of Prospect Park, a brief stop in Carroll Gardens after 25 miles to warm up, then Brooklyn Heights, other Williamsburg and Greenpoint, back across the QbB for whatever else you feel like. Wet streets, temps way below freezing, gusty winds will cancel. Take a **look at the message board or email me to confirm.**

B15 30 MI 10:00AM A WINTER RIDE IN WESTCHESTER

From: Pelham Parkway Stop on #5 Train
Leaders: Tonya Harroun, 718-828-5309, tharroun@aecom.yu.edu; Reginald Johnson, rabjohnson@rcn.com
 Join us for a winter ride beginning in the NE Bronx and ambling up through the lovely neighborhoods of lower Westchester county. Cyclists will have a choice to stop off in City Island on the return trip. Precipitation and temperatures under 32° cancel the ride. Call or e-mail with any questions.

C12 25MI 10:00AM FROSTBITE RIDE #8: UNDER AND OVER THE HUDSON

From: City Hall (opposite Brooklyn Bridge)
Leader: Ed DeFreitas, 718-237-0989, defreita@netscape.net and TBA
 We'll catch a PATH train, then ramble through the towns of New Jersey's gold coast. Look for a dangling Vespa while en route. We'll make the climb to the George Washington Bridge to return to Manhattan for a warm sit down lunch. **Bring a lock and \$ for lunch.** Co-listed with 5BBC.

Saturday, January 31

A17 100MI 8:30AM JANUARY THAW CENTURY [SLD*]

From: The Boathouse
Leader: Marty Wolf, 212-935-1460
 I tried this several years ago and picked my favorite hilliest century to New Caanan, Ct. (107 mi) 8 started, 4 returned (by bike); destination TBD so **bring your train pass** in case we decide to just head to Southampton and then train back. Might be a good idea to call leader the week/day before to reconfirm. [* Slow Long Distance—LSD just sounds too cutesy]

Sunday, February 01

A18 35 MILES 10:00AM BROOKLYN QUEENS EXPRESS

From: the Boathouse
Leader: Robert Gray, nyarchitect@msn.com
 Time to revive the Brooklyn sampler series featuring a quick run over to Prospect Park via the Queensboro Bridge, Long Island City, Greenpoint, Williamsburg, and Fort Green. A few laps of Prospect Park, a brief stop in Carroll Gardens after 25 miles to warm up, then Brooklyn Heights, other Williamsburg and Greenpoint, back across the QbB by for whatever else you feel like. Wet streets, temps way below freezing, gusty winds will cancel. Take a look at the message board or email me to confirm.

C12-15 30MI 10:00AM FROSTBITE RIDE #9: FLAT ROCK NATURE PRESERVE

From: City Hall (opposite Brooklyn Bridge)
Leader: Ed DeFreitas, 718-237-0989, defreita@netscape.net and TBA
 This is a privately owned and volunteer run nature preserve just inside New Jersey. A little known treasure that is worth our support. Hike the paths, eat lunch and enjoy the nature center. Bring a lock and money for lunch. Ride includes hills. Co-listed with 5BBC.

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!

Please read this before your first club ride:

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

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

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

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

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

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

BIKE PASSES are always required on Metro-North and the LIRR. Bike passes good for both Metro-North and the LIRR are available at Window 27 at Grand Central or any window at Penn Station or by calling (212) 499-4394 or (718) 558-8228 or by visiting

<http://www.mta.nyc.ny.us/lirr/pubs/bicyclep.htm> for a printable application form to mail in.

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

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

The following schedule 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 stanOnc@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 December 2, 2003

The meeting was called to order at 6:40 pm. In attendance were Tom Laskey, Fred Steinberg, Marty Wolf, Kathy Jennings, Robert Gray, Stan Oldak, David Hallerman, Hal Eskenazi, Timothy McCarthy, Peter O'Reilly, David Sabbarese, Deborah Bennett, Eileen Crowley, and Eva Wirth.

Membership Report: Marty reported that current Club membership is 1675. We will be using active.com to maintain our membership database. We are still working with them to fix some quirks in their system and have disabled membership registration and re-registration through active.com until these problems can be fixed. We are hopeful that they will be resolved shortly.

Bulletin: As previously decided, the second Tuesday of each month will be the deadline for submissions for the following month's bulletin. It was reported that the last two bulletins were mailed out on schedule, which seems to indicate

that the bulletin mailing party is working well. There was a general discussion of printers and of further improving the efficiency of bulletin production.

Ride Library: Timothy, Fred and the others who worked on the Library were commended for a job well done. The response from the Club so far has been great. Rides are still being sorted to see if we need to include more rides to certain areas. We would like to include more C rides. We discussed allowing members to apply for their own routes to be included in the Library, but the Library Committee felt strongly that rides should not automatically be included in the Library unless it is determined that they would add value to it.

Special Events: Eva Wirth reported that 65 people had signed up so far for the Holiday Party, which was about the same as in prior years. We agreed to talk up the party on the NYCC website and message board and in the weekly email.

Miscellaneous:

(1) Soon, ride leaders will be able to submit

rides online. Ride leaders will be strongly encouraged to use the on-line system, but will still be permitted to submit rides through other means (e.g., emails to Ride Coordinators).

(2) Tom Lasky handed over the reins to President Stan Oldak. The Board thanked Tom for all of the time and energy he has devoted to the NYCC during his three tremendous years of service as its President.

(3) Stan Oldak gave an overview of some of the issues he hopes to address during his tenure as President, including: (a) attracting greater attendance at monthly NYCC meetings; (b) continuing the tradition of sponsoring strong weekend and single-day All-Class Rides; and (c) raising the profile of cycling generally in NYC by garnering some good press for riding and the NYCC.

The next Board meeting will be on Jan. 6, 2003.

The meeting was adjourned at 8:35 p.m.

Respectfully submitted,

Kathleen Jennings

Secretary

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

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).



Larry and Jeff's 2nd Avenue Bicycles Plus
1690 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

215 Ash Street, Piermont, NY 10968
845-365-0900

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

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

Sid's Bike Shops

235 East 34th Street, 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.

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.

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



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 NEGLIGENT RESCUE OPERATIONS, AND I FURTHER AGREE that if, despite the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as the result of such claim. I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Check one: 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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❁ Tuesday, January 13 ❁

**SURPRISE
PROGRAM!**

**Guaranteed to be the
Best Meeting of the Year!**



**2004 IS HERE!
RENEW YOUR
MEMBERSHIP NOW!
See p. 7 For More**

So please join us on Tuesday, January 13 at

**Annie Moore's Pub and Restaurant
50 E. 43rd St**

(west of GCT between Madison & Vanderbilt Ave.)

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

Buffet dinner includes chicken marsala, pasta primavera, shepherd's pie, rice, green salad, coffee or tea, and more. Dinner is \$20, including tax and tip (cash only). Social hour with cash bar starts at 6:00 pm. Dinner at 6:45 pm. Program runs from 8:00-9:15 pm.

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