

February 2004

NYCC Bulletin™



**2004
SIG Update**

See p. 4-6, 10-13

President's Message

It's February. Time to wish someone special a "Happy Valentines Day." Time to wish "old" Abe and "old" George each a "Happy Birthday." And time to start thinking about our upcoming SIGs and STSs.

Our SIGs (Special Interest Groups) begin in March and are a ten- to twelve- week training program run by some of our most experienced ride leaders. They are offered at a number of different levels, from "new to bike riding" to the "most experienced." Elsewhere in this issue you can read more detailed descriptions. There is no fee involved! **All that is required is your attendance and a dedication to riding.**

Our STS (Spring training series) is for the SIG graduate (not required but suggested) who would like to rehone his/her skills and especially, after a cold (nearly rideless) winter, to get those cobwebs out of the system and back to a comfortable level in preparation for a new bike-riding season. The A/A19 STS begins this month. The B STS is still in the planning stages with more info to follow. And the C STS will begin later in March. Check out the articles and ride listings (A/A19) elsewhere in this bulletin for more details.

And now, without any further ado, let me jump ahead to September 2004. On **Sept. 18** we will be holding our **Tenth Annual Escape New York**. This, our premier riding event of the year, requires a significant amount of planning by a very dedicated and hardworking committee of volunteers. **The 2004 ENY Committee** will have already had its first meeting in January. But each year some people leave and **new committee members are needed**. The committee meets approximately **once a month** through September. If you would like to be involved in this very worthwhile and rewarding endeavor (I know that it is, as I was on the committee for three straight years) then please contact **Debbie Rothschild** (droth@mindspring.com).

Speaking of the SIGs, the STSs, ENY and a new riding season approaching, one thing that we must always be cognizant of is **"safety."** With that in mind, we have formed a new NYCC committee to study safety issues pertaining to our club and to bike riding in general. Each month the committee, headed by Jay Jacobson, will present a new "safety theme" in our bulletin (see elsewhere in this issue for the first installment), at the club meetings, and in the near future, on our website. We expect to have one of our club meetings devoted almost entirely to safety issues. The committee will also work closely with the SIGs this season. We think this will be a significant contribution to our club and perhaps it will even "save a life."

Have a safe February. Stay warm. **Ride when you can.** And finally, if you haven't already done so, **renew your membership now!!**

Stan O.



RISK

Safety Theme for February

After listening to my whining that the club should start doing something about the recent apparent increase in accidents, they asked me to be the new safety chairman. In the months ahead our committee will address many specific safety issues such as equipment and riding techniques.

Before even getting on our bike this season, each one of us should give some serious thought about the risk of an accident we take when we make an unsafe maneuver. Is finishing the ride 30 seconds earlier worth the possible price of an accident?

Over the past twenty years the two of us have ridden over 120,000 miles. We have had one major and three minor bike accidents and another major accident which was not directly bike related. All three of the minor accidents (which required medical attention) were caused by lack of concentration and distraction. In two of them, I took my hand off the handlebars (and my eyes of the road!) to wave to friends. In the other, Joan was taking in the Napa Valley scenery. The bill for a suburban hospital for an overnight non-emergency surgery stay was over \$10,000! Although the accidents were not very painful and I am obviously fully recovered, the months I spent immobilized by casts, crutches and canes were definitely not high points in my life!

We all have much to live for. Although neither the time nor place is perfect, IMHO we are living in the greatest city in the world in the best of times. We obviously are in good health. Most of us have good careers. We have good friends and many of us have SO's or many opportunities to meet them. We have a highly enjoyable lifetime sport which is social and a great way to appreciate the metro New York area (and the world!).

Is it worth "blowing all of this" and risking living the rest of our life like Christopher Reeve (or worse) for some unsound biking tactic?

—Jay Jacobson



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Submissions:

EMAIL:

bulletineditor@nyc.rr.com

Submit copy via email 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.

**Ride Safe—
Always Wear
Your Helmet**

Club Rides

IMPORTANT: BEFORE YOU TAKE YOUR FIRST CLUB RIDE, PLEASE READ ABOUT CLUB RIDES ON PAGE 14.

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.



February Recurring Rides

Every Wednesday in February

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

From: the Boathouse

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

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.

February Club Rides

Saturday, January 31

A18 50+/- MI 9:30 AM WINTER RIDE

From: Boathouse

Leader: Fred Steinberg 917-572-8926 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 MetroNorth pass, Metrocard.**

Cancellation conditions: icy roads, winds above 30 mph/temps below 30° F at 8:30 am. Check BB for ride status or call Fred after 8:00 am.

A17 100 MI 8:30 AM 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). Eight started, four 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 1

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 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.**

B16 40 MI 10:30 AM TEMPERATURE REGULATORS

From: White Plains Rd and Pelham Pky, Bronx (#2 train to Pelham Pky)

Leader: Jesse Brown, 718-931-7283

The Temperature Regulators will take you to either White Plains, Rye, or Byram, CT at a pace that is sure to keep you warm. Co-listed with the 5BBC.

C12/15 30 MI 10:00 AM 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 the 5BBC.

Saturday, February 7

A18 50+/- MI 9:30 AM WINTER RIDE

From: the Boathouse

Leader: Fred Steinberg, 917-572-8926, fsteinberg@nyc.rr.com;

Ron Roth, rr7@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 MetroNorth pass, Metrocard.**

Cancellation conditions: icy roads, winds above 30/temps below 30° F at 8:30 am. Check BB for ride status or call Fred after 8:00 am.

B16 63/36 MI 9:30/10:30 AM SEE THE OCEAN?

From: Plaza Fountain, 59th & 5th (9:30); Union Turnpike & Queens Blvd at Statue [across from Nathan's] (10:30)

Finish: Oyster Bay or 108th St Queens for E, F, R, G or V trains

Leaders: Hal Eskenazi, 917-822-5401, hal@profilesworldwide.com;

Marci Silverman, 646-408-4565, mhsilv@yahoo.com;

Heidi Sadowsky, 917-648-9604, hsadowsky@nyc.rr.com

OK, we're two months into winter and you're thinking, "I miss the beach."

Well, we have a solution. We'll take a ride to Oyster Bay, see the ocean, maybe take a dip (you, not me), have some lunch and head back. Surely, we can use the exercise. Maybe even see some friends we haven't seen in a while. What would make me **cancel**? Rain, snow, heavy winds (above 20 mph), temp below 35° F or my winning the lottery the night before. **Check channel 1 at 8:00 am or the message board.** There is a bailout in Oyster Bay so **bring RR pass & MTA card, spare tire and a warm attitude. Helmet required.** Dress warm. It is winter!

C12 25 MI 9:30 AM QUEENS GREENWAYS

From: front of the Bridgemarket (East 59th St and 1st Ave, Manhattan)

Leader: Isaac Brumer, 212-734-6039, isaacbrumer@hotmail.com

If the weather is mild, we'll explore Queens' excellent network of on- and off-street bikeways, while foraging for excellent multi-ethnic al-fresco food. We're not in a rush and we observe all traffic signals. Wet weather, residual snow/ice on ground or temp under 40° F at 9:00 am cancel. **Check the NYCC message board or call** to be certain.

Interested In Leading Rides But Don't Know Where To Go? Call Your Ride Coordinator To Find Out About Leading In The SIGs This Spring!

Sunday February 8

A18+/- 40-50 MI 9:20 AM STATEN ISLAND SPIN

From: Staten Island Ferry Terminal (we want to board the 9:30 ferry)

Leaders: Carolyn Booher, 718-636-0315, and

Debbie Rothschild, 212-961-1610

No time like the present for an easy spin to one of the club's less cycled destinations. The mileage is low, the hills are few and not so big, the deli stop is warm... all in all, a great place to start clearing out winter cobwebs, and enjoy a slice of pizza. Bonus: plenty of rough roads make this a good opportunity to bring out your city bike. We'll stop mid-ride for food and restrooms before heading back to the ferry. Rain, serious threat of rain or temps below 25° F at ride start are cause for cancellation.

B SIG 2004 STARTS MARCH 6



Do you want to learn good bike handling skills? Improve your stamina, strength, and speed? Get to know some of the great NYCC routes? Learn how to ride safely in a group? Work together with other riders to make any ride easier and more enjoyable? Visit our Web page at http://www.nycc.org/rides_bsig.shtml and download our 2004 B SIG Riders Guide from http://www.nycc.org/pdf/B-Sig_2003.pdf. Then decide if you want to sign up for our ten-week progressive training and cycling skills series.

The B SIG will consist of three groups:

1. The B16 group will progress from a 14 mph pace and a 30 mile distance on the first day to a 16 mph pace and 70 miles by early May.
2. The B17 group will start at a 15 mph pace and 30 miles and work up to a 17 mph pace and 85 miles by early May.
3. The B18 group will advance from a 16 mph pace and a 30 mile ride up to an 18 mph pace and 93 miles by early May. (Note that any ride's average speed is typically 3 mph less than the indicated pace.)

The B SIG's dirty little secret is that we also put extra emphasis on making friends and eating great food. (The picture above shows some of last year's B17s enjoying their last ride of the SIG.)

That's it in a nutshell. If you want to participate after reading the 2004 B SIG Riders' Guide follow the signup instructions on page 4. **Space may have to be limited**, as last year we started with **over 100 folks! Don't procrastinate, pre-register early.**

We will get back to you before it all starts on Saturday, March 6.

Meet us at 9:20 am at the north end of the Boathouse parking lot. You will time yourself for four laps around Central Park, to be followed by an indoor orientation meeting in Blessed Sacrament School's cafeteria, 147 West 70 St. between Broadway and Columbus Ave. Pizza will be served during the meeting, so please bring \$5 to cover the cost of lunch. In the event of rain on Saturday, we will hold our meeting at the school (1:00 pm) and try to ride on Sunday 9:20 am.

B16 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 help get through the off-season with a nice winter ride to a pizza parlor that serves brick oven pizza. Wet roads, snow or temperatures at start below freezing cancel. **Check NYCC message board** if in doubt.

B16 40 MI 10:30 AM TEMPERATURE REGULATORS

From: White Plains Rd and Pelham Pky, Bronx (#2 train to Pelham Pky)

Leader: Jesse Brown, 718-931-7283

The Temperature Regulators will take you to either White Plains, Rye, or Byram, CT at a pace that is sure to keep you warm. Co-listed with the 5BBC.

C12 25 MI 10:00 AM FROSTBITE RIDE #10: SHEEPSHEAD BAY AND BEYOND

From: City Hall (opposite Brooklyn Bridge)

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

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

Ramble through some of the finer neighborhoods of Brooklyn, have lunch in Sheepshead Bay, then pedal along the to the old naval station at Floyd Bennett Field. Co-listed with the 5BBC.

Saturday, February 14

A20/23 50 MI 10:00 AM PROLOGUE 1: NYACK A-CLASSIC STS

From: the Boathouse,

Leaders: Peter O'Reilly, ptor@prodigy.net;

Hank Schiffman, hschiffman1@nyc.rr.com

This is the official "kickoff" of the A-Class Spring Training Series. How we actually get there will be determined by the weather—colder or a little snow on the ground means 9W; warmer and we will take the longer route through the back roads of NJ and NY to achieve our destination. In Nyack, we will feast at one of the typical venues, warm up, and psych ourselves for the ride home—501 or 9W, as the day dictates. Prepare to get yourself back into shape. It's going to be a great season. As will be the case for all rides in this series, **paceline skills and helmets** are *de rigueur*. Warm clothes, a well-maintained bike, and a positive attitude will help make the day more enjoyable. Snow, ice, rain at start, temps below 30° F or wind chill below 20° F will move the ride to Sunday. Same conditions Sunday, and the ride is scrubbed. **Check the Bulletin Board after 8:00 am the day of the ride if in doubt.** This is a joint ride with the A19 STS. We are riding together for the first two prologue rides to give people a better opportunity to decide which group they want to ride with. If you find this group too fast, then you can fall back to the A19 group during the ride.

A18/19 50 MI 10:00 AM PROLOGUE 1: NYACK A19 STS

From: the Boathouse

Leaders: Don Belfer, 212-316-1876, dbelfer@alum.mit.edu;

Harvey Minsky, 212-595-9344, spokes609@nyc.rr.com

This is a joint introduction to the A Rider Spring Training Series with the A-Classic STS. See the separate article in this issue of the *Bulletin* for general information regarding the A Rider Spring Training Series. If you find this group not challenging enough, you can try the faster group on the way back.

A18/19 50 MI 12:00 AM PIERMONT

From: Tavern on the Green

Leader: Sebastian Moll, Sebmoll@aol.com

Sleep late, run your errands, get your Valentine Day's gifts, and then join

me for a spirited run up to Piermont during the warmest part of the day. I emphasize moving along steadily but also keeping it manageable without stress for anyone. We will go up on River Road if it has become available or we will explore other routes. If a lot like this schedule, I will do it again. Freezing temps or wet roads cancel. **Contact me by email or look at the nycc web if conditions are questionable.**

B16 45 MI 10:00 AM WESTWOOD DINER

From: 89th St & Riverside Dr (Soldiers and Sailors Memorial)

Leaders: Ivy Pool, 212-496-4048, ivy_pool@hotmail.com;

Christian Edstrom, christian@christianedstrom.com

Happy Valentines Day! Join us as we celebrate our love for pancakes with an easy spin to Westwood, NJ for brunch at the Westwood Diner.

Precipitation, wet or icy roads, or a starting temperature below 32° F cancels. Call before 9:30 am to confirm. **Please bring helmets, lunch money, appropriate clothing, and group riding skills.**

Sunday, February 15

B16 40 MI 10:30 AM TEMPERATURE REGULATORS

From: White Plains Rd and Pelham Pky, Bronx (#2 train to Pelham Pky)

Leader: Jesse Brown, 718-931-7283

The Temperature Regulators will take you to either White Plains, Rye, or Byram, CT at a pace that is sure to keep you warm. Co-listed with the 5BBC.

B-15/16 45 MI 10:00 AM NORTHVALE

From: the Boathouse

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

It's winter. We're riding unless it's absolutely miserable. Wear layers. Smile a lot and you won't mind the cold. **Cancels:** rain, sleet, snow, hail, winds above 20mph or temps below 30° F at 8:00 am. **Check message board after 8:00 if in doubt.**

C12 25 MI 9:30/10:30 AM FROSTBITE RIDE #11: GIUSEPPE AND ALICE

From: City Hall (opposite Brooklyn Bridge) at 9:30 am,

Parking lot between St. George Ferry and ballpark at 10:30 am

Leader: Alfredo Garcia, cyclistxxiii@yahoo.com;

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

Start off with a cruise. Take a journey to visit the homes of Alice Austen and Giuseppe Garibaldi. We'll go in even if they're not at home. Check out their websites at www.aliceausten.8m.com/museum and www.statenislandusa.com. Bring a camera, **lock and money for lunch at the Cargo**. Ride includes some hills. Co-listed with 5BBC.

INTRODUCTION TO CLUB RIDING COURSE—2004 *by Maggie Clarke*

Mark your calendars! All NYCC members are invited to a two-session course, inspired by Irv Weisman, designed for members who are relatively new to our sport and for those who want to increase their bicycling savvy. The course has always been well received. It is highly recommended for those taking the SIGs. The course will be held indoors on two Sundays in early March.

Some of the topics to be covered include:

- Introduction to the course—why is it important
- Clothing, things to put on yourself
- How/what to eat and drink, and why
- Bike fit: gearing, seat height, reach
- Helmet fit (this can save your life in an accident)
- What to bring on a ride: tools (flat repair), money, food, bike pass, maps, water
- Maps: reading, route planing, topography
- Off-bike stretching, before, during, after ride
- How to pick a bike (if enough people need that info)
- How to get to rides: navigating the subway with your bike
- What to expect on a group ride:
- Orderliness—riding in a line, evenly spaced, without jockeying or massing at lights!
- Predictability—no sudden moves or stops, indicating movements by signaling
- Group consciousness—looking out for one another AND for yourself, and respecting the leader
- Mechanical: tire inflation, valve types, brakes, maintenance/lube, gears
- Individual Bike check: Individualized advice on gears, bike fit
- How to select a club ride—advertised pace, classification
- How to ride: cadence, pedal position on turns, over-maneuvering
- How gears work and how/why to use them
- Recognizing and dealing with hazards
- Rules of the road Right of Way, Our place on the road, Our rights
- Traffic strategy, group riding

The sessions start at 10 am and should last about three hours, Sundays, March 2 and March 9. Bring a snack for the break. Each session covers different material, so please come to both! More details and class notes will be submitted to the Club website.

The workshops take place at the Hunter College. More on the particulars will be in the February Bulletin and on email / website. If you have any questions, please phone Maggie at: 212-567-8272, mclarke@hunter.cuny.edu or Ed Sobin at 718-625-7452.



2004 NJ Randonneurs' Brevet Calendar

www.njrandonneurs.com

New Jersey and Pennsylvania Starts

Start City	Date	Distance
Princeton, NJ	March 27	200K - ACP Sanctioned
Quakertown, PA	April 3	200K - ACP Sanctioned
Princeton, NJ	April 10	360K - Fleche - ACP Sanct.
Whitehouse, NJ	April 17	200K - ACP Sanctioned
Princeton, NJ	April 17	300K - ACP Sanctioned
Princeton, NJ	May 15	400K - ACP Sanctioned
Princeton, NJ	June 12	600K - ACP Sanctioned
Frenchtown, NJ	October 2	115K - RUSA Populaire
New York City Starts		
New York City, NY	April 24	200K - ACP Sanctioned
New York City, NY	May 22	300K - ACP Sanctioned
New York City, NY	June 26	400K - ACP Sanctioned

What do you get from riding brevets? You'll meet other like-minded cyclists, gain endurance, leave with a huge feeling of accomplishment (and a medal to show for your efforts), become a more prepared cyclist and maybe even continue onto a 1200K!

BE FIT BE STRONG BE YOUR BEST

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

- 1 on 1 Coaching
- Training Programs
- Strength & Conditioning

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

C SIG: Saturdays from Mid-March to May 17

**For Beginners and Uncertain Intermediates
Who Seriously Want to Have Fun**

Maybe you haven't been on a bicycle much since you were a kid. Or you'd like to do more than circle the park, but don't know what to do about it. Here's what to do: Join a group of fun-loving riders for bicycle day trips that start small, but will eventually have you confidently doing 50 miles or more into the countryside and back in a day.

50-plus miles? Yes, that's you we're talking to—and **you can so do it**. Just wait until you actually manage your 65-mile graduation ride in May!

Join the C SIG and learn:

- How to be a safer, stronger, more competent cyclist
- How to ride "street smart" with a group or alone
- How to get up hills (even steep ones) without frying your lungs, busting your knees or tying your muscles into burning knots
- How to buy the right kind of bike for the riding you do and also make sure it fits you—and then how to maintain it once you own it
- Clever techniques for going faster and farther with less effort
- Routes, maps, cue sheets and how to get the most out of them
- What to wear to keep you warm when it's cold and comfortable when it's hot (and how to look remarkably cool in the process)
- Stretches and strength-training techniques to keep your cycling muscles flexible and strong
- Nutrition secrets of the bicycling pros

This is the SIG that's been called "a college education in cycling." And it's completely, totally, blessedly FREE with NYCC membership.

All we ask is that you make a commitment to attend each week and be willing to learn from our instructors. You must also join the NYCC before the SIG series starts in mid-March.

We start **March 13th or March 20th** (you choose the day) at **9:30 am** with a mandatory 18-mile Self-Classification ride—3 times around the park—that helps us place you in the right group so you can get the most out of the SIG. We meet inside Central Park at the E. 72nd Street and Fifth Avenue entrance.

Plan to spend about three hours at the Self-Classification. When the SIG training rides begin March 27 for eight Saturdays, from about 9 am to 5 pm (well, we eat lunch, too!). If bad weather cancels a Saturday ride, we ride on Sunday.

Pre-registration on the NYCC C SIG Web page is recommended (http://www.nycc.org/rides_csig.shtml). It gives us a head start on enrollments and lets us plan for the number of riders who will show up. The Web page and this *Bulletin* also have information on how to join the NYCC.

Here's what you need to bring with you: You are required to wear a bike helmet and bring a bike in good repair, with properly inflated tires, a spare tube that fits your tire and a water bottle. It's cold in March! Wear gloves and layered clothing, topped by a windbreaker. Your knees should be covered. Rain, wet roadways, or temperature below 35° postpones.

Questions? Feel free to contact Patricia Janof, 212-737-1668 (patricia.janof@verizon.net), or Gary McGraime, 212-877-4257 (garynycc@aol.com). Look for more information in the March *Bulletin* and on the club's C SIG Web page.

Monday, February 16 (Presidents' Day)

C12 25 MI 10:00 AM FREEZER JAM RIDE

From: back of the Bridgemarket (East 60th St and 1st Ave, Manhattan)

Leader: Danny Lieberman, 212-598-4827, dfl@panix.com

The Freezer Jam is a series of informal scouting and exploratory rides through quiet backstreets of industrial sections. Each of these rides will be moderately paced and no more than 25 miles. DUMBO and Red Hook, Brooklyn. Temps below 30° F or precipitation cancels. Co-listed with 5BBC.

Saturday, February 21

**A20/23 55 MI 9:30 AM PROLOGUE 2: NANUET
A-CLASSIC STS**

From: Boathouse, 9:30am

Leaders: Ron Roth, ron@rroth.com; Peter O'Reilly, ptor@prodigy.net

This Rockland country destination is neither particularly flat, nor very hilly, but challenging enough to work those legs into Spring riding shape. Please bring a well-maintained bike, warm clothes and a positive attitude as it will help make for an even more enjoyable winter day of riding. Also bring a bit of **pocket food or caloric drink** as the group may decide to ride non-stop (2 hrs approx) to lunch. Rain, slush or ice-like wet roads or temperatures below 30° F will result in the ride's postponement to the next day. If the weather is questionable, **please check the club's message board for an update on the ride's status.**

**A18/19 55 MI 9:30 AM PROLOGUE 2: NANUET
A19 STS**

From: The Boathouse

Leaders: Robert Gray 212-593-0986 nyarchitect@msn.com;

Russ Berman 212-595-8834 rberman@kronishlieb.com

This is a joint introduction to the A Rider Spring Training Series with the A Classic STS. Please refer to that listing for the ride description. See the separate article in this issue of the *Bulletin* for general information regarding the A Rider Spring Training Series.

A16 35+/- MI 10:00 AM A19 SIG???

From: the Boathouse

Leaders: Ed Fishkin, 718 633 3038, fishkine@nychhc.org

Jim Galante, 201 503 9192, jim@jimgalante.com

Thinking of trying the A19 SIG this year? Join the leaders of the 2004 A19 SIG for a leisurely, easy paced ride to one of our favorite eateries. On the way, you'll have an opportunity to meet the leaders, hear about the program and have your questions answered. We're looking forward to meeting you. Temps less than 32° F, icy conditions or chance of precipitation cancels. **Helmets and water mandatory, no aero bars allowed.** As in the SIG, rain date will be Sunday same time and place.

B16 45 MI 10:00 AM WESTWOOD

From: The Boathouse

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

Amy Kirschner, 212-501-0298, amy.kirschner@verizon.net

The quest for pancakes continues. As old man winter rears his ugly head, the intrepid cyclists venture out again, dreaming of stacks of three, short stacks, even the silver dollar variety. So little time, so many pancakes... 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.

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—woooo! Let's focus on smoothness rather than speed and

hold a steady pace with a few hills thrown in to keep warm. Below 30° F, wet roads or ice cancels—check the message board the morning of after 8:00 am if in doubt. **Helmets and warm clothing required.**

Sunday, February 22

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 Piermont and returning on State Line and it was a blast! **Below 30° F, wet roads or ice cancels.** Check the message board the morning of after 8:00 am if in doubt. **Helmets required.**

B16 40 MI 10:30 AM TEMPERATURE REGULATORS

From: White Plains Rd and Pelham Pky, Bronx (#2 train to Pelham Pky)

Leader: Jesse Brown, 718-931-7283

The Temperature Regulators will take you to either White Plains, Rye, or Byram, CT at a pace that is sure to keep you warm. Co-listed with the 5BBC.

C12 25 MI 10:00 AM FROSTBITE RIDE #12: ASTORIA AND UNCLE GEORGE'S

From: City Hall (opposite Brooklyn Bridge)

Leader: Isaac Brumer, 212-734-6039;

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

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 cultures 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. **Bring locks and \$ for lunch.** Co-listed with 5BBC.

Saturday, February 28

A20/23 60 MI 10:00 AM ROCKLAND LAKE A CLASSIC STS

From: the Boathouse

Leaders: Bill Greene, bgreene@nac.net; Steve Weiss, racerxalso@rcn.com
Paceline riding with short pulls, hills and lunch at Nyack. Dynamic winter riding. **Helmets, spare tubes, paceline skills, spending money, bike in good condition, tires which are not threadbare, no cue sheet.** Please keep an eye on the NYCC Message Board as to possible changing conditions and ride status. Temps below 30° F and or strong winds, and wet/snowy roads will cancel this ride.

A18/19 55+ MILES 9:30 AM TARRYTOWN A19 STS

From: Eastern side of parking lot at Tavern on the Green

Leaders: Bennett Dubson, 212 755 0968, Bdubson@verizon.net;

Adam Aston, 646-245-4213, adamaston@earthlink.net

This week, the A19 STS rides alone. We'll stick to the east side of the Hudson to keep our MetroNorth options open and begin to work on the kinks a little more aggressively. To join us, you don't need to sign up for the program or participate in any rides but this one. You do need to have the group-riding skills and strength to take your fair share of pulls in our rotating paceline. **A helmet, spare tubes, a well-maintained bike and a positive attitude are musts for all STS rides. MetroNorth pass essential, and a Metrocard is not a bad idea.** Wet or icy roads, temps below 32° F, or wind chills below 20° F will move the ride to Sunday. Same cancel conditions apply on Sunday, and if we don't go then, we may do the ride the following weekend to keep the series progressive. **If in doubt, call a leader before 8:30 am or check the message board.**

Giving Recognition Where It Is Due: Ride Leaders Who Lead More Than Six Rides in 2003

Jeff Vogel	42	Glenn Pierce	11	Tom Laskey	8
Timothy McCarthy	24	Christy Guzzetta	11	Hindy Schacter	7
Wayne Wright	23	David Gragan	11	Irv Schacter	7
Bill Strachen	22	Eva Wirth	11	Jay Jacobson	7
Linda Wintner	22	Jim Janoff	11	John Zenkus	7
Paul Hoffher	22	Jody Saylor	11	Karl Dittebrandt	7
Robert Gray	22	Mary Anne Cotter	11	Marjorie Shaffer	7
Richard Rosenthal	21	Pat Janoff	11	Ness Rahmey	7
Tim Casey	21	Paulette Holladay	11	Peter Hochstein	7
Carol Waaser	20	Dolores McKeough	10	Bob Mirell	6
Mark Gelles	19	Fred Steinberg	10	Dave Sabbarese	6
Alfredo Garcia	18	John Segal	10	Eugenia Jones	6
Gary McGraime	16	Kimi Mittelman	10	Gretchen Bates	6
Hank Schiffman	16	Seth Prince	10	Herb Dershowitz	6
Rick Braun	16	Anthony Donato	9	Jason Winstanley	6
John Bundy	15	Christina Bernstein	9	Jesse Ostrow	6
John Zap	15	Chuck Lamb	9	Jim Galante	6
Ron Grossberg	15	Dan Keating	9	Joe Irizarry	6
Russ Berman	15	Deborah Dowell	9	Keith Goldstein	6
Alan Goldberg	14	Ed DeFreitas	9	Lianne Montessa	6
Hajo Thiele	14	Eileen Crowley	9	Marcy Bloomstein	6
Ed White	13	Frank Grazioli	9	Maria Quiroga	6
Brian Stockmaster	12	Jon Adler	9	Marty Wolf	6
Isaac Brumer	12	Lee Ann Van Wyck	9	Peter O'Reilly	6
Ron Roth	12	Lynn Sarro	9	Peter Walker	6
Cathy Martone	12	Neil Botuinoff	9	Reggie Johnson	6
David Hallerman	12	Alinda Barth	8	Richard Embry	6
Ed Fishkin	12	Cynthia Saeli	8	Stan Oldak	6
Jack Lehnert	12	Ed Ravin	8	Susan Kennedy	6
Maggie Clarke	12	Florence Grant	8	Tim Andon	6
Paul Frio	12	Hal Eskenazi	8	Tonya Harroun	6
Rob Kohn	12	Scott Wasserman	8	◊ ◊ ◊ ◊ ◊	

B16 43 MI 9:30 AM HOT CHOCOLATE RUN

From: the Boathouse

Leader: Hal Eskenazi, 917-822-5401, hal@profilesworldwide.com

Here we are in mid winter and feeling a little big chill. You're thinking, "I should head to the Cayman's," but Hal isn't leading that ride. Second best will have to be a hot chocolate in Scarsdale. A nice ride up, lunch and back we come. Surely, we can use the exercise. Maybe even see some friends we haven't seen in while. What would make me cancel? Rain, snow, heavy winds (above 20 mph), temp below 35° F, or my winning the lottery the night before. Check channel 1 at 8:00 am or the message board. There is a bailout in Scarsdale and along the way. **Bring RR pass & Metrocard,** spare tire and a warm attitude. **Helmet required.** Dress warm. It is winter!

Sunday, February 29

B16/17 44 MI 9:30AM LEAP DAY TO WESTWOOD

From: the Boathouse

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

Peter "banana guy" Kouletsis, 917-854-1181, peter.kouletsis@citigroup.com

In Roman times, a day was periodically added to the calendar to compensate for differences between the solar and calendar years. This custom continues today, leap day 2004, an extra day which wise riders will use to get in an extra ride for the year. Join us on an easy roll through the NJ suburbs with lunch at the diner with "the best pancakes around" (C. Waaser). Required: Helmet, bike, spares, road manners, water, lock, human warmth, and money for lunch. (Cougar repellent optional) Cancels: snow, ice, wet roads at start, temps below 30° F at 8:30 am. (NY1/1010WINS).

— continued on page 10...

— continued from page 7...

**C12 30 MI 9:30/10:30 AM FROSTBITE BLOWOUT
RIDE #13: WORLD'S
GREATEST PANCAKES!**

From: City Hall (opposite Brooklyn Bridge) at 9:30,
parking lot between St. George Ferry and ballpark at 10:30
Leader: Alfredo Garcia, cyclistxxiii@yahoo.com; LeeAnn Van Wyck;
Ed DeFreitas, 718-237-0989, defreita@netscape.net
The Frostbite Finale is all about pancakes and the best are always freshly
cooked at the Broadway Diner in Bayonne, New Jersey. These pancakes
are as good as the marvelous views from the top of the Bayonne Bridge
you take to get to them! Return to Manhattan either by ferry boat or PATH
train. **Bring locks and \$ for lunch.** Co-listed with the 5BBC.

Club Calendar

Tuesday, February 10

Place: Annie Moore Bar & Restaurant, 50 E 43 St, 212-986-7826
Time: 6:00 pm-9:00 pm

Isn't it time you had some fun? It's been cold; you've spent too much time
in the house. Here it's Feb. 10th, and you haven't even put down 1000
miles on your bike this year. The way you have it figured, you're so out of
shape it would take an act of Congress to get you on the road. **Well, not if
you show up for this meeting.**

So get out of the house and join a bunch of your friends at the **NYCC
Evening of Fun and Jeopardy.**

We'll have questions on riding, bike fit, nutrition and other stumpers. There
will be **prizes galore** for contestants and attendees provided by Team
Aquafina's sponsors, including Aquafina, EAS, Bell Helmets, Sugoi and Deuter.

We'll be hosting a dynamite program with members of Team Aquafina,
including several **NYCC alums**, such as Robin Read, Ann Marie Miller, Jane
Kenyon and Julie Upton. Craig Upton, the team's coach and former
European professional who has ridden the Giro, Flanders and Paris-
Roubaix and Julie Upton, MS, RD, registered dietitian, sports nutritionist
and spokesperson for the American Dietetic Association, have created a
program to test your knowledge of training and sports nutrition.

Team Aquafina will show you how to get that instant kick you need:

Can you answer such questions as:

- 1) What's the best nosh at the Runcible Spoon for long-lasting energy?
 - a) A morning bun or sticky bun
 - b) A peanut butter and jelly sandwich or turkey avocado sandwich
 - c) A plain bagel
- 2) The best way to improve for riding uphill, is
 - a) Two days a week of hill repeats at your anaerobic threshold
 - b) Riding as many hills as you can on each and every ride or
 - c) Losing weight

You don't have to train harder or longer, just smarter. You'll learn how
from this program and have fun doing it.

Whether you're an A, B or C rider, the INFORMATION you'll learn can be
utilized by YOU immediately. It's your club . . . participate

Wednesday, February 18

Place: Slate Billiards Club, 54 West 21st St (Between 5th & 6th)
Time: 7:30 pm until 9:30 pm

This month, the NYCC is going to Slate, an uber-cool billiards club (don't ever
say pool hall). Slate has 38 tables on two levels, a lounge area (where we can
meet around 7:15 or so), a bar and even a full restaurant. The charge is \$15 per
hour/per table for 2 players. Each additional player is \$3. In other words, 4
people (two against two) can play a few rounds of 8-Ball for \$21 an hour, or
\$5.25 per person. Beers are \$4 for domestic or \$5 for imported. Please RSVP to
dsabbare@firstmanhattan.com by February 11 as a large turnout may be trans-
lated into a discount. Let's "Rack 'em Up!" The more, the merrier . . .

P.S. Kudos to those who braved the single digits for ice skating in
Central Park. How to explain that it really (I mean it) wasn't that cold? I
guess you just had to be there . . .

Date to Be Announced

Check <http://www.nycc.org> for news of a special screening of "The Triplets
of Belleville," place and time to be announced.

"The Triplets of Belleville" is a screamingly funny French animated movie
with a strong cycling theme pertaining to the Tour de France. It opened
here in New York to great acclaim, and your club is trying to organize a
screening with a talk afterwards that will make the experience far more
rewarding than seeing the film as an ordinary filmgoer.

Out of Bounds

Saturday, September 18

A/B/C 50-113 MI 7:00 AM ESCAPE NEW YORK

Event contact: Debbie Rothschild, droth@mindspring.com

Please email Debbie to volunteer your time and effort for the Tenth Annual
Escape New York Century. The club century can't happen without the
efforts of dozens of members in the months leading up to September.
Once again, it's not too early to volunteer—the **second meeting of the
ENY committee will take place this month.**

**Please remember to renew your membership
before February 26, 2004 if you want to avoid
an interruption to your weekly email updates!**

GET BACK IN SHAPE! C Spring Training Series for 2004

by Maggie Clarke

For those of you who, like me, have been hibernating lo these
many months, I offer a regular series of training rides to get our-
selves back into shape this spring. Starting on **Sunday, March 21**,
weather permitting, you can start getting back your former, glorious
condition with a 20-25 mile ride in Westchester, gaining in distance
and speed each week until we go on one of the Bloomin' Metric
rides in the beautiful Connecticut countryside and seaside the
Sunday before Memorial Day. My goal is at least 50 miles and at
least 13 mph, so we can go touring in the summer and fall with ease.

The series is intended for those who have already graduated
from a SIG or riders who are experienced at Club riding, so road eti-
quette will be observed and we will practice riding skills
appropriate for C rides—riding straight lines, single file, signaling,
spacing, smart use of gears, no pacelines, no jockeying). You don't
need to sign up in advance, but riders are expected to be prepared
to do the rides as listed (i.e., pace and distance).

The series is modeled after the training series that Irv Weisman
and I led for many years prior to the creation of the C SIG in the
early 1990's. Therefore, and to maximize our enjoyment of the
trees, flowers, lakes and streams, our routes will be inspired by Irv,
on less traveled roads where possible. We'll ride in Westchester
and Connecticut, Bergen and Rockland, and Essex—the Great
Annual Cherry Blossom Ride in April. To maximize the pretty
scenery and minimize the drudgery of Manhattan riding, the rides
will begin at the subway-accessible **GW Bridge** or **Inwood** in upper
Manhattan, or the **PATH**. For further information, email:
mclarke@hunter.cuny.edu and watch the bulletin for the rides.

A-Classic SIG 2004

You're a strong rider; maybe you've done some long-distance riding, perhaps you've raced, or done some club riding. But do you have finesse? Can you work with a group? Can you redirect and rechannel solo brute force into group synergy? You don't have to have answers, however, take part in the 2004 A-Classic SIG and finesse will become your middle name, you'll know exactly what to do on a pace line and everyone will want to ride with you. We take strong riders of all sorts and turn them into a cohesive, finely tuned group. Along the way participants get in great shape, learn new skills and make plenty of new friends. Join the A-Classic SIG and become that most cherished of commodities (at least in cycling circles), a "good wheel."

The eighteenth annual A-Classic SIG begins on **Saturday, March 6** and continues every Saturday through **May 22**. That adds up to twelve weeks of rides. Each week the distance and pace gradually increase as we ride some of the most beautiful roads in the tri-state area. The series finishes with a 110 mile ride to Bear Mountain and back. We will eventually sustain cruising speeds of 21+ mph, but only after everyone gains the experience and bike handling skills necessary to ride safely at that speed. We will teach bike care and handling as well as how to look after your fellow riders and lead. In a pace line everyone takes a turn at the front; this in turn fosters leadership skills. The A-Classic SIG fashions safe, skilled, strong, confident, self-reliant cyclists and future A ride leaders out of each SIG graduate.

Over the years, men and women graduates of the A-Classic SIG have become outstanding ride leaders; many have gone on to become successful local and even nationally ranked road racers; several have returned over the years to the A-Classic SIG to offer their experience as coaches to train strong riders to become collaborative, group-aware and group-efficient.

Ask any one of last year's A-Classic SIG graduates how much fun the SIG was, how it changed their approach to cycling and made them stronger and more confident cyclists than they ever imagined. They will tell you about the thrill of riding in a smooth double paceline, listening to the whiiiiirrrrr of wheels and pedals, taking turns at the lead. They will talk of being undaunted by such hills as Whippoorwill, Little Tor, or Perkins Drive, followed by the thrill of cruising back down the other side knowing they could handle their bike, manage their speed and stay in control. They will talk of the incredible feeling of accomplishment at having established a goal and met a challenge. They'll say how getting in shape was never more fun.

A few **ground rules** apply: All SIG participants must be NYCC members within the first 3 weeks of the series. SIG participants are expected to show up for and participate in every ride. If inclement weather prevents a Saturday ride, participants will be expected to ride on Sunday. In other words, **we will own your Saturdays (and sometimes maybe your Sundays, too)**. Participants must accept coaching and criticism from leaders about their riding. **Participants must train during the week.** SIG graduates must complete the graduation ride on May 22. SIG

participants and graduates will be encouraged to lead NYCC rides with other riders or on their own. **Helmets required; road bikes only. No aerobars or panniers** allowed. We do not make exceptions to these rules. Please check the NYCC website at http://www.nycc.org/rides_sig.shtml for further details about the 2004 A-Classic SIG.

If this all sounds a tad too much but you really want to take part in an A-level spring program, consider doing the A19 SIG which targets a slower cruising pace. Early on the A-Classic SIG and the A19 SIG will allow for participants to move from one to the other if they find they are not suitably placed.

If you wish to participate in either program **please pre-register online:** http://www.nycc.org/rides_sig_a1.shtml. Actual registration takes place on March 6, however those who pre-register will not have to fill out lengthy forms on that day, which will help zip things along. Pre-registration also helps us plan ahead.

On **Saturday, March 6**, the A-Classic SIG and A19 SIG will hold a joint registration, orientation and first ride (to two different destinations). We meet at the **Blessed Sacrament School cafeteria**, on the north side of West 70th Street, between Broadway and Columbus Avenue. Registration starts at **8:30 am** and orientation begins promptly at **9:00 am**. Bring your bicycle and be prepared to ride. Please monitor the NYCC Message Board for any updates.

For further information, contact the A SIG Classic captain, Timothy McCarthy at 718-204-7484 or asig.captain@nycc.org.

The A19 SIG for 2004

Hold on to your helmets! Are you ready blast off into 2004 with what promises to be one of the most thrilling experiences of your life? Do you want to feel exhilarated every Saturday afternoon? Are you prepared to embark upon a three-month journey that will challenge you physically and mentally? Are you ready for an intense camaraderie born of the extremes of physical endurance matched to weather, unexplored terrain, the privation of Saturday morning luxuries and the shared objectives of ending up as an improved and confident cyclist?

If reading this makes you salivate for more, maybe you're the type of person we need to kick off the fifth running of the A19 SIG. This program was carefully designed for serious riders interested in improving their cycling skills and physical capabilities. Each week, under the careful tutelage of our fantastic team of leaders, you'll ride a little further, a little faster, and a lot more confidently because you'll be learning all the skills used regularly by A riders. You'll also look incredible on your two wheeled weapon of choice. **Rider and group safety are the focal points of this program at all times.** You'll become comfortably expert at riding single and double rotating pacelines, hill climbing, shifting,

braking, and communicating while riding. You'll learn how to train, eat, dress and prepare for cycling success. You'll become familiar with the essentials of bike maintenance and what to do in case of a crash or injury on the road. Your leaders will make you ready to enter the cycling season as a capable cyclist, ride leader, and an enthusiastic supporter of the NYCC.

Sound a lot like the A Classic SIG? Well it should. The leaders of the A19 SIG are either seasoned A Classic SIG leaders or graduates of one of the SIG programs. Both A SIGs are coordinated with each other and there is an **opportunity to change groups** during the first few weeks if you feel you made the wrong choice at the outset. The main difference between the two programs is the target cruising speed. For the A19 SIG, we aim to achieve a target flat terrain cruising speed of **19 mph** during the last few weeks of the program. The venerable A Classic SIG graduates are expected to cruise at faster speeds.

What do you have to do to participate and graduate? There still is no such thing as a free lunch. We expect all participants to take this program very seriously. From the first ride on March 6, to the graduation ride eleven weeks later, **we own your Saturdays**. You should attend all sessions. We expect you to be self

motivated and to train several times a week on your own or in small groups. No one with more than **two unexcused absences** will be permitted to continue. Here's **the deal**: everyone must become a member of the NYCC by the third week, sign up with us to lead two non-SIG rides, participate in the leadership seminar we offer and take our cyclist's first aid course. You are expected to show up on time, with your road bike ready to go. Mountain bikes are not encouraged; **bikes with aero/tri bars and riders without helmets will not be permitted**. There will be a leisurely "meet the leaders ride" in February where you can shake the winter cobwebs from your knees and have an opportunity to ask your leaders about the program. See the February *Bulletin* for details. There it is in a nut shell. **We will nurture you while we beat you into shape.** Some of you will love us; others will hate us, but all of you will thank us for the great experience that will be the A19 SIG. **You will be so proud of yourself in May!**

If you have any questions, please contact one of the A19 SIG captains: Ed Fishkin, 718-633-3038 or Jim Galante, 201-503-9192

We look forward to seeing you. You have to check out the March ride schedule and the March Bulletin for more details. On the first day we do NOT meet at the Boathouse.

We're back!! Did you miss us in January? We were off trying to stay warm by traversing the tropics. We even stopped off in Guam to say hello to **Dustee Roads**, who sends regards. For the trip home, **Etoain Shrdlu** lent us his remarkable Colnago that is rigged up to some paddle wheels on a catamaran. We think he might have sabotaged it though because we couldn't get it out of the harbor. We ended up taking the bus.

Aside from that, the trip was great. But while we managed to escape the cold when we were away, when we returned, burrrrr—single digit temperatures. Our bikes are gathering dust. And, if that wasn't disappointment enough, how's this for a downer—you know how when you come home from

a trip you can't wait to look at your mail and get all the messages that you've missed? Well, we got home, opened our "Road Dirt" mailbox and—empty!! I mean M—T! Nothing, rien, nada, zero, zilch, bupkes, gar nix! Can it be that there was absolutely not one iota of gossip anywhere, anytime in this 1700 member club for an entire month? Or are you all conspiring to keep it from us and make us work even harder to dig all the dirt by ourselves? Fortunately, we kept the surveillance equipment going and we do have a bit to report. We'd prefer not to have to resort to such tactics so please, fill us in for next month.

Of course the big news was the **NYCC holiday party** perfectly planned by outgoing special events

coordinator, **Eva Wirth**. About 100 people attended and kicked up their heels to the boogin' tunes of George Gilmore and the Giblets. First ones out on the dance floor?—none other than the number one hoofers of the NYCC, Mr. **Christy Gazzetta** and Ms. **Jody Saylor** (yes), setting the pace (as usual) for the

rest of us to follow along. Also seen cutting a rug were the NYCC couple of the year, **Cathy**

Martone and **David Hallerman** (yes!). We hear these two newlyweds (Are they still newlyweds after six months?) are moving into bigger and better digs in Brooklyn. All the more room for David to build more bikes. Meanwhile, after at least four calls on her cell phone throughout dinner, **Linda Wintner's**

anxious wait was finally over. New sweetie **Rick Braun** arrived appropriately decked out in black tie for the event. The handsome couple proceeded to join the

more sartorially challenged out on the dance floor. And then there was **Herb Dershowitz** who arrived leaning not on wife **Liane Montesa**, but on a cane. Apparently, Herb had hurt his back pretty seriously. Despite his best efforts to resist the music and remain off the dance floor, Herb was eventually seen tossing the cane (well, maybe he carefully laid it aside) and dancin' with the best of them. He did need to sit down afterwards though. Herb, we send you our wishes for a very speedy recovery. Hope you are back on your feet—and your wheels—in no time.

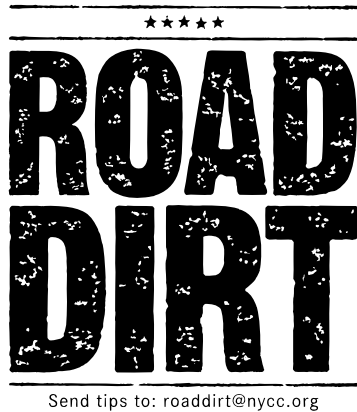
Another highlight of the party was the quasi-inauguration of our new fearless leader, (and most eligible bachelor) **Stan Oldak**. Although somewhat resistant at first, Stan took to the

microphone as though born to the stage and ushered in the Oldak era with aplomb. It's fun gossiping about members, but what's more fun than gossiping about our commander-in-chief? All we need now is a new first lady. Interested parties may apply to Roaddirt@nycc.org. Stan, we'll be happy to do the screening for you but you'll have to audition them yourself.

Speaking of romance, we hear wedding bells are in the not-too-distant future for **Ira Mitchneck** and **Alison Gardy** (yes). The backstory on this is a real club classic. Yes, they met in the club. Yes, they met on a club ride. How did they meet? It was the 2001 New Haven ride and the group Ira was riding with was hopelessly lost for most of the day. As they meandered about the gorgeous Connecticut shore, they ran into newbie Alison who seemed equally lost. Ira and Alison weren't seen again until the train station. The rest—as they say—is history. We don't have all the details on the nuptials themselves but stay tuned to future columns for the complete scoop.

Huzzahs to the few hardy souls who showed up for rookie Special Events Coordinator **David Sabbarese's** ice skating party last month. Unfortunately, the fates were none too kind to David's maiden outing as the mercury froze somewhere in the teens. Among the attendees was NYCC Treasurer **Debbie Bennett**. Our financial wiz may be a little cautious on descents but she is certainly not afraid of the cold. And just where were all you macho downhill road bombers anyway? **Sitting in your nice warm apartments sipping cocoa?**

So, how 'bout it? We've been asking, begging, cajoling, pleading, you name it, and still not a shred of dirt. You know where to send it, road-dirt@nycc.org. You'll be glad you did! And remember, it doesn't have to be dirty to be road dirt.



Send tips to: road-dirt@nycc.org

"Is it necessary to get in shape for the SIG?"

How do I train?"

It's not too soon to begin thinking about getting in shape for the SIGs, the NYCC's free training series for cyclists. I was reminded of this as I reviewed some of last year's questions from people interested in joining the C SIG. In the middle of winter, the last thing most recreational cyclists want to think about is getting on their bikes. Winter is why God invented gyms! So we can work out indoors, in comfort. But the SIGs are really just around the calendar corner. And if you want to give it a try this year, now is the right time to get your bike muscles in shape.

If you can, try to get out and ride as much as possible. There's nothing better than riding to train for riding! Just dress warmly in layers, with a windbreaker jacket on top. Dress in layers for cold weather: covered knees (tights plus windbreaker pants are good if it's in the 30's), layered tops with a windbreaker as the outer layer, gloves, something to cover your ears that fits under your helmet, two layers of socks and winter cycling boots or booties to cover your shoes. Many of you won't have cycling boots or booties, so try putting plastic bags over your socks inside your shoes or buy Grabber Toe Warmers, found at most sporting good stores. I also like a balaclava to pull over my mouth and nose to prevent cold air from enter-

ing the lungs. Keep in mind that even at, say, 40 degrees, with a combined 20 miles of wind and bike speed, your body perceives a wind chill temperature of only 13 degrees!

The five major muscles used in cycling are the quads, hamstrings, calves, hip flexors and gluteus (ok, buttocks). If you have access to a gym, the leg press, leg lift and hamstring curl machines are great for building leg muscles. Aerobic exercise on the treadmill or elliptical fitness cross-trainer will build lung capacity. At home, you don't need special equipment to do squats, lunges, calf raises, pushups and crunches to strengthen your legs, arms and lower back muscles.

After your muscles are warmed up, **don't forget to gently stretch**. If

you are on your bike or doing another form of aerobic exercise and take a short breather, stretch before resuming. And stretch when you finish exercising, whether it's aerobic or strength training. To me, the most important muscles to stretch are the hamstrings, which attach from the knee to the buttocks. These muscles get more of a workout in cycling than in almost any other sport. And tight hamstrings are a common source of lower back pain. But each body is different. Try to stretch all the major muscles, but give particular attention to any that seem tight.

I can promise you that any consistent effort you put in as of now will be well rewarded when the SIGs start.

—(Patricia Janof is a coordinator for the C SIG)

INTRODUCING YOUR NEW CLUB JERSEY

Here's your new club jersey. The design joins photographs of two of New York's most recognizable landmarks with photos of bicycle parts in a highly original way.

The jersey's designer, club member Richard Rosenthal, observes a similarity of appearance between the cables of the Brooklyn Bridge and the spokes of a wheel, and the spire of the Chrysler Building and a cogset.

The dominant color is a gorgeous range of blue. Lettering is red with a blue shadow. The type style extends the look of the cables, spokes, and wheel.

The jersey is made in Italy and has a super-wicking, super-cool fabric with a three-quarter length hidden zipper.

Order by March 1 for early May delivery.

Indicate your actual chest measurement rather than usual jersey size. See above, right.

FOR PURCHASE BY MEMBERS ONLY: @\$60

Make check payable to NYCC. Send to:
NYCC • P.O. Box 20541 • Columbus Cir Sta. • NYC 10023

Size(s)/Gender(s)/Quantity _____

Name _____

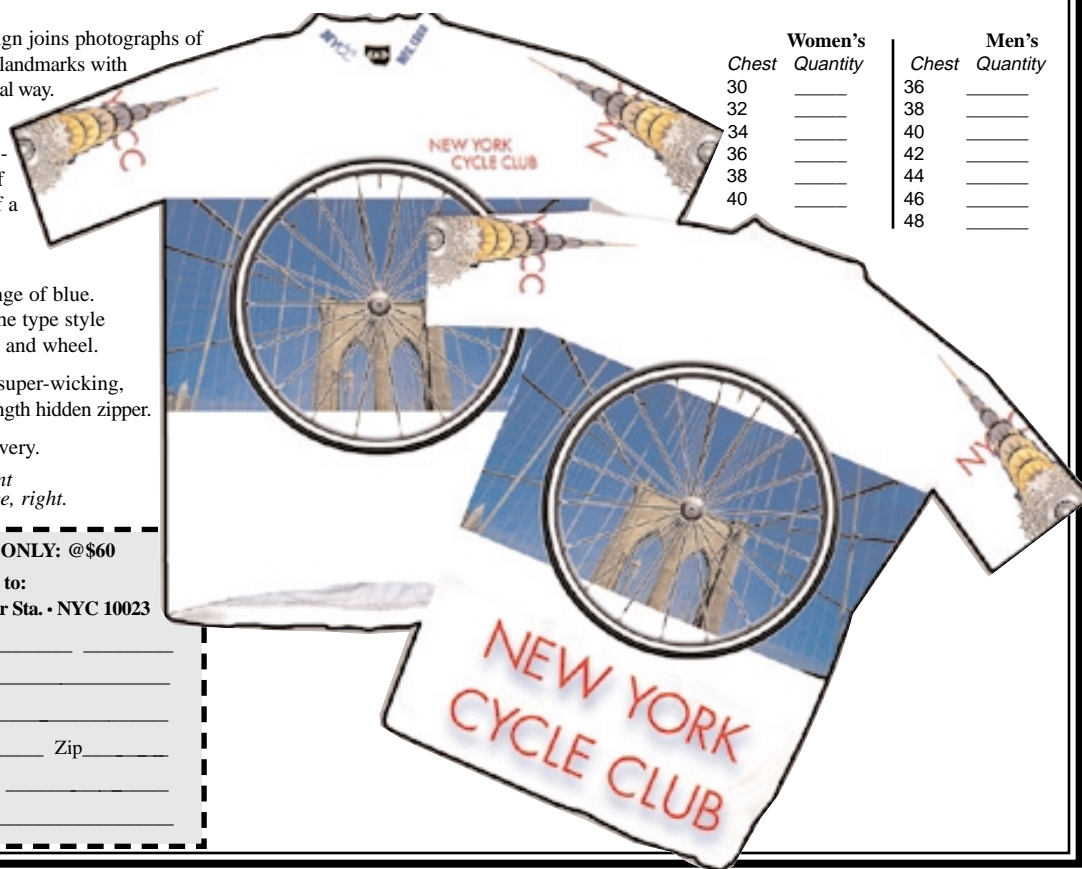
Address _____

City _____ State _____ Zip _____

Tel.: Day _____ Eve. _____

E-mail _____

Women's		Men's	
Chest	Quantity	Chest	Quantity
30	_____	36	_____
32	_____	38	_____
34	_____	40	_____
36	_____	42	_____
38	_____	44	_____
40	_____	46	_____
		48	_____



Spring Training Series for A Riders

Winter blahs getting to you yet? Spring is just around the corner and with it the renewal of the fabled A-Rider Spring Training Series (STS).

The A level STS consists of organized early-season group rides intended for experienced cyclists with developed group-riding skills who want to get in shape for the new season. Each series is designed as a graduated training program that should enable serious riders who participate on a regular basis to get in good base miles, further enhance their riding skills and improve their strength and endurance. The rides begin at relatively modest speeds over familiar routes. As the programs progress over the next thirteen weeks, the rides will take on higher speeds, greater distances and more challenging hills, and will cover some of the most attractive and varied scenery in the Greater New York area.

For 2004, there will again be two programs in the series: the aggressive **A Classic STS** (accommodating riders who expect to ride at a 21 mph or faster pace by the end of the series) and the more moderate **A19 STS** (for strong riders who have somewhat slower-paced objectives).

The series will kick off with combined "Prologues" on **February 14** and **February 21**,

which will afford interested riders an opportunity to compare the two programs. In the following weeks, beginning February 28, each of the two programs will offer a separate series of twelve successive Saturday morning group rides, at progressively faster paces and longer distances, peaking with one or more rides of over **100 miles**, and ending on **May 8**. The two programs may share some routes but will probably not ride the same route on the same day. There will be at least two designated leaders for each ride. To take full advantage of the programs, participants are encouraged to get in **one or two training rides during the week** between scheduled rides.

The scheduled rides for each month will be listed in the Bulletin, beginning this month, subject to change as the season develops. Cancellations caused by weather or road conditions are a regular risk, and program leaders may reschedule cancelled rides for later dates to maintain the progressive nature of the series. **Changes will be noted on the club message board** and,

where possible, in the weekly ride listings.

To participate in the STS, you don't need to sign up for either program or show up for every ride. You'll be **free to switch** between the two programs at any time, with the understanding that there will be significant differences in pace and aggressiveness between the two and each program will stick to its scheduled pace. We expect all riders to pay attention to the cue sheets and take their turns up front. **Helmets are required**, whether or not stated in the Bulletin ride listings, and **aerobars and ATB's are not part of the plan**. If you are still honing your group riding skills or aren't comfortable in a rotating peline, we urge you to consider riding with an A-level SIG this year and joining an A-level STS next year.

For information about the A Classic STS, contact Bill Greene (bgreene@nac.net) or John Zenkus (jjz2116@aol.com). For information about the A19 STS, contact Russ Berman (rberman@kronishlieb.com) or Don Belfer (dbelfer@alum.mit.edu).

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 MetroNorth and the LIRR. Bike passes good for both MetroNorth 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, MetroNorth 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 MetroNorth 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: MetroNorth 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 MetroNorth to a ride coordinator, at the same time shoot an email off to our red-outable **MetroNorth 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: Wayne Wright, 212-873-7103 or wwright8@nyc.rr.com

C-Rides: Isaac Brumer, 212-734-6039 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 it!)

12 or more rides (2nd time) = any club garment of your choice.

Meeting Minutes

Board of Directors January 6, 2004

The meeting was called to order at 7:10 pm. In attendance were Deborah Bennett, Hal Eskenazi, David Hallerman, David Sabbarese, Wayne Wright, Isaac Brumer, Marty Wolf, Stan Oldak, Peter O'Reilly, Robert Gray, Ludwig Vogel, and Tom Laskey.

Financial Report: Deborah reported that on a cash basis the club earned \$8,725 last year, primarily due to sale of Liberty jerseys purchased in 2002. We agreed we will spend some of this surplus by making a cycling-related donation to one or more organizations. We will discuss ideas for this further next month.

Membership Report: We are still working with active.com to fix some of our database problems. We hope these will be resolved shortly.

Special events: Ice skating at Wollman Rink is planned for January 9. Several ideas for additional events were discussed. David S.'s goal is to schedule one event per month during the winter.

Public Relations: We began to discuss some

ways we could raise the profile of cycling in NYC. One idea is to promote a magazine article.

Programs: We will begin tracking attendance at club meetings mainly to discover which program topics are most popular. We will also ask a bike shop to "sponsor" each club meeting. The shop will be asked to provide some giveaways at the meeting. Hal also proposed holding some SIG-related programs to give the participants more depth in their training and a broader club experience, and to increase ride leadership and club participation.

ENY: Stan announced that the ride is set for September 18. The ENY committee will meet for the first time this month.

West Point weekend: Ed White will organize the weekend over July Fourth, 2004. The board approved Ed's request that the club take over financial responsibility for this event.

Double Century: The board approved a proposal by the Anneline and Robert Dinkelmann to offer a double century ride (200 miles in one day) on June 19.

Ride Leader Awards: All agreed that there

needs to be a formal statement regarding which rides count for incentive awards. Stan will ask Fred to put this together.

Safety Committee: The board endorsed a proposal by Jay Jacobson to form a safety committee to raise the consciousness of club members as to safety issues. Among other activities, the committee will select a monthly safety theme (e.g. safety equipment, safe descents, etc.) that will be discussed in the Bulletin and at the monthly meeting.

Merchandise: We will publish the sizes and quantities of the remaining Liberty jerseys on the website so that members can purchase them. Liberty water bottles will be available for sale at the club meetings. Orders for the new Brooklyn Bridge jerseys will be taken again starting in February, but we will not stock an inventory of these jerseys.

The next board meeting will be called to order on Feb 3, 2004 at 7:00 pm.

The meeting adjourned at 9:10 pm.

Respectfully submitted,

Deborah Bennett, *Treasurer*

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 62nd 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
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

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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.



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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 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, February 10 AN EVENING FUN & JEOPARDY

Isn't it time you had some fun? It's been cold; you've spent too much time in the house. Here it's Feb. 10, and you haven't even put down 1000 miles on your bike this year. The way you have it figured, you're so out of shape it would take an act of Congress to get you on the road. **Well, not if you show up for this meeting.**

We'll be hosting a dynamite program with members of Team Aquafina, including several **NYCC alums**, such as Robin Read, Ann Marie Miller, Jane Kenyon and Julie Upton. Craig Upton, the team's coach and former European professional who has ridden the Giro, Flanders and Paris-Roubaix and Julie Upton, MS, RD, registered dietitian, sports nutritionist and spokesperson for the American Dietetic Association, have created a program to test your knowledge of training and sports nutrition. Team Aquafina will show you how to get that instant kick you need. You don't have to train harder or longer, just smarter. **You'll learn how from this program and have fun doing it.** We'll have questions on riding, bike fit, nutrition and other stumbers. There will be **prizes galore for contestants and attendees** provided by Team Aquafina's sponsors, including Aquafina, EAS, Bell Helmets, Sugoi and Deuter.

Whether you're an A, B or C rider, the information you'll learn here can be utilized by **you** immediately.

2004 IS HERE!
RENEW YOUR
MEMBERSHIP NOW!
See p. 15 for More

It's your club ... participate
Please join us on Tuesday, February 10 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.