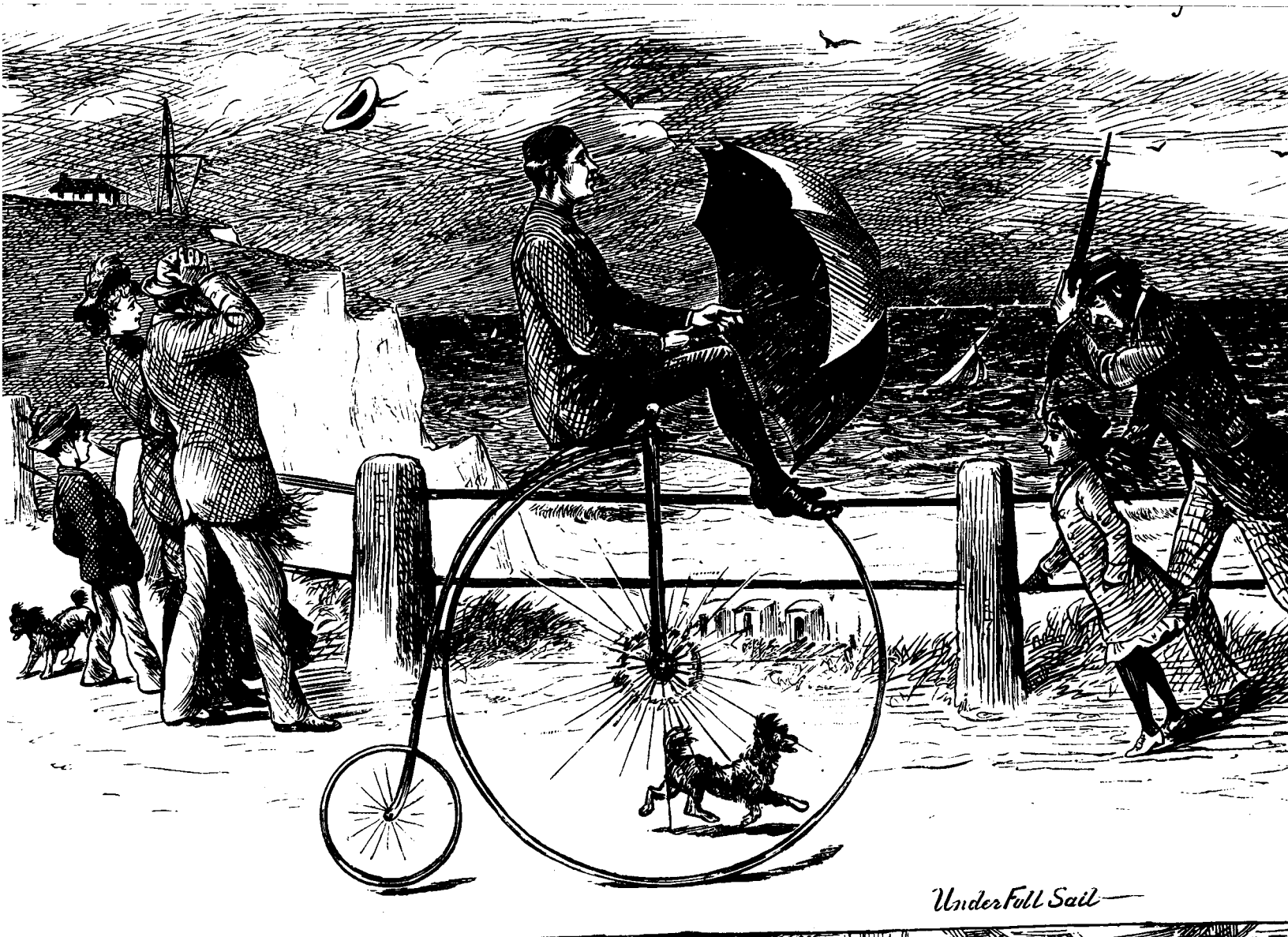


March 2004

NYCC *Bulletin*[™]

NEW MARCH SIG RIDE GUIDE STARTS ON PAGE 6



March Madness

March may come in as a "lamb" or a "lion", but at this point, we'll take either. After a long, cold almost "rideless" winter, we welcome the start of a new bike season with open arms. For NYCC we might even call it "March Madness" as the **SIGs** (special interest groups) and the **STS** (Spring training series) get into full swing. Details of the SIGs and the STS can be found in last month's bulletin. Dates and times of the actual rides are listed in the "Rides" section of this bulletin. **Important note:** For the SIGs you must pre-register on our club website.

And with the new season comes a renewed awareness of **safety**. Therefore, what better time than this month to devote our club meeting to this issue. Our new **Safety Committee** will be offering what may prove to be one of the most important meetings of the year. We encourage you to **attend**, especially if you are taking part in the SIGs or the STS. And what better time than right now for me to continue what our "immediate past president" Tom Laskey did every year at this time, remind everyone of the importance of **wearing a helmet when riding**. I remember riding to work one day last summer and stopping at a traffic light next to another rider who had his helmet hanging from his handlebars. When I asked him why he even took it along, his response was, "in case he needed it." I agree absolutely. When you ride always bring your helmet along in case you need it, **except keep it on your head, dummy!** Otherwise you take the risk of becoming a "dummy"! Enough said!

For me, the new season also usually means trying a new jersey, perhaps our **new club jersey**, or trying a new pair of "78 panel" bike shorts. It seems like every year the "panels" on these things appear to multiply. It also means for me perhaps trying a new route that I haven't tried before. And what better place to find a new route than in our **new club ride library**. We've talked about our new ride library before, but **look again**. It is newer still. The new, improved ride library is completely rebuilt and with a significant new feature, a **"search" function!** Want to look at just the rides of master ride leader / route developer Fred Steinberg? Now you can. Are you only interested in rides listed as B and C rides? Now you can quickly find just those. Check it out at: http://www.nycc.org/rl_db/search.aspx. Kudos once again to **Peter O'Reilly** and **Timothy McCarthy** for bringing this about. In addition, we want to mention that **Hank Schiffman** is now our "official" Ride Librarian. You can send him rides and comments at: ridelibrary@nycc.org.

And finally, let me remind those members who have not yet renewed their **membership** for 2004. Your last chance to renew with no lapse in NYCC membership is almost upon us. To avoid a break in weekly emails or the bulletin, you must renew "Online" (it is already too late for US mail) on or before Friday 3/12/04. This is your last chance to do so at the \$3.00 discount and with no break in emails or bulletin access.

Have a **great** March, whether on or off the bike!

— Stan O.

INTRODUCTION TO CLUB RIDING—2004

**Two Sundays—March 7 and 14—10 am.
Hunter College, North Bldg. Room 1036**

Are you signed up to take a SIG or Spring Training Series this year? Have you ridden for a while but find that you're uncomfortable on your bike, feeling too cold or hot on rides, bonking, experiencing knee pain, not knowing how to do on-road repairs or make traffic maneuvers, having difficulty with the hills or shifting your bike to use your gears the most effectively, or finding yourself on inappropriate rides? Want to know how to pick out a new bike, change your gears, eat/drink on rides, fit your bike and helmet properly, choose the right clothing, ride effectively and make some of those simple on-road repairs? **These short indoor lectures are for you.**

In the course of the two lectures, Maggie Clarke and Ed Sobin will provide you with the information you need to make your rides the most enjoyable, and make your training season most safe and effective. We'll take you through all the topics we mentioned above and more, and we'll end with plenty of time for questions and answers. Each session covers different material, so please plan on coming to both! More **details** and class notes from the 2002 lectures are on the Club's website: www.nycc.org/pdf/Intro_class_notes.pdf.

The workshops take place at Hunter College, North building (enter on 69th St just east of Park Avenue), take elevator to 10th floor, turn left to the end of the hall, jog right/left to Room 1036. More of the particulars will be 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.



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Submissions:

EMAIL:
bulletineditor@nycc.org

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.



March Recurring Rides

Every Wednesday in March

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.

B16/17 50+/- MI 9:30 AM NYACK/PIERMONT

Leader: Maggie Schwarz, 212-206-7672, mschwarzny@aol.com

From: Eleanor Roosevelt statue (72nd and Riverside Dr.)

Freelancers unite for a weekday jaunt up to Piermont or Nyack. Practice the skills you learn in the SIG and enjoy the company of fellow SIGgies and other riders. Routes will vary depending on group preference.

March Club Rides

Saturday, March 6

A21/23 65+/- MI 7:30 AM COLD SPRING-A CLASSIC STS

From: Grand Central Terminal—7:53 am

Leaders: John Zenkus, 917-617-0901, ljz2116@aol.com;

Steve Weiss 917-650-7703, racerxalso@rcn.com

As the days get longer, so do the rides. We are looking to get to our listed speeds where terrain and conditions allow. Meet at Grand Central Terminal around 7:30 am or so to catch the 7:53 am train to Cold Spring. We will proceed south on 9D, across the Hudson River on the Bear Mountain Bridge, then take 9W south to Stony Point where we will essentially follow the reverse of the ENY route, including the great pacerline roads of East and West Saddle River. The terrain is mostly flat to rolling. There are climbing sections from 9W to the end of Spook Rock. **Participants should have safe and efficient pacerline skills at the listed speeds.** A MetroNorth bike pass is a must, as well as the usual helmet, water, spare tubes and pump. Rain or temperatures below 30°F will postpone the ride to the following day. If the weather appears doubtful, check the club's message board where the ride's status will be posted by 6:30 am.

A19 STS 65+/- MI 9:00 AM SAGAMORE HILL-A18/19 STS

From: the Boathouse

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

Robert Gray nyarchitect@msn.com 212-593-0986

Across the Queensboro Bridge, the big hill of the day, sparing none of Queens, and on through some of the best parts of the north shore to the home of

Theodore Roosevelt, 26th President of the United States. Remember that he was also the governor of New York? Out on the LIE service road; a more scenic route on the way back. We will not use Queens Blvd to get out and we think that we have a nice route but If you really do not want to go all the way through Queens, get in touch and we will try to arrange a rendezvous. **A helmet, spare tubes, a well-maintained bike and a positive attitude** are musts for all STS rides. Wet roads, temperature below 32 at the start time, or wind chills below 20° 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. Check the NYCC message board for changes due to unforeseen events.

B16 40/45 MI 10:00 AM ANYWHERE YOU WANT TO GO

From: the Boathouse

Leader: You

Show up at the Boathouse to start your own Spring training. You'll find a few companions, and then head out for a fun ride to a nearby destination of your choice. The weather is starting to warm up (well, a little bit), so don't end up staying home and then regretting it later. Precip or wet/icy roads cancels.

C ? MI 9:00 AM PICK-UP & RIDE

From: The Boathouse

Leader: You and your new and old friends

No rides at press time. Check your email, the online ride listing and the message board. Or come to the park and pick someone up.

Sunday, March 7

B16 32 MI 10:00 AM BLOOMBERG'S LOOP

From: Meet at end of E 82 St, overlooking East River, on John Finley Walk

Leader: Hannah Borgeson, 212-348-2601, 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.

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; Neile Weissman

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 5BBC.

C11 25 MI 9:30 AM PRE-SIG SAMPLE

From: The Boathouse

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

Patricia Kilroy, pkilroy59@aol.com

Join us if you're curious about the 2004 C SIG or just wanna get out on an easy-going club ride. We plan on warming up with one loop around Central Park before venturing north across the GW Bridge to the Cliffside Diner. Pat and I will answer any questions while we all enjoy a hearty breakfast (Atkins or non-Atkins, they've got it). We'll return home by early afternoon. Gary will be out of town until the 7th, so contact Pat if you have any questions. **Helmets are required.** Rain or wet roads will cancel. If in doubt, check the nycc.org message board the day of ride after 7:30 am.

Saturday, March 13

A21/23 65 MI+/- 8:30 AM HILLS 101-A CLASSIC STS

From: Boathouse

Leaders: Matthias Stadtfeld, stadtfeld@post.aecom.yu.edu;

Jeff Wilson, jeffdwilson@nyc.rr.com

If you've been doing STS rides thus far, your spring legs are likely beginning to bloom. This ride is a good opportunity to give them a test run on a good helping

of hills, while taking note of the budding flora enroute. We'll take in some of the area's classic climbs: River Road, Clausland Mtn Rd, Mountainview, Christian Herald, a bit of Bradley, and Tweed. Lunch will be in Nyack, with the number of hills completed prior to the stop determined by consensus. For those "in the know," this route borrows heavily from Tim's "The Knot" ride. It isn't a particularly long route, but your legs will know you've ridden by the time it is over. Bring a bike in good repair, a **helmet, paceline skills**, and a willingness to greet the new season cheerfully. If weather is questionable, seek the NYCC Bulletin board after 7:00 am for guidance with regard to possible cancellation.

A18/19 65+/- MI 9:00 AM ROCKLAND LAKE-A18/19 STS

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

Leaders: Michael Yarmark 917-670-4437 myev@earthlink.net;

David Spector 917-754-6732 dspector@djspector.com

By now (hopefully) the weather is spring-like and the cobwebs are out of our legs. Let's build up our paceline skills with some laps around Rockland Lake. 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 the strength to take your fair share of pulls in our rotating paceline. **A helmet, spare tubes, a well-maintained bike as well as a positive attitude** are musts for all STS rides. Wet or icy roads, temps below 32°, or wind chills below 20° will move the ride to Sunday. Same cancel conditions apply on Sunday. If we don't ride Sunday either, we may do the ride the following weekend to keep the series progressive. If in doubt, check the NYCC Message Board after 8am the day of the ride. Even if the weather is perfect, be sure to check the message board or call a leader before 8:30 am (but not too much before) for time and meeting place. We may postpone and reschedule earlier rides in the series.

B16 40/45 MI 10:00 AM ANYWHERE YOU WANT TO GO

From: the Boathouse

Leader: You

Show up at the Boathouse to start your own Spring training. You'll find a few companions, and then head out for a fun ride to a nearby destination of your choice. The weather is starting to warm up (well, a little bit), so don't end up staying home and then regretting it later. Precip or wet/icy roads cancels.

C ? MI 9:00 AM PICK-UP & RIDE

From: The Boathouse

Leader: You and your new and old friends

Not doing the SIG qualifier? No rides at press time. Check your email, the online ride listing and the message board. Or come to the park and pick someone up.

Sunday, March 14

B16 40 MI 10:30 AM TEMPERATURE REGULATORS

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

Leader: Jesse Brown, 718-931-7283; Neile Weissman

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 5BBC.

C ? MI 9:00 AM PICK-UP & RIDE

From: The Boathouse

Leader: You and your new and old friends

No rides at press time. Check your email, the online ride listing and the message board. Or come to the park and pick someone up.

Thursday, March 18

B 16 50-60 MI 9:30 AM PIERMONT AND/OR NYACK-HUDSON VISTAS-UNUSUAL ROUTES/NO ENNUI

From: the Boathouse

Leader: Jay Jacobson, 845-359-6260, joanandjay@aol.com

Esplanade/Rio Vista, Crusher/Christian Herald, Blanch, Speer, Bradley, Clausland Mountain are among the possibilities. Desires and abilities of group will be considered in deciding exact route, hilliness, destination and dining venues. A brief visit to a mini bike and travel museum may be included at no extra charge.

Friday, March 19

B16/17 45 MI 9:20 AM STATEN ISLAND

From Staten Island Ferry terminal

Leader: Ron Grossberg, 718-369-2413, argee401@aol.com

Staten Island Perimeter with some interior hills. Picnic lunch at the Conference House Park overlooking Raritan Bay. Call or email to confirm.

Saturday, March 20

A20/23 65-70 MI 8:30 AM WESTCHESTER TO NYC-A CLASSIC STS

From: GCT—buy a one way ticket to North White Plains.

Leaders: Pieter Maessen pieter.maessen@abnamro.com,

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

The train leaves Grand Central Terminal at **8:48 am**. Be there or be square. You will need a **MetroNorth bike pass** (duh), **money, energy foods, water, spare tubes** and a means to inflate them, a **helmet, paceline skills**, proper clothing, and a bike with tires in good conditions. **Aerobars are strictly verboten**. We ride the iron horse to North White Plains and cycle back to NYC via Whipoorwill, Roaring Brook and a loop around the Croton Reservoir. Lunch will be at the Headless Horseman Diner in Tarrytown. If conditions are sketchy we will change the route or the time. If prior rides are scrubbed our pace will be slower. N.B. if the conditions are questionable check the NYCC Message Board or call Hank before heading to GCT.

A19 65 +/- MI 9:00 AM CHAPPAQUA A-18/19 STS

From the Boathouse

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

Adam Aston adamaston@earthlink.net

Out the west side, up the Hudson and through Pocantico Hills to continue our theme of visiting the homes of past governors and presidents. Continuing to Chappaqua to possibly meet a live past president when we stop for lunch. Another famous hill, Whipoorwill, to round out the day and back down through central Westchester. **A helmet, spare tubes, a well-maintained bike and a positive attitude** are musts for all STS rides. Wet roads, temperature below 32° at the start time, or wind chills below 20° 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. Check the NYCC message board for changes due to unforeseen events.

B16 45-50 MI 10:00 AM ANYWHERE YOU WANT TO GO

From: the Boathouse

Leader: You

Show up at the Boathouse to start your own Spring training. You'll find a few companions, and then head out for a fun ride to a nearby destination of your choice. The weather is starting to warm up (well, a little bit), so don't end up staying home and then regretting it later. Precip or wet/icy roads cancels.

C14 47 MI 9:30 AM PARK RIDGE

From: The Boathouse

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

I spent January 9-17 riding in south Florida with temperatures in the 60's and 70's and then came back to this. By March the snow piles should be shorter than I am and the warm weather will remind me of riding in shorts along the ocean near Ft. Lauderdale. I can dream, can't I? The ride ends at the Manhattan side of the GW bridge and is cancelled if precipitation is expected or roads are icy.

Sunday, March 21

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; Neile Weissman

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 5BBC.

C12 7.5 MI 9:00 AM "SHUTTLE TO THE C STS"

From: Loeb Boathouse, Central Park
Leader: Isaac Brumer, 212-734-6039; isaacbrumer@hotmail.com
 Join fellow riders for a leisurely "shuttle" up to Isham Park and Maggie Clarke's 10:00 am STS ride (see below.) Continue from there to Scarsdale. **Same cancellation rules apply as for Maggie's ride.**

C11/12 25 MI 10:00 AM STS: GET BACK IN SHAPE #1-SCARSDALE

From: Benches at Isham Park, Broadway (1.5 blocks north of 207th St. "A" train to 207th St. Use elevators at south end of platform, then walk north.)
Leader: Maggie Clarke, 212-567-8272; mclarke@hunter.cuny.edu
 This is the first of a series of C rides to help us get back into shape after a winter of relative sloth. Let's follow the Bronx River bike path, enjoy the geese, ducks and swans and peaceful babbling brook on our first outing. Lunch will be indoors in Scarsdale. **Helmets are required;** Club riding etiquette will be observed. Bring your Metro-North pass for emergencies. Cancellation: starting temp below 40°F, wind chill below 25°F, icy roads, or 50% chance of precipitation. Call Maggie after 8 am if in doubt.

Friday, March 26

B16/17 50+ MI 9:15 AM LONG BEACH/PT LOOKOUT

From: City Hall Park just opposite the Brooklyn Bridge bike path.
Leader: Ron Grossberg, 718-369-2413, argee 401@aol.com
 Picnic lunch by the beach weather permitting. Call or email to confirm.

Saturday, March 27

A21/23 65 MI 8:30 AM MID-SESSION CLIMB FEST-A-CLASSIC STS

From: the Boathouse
Leaders: Peter O'Reilly, ptor@prodigy.net; Ron Roth, rr7@nyc.rr.com
 A one-way route heading north through Saddlebrook, down South Mountain Road to Little Tor, then lunch at the 202 bagel shop. After lunch, we'll climb Gate Hill Road then cruise more leisurely through Harriman State Park, with an optional climb up Perkins. Finally, after crossing over the Bear Mountain Bridge, we'll climb Anthony's Nose then descend to the Peekskill Metro North Station where you'll purchase your ticket to ride. A **MetroNorth bike pass** is a must, as well as the usual **helmet, water, spare tubes and a pump.** If weather is questionable, check the NYCC Bulletin board after 7am for guidance with regard to possible cancellation.

A19 75 MI 9:00 AM CONGERS-A18/19 STS

From: Eastern side of parking lot at Tavern on the Green
Leaders: Don Belfer 212-316-1876 dbelfer@alum.mit.edu;
Harvey Minsky 212-595-9344, spokes609@nyc.rr.com
 This week, we do a classic route up to Congers via New City and return through

Nyack and Piermont. 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. Wet roads, temperature below 32° at the start time, or wind chills below 20° 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. Even if the weather is perfect, be sure to check the message board or call a leader before 8:00 am for time and meeting place. We may postpone and reschedule earlier rides in the series to keep the series progressive.

B16 45-50 MI 10:00 AM ANYWHERE YOU WANT TO GO

From: the Boathouse
Leader: You
 Show up at the Boathouse to start your own Spring training. You'll find a few companions, and then head out for a fun ride to a nearby destination of your choice. The weather is starting to warm up (well, a little bit), so don't end up staying home and then regretting it later. Precip or wet/icy roads cancels.

C ? MI 9:00 AM PICK-UP & RIDE

From: The Boathouse
Leader: You and your new and old friends
 You mean you're not doing the SIG? No rides at press time. Check your email, the on-line ride listing and the message board. Or come to the park and pick someone up.

Sunday, March 28

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; Neile Weissman
 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 5BBC.

B16/17 42 MI 9:30 AM NORTHVALE

From: the Boathouse
Leader: Janet Klutch, 212-724-8690
 Join me on my favorite winter ride destination to delicious, Diner dining. Wet stuff/roads cancell and/or temps below 33° at 9:00 am according to NY1.

B16/17 50 MI 9:00 AM GREEK INDEPENDENCE DAY PARADE TO ASTORIA

From: the Boathouse
Leaders: Marci Silverman, 646-408-4565, mhsilv@yahoo.com;
Peter "banana guy" Kouletsis, 917-854-1181, peter.kouletsis@citigroup.com
 Okay, so here's the deal: You can stand along Fifth Avenue with the Greeks and their coffee and cigarettes, or you can go for a bike ride. Any questions? March 25th, marks the 183rd Anniversary of the beginning of the revolution that freed the Greek people from the Ottoman Empire. To commemorate this event, we will take a revolution of Queens with a late lunch stop in Astoria for baklava. Many MetroCard bailouts. Bring: bike, helmet, water, spares, pump, lock, road manners, MetroNorth card, good attitude, healthy appetite and dollars (or drachmae) for lunch. Cancels: rain, snow, icy roads, temps below 27° at 8:00 am. (1010WINS/NY1) "Hence we will not say that Greeks fight like heroes, but that heroes fight like Greeks"

C11-12 25 MI 10:00 AM C STS: GET BACK IN SHAPE 2-CLOSTER

From: 178th St and Ft. Washington Ave (rear of GW Bus Terminal, "A" train to 175th St; take elevator out and walk north to 178th St.)
Leader: Maggie Clarke, 212-567-8272; mclarke@hunter.cuny.edu
 This is the second of a series of C rides to help us get back into shape after a winter of relative sloth. Let's venture into NJ on Irv's very pretty route through the burbs of Bergen to the Closter Diner for lunch. Helmets are required; there will be strict observance of Club riding etiquette. Cancellation: starting temp below 40°F, wind chill below 25°F, icy roads, or 50% chance of precipitation. Call Maggie after 8:00 am if in doubt.

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Tuesday, March 30

B16 50-60 MI 9:30 AM PIERMONT AND/OR NYACK-HUDSON VISTAS-UNUSUAL ROUTES/NO ENNUI

From: the Boathouse

Leader: Jay Jacobson, 845-359-6260, joanandjay@aol.com

Esplanade/Rio Vista, Crusher/Christian Herald, Blanch, Speer, Bradley, Clausland Mountain are among the possibilities. Desires and abilities of group will be considered in deciding exact route, hilliness, destination and dining venues. A brief visit to a mini bike and travel museum may be included at no extra charge

March SIG Rides:

Saturday, March 6

Note: The A-Classic SIG will be abbreviated AC, the A/19 SIG will be abbreviated to A19. The B16/17/18 SIG will be abbreviated B SIG.

AC/A19 35+/- MI 8:30 AM ORIENTATION AND RIDE #1

Registration, 9:00 am Orientation, 10:15 am Ride

From: Blessed Sacrament School, West 70th Street (north side), between Broadway and Columbus Avenue

Leaders: Ed Fishkin, 718-633-3038, Jim Galante 201-503-9192 (A/19 SIG co-captains) and Timothy McCarthy 718-204-7484 (A-SIG Classic captain)

The A-Classic SIG and the A/19 SIG will hold a joint orientation where the leaders will present their programs cooperatively and answer all questions. The two A-SIG groups will then separate and head out to the destinations of their respective first rides. Each group will stop for a late breakfast at a diner and participants will have more opportunity to talk with the leaders and to get to know each other. The Saturday orientation will take place regardless of weather. **Temperature below 32° F, icy conditions and any form of precipitation will postpone riding until Sunday.** If we ride on Sunday, the meeting place and time will be given at the Saturday orientation and also posted on the NYCC website Message Board. **Helmets mandatory. Aerobars are not permitted** under any circumstances. The A-Classic permits **road bikes only.**

Not sure which program will suit you? Riders who can comfortably complete 4 consecutive laps of Central Park in 1:50:00 or better have enough fitness for the A/19 SIG. Riders who can comfortably complete 4 consecutive laps in 1:35:00 or better have enough fitness for the A-Classic SIG. If you're still unsure of which A-SIG is right for you please consult with a leader. The A-Classic and A/19 programs will work cooperatively in the first weeks and switch riders up or down to ensure the fit is right.

For more information, or to pre-register for either program, visit the NYCC web site (www.nycc.org) for pages dedicated to each.

A19 41 MI 8:30 AM ORIENTATION AND RIDE TO NORTHVALE

Times: Registration at 8:30, Orientation promptly at 9:00

Skill: Group Riding

Leaders: Ed Fishkin 718 633-3038 & Jim Galante: 201 503-9192

From: Cafeteria of the Blessed Sacrament School: N. Side of W. 70th St. between Broadway and Columbus Avenue.

After our orientation we'll head out together keeping the pace respectable and easy. We'll focus on the discipline and communication needed for excellent group riding. NO one will be dropped. Please submit or complete your NYCC membership applications. You'll feel the stirrings of muscle power starting to develop if you trained last week on your own. You'll have a fine (but nutritious) meal at the Northvale Diner and look fabulous as we roll in unison back into Central Park after completing 41 miles. **Rain, snow and other crummy stuff cancels.**

B SIG 30+/- MI 9:30 AM CLASSIFICATION RIDE & ORIENTATION

From: North end of the Boathouse parking lot

Leaders: Mark Gelles, 212-689-1375, mgelles@okcom.net;

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

We'll do 4 laps of Central Park. You'll calculate your total time for the 4 laps so

we can determine which of the three B SIG groups you will start in. Bring your B SIG registration number & a few bucks for pizza. After the classification ride, we'll ride to blessed Sacrament School (147 West 71st St) to go over some basic information (as we all need to start out safely working together to improve our skills and fitness). **Cancels:** actual temperature below **25° at 8:30am; raining or snowing; wet or slick roads; or steady winds above 40 mph.** Check nycc.org bulletin board or call listed leaders if uncertain. If weather cancels ride we will have meeting at 1:00 pm, and try to cycle the 4 laps on Sunday.

Saturday, March 13

AC 50 MI 9:00 AM RIDE #2: PARK RIDGE

Introduction to cooperative group riding

From: Boathouse parking lot

Leaders: Basil Ashmore 917-325-4194, Jack Lehnert 718-884-6437 and Hannah Long 212-865-7452

Get to the Boathouse parking lot 20 minutes early in order to sign in and divide into groups. Place your name on the front and back of your helmet (we need to know who you are coming and going!). The purpose of today's ride is to get some base mileage in, to get to know each other and to get comfortable riding as a group. We will also introduce the idea of pace lines and getting comfortable riding on each other's wheels. Your fearless leaders will give you guidance on everything from road etiquette (for your fellow cyclists as well as motorists who share the roads) to proper bike fit. We'll cruise to the Montvale Diner in Park Ridge via 505 in small single-line groups, eat breakfast, and return to NYC on 501. Only one hill—leader's choice: Churchill? Booth? Walnut? Please bring two full water bottles and some smiles. **Helmets required. No aerobars. Rain date: Sunday, March 14.**

A19 46 MI 9:15 AM RIDE #2: SCARSDALE

Skill: Group Riding. (Don't take the tape off your helmet!)

From the Boathouse Parking lot: Who let the dogs out?

Leaders: R. Dinkelmann 212-666-0175 and Bessie Oster 917-806-6906

This week, all of us should be NYCC members. If not, you can use an application blank from the bulletin or sign up on line when you return from today's ride. Now that we've all been training diligently, the differences between our performances are starting to diminish. We'll pick up the pace just a smidgeon and cruise one of the classic routes to Scarsdale as we hone the essentials of group riding. The speed will be just right to focus on safety, communication and basic bike handling skills. This is called, "holding the juices in." No one will be dropped today.

B SIG 45+/- MI 9:30 AM WESTWOOD, NJ

From: Ramble Shed (north of Boathouse on East Drive)

Leaders: David Hallerman, 718-499-8171, cycleman23@earthlink.net; Dolores McKeough, 212-539-1437, dolo@mindspring.com

Class this morning is about bike handling skills: cornering, braking, & holding a line. After class we will do our first full ride, taking it easy as we journey to the diners of Westwood. We'll practice the communication and bike handling skills we've learned over the last two weeks. Only one real hill—the infamous Churchill—to get us back up the Palisades. **Cancels:** temperature below **25° at 8:30am; raining or snowing; wet or slick roads; or steady winds above 40 mph.** Check nycc.org bulletin board or call listed leaders if uncertain. And if weather cancels, we try again on Sunday.

Saturday, March 20

AC 55 MI 9:00 AM RIDE #3: WHITE PLAINS

Introduction to single, non-rotating paceline

From: Boathouse parking lot

Leaders: Christy Guzzetta 845-265-7210 and Mark Loftis 212-866-5824

Today we begin to build a beautiful working knowledge of Westchester—a favorite stomping ground of the A-SIG. We will head out through the Bronx on the Grand Concourse. **Did you train during the week? If you didn't, don't bother coming out.** Training during the week is critical to keeping up—and everyone will keep up. We will do more miles today. In addition, we will focus on riding in a single paceline, getting a taste of how cool it is to ride on someone's wheel,

pulled along in a draft. Arrive at the boathouse 20 minutes early so we can get signed up and on the road promptly by 9:00 am. **Helmets with names on front and back are required. No aerobars.** Rain date: Sunday March 21. No new SIG participants will be accepted today. DEADLINE: all registered A-SIG participants must be members of the NYCC. LAST CHANCE FOR NEW PARTICIPANTS TO JOIN THE A-SIG CLASSIC.

A19 50 MI 9:15 AM RIDE #3: PARK RIDGE

Skill: Single, non-rotating Paceline
From the Boathouse Parking lot
Leaders: Ed Fishkin 718-633-3038; Maria Quiroga 212-532-5320; Catherine Gibbons 212-860-9019
 DEADLINE FOR NYCC MEMBERSHIP TODAY: Payoff begins. You're feeling stronger, muscles ripple a little. Heartbreak Hill will seem a little easier this time. Today, there's only a small change in velocity, but we'll learn and practice the beauty and elegance of single non-rotating pacelines. A more beautiful thing to behold, you haven't seen. We'll cruise out along scenic bikeways in pastoral Northern New Jersey. On the way back we'll cruise along perfecting the paceline as a critical "A" riding skill. If you haven't been training, this is the week you'll see the difference. We're nearing the last week of our "no drop" policy. Train Harder!! The usual cancels, bring lots of water.

B SIG 47/57 MI 9:30 AM SCARSDALE OR WHITE PLAINS

From: Ramble Shed (north of Boathouse on East Drive)
Leaders: Tonya Harroun, 718-828-5309, bikintonya@yahoo.com; Lynn Baruh 212-744-4935, lynn.baruh@jwmt.com
 We'll start with a class in spinning—an all-important skill that will save your knees as the years go by, and help you go faster now. Then head up into Westchester—the B16's to Scarsdale, the B17's & B18's to White Plains. There will be a few hills (not too daunting) to practice your spinning. **Cancels: actual temperature below 25° at 8:30am; raining or snowing; wet or slick roads; or steady winds above 40 mph.** Check nyc.org bulletin board or call listed leaders if uncertain. And if weather cancels, we try again on Sunday.

Saturday, March 27

AC 54MI 9:00 AM RIDE #4: NYACK

Introduction to single, rotating pace lines
From: Boathouse Parking Lot
Leaders: Melissa Bybee 212-740-9393, Jody Saylor 845-265-7210 and Avery Washington 718-336-0367
 OK, yeah, you've been to Nyack—or have you? Have you been there in style? Have you shown up as a straggling, wobbly single rider or in tight, smoothly functioning group formation? And who can resist a latte at the Runcible? We've already had a taste of pace line riding from last week. This week, we do more of the same, getting comfortable with it, however today we start rotating the lead. You are now getting to be a steady, smooth, predictable rider. We will ride out to Nyack on Rt 505 and eat breakfast at the Runcible or the Diner. We will return on 9W and really let the pace line rip. Get to the Boathouse parking lot by 8:30 to sign in, separate into groups and talk with your group leaders. Helmets required. Aero bars? Never heard of such things. Rain Date Sunday, March 28.

A19 52 MI 9:15 AM RIDE #4: WHITE PLAINS

Skill: Single, Rotating Paceline
From the boathouse parking lot
Leaders: Herb (Hubs) Dershowitz, 212-929-0787 and Sharon Schachar
NO NEW RIDERS MAY JOIN THE SIG TODAY You are all looking so fine! The pacelining we learned last week will evolve into a thing of elegance and beauty today. We'll advance to rotating the paceline to take advantage of the wind breaking effect of the front riders. This will enable us to keep the speed up and preserve our energy. You'll make short work of the well-paved road shoulders. If you continue on the steep learning curve you've demonstrated thus far, we may even try a double PL today. On this ride, stragglers will have to learn to use their cue sheets, the "no drop" policy will expire in two weeks. Leaders will also decide recommendations for reassignment to the "A Classic SIG" or the "B SIG." The usual cancels.

B SIG 53/58 MI 9:00 AM RIDGEWOOD

From: Ramble Shed (north of Boathouse on East Drive)
Leaders: Cathy Martone, 718-499-8171, cmartone@hallarchitect.com; Adam Pollock, 646-391-4453, adam@adamdoesIT.com
 All the cobwebs are gone from our winter hibernation, so we're picking up the pace by one mph. Class today will be about shifting and gearing, and you'll need most of your gears on this pretty, but somewhat hilly ride west into New Jersey. The B16's will have a late lunch in Westwood after the climbs so bring pocket food. The B17's & B18's are duly warned that **most of the hills are after lunch** and one of our restaurant choices is considered the best pancake house in the tri-state area. **Note the earlier start time.** (Plus, you'll get the chance to lead part of the ride, too.) **Cancels: temperature below 25° at 8:00am; raining or snowing; wet or slick roads; or steady winds above 40 mph.** Check nyc.org bulletin board or call listed leaders if uncertain. And if weather cancels, we try again on Sunday.

Club Calendar

Friday, March 12th

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 up around 7:15 or so), a bar and even a full restaurant. The charge is \$17 per hour/per table for 2 players. Each additional player is \$4. In other words, 4 people (two teams of two shooters) can play a few rounds of eight-ball for \$25 an hour, or \$6.25 per person. That's not bad. Beers are \$4 for domestic or \$5 for imported. **Please RSVP** to dsabbare@firstmanhattan.com by **March 3** as a large turnout may be translated 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 . . .

Wednesday, March 31 and Thursday April 1

Place: Makor, 35 W. 67th Street (between Columbus & CPW), 212-601-1000
www.makor.org
Times: Wed March 31—7:00 + 9:00 pm, Thu April 1—7:00 + 9:00 pm

The Triplets of Belleville

For those of you who missed the NYCC's private screening of this wonderful film, we totally sold out the theater. We had such a great time we have arranged to co-promote *The Triplets of Belleville* at the private screening room of the Makor "Y" (west side branch of the 92nd St "Y").

Seating is limited to 72 seats each showing. The price is \$10 per ticket.

The Triplets of Belleville Sylvain Chomet's funny and imaginative award-winning animated film tells a story about a boy, his grandmother, his dog and his dream of winning the Tour de France. When the boy is kidnapped by two mysterious men during the race, the search leads to the megalopolis of Belleville and the renowned Triplets of Belleville, eccentric female music-hall stars from the '30s.

Out of Bounds

Saturday, July 3 to Monday, July 5

A/B/C TBA TBA WEST POINT WEEKEND

Mark you calendars for the annual NYCC July 4th weekend at West Point. This year July 4 is on Sunday, with the official holiday on Monday. Details to follow in coming months. It will be hot!

Friday, July 16 to Sunday, July 25

A LONG HRS MANY MI TOUR DE FRANCE CLIMBS

Dates: leave NYC on Friday night July 16th, back on Sunday July 25th.

More information: pmaessen@hotmail.com

Watch the Tour de France time trial on Alpe d'Huez and climb the famous climbs yourself!

After the successful Tour de France trip to Mont Ventoux in 2002, it is now time to climb Alpe d'Huez and witness what promises to be one of the most memorable days in the history of the Tour de France. Will this be the day that Lance writes history by securing a 6th TdF victory? Or will Jan have lost enough weight to fly up the hill and become the first German ever to win at Alpe d'Huez? More than half a million people are expected to be there with us!

On top of this, we will climb some of the other famous climbs, like Col de l'Iseran (the highest paved pass in the Alps!), Col de Galibier, Col de Croix de Fer, Col de la Madeleine. The stages are tough but relatively short, to give us the opportunity to enjoy the towns that we are staying in. We will stay in small country inns that are comfortable and charming but not luxurious.

There will be a van driven by our experienced tour guide Peter to transport our luggage and provide support on the road.

Participation will be **limited to 10 riders** because hotel availability during the TdF is very limited.

Participation is **open to all strong A riders**. The price is \$1280 per person (double occupancy). A limited number of single rooms is available for an additional \$160. Included are hotels, breakfasts and dinners (except two nights) and transportation to/from Geneva airport.

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 **third meeting of the ENY committee will take place this month**.

Remember to renew your NYCC membership immediately! If you renew on the club Website before Friday, March 12, you will avoid a break in email ride listings and Bulletin delivery. You may already be too late to renew by snailmail without a break in service!

VOLUNTEERS NEEDED TO REPRESENT THE NYCC AT THE NEW YORK CITY BICYCLE SHOW

**New York State Armory at Lexington Ave. and East 26th St.
Thursday, April 29 – Saturday, May 1**

Once again, NYCC will have a booth at the show—and we need you to meet and greet visitors and tell them about our great club! The New York City Bicycle Show is an annual event where bicycle manufacturers, merchandisers, clubs, and other velophiles display their wares and services to the public. We will need volunteers to do the following:

- **Transport of display items.** Supplies will need to be picked up from storage and brought to the Armory, preferably by a volunteer with a car. They will also need to be delivered back into storage at the end of the show on Saturday evening. NYCC will reimburse you for parking.
- **Table set-up.** Two people needed to set up the table on Thursday, April 29, before 4:00 pm (Get a first look at the show! The club pays your cab fare.)
- **Club reps.** Four people are needed to staff the table during each shift, talking to the public and prospective new members. Shifts (subject to change) are: Thursday, April 29: 5:00 pm – 7:00 pm / 7:00 pm – 9:00 pm; Friday, April 30: 4:00 pm – 7:00 pm / 7:00 pm – 9:30 pm; Saturday, May 1: 12:00 pm – 4:00 pm / 4:00 pm – 8:00 pm
- **Ride photos also needed.** Please email or snail-mail photos from club rides, SIG rides, and SIG graduations to Maggie Schwarz (mschwarz@aol.com, 31 Union Sq. West #3B, NYC 10003. The photos will be displayed at the table and not returned.

To volunteer, send an **email to Maggie Schwarz** (mschwarz@aol.com) stating your name, your email address and phone number, the task you'd like to perform and your availability (first and second choice of shift).

For general information about the New York City Bicycle Show, visit: www.nycbicycleshow.com

Thank you!

NYCC BERKSHIRES WEEKEND

MEMORIAL DAY WEEKEND, MAY 28-31, 2004

OK, it's been a tough winter. But we're ahead of last year; there's light at the end of the tunnel... By the time you read this, the SIG's will be sprouting a new crop of NYCC riders, and just a week or so after the SIG's graduation is the NYCC Berkshire Weekend, where over a hundred NYCC cyclists take their act on the road for the first club weekend of the season.

Join us for 3 to 4 days of cycling through the beautiful country roads, farmland and of course the Berkshire mountains. **Rides are planned for A, B and C levels.** In addition to cycling, we will repeat last year's smashing success, the **windup dinner**, again catered by Pappardelle Restaurant, at the Berkshire South Regional Community Center on May 30.

To maximize your riding opportunities, there will be rides from New York City to the Berkshires using **MetroNorth** trains to give us a head start to the country.

In addition to providing our dinner location, the Berkshire South Regional Community Center also has a complete fitness center with an Olympic size swimming pool available for a nominal fee.

Please refer to <http://www.nycc.org> and follow the links to "Weekend Events" and the Memorial Day weekend. There you will find links to local hostleries as well other local attractions. This year we will offer online registration for the club dinner. Please register online, it makes it easier to track where our members are staying so we can distribute ride and other weekend information.

Please note: **The NYCC will not be running an official luggage shuttle to the Berkshires in 2004.** If you are planning to join us in the Berkshires by riding up, please make sure you have transportation for your luggage, both going up and back. If you are interested providing a luggage shuttle please contact the number/email address below.

For further information, **contact** berkshires@NYCC.org or call **Fred Steinberg** (212-787-5204). Up-to-date information will be posted on the nycc.org Website and weekly emailings.

Re-Cycling

Two free classifieds per member per year (up to 6 lines). Additional ads \$1.00 per 50-character line. Please email classified listings to **bulletineditor@nycc.org**. If you must snailmail, please phone 212-755-8303 for info. Listings will run for one month unless otherwise specified.

FOR SALE:

"Brand New" **Cannondale XR1000** Cycle/cross bike; red & silver, disc brakes, Shimano components. Only 20 miles on bike; 52 cm frame (I ride a 56). Showroom condition—paid \$1500—sell for \$1300. **Contact John Reid**, 201-933-7938 or john_reid@ml.com.

Bianchi Talladega—57 c-t, Reynolds 631 CrMo, Shimano Ultergra (triple) group, Deda bars, stem—Celeste & Gold—2 years old. Very clean, well maintained, never crashed. \$1700 new, replacement cost greater. Too many bikes. Best offer! **George Rivera**, 212-977-3575, grp.inc@verizon.net

DEADLINE EXTENDED FOR ORDERING YOUR NEW CLUB JERSEY

NOW APRIL 1st

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 April 1 for early June 1 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 _____



Well, it's March Road Dirt but as we write, it's mid-February and a rather frigid one at that. Very little road time, to say the least. Nonetheless, there must have been some juicy tidbits along the way. Could it be that nobody in this club sees each other if not dressed in spandex and moving along on two wheels? We think not and therefore feel forced to reinstate the Road Bozo award at least for this month. We know you don't like it but we're left with no choice. The winner is just too clear to ignore.

And so, with no further ado, the Road Bozo prize of the month goes to none other than...YOU!!! That's right, you, every last one of you. Well, not quite every last one. We had exactly one contributor to Road Dirt this month. The rest of you ignored every last scrap of dirt that dropped in your path. Or, if you didn't ignore it, you certainly didn't report it to us.

Here is the one report we received: After completing the New York Road Runners 5K Gridiron Classic, **Debbie Bennett**, our resident financial

whiz, removed her gloves not only to grasp her well deserved hot chocolate but also to proudly display her beautiful new engagement ring. Deb and long time beau (and triathlete) **David** were engaged on January 23rd. A summer wedding is in the works. After having survived their recent apartment renovation, planning a wedding should be a breeze!

★★★★★

ROAD DIRT

Send tips to: roaddirt@nycc.org

Congratulations Debbie and David. We await details on the upcoming nuptials as they evolve. Meanwhile, we wonder about the visual acuity of the NYCC Board as not one member commented on Deb's recently acquired bauble as she sported it at the February NYCC Board meeting. Also in the nuptials department, we hear tell that B SIG graduate and ENY design whiz, **Viviane Tubiana** and bike fit guru **Happy Friedman** (yes) have officially tied the knot or are about to do so shortly. If anyone has any further details to report, we'd be happy to make them public. Meanwhile, we congratulate Viviane and Happy and wish them all the best. The February club meeting was a **huge success**

featuring a question and answer contest about fitness, training and sports nutrition hosted by the new **Aquafina Cycling Team**. Many people won prizes for answering correctly while two of our esteemed members won booby prizes for repeatedly giving wrong answers. For those of you who missed the event, we'd better tell you who the winning losers were: **Peter O'Reilly**, co-webmaster and one of the more accomplished riders in the club, and **Pat Janoff** (no), C SIG leader extraordinaire. We know these two are quick studies so we imagine their training will be more efficient from now on.

Speaking of the club meeting, how's this for a description of the participants? We quote from the weekly e-mail that announced the program, "...**Craig Upton**, the team's coach and former European professional who's ridden the Giro, Flanders and Paris-Roubaix as well as **Julie Upton**, M.S., R.D..." Oooh, that may have been a little more information than we needed!!

Slow month? Maybe. But, with such a dearth of dirt contributions we'll never know for sure. Next month cycling season will have officially begun with the SIG's and STS's well underway. Lots will happen and we want to hear all about it. Send your contributions to roaddirt@nycc.org. Remember, it doesn't have to be dirty to be Road Dirt.

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 redoubtable **MetroNorth liaison**, Hank Schiffman, at hschiffman1@nyc.rr.com or 212-529-9082. 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

February 3, 2004

The meeting was called to order at 7:05 pm. In attendance were Deborah Bennett, Isaac Brumer, Hal Eskenazi, Robert Gray, David Hallerman, Kathleen Jennings, Tom Laskey, Stan Oldak, Peter O'Reilly, Timothy McCarthy, David Sabbarese, Fred Steinberg, Ludwig Vogel, Marty Wolf, and Wayne Wright.

Safety Committee: The Board discussed a variety of initiatives proposed by the NYCC Safety Committee, including providing safety brochures to SIG participants and offering a blank identification card on the website that members could download, complete and carry with them on rides. The Board agreed to obtain more details from the Committee regarding these possible projects.

All Class Rides: The Board set the following tentative dates and routes for All Class rides: Sunday, June 13—Westchester; Sunday, August 15—Fort Tyron Park. In addition, we tentatively will have a Newcomers/All Class Ride on Saturday, June 5.

Ride Library: The new, rebuilt Ride Library is going live this week, with a great new search function. We

have appointed Hank Schiffman as the NYCC Ride Librarian. He will be in charge of managing the Library and will have a committee to assist him. We will continue to work on improving the administrative functions of the Library and increasing the number of rides in it.

Bike Month: We agreed to offer space in the NYCC Bulletin to Transportation Alternatives to promote their Bike Month (formerly called Bike-to-Work Week), which takes place in May. We will also ask ride leaders if they would like to list their May rides in TA's Bike Month materials.

New York Bicycling Coalition: We agreed that the Club will become a member of the New York Bicycling Coalition (NYBC), which is a state-wide organization similar to Transportation Alternatives.

Bike Show: Maggie Smith will be coordinating the NYCC's presence at the Bike Show this year, with assistance from Carol Wood. We will be distributing information about the Club, selling water bottles and hopefully signing up new members.

Special Events: The Billiards event originally scheduled for February 18 has been postponed to March 13.

Programs: Starting in March, we will be having a different bike shop "sponsor" the Club meeting each month. The sponsoring shop generally will be giving away \$150 worth of gear at the meeting and

will be permitted to set up a table to advertise its good and services. We will look into getting a new microphone to use at the meetings.

Bulletin: Approximately 60% of the Club's members are receiving the Bulletin via mail rather than .pdf. We are working to ensure that members who have chosen to receive the Bulletin in .pdf format are not continuing to receive it in the mail.

Club Jerseys: The Board discussed the fact that some members have received jerseys that do not fit as they had expected. Tom Laskey will spearhead our efforts to address this problem.

Financial Report: We discussed options for donating some of the Club's surplus from last year to bike-related organizations or spending it on a bike-related community project. Stan Oldak will get details about participating in the adopt-a-highway program.

Memorial Day Weekend: We have begun coordinating this yearly event.

Membership Report: We currently have approximately 1750 members.

The next Board meeting will be on March 8, 2004 at 7:00 pm.

The meeting was adjourned at 9:03 pm.

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 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).



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

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.

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.

Toqa Bike Shop

110 West End Avenue, New York, NY
212-799-9625 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.

ENJOY THE BENEFITS OF NYCC MEMBERSHIP!



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DATED MATERIAL!**

**FIRST CLASS
U.S. POSTAGE
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NEW YORK, NY
PERMIT NO. 179**

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

🌿 Tuesday, March 9 🌿

An Evening of Riding Safely

Sponsored by Bicycle Habitat

We all want to go out on a great ride, have fun, enjoy ourselves with our friends and come back the same way we left... in one piece, warm and happy. Here's what you're going to learn and who you are going to learn it from: **Jason Barcoff**, Manager of Piermont Bicycle Connection, Tenafly branch— Safety Equipment for You & Your Bike, from Helmets to Brakes (Jason is an EMT and has given similar talks to other bike groups); Rich Ramon, member of NYCC Safety Committee and A19 SIG Staff; **Regina Hammond**, CRCA CAT 3 racer, etc.)—Safe Group Riding with & without Pacelines; **Jay Jacobson**, NYCC Safety Chairman.

Whether you're an A, B or C rider, the tips provided can be utilized by everyone for safe and fun riding...yours and the people around you.

This program is sponsored by Bicycle Habitat, located 244 Lafayette St (212-625-1347, www.bicyclehabitat.com.) And, yes, Bicycle Habitat will be there with some **super gifts** that will be given away (**More free stuff!**) during the meeting.

Will you take home one of their gifts?

Our January and February programs had **record attendance**. What great times we had!

It's your club...participate
Please join us on Tuesday, March 9 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.