BUT TEACHER: MY CAT ATE MY COVER ART!

Seriously, now, I've had a wee bit of computer trouble. You'll see the April cover on the Web version of the Bulletin once my new computer is up. —Ed.
April Message

In the March issue of Bicycling magazine they offer us the Fifty Greatest Things About Cycling. No. 9 on that list is the “Bike Shop”. Joe Lindsey, the author of this particular segment, describes the bike shop as a veritable feast for the senses with wheels hanging from the ceiling, shiny new bikes everywhere, racks filled with brightly colored jerseys and the smell of rubber mixed with grease and solvent and perhaps sweat. I’m sure most of us still remember our childhood bicycle shop. “Whether it’s the colors, the smells or the sense that you’re about to learn something very cool, you never forget your first bike shop.” And for us, as adults who love cycling, it seems that nothing has really changed.

The bike shop is an integral part of what we do. They help us choose the “right” one, they fit it, they fix it, adjust it, clean it, and they keep us happy and on the road. With that in mind, our club has begun a program that we hope will enhance our personal as well as club relationship with our area shops. As the saying goes, “it’s a win-win situation.” Each month at our club meeting we will host a different bicycle shop that will act as a sponsor for that meeting. During the social/cocktail hour the sponsoring shop will have a table set up with some of their wares and they will have one or more representatives who will be there to share “bike talk”. In return each shop will be providing us with a bunch of “bike stuff” and a grand prize of a $50 gift certificate, all to be raffled off during the meeting. Much thanks goes to Eden Weiss for his hard work as he “hit the pavement” and visited nearly every bike shop in our area to help bring this about.

If you attended the March meeting on Safety, then you are obviously aware that we began the sponsorships at that meeting. I’m proud to say that my “home” shop, Bicycle Habitat, was our first sponsor. Started over 25 years ago by Charlie McCorkel and Hal (the mechanic) Ruzal, the shop is located at 244 Lafayette Street (near Spring) in the heart of SOHO. It’s where I bought my “Trek” and where I go for repairs, tune-ups, and advice. Check out their website (bicyclehabitat.com). Besides their products and service, they also offer hands-on maintenance and repair courses. Perhaps this month your “home” shop will be our sponsor. Speaking of this month, our April program looks like another good one. Ride leaders Rick Braun and Linda Wintner will be talking to us about the “Keys to Successful Ride Leadership”. (Details elsewhere in this bulletin.) Come join us for what I am sure will be an informative, fun, and “rewarding” meeting.

And finally, don’t forget to make plans to join us for our upcoming Memorial Day weekend in the Berkshires. This is always a great club weekend with fabulous rides along beautiful country roads and a sumptuous Sunday evening dinner/get-together. Make your reservations now! Information on the weekend and on where to stay can be found on our club website (NYCC.org).

Everyone has a great April and see you on the road. Stan O.

The NYCC Needs You!

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. So far, volunteers have clearly favored Thursday, April 29, to help out at the NYC Bike Show. There are still a few shifts still open on Thursday but volunteers are sorely needed for all shifts on Friday, April 30, and Saturday, May 1, including someone with a car to transport the materials back into storage on Saturday.

You’ll meet and greet visitors and tell them about our great club!

- **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.

- **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@2ooal.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@2ooal.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.nyccycleshow.com.

Thank you!

Ride Safe—Always Wear Your Helmet

New York Cycle Club Bulletin
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New York, NY 10003
212-828-5711

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Please include your name and full address in your message.

Mailing Services: Thanks to our Mailing Party volunteers.

EMAIL George Kaplan at gkaplan@nycrr.com to volunteer for the next mailing.


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

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 1,000 words. Publication is determined by available space. We cannot guarantee that all submissions will be published.

Submission is contributor’s warranty to the NYCC that material is in no way an infringement on the rights of another and may be published without additional approval.

Deadline: All submissions and advertising are due the second Tuesday of the month prior to publication.
Club Rides

**IMPORTANT:** Before you take your first club ride, please read about club rides on page 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.**

April Recurring Rides

**Tuesdays & Thursdays**

A19 18-24 MI 5:45 AM MORNING LAPS

From: Engineers Gate — goth & 5th Ave. entrance to Central Park
Leaders: Jesse Ostrow, 917-880-2041; Ginny Soma, 917-734-1412

Start the day right with some laps, hill repeats or speed work. Please be of good cheer... Mellow rules! Snow, rain and temps below freezing cancels. SIGies welcome.

**Every Wednesday in April**

A20+/- 52+/- MI 10:00 AM WEDNESDAY MORNING SHARP

From: the Boathouse
Leader: Jeff “El Jefe” Vogel, 718-275-6978; CPAcycles@aol.com.

Every Wednesday year-round—a cooperative group ride, usually to Nyack. We have no silly requirements and you know what cancels.

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 SIGies and other riders. Routes will vary depending on group preference, but we love River Road!

April Club Rides

**Saturday, April 3**

A21/23 65 MI 8:30 AM A-CLASSIC STS—HARRIMAN HELL

From: Grand Central Terminal, Metro-North to Garrison at 8:53
Leaders: John Zenkus, jj2216@aol.com; Peter O’Reilly, ptor@prodigy.net
Get ready for some serious hills! After all the training in the past couple of weeks, it’s time to show off your climbing skills. This new ride in and around Harriman State Park will give you plenty of opportunity to do so: Old Gate Hill, Tiorati Brook and Arden Valley are just a few of the climbs we will face. The ride is relatively short, so to keep the climbing rhythm, we will only make a short water stop, no formal lunch. This is a difficult ride. Make sure you are up for it and have appropriate gears. We will return from Garrison by train. Bring Metro North bike pass, spare tubes, two full water bottles and plenty of pocket food. Rain cancels. Check message board if in doubt. Bring Metro North RR pass.

**Reminder to Set Your Clocks Ahead Saturday Night!**

A18/19 80+/- MI 8:30 AM SOUTH MOUNTAIN ROAD

From: Eastern side of parking lot at Tavern on the Green
Leaders: Bennett Dubson 212-757-4700; bikeadman@aol.com
This is a classic ride to the apple orchard, maybe with blossoms to view, followed by one of the great paceline itineraries back along West and East Saddle River Roads. No major lunch stop, so bring plenty of pocket food and fluids. 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 to ride tight and 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 either day, 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, since we may have postponed and rescheduled earlier rides in the series.

A18 44 MI 9:30 AM A SHORT & SLOW FIRST RIDE: RIVER RD., SNEDENS LANDING, ROCKLEIGH

From: Boathouse
Leader: Richard Rosenthal 212-371-4700; bikeadman@aol.com
Since I last rode I’ve officially become wayyy older than your parents and am now certified incapable of riding uphill. Nevertheless, we’ll do this work that we did last...only for a first ride, not so far, not so fast, and not so uphill.

B-STs 60+/- MI 9:00 AM Wk 5: WESTCHESTER HILLS

From: Engineers Gate in Central Park 5th Ave and 90th Street
Leader: Florence Grant, 212-861-7710, flogrant399@aol.com
Today we begin our hill series. We will face a series of short climbs through Yonkers and lower Westchester, stopping for lunch in Sleepy Hollow at the 35–mile mark. This turn sheet was modified from “Westchester Brunch” by Mark Gelles, with permission. There is a substantial urban component to this ride. It’s always a good idea to bring pocket food as our efforts and distances increase. 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. Check the NYCC message board for changes due to unforeseen events.

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

From: The Boathouse
Leader: You and your new and old friends
You must go to the SIG? No rides at press time. Check the April bulletin, your e-mail, the online ride listing and the message board. Or come to the park and meet someone up.

Sunday, April 4—Daylight Savings Time

A19/20 40/50 MI 8:35 AM QUICK TRIP ACROSS THE GWB-BACK IN THE CITY BY NOON

Destination Piermont or Nyack based on group consensus
From: the Boathouse
Leader: Jeff Terosky, Jeffrey.Terosky@hotmail.com , 917-969-8262
We’ll depart the boathouse at 8:35 for a quick trip across the George Washington Bridge to points north. We’ll take a 15 minute stop in Piermont or Nyack for refueling; sorry, but no time for the brunch buffet this morning! We’ll target to be back in Manhattan in time to do your usual Sunday afternoon thing. Expect a decent pace, beautiful pacelines, and to ride solo if you feel like being off the front or off the back. Call after 7:00 if the weather is questionable.

A18/19 75 MI 9:45 AM NYAH-NYAH: NYACK VIA CONGERS

From: The NJ side of the GW bridge. Meet at 9:45, leave at 10.
Leader: Andrea Kannapell, 917-270-8446, andreak@nytimes.com
The fifth of a Sunday series that is growing in length and intensity, but ever so incrementally. We take an alternate route to Nyack, an excellent ride with hills
but plenty of recovery, too. We're getting stronger, which means that it's easier to maintain safe riding skills, and that we ride at a steady pace throughout. Bring plenty of pocket food, a tube, and desire to look out for your fellow riders.

**B16 45 MI 9:15 AM Staten Island Roundabout**
From: Manhattan side of SI ferry for 9:30 boat or join us at 9:55 in Staten Island Leader: Borgeson, 212-348-2601, gasciorc@att.net
This isn't a SIG or an STS, just a good old-fashioned B ride around New York's least populated borough. We'll travel mostly low-traffic roads with a stop to eat lunch at the southern tip, Conference House Park (delis nearby). Other sites: Miller Field, South Beach, great views from Fort Wadsworth, and suburban sprawl. Please note that **Daylight Savings time begins today**; if you forget to set your clock ahead an hour you'll be late for the ride. Cold rain cancels.

**C 11/12 32 MI 10:00 AM C-STS: Get Back in Shape 3-White Plains**
From: Benches at Isham Park (under giant gingko tree, Broadway 1.5 blocks north of 207th St. *A* train. Use elevators at south end of platform, then walk north.) Leader: Maggie Clarke, 212-567-8272; mclarke@hunter.cuny.edu
This is the third of a series of C rides to help us get back into shape after a winter of relative sloth. Let's venture north again on a very pretty route through the burbs of lower Westchester to a diner in White Plains for lunch. Helmets are required; there will be strict observance of Club riding etiquette. Bring your Metro-North pass for emergencies. Cancellation: starting temp below 40F, wind chill below 25F, icy roads, or 50% chance of precipitation. Call Maggie after 8 am if in doubt.

**Friday, April 9**

**B16 40 MI 10:00 AM Coney Island**
From the Boathouse Leader: Dave Sabarese, dsabarese@firstmanhattan.com
A leisurely spin to Coney Island via Prospect Park and the bike path by the Belt Parkway before heading back by way of Ocean Parkway. We'll have lunch (or not for those observing Good Friday) at Totono's famous Pizzeria or Nathan's famous red hots stand, depending on group preference. Bring a helmet (mandatory), lock (suggested), and lunch money (optional). For those wishing to jump on board in Prospect Park, we figure to be by the Picnic House by around 11:15 or so. Lousy weather cancels.

**Saturday, April 10**

**A21/23 80+/- MI 7:30 AM CLASSIC STS-Katonah & Upper Westchester**
From: Grand Central Terminal, 7:48 train to Katonah. Buy a round trip ticket. Leaders: Peter O'Reilly, pto@prodigy.net; Hank Schiffman, hschiffman@nyc.rr.com, 212-529-9082
This ride will circle ride the hilly Furnace Dock region west of Yorktown Heights, circle Croton reservoir then climb Dingle Ridge and Joe's Hill before a stop in Brewster and end in Katonah for the MetroNorth ride home. As in any of our STS Classic rides you will need a serviceable bike, a helmet, fluids, pocket food, spare tires, means of inflating them, money for food and train tickets plus a Metro North bike pass and paceline skills. If in doubt about weather conditions, postponement/cancellation, check the NYCC message board. Our train arrives in Katonah at 8:52 am. Bring MetroNorth RR pass.

**A19 80 MI 9:00 AM A19 STS Whippoorwill-Roaring Rock-Hardscrabble**
From: Eastern side of parking lot at Tavern on the Green Leaders: Michael Yarmark 917-670-4437 myearlthinfink.net
Having gotten some mileage in our legs, now's the time to embrace some classic hills. 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 as well as a positive attitude are musts for all STS rides. Bad weather will move the ride to Sunday; if bad weather persists, sadly Sunday's ride will be canceled as well. If we don't ride either day, 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 8:15 am (but not too much before) for time and meeting place. (We may postpone and reschedule earlier rides in the series.)

**Sunday, April 11**

**A22/24 50 MI CALL BACK BY NOON Sunday Ride**
From: where we decide Leader: Sukeun Chun, mchun@aol.com, home 212-566-2109, cell 917-660-7915
The length of the ride and time of departure will change from week to week as our fitness improves and the weather gets warmer. I will list the time of departure and the destination on NYCC.org Thursday evenings. If you are interested in the ride and have a suggestion on the destination please email/phone me by Thursday. The ride is "ON" even if it is raining provided the temperature is above 50° at start time. Non stop except for water and back by around noon, no fooling around.

**A18/19 80 MI 9:45 AM South Mountaineering**
From: The NJ side of the GW bridge. Meet at 9:45, leave at 10. Leader: Andrea Kannapel, 917-270-8446, andreak@nytimes.com
The sixth of a Sunday series that is growing in length and intensity. Today, we head north through NJ into NY, and find some intense hills. Hills are our friends, they say. (With friends like this, who needs enemies?) We're thinking nice circular pedal stroke, relaxed upper body, deep breathing, standing when we can't sit, and sitting when we can't stand. We're thinking, what goes up, must come down! We'll regroup at the tops. Bring plenty of pocket food, a tube and a cheery thought.

**A18 56 MI 9:30 AM River Road, Bradley, Tweed**
From: Boathouse Leader: Richard Rosenthal 212-371-4700; bikeadmin@aol.com
Back to the usual route and distance, but still slow. For newcomers to my rides: it's scenic, it's challenging it's away from traffic and you're back early.
**B16/17 40+/- mi 9:00AM Non-Denom Passover Ride (on Easter Sunday, nu?)**

*From the Boathouse*

**Leaders:** Peter “Banana Guy” Koutetsis, 917-854-1181, peter.koutetsis@citigroup.com; Matt Sherman, 646-608-4565, msshiv@yahoo.com

Join us on an abridged version of Alfredo Garcia’s own Bridges of New York ride. We will take a round-about route and “Pass-Over” many of the more popular (and a few of the more obscure) interboro bridges. Ride ends at Katz’s Deli for a traditional (?) Jewish feast. Bring: water, spare tubes, pump, lock, MetroCard, good attitude, healthy appetite and dollars (or shekels) for lunch. Helmet required; matzoh and chocolate eggs optional. Rain at start cancel (or at least delays—check messageboard for details.)

**C11/12 35 MI 10:00 AM C-STS 4: Eagle Rock**

*From: World Trade Center PATH station, concourse level (one floor down from street level, near top of escalator bank. Accessible via A,C,E, N & R trains.)*

**Leader:** Maggie Clarke, 212-567-8272; mclarke@hunter.cuny.edu

This is the fourth of a series of C rides to help us get back into shape after a winter of relative sloth. We’ll take it easy on this short, but challenging ride out to South Orange, Millburn and then through a nice park climbing up to Eagle Rock, a stupendous view of all of Manhattan, Brooklyn and Newark. Bring your camera and hope for clear conditions. If it’s warm enough we’ll have a picnic there at the WTC memorial at the overlook. If not, we’ll eat indoors nearby. Towards the end of the ride, we’ll go through Cherry Blossomland and maybe get an early preview of the blossoms. Helmets are required; there will be strict observance of Club riding etiquette. Bring money for PATH. 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.

**Wednesday, April 14**

**C14 18 MI 7:00 PM RETURN OF STRESSBUSTERS–5TH SMASH YEAR**

*From: Engineer’s Gate in Central Park (55th Ave. & 90th St.)*

**Leader:** Dave Sabbarese dsabbare@firstmanhattan.com

This mid-week spinning session is back and will emphasize good cycling habits that will come in handy for those weekend rides to the “burbs of Jersey and Westchester. We’ll do three laps around the park, learning good techniques and stressing safety. If you are new to the NYCC or would like to know what we’re about, this might be a good place to start. Old folks and slow pokers welcome. Bring a well-maintained bicycle and helmet (mandatory), blinking lights (suggested as we will be ending after dark), and a lock and some pocket change (as we have been known to grab a bite and a beer afterwards on occasion).

**Saturday, April 17**

**A20/23 852 MI 7:30AM A-Classic STS–Putnam County Ramble**

*Ride Leaders: John Zenkhus, jj2215@aol.com; Ron Roth, r7@nyr.rc.com*

*From: Grand Central Terminal, Metro North 7:53 am train to Garrison*

OK, the A-Classic STS has brought us three weeks of progressively more difficult hilly rides followed by a longer more rolling ride. Now, it’s time to put it all together with the first of our four “epic” rides. Starting in Garrison, we will nool-dle up 9W because once we turn on 301, the climbing begins soon through beautiful Fahnestock State Park. With a vertical gain of over 3000 feet, this is a hard but rewarding climb. We’ll continue east to Brewster, loop around a couple reservoirs, then back on 301, finishing in Cold Spring with a fast final descent. Metro North passes are a must, as well as the usual two water bottles, powers bars, money for lunch and a bike in good repair along with a mandatory helmet. Meet at GTC around 7:30 to catch the 7:53 train. Check bulletin board for updates if weather appears unfavorable. Bring MetroNorth RR pass.

**A18/19 90+/- mi 8:30 AM A19 STS: Harriman-Storm King**

*Leaders: Harvey Minsky (212)955-9344; David Spector (212)663-7720*

*From: Eastern Side of parking lot at Tavern On the Green*

This is a classic ride that incorporates some of the great climbs of Northern Rockland County and Orange County (Little Tor, Gate Hill and maybe a few others). You will have the rare opportunity to see beautiful vistas, while you increase your climbing skills. No major lunch stops, so bring pocket food and fluids. You do not need to sign up for the program to participate in any rides but this one. You must have group riding skills to ride tight and 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 chill below 20° will move the ride to Sunday. Same cancel conditions for Sunday. If we don’t ride either day, we may do the ride the following weekend to keep the ride progressive. Even if the weather is perfect, be sure to check the message board or call a leader before 7:30 am for time and meeting place, since we may have to postpone and reschedule earlier rides in the series Please be prompt, because the ride will be leaving on time. Bring: Metro North RR Pass.

**B-STS 75+/- mi 9:00 AM WK 7: CHAPPAQUA**

*From: Engineers Gate in Central Park 55th Ave and 90th Street 8:30am*

**Leader:** Florence Grant, 212-861-7750 flogrant399@aol.com

Hill ride number 3. Hopefully by this time we will be prepared for all your favorite climbs. Turn sheet by Spencer Koromilas. Need I say more? Yes? Bedford, Hardscrabble, Whippoorwill, Nannynagen, plus some gnarly surprises in between. Lunch at 36 miles, so you will need plenty of snacks and water. Optional bailout at 65 miles. 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. Check the NYCC message board for changes due to unforeseen events.

**C13 43 MI 9:15 AM SCARSDALE**

*From: The Boathouse*

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

I lived in The Bronx before moving to Scarsdale so it’s also “home” to me. Join me for a ride through “the old neighborhood” on the way to Westchester. I’m predicting that it’ll be warm enough to buy lunch and eat it in a small park in downtown Scarsdale. Substantial expected rain cancels. Sunday, April 18

**A19/20 40-50 MI 8:35 AM QUICK TRIP ACROSS GWB–BACK IN THE CITY BY NOON**

*Destination Piermont or Nyack based on group consensus*

*From the Boathouse*

**Leader:** Jeff Terosky, Jeffrey_Terosky@hotmail.com, 917-969-8262

We’ll depart the boathouse at 8:35 for a quick trip across the George Washington Bridge to points north. We’ll take a 15 minute stop in Piermont or Nyack for refueling; sorry, but no time for the brunch buffet this morning! We’ll target to be back in Manhattan in time to do your usual Sunday afternoon thing. Expect a decent pace, beautiful pacelines, and to ride solo if you feel like being off the front or off the back. Call after 7:00 if the weather is questionable.

**A18/19 75-80 MI 9:45 AM WHIPPOORWILL AND WE WILL, TOO**

*From: 207th Street stop on the L. Meet at 9:45, leave at 10.**

**Leader:** Andrea Kannapell, 212-270-8446, andreak@nytimes.com

The seventh of a Sunday series that is growing in intensity. The start and finish look positive attitude are a must 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. Check the NYCC message board for changes due to unforeseen events.

**A20+ 30 MI 2:00 PM (VERIFY!) BK PAVE**

*From: for ride: Joralemon St at Brooklyn Boro Hall subway entrance for OLN broadcast: 66 Water Street Bar, Brooklyn*

**Leader:** Scott Demel, 718-909-0666, scott@demel.net

2nd Annual Commiseration and Celebration of Paris Roubaix. COMMISERATE: Feel the sensations of the European peloton as sections of Brooklyn cobblestone rumble through bikes, arms and legs. CELEBRATE: At the route’s end, riders and non-riders can join for food and drinks in Dumbo at the 66 Water Street level, near top of escalator bank. Accessible via A,C,E, N & R trains.)
Street Hill, and 7 Lakes Drive then a short stretch up 9W for the “entertaining”

With some minor modifications, this route was shamelessly lifted from Fred

Leaders: Ron Roth, rr7@nyc.rr.com; Bill Greene, bgreene@nac.net

From: The Boathouse

A20/23 90± mi 8:00am A-Classic STS: Storm King/Indian Mt/Roughkeepseis

From: From First Avenue and E. 64 St. NW corner

Leader: Hindy and Irving Schachter, 212-758-5738

How do you like your Westchester rides? On this one everyone goes together through the Bronx to Scarsdale. After coffee, we separate into two groups. If you like to ride at a slower pace and take a few hills, we have a return for you. If you like more speed and are not vertically challenged, we have a different longer return that will intrigue your legs. Rain, typhoons, unseasonable cold all cancel. But we plan on having sun and a great day.

B14/16 45/60 mi 10:00 AM CHOICES IN WESTCHESTER

From World Trade Center PATH station, concourse level (one floor down from street level, near top of escalator bank. Accessible via A,C,E, N & R trains.)

Leader: Maggie Clarke, 212-567-8272; mclarke@hunter.cuny.edu

This is the fifth of a series of C rides to help us get back into shape after a winter of relative sloth. This scenic highlight of the spring season takes us through Cherry Blossomland outside Newark not once, but twice. We’ll also go through the Montclairs and depending on weather and our conditions, we’ll lunch in either Upper Montclair or Little Falls. Helmets are required; there will be strict observance of Club riding etiquette. Bring money for PATH. 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.

Wednesday, April 21

C12 35-40 MI 9:30 AM C-STS—GET BACK IN SHAPE 5: IRV WEISMAN CHERRY BLOSSOM RIDE

From: Engineer’s Gate in Central Park (5th Ave. & 90th St.)

Leader: Dave Sabboarese, dsabbere@firstmanhattan.com

This mid-week spinning session will emphasize good cycling habits that will come in handy for those weekend rides to the ”burbs of Jersey and Westchester. We’ll do three laps around the park, learning good techniques and stressing observance of Club riding etiquette. Bring money for PATH. 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.

Saturday, April 24

A20/23 90± mi 8:00AM A-Classic STS: Storm King/Indian Mt/Roughkeepseis

From: The Boathouse

Leaders: Ron Roth, rr7@nyc.rr.com; Bill Greene, bgreene@nac.net

With some minor modifications, this route was shamelessly lifted from Fred Steinberg. And Fred did his homework on this one. A hilly ride up Little Tor, Old Gate Hill, and 7 Lakes Drive then a short stretch up 9W for the “entertaining” ascent of Mountain Ave. above West Point to Storm King and its sweeping Hudson vista, lunch at Painters in Cornwall, apple blossom time among the orchards of Marlboro, Indian Mt Rd. (great Berkshire views), and finally the train back from Poughkeepsie! MetroNorth Bike Pass, spending pelf, helmets, paceline skills, buff quads, and stamina are essential. If weather forecasts call for persistent rain/wet roads we will scrub the ride and move it to Sunday. If in doubt, check the NYCC message board for a cancellation notice 90 minutes before departure.

B16 67 mi 9:00/10:00AM SEE THE OCEAN!

From: The Boathouse at 9:00 am, Union Turnpike & Queens Blvd at Statue of Civic Virtue [across from Nathan’s] at 10:00

Leader: Hal Ekseniati 917 822-5401 hal@profiles worldwide.com

OK, we’re 1 month into spring and you’re thinking, “it was a loooong winter and 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 awhile. What would make me cancel? Rain, Snow, Heavy Winds [abv 20mph], temp below 35° or me winning the lottery the night before. Check channel 1 at 8am or the message board. There is a bailout in Oyster Bay so
April SIG Rides

Saturday, April 3

AC 55 mi 9:00 AM Ride #5: Pleasantville

More single, rotating paceline and introduction to double paceline

From: Boathouse parking lot


This ride is hilly! Did you train during the week? Maybe even do some hill repeats? You'll be glad if you did! Phew! By now you're comfortable riding in a single paceline. We will ride up to Tarrytown on Route 9-a great place to practice rotating the lead. We will then climb over a hill to the Thornwood Diner for lunch and then return via Grassy Sprain. On the way home, if you're good (and we know you will be), we'll introduce you to a double paceline (non-rotating), so you'll be ahead of the game next week. You know the drill by now: Arrive early with name on helmet to get signed in and into your group. We leave at 9:00 on the dot. You're getting to be a real A-rider now. Rain date: Sunday, April 4.

A19 51 mi 9:00 AM Ride #5: Nyack

Skill: Single, Rotating Paceline

From: the Boathouse parking lot

Leaders: Rich Ramon, 917-518-0684 and Anthony Poole, 917331-0903

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 single non-rotating pacelines. A more beautiful thing to behold, you haven't seen (until we learn double rotating pacelines). We'll cruise out through scenic Northern Jersey, through Englewood, Tenafly, Rockleigh and pastoral Piermont to the cyclists' hallowed ground, NYACK. On the way back we'll cruise along rotating our pacelines to perfect this critical "A" riding skill. If you haven't been training, this is the week you'll see the difference. This is the last week of our "no drop" policy. Leaders will also begin the process to decide recommendations for reassignment to the "A Classic SIG" or the "B SIG." Train Harder!! The usual cancels, bring lots of water.

B SIG 55/60 mi 9:00 AM Mamaroneck Harbor

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

Leaders: Eva Wirth, 212-477-9322, ewirth@yahoo.com; Neil Botwinoff, 212-535-7951, botwinoff@tanhelp.com

Our class will be about riding in traffic-skills we all need just to get to the start of our rides each week. And we'll practice those skills as a group quite a bit today. But this is a pretty ride and, if the weather's nice, we can picnic by the beach. (If not, we have a few indoor choices.) Cancels: actual temperature above 50 deg. at start time. Non stop except for water and back by around noon, no fooling around.

Wednesday, April 28

C 40 mi 9:30 am C-STS: Get Back in Shape 6: Orangeburg, Rivervale

From: 178th St and Ft. Washington Ave (back of the G.WB bus station. "A" train to 178th St station. Elevator leaves you just south of meeting place.)

Leader: Maggie Clarke, 212-567-8280; mclarke@hunter.cuny.edu

We'll ride over the bridge and into Bergen and Rockland Counties to reservoir country on one of Irv Weisman's best routes. We'll either have a picnic in Branch Brook Park or eat in a local diner if it's chilly. Helmets are required; there will be strict observance of Club riding etiquette. Bring money for PATH. Cancellation: starting temp below 40°, wind chill below 25°F, icy roads, or 50% chance of precipitation. Call Maggie after 7:30 am if in doubt.
lines we practice and hone as we ride laps around Rockland Lake set a standard of group riding that will carry us through the rest of our season together. We will alternate the lead regularly as well as practice regrouping skills for instances where we need to go from double to single lines quickly. We will also do low-speed bike handling drills on the grass in order to learn how to manage when riders bump shoulders or elbows or tap wheels. We head to Rockland Lake through a back way and then go about the business of our laps. On the way back we'll climb over to Nyack for a chance to recover and refuel, then climb some more hills at the state line on our way to NYC. The usual: arrive early to sign in, we leave at 9:00 sharp. Rain date: Sunday, April 11.

A19 65 mi 9:00 am SIG Ride #6: Syosset Feast

Skill: Double Non-Rotating Pacelines.
From: the Boathouse parking lot
Leaders: Ed Fishkin, 718-633-3038 and Jim Galante, 201-503-9192
You are all looking so fine. Today we’ll continue to learn the art of the “A” ride with the double paceline. We’ll have plenty of time to practice as we make short work of the spacious Long Island Expressway Frontage Road. We’ll steam out to Syosset in record time and really appreciate how all the training you’ve been doing pays off. You won’t believe how Tour de France we’ll look. Communicating perfectly all the way, you’ll feel very professional. We have a special treat in store for us in Syosset; a beautifully catered dining experience at the Nostalgia Restaurant. You’ll love it for a measly $10.00 or so. The usual cancels. The A-19 SIG drop policy begins today. Make sure you have a cue sheet and know how to read it. DON’T GET DROPPED!

B SIG 65+/- mi 9:00 am Oyster Bay
From: Queens, Statue Civic Virtue (E or F Subway to Union Turnpike, Hew Gardens)
Leaders: Rick Braun, 212-477-2575; Margaret Cipolla, 718-275 6978, cipollam@aol.com
Today we will learn the basics of paceline riding; our class will be at easy pit stop (6 miles). We’ll practice on the long, straight LIE Service Road both going out and coming back. This is a pretty ride through L.I.’s North Shore horse country. Bring your Metro Card, Train pass and pocket food, as it’s a long way to our lunch stop. If weather’s nice we can picnic by the Long Island Sound. Return via F train @ 169th St. & Hillside Ave. NOTE QUEENS STARTING/ENDING LOCATIONS. Cancels: actual temperature below 25° at 7:30am; 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 we try to ride on Sunday.

C SIG Call for Ride Info Week #3: Leader’s Choice
Leaders: Paul Hofherr, 212-737-1552, bikeman999@aol.com, Gary McGraime 212-877-4257 gaynyc@aol.com, Debbie Dowell 212-243-5182 drd1@nyu.edu, Jim and Patricia Janof 212-737-1668 patricia.janof@verizon.net.
Your ride leader will contact you re start time and location. The C-Sig is now closed to new members. The rest of us bring water bottle, spare tube, bike pump, lock and lunch $. The usual postpones ride to Sunday. Check Bulletin Board or contact ride leader by 8:00 am if in doubt.

Tuesday, April 13

FIRST AID CLASS FOR CYCLISTS 6:00 pm TO 8:00 pm
Participants from All SIG programs are invited to attend this special program. Tuition: $10.00 All proceeds will be donated to the Recycle a Bicycle program for kids.
Location: Woodhull Hospital, Conference Room #1
Leaders: Ed Fishkin 718-963-8590
PLEASE R.S.V.P. to 718-963-8590 (ask for Ms. Hite)
Directions: Take the “I” or “M” train, last car, direction Metropolitan Avenue to the Flushing Ave. stop. Go down the stairs to the main hospital entrance and follow signs to conference room #1 on the 3rd floor.
This class is mandatory for “Asym” siglets. Other SIG participants are invited. This session is designed to make you more comfortable preventing and dealing with accidents. You’ll receive the first aid recommendations for common cycling injuries. We hope you’ll never need to use what we cover this evening, but it’s always better to be prepared. Recommendations for a small, personal, portable first aid kit will be shared with you.

Saturday, April 17

AC 81 mi 8:30 am Ride #7: Saddle River–Endurance, Endurance, Endurance
From: Boathouse parking lot
Leaders: Melissa Bybee 212-740-9393, David Grogan 718-875-1977 and Mark Loftis, 212-866-6824
Note earlier start time. This is one of the best rides of the A SIG and one of the toughest. It requires that you pace yourself and work with the group as a team. No going it solo, blowing up on the way out and having nothing left on the way back! We’ll take Saddle River Road north to Spring Valley for a stop at the Mt. Ivy Diner. On the way home, your reward: South Mountain Road. This is a turning point for many riders, and a taste of things to come. We’re picking up the pace, achieving that targeted 21-22mph on the flats. This is what an A-ride is like: challenging, long, fast. We’ve been working together for weeks now, training hard during the week so we can make it through rides like this one. We depart at 8:30 SHARP. The usual applies: set out with names on helmets, pocket food, water and a strong spirit. Rain date: Sunday, April 18.

B SIG 60/62 mi 8:30 am NYack the Hilly Way
From: Ramble Shed (north of Boathouse on East Drive)
Leaders: Chuck Lam, 212-875-8572, CL289@columbia.edu, Marjorie Shaffer, 212-387-8347, marjorie.shaffer@med.nyu.edu
Today we pick up the pace and have our last class: on climbing and descending. Then we are off to N for lots of climbing practice. We will approach Nyack the back way over Bradley Hill and after lunch return up State Line Hill (the rest of 9W is great for practicing our paceline skills). Bring pocket food, it’s over 30 miles to lunch and note new start time. Cancels: actual temperature below 25° at 7:30am; 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 we try to ride on Sunday.

A19 69 mi 8:30 am Ride #7: Oyster Bay
Skill: Double, Rotating Pacelines
From: the Boathouse parking lot
Leaders: Joe Irizarry 917-544-2146 and Terry Hildebrandt, 917-776-0706
You are all still looking so fine. Did you miss your leaders this week? You won’t after today. The moment you’ve been waiting for has arrived. Your muscles will be quivering in anticipation of today’s full throttle workout. The double pacelin- ing we perfected last week will be fine tuned as we power down Long Island Expressway Frontage Road. The roadway should be old hat by now and comfortable for you. We planned this so you’d be able to concentrate on your riding skills. Excellent communication, meandering roadways, and a beautiful double rotating paceline will guarantee that you’ll feel the “G” spot of cycling today. Depending on the weather we’ll either refuel at the gazebo or beach side park in Oyster Bay Harbor or visit Theodore Roosevelt’s estate nearby the town. The usual cancels. PLEASE OBTAIN YOUR METRO NORTH PASS AND BE SURE TO BRING IT NEXT SATURDAY. YOU’LL NEED IT FOR OUR JOURNEY TO CONNECTICUT.

Saturday, April 24

AC 78 mi 8:30 am Ride #8: Mt. Kisco and Whippoorwill Road
More endurance and map reading skills
From: Boathouse parking lot
Leaders: Glenn Pierce, 914-631-4606 and Jack Lehnert, 718-884-6437
Today we get to test our mettle. We’ll ride up to White Plains via Pelham Parkway and Shore Road. Then we’ll cruise up Route 22 to Route 120 North-
roads that offer a fantastic opportunity to hone our double rotating paceline skills. Then we tackle Whippoorwill, the longest climb we've had so far—a real beauty. We will focus on hill climbing skills, pacing and endurance, as well as the important, and often forgotten, descending skills. Our stamina grows by leaps and bounds. The rides get longer and the pace gets faster and steadier. Feeling like A-riders yet? Be at the Boathouse by 8:15, sign in, and be on your bike by 8:30 with names on helmets, pocket food, water and a MetroNorth Pass in case it rains. Rain date: Sunday, April 25.

A199 67mi 7:30 am Ride #8: Darien/Westport
Skill: How to lead a ride and read a cue sheet (don’t forget to look at the schedule for tomorrow, too)

From Grand Central Terminal: (8:07 train to Darien return from Westport): Arrive at GCT no later than 7:30 A.M. and purchase your tickets accordingly. Leaders: Ed Fishkin 718-633-3038 and Jim Galante 201-503-9192

Note the ridiculously early start time. This is one beautiful ride! You will have a phenomenating experience today. The elegance of double rotating pacelines in the pastoral setting of rural Connecticut will combine to present you with a breathtaking tour de force in an incredible ride. You are feeling so strong because your weekday training has reaped benefits for you. You're awesome! We'll be able to pick up the pace a little and really see the energy preserving and aerodynamic advantages of double paceline riding. The ride has plenty of twists and turns and siglets will use this opportunity to learn how to lead a ride and use a cue sheet. You can get a bagel and coffee and bring it on the train. MAKE CERTAIN YOU HAVE A METRO NORTH PASS. YOU WON’T BE PERMITTED ON THE TRAIN WITHOUT ONE. You must obtain a pass at Grand Central during the week; not on the day of the ride. The usual cancels.

B SIG 63/74 mi 8:30 am Armonk
From Ramble Shed (north of Boathouse on East Drive)
Leaders: Linda Wintner, 212-876-2798, lwintner@excite.com; Fred Leffel, 212-982-0253, fleffel@nyc.com

School’s out, we are cranking up the miles and you are really looking smooth. Once again bring your MetroNorth pass and pocket food. Lunch on the lawn of Schreifer’s Deli in Armonk. We will ride home through Tarrytown and down Rte. 9, who knows might even stop for a goodies on the way home. Cancels: actual temperature below 25° at 7:30 am; 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 we try to ride on Sunday.

C SIG CALL FOR RIDE INFO Week #5
Leaders: Paul Hofherr 212-737-1552 bikemanager@aol.com, Gary McGraime, 212-877-4257, garynyc@aol.com, Debbie Dowell, 212-243-5182, drds@nyu.edu, Jim and Patricia Janof, 212-737-1668, patricia.janof@verizon.net. If necessary, contact your ride leader to confirm starting time and location. Bring all your usual gear. Rain or 35° temp at start postpones until Sunday. Check club Bulletin Board or contact ride leader by 8:00 am if in doubt.

Club Calendar
Friday, April 16
Place: Grand Sichuan Chinese Restaurant, 227 Lexington Avenue (between 33/34)
Time: 6:30 pm until 8:30 pm

This month the NYCC is going to indulge in some extraordinary Chinese cuisine. Make sure you’ve paid your taxes and come feast with your fellow club members at this terrific (and relatively cheap) restaurant. Although not much to look at from the outside, this place (a spin-off from the famous, original Grand Sichuan on 9th and 24th) features authentic Sichuan cuisine. Most dishes are quite spicy, except for those that are downright incendiary. An original stop on John Zap’s (longtime NYCC member and B Ride leader extraordinaire) Spicy Club, Grand Sichuan rarely fails to deliver the goods. BYOB and/or wine is ok. Please email Dave Sambarese at dsabbarese@firstmanhattan.com one week prior so I can get an estimate in case reservations are necessary. For your added pleasure: Sweeter wines (such as Gewürztraminer, Riesling or Tokay) and colder beers (Bud, Schlitz, or anything from Milwaukee) meld well with this type cuisine and may enhance the dining experience.
Come see the New York Cycle Club at The NYC Bicycle Show April 29–May 1, 2004

The New York City Bicycle Show is an annual event where bicycle manufacturers, merchandisers, clubs and whatever else will fit display their wares and services to the public. Once again the NYCC will have a booth at the show. In addition to visiting our booth you can:

- Meet representatives from your favorite manufacturers and shops
- Pick up incredible deals on accessories
- Find out about upcoming cycling events

The NYC Bicycle Show will feature a host of presentations and special events each day. Get the complete list of events by visiting: nycbicycleshow.com

Use the coupon below for a discount on admissions.
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., 915 = 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 718-558-8282 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:

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<th>FROM GCT</th>
<th>ARRIVES At/From DEPARTS</th>
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<tr>
<td>7:53 AM (Hudson Line)</td>
<td>9:49 AM Poultneyville</td>
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<td>8:53 AM (Hudson Line)</td>
<td>10:46 AM Poultneyville</td>
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<td>8:48 AM (Harlem Line)</td>
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<td>9:07 AM (New Haven Line)</td>
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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 MetroNorth liaison, Hank Schiffman, at hschiffman@nycrr.com or 212-529-908. He will manage all the details, but he can not do it on a piecemeal, last-minute basis.

NYCC BERKSHIRES WEEKEND

MEMORIAL DAY WEEKEND, MAY 28-31, 2004

It's that time of the year again. The SIG's are sprouting a new crop of NYCC riders, and just a week or so after the SIG graduations 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 years smashing success, the windup dinner, again catered by Pappardelle Restaurant, at the Berkshire South Regional Community Center on May 30.

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 hostels as well as other local attractions, as well as on-line registration for the club dinner.

Please register on-line, you'll save money — $40.00 if you pre register, $45.00 at the door. This makes it easier to track where our members are staying so we can distribute ride and other weekend information.

If you prefer to pay by check, make it out to: NYCC and send to: David Sabbarese, 625 5 14th St. Apt 11B, New York, NY 10009.

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.

TO maximize your cycling opportunities, there will be rides starting from various MetroNorth stations (New York City) to the Berkshires. But note, as of yet there is no organized luggage shuttle to the Berkshires. If you intend to join one of the rides to the Berkshires, please make sure you have transportation for your luggage, both going up and back.

If you are interested in 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 site and weekly mailings.

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<th>CRUISING SPEED</th>
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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@nycrr.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.

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:
- Kreitler Rollers, stand and resistance fan in very good shape (to be honest, hardly ever used). Ideal for indoor training, stand and fan provides balance & resistance. Asking $200 or best offer. Pls respond to isaacbrumer@hotmail.com

Fuji Touring Bike. 531 Ren, 58cm, 10sp, bar-end shift, Sugino cranks, blk-gold-chrome, Regina 700c, Campy hubs, Cinelli bars & stem. Nice 'round-town bike, w/fenders. $150. obo. Can email pic. Call Bryan 212-647-1884 days.
Tuesday, April 13

Ride Leadership, The Right Way

It’s often been said, “Leaders are born, not made,” but how are leaders made?

Sponsored by Toga Bike Shop

Well, you need to come to this meeting to find out. Many of you have led rides. Some of you have taken, or are taking the SIG or STS and expect to lead rides. Are you really prepared? We want you to be comfortable and knowledgeable. There is a lot more to it then just lining everyone up and saying, “follow me”.

Join the pros, ride leaders Richard Braun & Linda Wintner, along with their team, to learn the keys of successful ride leadership. You’re going to hear from those who led their first ride and laugh with them as they reflect on the things that happened to them on the road. They might even own up to how many people they lost. Brings back memories already, eh? You’ll find out why they came back to do it again and again, “even though”... you’ll find out how much fun it can be, how rewarding it can be, how it will make you a better rider. You’ll also find out how to do it correctly.

They will show you how to plan and execute your ride. They will discuss what can happen along the road and what to do if you run into a problem. You’ll have a chance to ask questions and maybe share some of the fun you’ve had along with your own “scary” story.

Whether you’ve led one ride or dozens, A, B, or C, it doesn’t matter. You will learn things here that will develop your skills to new heights. If you’ve never led a ride, well then, you definitely want to be there. This will put form to what you are learning on the road. This is training you can’t get anywhere else. So even if you decide you weren’t “born to lead” you will come away a better leader. Then you’ll be able to tell whether leaders are born or made.

Whether you’re an A, B or C rider, the tips provided can be utilized by everyone for safe and fun leadership... yours and the people around you.This program is sponsored by Toga Bike Shop, located at 10 West End Avenue, 212-799-9625 or gotbi@aol.com; And, yes, Toga will be there with some super gifts that will be given away during the meeting. Will you take home one of their gifts?

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

Meet at 6:00 pm — Dinner at 6:30 — Program at 8:00.
These Bike Shops Offer Discounts To NYCC Members

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

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
215 Ash Street, Piermont, NY 10968
845-365-0900
4 Washington Street, Tenafly, Nj 07670
201-227-8211
www.piermontbike.com
10% off everything, including bicycles. Free shipping on purchases over $100.

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

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

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, DAMAGES OR INJURY TO ME CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENCE RESCUE OPERATIONS, AND I FURTHER AGREE that if, despite the release and waiver of liability, assumption of risk and indemnity agreement I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LIABILITIES, COSTS, AND DAMAGES I incur as a 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 INDUSTRY 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) Individual $19 (Online Bulletin only) Couple residing at the same address $30 (Bulletin by mail) Couple residing at the same address $25 (Online Bulletin only) Check (if applicable): Do not print my Do not print my partner's Address Address Phone Phone Email 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: 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 before March to avoid a break in your weekly email updates.

Enjoy the benefits of NYCC membership!