

*April 2004*

# **NYCC** *Bulletin*<sup>™</sup>

***BUT TEACHER: MY CAT ATE MY COVER ART!***

# 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 advise. Check out their website ([bicyclehabitat.com](http://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](http://NYCC.org)).

Everyone have 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@aol.com](mailto: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** ([mschwarzny@aol.com](mailto:mschwarzny@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.nycbicycleride.com](http://www.nycbicycleride.com).  
Thank you!



### NYCC Board of Directors



**President**  
**Stan Oldak**  
212-945-9801  
[stanonyc@aol.com](mailto:stanonyc@aol.com)



**V.P. Programs**  
**Hal Eskenazi**  
212-683-2933  
[hal@profilesworldwide.com](mailto:hal@profilesworldwide.com)



**V.P. Rides**  
**Fred Steinberg**  
212-787-5204  
[fsteinberg@nycc.rr.com](mailto:fsteinberg@nycc.rr.com)



**Secretary**  
**Kathy Jennings**  
212-595-2323  
[kjbikes@hotmail.com](mailto:kjbikes@hotmail.com)



**Treasurer**  
**Deborah Bennett**  
646-226-7148  
[deborahbennett@usa.net](mailto:deborahbennett@usa.net)



**Public Relations**  
**David Hallerman**  
718-499-8171  
[cycleman23@earthlink.net](mailto:cycleman23@earthlink.net)



**Special Events**  
**David Sabbarese**  
212-529-3230  
[dsabbare@firstmanhattan.com](mailto:dsabbare@firstmanhattan.com)



**Membership**  
**Marty Wolf**  
212-935-1460  
[wolfmarty@msn.com](mailto:wolfmarty@msn.com)



**A-Rides Coordinator**  
**Robert Gray**  
212-593-0986  
[nyarchitect@man.com](mailto:nyarchitect@man.com)



**B-Rides Coordinator**  
**Wayne Wright**  
212-873-7103  
[wwright8@nycc.rr.com](mailto:wwright8@nycc.rr.com)



**C-Rides Coordinator**  
**Isaac Brumer**  
212-734-6039  
[isaacbrumer@hotmail.com](mailto:isaacbrumer@hotmail.com)



**Bulletin Editor**  
**Ludwig Vogel**  
212-755-8303  
[bulletineditor@nycc.org](mailto:bulletineditor@nycc.org)



**Webmaster**  
**Tim McCarthy**  
[webmaster@nycc.org](mailto:webmaster@nycc.org)

**NEW YORK CYCLE CLUB**  
Columbus Circle Station,  
P.O. Box 20541  
New York, NY 10023  
212-828-5711

The **NYCC Bulletin** is published monthly by the New York Cycle Club. The opinions expressed are those of the authors and do not reflect the official position of the NYCC.

**Copyright © 2004, NYCC.**

All rights reserved. May not be reprinted in whole or part without editor's written permission.

**Subscriptions:** Free to NYCC members. If you don't receive your Bulletin on time, want to change your address, or have any other questions about your membership, **EMAIL** Marty Wolf at [membership@nycc.org](mailto:membership@nycc.org).

Please include your name and full address in your message.

**Mailing Services:** Thanks to our Mailing Party volunteers. **EMAIL** George Kaplan at [gkaplan4@nyc.rr.com](mailto:gkaplan4@nyc.rr.com) to volunteer for the next mailing.

**Printing:** Boro Park Graphics, Brooklyn, NY 718-774-6837.

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

**Submissions:**

**EMAIL:**  
[bulletineditor@nycc.org](mailto: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.**



## April Recurring Rides

### Tuesdays & Thursdays

**A19 18-24 MI 5:45 AM MORNING LAPS**

*From: Engineers Gate—90th & 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 SHARP WEDNESDAY MORNING SPIN**

*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 SIGgies 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 Centa Terminal, Metro-North to Garrison at 8:53*  
*Leaders: John Zenkus, jjz2116@aol.com; Peter O'Reilly, ptor@prodigy.net*  
 Get ready for some serious hills! After all the training of 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.**

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

*From: Eastern side of parking lot at Tavern on the Green*  
*Leaders: Bennett Dubson 212-755-0968 dbudson@verizon.net; Russ Berman 212-595-8834 rberman@kronishlieb.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., SNEDEEN'S 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 year what we did last...only for a first ride, not so far, not so fast, and not so uphill.

**B-ST5 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 mean you're not doing 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 pick 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

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

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: Hannah Borgeson, 212-348-2601, gasiorcj@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-ST5: GET BACK IN SHAPE 3-WHITE PLAINS**

*From: Benches at Isham Park (under giant ginkgo 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 10:00AM CONEY ISLAND**

*From the Boathouse*

*Leader: Dave Sabbarese, dsabbare@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 Totonno'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 by the Picnic House by around 11:15 or so. Lousy weather cancels.

## Saturday, April 10

---

**A21/23 80+/- MI 7:30 AM A-CLASSIC STS-KATONAH & UPPER WESTCHESTER**

*From: Grand Central Terminal, 7:48 train to Katonah. Buy a round trip ticket.*

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

*Hank Schiffman, hschiffman1@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 myev@earthlink.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.)

---

**B-ST5 65+/- MI 9:00 AM WK 6: CROTON RESERVOIR**

*From: Engineers Gate in Central Park 5th Ave and 90th Street 9am*

*Leader: Annaline Dinkelmann 212-666-0175, dinkelmann@att.net*

This is our second week of hills, going up to beautiful Yorktown Heights. You might have done this ride last fall as part of the foliage series with Wayne Wright. For this ride you will need a Metro North pass, as we will return from the Croton-Harmon Station. Again, it will be 35 miles to lunch, so bring pocket food. 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.

---

**B16 57MI 9:00AM WHITE PLAINS IN SEARCH OF SOMEWHERE TO EAT**

*From the Boathouse*

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

OK, we're finally into spring and it's time to get some riding in, the winter being what it was! Did a little riding in March and now we're ready to stretch those legs? Well, we have a solution. We'll take a ride to White Plains on a double mission. To ride with some friends and to find a good place to eat since Star dinner closed [not that they were that good]. Make that a triple mission. That Hot Chocolate we missed during the winter when we were rained/snowed out. So join us for the fun of it. There are numerous bailouts via MTA and Metro North in case those legs aren't just ready. What would make us 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. **Bring RR pass & MTA card**, spare tire and a warm attitude. Helmet [on head] required.

---

**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 the April bulletin, your e-mail, the online ride listing and the message board. Or come to the park and pick someone up.

## Sunday, April 11

---

**A22/24 50 MI CALL BACK BY NOON SUNDAY RIDE**

*From; where we decide*

*Leader: Sukeun Chun, mchun@aol.com, home 212-966-2109, 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 Kannapell, 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; bikeadman@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-DENOMINATIONAL PASSOVER RIDE (ON EASTER SUNDAY, NU?)**

From the Boathouse

Leaders: Peter "Banana Goy" Kouletsis, 917-854-1181, peter.kouletsis@citi-group.com; Marci Silverman, 646-408-4565, mhsilv@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, spares, pump, lock, MetroCard, good attitude, healthy appetite and dollars (or shekels) for lunch. Helmet required; matzoh and chocolate eggs optional. Rain at start cancels (or at least delays—check messageboard for details.)

**C11/12 35 MI 10:00 AM C-ST5 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 (5th 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 pokes welcome. Bring a well-maintained bicycle and helmet (mandatory), blinking lights (suggested as we will be ending after dusk), 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 85± MI 7:30AM A-CLASSIC STS—PUTNAM COUNTY RAMBLE**

Ride Leaders: John Zenkus, jjz2116@aol.com; Ron Roth, rrt7@nyc.rr.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 noodle up 9W because once we turn on 301, the climbing begins soon through beautiful Fahnestock State Park. With a vertical gain of over 1000 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 7:30am 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)595-9344; 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 a must 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-ST5 75+/- MI 9:00 AM WK 7: CHAPPAQUA**

From: Engineers Gate in Central Park 5th Ave and 90th Street 8:30am

Leader: Florence Grant, 212-861 7710 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, Nannyhagen, 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 1/9. Meet at 9:45, leave at 10.

Leader: Andrea Kannapell, 917-270-8446, andreak@nytimes.com

The seventh of a Sunday series that is growing in intensity. The start and finish look a lot like our Tiptoe to Tarrytown. But in the middle, something new: Scarsdale and points north, including Pleasantville. We're well into hill country, glad we did the hills last week so we can take this week's with fortitude. This ride is pretty! Bring plenty of pocket food, a tube, and a Metro North train pass just in case.

**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, 718-909-0066, 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 Bar where OLN's race broadcast can be viewed on the big screen. With a route (un)improved from last year, sample some of the finest remaining examples of BK Pave at Bush Terminal, Red Hook, Cobble Hill and Dumbo. Don't worry, the route starts out with smooth Brooklyn neighborhoods from Prospect Park to Bay Ridge. Helmets, skillful riding and a good attitude are mandatory. Sturdy wheels and snug bottle cages highly recommended. Listed pace is the goal on clear stretches of asphalt and short climbs but will be modified for traffic and other conditions; this is an urban ride with lots of turns. Weather does not cancel, prepare accordingly. For celebration, the 66 Water Street Bar will be open and OLN's Paris Roubaix broadcast will be on the big screen. The ride will end at 66 Water Street. Secure bicycle parking will be available in the building. Remember, you don't have to ride to join in for food and drink. This is an event for all cycling sport enthusiasts! Cyclists, friends and family are certainly welcome. If possible, **please RSVP via email** to establish an estimate of participants.

NOTE: Ride time may be altered if OLN reschedules the broadcast time. For developing information and times, visit <http://www.demel.net/pr> or the NYCC ride and message boards.

---

### **B14/16 45/60 MI 10:00 AM CHOICES IN WESTCHESTER**

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

*Leaders: 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.

---

### **C12 35-40 MI 9:30 AM C-ST5-GET BACK IN SHAPE 5: IRV WEISMAN CHERRY BLOSSOM RIDE**

*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**

---

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

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

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

This mid-week spinning session is 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 pokes welcome. Bring a well-maintained bicycle and helmet (mandatory), blinking lights (suggested as we will be ending after dusk), and a lock and some pocket change (as we have been known to grab a bite and a beer afterwards on occasion).

## **Saturday, April 24**

---

### **A20/23 90± MI 8:00AM A-CLASSIC STS: STORM KING/ INDIAN MTN/POUGHKEEPSIE**

*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 on to Storm King and its sweeping Hudson vista, lunch at Painters in Cornwall, apple blossom time among the orchards of Marlboro, Indian Mtn Rd. (great Berkshire views), and finally the train back from Poughkeepsie! MetroNorth Bike Pass, spending pelf, helmets, pacerline 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.

---

### **A-19 80M 8:30 AM A-19 STS: BYRAM LAKE/ SLEEPY HOLLOW**

*From: Tavern on the Green Parking Lot*

*Leaders: Michael Yarmark myev@earthlink.net 212-533-8863*

*Don Belfer dbelfer@alum.mit.edu 212-316-1876*

From the Tavern, we'll ride North through White Plains, taking in the scenery (and the occasional challenging hill) of Byram Lake and Mt. Kisco. After some nice pacerline work on the North side of Croton Reservoir, we'll stop at Croton Dam. There is great scenery and more hills as we continue to Sleepy Hollow. The train at Tarrytown will save us from exhaustion. Cue sheets will include the ride back to Manhattan for those wanting an extra 20 or so miles. 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 pacerline. 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, regrettably Sunday's ride will be canceled as well. 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 7am the day of the ride. Even if the weather is perfect, be sure to check the message board or call a leader before 7:30 am (but not too much before) for time and meeting place. We may postpone and reschedule earlier rides in the series. **Bring: Metro North RR Pass.**

---

### **A19 56 MI 9:00 AM RIVER ROAD, BRADLEY, TWEED**

*From: Boathouse*

*Leader: Richard Rosenthal 212-371-4700; bikeadman@aol.com*

If you're insistent on hammering, you'll be off the front. Me? Uphill, I'm off the back. Come join me there. 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, Nannyhagen, 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.

---

### **B-ST5 80+/- MI 9:00 AM WK 8:LONG ISLAND TIME TRIAL**

*From: Engineers Gate in Central Park 5th Ave and 90th Street 8:30am*

*Leader: Eileen Crowley 212-744 1518, eileen\_crowley@msn.com*

We will do another time trial this week. Once we get out onto the island we will split the ride into small groups for the time trial. We will record your performance as we compare your results from week 3. We will buy lunch in Cold Spring and dine in Caumsett State Park, weather permitting. 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.

---

### **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 Eskenazi 917 822-5401 hal@profilesworldwide.com*

OK, we're 1 month into spring and you're thinking, "it was a loooooong 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

bring RR pass & MTA card, spare tire and a warm attitude. Helmet [on head] required. Finish: 108th St Queens for E,F,R,G,V trains

---

**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 the April bulletin, your e-mail, the online ride listing and the message board. Or come to the park and pick someone up.

## Sunday, April 25

---

**A22/24 50 MI CALL BACK BY NOON SUNDAY RIDE**

---

*From: wherever we decide*

*Leader: Sukeun Chun, mchun@aol.com, home 212-966-2109, 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 deg. at start time. Non stop except for water and back by around noon, no fooling around.

---

**A18/19 80-85 MI 9:45 A.M WE STORM KING**

---

*Harriman-Storm King (train return from Beacon or Garrison)*

*From: The NJ side of the GW bridge. Meet at 9:45 am, leave at 10:00 am.*

*Leader: Andrea Kannapell, 917-270-8446, andreak@nytimes.com*

The eighth of a Sunday series that is growing in length and intensity. Did someone say length and intensity? This ride is lengthy and intense. Little Tor, Seven Lakes, Storm King! Wowza. Bring plenty of pocket food and your **MetroNorth train pass**.

---

**B/C14 33/47 MI 8:30 AM TOURING-NORTH COUNTY TRAILWAY**

---

*From: GCT Info Booth for 8:48 am Harlem Line bike train to Croton Falls (one way)*

*Leaders: Marilyn and Ken Weissman, 212-222-5527; mollynina@yahoo.com*

25-plus miles from Putnam County to Tarrytown on a paved rail-trail! This easy—trains don't climb hills—scenic route primarily runs on the road-bed of MetroNorth's abandoned Putnam Line; views from the rail bridge across the Croton Reservoir look like Maine. About six exurban road miles to the trailhead; optional 14 miles from Tarrytown to the #1 train. **Helmets and MetroNorth passes (\$5 at GCT) required.** Expected high below 50° or 30% chance of rain cancel.

---

**C12 40 MI 9:30 AM C-ST5: GET BACK IN SHAPE 6: ORANGEBURG, RIVERVALE**

---

*From: 178th St and Ft. Washington Ave (back of the GWB bus station. "A" train to, 175th St station. Elevator leaves you just south of meeting place.)*

*Leader: Maggie Clarke, 212-567-8272; 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°F, wind chill below 25°F, icy roads, or 50% chance of precipitation. Call Maggie after 7:30 am if in doubt.

## Wednesday, April 28

---

**C14 25-30 MI 6:30 PM STRESSBUSTERS GO TO BROOKLYN**

---

*From: City Hall Park (Just South of Chambers Street by the Brooklyn Bridge)*

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

Our mid-week spinning session is busting out of Manhattan for a change. Lose your fear of Brooklyn in one day. We'll traverse the Brooklyn Bridge (if you've never done this, you'll soon know what all the fuss about this bridge is about) and go through some neighborhoods that range from down-at-the-heels charming to ultra-hip, our final destination being Prospect Park. Bring a well-maintained bicycle and helmet (mandatory), blinking lights (suggested as we will be ending after dusk), and a lock and some pocket change for those who

may wish to grab a bite or a beer afterwards. Lousy weather cancels.

## 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*

*Leaders: Glenn Pierce 914-631-4606, Jody Sayler, 845-265-7210, and Ted Shaw, 212-410-9472*

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*

*Leaders: Rich Ramon, 917-518-9684 and Anthony Poole, 917331-0903*

*From: the Boathouse parking lot*

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, and 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 below 25° at 8:00am; 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.

---

**C SIG CALL FOR RIDE INFO WEEK #2: NJ VIA G.W. BRIDGE**

---

*Leaders: Paul Hofherr 212-737-1552 bikeman999@aol.com; Gary McGraine 212-877-4257, garynycc@aol.com; Debbie Dowell 212-243-5182 drd1@nyu.edu; Jim and Patricia Janof, 212-737-1668, patricia.janof@verizon.net.*

If your ride leader hasn't contacted you, call above to confirm your start time and meeting location. Bring water bottle, helmet, spare tube, bike pump and lock, and \$ for lunch. Precipitation, temps below 35 degrees at start, postpones 'til Sunday. Check NYCC Bulletin Board or call ride leader by 8:30 am if in doubt.

## Saturday, April 10

---

**AC 75 MI (63 + 12) 9:00 AM RIDE #6: ROCKLAND LAKE**

---

*Double, rotating paceline and bike handling drills*

*From: Boathouse parking lot*

*Leaders: Basil Ashmore, 917-325-4194, Pam Nelson, 646-262-5815,*

*Avery Washington, 718-336-0367*

You can't miss this one. This is the turning point of the A-SIG. The double-pace-



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/Kew 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 early 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, bikemang99@aol.com, Gary McGraine 212-877-4257 garynycc@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*

*Leader: Ed Fishkin 718-963-8569*

**PLEASE R.S.V.P. to 718-963-8569 (ask for Ms. Hite)**

Directions: Take the "J" 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 "A19" 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, 212-866-5824*

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 NJ 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 paceline 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.

---

**C SIG      CALL FOR RIDE INFO      WEEK #4**


---

*Leaders: Paul Hofherr 212-737-1552 bikemang99@aol.com, Gary McGraine 212-877-4257 garynycc@aol.com, Debbie Dowell (212) 243-5182, drd1@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.

## 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@aol.com*

School's out, we are cranking up the miles and you are really lookin' smooth. Once again **bring your MetroNorth pass and pocket food.** Lunch on the lawn of Schreiber'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 bikemang99@aol.com, Gary McGraime, 212-877-4257, garynycc@aol.com, Debbie Dowell, 212-243-5182, drd1@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 Sabbarese at dsabbare@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.



It's March, the SIG's have begun, the STS's are in full swing—the NYCC season is officially underway. So far, no dirt from any of the series, but we're expecting some soon. There are always some matches, un-matches, re-matches, foibles, heroics and other good gossip to write about. So, don't forget to keep us informed.

Some of our members began their season on the sunny (well, not so sunny, we understand) shores of Mallorca. Here's a report: **Rick Braun, Linda Wintner** (yes), **Eva Wirth, Eileen Crowley, Ellen Medins, Ellen Jaffe, Carol Waaser** and **Gary McGraime** (no, no, no), plus Gary's wife **Mel** (yes) went off to conquer the hills of Mallorca. Unbeknownst to them, another Club member, **Greg Pikul**, was also there that week. At the

Stephen Roache camp, bikes, helmets and bike shoes all get stored in a cage in the garage when not in use. On the second day, the group pulled out and got about 100 yards down the road when piercing shouts were heard from one of the riders bringing up the rear. Seems Eva was having trouble clipping into her pedals. Only then did she realize those weren't her shoes on her feet, they were a different person's Sidis with a different pedal system. Meanwhile, Greg was searching

high and low for his shoes, running back to his room thinking he might have mistakenly taken them back there the night before. Now we ask you, how can a 5'7" woman put on a 5'11" man's shoes and not know it? But order was restored and the intrepid NYCCers rode off up the first climb into the hailstorm near the top where Ellen Jaffe promptly flattened. As everyone stood by shivering, Pablo the ride leader quickly changed the flat... too quickly, it seems—he forgot to check the tire to find what caused the flat. Sure enough, Ellen got a second flat in short order. Obviously, Pablo never took the B-SIG! All was not lost, however. The weather cleared later in the week, the rides were gorgeous, mountains were tamed and a great time was had by all.

This year's racing season started out in much the same way this winter has dragged on, with a cold, miserable, rainy day. That didn't stop several intrepid club members and neophyte racers including **Jonathon Bloom, Eric Kuo, Hannah Long** and **Jay Fitzgerald** (no and no) from braving the elements. Congratulations to Jay for winning his first time out in a CRCA race! Now the problem is, what does he do for an encore? Hannah placed third and Eric came in fourth. Not a bad showing for the NYCC crowd.

NYCC is multiplying!! We have no less than three births to report this month. First, as reported by Road Dirt correspondent **Hank Schiffman, Marie Christine** and **Spencer Koromilas** (yes) had a baby boy in January named **Christophe**. Or shall we say Marie Christine had the baby. Spencer will change the diapers. Meanwhile, if Christophe is anything like his dad, he'll be breaking hearts in playpens all over Montreal.

From **Karen Reich**, we hear former club and board member **Anne Grossman Freund** definitely won't be biking anytime soon since she had her second child **Maximilian Daniel** in October, which makes him 6 months old now. Maybe older sister Julia will be ready to take up the mantle and begin cycling soon.

Last, but certainly not least, member **Anthony Poole** and his wife **Rebecca** (yes) were delighted to announce the birth of their son **Joshua John Ruscombe Poole** at 12:22pm EST (17:22 GMT) on Saturday, 6th March 2004. Joshua was born by C-section at New York Presbyterian Hospital and weighed in at 10lbs 7oz, breaking the hospital records for the month so far by a long margin. He has a long torso and femurs and a powerful voice and is gorgeous (of course). Sounds like Anthony will have young Joshua training in no time!

That's it folks, that's all the dirt we've got for now. Short, but sweet—very sweet, with all these new little arrivals. Keep the dirt coming in. Remember, it doesn't have to be dirty to be road dirt.

## ROAD DIRT

Send tips to: roaddirt@nycc.org



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](http://nycbicycleshow.com)

Use the coupon below for a discount on admissions.

**SPECIAL DISCOUNT from [www.bicycleshows.us](http://www.bicycleshows.us)**

**ADMIT ONE**

**SPECIAL SNEAK PREVIEW NIGHT!!**  
Thursday April 29 ONLY  
5pm - 9:30pm  
Pay just \$5 with this pass!

**DISCOUNT ADMISSION with this pass:**  
**\$8**

**ADMIT ONE**

**Regular admission price without pass: \$10**

**The New York City BICYCLE SHOW 2004**

**Friday April 30**  
5 p.m. - 10:30 p.m.  
**Saturday May 1**  
11 a.m. - 6 p.m.

Take the N, R, 6 subways, PATH train, or M101, M102, or M103 bus to the New York State Armory at 26th & Lexington  
Easy Walk from LIRR at Penn Station • Free Indoor Valet Bicycle Parking • [www.bicycleshows.us](http://www.bicycleshows.us)

## 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](mailto: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
<b>A</b>	Vigorous riding with advanced bike handling ability including cooperative paceline skills. Stops every two hours or so.
<b>B</b>	Moderate to brisk riding with more attention to scenery. Stops every hour or so.
<b>C</b>	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](mailto:nyarchitect@msn.com)

**B-Rides:** Wayne Wright, 212-873-7103 or [wwright8@nyc.rr.com](mailto:wwright8@nyc.rr.com)

**C-Rides:** Isaac Brumer, 212-734-6039 or [isaacbrumer@hotmail.com](mailto: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 (1<sup>st</sup> time) = NYCC Ride Leader's vest (you can't buy one of these—you have to earn it!)

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

## 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 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**, 615 E 14th St. Apt 11B, New York, NY 10009. If you do, send an Email to [Berkshires@NYCC.org](mailto:Berkshires@NYCC.org) and let us know where you are staying.

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 (and 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](mailto:Berkshires@NYCC.org) or call **Fred Steinberg** (212 787-5204). Up to date information will be posted on the NYCC.Org site 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](mailto: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 **Dave Sabbarese** @ 212-756-3209 or [dsabbare@firstmanhattan.com](mailto:dsabbare@firstmanhattan.com)

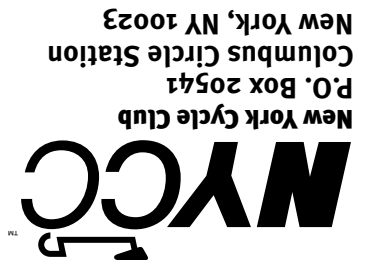
**Fuji Touring Bike**. 531 Ren, 58cm, 10spd, bar-end shift, Sugino cranks, blk-gold-chrome, Regina 700c, Campy hubs, Cinelli bars & stem. Nice 'round-town bike, w/fenders. \$150. obo. Can email pic. Call **Bryan** 212-647-1884 days.





# FIRST CLASS MAIL DATED MATERIAL!

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



🌿 **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 than 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 as chance to ask questions and maybe share some of the fun you've had along with you 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.** It will be different from past "ride leader" presentations. 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 gotbik@aol.com; And, yes, Toga 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.**

# 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 :  
visit [http://www.nycc.org/home\\_join.shtml](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!