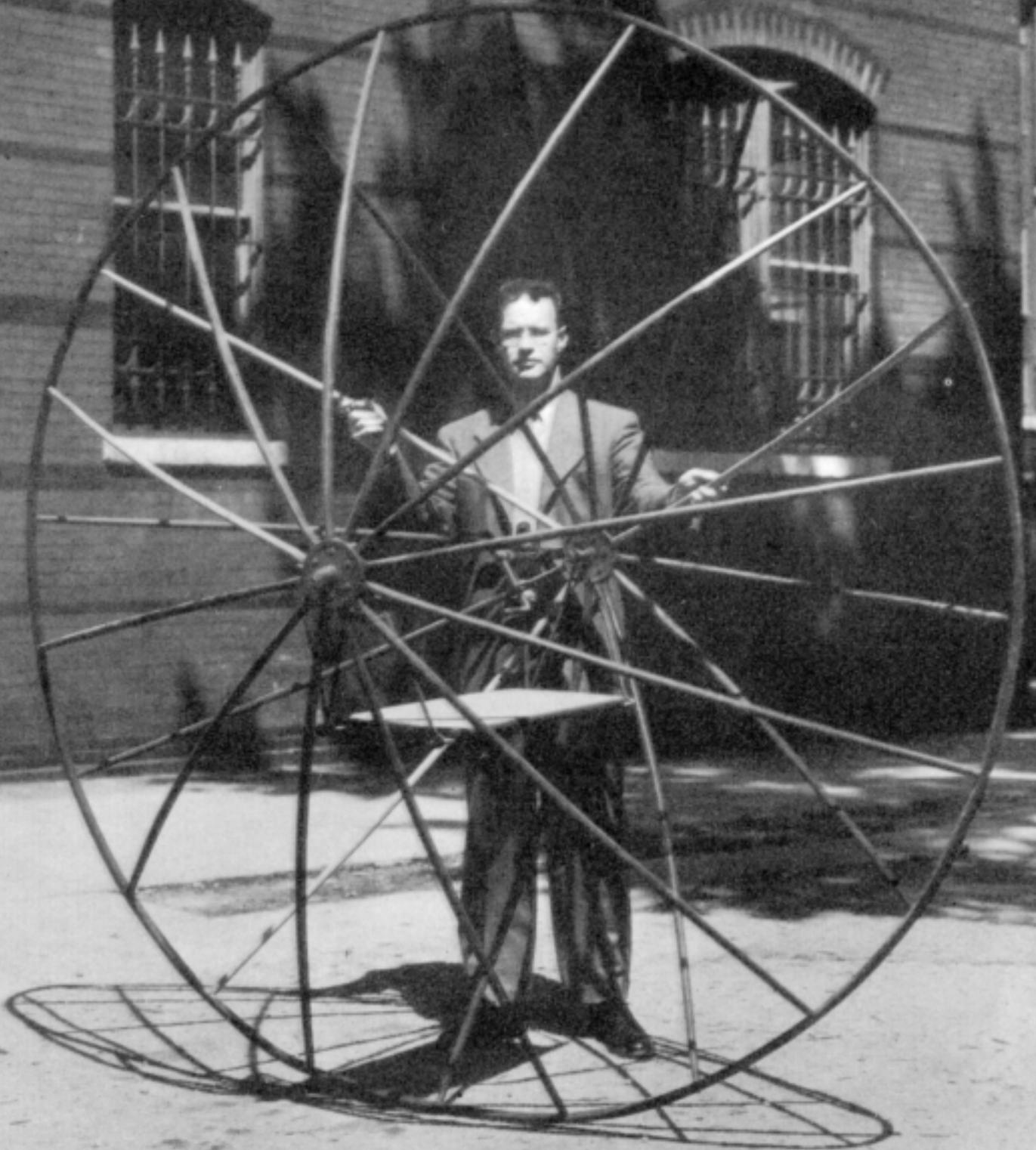


May 2004

NYCC Bulletin™

DON'T EXPECT TO SEE THIS ONE IN PRODUCTION SOON



May Flowers

Kemble Street, a quaint and picturesque lane in Lenox, Massachusetts is named in honor of Fanny Kemble. "Good ole" Fanny was a writer and frequent visitor to the Berkshires in the early 19th century. In 1838, while staying at the Old Red Inn, she wrote "The village hostelry was never so graced before; it is having a blossoming time, with sweet young faces shining about it in every direction, looking out upon that prospect from the hill-top." This coming Memorial Day weekend, if we listen carefully, we may be able to hear the echo of Ms. Kemble's words as the NYCC makes its annual sojourn into that beautiful part of New England.

The **Berkshire Weekend** has been a popular get-away for our club. On Friday, May 28th some NYC people will drive up, but many of us will hop on the MetroNorth to Dover Plains or Wassauc and then ride our bikes the rest of the way along some of the most beautiful backcountry roads of Massachusetts. The next two days are more of the same followed by the ride back to the train on Monday. And of course, it is topped off by a great get-together dinner on Sunday eve. (Info on the weekend, where to stay, and on registering and paying for the dinner can be found on our club website: www.nycc.org). A great big thank you to **Lianne Montessa, Fred Steinberg, David Sabbarese** and **Reyna Franco** for helping to arrange this year's "Berkshire" weekend and also thanks to those members who will be leading rides while up there.

And since we are on the subject of saying "thank you", there are two others that we need to talk about. In any organization there are always those members who help out behind-the-scenes without very much fanfare. Thankfully, the NYCC has its share. **Gabriella Radujko** and **Bob Cowin** are two of these people. Bob is the person who manages our membership database. Tirelessly, week after week, he works to update the database and make the necessary corrections and changes. Without his help there would be no mailing labels for the bulletin, no membership roster, and no email addresses for the eweekly. And oh yes, the eweekly! The weekly club email is one of the most important lines of communication that the club has for its members. Every week, without fail, it provides updates for us on weekly rides, upcoming events, and other important club information. Have you noticed that it is always on time every week? And have you noticed the screen name "gabfrfl" from whence the eweekly comes? That's the moniker of none other than Gabriella R. Bob and Gabriella please raise your hands so everyone can see who you are and say thanks. (Note: For any changes, corrections, additions, etc. regarding membership info or problems with receiving the paper bulletin or eweekly please direct your inquiry through our membership director, **Marty Wolf**, wolfmarty@msn.com).

Is everyone having fun out there? Finally, some good riding weather. See you on the road.

P.S.: Keep **Sunday, June 13** open. It's the date of our first **All-Class Ride** of the season.

—Stan O.



Photo: Maggie Clarke



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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.

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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. Please include your name and full address in your message.

Mailing Services: Thanks to our Mailing Party volunteers. **EMAIL** George Kaplan at gkaplan4@nycc.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

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.

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.



May Recurring Rides

Tuesdays & Thursdays

A19 MORNING LAPS 5:45 AM

Morning Laps in the Park

From: Engineers Gate: 90th St. and 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! Rain or wet roads cancels. SIGies welcome.

Wednesdays

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

Leader: Jeff "El Jefe" Vogel, 718-275-6978, CPAcycles@aol.com

From: Boathouse

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

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

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

A weekday jaunt up to Piermont or Nyack, depending on time constraints and group preference. Practice the skills you learn in the SIG or just enjoy the company of fellow SIGlets and other riders.

Every Wednesday except May 26:

(Refer to May 26 ride listing below)

C14 18 MI 7:00 PM STRESSBUSTERS IN CENTRAL PARK

From: Fifth Avenue and 90th Street (Central Park, Engineers' Gate)

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. Bring a well-maintained bicycle and **helmet** (mandatory), **blinking lights** (suggested as we may 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). Lousy weather cancels.

Sundays

A22/24 50-60 MI TIME TBA CHECK TIME

Back by noon Sunday rides. From: the Boathouse

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 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.

May Club Rides

Saturday, May 1

A21/23 105± MI 7:51AM GCT TO PEEKSKILL

A-Classic Spring Training Series—South Gully Road

From: GCT: 7:30am (7:51 train to Peekskill)

Leaders: John Zenkus, jjz2116@aol.com, 917-617-0901;

Peter O'Reilly, ptor@prodigy.net

Our penultimate ride, with distance and climbing that will reward those who have been training! We start with an ascent of Anthony's Nose then climb 9W above West Point. The premier hill, South Gully Road is a must for any serious climber's CV. Later, we do a 26 mile paceline run, most likely to windward, on 17K. And you can look forward to a delicious lunch in Wurtsboro. Return is from Beacon on Metro-North. Please be at GCT by 7:30am. Helmets are required on all STS rides. **Bring a MetroNorth pass, 2 water bottles, pocket food, wampum, extra tubes, and a serviceable bike.** Check the NYCC Message Board by 6:30am if in doubt about the weather. Or check it the night before for any added information on this ride.

A19 90± MI 8:00 AM A19 STS

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

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

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

A long and sometimes exhilarating route through Westchester to the edge of Putnam County, with lots of reservoirs and more than enough vertical to get your attention. This ride **begins on time** (not 15 minutes after) and concludes with the memorable climb and descent of Rt 301 from Carmel to Cold Spring where perhaps there'll be a cold one waiting and a relaxing train ride to take you home. You're complaining it's not a century? Then forget to **bring your MetroNorth pass** and ride all the way back by yourself. You can join this penultimate ride of the A-19 STS program even if you haven't ridden with us before, but you'd better know how to read a cue sheet and be prepared to employ that skill or stick close to the leaders. You'll also 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 excessively windy weather will delay or cancel. A cancelled ride will be re-scheduled for Sunday or the following weekend. 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, since we may have postponed and rescheduled an earlier ride.

A19/20 57 MI 9:00 AM RIVER ROAD, SNEDEN'S, BRADLEY, TWEED, ROCKLEIGH

From: The Boathouse

Leader: Richard Rosenthal, 212-371-4700, rr@adlibNYC.com

It's scenic, it's untrafficked, it's challenging, and best of all, you won't be last up the climbs because we both can't be. Lunch stop? Not unless you call a 10 minute snack stop lunch. If it rains, same ride on Sunday.

B STS ? MI 7:45 AM WEEK 9: YORKTOWN HEIGHTS

From: Engineers Gate, Central Park 5th Ave and 90th Street
Leader: Florence Grant, 212-861-7710, flogrant399@aol.com

Today we venture up to beautiful Yorktown Heights, for lunch at the Yorktown Colonial Diner. Please note the earlier start time. We will aim for a prompt 8:00 am start. It's a long day, so **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.

B15 STS 54 MI 9:00 AM PARK RIDGE

From: The Boathouse
Leader: Laura Selikson, 212-685-7597 or 917-208-2432, laura.selikson@mssm.edu

We're continuing the Spring Series Training, at the B15 level. Anyone is welcome to join if you can ride that pace. Please bring a smile, and we'll have a good time. Rain cancels or postpones to Sunday. Check message board at 8:00 am

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

From: The Boathouse
Leader: You and your new and old friends
 No rides at press time. Check the May bulletin, your email, the online ride listing and the message board. Or come to the park and meet some friends.

Sunday, May 2**B 16 50-60 MI 9:30 AM PIERMONT AND/OR NYACK-HUDSON VISTAS-UNUSUAL ROUTES/NO ENNUI**

From: the Boathouse
Leader: Jay Jacobson, 845-359-6260, joanandjay@aol.com
 Esplanade/Rio Vista, Crusher/Christian Herald, Blanch, Speer, Bradley, Clausland Mountain are among the possibilities. Desires and abilities of group will be considered in deciding exact route, hilliness, destination and dining venues. A brief visit to a mini bike and travel museum may be included at no extra charge

C13 45 MI 9:30 AM C-STs: GET BACK IN SHAPE 7: SILVER LAKE

From: Benches at Isham Park (under the giant ginkgo tree, Broadway 1.5 blocks north of 207th St. "A" train to 207th St. Use elevators at south end of platform, then walk north.)

Leader: Maggie Clarke, 212-567-8272; mclarke@hunter.cuny.edu
 We'll ride north, then east and do a large loop through the manicured burbs of lower Westchester, north through the country estates, to near the Kensico Reservoir (an extra loop along it if we feel our oats) and back around through White Plains and Scarsdale. Lunch will be a picnic near Silver Lake. **Helmets are required**; there will be strict observance of Club riding etiquette. Bring your Metro-North pass for emergencies. Cancellation: starting temp below 40°F, wind chill below 25°F, or 50% chance of precipitation. Call Maggie after 8:00 am if in doubt. A Bike Month Event. Friday, May 7

B16/17 45 MI 9:20 AM STATEN ISLAND PERIMETER

From: Manhattan side Staten Island Ferry terminal.
Leader: Ron Grossberg, 718-369-2413, argee 401@aol.com
 A few internal hills with a picnic lunch at the conference House overlooking Raritan Bay.

Saturday, May 8**A21/23 115± MI 7:51AM GCT TO POUGHKEEPSIE**

A-Classic STS—Tour des Catskills
From: GCT 7:30am (7:51 train to Poughkeepsie)
Leaders: John Zenkus, jjz2116@aol.com, 917-617-0901; Hank Schiffman, hschiffman1@nyc.rr.com

This year's final A-Classic STS is a slight departure from previous years in that it offers only two major climbs. Don't be disappointed, as these are the region's two longest climbs. We will meet 7:30 am at Grand Central Terminal for the 7:53 train to Poughkeepsie. We will ride flat to rolling back roads into the heart of the Catskills, where we will encounter the ride's first major climb: Slide Mountain, with a total gain of almost 2000 vertical feet over a distance of about 10 miles. Thankfully, very little of the climb is steep and the effort is rewarded by a long descent on secluded roads. After a well deserved lunch stop in Grahamsville, we will proceed along the south side of Rondout Reservoir toward our day's second major climb: Minnewaska, followed by a fast pacerline back to Poughkeepsie. This ride requires everything: endurance, pacerline skills and climbing legs. Extra pocket food and large water bottles are recommended because there are only three scheduled stops, roughly at miles 35 (brief water stop), 65 miles (lunch) and 95 miles (brief water stop). **Helmets and spare tubes are a must**, and don't forget your **MetroNorth bike pass**.

A19 STS 105± MI 8:00 AM GARRISON VIA GREENWOOD LAKE, STORM KING AND WEST POINT

From: Tavern on Green
Leaders: David Spector, 212-663-7720, dspector@djspector.com; Bennett Dubson, 212-755-0968, bdubson@verizon.net

The final ride of the A19 STS offers a fitting climax for all our effort, bringing together hills and distance over some of the best riding terrain around here. From the city we ride out to Ridgewood, continue west over Skyline Drive, push on to Greenwood Lake, Monroe, Cornwall, the great late afternoon view down the Hudson from Storm King, and then the final climb to Mine Torne Road and the fabulous descent through risk of live ordnance back to 9W and Garrison. You must bring your **MetroNorth pass**. Sorry, but bikes with **aerobars or threadbare tires are not welcome**. The train return plus the hills and distance make for an extra long day, so we'll have to keep stops to a minimum. That means pocket food and plenty of water are essential. A **helmet, spare tubes**, a well-maintained bike as well as a positive attitude **are musts** for all STS rides. Wet or excessively windy weather will postpone the ride to Sunday or the following week. Check the NYCC message board if conditions are questionable.

A19/20 57 MI 9:00 AM RIVER ROAD, SNEDEN'S, BRADLEY, TWEED, ROCKLEIGH

From: The Boathouse
Leader: Richard Rosenthal, 212-371-4700, rr@adlibNYC.com
 It's scenic, it's untrafficked, it's challenging, and best of all, you won't be last up the climbs because we both can't be. Lunch stop? Not unless you call a 10 minute snack stop lunch. If it rains, same ride on Sunday.

B STS 100 MI 7:00 AM WEEK 10: NY CENTURY

From: Engineers Gate in Central Park 5th Ave and 90th Street
Leader: Annaline Dinkelmann, 212-666-0175, dinkelmann@att.net
 This is our swan song. We will be doing a route familiar to NYCC veterans. Maybe the road markers will still be there! Again, it will be a long day, so bring plenty of pocket food. We will aim for a 7:15 am start. 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 9:00 AM WHITE PLAINS IN SEARCH OF SOMEWHERE NEW TO EAT

From: the Boathouse

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

OK, we're finally well into spring and it's time to get some real riding in, the winter being what it was! Did a little riding in March and some in April, 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 all 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, heavy winds (above 20 mph), temp below 35° or my winning the lottery the night before. Check channel 1 at 8:00 am or the message board. **Bring RR pass** spare tire and a warm attitude. **Helmet** (on head) **required**.

C14 47 MI 9:00 AM MAMARONECK

From: The Boathouse

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

There are a few hills on this route (it's hard to go anywhere in Westchester without some) but it's worth it. We buy lunch in town and then get to eat it in a park ¼ mile away with views of the Sound (or at least Mamaroneck Harbor) and watch the yachts in the marina. Substantial expected rain cancels.

Sunday, May 9

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

From: the Boathouse

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

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

C15 42 MI 9:30 AM I BRAKE FOR BEER

From: The Boathouse parking lot

Leader: Dave Sabbarese, dsabbare@firstmanhattan.com

A leisurely spin to Coney Island via Prospect Park and the bike path by the Belt Pkwy before heading back by way of Ocean Parkway. We'll have lunch either at Totonno's famous pizzeria or Nathan's famous red hots stand, depending on group preference. Bring **helmet** (mandatory), **lock** (suggested) and **beer money** (optional) for those who wish to quaff suds in an East Village German beer garden upon completion of the ride. For those wishing to jump on board in Prospect Park, we figure to be by the Picnic House by around 10:45 am or so. A Bike Month Event.

C13 STS 45 MI 9:30 AM GET BACK IN SHAPE 8: STAMFORD

From: Benches at Isham Park (under the giant gingko tree, Broadway 1.5 blocks north of 207th St. "A" train to 207th St. Use elevators at south end of platform, then walk north.)

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

Let's venture north again on a very pretty route through the burbs of lower Westchester but this time keep going into Connecticut. The lovely residential roads with immaculate landscaping just get better and the mansions

get larger as we go through the backroads of Greenwich. If we're lucky we'll do the loop in the Long Island Sound of Old Greenwich Point park, and end up at Stamford Station. Helmets are required; there will be strict observance of Club riding etiquette. Bring your Metro-North pass for the ride home. Cancellation: starting temp below 40°F, wind chill below 25°F, icy roads, or 50% chance of precipitation. Call Maggie after 8:00 am if in doubt. A Bike Month Event.

Wednesday May 12

C12/13 18± MI 6:45 PM MANHATTAN EVENING RIDE ON GREENWAYS/PATHWAYS

From: Plaza Hotel Fountain, 5th Ave. betw. 58th & 59th St.

Leader: Trudy Hutter 212-838-2141; trudyth@aol.com, Catherine Marion

In celebration of Bike Month, join us for this annual fun leisurely evening ride on Manhattan's Greenways/Pathways. We plan to go through Central Park, down the West side pathway to Battery Park, through South Street Seaport, and up the East side. We'll get back to the Plaza Hotel at approx. 9:30 pm. Bring pocket food, water, spare inner tube, and you must wear a helmet. Co-listed with The Weekday Cyclists & 5BBC. Rain date is Wednesday, May 19.

Friday May 14

B16/17 60 MI 9:15 AM LONG BEACH/PT. LOOKOUT

From: City Hall Park opposite entrance to Brooklyn Bridge bike path

Leader: Ron Grossberg, 718-369-2413, argee 401@aol.com

Flat ride to a picnic lunch on the beach in Point Lookout.

C13 15 MI 7:30 PM BRIDGES BY NIGHT

From: Tramway Plaza (Second Avenue at 60th Street, Manhattan)

Leader: Hannah Borgeson, 212-348-2601 gasiorcj@att.net, Kerith Gardner

A twilight tour of East River bridges, through three boroughs and over the Queensboro, Pulaski, Williamsburg, Manhattan, and Brooklyn bridges. This unique ride highlights stunning vistas, takes in the glorious sunset with a Manhattan backdrop, celebrates bridge access for bicycles and pedestrians, and provides a brief history of the bridges and waterways. Ice cream stop included. Bring lights if you have them and a snack or \$\$ to buy. Be prepared for some stairs. Some riders will return to Tramway Plaza, but rides may peel off after the final bridge or at any other time. A Bike Month Event. Co-listed with Times Up!

Saturday, May 15

A19/20 57 MI 9:00 AM RIVER ROAD, SNEDEN'S, BRADLEY, TWEED, ROCKLEIGH

From: The Boathouse

Leader: Richard Rosenthal, 212-371-4700; rr@adlibNYC.com

It's scenic, it's untrafficked, it's challenging, and best of all, you won't be last up the climbs because we both can't be. Lunch stop? Not unless you call a 10 minute snack stop lunch. If it rains, same ride on Sunday.

A19+ 80+ MI 9:00 AM BYRAM LAKE/ARMONK

From: the Boathouse

Leader: Fred Steinberg, 212787-5204, fsteinberg@nyc.rr.com;

Ron Roth Ron@RRroth.com

Out of the city via the shore route, then into the hills and a slice of Connecticut, then the beautiful back roads around Byram lake to Armonk and lunch. Return via a new route to the river and Tarrytown /Rt9 home. MetroNorth pass suggested for bad-weather bailout. Rain cancels check w/ message board or call leaders before 7:00am.

A17 100± MI 7AM WESTCHESTER HILLS*Longest Day Double Century Training ride**From: Central Park West and 100th Street**Leader: Harvey Minsky, 212-595-9344, spokes609@nyc.rr.com*

Today is the first of four training centuries for the Longest Day Double Century ride. We will focus finding hills and doing a series of long, gentle climbs in Westchester. The goal of the ride is to ride efficiently and be back in the city by 3pm or earlier. **Only three 20min stops approximately 30mi apart will be made. Pocket food, two water bottles, helmet, spare tubes, a well-maintained bike and a positive attitude is required.** Rain at 6:00 am will move the ride to Sunday. Same cancel conditions apply on Sunday. Check the NYCC message board for changes due to unforeseen events.

A17/22 250 MI TIME TBD MONTAUK TWIN CENTURY*From: Call leader**Leader: Marty Wolf. 212-935-1460*

Call for costs, time and meeting place. In our version of the Montauk Century, we bike out on Sat and return on Sunday on the same road used by the one-way century riders. We also tend to break into tiny groups of 2 or 3 as we find others who ride our pace, so some riders will go much faster than others. There is a chance that I may have to be out of town this weekend so call before 5/4 if interested. Rooms are often limited and must be paid in full in advance (cancellation date 5/8). Leader will have a few rooms reserved for the earliest callers.

B16 67 MI 9:00 & 10:00 AM SEE THE OCEAN???*From: Plaza Fountain, 59th & 5th 9am & 10:00am Union Turnpike & Queens Blvd at Statue (across from Nathan's). Finish: 108th St Queens for E,F,R,G.V trains**Leader: Hal Eskenazi, 917-822-5401, hal@profilesworldwide.com*

OK, we went there last month and had a great time. So why not repeat ourselves??? We'll take a ride to Oyster Bay, see the ocean, maybe take a dip (you, not me), but assuming I arranged the weather correctly we'll sit by the water and have some lunch. It's a fairly flat ride with some rolling hills. 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 [above 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.**

C ? MI 9:00 AM PICK-UP & RIDE*From: The Boathouse**Leader: You and your new and old friends*

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

Sunday, May 16**A18 65/80 MI 9:00 AM WESTCHESTER HILLS***From the Boathouse**Leader: Robert Gray, 212-593-0986, nyarchitect@msn.com*

Out of town by the shore, up through Purchase, over by Chappaqua for lunch, down 7 Bridges, up Pines Bridge, up and down through Pocantico Hills and home on the train from Tarrytown or down the Hudson back to Manhattan if you have not had enough. We will not be avoiding hills but I will be going up them slowly. Bring a mellow attitude, proper equipment and **do not expect a hammerfest.** Check the web site if conditions are questionable.

C13 STS 50 MI 9:30 AM GET BACK IN SHAPE 9: LITTLE FALLS, PATERSON FALLS*From: World Trade Center PATH station on the old Concourse level (one floor down from ground level) near the top of the bank of escalators.**Access available from the A,C,E trains and N, R trains**Leader: Maggie Clarke, 212-567-8272; mclarke@hunter.cuny.edu*

We'll go through Cherry Blossomland going and coming and maybe get to see some of the late blossoms. The highlight of the trip is the Paterson waterfalls. Some have called these New Jersey's answer to Niagara. Alexander Hamilton recognized the value of these falls for energy generation. We'll have a nice picnic there at the falls, then return a slightly different way. 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 8:00 am if in doubt. A Bike Month Event.

Saturday, May 22**A19/20 57 MI 8:30AM ROAD, SNEDEN'S, BRADLEY, TWEED, ROCKLEIGH***(Note change of time) From: The Boathouse**Leader: Richard Rosenthal, 212-371-4700, rr@adlibNYC.com*

It's scenic, it's untrafficked, it's challenging, and best of all, you won't be last up the climbs because we both can't be. Lunch stop? Not unless you call a 10 minute snack stop lunch. If it rains, same ride on Sunday.

A19 52/104 MI 9:00 AM THE HILLS OF HUNTERDON*Leader: Peter O'Reilly, ptor@prodigy.net**From: School parking lot, Maple St, Lebanon, NJ*

This is an extremely challenging ride consisting of 14 steep climbs totaling 6,600 feet of vertical gain over a half century. Upon completing the first 52 miles, we'll stop for lunch at some quaint country store or inn. Afterwards, you will have the option of doing it again, a second lap for day's total of 28 climbs/13,200 ft/104 miles. It's a beautifully scenic, low traffic place to ride and as much fun to do the second time around. **A 39x25 (42 gear inch) or lower gear is highly recommended for this ride.** Additionally, two water bottles and extra pocket food is highly recommended. (You will be burning quite a few calories on this ride) Please **RSVP** so I know how many people to expect in the parking lot. In return, I'll provide driving directions; it's approx. 45 minutes/1 hour drive from NYC heading due west (NJ/PA border). **Sorry, no weekend train service.** If interested, but without a car, please email me ahead of time (the earlier, the better). I'll keep a list to possibly collaborate renting a van, arrange for car-pool, or both.

A17 100± MI 7:00 AM NEW JERSEY*Longest Day Double Century Training ride**From: Central Park West and 100th Street**Leader: Robert Dinkelmann (212) 666-0175, dinkelmann@att.net*

Second of four training centuries for the Longest Day Double Century ride. We will focus finding hills and doing a series of long, gentle climbs in New Jersey. The goal of the ride is to ride efficiently and be back in the city by 3pm or earlier. Only three 20min stops approximately 30mi apart will be made. Pocket food, two water bottles, helmet, spare tubes, a well-maintained bike and a positive attitude is required. Rain at 6:00 am will move the ride to Sunday. Same cancel conditions apply on Sunday. Check the NYCC message board for changes due to unforeseen events.

B16 50/60 MI 10:00 AM SOMEWHERE IN WESTCHESTER COUNTY*From: the Boathouse**Leader: You*

Don't miss this nice Spring day. Show up at the Boathouse for a B ride.

You'll find a few companions, and then head out for a fun ride to a nearby destination of your choice. Don't stay home and end up regretting it later. Precip or cancels. **Helmets please.**

C12 30 MI 9:00 AM QUEENS-BROOKLYN WATERFRONT

From: 1 Ave & E59 St (front of Bridgemarket)

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

Cross the Queensborough bridge and explore quiet, quaint and occasionally cobbled industrial streets with views of the river and Lady Liberty. Forage for gourmet snacks and picnic on Central-American delights in Sunset Park high above the harbor. Helmets required. Traffic signals obeyed. "The usual" cancels, check the message board to be sure. A Bike Month Event.

Sunday, May 23

C/B 14 45± MI 7:30 AM TOURING: GOLDEN'S BRIDGE TO DARIEN

From: GCT Info Booth for 7:48 am Harlem Line Bike Train to Golden's Bridge

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

Our typical point-to-point touring ride. Some modest ups and downs as we circle the Titicus Reservoir, then continue through "horse country" to the Putnam County line. Lunch in Ridgefield, followed by a predominantly downhill glide all the way to a MetroNorth return from the CT shore. Helmets and MetroNorth passes required. A Bike Month Event.

C13 STS 47 MI 8:07 AM GET BACK IN SHAPE 10: THE BLOOMIN' METRIC

From: Meet on the FIRST CAR of the train leaving Grand Central at 8:07 am (arriving East Norwalk, CT at 9:08am). Leader will board the train at Fordham at 8:24 am. Once we arrive in E. Norwalk, we will hustle the couple of miles south to the Calf Pasture where the ride starts by 9:30. Please let leader know if you are thinking of coming so that she can plan to meet you. Leader: Maggie Clarke, 212-567-8272; mclarke@hunter.cuny.edu

This is a lovely series of annual rides through the blooms of southeast Fairfield County, CT. We get to ride along the coast as well as the inland farms and forests (and hills!). We get there via train—let's take the 8:07 train. Since this is an "invitational" ride, there is an entry fee (you get some, not great, food, cue sheet, and sag support if needed). It's \$20 if you sign up before May 16; \$8 more after that. Here's the web url: http://www.active.com/event_detail.cfm?event_id=1072144. **Helmets are required** by the ride organizers; there will be strict observance of Club riding etiquette. Bring money for emergencies. Though this is a rain or shine event, I may not go if the weather will be inclement. Please check with me beforehand—no later than 7:30 am the day of the event.

Wednesday, May 26

B 16 25/30 MI 6:30 PM STRESSBUSTERS GO TO BROOKLYN

From: City Hall Park (Just South of Chambers St. by the Brooklyn Bridge)

Leader: Dave Sabbarese, dsabbare@firstmanhattan.com

Our mid-week spinning session is busting out of Manhattan. 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 do some laps in Prospect Park for a change. We'll return via the Manhattan Bridge. For those who wish to jump on board in Brooklyn, we figure to be by the Grand Army Plaza entrance around 7pm. Bring a well-maintained bicycle and helmet (mandatory), blinking lights (suggested as we may 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.

Friday May 28

Memorial Day Weekend in the Berkshires

The following rides are for those who want to get an early start on the weekend by taking a MetroNorth train from Grand Central Station to either North White Plains, Brewster or Wassaic and riding the remainder of the way to their weekend lodgings. Additional rides may be posted.

The following applies to all rides:

- Please refer to the Berkshire Weekend Update section in the Email and the NYCC message board for any last minute changes.
- Contact the ride leaders to confirm participation.
- You must allow time to purchase your ticket, buy whatever munchies, etc, get to the platform and load your bike. Purchase a MetroNorth Rail Pass Trail, Window#28 (\$5.00) if you don't have one.
- We have a reserved car; ask a trainman which car to board.
- These are one-way rides. If you plan join one of the following rides you must have accommodations in the Berkshires a have made arrangements for your luggage transport- up and back!
- If you want to ride on your own from the various MetroNorth stations contact the ride leaders below for route information.
- Please have a contingency plan for alternative transportation if there is horrible weather
- There will be return rides to MetroNorth stations on Monday, May 31st. The details will be in the weekend information packet and will be updated at the dinner/party May 30th.

Additional questions? Contact Fred Steinberg fsteinberg@nyc.rr.com, 212 787-5204 or Berkshires@nycc.org

A19 100+ MI 7:15 @GCT N WHITE PLAINS TO SHEFFIELD

From: 7:48 am train from GCT to N. White Plains arr 8:31am.

Ron will meet the train in N. White Plains.

Leader: Ron Kahn ronkhan1@optionline.net

If interested you must contact the leader week of the ride or fsteinberg@nyc.rr.com

B17/A19 65± MI 8:20 @GCT BREWSTER TO SHEFFIELD

From: Grand Central Terminal, 8:58am train arriving in Brewster at 10:15am

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

Mary Rieth, mrieth@nyc.rr.com; Linda Wintner, 212-876-2798,

lwintner@metlife.com; Rick Braun, r.braun@courts.state.ny.us

The riding starts in Brewster. It's the same route as last year, which is rolling/hilly through quintessential New England farmland and towns to lunch in Kent, Ct. The more difficult route will follow the Housatonic to Cornwall Bridge and up Sharon Mountain. The more level route will continue via Amenia and Sharon. The ride will officially end, as always, at the Stagecoach Inn, where we will again hoist a pint or two in memory of fellow wheelman Mark Martinez, who traditionally led this ride, and whose presence will be missed. Its another 7 miles to Great Barrington.

C13 35 MI 9:20 @GCT WASSAIC, NY TO GREAT BARRINGTON

From: 9:48 am train GCT, transfer N Brewster to Wassic train Arriving 12:02

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

This is one of the nicest rides in the area—particularly the verdant hills in eastern Dutchess County, but the Berkshires bit is also wonderful, riding in the foothills, lots of woods, lots of farms, river valleys, a few charming New England villages, and not much else. Helmets are required; there will be strict observance of Club riding etiquette. Bring Metro-North pass and lunch. Since I'm committing to lead this ride, it happens whether it's raining or not (unless some kind soul appears at Wassaic to shuttle us up there), so bring appropriate rain gear. Please contact leader beforehand so we can get a count for the train conductor.

C13/B15 43 MI 9:20 @GCT DOVER PLAINS TO GREAT BARRINGTON

9:48 am train from GCT, transfer N Brewster to Wassic train arriving 12:02
 Leaders: Paul Hofherr, bikeman999@aol.com;
 Gary McGraine, 212-877-4257, garynycc@aol.com
 We take the train to Dover Plains. Our route takes us immediately into the country, past farms and woodland, and even includes part of a Rails-to-Trails bike path. Bring an early lunch to eat on the train. There is a deli at Dover Plains, so you can replenish your water bottles. You will need a Metro-North bike pass and a bungee cord to hold down your bike. Helmets are required, as is a spare tube for your tire. Can't think of a more terrific ride to start the Memorial Day weekend.

Memorial Day Weekend in New York City

There's plenty of cycling for you if you're staying in the city for the holiday weekend:

Saturday, May 29**A19/20 57 MI 8:30AM RIVER ROAD, SNEDEN'S, BRADLEY, TWEED, ROCKLEIGH**

From: The Boathouse (Note change of time)
 Leader: Richard Rosenthal, 212-371-4700; rr@adlibNYC.com
 It's scenic, it's untrafficked, it's challenging, and best of all, you won't be last up the climbs because we both can't be. Lunch stop? Not unless you call a 10 minute snack stop lunch. If it rains, same ride on Sunday.

A/B17/18 100± MI 7:25 AM DEEPEST WESTCHESTER CENTURY W/ POST-RIDE RESTORATIVE YOGA

(with 75 mile option available)
 From: Grand Central Station
 Leaders: Carol Waaser, 212-581-0509, biker-c@rcn.com;
 Chuck Lam, 212 875-8572, cl289@columbia.edu;
 Peter "Banana Guy" Kouletsis, 917-854-1181, peter.kouletsis@citigroup.com;
 Heidi Sadowsky, 917-648-9604, hsadowsky@nyc.rr.com;
 Marci Silverman, 646-408-4565, mhsilv@yahoo.com
 Kick off your summer right with a trip to deepest Westchester. We'll meet by the ticket booths in the main concourse at Grand Central in time to buy tickets and coffee before catching the 7:48 am train to White Plains. (Check the weekly email listing in case the schedule changes.) From there we'll take a beautiful ride through upper Westchester, stopping for lunch on the Bedford Green. This is a long ride, so bring pocket food. It's also hilly, but your leaders will NOT be hammering. You can take the train home from Tarrytown (75 miles) or ride all the way back into Manhattan (or any subway stop in between). And to make sure you're fit to ride with us again tomorrow, weather permitting Chuck (CYT) has agreed to lead a Yoga for Recovery class when we return to Central Park. If we can convince someone to meet us in the park with a cooler of beer afterwards, even better. If not, we'll take a quick trip to a nearby bar. **Bring: helmet, MetroNorth pass, water (lots), pocket food, spare tubes, pump, and a good attitude.** Light rain will not cancel, downpours will. Check message board if in doubt.

B15 50± MI 9:30 AM WESTCHESTER PICNIC

From/End: 242nd. Street & Broadway, the Bronx (#1 Train's last stop)
 Leaders: Mark Gelles 212-689-1375, mgelles@okcom.net;
 Chris Hartmann, c.hartmann@att.net
 If you not in the Berkshires you can cycle with us & pretend. Route is scenic hilly ramble from Van Cortlandt Pk. to Pocantico Hills horse country and lunch at Kingland Pt., lots to look at! Bring a smile, fluids, pocket food and something to carry lunch 2 miles from deli stop to park. Wet roads at 8:00 am cancels, if in doubt check message board.

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

From: The Boathouse
 Leader: You and your new and old friends
 No rides at press time. Check the May bulletin, your email, the online ride listing and the message board. Or come to the park and pick someone up.

Sunday, May 30**B17 75± MI 9:00/10:00 AM SOUTH SHORE LONG ISLAND**

From: the Boathouse at 9:00, Statue of Civic Virtue, Queens, approx. 10:00am (please call a leader to let us know you will be waiting there)
 Leaders: Peter "Banana Guy" Kouletsis, 917-854-1181, peter.kouletsis@citigroup.com; Heidi Sadowsky, 917-648-9604, hsadowsky@nyc.rr.com; Marci Silverman, 646-408-4565, mhsilv@yahoo.com
 Yesterday it was the mountains, now it's the sea. After our hilly century, this ride is going to be a little more laid back. We'll enjoy the sand and the surf riding through Long Island, with possible stop at Long Beach and an optional trip to Oldfield Lighthouse. Late lunch at a seaside lobster shack, train home from Port Jefferson. Bring: helmet, water, pocket food, spare tubes, pump, train pass, money for lunch and train and a good attitude. Light rain will not cancel, downpours will. Check message board if in doubt. If we get back to the city early enough, a group dinner will be arranged. Beer is good for cyclists. Wine may be even better!

B15/16 70 MI 9:00 AM OYSTER BAY

From: Statue of Civic Virtue, Queens (E/F Train to UnionTpk/Kew Gardens)
 Leaders: Tonya Harroun, 718-828-5309, bikintonya@yahoo.com);
 Reginald Johnson, 917-825-0952, rabjohnson@rcn.com;
 Hans Koch, hans@imagenmicro.com
 Staying in NY for Memorial Day Weekend? Join us for an enjoyable ride out to Oyster Bay. Helmets and a positive attitude required. Rain or wet roads at start cancel the ride. Call with questions.

B 14/16 55/65 MI 9:00 AM BEAR WITH ME

From: First Avenue and E. 64 St., NW corner
 Leaders: Irving and Hindy Schachter, 212 758 5738
 We are going to visit a bear. The group rides together through Bergen and Rockland Counties to West Nyack. We then split into two bear-hunting contingents. A faster group gets to celebrate at the bear's head. A slower group gets to wiggle the bear's toes. Train return for all cyclists from Garrison so **bring MetroNorth pass.** Rain cancels.

C9 7.5 MI 10:30 AM KIDS RULE! A FAMILY RIDE

From: Upper East Side. Call leader for location. Reservations required.
 Leader: Bruce Gordon; 917-769-5539; brucebgordon@acm.org; Lois Florman
 Something different for Memorial Day weekend: Kids, invite your parents to come out and ride. Have them buy or bring snacks and lunch. They'll join you on a ride up the East Side Greenway and on to Randall's Island. You'll stop for playgrounds, ice cream and furry creatures. Expect to be back for your 4:00 nap. In case of rain, we'll ride on Monday, 5/31 instead.

Monday May 31**A/B/C 45± MI 10:15/10:45 AM ALL-CLASS RIDE TO CONEY ISLAND**

From: the Boathouse, 10:15 am or City Hall, approx. 10:45am
 Leaders: Peter "Banana Guy" Kouletsis, 917-854-1181, peter.kouletsis@citigroup.com; Heidi Sadowsky, 917-648-9604, hsadowsky@nyc.rr.com; Marci Silverman, 646-408-4565, mhsilv@yahoo.com
 What better way to start off the summer than a ride on the Cyclone and a Nathan's hot dog? Sleep in a little today then join us on a roundabout route to Coney island and maybe some of us will even take a dip (it's got to be

much warmer than new year's day, right?). Bring: helmet, water, pocket food, spare tubes, pump, money for lunch and ferry and a good attitude. Light rain will not cancel, downpours will. Check message board if in doubt.

Special Interest Group Rides (SIG)

Saturday, May 1

A CLASSIC 85 MI 8:00 AM RIDE #9: LITTLE TOR (WHY DO THEY CALL IT LITTLE?)

From: Boathouse parking lot—NOTE EARLIER START TIME

Leaders: Jenny LaPlante, 646-456-5996; Hannah Long, 212-865-7452; Ted Shaw, 212-410-9472

We'll ride out at a strong, steady pace, in perfect formation, wheels whirring, practicing good communication skills and steeling each other against the challenge ahead. As Little Tor looms we then get into the right gear in order to creak and grind our way to the top. On this ride, leaders often get dropped because they've created monsters out of all you cycling gods and goddesses! As a reward for tackling this SIG-nificant climb we get to ride down South Mountain Road on the way home. You are almost ready for the big one, and you are almost ready to lead an A-ride yourself. Be at the Boathouse by 7:45. Names on helmets, pocket food, and two water bottles required. Rain date: Sunday, May 2.

A-19 72 MI 9:00 AM RIDE #9: SADDLE RIVER

Skill: Speed work

From the boathouse parking lot

Leaders: Anthony Poole, 917-331-0903; Sharon Shachar, 646-369-6079

A more beautiful ride won't be happening this day. As we disappear powerfully over Cat's Paw Hill, your leader's hearts are pounding in anticipation of reaching their vO₂max on today's ride. That's because we'll be practicing speed work and a few hills. In SIG language, beautiful ride = hills. We'll have some nice climbing and beautiful pastoral vistas. We'll see if the hill repeats we've been preaching to you and practicing each week really work. Don't be late, bring plenty of water, pocket food and determination. Helmets are still mandatory. Of course the skills you learned the past few weeks, especially working together as a group, communicating and forming incredible pacelines are expected. The usual cancels.

B16-18 70/83/93± MI 7:30 AM DEEPEST WESTCHESTER

From: GCT (The clock atop MetroNorth Information Booth)

Leaders: Charles Scheinberg, 914-337-7957, szenberg@optonline.net; Heidi Sadowsky, 212-744-3470, hsadowsky@nyc.rr.com

This is our challenging penultimate ride, so bring a smile & your **MetroNorth pass**. Buy a one-way ticket to White Plains, maybe some java & a bagel for the train ride. We will ride north from White Plains, it's a beautiful hilly ride through upper Westchester. Bring lots of pocket food as we will stop twice to snack once in Bedford and again in Somers. You can take the train home from Tarrytown at 70 miles or ride to the Subway at 83 miles or all the way back to Manhattan 90 miles. NOTE DIFFERENT START TIME AND LOCATION. Cancels: actual temperature below 25° at 6:30am; 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 CONTACT LEADER FOR RIDE INFO WEEK #6

Group #4 Leader: Paul Hofher, 212-737-1553, bikeman999@aol.com, Group #3 Leader: Gary McGraime, 212-877-4257, garynycc@aol.com, Group #2 Leader: Debbie Dowell 212-243-5182, drd1@nyu.edu, Group #1 Leader: 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 postpones 'til Sunday. Check the NYCC Message Board by 7:30 am or call ride leader if in doubt.

Saturday, May 8

A CLASSIC 70-90 MI 8:00 AM RIDE #10: PARTICIPANT-LED—“SHOW US HOW IT'S DONE”

From: Boathouse parking lot

Leaders: The A-SIG Classic Class of 2004, assisted by Jack Lehnert 718-884-6437 and Jason Winstanley, 212-242-6744

This is the day for A Classic participants to show all they've learned as well as their strength, character and finesse. Today they lead. Who will step forward? Where will we go? This ride requires coordination in the weeks prior. Email messages and phone calls will fly back and forth thickly as we nail down a plan of action and a challenging route. Our graduation candidates will create maps and a route sheet, take care of getting us signed in and grouped, and coordinate our day. Gather at 7:30 to create groups and chat before pulling out at 8:00 sharp! Rain date: Sunday, May 9.

A-19 80 MI 9:00 AM RIDE # 10: SOUTH MOUNTAIN

Road Skill: Hills

From the Boathouse Parking Lot

Leaders: Joe Irizarry, 917-544-2146; Steve Peters, 917-882-9849

Arrive before 9:00 am please: We want to get started early today. And you thought last week was tough? More hills today (they don't call it South Mountain Road for nothing). Practice makes perfect. Is it nirvana you're seeing or are you just hallucinating from the oxygen debt? You'll slide back on your saddle, extend those legs and power up the as your group attacks hill climbing again. By the time we finish this ride, you will be repeating the mantra, "I love hills, I love hills ... I hate Ed, I hate Ed ..." The payoff comes at the finish line. We'll sail back into Central Park and cruise to the hill with the audience standing and screaming at your triumphant arrival. Don't forget your pocket food and drink plenty of water before, during and after the ride. You won't believe how great you look and feel. Save a few smiles for the post ride social on the hill. The usual cancels.

B16-18 70± MI 8:00 AM COLD SPRING VIA HARRIMAN STATE PARK

From: 72nd & Riverside (Statue of Eleanor Roosevelt at park entrance)

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

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

Congratulations it's time for our graduation ride. You deserve this lovely route through Bergen, Rockland, Orange & Putnam counties. We will cycle through the burbs then it's up Seven Lakes Drive, cross the Hudson at the Bear Mountain Bridge, then it's on to Cold Springs for a celebration at the station café. Bring lots of pocket food for this ride has very few food stops. We will ride MetroNorth home from Cold Spring so bring that train pass. NOTE DIFFERENT START TIME AND LOCATION. Cancels: actual temperature below 25° at 7:00am; raining or snowing; wet or slick roads; or steady winds above 40 mph. Check nycc.org bulletin board or call listed leaders if uncertain. If weather cancels we try to ride on Sunday.

C-SIG CONTACT LEADER FOR RIDE INFO WEEK #7

Group #4: Leader Paul Hofherr, 212-737-1553, bikeman999@aol.com, Group #3: Leader Gary McGraime, 212-877-4257 garynycc@aol.com, Group #2: Leader Debbie Dowell, 212-243-5182 drd1@nyu.edu, Group #1: Leader 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 postpones 'til Sunday. Check the NYCC Message Board by 7:30 am or call ride leader if in doubt.

Saturday, May 15

A CLASSIC 90 MI 8:00 AM RIDE #11: BEDFORD "PUTTING IT ALL TOGETHER"

From: Boathouse parking lot

Leaders: David Grogan 718-875-1977; Pam Nelson 646-262-5815

This ride is bar none the most beautiful ride of the A-SIG. Don't miss it! Now we have it all: skills, teamwork, predictability, endurance and speed. Let's put it all together and see if we can fire on all cylinders. Eat a good breakfast and bring pocket food and two water bottles, because we're not stopping until we hit the 40-mile mark. We'll ride through Southern Westchester and Greenwich CT, past Leona Helmsley's Estate and up hilly roads to the idyllic town of Bedford for a picnic on the town green. Our return offers some initial rollers, then evolves into a beautiful, fast, down-hill route. It's not long until Graduation Day. You're going to make it! Rain date: Sunday, May 16.

A-19 100 MI 7:30 AM A-19 SIG RIDE# 11: THE BEAR MOUNTAIN FANDANGO

IT'S GRADUATION DAY! VERY EARLY START TIME

From the boathouse parking lot:

Leaders: All of us, and you siglets had better not be late! Arrive at 7:30am Congratulations. Here is the moment you've all been waiting for. Bring your caps and gowns, your pomp and circumstance and the champagne. Don't forget the sunscreen and plenty of water too. I hope all of you carbo loaded (or alternatively, cannoli loaded) this week. Today, we'll finish off this puppy with a blast. We'll barrel north along the Hudson River at break-neck speed (safely of course), observing all the rules of the road and of good sportsmanship. We'll paceline into the mountains and up Perkins Memorial Drive near Bear Mountain. The ride will have a surprise ending. Warm and fuzzy (hopefully not to smelly) we'll return back to the city. What a fabulous day is in store for you. Bring your MetroNorth train pass (just in case), pocket food, sun block and lots and lots of water (I know I repeated it, but it's really important today). Remember, we want to let you down easily; no cold turkey without us on Saturday mornings from now on. Ergo, your leaders expect to see you for the Bloomin Metric and the Club's Sheffield Memorial Day weekend in the Berkshires. Ask us for more details or check the bulletin. Remember to come to the June NYCC club meeting (June 8) for your commencement ceremony and to receive your ready to frame diploma. How much will you miss your leaders from now on?

C-SIG CONTACT LEADER FOR RIDE INFO WEEK #8

Group #4: Leader Paul Hofherr, 212-737-1553, bikeman999@aol.com , Group #3: Leader Gary McGraime, 212-877-4257, garynycc@aol.com, Group #2: Leader Debbie Dowell, 212-243-5182, drd1@nyu.edu, Group #1: Leader Patricia Janof, 212-737-1668, patricia.janof@verizon.net. This is a fun ride, to a picnic location. (No, it's not New Jersey....) 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 postpones 'til Sunday. Check the NYCC Message Board by 7:30 am or call ride leader if in doubt. Congratulations on completing the Sig!

Saturday, May 22

A CLASSIC 105 MI 7:00AM RIDE #12: BEAR MOUNTAIN "THE GRADUATION RIDE!"

NOTE EARLIER START TIME

From: Boathouse parking lot

Leaders: Jenny LaPlante, 646-456-5996; Timothy McCarthy, 718-204-7484 and Jason Winstanley, 212-242-6744

Bring your caps, gowns, cameras and champagne. Today we finish with a blast. Please note that we take off at 7:00! Be at the parking lot, signed in, helmets on ready to ride by 6:45. We'll barrel north along the Hudson, stop-

ping for fuel in Stony Point, NY, then climb up Perkins Drive to the top of Bear Mountain. From this point, we head west along the rolling beauty of Seven Lakes Drive and turn south to drop down Gate Hill Road. We then refuel near Mt Ivy, meander over to Saddle River and from there, shoot back to NYC. The ride ends with a celebratory reunion on the hill across from the Boathouse in Central Park and group dinner that evening! What a fabulous day and a fabulous series! Bring pocket food, sun block and lots of water. How much will you miss us next week? Rain date: Sunday, May 23.

Club Calendar

Tuesday, May 11

Place: Annie Moore's Bar & Restaurant, 50 E 43rd St 212-986-7826

Time: 6:00 pm-9:15pm (Social hour 6-7, Dinner 7-8, Club Program 8-9:15

*Touring? Now that you have air in your tires, **where are you heading?***

Also, new feature: Swap Table! See back cover of bulletin for details

Out of Bounds

Friday, May 7

10:00 PM CENTRAL PARK MOONLIGHT RIDE

From: Columbus Circle

Sponsoring org: Times Up!

First Friday of every month, take an auto-free ride through the park. Enjoy the tranquility of the park and its beautiful ponds and waterways.

For more info: www.times-up.org

Saturday May 8

9:00 PM PROSPECT PARK MOONLIGHT RIDE

From: Grand Army Plaza

Sponsoring org: Times Up!

Join us in a peaceful auto-free ride as we discover Prospect Park at night.

For more info: www.times-up.org

Saturday May 12

7:15-9:00 AM MEMORIES IN MOTION: A RIDE TO REMEMBER/A WALK TO REMEMBER

From: CW Post Campus, East Gate, Northern Blvd., Brookville, NY.

Sponsoring org: Long Island Alzheimer's Foundation

The Long Island Alzheimer's Foundation invites bikers and walkers to its

Affordable Euro-Bike Tours

<p style="text-align: center;">Salzburg to Vienna 8 days/7 nights</p> <p>Includes: Roundtrip Airfare, Breakfasts, Route Descriptions & Maps, 21 Speed Hybrid Bike, Luggage Transportation, and 7 Night Accommodations.</p> <p style="text-align: center;">5/1-8/15, 9/1-10/15 - \$1402.* 6/15-8/31 - \$1657.*</p> <p style="text-align: center;">www.tripsite.com</p>	<p style="text-align: center;"><u>Featured Tours</u></p> <ul style="list-style-type: none"> • Biking Tours • Bike & Boat Tours • Hiking Tours <p style="text-align: center;">Tel: (877) 985-2064</p>
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“Memories in Motion: A Ride to Remember/A Walk to Remember,” beginning at CW Post Campus, East Gate, Northern Blvd., Brookville, NY. Participants choose a 20-mile or 30-mile bike tour through the scenic North Shore or a 1.5 mile walk through CW Post Campus. Registration is from 7:15 a.m. to 9 a.m., depending on the event. \$35 per person/\$30 for groups of three or more; discounts for early registration. Families welcome; children under 14 must be accompanied by adult. Proceeds benefit the Long Island Alzheimer’s Foundation. For information and to register, call LIAF toll-free at 866-789-5423.

Saturday May 15

12:00 PM-3:00 PM HOW TO RIDE UP ANY HILL AND HOW TO CONQUER ANY LONG-DISTANCE BIKE RIDE—A FREE CLASS FOR BEGINNERS

From: The Boathouse

Leader: Glen Goldstein, prez@bicycleshows.us

Do you walk your bike up some hills? When you ride with friends, are you always at the back of the pack? Do you hurt at the end of a ride? Nervous about doing a long ride? Bring your friends to this free one-day class. The class is NOT about building up your muscles or working out -- it’s about going at your own pace, and learning to use the gears on your bike to make riding more fun for you. We’ll be learning at an easy relaxed pace -- no long-distance bike racing today! Inexperienced or confused cyclists welcome. Bring your “dumb” questions! **Mandatory:** you must bring a bike **helmet, and a bike with at least five speeds** that is in good working order. (You don’t need to know how to use the gears, but you MUST be sure that they work BEFORE the class—ask a friend or mechanic to inspect your bike). You must be able to pedal a two-wheeler. Rain cancels. Leader: Glen Goldstein. email leader with any questions about class. A Bike Month Event.

Sunday May 16

65/100/140 MI THE 5BBC 2004 MONTAUK CENTURY

Spin your way out of Manhattan—And into Montauk!

From: NYC Penn Station or Babylon, LI. Rain or Shine

Sponsoring org: 5BBC

For almost 30 years, mid-May has meant the 5BBC Montauk Century. This springtime classic brings together over 1,000 cyclists to ride one of the flattest century rides in the Northeast! The fun starts in Manhattan, goes east through the Hamptons and doesn’t stop until Montauk.

This ride is ideal to start off your cycling season. It truly is a great route that keeps getting better. We’ve added more quiet, scenic roads with less traffic. We’ve even added another rest stop to keep you fresh!

As always the ride comes with our legendary SAG support, food galore, hot showers, a hot meal, massage and transportation back home all included. We’ll even kick in a free souvenir. Be sure to pick up a 2004 Montauk racing jersey and/or polo shirt to remember the day.

This year we will offer two check-in locations: Penn Station, Manhattan and the LIRR station in Babylon, Long Island. You may choose from three distances: a peaceful and refreshing 65 miles, a very scenic and invigorating 100 miles, or the challenging but very rewarding expert-only 140 mile route. Weather this will be your first century or your annual hammer session we will help get you ready with a complete series of training rides.

On Montauk day, please be sure that your bicycle is in good working order and you have basic tools and supplies just in case. Also be sure to pack a small bag with a change of clothes, toiletries and a towel for the hot showers at the finish. We’ll transport the bag to the finish so it will be waiting for you when you arrive in Montauk.

For more information and to register, go to www.5bbc.org/Montauk.

**Interested in Leading a Ride This Spring?
Call Your Ride Coordinator To Find Out how!**

We will also offer walk-in registration during club hours at the club office. We need volunteers, especially drivers so we urge you to contact us at montauk@5bbc.org. Hope to see you all there!

Sunday May 23

BLOOMIN’ METRIC 2004

Sponsoring org: Sound Cyclist’s Bicycle Club

Sound Cyclists Bicycle Club’s 27th Annual Bloomin’ Metric bicycle tour will once again be offering three great scenic rides in the Spring of 2004—25 miles, 75 kilometers and 100 kilometers.

As in the past, a portion of the proceeds from the entry fee for Bloomin’ Metric 2004 will be donated to help support Fairfield County Safe Kids, a non-profit agency designed to reduce the incidences of unintentional childhood injuries and accidents—the number one killer of children. For more information visit <http://www.soundcyclists.com/Bloomin.htm>

C 9 MI 11:00 AM BIKE TO SHEA DAY

From: Dag Hammarskjold Plaza—47th St and First Ave, reservations required
Sponsoring org: NYC Dept. of Transportation, Dept of Parks & Recreation, NYC Sports Commission

Mets fans: Leave the traffic behind and BIKE TO SHEA to see the Mets v. the Colorado Rockies! (Game time is 1:10 pm) Marshals from DOT, DPR and the Sports Commission will escort you to the game via on-street bicycle lanes and off-street greenways at a leisurely pace. Riders of all skill levels are welcome. Once at Shea Stadium, our staff will park your bicycle for free. Be sure to call 718-507-TIXX and reserve your tickets now. To reserve, call 311 and ask for the DOT Bicycle Program.

Friday June 11 to Sunday June 13.

GET YOUR GUTS IN GEAR—THE RIDE FOR CROHN’S & COLITIS

Sponsoring org: GYGIG (see below)

A three-day, 210-mile charity bicycle ride that is creating awareness about Crohn’s Disease and Ulcerative Colitis and is raising funds for the Crohn’s & Colitis Foundation of America, the IBD Quilt Project, and the United Ostomy Association.

Cyclists will depart from New York City on June 11 and arrive in Saratoga Springs on June 13. Each cyclist is required to raise a minimum of \$1,850 to participate. There is an \$85 registration fee for riders and crew. For more information and to register, please contact GYGIG at 800-343-3637 or visit www.ibdrive.org. **Register before May 28**

Sunday June 13

COUNTRY ROADS BICYCLE TOUR

Sponsoring org: the Orange County Bicycle Club.

Cycle on seldom-traveled roads and see Orange County from the inside. Routes planned for all levels. Food and entertainment. Registration is \$30 in advance, \$35 on the day of the event, and \$15 for children under 12. Proceeds to education fund. Phone Chris Joyce at 845 457 5758, email bigzip@frontiernet.net.

Saturday, July 3 to Monday, July 5

A/B/C NYCC ALL-CLASS WEEKEND AT WEST POINT

Mark your calendars for the annual NYCC July 4th weekend at West Point.

Three days, two nights, great cycling, great friends, at perhaps the best place in the country to spend a patriotic July 4th holiday weekend, at the home of the U.S. Military Academy at West Point.

We’ll bicycle up to West Point from Central Park on Saturday, July 3rd—red, white and blue required! Rides will be planned for A, B, and C riders by our expert ride planners. We will have a luggage shuttle to carry our

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One Day/Two Centuries

Longest Day Double Century from NYC to Danbury, CT

Saturday, June 19, 2004

Join us to celebrate the longest day of the year by riding 200 miles, from sunup to sun-down, from New York to Danbury, CT.

We'll leave Manhattan via the Broadway Bridge and ride north, hugging the Hudson for the first 100 or so miles. Then, a turn to the east at Kinderhook (birth place of the eight US President, Martin Van Buren) to pickup a section of the North County Rail Trail to head south into Connecticut. We'll spend Saturday night at a hotel in Danbury, CT and re-fuel with a catered dinner. Full breakfast on Sunday in the hotel prior to departure for return by Metro North from Brewster, NY or by bike (Your choice!)

During the ride there will be a few refueling (rest and lunch) stops and car support.

Everyone is expected to ride the full 200 miles. However, riders who have not completed the course in 16 hours will be picked up by car.

No lone riders will be allowed. You must partner with at least one other person. This is for safety and for motivation in case you get into a slump or your legs go on strike.

An informational evening will be held at 382 Central Park West (97th Street between CPW and Columbus) on 12 May 2004. Watch the weekly email and the website for more information.

Century training rides will be held on Saturdays, starting May 15, 2004. See the rides section of the bulletin.

The details:

Date: Saturday–June 19, 2004 (2 days before the summer solstice)

Ride Start: The Plaza Hotel (SE corner of Central Park)

Ride Finish: Danbury, CT

Return: Sunday morning (June 20, 2004)

How to reserve a space? Registration will be in May via Active.com.

Rider requirements: Be a strong rider, B17 and upwards; have completed at least a century in 2004; bike in good repair; enjoy a challenge; want to ride in areas you do not normally ride in.

Join us and answer the call of the open road. It's a physical and mental challenge you won't soon forget.

NYCC Supports Bike Month

Bike Month NYC 2004 is here! Bike Month, a program of Transportation Alternatives (TA,) is held annually during May (National Bike Month) to celebrate and advance bicycling as a means of travel in New York City. In its twelfth year, Bike Month is a fun and educational event which has earned positive coverage in the local media and has inspired similar events in urban areas across the United States.

Bike Month NYC events include free breakfasts and snacks with Borough Presidents; group rides; bike rodeos that teach children how to ride safely; bridge, bike lane and greenway openings; adult safe cycling/bike repair classes and a bicycle film festival. There are the well-known Bike Show and the annual "Blessing of the Bikes." Bike Month NYC events involve City officials and diverse local community organizations.

One highlight of Bike Month is "Bike to Shea Day" on Sunday May 23. You can join a group ride or make your own way to Shea Stadium, where bike parking will be provided, for the Mets-Rockies game. (see listing in "out of bounds.")

NYCC is participating in Bike Month by highlighting some of its events as Bike Month events. These events are being publicized to an audience beyond NYCC's membership as a "showcase" of our activities. Look for the "Bike Month" designation in the ride listing and events calendar.

Transportation Alternatives is a 5000-member NYC-area non-profit citizens group working for better bicycling, walking and public transit, and fewer cars. We advocate for the improvement of the quality of life of all New Yorkers through safer, calmer neighborhood streets and car-free parks.

For more information on Bike Month, visit <http://www.bikemonthnyc.org>

NYCC BERKSHIRES WEEKEND

MEMORIAL DAY WEEKEND, MAY 28-31, 2004

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

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

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

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

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

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

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

Re-Cycling

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

FOR SALE:

Blackburn Tubes—700x20-28; 27x1 1/8. I have ten of these and will sell them for \$1.00 apiece.

Please contact **Matt Bass** at matt@mattbass.com

Tel: 212-874-3463

Fax: 212-656-1811

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clothes from Central Park to West Point on Saturday and then back on Monday. Saturday evening, we'll enjoy a dinner cruise along the Hudson River aboard the *Pride of the Hudson*, chartered for our exclusive use. On board will be a live rock 'n' roll band—Standards and Soul—bring your dancing shoes!

A, B, and C rides are planned for Sunday. There's also a swimming hole, Storm King Art Center, holiday celebrations in town, a museum, the campus—West Point is the greatest! Sunday evening, July 4th, we'll enjoy a patriotic outdoor concert with fireworks performed by the U.S. Military Academy Band—picnic dinner included. On Monday, we bike home—choose again from among A, B and C rides.

Included—three days, two nights at the historic Thayer Hotel right on the West Point campus (double occupancy); two full breakfasts, two dinners; dinner cruise with band and picnic/concert/fireworks; baggage shuttle to carry our clothes—pretty much everything you need except lunch and drinks. Cost is only \$275 per person.

Registration and complete details are online at:
www.active.com/event_detail.cfm?event_id=1132095
 Happy birthday, America!

For further information, contact the event coordinator:
 Ed White westpoint@nycc.org, 212-799-0259 (day or evening up to 10:00 pm).

Saturday July 10.

THE SARATOGA 24

Sanctioned event: see below

This endurance road cycling event is returning to Saratoga County, New York. The Saratoga 24, a 24hr road race will be held as part of the John Marino Competition sanctioned by the Ultra Marathon Cycling Association who sanctions RaceAcrossAmerica. In addition to the solo 24 hour race, an all daylight 12 hr option is being offered as well as two and four person team categories for both durations. For more information:
<http://www.jcctech.com/adk540.html>.

A BRIEF NOTE FROM THE EDITOR:

I succeeded both in injuring my right hand and suffering a small fire in my apartment shortly before going to press. One hopes the extraordinary difficulties I have encountered these past few days are not to be repeated in days to come.



So, we open our mailbox for this month's column expecting the usual dearth of dirt from our loyal public and lo and behold, loads o' dirt. Thank you one and all. Our entire membership will be the richer for your contributions. We hope it's a sign of things to come as the snow may finally be gone for good and our season is really underway with potential dirt on every ride.

First up is a group of B SIGgies traveling through the wilds of Ridgewood. After lunch, the group is cruising along when **Deborah Shapiro** feels her wedding ring slide off her finger onto the pavement. Being the well-trained SIGgie that she is, she calls out "MECHANICAL!!" The next ten minutes are spent searching for the platinum ring on the four-lane road. Fellow SIGgie & hubby **Dominique Baede** is seen consoling his sweetheart (not covered in SIG classes). All appears to be lost. While walking back to the peleton (safely off the road waiting their return), the ring is spotted & retrieved by none other than SIG leader **Mark Gelles**. Mark's handled all sorts of mechanicals in leading NYCC rides but this was a first.

Another B SIGgie, photographer, **Ellen Jaffe** is currently having her work exhibited in the Atlantic Avenue subway station. The Art for Transit Lightbox Installation is sponsored by the MTA (no, she didn't just show up at midnight and tag the platform!) and will be in place for a couple of months. This we gotta see! You can also check out Ellen's website @ ellenjaffe.com

Speaking of B SIGgies in the news, has anyone checked out "Heidi and the Ho's?" No, it's not what you might think. B SIG leader **Heidi**

Sadowsky fronts a rockin' band that has appeared at Hogs and Heifers among other fine music venues. You gotta' give Heidi credit, she can cycle 70 miles during the day and then wail deep into the night. How cool is that? Not to mention, when she calls out those hazards on a ride, Heidi can be heard in the next county!

Here at Road Dirt, we report the news fairly and accurately and never make anything up. Well, hardly ever. But when we heard this next piece of news, we were worried some folks might have their doubts. As some of you might know, our ex-president, **Tom Laskey** decided to take up racing a few years ago and joined CRCA. His results were what you might expect from a middle aged former couch potato—nothing much to speak of. Well, all that changed on April 3rd when Tom won the CRCA 40+ race. Of course no one was more incredulous about the win than Tom himself. Fortunately, fellow NYCCer and teammate Jonathon Bloom was there at the finish to confirm to Tom that he had in fact won. Allez!!

You might think being MetroNorth coordinator would involve providing some sort of role model for how to deal with the trains. Well, we don't recommend following this one. It seems our M-N coordinator **Hank Schiffman** was riding with some fellow STSers up in Peekskill when they approached a railroad crossing. The fact that the gate was going down did not deter Hank and Company from crossing the tracks, much to the dismay of a nearby police officer. The result? Tickets all around. On top of that, they now have to go to Peekskill to pay the darn things. Hank, if

you ride your bike up, wait 'til the trains pass if you get caught at a rail crossing!

Ace V.P. of Programs, **Hal Eskenazi** has instituted a new feature at this year's monthly club meetings. Each meeting has been sponsored by a different local cycling establishment and Hal has managed to rack up over \$850 worth of chatchkes from the shops to raffle off at the meetings. And who won the grand prize at the April meeting? None other than Mr. Eskenazi himself. He swears it wasn't rigged. We report, you decide.

More wedding news to report! Last month, we warned you that **Ira Mitchneck** and **Alison Gardy** (yes) had become betrothed and that their nuptials were imminent. Well, sure enough, they tied the knot on March 21st at Beacon Restaurant here in Manhattan. Holding the chuppah for them was none other than V.P. of Rides, **Fred Steinberg**. After that it was off to Great Britain for the honeymoon. No, they didn't cycle across the ocean though we hear **Etoian Shrdlu** did offer them his Colnago/catamoran.

Next up in the nuptials department are **Viviane Tubiana** and **Happy Friedman** (yes). They eloped and due to an American Airlines snafu ended up in Tortola for a few days, then flew on to St. Thomas where they were married by a rabbi on Tuesday, February 10. We don't know what Viviane wore but we do know that Happy wore his famous shorts at the wedding. Nothing like showing a little leg for the guests.

That's it. That's all the dirt that's fit to print for this month. Keep those emails coming to road-dirt@nycc.org. Remember, it doesn't have to be dirty to be road dirt. Special thanks for this month's contributions to: **Lee Ann Van Wyck**, **Mark Gelles**, **David Sabbarese** and **Fred Steinberg**.

**ROAD
 DIRT**

Send tips to: roaddirt@nycc.org

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 April 4 to October 30, 2004:

FROM GCT	ARRIVES AT/FROM	DEPARTS	ARRIVES GCT
7:51 AM (HUDSON LINE)	9:47 AM POUGHKEEPSIE	3:33 PM	5:27 PM
8:51 AM (HUDSON LINE)	10:44 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	3:10 PM	5:39 PM
8:48 AM (HARLEM LINE)	10:20 AM BREWSTER NORTH	4:10 PM	6:38 PM
	BREWSTER NORTH	5:10 PM	7:38 PM
8:07 AM (NEW HAVEN LINE)	9:52 AM NEW HAVEN	2:59 PM	4:40 PM
9:07 AM (NEW HAVEN LINE)	10:20 AM NEW HAVEN	3:55 PM	5:40 PM
	NEW HAVEN	4:55 PM	6:40 PM

Please Note: MetroNorth requires prior notice for large groups (16 or more) on scheduled Bike Trains and groups of three or more cyclists on a regular service train. When you submit a ride involving MetroNorth to a ride coordinator, at the same time shoot an email off to our redoubtable **MetroNorth liaison**, Hank Schiffman, at hschiffman1@nyc.rr.com or 212-529-9082. He will manage all the details, but he can not do it on a piecemeal, last-minute basis.

RIDE LEVEL	DESCRIPTION
A	Vigorous riding with advanced bike handling ability including cooperative paceline skills. Stops every 2 hours or so.
B	Moderate to brisk riding with more attention to scenery. Stops every hour or so.
C	Leisurely to moderate riding, sightseeing and destination oriented. Stops every half-hour or so.

CRUISING SPEED	CENTRAL PARK SELF TEST FOUR LAP TIME
22+ MPH	1:10 OR LESS
21	1:10 TO 1:13
20	1:13 TO 1:16
19	1:16 TO 1:20
18	1:20 TO 1:25
17	1:25 TO 1:30
16	1:30 TO 1:38
15	1:38 TO 1:48
14	1:48 TO 2:00
13	2:00 TO 2:14
12	2:14 TO 2:30
11	2:30 TO 2:50

LEAD A RIDE: Pick a date, pick a pace, pick a destination, pick a route, write it all up and submit to the appropriate ride coordinator (listed below) by the second Tuesday of the month before you want to lead your ride.

A-Rides: Robert Gray, 212-593-0986 or nyarchitect@msn.com

B-Rides: Wayne Wright, 212-873-7103 or wwright8@nyc.rr.com

C-Rides: Isaac Brumer, 212-734-6039 or isaacbrumer@hotmail.com

Lead enough rides during the year and you qualify for a special prize (given out in December):

3 rides = NYCC water bottle

6 or more rides = NYCC t-shirt

12 or more rides (1st time) = NYCC Ride Leader's vest (you can't buy one of these—you have to earn it!)

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

Book Review

An American Cycling Odyssey, 1887

by Kevin J. Hayes

In the summer of 1887 a twenty-one-year-old newspaperman named George Nellis (1865–1948) rode a bicycle 3369 miles from Herkimer, New York, to San Francisco in seventy-two days, surpassing the transcontinental bicycle record by several weeks. He averaged fifty miles a day pedalling a fifty-two-inch, high-wheeled Columbia Expert "ordinary" bicycle with a tubular steel frame and hard rubber tires that weighed forty-two pounds without baggage, and he lost twenty-three pounds in the process.

He rode ever westward through sleepy villages, farmlands, and growing cities, then trekked across uninhabited stretches of prairie and mountain where the only habitations were section houses along the Union Pacific right of way. Nellis tried to ride ten hours each

day, then sit down and write for three hours more. During the course of his trip, Nellis wrote about thirty thousand words about his adventures to his hometown newspapers and a national cycling magazine, to finance his cross-country journey. Nellis was able to reach a telegraph office to send in his work every two or three days.

Nellis's journey over dirt paths, muddy roads, and occasional railroad ties was plagued by terrible weather, frightening experiences, and odd encounters, yet it was also enriched by breathtaking natural wonders and the generous spirit of many people he met. He nearly drowned in a flash flood, was chased by a furious bull, shot a coyote that accosted him one night, saw mirages in Utah's Great Salt Desert, narrowly missed a tremendous fire that wiped out half of a California town only hours after he left, and witnessed a horrifying accident on a train track. Nellis also managed to meet the legendary baseball player A. G. Spalding in Chicago, take in professional baseball

games in Detroit and Chicago, participate in several bicycle races in Omaha, attend an opera in Cheyenne, Wyoming, enjoy a circus, and eat over two dozen bananas in one sitting in Osceola, Indiana. (Peter K., are you reading this?)

By drawing on Nellis's letters and media coverage of the trip, Kevin J. Hayes manages to recreate this trip, but his account underplays the strangeness of Nellis' experience. The Expert was virtually impossible to brake safely, and to go downhill, one slung one's legs atop the bar, which required contortions worthy of a circus acrobat. (That way, one wouldn't pull a "header" if one fell off. What with the wretched quality of the roads of the day, spills were so common Nellis wore a pith helmet.)

Nellis returned to upstate New York a local hero. The book ends mentioning that the governor of New York had just signed a bill giving bicycles the same rights on the road as carriages, much against the will of the mayor of New York, who wanted to keep cyclists out of Central Park's carriage roads.

Kevin J. Hayes is a professor of English at the University of Central Oklahoma. His books include *Melville's Folk Roots* and *Itinerant Observations in America*.

University of Nebraska Press, 2002. ISBN 0-8032-2408-7.

George Nellis with his wheel.



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 and click onto the active.com link.

NOTE: ALL NYCC MEMBERSHIPS ARE ON A CALENDAR YEAR BASIS ONLY. If you no longer get your weekly email updates, you need to renew now!

ENJOY THE BENEFITS OF NYCC MEMBERSHIP!



FIRST CLASS MAIL DATED MATERIAL!

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



🌿 **Tuesday, May 11** 🌿

Now That You Have Air in Your Tires, Where Are You Heading?

Sponsored by R & A Cycles, Inc. 105 5th Ave. Brooklyn, NY, 718-636-5242 & www.racycles.com

They will be supplying free bike giveaways, displaying cool bike stuff and be in attendance to schmooze “bike talk” with us during the cocktail & dinner hour! Come join us for the fun. **Win a free gift certificate!** Will you take home one of them???

Think about this. You have a great bike. You ride it all over the tri-state area. You love biking. And now you want to expand your horizons. So where do you start? Right here, right now, at the New York Cycle Club Touring Program: our presentation will offer some guidelines on how to organize your own trip: Do you need a tour company? The pros and cons. Also, how to find out if an area or route will work for you. Bike friendly hotels. The use of internet resources. What language skills are necessary? Intra-group dynamics? SAG van/ luggage transport? Airport transfers? Bike trains? Flying with your bike? Bike set-up, etc. etc. Oh, yes, if you don’t want to pack your bike, how to arrange a rental.

What could be a better time to plan your vacation for the season ahead? Whether you're an A, B or C rider, the tips provided can be utilized by everyone for a fun vacation. Don't miss the opportunity. Our presenters will be Pieter Maessen and Rich Ramon. Pieter Maessen, our Dutch friend, was practically born on a bike. He started seriously touring at age 12 and did a 200-mile ride by the age of 15. Ever since he climbed Passo dello Stelvio in 1988, he's loved riding in the mountains. He quit cycling during college, only to pick it up again in 2000, when friends persuaded him to ride the French “cyclosporitif ‘La Marmotte’” in the Alps, a 110 mile ride over 4 big passes finishing at Alpe d’Huez. Peter moved to New York in 2001 and organized a trip to the Tour de France at Mont ventoux in July 2002. In 2003, he took a group of NYCC members to the Dolomites and the Italian and Austrian Alps. Rich Ramon, our co-presenter, has been on both trips organized for NYCC and has taken hundreds of great pictures. You won't be required to see them all.

Jay Jacobson's safety committee will present the safety tip of the month.

Swap Table: Something new! Bring BIKE RELATED items you want to swap or sell. Price them. Affix your name to them. And see them on the road with someone else. It's your club... participate!

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.