The Three Greatest Lies In Cycling

(compiled by Lou S. Pokes)

1. There's always a tailwind to Montauk.
2. This is the last hill.
3. The Bulletin will be on time.
How do the lyrics go, “June is busting out all over”? It sure seems so on the NYCC calendar with loads of things happening this month. No sooner have we returned from (what I’m sure was) a great weekend in the Berkshires, then here comes a Newcomers’ Ride on June 5th; an All-Class Ride to Kensico Dam on June 13th; a wine tasting on June 17th; a full assortment of regular club rides throughout the month; and the West Point Weekend.

Although our trip up to the Point is technically a July event, if you don’t get your act together immediately, you may miss out on a great club weekend. We’ll be enjoying a beautiful bike ride up to West Point on Saturday, July 3rd; accommodations at the historic Thayer Hotel; a cruise on the Hudson River with dinner, live music, and dancing; more riding on Sunday; a picnic that evening with music provided by the U.S. Army West Point Orchestra; and a great ride home on Monday. What more could you ask for? Details are elsewhere in this Bulletin and on the club website, which also includes a link to active.com in order to register.

Get your taste buds ready! Our special events person, David Sabbarese, has planned an evening of wine tasting on Thursday, June 17th. We’ll be heading down into the wine cellars of Vintage New York to sample various wines from the North Shore of Long Island and the Finger Lakes region along with a light fare of cheeses and meats. Check elsewhere in this Bulletin, on the club website, or the eweekly for more details.

Another event in which our club is taking part this month is Kids-In-Motion, sponsored by the American Cancer Society and the NYC Board of Education. On Wednesday, June 9th, over 1,500 6th to 8th graders will converge in Riverside Park for a one-day event to learn about healthy nutrition and to participate in physical activity. The kids will be learning new and different ways to become active and maintain a healthy lifestyle. Our “activity” will have children competing on bicycles (provided by Recycle A Bicycle) attached to stationary trainers. All children participating in this activity will receive prizes. Thanks go to NYCC member June Robbins for helping to coordinate our participation in this very worthwhile event.

Everyone have a great month.

- Stan O.
It’s been amazing to us, as ride leaders, how much the C-SIG has grown over the last three years. When Patricia and Jim Janof took it over seven years ago, under Irv Weissman’s remarkable tutelage, there were about 10 people. This March, 148 people contacted us about joining the C-SIG, and this year’s edition began with 102 riders in the cold winds of March.

But the reasons for joining have not changed all that much. Yes, we do get some who were closed out of the B-SIG, but we also have some who, given the opportunity to join the B’s, elected to stay with us. They wanted that thorough grounding in cycling knowledge and group riding skills that remains Irv’s legacy. Some join because friends or relatives are cyclists, and they want to see what all the fuss is about. Others join because they have committed to a charity bike ride or triathlon and want to have the skills and endurance to complete it. Many had long wanted to learn cycling, and the C-SIG came along just in time for them to decide to make the plunge.

Whatever the reasons, when we graduate our 2004 class of 63 riders, they are only beginning a lifelong passion for cycling. We salute them for their dedication, determination, and good cheer during this initial phase of their cycling education. As one Siggie said, “I used to see all those cyclists meeting in Central Park. Now I’m one of them.”

Paul Hofherr, Kevin Banks, Lauren Applebaum, Gary McGraime, Pat Kilroy, Karen Nicolini, Bill Podbielski, Gerry Villanueva, Debbie Dowell, Julie Bechtel, Chris Bernstein, Cheryl Cook, Mitch Levine, Jennifer Yang, Patricia Janof, Janet Baslone, Amelia Kennedy, Ruth Wachspress, Gail Williams, and Michael Allison.

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**Men’s Bicycle Racing Clinic**

Learn the fundamentals of bike racing. Participate in a simulated three-lap (18.6 miles) road race in Central Park.
- Pre/post race talks
- Bike maintenance clinic
- Prizes awarded to the top finishers
  - Giro Pneumo special edition “Lance Armstrong” helmet with carrying case awarded to the winner

**Entry Fee:** $5

**Requirements:**
- Helmets (Bell/Ansi approved) are mandatory
- Bicycles must be road bikes in good condition
- NO AERO BARS allowed
- Minimum age: 18 years old

**Preregistration:** Please visit www.BikeReg.com/races/register.asp?EventID=1589 to register in advance. Race day registration subject to availability. Field size limited to the first 100 registrants.

**Race Day Registration/Start-Finish:**
- 5:15 am, New York City, Central Park, East Drive at 79th Street
- The Rambles Parking Lot

**For more Information/updates:**
- Visit www.crrca.net or call (917) 373-4759

This event is presented by the CRCASanchez Metro Team and is generously supported by:
June Recurring Week Rides

Every Tuesday and Thursday Evening

**A19**  18–24 MI  7 PM  **EVENING LAPS**

*Leaders: various*
*From: The Boathouse*

Now that the temps are getting warmer and daylight is lasting longer, it's even more enjoyable to get out to the park after work. Join us every week for hill repeats, pacelines, intervals, etc. Once in a while, we may even venture out of the park! Heavy rain cancels.

Every Wednesday

**A21++**  50+/– MI  10:00 AM  **WEDNESDAY MORNING SPIN SHARP**

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

Join us for a fast paced, cooperative group ride, usually to Nyack (505 up, 9W back). There is often a slower group too. We have no silly requirements and you should know what cancels for you.

**B16/17**  50+ MI   9.30 AM  **NYACK/PIERMONT**

*Leader: Maggie Schwarz, 212-206-7672, mschwarz@aol.com*
*From: Eleanor Roosevelt statue (72nd and Riverside Dr.)*

Freelancers and other delinquents unite for a weekday jaunt up to Piermont or Nyack. Practice the skills you learned in the SIG and enjoy the company of fellow SIGgies and other riders. Routes will vary depending on group preference and time constraints, but WE LOVE RIVER ROAD!

**C14**  18 MI   7:00 PM  **STRESSBUSTERS IN CENTRAL PARK**

*Leader: Dave Sabbarese (dsabbare@firstmanhattan.com)*
*From: The Engineer's Gate in Central Park (5th Ave & 90th St)*

Our mid-week spinning session is designed to keep us fit in between our weekend rides. 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.

June Member Rides

Saturday, June 05, 2004

**A19**  100+/– MI  8:00 AM  **NECKING ON LONG ISLAND**

*Leaders: Timothy McCarthy, 718-204-7484, timothymc@earthlink.net and Ron Roth, rr7@nyc.rr.com*
*From: The Boathouse*

Join us as we meander through scenic Queens out onto Long Island and back. The object is sight seeing over pace busting (though we will motor at times). This is an all day affair. Hills? You betcha (a few). Helmets, good cheer and paceline skills mandatory.

**A19/20**  58 MI  8:30 AM  **RIVER RD, SNEDEN’S, BRADLEY, TWEED, ROCKLEIGH**

*Leader: Richard Rosenthal, 212-371-4700, rr@adlibNYC.com*
*From: The Boathouse*

It's scenic, it's untrafficked, it's challenging, you'll be back by 1:30, and, to a certainty, I'll be wayyy behind you on the many hills. Brief snack stop and water stops, but no meal stop. If it rains, same ride on Sunday.

**A/B17**  100+/– MI  7:00 AM  **LONGEST DAY DOUBLE CENTURY TRAINING RIDE: WESTCHESTER HILLS**

*Leader: Robert Dinkelmann 212-666-0175, dinkelmann@att.net*
*From: Central Park West and 100th Street*

Third 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 3 pm or earlier. Only three 20 min stops approximately 30 mi 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 am will move the ride to Sunday. Same cancel conditions apply on Sunday. Check the NYCC message board for changes due to unforeseen events.

**A/B/C**  30-65+ MI  9:00 AM  **NEWCOMERS RIDE**

*A18 - 65+ miles  Leader: Robert Gray, Christy Guzzetta*
*B17 - 60 miles  Leaders: Carol Waaser, Mary Beth Mulhound*
*B16 - 55 miles  Leaders: Rick Braun, John Kalish, Steve Chabra*
*B15 - 50 miles  Leaders: Wayne Wright, Ellen Jaffe*
*C14 - 45 miles  Leaders: Karen Nicolini, Andy Ashwal*
*C13 - 40 miles  Leader: Gary McGraime*
*C12 - 30 miles  Leader: Isaac Brumer, Andres Nicolini*

(*note meeting location below)*

All rides will meet in the Central Park Boathouse parking lot @ 9:00 AM. (*Call to confirm the C12 will meet at the GWB terminal entrance on Ft Washington @ 9:45 AM (A train to 178th St.)*

ALL WELCOME! If you have not previously been on a club ride or on your bike for a while, try a ride that is easily within your capability. You’ll find a choice of A, B and C rides to accommodate every level of cycling. Not to worry: you may move up or down to a faster or slower group during the ride at one of the "connecting"
points or after lunch. The Newcomers Ride is not a race and you don't need to be a member or a newcomer to be welcome. Come all and have FUN!

After a morning of beautiful riding, all groups will stop at the bagel shop or deli in Westwood NJ to pick up food and proceed to rendezvous at a nearby lake in Pascack Brook Park for a picnic. After eating, we'll have a drawing for many free prizes including the new NYCC Jersey!!!

Please note it is important to show up for the ride prepared with a bike in good running order, properly inflated tires, a spare tube, water, money for lunch and ID. A helmet is required.

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**Sunday, June 6, 2004**

**A19/20  58 MI  8:30 AM  RIVER ROAD, SNEDEN'S, BRADLEY, TWEED, ROCKLEIGH**

**Leader:** Richard Rosenthal, 212-371-4700, rr@adlibNYC.com  
**From:** The Boathouse

It's scenic, it's untrafficked, it's challenging, you'll be back by 1:30, and, to a certainty, I'll be waaaaay behind you on the many hills. Brief snack stop and water stops, but no meal stop. If it rains, same ride on Sunday.

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**B18  60 MI  9:00 AM  MAMARONECK REDUX**

**Leaders:** Marci Silverman, 646-408-4566, mhsliv@yahoo.com; Peter "Banana Guy" Kouletsis, 917-854-1181, peter.kouletsis@citigroup.com  
**From:** The Boathouse

We had a beautiful ride last fall, sans Peter, who plans to be in riding condition this time. Marci may miss a turn or two, but we'll get there anyway. And Sheamus may remember to bring his cell phone, in case he gets separated from the group yet again. Even if you're reading this and saying who??, join us for a scenic trek to Mamaroneck where we'll eat lunch by the harbor and enjoy the views. The route has some rolling hills but no killers. Bring water, spare tube, pocket food, helmet, all the usual stuff. Numerous Metro North and subway bail-out options. Light rain will not cancel, downpours will. Check message board or call leaders if in doubt. Your mileage may vary.

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**B14  45 MI  8:30 AM  KENSCIO PREVIEW**

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

This ride is intended as an optional pre-ride for leaders of next weekend's all-class. All are welcome to join. Ride ends at Woodlawn Station. Rain cancels. Helmets required. Bring pocket food and Metro-North pass.

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**Saturday, June 12, 2004**

**A20+  80 MI  9:00 AM  SADDLE RIVER**

**Leaders:** Glenn Pierce gpierce@fcb.com Jenny LaPlante  
**From:** The Boathouse

A cruise along a slightly modified version of the SIG Classic Sad-
B15  50+/  MI  9:00 AM  ROLLING/HILLY "WHERE EVER" RIDE

Leaders:  John Zap, Day 212-255-7191, Eve 203-972-9339; Allan Goldberg, 914-693-2928

From:  Grand Central Station for the 9:07 am New Heaven train to Darien.  Leader will meet group at Train Station arrive 9:59 am  "Where-Ever," "Show & Go" WHATEVER you want to call it.  We will go where-ever we want.  according to group consensus using some different roads then we normally go on.  No cue sheets.  Return from Darien or somewhere else about 4PM.

C  ?  MI  9:00 AM  PICKUP & RIDE

Leader:  You and your new and old friends

From:  The Boathouse

No rides at press time.  Check your e-mail, the online ride listing and the message board.  Or come to the park and meet some friends.

Sunday, June 13, 2004

ALL  40-70+  MI  9:00 AM  KENSICO DAM, WITH A FREE-CLASS LUNCH NO LESS!

Leaders:  (contact Ride Coordinators or Rides VP for further information)

A20+  Christy Guzzetta

A18/19  Robert Gray, Fred Steinberg, Russ Berman

A/B  17/18  FG/SS ride, details below.

B18  Ed White

B16  Ellen Jaffe, Jay Handfield, Mark Gelles

C12/14  Janet Basilone, Maureen Berlings, Sara Demel, Claudia Kaplan, Amelia Kennedy, Hans Koch, Andres Nicolini, Marjorie Shaffer, Lee Ann Van Wyck, Scott Wasserman

From:  The Boathouse Parking Lot

TANSTAAFL? (There Ain't No Such Thing As A Free Lunch)- This ain't science fiction.  There certainly is if you show up at the boat-house at 9AM and sign up for one of the above rides in the first NYCC All-Class ride of the season.  There's a ride for everyone.  We'll all meet at the Boathouse parking lot at 9AM and head out into beautiful Westchester County on routes of various distance, speed and terrain.  All rides will rendezvous at the Kensico Dam Plaza where there'll be a plentiful lunch for all.

A/B  17/18  50 MILES  "NO SHIFTING" ALL-CLASS RIDE

Keith Goldstein, kbg32@aol.com; Rob Kohn, robk@dtsoft.com

A flat fixed gear/single speed ride to Kensico.  Multi-gear bikes permitted only if the rider picks one gear and stays in it for the entire ride.  Anyone caught shifting will be mercilessly schwebber-ized.

Saturday, June 19, 2004

A18/20  75-100  MI  8:00 AM  MADE IN THE SHADE

Leaders:  Fred Steinberg 212-787-5204 fsteinberg@nyc.rr.com; Timothy McCarthy timothymc@earthlink.net; Jeff Robins jeffreee2003@yahoo.com

From:  Boathouse parking lot

By now, heat and humidity won't be a novelty, but we'll do most of this ride in the shade.  That doesn't mean flat.  There's a scenic hilly detour into Connecticut, around Byram Lake, a picnic lunch in Mt. Kisco.  Then a loop around Croton Reservoir and long climb up Pine Bridges Rd.  As always the route will differ from prior years based on road closures and the weather forecast.  Water stops as needed.  Two (2) water bottles required.  Bring a Metro North pass.  Cancel conditions:  The usual.

ONE DAY / TWO CENTURIES: LONGEST DAY DOUBLE CENTURY FROM NYC TO DANBURY, CT

Leader:  ?

From:  The Plaza Hotel (SE corner of Central Park)

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.

B16  54  MI  9:00 AM  RIVERVALE: A PLACE TO EAT IN THE PARK?

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

From:  the Boathouse

OK, we’ve been there before and we liked it.  It’s a beautiful ride through a number of New Jersey towns without a lot of lights and along the lake.  Mostly flats with some light hills.  Nothing you can’t handle.  We’ll meet at the top.  You’ll have your choice of eating at the diner or joining the “fresh air” group in the park.  Join a bunch of you friends, or meet some new one’s, for a great day of riding.  You’ll enjoy a beautiful day in the “burbs”.  Cheap therapy for city slickers Join us for the fun of it.  This might be your last chance at a spring ride.  What would make us cancel?  Rain, Snow, Heavy Winds [> 20 mph], temp above 95 ?or me winning the lottery the night before.  Check channel 1 at 8 am or the message board.

Ride ends NY side of GWB.  Bring spare tire and a fun attitude.  Helmet [on head] required

B15  55  MI  9:00 AM  ZAP CT GOLD COAST RIDE, LOWER SECTION W/OPTION TO CONTINUE

Leaders:  John Zap, Day 212-255-7191, Eve 203-972-9339; Allan Goldberg, 914-693-2928

From:  Grand Central Station for the 9:07 am New Heaven train to Fairfield.  Leader will meet group at Darien Train Station arrive 9:59 am

A leisurely scenic ride along Fairfield County’s coastline from Darien to Stratford.  Next month we will do the upper 2/3 or the entire 76 miles from Darien to New Haven.  Ride will travel through Darien, Norwalk, Westport, Fairfield, Bridgeport, Lordship and end in Stratford.  Return approx. 4:10 pm depending on finish time.  Option to continue on towards or to New Heaven for the hearty, depending on group, weather, etc.

C13/14  40-45  MI  9:30 AM  GATEWAY LOOP

Leaders:  Amelia Kennedy email@ameliakennedy.com, Hans Koch hans@imagennmicro.com

From:  Prospect Park, Grand Army Plaza gate

Enjoy the beauty of Jamaica Bay, southern Brooklyn neighborhoods and The Gateway National Park along greenways and roadways.  It is important to show up for the ride prepared with a bike in good running order, properly inflated tires, a spare tube, water, money for lunch and ID.  A helmet is required.  If the weather conditions are questionable, check the message board on our website (www.nycc.org) after 7:00 AM in case of cancellation.

BE A PUBLISHED AUTHOR!

SUBMIT YOUR STORIES AND ARTICLES TO THE NYCC BULLETIN TODAY!
Sunday, June 20, 2004

A18 80+/- MI 8:00 AM Made in the Shade to Bedford and Brewster

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

From the Boathouse

A sinuous, shady route that will include a few hills, vistas of Westchester reservoirs and a steady pace over some great paceline roads. We'll even stop for lunch (but not too long). This ride is not for hammerheads (as a matter of self-preservation -- I prefer a ride I can keep up with). Bike and tires in good shape, plenty of fluids and pocket food and skills for good group riding are necessary along with a helmet. Prospect of heavy rain will wash this out. Call or check the message board if in doubt.

B18 65 +/- MI 9:00 AM Nyack with Lakes

Leader: Michael Casey, 917-685-9022, mec_8870@yahoo.com

From: Soldiers and Sailors Monument, 89th Street and Riverside

A route less traveled, at least by me. Preview it in the ride library. A quick lunch at the Runcible, then back via 501. Bring: helmet, $, pocket food. Rain or wet roads at 8 a.m. cancels--check the message board if in doubt.

Tuesday, June 22, 2004

A19/20 58 MI 8:00 AM River Road, Snedens, Bradley, Tweed, Rockleigh

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

From: The Boathouse

It's scenic, it's untrafficked, it's challenging, you'll be back by 1:00, and, to a certainty, I'll be wayyy behind you on the many hills. Brief snack stop and water stops, but no meal stop. If it rains, same ride on Sunday. Note earlier departure time.

B15 50 MI 10:00 AM Somewhere in Rockland

Leader: You and your new friends

From: the Boathouse

It's nearly summer! These are the kind of days you were pining for back in January, so come join in on a fun pick-up 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. Helmets please.

C13/14 45-60 MI 9:00 AM Touring Upper Westchester Up Fairfield County

Leader: Marilyn & Ken Weissman, 212-222-5527 mollynina@yahoo.com

From: Grand Central Terminal - Info Booth

A few hills as we glide through sections of horse country, and/or around NYC's reservoirs. This point-to-point touring-style ride is suitable for more-experienced riders, combining an all-day "look-around" pace with the distance and terrain often found on a B ride. Metro North return; helmets and train passes required. E-mail leaders during week for specific train info.

Saturday, June 26, 2004

A19/20+ 110 MI 7:35 AM Poughkeepsie-Hunter Loop

Leader: Ron Roth rr@nyc.rr.com Timothy McCarthy TimothyMc@earthlink.net

From: GCT – Metro North to Poughkeepsie depart at 7:52 am – 8:02 at 125th Street.

We'll head north from Poughkeepsie in pacelines on undulating 9G, then swing over to the west side of the Hudson heading for Palenville. Make a left on 23A, grab some fluids if needed, and get on your climbing shoes! It's 4.3 miles and about 1500 ft of vertical to get to the top. The reward for your effort will be a delicious, revitalizing lunch at "Maggie's" in Tannersville. After that, a few rollers, than a 12+ mile, mostly downhill section starts us on our way back. Don't get complacent, however, as Mohonk (about 2 miles and nearly 800+ ft.) looms at around the 95 mile marker. Expect great scenery, some serious climbing, and a few noteworthy descents within a long, rewarding day of riding. Bring (at least) 2 water bottles, pocket food, a bike in solid mechanical condition, a helmet, and a Metro North rail pass. A minimum 39/25 chainring/cassette combo is recommended. Please confirm (by email) if you expect to ride, as Maggie's is a relatively small establishment. Good cheer, paceline skills, and fit riders welcomed. If rain or miserable weather (including serious heat!) is forecast, see the Bulletin Board at www.nycc.org for the status of the ride.
**Sunday, June 27, 2004**

**A18** 65 MI 7:30 AM **NORTH WHITE PLAINS TO COLD SPRING**

**Leader:** Robert Gray 212-593-0986 nyarchitect@msn.com

*From: The Boathouse*

Two trains eliminate the junk miles but makes for a long day so we need to start early to catch the 7:48 train to North White Plains and take a 1200 foot descent into Cold Spring for another train home. This ride does not lack hills and we will be going up them slowly. Bring a mellow attitude, proper equipment and do not expect a hammer fest. Check the web site if conditions are questionable.

**B15** 52+/- MI 8:30 AM **TALL VALL**

**Leaders:** Mark Gelles, 212-689-1374, mgelles@okcom.net; Chris Hartmann, c.hartmann@att.net

*From: The Boathouse*

Come join me on the last day I'll be 54 & take a scenic route out & back (some times backwards?) on Bergen/Rockland County roads. Spin through Jersey burbs, onto Tallman bike path (hardpack), meandering south/west to choice of delis/picnic at Pascack Brook County Park (River Vale NJ). Home on familiar NYCC roads (501 to Churchill). Bring tubes, fluids, pocket food, a few bucks for lunch, & of course a smile. Wet roads at 7:30 am or forecast of steady rain will cancel, if in doubt look for message on message board.

**Wednesday, June 30**

**B16** 30 MI 6:30 PM **STRESSBUSTERS GO TO BROOKLYN**

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

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

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 7 pm. 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.

**Saturday July 3, 2004**

**C13/14** 40-45 MI 9:00 AM **PIERMONT**

**Leaders:** Hans Koch hans@imagenmicro.com, Amelia Kennedy email@amelia kennedy.com

*From: Central Park Boathouse Parking Lot*

A beautiful summer ride with a picnic lunch at mid-day. It is important to show up for the ride prepared with a bike in good running order, properly inflated tires, a spare tube, water, money for lunch and ID. A helmet is required. If the weather conditions are questionable, check the message board on our website (www.nyc. org) after 7:00 am in case of cancellation.

**Club Calendar**

**Tuesday, June 8, 2004**

**Place:** Annie Moore Bar & Restaurant, 50 East 43rd Street, (212) 986-7826

**Time:** 6 p.m.-9:15 p.m. (Social hour: 6:30; dinner: 6:30-8:00; program: 7:30-9:15)

**Special note:** We ask anyone not having dinner to arrive after 7:15 p.m. for this program only.

**SIG Graduation. It's a PARTY!**

See back cover of the Bulletin for details.

**Out of Bounds**

**Friday-Sunday June 11-13, 2004**

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

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, 2004 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 registra-
Saturday July 10, 2004

THE SARATOGA 24
This endurance road cycling event is returning to Saratoga County, New York. The Saratoga 24, a 24 hour road race, will be held as part of the John Marino Competition and is sanctioned by the Ultra Marathon Cycling Association (which 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

Sunday June 13, 2004

COUNTRY ROADS BICYCLE TOUR
Organized by 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, e-mail bigzip@frontiernet.net.

C7+/- 10+/- MI 10:30 AM FAMILY (KIDS) RIDE & PICNIC
Leader: Bruce Gordon; 917-769-5539; brucebgordon@acm.org
From: Upper West Side (reservations required, call leader for details)
Grab your kids and come out and ride. Bring snacks and lunch. Ride up the West Side bike path for a picnic. Rain cancels.

3RD ANNUAL FINJ SEAFOOD TOUR
From: Belmar Train Station at 8 AM
Belmar NJ to Sandy Hook Park and return to Belmar to participate in the New Jersey Seafood festival. Further information http://active.evite.com/pages/invite/viewInvite.jsp?inviteId=PCELVDJRRUDAEZTPPSQB (good luck typing all this into your browser. -ed.)

Saturday June 19

7:30 AM 25-30 MILES CLEARWATER FESTIVAL
Leaders: Five Borough Bike Club - Ted M. Kushner and Brian Hoberman
From: Grand Central Terminal
Join 5BC’s 16th (!) annual day-long trip to this classic folk festival. Metro North to White Plains, then cycle to the park. Limited discount admission tickets ($20) for early arrivals. Optional but recommended return to NYC by train. Bring $13 MetroNorth fare, bike permit, and suntan lotion. 25-30 miles one way, moderate pace, some steep hills.

Sunday, June 20, 2004

9:00 AM 25 MI CLEARWATER FESTIVAL
Leaders: Time’s Up! (www.times-up.org)
From: From: Van Cortlandt Park (Bronx) Golf Clubhouse (enter at VCP South and Bailey Ave., one long block south of the 242nd St station and a few blocks east of Broadway and 2 miles north of the 207th St. stop on the A train)
Ride with TIME’S UP! along the Old Croton Aqueduct to the festival. 25 miles, mostly dirt (fat tires recommended), some hills, 12 mph pace; Metro North train stations nearby if you have to bail. Bring water and snacks. Save money by purchasing your festival ticket in advance. ETA between 1 and 2.

Sunday, July 18, 2004

HARLEM VALLEY RAIL RIDE
Join us for a day of cycling in northeastern Dutchess County. Choice of rides from 17 to 75 miles. All rides start on the Harlem Valley Rail Trail and move onto local roads. Bus transportation from Manhattan available. Description and registration at www.bikenewyork.org.

Saturday, September 19, 2004

THIRD ANNUAL TWIN LIGHTS RIDE IN MONMOUTH COUNTY, NEW JERSEY.
Choice of rides from 15 to 100 miles ---There’s something for every cycling ability! Rides start and end in Highlands, New Jersey. Ferry service from Manhattan available. Details and registration at www.bikenewyork.org.

Congratulations, apologies, and a promise...
First off, Road Dirt wants to congratulate all the many SIGgies who made it through all those weeks of rigorous training and graduated to become the new A, B and C riders of the NYCC. We hope you keep riding, lead some rides, and of course, send us your dirt. We hear all the graduation rides were fabulous and we look forward to hearing the details. We’ll see you all at the June meeting as you get your caps and gowns (helmets and spandex?) and diplomas.

Next, the apology and correction. Last month we attributed the wonderful new addition of having bike shops sponsor our monthly meetings to the current VP of rides, Hal Eskanazi. Well, Hal does deserve congratulations for recognizing a good idea when he hears one, but the true credit for that idea goes to none other than our esteemed pres, Stan Oldak and club member Eden Weiss (no). Last January Stan proposed the monthly meeting sponsorship program to Eden who then did all of the legwork and sold the idea to the shops. He visited and revisited about 15 bike shops and now revisits each one about 10 days before their month of sponsorship. All together, Eden has gotten a couple of thousand dollars worth of free cycling related items to be raffled off or given away at monthly meetings this year. Eden, we are sorry - we didn’t know! But, we are certainly grateful for all your hard work and we love the bottles, lube and tubes we’ve gotten so far. And Stan - brilliant idea!

Okay, the promise...We don’t have much new dirt to report this month, but by July, we will have sent out all our spies, compiled the reports and we’ll have a real juicy column for you. If you’ve got something you want the whole club to know, send it in to roaddrirt@nycc.org. Remember it doesn’t have to be dirty to be Road Dirt.
JULY 4TH ALL-CLASS CLUB WEEKEND AT WEST POINT

July 3-5, 2004. Spend three days and two nights, enjoying great cycling and great friends, at perhaps the best setting in the country for a patriotic July 4th holiday weekend, at the home of the U.S. Military Academy at West Point.

We’ll bicycle to West Point from Central Park on Saturday, July 3rd—red, white, and blue required! A, B, and C rides will be provided by our expert ride planners. A luggage shuttle will carry our clothes from Central Park to West Point on Saturday and then back on Monday. On Saturday evening, we’ll enjoy a chartered dinner cruise along the Hudson River aboard the Pride of the Hudson. A live rock ’n’ roll band, Standards and Soul, will be on board, so bring your dancing shoes.

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

Included: three days and two nights at the historic Thayer Hotel right on the West Point campus (double occupancy), two full breakfasts, two dinners (the dinner cruise and the July 4th picnic), and baggage shuttle—pretty much everything you need except lunch and drinks. **Cost is only $275 per person.**

Registration and complete details are online at: [http://www.nycc.org/rides_4th.shtml](http://www.nycc.org/rides_4th.shtml)

Happy birthday, America!

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

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**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. Listings will run for one month unless otherwise specified.

**FOR SALE:**

**TSUNODA STATIONARY EXERCISE BIKE**

hardly used; delivered to you $50 Jay 845-359-6260 joanandjay@aol.com

**Trek 5900 Superlite**

54 cm Full Dura-Ace - Triple (Lance’s Bike - Full 110 OCLV carbon), only 500 miles, Custom Black/nude, LOOK Free-Arc road pedals, no seat, excellent, $2500, email Mark at markc2a@earthlink.net

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**Do you have a funny story or an interesting adventure to tell?**

**Send your tale to:** bulletineditor@nycc.org today
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.

Bicycle Shop
345 West 14th Street, New York, NY
212-691-6149 or
www.a-bicycleshop.com
abikshop@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
Tenaflly, NJ 07670
201-568-3972 10% off on part and accessories

Bicycle Renaissance
430 Columbus Avenue, New York, NY
212-724-2350. 10% off repairs and new bikes (not on sale items and new bikes).

Conrad's Bike Shop
25 Tudor City Place, New York, NY
212-697-6966 or conradbike@aol.com
8.25% off parts, accessories and repairs.

Cycle Paths
138 Main Street, New Paltz, NY
845-255-8723
15% off parts and accessories. 10% off bikes. No discounts on sale items.

Gotham Bikes
112 West Broadway, New York, NY
212-732-2453 or gotbike@aol.com;
10% off parts, accessories and repairs.

Larry and Jeff's 2nd Avenue Bicycles Plus
1690 2nd Ave. at 87th St., New York, NY
212-722-2201, 15% off

New Horizons Sports
55 Franklin St., Westfield, MA 01085
413-562-5237
Don@NewHorizonsBikes.com
Certified Serotta Bike Fit Specialist
www.NewHorizonsBikes.com
www.BerkshireBrevets.com
10% off parts and accessories.

Piermont Bicycle Connection
215 Ash Street, Piermont, NY 10968
845-365-0900

4 Washington Street, Tenafly, NJ 07670
201-227-6211
www.piermontbike.com
10% off everything, including bicycles.
Free shipping on purchases over $100.

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

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

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2004 Membership Application / Renewal / Change of Address

In consideration of being permitted to participate in any way in New York Cycle Club ("Club") sponsored Bicycling Activities ("Activity") I for myself, my personal representatives, assigns, heirs, and next of kin: 1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any future I believe conditions to be unsafe, I will immediately cease further participation in the Activity. 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 ACTIONS OR INACTIONS 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 SOCIO-ECONOMIC LOSSES OTHER THAN THOSE KNOWN TO ME OR NOT REASONABLY FORESEEABLE AT THIS TIME, AND I FULLY ACCEPT AND AGREE TO ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS AND DAMAGES I INCUR AS A RESULT OF MY PARTICIPATION IN THE ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE THE CLUB, THE LAWS, THEIR respective administrators, directors, agents and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessees of premises on which the Activity takes place, (each considered one of the "RELEASING parties") 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 NEGLIGENCE RESCUE OPERATIONS, AND I FURTHER AGREE THAT, IN EVENT OF MY DEATH, I AGREE TO RELEASE AND DISCHARGE THE "RELEASEES" FROM ALL LIABILITY WHICH MAY RESULT FROM MY DEATH.

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

Partner: _________________________ Email: __________________________ Riding Style: ☐ A ☐ B ☐ C

Address: __________________________ Street: __________ Apt. _______ City: _______ State: _______ ZIP: _______

Day tel: ___________ Night tel: _______ Partner tel: _______

Signature (1) _________________________ Signature (2) __________________________

Check (if applicable): ☐ Do not print my address ☐ 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 on the active.com link.

NOTE: ALL NYCC MEMBERSHIPS ARE ON A CALENDAR YEAR BASIS ONLY. Remember to renew before March to avoid a break in your weekly email updates.
Tuesday, June 8, 2004
The Cheers Will Go Up As We Honor and Award Our Annual SIG Graduates.
That’s the A, B & C of it!

Come for the party and support our graduates with the honor of your presence. Remember when you did the SIG (or maybe you’ve been thinking of doing it)? They have worked hard at honing their skills so that you will feel confident riding with them. Their endorphin levels are high, the excitement will fill the room, and you know you’ll hear some pretty funny stories from them and their leaders.

And, yes, let’s not forget about the leaders. Every year a group of leaders, joined by past graduates, give tirelessly of themselves to make us the riders we are. How many of us owe our riding prowess to them? So what could be a better way to show your support and commitment to the Siggies, the leaders, and NYCC than coming to the June graduation party?

Whether you’re an A, B or C rider, you’ll have fun welcoming the new graduates to our ranks. Maybe you’ll even pick up some co-leaders for your rides or encourage some graduates to lead a ride.

Join your friends at the NYCC June Graduation Party/Program It won’t all be serious. We’ll have some fun. We always do!

This year’s programs have had record attendance. It’s your club—participate.

Meeting Sponsor? Yes, we will have a bike-shop sponsor again, but you will have to wait for July. They will be holding free bike giveaways, displaying cool bike stuff, and attending to schmooze and “bike talk” with us during the cocktail and dinner hour! Join us for the fun. Win a free gift certificate! Will you take home one of them? In May we raffled off $900 in prizes Yes, $900.

SWAP TABLE: We did it in May. It was great. We’ll do it again in July.

Annie Moore’s Bar and Restaurant
50 East 43rd Street, (212) 986-7826
(west of GCT between Madison and Vanderbilt Aves.)
Subway: Take the 4/5/6/7 to 42nd St./Grand Central

Buffet with chicken marsala with rice, pasta primavera, shepherd’s pie, green salad, and coffee or tea. Dinner is $20, including tax and tip (cash only). Social hour with cash bar starts at 6:00 pm. Dinner starts at 6:30 pm. Program runs from 7:30-9:15 pm.

Special note: We ask anyone not having dinner to arrive after 7:15 p.m. for this program only.