

NYCC *Bulletin*

June 2004



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.



June is Busting Out All Over

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; super fireworks; 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.

THE HISTORY OF THE NYCC

"Who is ... Montaaaaaaalvo?"

If you know who said this and what it's about, you have too much time on your hands. Every month we'll try to dig up a historic (ancient? just plain old?) quote from the NYCC archives (a bunch of dusty Bulletins). If you have one worthy of inclusion, send it to loupokes@aol.com.



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Submissions:

EMAIL: bulletineditor@nycc.org

Submit copy via email or Zip disk or CD, preferably plus hard copy. Advise operating system, software, phone number, and email. Material may be edited for brevity and clarity. A full page of text is 750 to 1,090 words. Publication is determined by available space. We cannot guarantee that all submissions will be published.

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

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

A Tribute to the 2004 C-SIG Graduating Class

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 Basilone, Amelia Kennedy, Ruth Wachspress, Gail Williams, and Michael Allison.

RACE RACE RACE RACE RACE breathe

Saturday, July 31, 2004, 6am start
Central Park, New York City

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:

5:15am, New York City, Central Park, East Drive at 79th Street
The Rambles Parking Lot

For more Information/updates:

Visit www.crca.net or call (917) 373-4759

This event is presented by the CRCA/Sanchez Metro Team and is generously supported by:



Club Rides

IMPORTANT: BEFORE YOU TAKE YOUR FIRST CLUB RIDE, PLEASE READ ABOUT CLUB RIDES ON PAGE 10.

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.

NO HEADPHONES.



Unless otherwise stated, precipitation at starting time cancels the ride.



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: 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, mschwarzny@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 Mulholland

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"

Get Involved, Lead a Ride!

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.

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 wayyy behind you on the many hills. Brief snack stop and water stops, but no meal stop. If it rains, same ride on Sunday.

B18 60 MI 9:00 AM MAMARONECK REDUX

Leaders: Marci Silverman, 646-408-4565, mhsilv@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.

B14 45 MI 8:30 AM KENSICO 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.

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

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-

dle River Ride. Not a lot of climbing, so buckle up - this will be a fast ride up to the Mt Ivy Diner for a bite to eat, and then South Mountain Road for dessert. Check the message board at 7AM for weather cancellation/postponement.

A19/20 125+/- MI 7:51 AM GARRISON/PORT JERVIS-GCT HAWKS NEST/BEACON

Leaders: Hank Schiffman, 212-529-9082, schiffhank@aol.com, Ron Roth, rr7@nyc.rr.com & Timothy McCarthy timothy@earthlink.net

From: GCT, Metro-North to Garrison @ 7:52AM

Look to a repeat of last year's Tour de Orange County with the hope of getting to Hawks Nest. 6400' to 7000' of climbing, most of which are in the first quarter of the ride. 7 Lakes, Hogback & Mt Peter, a quick stop in Warwick, then a dash to PJ through the onion fields, lunch up on the Hawks Nest, a climb out of the Delaware Valley and on to the train at Beacon with a stop at the bakery in Goshen. If the winds are fair and regular, we will get a tailwind from PJ to Beacon. This ride has no easy exits. Stamina and strength are a must. Make sure your bike is roadworthy for the mileage; mechanicals will buy you a dark ride home. Bring water, 2 spare tubes, pocket food, spending money, a helmet and a Metro-North bike pass. If you have the stuff, this ride is a joy to behold.

A19/20 58 MI 8:00 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 1:00, and, to a certainty, I'll be wayyy behind you on the many hills. Brief snack stop and water stops, but no meal stop.

A/B17 100+/- MI 7:00 AM LONGEST DAY DOUBLE CENTURY TRAINING RIDE: NEW JERSEY

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

From: Central Park West and 100th Street

Last 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 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.

B18 75+/- MI 8:00 AM COLD SPRING VIA SEVEN LAKES WITH A TRIP UP BEAR MOUNTAIN

Leaders: Michael Casey, 917-685-9022, mec_8870@yahoo.com; Adam Pollock, 646-391-4453, adam@adamdoesIT.com;

From: 72nd and Riverside

This ride retraces the B SIG graduation route to Cold Spring--GWB, Saddle River, Suffern, Seven Lakes--with a detour up Perkins Memorial Drive (2.1 miles, 6% average grade). Return via Metro North. Bring: helmet, train pass, \$ and plenty of pocket food as the real eating isn't till the end. Rain or wet roads at 7 a.m. cancels--check the message board if in doubt.

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 PICK-UP & 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 boathouse 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 schwebberized.

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 jeffreese2003@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 Eskenazi, 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

From: Prospect Park, Grand Army Plaza gate

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

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!**

C12 40 MI 10:00 AM FT. LEE TO PIERMONT: THE SCENIC, MOSTLY FLAT ROUTE

Leaders: *Ethan Brook 201-224-0316; Barbara Augenblick 201-224-0316; Richard Fine 201-461-6959*

From: *Fort Lee Historic Park, (¼ mile south of the GWB, NJ side)*

We've taken the best and most scenic routes from Ft. Lee and combined them into one beautiful ride to Piermont. Bring or buy lunch. Weather permitting, we will picnic on the Piermont Pier. No go if there is rain, sleet, or snow. (There was a \$4.00 parking fee if you use the park parking lot. Rumor has it that they no longer charge for parking. If they do, you can park on Hudson Terrace on the north side of the G.W. Bridge and bike to the start site.) Joint with the Bicycle Touring Club of North Jersey.

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 pacerline 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.

A19/20 58 MI 8:00 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 1:00, 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.

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

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 OR FAIRFIELD COUNTY

Leaders: *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.

C12 23 MI 11:00 AM SANDY HOOK WITHIN

Leader: *Alfredo Garcia, 646-312-1677*

From: *NY Waterway Terminal, Rockefeller Park @ World Financial Center*

We'll check out outer locales, which includes 4 bridges, quiet rivers and Mt. Mitchell Lookout. Lunch at the Navesink Twin Lighthouse, with scenic views. Then return to the "Hook" for beach time. Bring \$ for lunch (or bring your own), sunscreen, lock, beach gear and camera. Round trip ferry fare is \$29 (tickets are limited, you can call NY Waterway at 800 53-FERRY for a reservation). Beginners and casual riders welcome. Some busy traffic & hills. Helmets required. Wet weather at the start cancels.

Tuesday, June 22, 2004

A19/21 52+/- MI 5:00 AM NYACK

Leaders: *Jody Saylor, 212 799 8293 JSaylor@aol.com, Christy Guzzetta, 212 595 3674, Christy.Guzzetta@GESServices.com*

From: *Engineer's Gate, Central Park, 90th & 5th Avenue*

Third annual "longest day of the year" ride. And you thought all days were the same 24 hours long. We meet at Engineer's Gate at 5:00 AM. OMIGOSH! Soooo early. Hey, it's only one day. And it's the longest day of the year. Get there on time, by 5:01 AM we are gone. We'll be taking River Road to Rte 9W to a quick cup of coffee at the Runcible Spoon. We will return the same way. River Road is a great way to avoid the maddening rush hour traffic on the road at that hour. If all goes well, we should be back at our homes in Manhattan by 9:00 AM. Yes, we will be late to work. One time, one day, late to work to do a bike ride. Hey, it's a holiday, it's the Longest Day of the Year ride.

Saturday, June 26, 2004

A19/20+ 110 MI 7:35 AM POUGHKEEPSIE-HUNTER GCT LOOP

Leaders: *Ron Roth rr7@nyc.rr.com Timothy McCarthy*

Timothymc@earthlink.net

From: *GCT - Metro North to Poughkeepsie departs 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, pacerline 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.

B18 70 +/- MI 9:00 AM HOT DOG! (RIDE 1: MAMARONECK)

Leaders: Ivy Pool, 212-496-4048, ivy_pool@hotmail.com; Christian Edstrom, 212-496-4048, christian@christianedstrom.com

From: Soldiers' and Sailors' Monument (89th and Riverside Drive)

The first in a series of summertime rides to local hot dog stands. We'll ride to Mamaroneck, stretching out the ride to burn some extra calories and really earn our lunchtime reward: hot dogs! Our destination, Walter's in Mamaroneck, is considered by some to be the New York region's finest dog. What to bring: your helmet, your appetite, and maybe some pocket money for a souvenir tee-shirt. The usual cancels; check the message board or call us after 8, if in doubt.

B16 42 MI 10:30 AM I LOVE A PARADE – THE MERMAID PARADE

Leader: Dave Sabbarese, dsabbare@firstmanhattan.com

From: The Boathouse

Who will be crowned Queen Mermaid this year? And King Neptune? (I heard it will be Moby) This "only in New York" event marks the true start of the summer season. (Who goes swimming on Memorial Day anyhow?) We'll have a nutritious lunch of beer and hot dogs @ Nathan's, and await the beauties to come sa-shaying down Surf Avenue. Bring a helmet (mandatory), lock (suggested), and lunch money (optional). For those wishing to jump on board in Prospect Park, we figure to be by the Picnic House by around 11:30 or so. Lousy weather cancels.

C14 45 MI 8:00 AM PANCAKES & WAFFLES ANYONE?

Leader: Kim Savage, 917-592-9209 kim@urbansavages.org

From: Grant's Tomb, Riverside Dr & 122 St, Manhattan

Ride to/from Nyack. We stop for pancakes and waffles and then ride back to Manhattan. Heavy rain cancels, otherwise we ride. Please be prompt. 10 minute grace period, then group leaves. Be prepared for your flats and bring water and a little food.

Sunday, June 27, 2004

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

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 from Grand Central. From there through Greenwich, Pound Ridge, Titicus and other Reservoirs, Carmel and a 1200 foot descent into Cold spring for another train home. This ride does not lack hills and I 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 SHARP "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 & I 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@ameliakennedy.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.nycc.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-

tion fee for riders and crew. For more information and to register, please contact GYGIG at 800-343-3637 or visit www.ibdride.org. Register Before: May 28, 2004

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/ack540.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 8AM
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 5BBC'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: 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 won-

derful 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 roaddirt@nycc.org. Remember it doesn't have to be dirty to be Road Dirt.



Send tips to: roaddirt@nycc.org

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

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.).

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

**Do you have a funny story or an interesting adventure to tell?
Send your tale to:
bulletineditor@nycc.org today**

Women's Beginning Bicycle Racing Clinic

SATURDAY JUNE 26th 6:00 AM CENTRAL PARK NYC

*Have you ever been tempted to try bicycle racing?
Not sure how to start?*

*Join the women of the Century Road Club Association,
New York City's road racing club, in a three lap simulated race around
Central Park. Experienced local women racers
will ride with the field providing instruction, assistance and advice.*

*For more information please see our FAQ on www.crca.net,
or call Beth Renaud, (212) 316-9430 or bethrenaud@yahoo.com.*

*Preregister online at www.bikereg.com
or get up really, really early and register
the day of the race, 5:15-5:40 a.m.*

*in the Rambles Parking lot, Central Park,
5:40 until 6:00 a.m. pre-race meeting.*

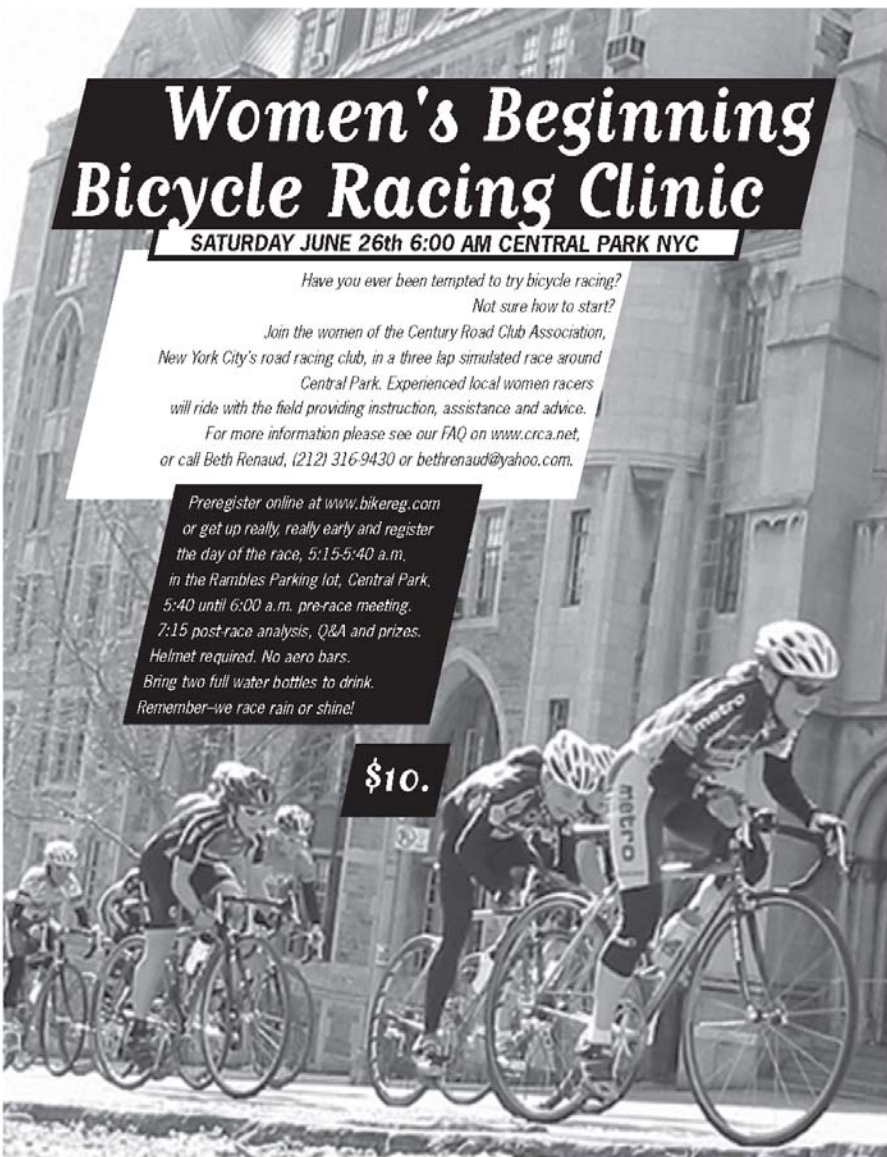
7:15 post-race analysis, Q&A and prizes.

Helmet required. No aero bars.

Bring two full water bottles to drink.

Remember—we race rain or shine!

\$10.



Presented by the CRCA Sanchez-Metro and Radical Media Racing Teams. Prizes generously supplied by Bicycle Station, Cycling Magazine, Craig Upton Laser Precision Bike Fitting, Hammer Nutrition, John Tomlinson, Keith Haring Foundation, Metro Bicycle Shop, Piermont Bicycle Connection, Toga Bike Shop, and Wyeth.

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 cncbike@aol.com
15% off parts and accessories. 10% off bikes, no discounts on sale items (no double discounts).

Bicycle Heaven

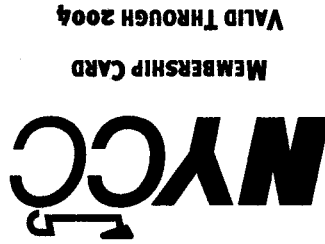
348 East 62nd Street
New York, NY 10021
212-230-1919
www.bikeheaven.us
8.25% off accessories, repairs & bikes

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.

Toga 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 _____

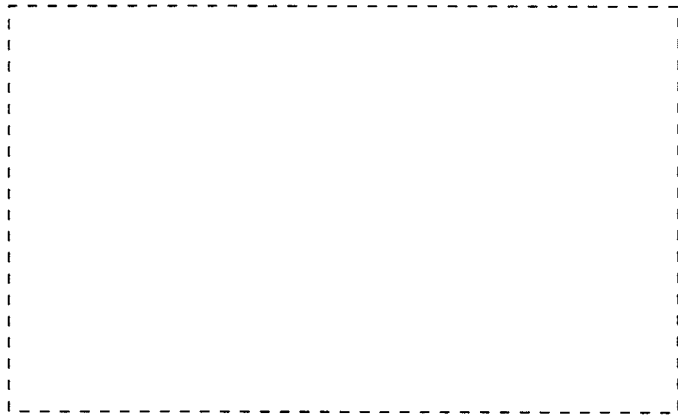
Check (if applicable): Do not print my Address Phone Email in the NYCC Roster.
 Do not print my partner's Address Phone Email in the NYCC Roster.

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. Please renew before March to avoid a break in your weekly email updates.

ENJOY THE BENEFITS OF NYCC MEMBERSHIP!



**FIRST CLASS MAIL
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New York, NY 10023

**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.