



*July 2004*

# **NYC Bulletin**

# It's Summertime!

Who of us are old enough to remember these lyrics:

*It's summertime summertime sum-summer-summertime  
Summertime summertime sum-summer-summertime  
Summertime summertime sum-summer-summertime  
Summertime summertime sum-summer-summertime sum-mer-time...*

*Well we'll go ridin' every day  
No time to work, just time to play  
If your folks complain just say,  
"It's summertime."*

Yes, it is summertime, and as we are all aware, summer in and around NYC can mean plenty of hot, humid days. These are conditions in which bike safety requires particular attention to "hydration." Even on short rides, always have plenty of liquid with you, water and a "sport"-type drink that contains electrolytes (Gatorade, PowerAde, etc.). And drink often, even if you are not thirsty. As the saying goes, "If you don't need to pee, you're not drinking enough."

Which brings us to the subject of rest stops. We often take for granted the places (shops, gas stations, libraries, police stations) that are kind enough to allow us to invade their premises and in particular their bathrooms. It has come time for us to give them thanks. And that is one of the first plans of action of our new Public Relations Director, **Mark Gelles**. We plan to publish a "Pit Stop Hall of Fame" in future bulletins. You may have already read Mark's request in the weekly club email. If you have a favorite pit stop that you would like the club to acknowledge, please send an email to Mark at [mgelles@okcom.net](mailto:mgelles@okcom.net). Include as much information (name, location, town, state, etc.) as possible. And if you know of a pit stop where we are not welcome, we would like to list them as well. A great idea, Mark!

Mark is replacing **David Hallerman**, who served on the executive board as club PR person since January 2003. David asked to step down due to other commitments at work and at home. Besides serving on the board, David has also been active in the club as a B-SIG ride leader and has led many regular club rides and All-Class Rides. We thank David for all of his work and we expect to continue to see him as an active participant in the club.

As you are reading this in early July, a number of club members have just returned from what was, I'm sure, a great weekend at West Point. I hope everyone else had a great 4th. Coming up later this month is the rescheduled Newcomers' Ride on Saturday, July 10. As originally scheduled, this ride will go to Pascack Brook Park for lunch and free prizes. And then later in the month we will once again be having our annual All-Class Picnic ride to a secret location. As long as I can remember it has been held at Fort Tryon Park near the Cloisters. Could it be there again this year?

For details on these rides and all other club rides, see the ride list in this bulletin and on the club web site, and be sure to check for any last-minute changes on the weekly club email. And everyone have a great month.

Stan O.

## NYCC COLUMBUS DAY WEEKEND IN THE CATSKILLS OCTOBER 8-11, 2004

Save the date! Join us for our 15th annual Autumn trip to the mountains. Once again you'll enjoy great company on quiet, untrafficked roads with spectacular scenery and beautiful fall foliage. Full details are on our website and will appear here next month. Just remember -- accommodations fill up fast. Don't get stuck in Nyack.

*Editor's note: Due to the large number of submissions this month, I wasn't able to include any of the photos sent to me. I will try my best to get them into next month's bulletin, so please continue to send them. Thanks!*



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### Submissions:

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

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

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

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

## Adoption! Adoption! Adoption!

The New York Cycle Club is about to become the proud parent of a section of 9W.

We have joined the New York State Adopt-A-Highway Program, and we will soon become the official "guardian" of 9W just north of Oak Tree Road to just south of Piermont where 9W intersects with Rt. 340. Our obligation is to clean this section of highway a total of four times a year for the next two years. The club's inaugural cleanup will be held July 31 in conjunction with a B ride led by Mark Gelles and a C ride led by Isaac Brumer. Check this month's ride listing for details.

## NYCC Pit Stop Hall of Fame

Do you have a favorite pit stop that you would like the club to acknowledge? If so, email me at [mgelles@okcom.net](mailto:mgelles@okcom.net). Include as much information as possible (name, location, town, state etc.). It's good public relations. Of course, you should practice your own PR. Whenever you use anybody's facilities, make sure to thank the person on duty. A little goodwill can empty a lot of bladders! Look for nominees to the Pit Stop Hall of Fame in future Bulletins. Thanks.

## Special Offer from the 92nd St. Y to NYCC Members

The 92nd Street Y's May Center for Health, Fitness & Sport (their gym facilities) is willing to extend corporate rate membership to NYCC members, as they already do for the NY Road Runners. The corporate rate is a considerable savings over regular membership. For example, new members pay \$1,195 per year, while the corporate rate is \$750. Members who renew can also do so at the corporate rate, rather than pay the \$895 renewal fee.

There is such an obvious connection between gym workouts and cycling fitness that this opportunity is not to be missed. So if you are thinking about joining a gym, check out the Y's facilities at [www.92y.org](http://www.92y.org). Through July 30th, the Y will also offer all NYCC members a free one-week trial membership. For more information please call the membership sales office at (212) 415-5729 or stop by the 3rd floor membership sales office at 1395 Lexington Avenue (corner of 92nd Street). Mention that you are a NYCC member.

### THE THREE GREATEST LIES IN CYCLING (Compiled by Lou S. Pokes)

1. I rode hard yesterday so we'll go easy today.
2. I know a faster way.
3. The Bulletin will be on time.

# 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](http://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](http://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.**



## July Recurring 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, pacerlines, intervals, etc. Once in a while, we may even venture out of the park! Heavy rain cancels.

### Every Wednesday in July

**A21 50+/- MI 10:00 AM WEDNESDAYMORNING 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.)

Let's celebrate the fact that we're freelancers! No 9 to 5 for us. Enjoy the company of other lucky souls every Wednesday on our low-key ride. We choose the route depending on time constraints and other factors, then grab a bite in one of these two destinations. We're usually back on the New York side of the bridge by about 2.

### Wednesdays July 7, 14 & 21

**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.

## July Club Rides

### Saturday July 3, 2004

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

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

From: the Boathouse

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

**B16 45 MILES 9:15 STATEN ISLAND ROUND-ABOUT**

Leader: Hannah Borgeson, 212-348-2601, hannahb@att.net

From the Manhattan side of SI ferry for 9:30 ferry or join us at 9:55 in Staten Island

A pre-4th of July ride around New York's least populated borough. We'll travel mostly low-traffic roads with a stop to eat lunch at the southern tip, Conference House Park (delis nearby). Other sites: Miller Field, great views from Fort Wadsworth, and suburban sprawl. If it's hot out, plan for a dunk at South Beach. Hard rain cancels (check message board).

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

Leaders: Amelia Kennedy email @ameliakennedy.com; Hans

Koch hans @imagenmicro.com

From: Central Park Boathouse

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 (nycc.org) after 7:00 AM in case of cancellation.

## Rides to the West Point Holiday Weekend

All riders going to West Point must meet at the Central Park entrance at 5th Ave./E. 72nd to drop off luggage for the luggage shuttle. This includes those who will take Metro North from GCT to Garrison or Cold Spring. To enter the West Point grounds you must have a current government issued id (driver's license, non-driver's license or passport). Non-weekenders are welcome to join in these rides and return to NYC via Metro North; please bring a MNRR rail pass.

There will be additional rides to West Point listed in the Email to registered participants and in the NYCC weekly email. Contact ewhile5@nyc.rr.com for more information.

**A20 75+ MI 8:00AM WEST POINT THE HARD WAY**

Leaders: Timothy McCarthy (timothymc@earthlink.net), Ron Roth (ron@rroth.com)

From: Central Park entrance at 5th Ave./E. 72nd St.

A beautiful day trip for those who want it or a great start of the NYCC July 4th weekend at West Point for others, but a challenging ride for all: Skyline Drive and Seven Lakes Drive. Yes, there are flatter ways to get there. Bring: Metro North pass if you are not staying for the weekend for a Metro North return from Garrison.

Note: current id needed to enter West Point.

**B18/19 50-70 MI 8:00AM WEST POINT WATERING  
HOLE RIDE**

*Leaders: Ed White & Dave Sabbarese*

*From: Central Park entrance at 5th Ave./E. 72nd St.*

The goal of this ride is to get to the watering holes in West Point ASAP! The first watering hole we'll visit is the kind you swim in, i. e. the swimming quarry; the second is the type you sit down in front of and order drinks from! This will be a B route with B stops, but at a fast, comfortable pace (it's a holiday, not a race). We plan to have a fast B and a slow B ride going the same route so that riders that wish to switch groups will be able to do so at the first rest stop. Note: Note: current id needed to enter West Point, swimsuits optional.

**B15/C1455 MI 8:00 AM NYC TO WEST POINT**

*Leaders: Karen Nicolini 646-942-7082, Andres Nicolini*

*From: Central Park entrance at 5th Ave./E. 72nd St.*

**C14/12 20 MI 8:00 AM METRO NORTH RR, THEN  
RIDE TO WEST POINT**

*Leader: Deborah Bennett deborahbennett@tmail.com*

*From: Central Park entrance at 5th Ave./E. 72nd St.*

**Sunday, July 4, 2004**
**C15 40 MI 9:15 AM BRIDGE-TO-BRIDGE**

*Leaders: Peter Morales pmorales@pipeline.com; 718-398-2623, & Dave Sabbarese dsabbare@firstmanhattan.com 212-756-3209*

*From: The Thayer Hotel, West Point*

A classic West Point ride with an added twist for this year. We'll exit the Military Academy and head up 9W towards Storm King Mountain. At the summit we'll catch our breath and take in the breath-taking views of the Hudson River (bring your camera). Then we'll scream down the mountain and cross the river @ Newburgh. Heading south on scenic 9D we'll have an opportunity, for those who wish, to visit Boscobel, a Federal period mansion with beautiful furnishings and grounds. Admission for the 45 minute tours is \$10. Then lunch in Cold Spring, and back to the Thayer via the Bear Mountain Bridge.

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

*Leader: You and your new and old friends*

*From: The Boathouse*

No local rides at press time. Not at West Point? Check "out-of-bounds," your e-mail, the online ride listing and the message board. Or come to the park and meet some friends.

**Monday, July 5, 2004**
**B16 50-55 MI 10:00 AM ANYWHERE YOU WANT TO  
Go**

*Leader: You and Your New Friends*

*From: the Boathouse*

Extend the fun of this holiday weekend by getting out of the city for a chunk of the day. Show up at the Boathouse for a B ride. You'll find a few companions, and then head out for a fun ride to a nearby destination of your choice. Don't stay home and end up regretting it later. Precip cancels. Helmets please.

**C ? MI 8:30 AM PICK-UP & RIDE**

*Leader: You and your new and old friends*

*From: The Boathouse*

No local rides at press time. Not at West Point? Check "out-of-

bounds," your e-mail, the online ride listing and the message board. Or come to the park and meet some friends.

**Saturday, July 10, 2004**
**A/B/C 30-65+ MI 9:00 AM NEWCOMER'S RIDE**

*A18 - 65+ miles Leader(s): Robert Gray, Christy Guzzetta*

*B17 - 60 miles Leader(s): Carol Waaser, Mary Beth Mulholland*

*B16 - 55 miles Leader(s): Rick Braun, Steve Chabra, Brad Ensminger*

*B15 - 50 miles Leader(s): Gerry Villanueva, Ellen Jaffe*

*C14 - 45 miles Leader(s): Karen Nicolini, Josh Cohen, Justina Pearson*

*C13 - 40 miles Leader(s): Gary McGraime, Andres Nicolini*

*C12 - 30 miles Leader(s): TBA*

All rides will meet in the Central Park Boathouse parking lot @ 9:00 AM. **Contact Gary McGraime garynycc@aol.com or (212) 877-4257 to confirm the C12 start point at the GWB bus 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.

If the weather conditions are questionable, check the message board in case of cancellation or postponement Saturday morning after 7:00 AM on our website (nycc.org).

For more information, contact: newcomers@nycc.org

**A19/20 99 MI 7:30 AM VISTA MARIA -TOUR DE  
GCT GUNKS**

*Leaders: Timothy McCarthy, 718 204 7484, timothymc@earthlink.net and Hank Schiffman, 212 529 9082, hschiffman1@nyc.rr.com, Fred Steinberg, 212 7875204, fsteinberg@nyc.rr.com*

*From: Grand Central Station, get there early, take 7:51 train to Poughkeepsie*

The Gunks from end to end, tackling the climbs the hard way: Mohonk, Minnewaska and South Gully's evil twin Vista Maria (to Cragmoor), plus assorted ridges in between. Almost 7000' vertical. This ride will use all the daylight the season provides. Needed: big gears, a bike in serviceable condition w/good tires, 2 large water bottles or hydration pack, pocket food, tubes/pump, a Metro North pass and \$23.00 for a round trip ticket to Poughkeepsie. Check the NYCC Message Board the nite before and AM after 6:00 AM for go/no go updates. Weather in the Mid-Hudson Valley (Poughkeepsie) is key.

*Get Involved, Lead a Ride!*

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**B15      58 MI      8:00 AM      NEW CANAAN ROUNABOUT  
TO RIDGEFIELD**


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

*From: Grand Central Station for the 8:07AM New Heaven train to Darien, Leader will meet group at Train Station arrive 9:01AM*  
Scenic, rolling/hilly ride up through Silvermine, New Canaan, Wilton, Ridgefield for Lunch, then return back around Stamford Reservoir and short stop at beach in Rowayton. No cue sheets. Return from Darien approx. 4:45pm depending on finish time. Joint. WCC

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**C14      35+/- MI      9:30 AM      LOWER WESTCHESTER  
(MODERATELY      RAMBLE AND TASTY  
HILLY)      TREATS OF CITY ISLAND**


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*Leaders: Tonya Harroun 718-828-5309; bikintonya@yahoo.com, Reggie Johnson*

*From: Pelham Parkway stop on # 5 train, Bronx*

Let's Ride to Eat! Join us on this lovely and somewhat hilly ride through the NE Bronx and Lower Westchester. We will work up a hearty appetite that will surely be satisfied by indulging in City Island treats. IMPORTANT: Lunch will be at the end of the ride, so please bring plenty of fluids and pocket food. Smiles, helmets, lunch money, a well-maintained bike, and a positive attitude are required. Rain at 8:00 am cancels; check message board for updates.

## Sunday, July 11, 2004

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**B18      75 MI      9:00 AM      ARMONK**


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*Leaders: Kevin, kevinwjones@hotmail.com; Kevin, kbroomell@nyc.rr.com*

*From: Rambles Shed (north of Boathouse on East Drive)*

Join Kevin and Kevin from the B18 SIG as we (attempt to) retrace the SIG ride to Armonk. Bring pocket food and money for lunch on the lawn of Schreifer's Deli. We'll ride home through Tarrytown and down Rte. 9. Rain or wet roads at 7:00am cancels. Check the message board if conditions are questionable.

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**B14/16      55-65 MI      9:00 AM      BEAR WITH US AGAIN**


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*Leaders: Irv and Hindy Schachter 212 758 5738*

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

We had so much fun doing this ride on Memorial Day week-end that we plan to go bear hunting again. We all ride together through Bergen and Rockland Counties to West Nyack. After lunch, we split into two groups. A faster group ascends Bear Mountain. A slower group skirts its edge. Both groups have beautiful views of the Hudson and the landscape of Harriman State Park. For riders in the slower group this is a rare opportunity to ride territory near Bear at a comfortable pace. Both groups return by train from Garison station so a Metro North pass is essential. Rain cancels.

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**C      ? MI      8:30 AM      PICK-UP & RIDE**


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*Leader: You and your new and old friends*

*From: The Boathouse*

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

## Saturday, July 17, 2004

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**A19/20+ 65-110+ MI 8:00 AM      9W9D9A9+**


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*Leaders: Fred Steinberg (212 787-5204 fsteinberg@nyc.rr.com, Ron Roth (212) 875-0905 Ron@rroth.com, Jeff Robins jef-freee2003@yahoo.com*

*From: the Boathouse*

Mostly straight up to Bear Mountain, with an optional descent via the Appalachian trail, across the Bear Mountain Bridge, 'Anthony's Nose', lunch in Peekskill (65 mi) then up into the highlands, around Croton Reservoir; home via Tarrytown (90 mi)/Rt9. Cancel conditions: Rain; incredibly oppressive heat. Check the NYCC Bulletin Board after 6:30AM. Bring MetroNorth pass for rail return option.

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


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

*From: The Boathouse*

It's scenic, it's untrafficked, and it's challenging. You might be back early, depending whether or not we stop at the bike shop in Tenaflly on our way home to watch the Tour. I've been off my bike for three weeks so I'm in mid-December form. Join me off the back of my own ride. Brief snack stop and water stop, but no meal stop.

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**B15      50 +/- MI      9:30 AM      WESTCHESTER PICNIC**


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*Leaders: Mark Gelles, 212-689-1375, mgelles@okcom.net; Mark Hugel, 718-548-2623, hwt@att.net*

*From/End: 242nd. Street & Broadway (1 Train's last stop)*

Join the two Marks for a scenic hilly ramble from Van Cortlandt Pk. to Pocantico Hills horse country & lunch @ Kingland Pt., lots to look at! Bring a smile, fluids, pocket food & something to carry lunch 2 miles from deli stop to park. Wet roads @ 8:00 AM cancels, if in doubt look for message on message board.

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**C13      35 MI      9:30 AM      DONUTS & DUCKS**


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*Leader: Isaac Brumer (isaacbrumer@hotmail.com, 212 734 6039)*

*From: W 178 St & Ft Wash Ave (GWB Bus Terminal)*

Start with coffee & donuts. Then a scenic jaunt to the Hackensack River. Picnic in Oradell. Most pit stops offer opportunities for more coffee & donuts. Return via Demarest. Possible pre-Churchill cafe stop at L'Amour. Helmets required. Forecast high over 95 cancel, check message board.

## Sunday, July 18, 2004

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


---

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

*From: The Boathouse*

River Road is scenic, untrafficked, and I'm invariably last up its hills. Today, because it's a short ride, we'll go down to water twice in order to add to the climbing. Home via the bike shop in Tenaflly where the Tour will be on their telly. No meal stop.

**BE A PUBLISHED AUTHOR!  
SUBMIT YOUR STORIES AND ARTICLES TO THE  
NYCC BULLETIN TODAY!**

Correction: Regarding the article in last month's bulletin 'A Tribute to the C-SIG Graduating Class': it was incorrectly stated that Patricia and Jim Janof had taken over the SIG seven years ago. They took over in 2002. In addition, Irv Weisman's name was spelled incorrectly."

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**B17      80 +/- MI      8:30 AM      GREENWICH, CONNECTICUT  
( & BACK ) -- A NEW  
DESTINATION FOR MOST**


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*Leaders: Marci Silverman, 646-408-4565, mhsilv@yahoo.com; Peter "Banana Guy" Kouletsis, 917-854-1181, peter.kouletsis@citigroup.com*

*From: the Boathouse*

Join us for a trip to the country, no train ride required. Hills? We've got 'em. Views? Got those, too. Fun? Always. You'll climb enough to earn your lunch -- and take in some scenic countryside while you're at it. Bailouts available via MetroNorth to shorten the ride, and you can always take the subway if you want to avoid those city miles at the end. Bring water, spare tube, pocket food, helmet; good attitude -- all the usual stuff. Light rain may not cancel, downpours will. Check message board or call leaders if in doubt. As always, your mileage may vary.

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**B16      74 MI      8:00 AM      ENTIRE CT GOLD COAST  
(FLAT)      RIDE**


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

*From: Grand Central Station for the 8:07 AM New Haven train to Darien, Leader will meet group at Train Station arrive 9:01AM* Maybe there will be an ocean breeze., trying to stay cool. Set your bike on auto cruise and let's ride the entire southern coast of CT to New Haven. Very few stops, leisurely pace, stick together ride. Lots of beaches, marshes, nice neighborhoods, and a few dingy city blocks thrown in for variety. Towns include: Darien, Norwalk, Westport, Southport, Fairfield, Bridgeport, Lordship, Stratford, Milford, W New Heaven & New Haven. Return from New Haven APPROX. 4:55 pm or later depending on finish time.

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**C14      55 MI      9:30 AM      TOURING: THREE WINDMILLS**


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

*From: SUNY Purchase, Parking Lot B (call leaders for info)* Did you know there are three full-size windmills near Armonk? Visit them on one of our most beautiful, albeit quite hilly routes, through back-country Greenwich, Pound Ridge, Bedford and environs. Ride rustic East Middle Patent Rd. on the way to Bedford Village, Honey Hollow Rd. along the west edge of the Ward Pound Ridge Reservation as well as rural Mianus River Rd. on our visit to the Nature Conservancy's first-ever property in the Mianus River Gorge; you can fill your water bottle from a hand pump. This ride is best enjoyed by experienced riders. Car is the best way to reach the start; rail, while available, adds about 15 miles. E-mail leaders for more info, driving directions, to offer/request a ride.

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**C12      30 MI      9:00 AM      NYCC JOINS THE BEACH  
BUMS**


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*Leaders: Isaac Brumer (NYCC); 212 734 6039; Heath Hurwitz, Ed Ravin (5bbc); eravin@panix.com 718 796 3137*

*From: East Side of City Hall Park, Manhattan (opposite Brooklyn Bridge)*

Take a leisurely ride to Neponsit, a quiet, rarely crowded beach in the Rockaways that's ideally suited for bike trips because there is no automobile parking nearby. Bring your flip-flops, Frisbees, kites, and all your other beach toys! Leave a little room in your bag for lunch (bring or buy), bathing suit, sunscreen, and a lightweight lock. The ride usually returns to Prospect Park between 4 and 5 p.m. Subway return is also available if you want to stay late at the beach or if you're such a lazy bum that you don't want to ride home.

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**Saturday, July 24, 2004**


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**ALL      30-60 MI      9:00 AM      ANOTHER ALL CLASS RIDE.  
CLASS      WITH A FREE LUNCH FOR  
ALL!**


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*Leaders:*

*A- Jody Saylor, Christy Guzzetta Christy.Guzzetta@gesservices.com; Rob Kohn and Keith Goldstein (see details below)*

*B- TBA*

*C: Kim Savage kim@urbansavages.org, Amelia Kennedy email@ameliakennedy.com, Hans Koch*

*From: The Boathouse Parking Lot, other locations TBA*

June's all class ride was such a great success the NYCC nearly ate up all the food in Westchester county. We'll do it again in July. But, which county? You must show up at and get your head counted (only one per person, please) when you sign up for one of the rides. Rides leaving from boathouse and other starting locations. Ride leaders, sworn to silence, will bring their rides to the secret location for a free picnic lunch on the NYCC. Please check the NYCC weekly Email and Message Board for updates on this event.

Questions? Contact Fred Steinberg fsteinberg@nyc.rr.com

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**A/B18      50+ MI      9:00 AM      SHIFTLESS BUMS FG/SS  
ALL-CLASS RIDE**


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

Given the "shiftless bums" portion of our title, I guess we're really a "no class ride". Anyway, since last month's ride had such a good, enthusiastic turnout we've decided to do it again. The route will be mildly rolling with a QUICK stop midway (since the free lunch awaits at the end) so bring pocket food. Multi-gear bikes permitted only if the rider picks one gear and stays in it for the entire ride.

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**Sunday, July 25, 2004**


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


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

*From: The Boathouse*

This is a short ride. Wear something yellow. We'll stop at the bike shop in Tenafly to watch the coronation. No meal stop.

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**B18      70+/- MI      9:00 AM      HOT DOG! RIDE #2:  
BREWSTER**


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*Leaders: Ivy Pool, 212-496-4048, ivy\_pool@hotmail.com; Christian Edstrom, Christian@christianedstrom.com*

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

Join us for the second in a summer series of rides to various hot dog stands in the NYC region. Last month we sampled the wares at Walter's in Mamaroneck, this month we will visit the Red Rooster in Brewster, NY. The route and total mileage for this ride is TBD, so check the message board for more information. This ride will likely involve a train back from Brewster, so bring your bike pass, a helmet and a healthy appetite. The usual cancels, call us after 8 a.m. or check the message board if in doubt.

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**C14      53 MI      9:15 AM      OYSTER BAY**


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

*From: Statue of Civic Virtue (Union Turnpike & Queens Blvd.)*

A direct route to this town on the north shore of Long Island. This

is the favorite destination of the rides I lead, made for the warm summer months. We buy lunch in town and carry it a short distance to Roosevelt Park where we eat while watching the sailboats on the Bay. There's an opportunity to try the water on the small beach there and an LIRR station next to the park for anyone who isn't up to the ride back. Substantial expected rain cancels.

### Wednesday, July 28, 2004

#### **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 7pm. Bring a well-maintained bicycle and helmet (mandatory), blinking lights (suggested as we may be ending after dusk), and a lock and some pocket change for those who may wish to grab a bite or a beer afterwards. Lousy weather cancels.

### Saturday, July 31, 2004

#### **A19/20+ 100+/- MI 8:00 AM SADDLE RIVER, WARWICK, BEACON**

*Leaders: Ron Roth, rr7@nyc.rr.com; timothy mcarthy, timothymc@earthlink.net*

*From: Boathouse*

Another long foray into Orange County, this time from the city through Saddle River, up Gate Hill into Harriman park and Orange County. Then over the Hogback and Mt. Peter through the farmland of Orange County to Beacon. No easy bailouts after Harriman Park. 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.

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

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

*From: The Boathouse*

It's scenic, it's untrafficked, and it's challenging. Join me off the back of my own ride. Brief snack stop and water stop, but no meal stop.

#### **B17 58 MI 9:00 AM MAMARONECK PICNIC**

*Leader: Carol Waaser, 212-581-0509, biker-c@rcn.com; Susi Pichler, scp@mellon.org; Ellen Jaffe, ellen@ellenjaffe.com*

*From: Rambles Shed, Central Park*

It's the dog days...it's hot...it's humid. Let's keep it short and head for the beach. You will pull leader up any hills. Rain cancels - check message board or leader's machine after 7:15 a.m. Helmets, 2 water bottles, \$ for lunch, social skills.

#### **B15 50+/- MI 8:30 AM ADOPT A HIGHWAY GREEN SHARP RIDE**

*Leader: Mark Gelles (mgelles@okcom.net) (212) 689 1375*

*From: The Boathouse*

We will take a scenic route while giving something back to your

club. Spin through Jersey burbs, for twenty mile. Then meet up with a group of C riders we will all take less than one hour to clean up the shoulder of 9W (we will provide everything you need). Continue to Tallman bike path (hardpack), into Piermont for Lunch @ the Gazebo. Home on familiar NYCC roads (501 to Churchhill). Official end of ride is the Manhattan side of GWB. Bring fluids, pocket food, a few bucks for lunch, & of course a smile. Wet roads at 7:30 AM or forecast of steady morning rain will cancel, if in doubt look for message on board.

#### **C12 35 MI 9:00 AM ADOPT A HIGHWAY GREEN SHARP RIDE**

*Leader: Isaac Brumer (isaacbrumer@hotmail.com; 212-734-6039)*

*From: 178 St & Ft Washington Av (GWB Bus Terminal)*

The NYCC has "adopted" a stretch of road in Rockland County that is well used and loved by its riders. This is our chance to have fun while "giving back" to our club and community. We will take an easy but direct spin to a rendezvous with fellow NYCC members and spend less than one hour to clean up the shoulder of 9W (All equipment will be provided.) Ride continues into Piermont for Lunch @ the Gazebo. Home on familiar NYCC roads (501, Churchill or Walnut). Official end of ride is the Manhattan side of GWB. Bring fluids, sunscreen, pocket food, a few bucks for lunch, & of course a smile. Wet roads at 7:30 AM or forecast of steady morning rain will cancel, if in doubt look for info on message board.

#### **C14 45 MI 9:00 AM 5TH ANNUAL MISSING LINKS RIDE**

*Leaders: Alfredo Garcia 646-312-1677; Carter Craft from Metropolitan Waterfront Alliance & Richard Brause of Times Up!*

*From: Battery Park, at the Sphere sculpture (WTC surviving relic).* Join us as we cycle both sides of the Hudson River, for a survey of public access waterfronts. Locales include Hudson River the High Line, Little Red Lighthouse, Harlem shorefront, Hudson River Walkway, Sinatra Park, Liberty State Park, and the Staten Island North Shore Greenway. Bayonne ice cream and two bridge crossings included. Be prepared to ride mostly flat route, with some climbs and busy traffic for whole day. Bring lock, \$ for Asian cuisine at Mitsuwa Marketplace; sunscreen and water. Return via Staten Island Ferry. Wet weather at start cancels. Co-listed with 5BBC, Metropolitan Waterfront Alliance and Times Up!

#### **C12 23 MI 11:23 PM LINCOLN TUNNEL GHOST TOLL FREE (YES PM) RIDE**

*Leaders: Alfredo "xxiii" Garcia; 646-312-1677, Isaac "Billygoat" Brumer; 212-734-6039, Amelia "Amish" Kennedy, Hans "Gadget" Koch, Mark "Bike" Trainor (5BBC), Ed "El Presidente" Pino, Lee Ann "Scubacat" Van Wyck*

*From: Chelsea Piers, 22nd St. & 12th Ave., near 23rd St.*

Join us for a 23:23 night cycle above & under the Hudson River via George Washington Bridge and Lincoln Tunnel. Mostly flat with some hills, dark passages and busy traffic. Two guaranteed 23-minute rest stops. Important--to make this ride safe, law-abiding and fun: Bring bright white front lights; Bring red rear lights to be seen from behind; Reflective clothing like a bike vest recommended. Do not come pitch black (and do not wear sunscreen.); No panniers or backpacks. Carry valid ID just in case for authorities. Yell and scream, not moan and groan, as we go under the Tunnel. Optional post-ride breakfast at 23rd St. Manhattan diner. Wet weather or circumstances beyond our control cancels, check the NYCC message board. Co-listed with 5BBC.



## Sunday, August 1, 2004

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

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

*From: The Boathouse*

River Road is scenic, untrafficked, and I'm invariably last up its hills. Today, because it's a short ride, we'll go down to water twice in order to add to the climbing. Home via the bike shop in Tenafly where the Tour will be on their telly. No meal stop.

**B17 60 MI 7:30 AM 4 RESERVOIRS AND A LAKE**

*Leaders: Wayne Wright 212-873-7103 wwright8@nyc.rr.com;*

*David Hallerman 718- 499-8171 cycleman23@earthlink.net*

*From: Grand Central Terminal: 7:48 train to White Plains*

Beautiful, scenic route – perhaps on par with the Bloomin' Metric ride. Byram Lake, skinny-tire friendly dirt roads, and a 15 mile spin around Croton Falls Reservoir, with plenty of climbing (and descending) en route. We wouldn't ask you to take a train on each end of a ride unless it was really worth it, and believe us, this ride is worth it! Returns via train from Brewster North. Helments, Metro North passes, and smiles please.

**C ? MI 8:30-9:00 AM PICK-UP & RIDE**

*Leader: You and your new and old friends*

*From: The Boathouse*

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

## Club Calendar

### Tuesday, July 13, 2004

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

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

Stacy Berman shows us how to increase our cycling capabilities and stay in great shape year around. Sid's Bike Shop will be there with great prizes. And the return of the SWAP TABLE: Bring bike-related items you want to swap or sell. Price them. Affix your name to them. And see it on the road, with someone else. See the back cover of the Bulletin for details.

## July Out of Bounds

### Sundays, July 4, 11, 25, August 1

**C12 30 MI 10:00 AM 5BBC'S BEACH BUMS**

*Leaders: Ed Ravin; eravin@panix.com 718 796 3137*

*From: Entrance to Prospect Park, Brooklyn at Grand Army Plaza*

Take a leisurely ride to Neponsit, a quiet, rarely crowded beach in the Rockaways that's ideally suited for bike trips because there is no automobile parking nearby. Bring your flip-flops, Frisbees, kites, and all your other beach toys! Leave a little room in your bag for lunch (bring or buy), bathing suit, sunscreen, and a lightweight lock. The ride usually returns to Prospect Park between 4 and 5 p.m. Subway return is also available if you want to stay late

at the beach or if you're such a lazy bum that you don't want to ride home. Note: NYCC is co-leading the Beach Bums ride on Sunday, July 18, see club ride listings.

### Saturday July 10, 2004

#### 23RD ANNUAL PROUTY BIKE RIDE & FITNESS WALK FOR CANCER RESEARCH

Bicycle 100, 50 or 25 miles through the beautiful Connecticut River Valley in New Hampshire and Vermont or walk 5k or 10k through downtown Hanover NH.

Join over 1,000 people to help raise money for cancer research at Dartmouth's Norris Cotton Cancer Center. All participants enjoy T-shirts, Pre-Prouty Carbo-Loading Party, Continental Breakfast, All-Day BBQ, Entertainment, Kid's Activities, Great Fundraising & Raffle Prizes. Fundraising minimums: adult- \$150, child 8-18 yrs - \$50, family - \$275. Get some friends to start a team and help cure cancer. Register for this year's Prouty online at [www.theprouty.org](http://www.theprouty.org) or call 1-800-226-8744 for more information.

### Sunday, July 11, 2004

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

*Leader: Glen Goldstein email prez@bicycleshows.us*

*From: The Boathouse*

(This free class was a big hit, so we're offering it again!) Do you walk your bike up some hills? When you ride with friends, are you always at the back of the pack? Do you hurt at the end of a ride? Nervous about doing a long ride? Bring your friends to this free one-day class. The class is NOT about building up your muscles or working out -- it's about going at your own pace, and learning to use the gears on your bike to make riding more fun for you. We'll be learning at an easy relaxed pace -- no long-distance bike racing today! Inexperienced or confused cyclists welcome. Bring your "dumb" questions! MANDATORY: You must bring a bike helmet, and a bike with at least five speeds that is in good working order. (You don't need to know how to use the gears, but you MUST be sure that they work BEFORE the class -- ask a friend or mechanic to inspect your bike). You must be able to pedal a two-wheeler. Meet at the Boathouse in Central Park at noon. Class ends at 3 pm. Rain cancels. Questions before the class? email leader.

#### HUNTINGTON BICYCLE CLUB'S GOLD COAST TOUR.

Routes of 12, 25, 55, 65, & 100 miles through Long Island's scenic Gold Coast. Sag Wagons, rest stops, cue sheets, and clearly marked routes provided. For more information: <http://www.bicyclelongisland.org/hbcfram.htm>

### Saturday, July 24, 2004

**C12 25-30 MI 9/10 AM HALO HALO**

*Leader: Alfredo Garcia 646-312-1677*

*From: South Ferry Terminal, Manhattan @ 9AM (take 9:30 boat, St George Terminal @ 10 am (Staten Island near North Shore Greenway entrance)*

Sweet cycle for Filipino food. Mostly flat, some climbs / busy traffic. Fun starts at a Staten Island Greenway. Ride Bayonne stretch. Then Jersey City for merienda call on a Turo-Turo shop. Indulge yourself with Bibingka, Ensaymadas, Hopia, Ube cake as well as Halo Halo. Bagoong is not encouraged unless you want to. Sing Nora Aunor tagalog love ballad on the karaoke. Bring pocket lunch, lock, \$ for Pinoy pastries and fare back to Manhattan (PATH train--\$1.50 or NY Waterway ferry--\$6.00). Salamat po, anak. Wet weather at the start cancels. Co-listed with 5BBC.

**Sunday, July 25th, 2004**

**GOOD SAM ICE CREAM RIDE – ROUTES PLANNED BY THE ROCKLAND BICYCLING CLUB.**

Ride to save lives. Eat ice cream when you're done. All proceeds will be used to purchase advanced cardiac defibrillators for Good Samaritan Hospital in Suffern, New York. Four fully supported routes for all abilities, including an escorted family fun ride. Ride 10, 35, 50, or 75 miles of new and unique routes through beautiful Rockland County. Fully stocked rest stops with food and ice cream along the way. A not to be missed finish line party featuring the Z100 Party Patrol, entertainment, food and drinks. Transportation available to and from NYC's Penn Station, plenty of free parking off of NY State Thruway Exit 14B. Gifts for the first 250 participants to register online. Online registration and details at [icecreamride.org](http://icecreamride.org) 845-368-9500

**4TH ANNUAL TOUR DE TINICUM BICYCLE TOUR**

Tour beautiful Tinicum Township, Bucks County Pennsylvania. Five fully supported bicycle rides of varying difficulty: Towpath/Family Ride, The Classic Tour, Mixed Road Tour, The Hills of Tinicum Tour, Endurance Tour. All rides start and end at the Delaware Valley Volunteer Fire Company firehouse. The 2004 Tour de Tinicum is held for the benefit of the The Delaware Valley Volunteer Fire Company. 75 Headquarters Rd. Erwinna, PA 18920 PH 610-2. It features fully marked rides, mechanical and sag support, rest stops, and post ride firehouse picnic. Registration Opens at 8:00 Pre-registration (Free Tour T-shirt if registered before 7/18) \$20.00 Day of Event Registration \$25.00 Children (under 12) ride free if accompanied by a registered adult rider. For complete details, including directions, contact info and a downloadable registration form, see [www.dvvfc.org](http://www.dvvfc.org)



## The Fourth Annual Bicycle Film Festival

*by David Sabbarese*

The fourth annual Bicycle Film Festival kicked off on Friday, May 14 for a highly spirited crowd at the Anthology Film Archives. The fact that the attendees had to wait outside, in a line that snaked from the 2nd Street entrance and around the corner down 2nd Avenue, for about 40 minutes past the scheduled 7 p.m. start time didn't seem to deter anyone. Nor, for that matter, did the fact that the showing was clearly oversold, forcing many, including yours truly, to stand for the entire program. The reasons for this laissez-faire attitude became clear as soon as one got used to the surroundings inside the theater.

The crowd was clearly more Lower East Side bicycle messenger type than Upper West Side Bianchi type, as demonstrated by the abundance of fuchsia- and lime-colored hair and the many tattoos on display. While waiting for the first feature to commence, the theater was entertained by one of the organizers, who grabbed the mike to lead everyone in a hilarious rap version of Queen's "I Love to Ride My Bicycle" for which he received a warm ovation. Talk about setting a vibe!

When the program finally got under way, it became immediately clear that the wait would be more than worth it. Several short features, many only 4 to 12 minutes in length, set the tone. Most everyone clearly responded to "Drag Race New York City," which pitted a bunch of messengers in a no-holds-barred race from Central Park. This six-minute short was evidently filmed with some type of "helmet cam" that was responsible for some amazing shots of the contestants careening among pedestrians, cabs, and buses as they raced down Broadway. This is not for the faint of heart, but talk about a skills competition!

Perhaps my favorite, "Bike Thief" was a hilarious expose about the relative ease with which one can swipe a bicycle from the streets of New York. Frustrated after having lost several of their own bikes to thieves, the Neistat brothers used a vast array of tools to steal a bike from any number of crowded street corners in broad daylight. My favorite tool was the hacksaw. The only person to ever intervene through all of this was a "concerned" fellow cyclist, who stopped to offer his two cents on how he would hack through the lock! (The end of the film acknowledged that the bikes "stolen" were the Neistats' own, but this did not diminish in any way the point of the film.)

Like any great festival, there were foreign entries (Israel, Canada), a romantic farce (an animated short, and clearly a crowd favorite, about a guy who rides 50 miles to visit his girlfriend, who dumps him, after which he rides the 50 miles home, and is too exhausted to be very upset), and a terrific remake (a chaotic and hysterical account of 80 "gangs" of cycling teams trying to re-create the epic Bronx-to-Coney Island race that was the plot of the classic cult film "The Warriors").

The festival snuck in under our radar. I knew of very few NYCC members who were aware it was taking place, or that it has been part of Bike Month for the past four years. Let's only hope that next year will bring us a fifth annual Bicycle Film Festival.

## Volunteers Needed for Escape New York Century

Want to see old friends, meet new ones and/or feast on good food, all the while helping the NYCC put on one of its biggest and most popular events of the year? Here's your chance!

We eagerly seek volunteers to help with the Tenth Annual Escape New York Century ride, which will take place on Saturday, September 18, 2004. Before the ride, we will need help with marking the ENY routes so that we don't have to send out search parties to find lost, confused riders. On the day of the ride, so many tasks to choose from: leading a ride, registering people for the ride, setting up rest stops and lunch areas and serving food and drinks to the riders. We need help from set-up early in the morning to closing in the evening, but you can sign up for all or part of the day as it fits your schedule.

In exchange for volunteering, you'll receive a free ENY t-shirt and all the wraps, cookies and snacks you can eat on the day of ENY. Although you will not be able to ride on the day of the ENY, you can participate in the ENY Committee's pre-ride of the routes on the preceding weekend and still get in those precious miles. Except for ride-leaders, no prior experience is required!

Please contact Tricia Wallace at 212-247-3263 or [triciawallace@yahoo.com](mailto:triciawallace@yahoo.com) to volunteer or for further information.

## ***Ladies and Gentlemen, Presenting the 2004 Class of SIG Graduates!***

### **A-Classic**

Mari Berkley  
Joseph Castillo  
Sal Cenatiempo  
Llewellyn Connolly  
Bruce Gordon  
Eric Kizak  
Manuel Mainardi  
Kimani Nielsen  
Ryan Russo  
Brian Stockmaster

### **A-19**

David Anthony  
Julio Araque  
Geoffrey Baere  
Colleen Birnstiel  
Brian Blackburn  
Chris Bruno  
Alois Camenzind  
Laura Colby  
Steve Cornett  
Sheamus Cullen  
Joseph Decutis  
Richard Edmonds  
Eric Faber  
Andy Feldman  
Ted Feury  
Henning Fischer  
Tom Hayes  
Wade Hoffman  
Amy Kizak  
Chad Joplin  
Rob Metcalf  
George Rivera  
Catherine Roberto  
David Sabbarese  
Cheryl Shiber  
Marci Silverman  
Kristin Stodola  
Michael Syracuse  
Jennifer Thomson  
Phillip Weissman

### **B-18**

George Arcarola  
Tinuola Awopetu  
Ronald Birnbaum  
Kevin Broomell  
Jeffrey Cooper  
Benjamin Dale  
Hamilton Dimaya  
John Dimaya  
Sosimo Dimaya  
Lisa Force  
Kevin Jones  
Stacey Juckett  
Corinne Karmiel  
Elena Leznik  
Graham Roscoe  
Mavis Scanlon  
Denise Stiene  
Peter Storey  
Sarah Tombaugh  
Hamilton Villamor

### **B-17**

Kristina Berger  
Chaim Caron  
Steve Chabra  
Bradford Ensminger  
Jay Handfield  
Nancy Harm  
Lisa Hom  
Ellen Jaffe  
John Kalish  
Janet Klutch  
Simone Pam  
Randall Peltier  
Susanne Pichler  
Stacey Rich  
Maria Sutter  
Albert Taylor  
Kristina Wallender  
Debbie Wong

### **B-16**

Brad Allison  
Jose Alzoriz  
Dominique Baede  
Meryl Block  
Isaac Brumer  
Helen Cummings  
Sara Demel  
Luis A. Diaz  
Carolyn Foley  
Nina Froriep  
Kerith Gardner  
Christopher Hartmann  
Joe Hunt  
Claudia Kaplan  
Hans Koch  
Prabesh Prakash  
Avery Richardson  
Vincent Rocchio  
Deborah Shapiro

### ***...and the largest class, with 62 graduates: the C-SIG!***

#### **Group 1**

George Camacho  
Mitchell Fink  
Hilary Greer  
Bill Jones  
Sinead Keogh  
Jennifer O'Brien  
Marie Rachwalski  
Isidora Risi  
Diana Rodela  
Michelle Rogers  
Deborah C. Sharp  
Lucrecia Tam  
Ruth Yashpan

#### **Group 2**

Carolyn Bartel  
Carla Dixon  
Jill Feury  
Lois Florman  
Pamela Gheysen  
Jason Loeb  
Suzanne Loeb  
Julie Maxey  
Andres Nicolini  
Lauren Parker  
Nicole Poindexter  
Harriett Sasso  
Jennifer Thompson  
Maryellen Tria  
Max Whitney

#### **Group 3**

Andy Ashwal  
Julia Cassetta  
Amy Celleri  
Nancy Chadrjian  
Josh Cohen  
Kathleen Downing  
Annemarie Franklin  
Carolyn Goldfarb  
Caroline Lam  
Natalia Lincoln  
Valli McRoberts  
Tara Mooser  
Jan Ostrowski  
Frances Pardus- Abbadessa  
Drew Pardus- Abbadessa  
Justina Pearson  
Jim Reaven  
Lisa Smith  
Sylvia Thompson

#### **Group 4**

Paul Acomb  
Giovanni Canale  
Stacey Courtney  
Linda Finkelstein  
Karen Franz  
Astrid Hanenkamp  
Heath Hurwitz  
Miriam Lutz  
Nancy Maier  
Ryan Meredith  
Maureen Miller  
Nicholas Rossi  
Amy Serwer  
Bernardo Villafane  
Katie Walkden

Cheers go to Joan Scholvin and the New York City Department of Transportation, the sponsor of Bike Month NYC. Thanks to them, each cyclist who walked down the graduation aisle with a C-SIG diploma also received a gift of blinking lights, bells and spoke reflectors. Now our grads will go into the world riding safely and with style! Thanks to the NYCDOT!

Please note: If you didn't pick up a copy at the June NYCC meeting, be sure to get your very own 2004 NYC Cycling Map by visiting the NYCDOT Bicycle website at: <http://www.nyc.gov/html/dot/html/bikeped/bikeped.html>

NEW YORK CYCLE CLUB PRESENTS

**10th Annual  
Century Bike Ride****ESCAPE NEW YORK****SEPTEMBER 18 • 2004****CHOOSE FROM THREE ROUTES:****7:30 am – Century Challenge**

A rolling Full Century through scenic Bergen and Rockland Counties.

**8:00 am – Rockland Roll**

A Metric Century, rambling on lightly trafficked, beautiful roads.

**9:00 am – Piermont Pleasures**

A Half Century, to the charming village of Piermont on the Hudson.

**START/FINISH:**

Sakura Park, Manhattan.

122 St. &amp; Riverside Drive: across the street from Grant's Tomb.

Subway stop: 1/9 at 116th Street Columbia University.

- Lunch offered on all routes.
- Snacks and water provided along the way.
- All routes clearly marked: ENY, with route sheets.
- Free souvenirs and raffles for great bike stuff.
- Rain or shine.

**Sign up today for early registration fee savings****HOW TO SIGN UP FOR ENY2CC4**

- Fill out the attached form + send in a check.
- Register online at [www.nycc.org](http://www.nycc.org), or
- Register in person on the day of the event.

**Early Registration Fee:** \$23 until September 3rd, 2004**Day of the Event Fee:** \$30 on September 18th, 2004**Extra Savings** when you join NYCC (15 month membership) and enter Escape New York:

**Individuals:** \$47 for PRE-Registrants — save \$15.  
\$54 for DAY-OF Registrants — save \$8.

**Couples:** \$76 for PRE-Registrants — save \$24.  
\$90 for DAY-OF Registrants — save \$10.

Save this page. No confirmation or additional materials will be mailed to you prior to the ride. Route sheets will be available at the start.

*Cut off this panel and send in with payment.*

**Make checks payable to:** New York Cycle Club**Mail registration and check to:** NYCC — Escape

P.O. Box 20541 • Columbus Circle Station • New York, NY 10023

**PLEASE PRINT:**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY / STATE / ZIP \_\_\_\_\_

TELEPHONE \_\_\_\_\_

EMERGENCY PHONE \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

NYCC Member? ☐ Yes ☐ NoRegistration Fee: ☐ \$23 before Sept 3rd ☐ \$30 day of event

Special combination: ENY ride/NYCC membership for 15 months

Individual: ☐ Here's my check for \$47 / Pre-Registered☐ \$54 / Day of RegistrationCouple: ☐ Here's my check for \$76 / Pre-Registered☐ \$90 / Day of RegistrationI plan to ride: ☐ Century ☐ Metric-century ☐ Half-century☐ Check here if you do not wish your name to be released to sponsors.**WAIVER / SIGNATURE REQUIRED****Be advised to wear a helmet for your own safety and as required by Rockland County. There is no rain date!**

KNOW BEFORE YOU GO: 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 inaction, 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 OPERATION, 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 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.

**Sign below. One person per form. May be duplicated.**

SIGNATURE OF RIDER \_\_\_\_\_

SIGNATURE OF GUARDIAN (IF UNDER 18) \_\_\_\_\_

This month's column starts yet again with a correction/apology. Last month, we referred to **Hal Eskenazi** as VP of Rides. Hal is VP of Programs and as everyone in the tri-state cycling community knows, the great **Fred Steinberg** is our VP of Rides. We're not sure what we were smoking at the time, but when we remember, we'll be sure to let you all know not only what it was, but where you can get some. In addition, we also spelled Hal's name wrong. Finally, Hal wants to make sure everyone knows that although **Eden Weiss** has done all the work in making the monthly bike sponsorships happen, the idea was indeed first proposed by Hal himself. Sorry Hal, we'll make it up to you somehow.

If you're reading this, no doubt you are aware that in June, a fresh new crop of **SIG-lets** graduated from their respective SIG's to become official NYCC A, B or C riders. We congratulate each and every one of you. We even made appeals to each SIG captain to share their SIG dirt with us, but the response was disappointing. The only response was from **Timothy McCarthy**, this year's A-SIG Classic captain, not to mention ace club webmaster, who reports the following, with a little help from his friends:

Early on, **Christy Guzzetta** christened this year's A-SIG Classic "The 2004 SIG of Names." **Ayumi, Kimani, Gilles, Varin, Kansas, Llewelyn** (these are first names, mind you). Said Christy, "What ever happened to Bob? Mary? You know, things I can pronounce?"

The A-SIG Classic focused on quality, not quantity, as they saw their roster shrink on a weekly basis to—count them on your fingers—ten graduates. It didn't help that, while the Classic sent many riders over to the A-19, the A-19 did not reciprocate (sandbaggers!). When it was all over, **Mari Berkley** told Timothy McCarthy, "You ride too fast!" But Mari proved that determination trumps speed, as she graduated while others fell by the wayside. There's a point in the Classic where participants feel all cylinders firing and picture themselves actually finishing the series. At just such a moment, participant **Bruce Gordon** was heard to exclaim, "I am a cycling god!" Hence, he has been ushered into the pantheon of the Secret Society of Sponge Bob Socks by the Classic leaders, who presented him with a pair of Sponge Bob cycling socks and gave him matches with which to burn his trademark calf-high woolens.

**Joseph Castillo** and **Kimani Nielsen** (no, at least not that we know of), a.k.a. the Savage Brothers, behave like twins raised in the wilderness who speak their own language. The A-SIG leaders forcibly separated them into different groups on most rides. However, to show no hard feelings, the leaders presented them with two cans joined by a string to help them stay in touch on future rides. Joe, a.k.a. Rice, since he trains carrying bags of rice for ballast while he does repeats over the Queensboro Bridge, says he's turned the cans into wireless devices.

A special gold star goes to **Manuel Mainardi**, who, on the graduation ride, bolted down Bear Mountain before everyone else and thought he must be way fast since he was all alone. It then dawned on him that maybe, just

maybe, he'd made a wrong turn—a fear confirmed when he pulled that pesky cue sheet from his pocket. He climbed back up to the base of Perkins to find no one in sight. The ride had moved on without him. Whoops! Poor Manuel followed the cue sheet as best he could, logging extra miles and showed great A-SIG spirit by bravely showing up at the finish in Central Park, where his "friends" greeted him with lusty cat calls!

**Jody Saylor** called this SIG the safest ever. Was it? We'll take her word on it. However, early on, when asked how his group's ride went, Timothy McCarthy would invariably say, "Great," yet when pressed for details would outline a litany of crashes—mostly of the falling-over-at-a-red-light kind. A couple of real crashes: **Basil Ashmore**, a leader, slipped in a turn on his way to the first ride and injured his shoulder. He was out for the entire SIG (poor guy!). **Brian Stockmaster** managed his own one-man "Twilight Zone" crash on 9W on the way back from Nyack. Apparently, at the top of State Line Hill—with nary a wheel, pothole or rock within spitting distance of his bike—boom! Brian met pavement. How he managed to do this, no one (including Brian)



seems to know. He said his handlebars just turned by themselves or something like that (yeah, right). Was it wind shear? Did he accidentally tap a phantom back wheel? Did a cat-erpillar try to cross 9W at the wrong time? Can Brian see? No one will ever know.

Hey, all you other SIG captains, better late than never. Get us that dirt and we'll be sure to spread it in August.

Next, we move on to one of the club's signature events, the Memorial Day Berkshires weekend. The weekend got off to a grand start in Grand Central Station, before anyone got on a bike. As everyone in the club (and the tri-state area) knows, Fred Steinberg can find just about any destination anywhere, anytime. Not only can he find the destination, he can tell you at least five ways to get there. Unfortunately, Fred gets a little confused when he's not on a bike. Fred led his group to what he thought was the correct track for the train to Brewster only to find out it wasn't. By the time they found the right track, the train was already on its way, minus many cyclists. **Carol Wood** and **Mary Rieth** (no), the only two who had not followed Fred, were waiting on the correct track. They chose to leave their seats

and miss the train with the rest of the group. To make matters worse, the train this group eventually took was already filled with B and C riders who had planned to take the later train from the start. That train, due to mechanical difficulties, was short by four cars. Oh boy. Now, you might think that Fred really screwed up. Once again, Fred couldn't have planned it better. Those who drove up about that time did so in a constant rain. The cyclists, however, saw none of it, because by the time their train arrived at Brewster, the rain had stopped, the roads were dry and, by all reports, they had a fabulous ride.

Now, on to events in the Berkshires themselves. **Anthony Ricupero**, cross-country rider "extraordinaire," met his match on Sunday. It came in the form of a speed bump at 2 MPH! Hence the bandage on his elbow Sunday night. Anthony, you need to watch out for those things that go "bump" in the day!

**Luis Diaz** has now been dubbed the "Hustler of NYCC." Word has it that after an evening visit to a local pool hall in Great Barrington, rather than leaving money in the Berkshires, as most of us tourists did, he took a bunch home. As they say, Luis, take the money and run—or is it ride?

Talk about "mechanicals"! **Debbie Dowell**, while leading a ride on Saturday to Sheffield and Mill River, had her saddle come off due to a broken bolt. She wanted to do a "Rubenfarb," but the group sent her back to Great Barrington for repairs. "Muchas gracias" to the bike shop/hardware store in Great Barrington, who sent a car out to pick Debbie up. And we hear that they helped out a number of other riders over the weekend. In no time, Debbie was back in the saddle, and she was able to meet up with everyone at lunch.

A great big thank you goes to **Gail Williams**, who organized the rooms for the Days Inn group, as well as renting and driving the luggage shuttle to Great Barrington and back. Someone said that as she left for the Berkshires, all you could see were her eyes peering out from among loads and loads of luggage! Thanks also to **Liane Montesa** for organizing the great Sunday-night dinner and to **David Sabbarese** for setting up registration with Active.com, as well as sorting out all the particulars. Fred Steinberg did his usual amazing job of organizing the rides, and **Reyna Franco** did her customary ace job fielding questions from members and finding rides for people's luggage. To the weather gods, thank you, thank you, thank you. For the first time in a number of years, there was no rain. Perhaps there were a few drops on the way up and a few on the way home. But not enough to wet the roads, and certainly not enough to even come close to dampening our spirits. A great Memorial Day weekend!

That's it for this month. We'll see you all next month. Remember, if you have any amusing stories, juicy gossip or canny observations you want to share with your fellow NYCCers, send them to roaddirt@nycc.org. Don't forget, it doesn't have to be dirty to be Road Dirt.

This late-breaking news just in from the June All-Class Ride to Kensico Dam. **Barry Shapiro** actually took a pull! Even he admits it.





### RAMAPO RALLY

Come ride with us.

The Bicycle Touring Club of North Jersey will sponsor the Ramapo Rally on Sunday, August 22nd, at Ramapo College in Mahwah, NJ. This event will feature five beautiful, well marked routes – 12, 25, 40, 64, or 100 miles through the farm and lake country of New Jersey and New York. Sag wagon service and fully stocked rest stops are located along the ride routes. There will be vendor displays, refreshments, entertainment, and even a massage at the start/finish area. You can register at [www.active.com](http://www.active.com). Registration is \$25.00. If you pre-register by August 1, and are one of the first 300 riders to register, you will receive a pair of cycling socks when you sign in. Remember, half the hills are down.

Contact for Rally: Bette Bigonzi  
(973) 744-5924  
[bikeramapo@aol.com](mailto:bikeramapo@aol.com)

Club Website: [www.btcnj.com](http://www.btcnj.com)

### Autumn Cycling in the Berkshires—Anyone Interested?

by Maggie Clarke

After the splendid spring weekend up in the Berkshires, I was reminded of how I've always thought it would be gorgeous in the fall, with all the wonderful deciduous trees in the area. We already have many routes suited for C's, B's and A's, and it's only 33.5 relatively easy miles from the Metro-North train station. The town of Great Barrington is charming, with many restaurants, shops, and amusements. The Days Inn is right in town. With fewer people than the large Memorial Day weekend, we might even be able to have a gathering in a restaurant.

I mentioned this on the train coming back from the Berkshires, and there was some interest. So I checked with the Days Inn and though the Columbus Day weekend is prime for autumn leaf-peepers as well as weddings, they will hold their last 20 rooms for us for October 8-11 at least until July 1 (maybe August if they don't get a call for another wedding). The rooms will be \$130 per night including tax; I expect they will require at least 2 nights' stay. If we do end up doing this, they will want deposits in August.

I've got a list in formation with seven names just from informal polling. Is anyone else interested? If you are, please email me privately - [mclarke@hunter.cuny.edu](mailto:mclarke@hunter.cuny.edu), and indicate the number of people in your party, what ride level you are, if you would lead a ride, and how many days. (I'd lead C13 or so, of course.)

### THE HISTORY OF THE NYCC

"Today we'll practice downhill descending."

Correctly identify the vertically challenged cyclist quoted here and win blueberry pancakes for six at eat Your Heart Out in Nyack. Just don't try rearranging the tables though!

If you have a rusty old quote, send it to [LouPokes@aol.com](mailto:LouPokes@aol.com)

### Club Event for July

Monday, July 19, 2004, 8:00 pm

The New York Philharmonic on the Great Lawn. Enter Central Park at 81st or 86th Street (West Side) or 79th or 85th Street (East Side)

Bring your beach chairs and blankets, Pinot Grigio, and bread and cheese, and let's sit under the stars and listen to the world's greatest orchestra perform one of its free concerts in the parks of New York City. The evening's program will consist of selections by Smetana ("The Bartered Bride" overture), Mendelssohn (Violin Concerto), and Rimsky-Korsakov ("Scheherazade"). Volunteers are needed during the early afternoon to help stake out and secure a perimeter, and perhaps fly a kite or balloons to serve as a marker. If you can help out, please contact Dave Sabbarese @ [dsabbare@firstmanhattan.com](mailto:dsabbare@firstmanhattan.com), or call him during the day at 212-756-3209.

### Re-Cycling

Two free classifieds per member per year (up to 6 lines). Additional ads \$1.00 per 50-character line. Please email classified listings to [bulletineditor@nycc.org](mailto:bulletineditor@nycc.org). 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](mailto:joanandjay@aol.com)

DeLorme Topo USA Eastern Region detailed mapping software with instant elevation profiles of routes, roads, trails; automatic trail or street routing and other features; GPS enabled, Version 4.0. Brand new, never opened! Original price \$49.95, asking \$46.00 postage included. Contact **Dorothy**, [dafong100@hotmail.com](mailto:dafong100@hotmail.com)

# These Bike Shops Offer Discounts To NYCC Members

Remember to clip the gray Membership Card above and present it at the store to receive your discount.

## A Bicycle Shop

345 West 14th Street, New York, NY  
212-691-6149 or  
www.a-bicycleshop.com  
abikshp@aol.com; 10% off non-sale items (not items already discounted).

## Bicycle Habitat

244 Lafayette Street, New York, NY  
212-431-3315 or cmcbike@aol.com  
15% off parts and accessories. 10% off bikes, no discounts on sale items (no double discounts).

## Bicycle Heaven

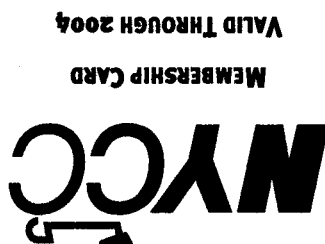
348 East 62nd Street  
New York, NY 10021  
212-230-1919  
www.bikeheaven.us  
8.25% off accessories, repairs & bikes

## Bicycle Workshop

175 County Road  
Tenafly, NJ 07670  
201-568-9372 10% off on part and accessories

## Bicycle Renaissance

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



## Conrad's Bike Shop

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

## Cycle Paths

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

## Gotham Bikes

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

## Larry and Jeff's 2nd Avenue Bicycles Plus

1690 2nd Ave. at 87th St., New York, NY  
212-722-2201, 15% off

## New Horizons Sports

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

## Piermont Bicycle Connection

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

4 Washington Street, Tenafly, NJ 07670  
201-227-8211  
www.piermontbike.com  
10% off everything, including bicycles.  
Free shipping on purchases over \$100.

## Sid's Bike Shops

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

## Toga Bike Shop

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

★ ★ ★ ★ CLIP THIS COUPON ★ ★ ★ ★ DON'T DELAY ★ ★ ★ ★ CLIP THIS COUPON ★ ★ ★ ★ DON'T DELAY ★ ★ ★ ★



## 2004 MEMBERSHIP APPLICATION / RENEWAL / CHANGE OF ADDRESS

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Check one: ☐ New ☐ Renew ☐ Address change Date: \_\_\_\_\_ Check Amount: \_\_\_\_\_

Check one: ☐ Individual \$24 (Bulletin by mail) ☐ Couple residing at the same address \$30 (Bulletin by mail)  
☐ Individual \$19 (Online Bulletin only) ☐ Couple residing at the same address \$25 (Online Bulletin only)

Name: \_\_\_\_\_ Email: \_\_\_\_\_ Riding Style: ☐ A ☐ B ☐ C  
(Check one)

Partner: \_\_\_\_\_ Email: \_\_\_\_\_ Riding Style: ☐ A ☐ B ☐ C  
(Check one)

Address: \_\_\_\_\_  
Street Apt. City State ZIP

Day tel: \_\_\_\_\_ Night tel: \_\_\_\_\_ Partner tel: \_\_\_\_\_

Signature (1) \_\_\_\_\_ Birthdate \_\_\_\_\_ Signature (2) \_\_\_\_\_ Birthdate \_\_\_\_\_

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

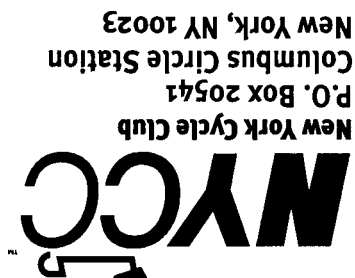
New York Cycle Club  
P.O. Box 20541, Columbus Circle Station  
New York, NY 10023

Make check payable to "New York Cycle Club."  
You may also renew online through active.com :  
visit [http://www.nycc.org/home\\_join.shtml](http://www.nycc.org/home_join.shtml) and click onto the active.com link.

NOTE: ALL NYCC MEMBERSHIPS ARE ON A CALENDAR YEAR BASIS ONLY. Please renew before March to avoid a break in your weekly email updates.

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



**Tuesday, July 13, 2004**  
**Welcome to Boot Camp!**

We all want to become better cyclists. That might mean riding longer distances, achieving greater speed, having less fatigue after a ride, or all of these. How can you accomplish this?

Welcome to Boot Camp. This is a get-back-to-the-basics approach to physical training that doesn't rely on fancy equipment. It goes beyond the four walls of a traditional gym workout into places like Central Park and Battery Park City, and uses your own body weight (and sometimes other people's bodies) to get you and keep you at your physical and mental best. It's about getting you in the best shape of your life and inspiring you to keep working at improvement. Boot Camp incorporates strength, cardiovascular, flexibility, core and functional training into one proven efficient, effective and progressive program.

Stacy Berman, founder of Boot Camp, was the top female trainer for New York Sports Club in 2003 training men and women. Certifications and expertise include NASM, ACE, Life Guard, Nutrition Specialist, Sports Fitness Specialist and a degree in health education.

Eduardo Darancou is a pro bike racer from Mexico, and works as a fitness coach, teaching classes in cycling, yoga, kickboxing and weight lifting. He is certified by AFAA, ACE and NMSA.

Join your friends at the NYCC July Program. It won't all be serious. We'll have some fun. We always do! This year's programs have had record attendance. Everybody has a GREAT TIME! It's your club — participate.

**July meeting sponsored by SID'S BIKE SHOP**

235 East 34th St., NY NY 10016, 212-213-8360, [www.sidsbikes.com](http://www.sidsbikes.com)

They will be supplying 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!

SWAP TABLE: Bring bike-related items you want to swap or sell. Price them. Affix your name to them. And see it on the road, with someone else

**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, vegetarian lasagna, 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 7:00 pm. Program runs from 8:00-9:15 pm.