It’s Summertime!

Who of us are old enough to remember these lyrics:

It’s summertime summertime sum-sum-summertime
Summertime summertime sum-sum-summertime
Summertime summertime sum-sum-summertime
Summertime summertime sum-sum-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. 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.
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. 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.

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.

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. 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.

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.crrca.net or call (917) 373-4759

This event is presented by the CRC/ASanchez 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, pacelines, 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  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.)
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 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 AM  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 8:00 AM  WEST POINT THE HARD WAY
Leaders: Timothy McCarthy (timothymc@earthlink.net), Ron Roth (ron@roth.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.
**JULY 2004**

**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.

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**Sunday, July 4, 2004**

**C15 40 MI 9:15 AM BRIDGE-TO-BRIDGE**

Leaders: Peter Morales pmmorales@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 breathtaking 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.

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**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-

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**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 garynyc@verizon.net 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 Passcack 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**

Leaders: Timothy McCarthy, 718 204 7484, timothymc@earthlink.net and Hank Schifflman, 212 529 9082, hschifflman1@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 Cragsmoor), 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.

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**Get Involved, Lead a Ride!**
**NEW YORK CYCLE CLUB**

**Sunday, July 11, 2004**

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

**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 arrival 9:01AM. Scenic, rolling/hilly ride up though Silvermine, New Canaan, Wil-

gton, Ridgefield for Lunch, then return back around Stamford Reser-

voir and short stop at beach in Rowayton. No cue sheets. Re-

turn from Darien approx. 4:45pm depending or finish time. Joint.

WCC

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

**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 Is-

land 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 up-

dates.

**Sunday, July 11, 2004**

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

**Leaders:** Kevin, kevinwjoness@hotmail.com; Kevin, kbroomell@nyc.r.r.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.

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

**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 Gar-

rison station so a Metro North pass is essential. Rain cancels.

**C** 35 MI 8:30 AM PICK-UP & RIDE

**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.

**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 take over in 2002. In addition, Irv Weisman's name was spelled incorrectly.

**Be A Published Author! Submit Your Stories and Articles to the NYCC Bulletin Today!**
JULY 2004

B17 80 +/- MI 8:30 AM  GREENWICH, CONNECTICUT (AND BACK) -- A NEW DESTINATION FOR MOST
Leaders: Marci Silverman, 646-408-4565, mhsivl@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.

B16 74 MI 8:00 AM ENTIRE CT GOLD COAST RIDE
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 Danien, 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: Danien, Norwalk, Westport, Southport, Fairfield, Bridgeport, Lordship, Stratford, Milford, W New Haven & New Haven. Return from New Haven APPROX. 4:55 pm or later depending on finish time.

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

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

Saturday, July 24, 2004

ALL 30-60 MI 9:00 AM ANOTHER ALL-CLASS RIDE. WITH A FREE LUNCH FOR ALL!
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@amelia kennedy.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 you 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

A/B18 50+ MI 9:00 AM SHIFTLESS BUMS FG/SS ALL-CLASS RIDE
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-geared bikes permitted only if the rider picks one gear and stays in it for the entire ride.

Sunday, July 25, 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
This is a short ride. Wear something yellow. We'll stop at the bike shop in Tenafly to wash the coronation. No meal stop.

B18 70+/- MI 9:00 AM HOT DOG! RIDE #2: BREWSTER
Leaders: Ivy Pool, 212-496-4048, ivy_pool@hotmail.com; Christian Edstrom, Christian@christianedstrom.com
From: Soldiers' and Sailors' Monument (69th 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.

C14 53 MI 9:15 AM OYSTER BAY
Leader: Scott Wasserman; 914-723-8607 swndes@earthlink.net
From: Statue of Civic Virtue (Union Tumpike & 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 bustling 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@emailink.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 farm-land 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; mechanals will buy you a dark ride home. Bring water, 2 square 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 Weaser, 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 Piemont for Lunch @ the Gazebo. Home on familiar NYCC roads (501 to Churchill). 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.
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, r@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 Nепoнis, 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 light-weight 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 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: 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.bicycleshows.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 Islandgreenway. 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. Bagoon 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.
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 to volunteer or for further information.

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 2100 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 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.dvfc.org
# 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 Birstiel
- Brian Blackburn
- Chris Bruno
- Alois Camenzind
- Laura Colby
- Steve Cornett
- Sheamus Cullen
- Joseph Deciutis
- 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 Sabbares
- Cheryl Shiber
- Marci Silverman
- Kristin Stodola
- Michael Syracuse
- Jennifer Thomson
- Phillip Weissman

## B-18
- George Arcarola
- Tinuola Awopetu
- Ronald Birmbaum
- Kevin Broomell
- Jeffrey Cooper
- Benjamin Dale
- Hamilton Dimaya
- John Dimaya
- Sosimo Dimaya
- Lisa Force
- Kevin Jones
- Stacey Juckett
- Corinne Karmiel
- Elena Lezniko
- Graham Roscoe
- Mavis Scation
- 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 Pettier
- Susanne Pichler
- Stacey Rich
- Maria Sutter
- Albert Taylor
- Kristina Wallender
- Debbie Wong

## B-16
- Brad Allison
- Jose Alzorri
- 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

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...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 Poinder
- Harriet Sasso
- Jennifer Thompson
- Maryellen Tria
- Max Whitney

### Group 3
- Andy Ashwal
- Julia Cassetta
- Amy Celleri
- Nancy Chadrijian
- Josh Cohen
- Kathleen Downing
- Annemarie Franklin
- Carolyn Goldfarb
- Caroline Lam
- Natalia Lincoln
- Valli McRoberts
- Tara Mooser
- Jan Ostrowski
- Frances Pardus- Abbadessa
- Drew Pardus- Abbadessa
- Justin Pearson
- Jim Reaven
- Lisa Smith
- Sylvia Thompson

### Group 4
- Paul Acomb
- Giovanni Canale
- Stacey Courtnay
- Linda Finkelstein
- Karen Franz
- Astrid Hanenkamp
- Heath Hurwitz
- Miriam Lutz
- Nancy Maier
- Ryan Meredith
- Maureen Miller
- Nicholas Rossi
- Amy Serwer
- Bernardo Villafranca
- Katie Walkden

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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.
  100 miles

- 8:00 am – Rockland Roll
  A Metric Century, rambling on lightly trafficked, beautiful roads.
  62 miles

- 9:00 am – Piermont Pleasures
  A Half Century, to the charming village of Piermont on the Hudson.
  50 miles

START/FINISH:
Sakura Park, Manhattan.
122 St & Riverside Drive: across the street from Grant’s Tomb.
Subway stop: 1/9 at 168th 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 ENYCC

- Fill out the attached form and send in a check.
- Register online at 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 ($5 month membership)
and enter Escape New York:

- Individuals: $47 for PRE-Registrants — save $15.
  $54 for DAY-OF Registrants — save $8.
  $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 20547 • Columbus Circle Station • New York, NY 10023

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 SIGN: In consideration of being permitted to participate in any way in New York Cycle Club ("Club") sponsored bicycling activities ("Activity") for myself, my personal representatives, assigns, heirs, and next of kin.

1. KNOWLEDGEABLE, 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 on public roads and facilities open to the public, during the activity and am aware 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 as bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and death ("Risks"), to these risks and dangers may be caused by my own actions, or inaction, the actions or inaction of others participating in the activity, the condition in which the activity takes place, or the NEGLIGENCE OF THE "RELEASEES" NAMED BELOW, or their officers, agents, and/or employees, or other participants, whether such negligence be active or passive, or if applicable, current and former owners or lessors of premises on which the Activity takes place, each of which is hereby released and/or otherwise ("Releasees") from all liability, claims, demagniers, losses, or damages I incur as a result of my participation in the Activity. I HEREBY RELEASE, DISCHARGE, COVENANT TO HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, losses, liability, damage, or cost which may incur as a result of such claims.

I have read this agreement, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE GIVEN UP LEGALLY AND WITHOUT ANY BENEFIT OR GUARANTEE OF ANY RIGHT, 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, NONCONTRIBUTORY, SHALL CONTINUE IN FULL, FORCE AND EFFECT.

I plan to ride: Century • Metric-century • Half-century

☐ Check here if you do not wish you name to be released to sponsors.

SIGNATURE OF RIDER

SIGNATURE OF GUARDIAN (IF UNDER 18)

PLEASE PRINT:

NAME

ADDRESS

CITY / STATE / ZIP

TELEPHONE

EMAIL ADDRESS

NYCC Member? ☐ Yes ☐ No

Registration 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 Registration

Couple: ☐ Here's my check for $76 / Pre-Registered
  ☐ $90 / Day of Registration

I plan to ride: Century • Metric-century • Half-century

☐ Here's my check for $47 / Pre-Registered
  ☐ $54 / Day of Registration

☐ Here's my check for $76 / Pre-Registered
  ☐ $90 / Day of Registration
When it was all over, A-19 did not reciprocate (sandbaggers!).

It didn't help that, while the quantity, as they saw their roster shrink on a weekly basis to—count them on your fingers—ten graduates. 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)

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 SIGlets 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 rider 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 Berkely 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, a great Saturday night dinner and to David Sabbares 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 the only real "mechanicals" were the 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)

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 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 peer out from among loads and loads of luggage! Thanks also to Liane Montessa for organizing the food and drinks—Susan Rington, 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.

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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 amusement. 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, 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

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

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

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, or call him during the day at 212-756-3209.

Club Website: www.btcnj.com

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

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. 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.

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These Bike Shops Offer Discounts To NYCC Members

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

Bicycle Habitat
244 Lafayette Street, New York, NY
212-431-3315 or mncbike@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 parts 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
212-697-9666 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.BerksireBrevets.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
212-213-8300 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.

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NYCC 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 on 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 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 PERSONAL 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, CONVANT NOT TO SUIT THE CLUB, THE LAB, their respective administrators, directors, agents and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessees of premises on which the Activity takes place, (each considered one of the "RELEASEES" hereinafter) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE INCLUDING NEGLIGENCE RESCUE OPERATIONS, AND I FURTHER AGREE THAT IF, DESPITE THE RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT T, 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 INDUJICATION 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) Individual $19 (Online bulletin only)

Couple residing at the same address $30 (Bulletin by mail) 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 (s) Birthdate Signature (s) Birthdate

Check If applicable: Do not print my Address Phone Email in the NYCC Roster.

New York Cycle Club Make check payable to "New York Cycle Club."
P.O. Box 20541, Columbus Circle Station You may also renew online through active.com:

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