

August 2004

NYCC Bulletin

The Photo Issue!



Photo: Gary McGraime

Rides, Rides, Rides

Over the last five or six years, shepherded by the very talented **Robin Read**, and then **Timothy McCarthy** along with **Peter O'Reilly**, the club website has grown to become not only an integral part of our club, but perhaps one of the best bike-club websites in the country. And now, thanks to Timothy and Peter, a new program has been added to our website that changes the way we do business—the business of **ride submission**. Acknowledging the fact that the major focal point of our club is to have organized rides, we believe that this program is the “tool” that advances us one thousand percent ahead of what we had before. We feel so positive about this program that we would like everyone in the club to see it first-hand. By signing onto the program (enter your name, an email address and a password), which does not require you to submit a ride, not only will you be able to see how the new ride-submission program works, you will also be automatically entering your name in a raffle for a \$100 gift certificate to the bike shop of your choice. The new program went “live” on Tuesday, July 13. You have until Tuesday, September 14 to be eligible for the raffle. And of course, while you're at it please submit a ride. Check it out!

And speaking of rides, our biggest ride of the year is quickly coming upon us. As the days of August click by, it is “crunch time” for our ENY committee, headed by **Lynn Baruh**. Our 10th annual **Escape New York Century** (offering 100-mile, 62-mile and 50-mile rides) will happen on Saturday, September 18. This fully backed event, with posted routes, food/rest stops, sag wagons and guided group rides, usually draws between 300 to 400 riders. And of course, it does not happen without a “bunch” of volunteers. If you haven't done so yet, please consider volunteering to help out with this event. Not only is it a way to give back to your club, it is also a very gratifying experience. And by volunteering, you will be invited to join an elite group of ride leaders and marshals on a pre-ride one week before the event (and lunch that day is “on the club”). For information on volunteering please contact **Tricia Wallace** at triciawal-lace@yahoo.com or 212-247-3263.

And besides our regular club rides this month, look for these special events and rides: a **boat cruise on Friday, August 13**, a **picnic/all-class ride with the Sound Cyclists bike club on Sunday, August 15** and an **NYCC Labor Day weekend in Massachusetts with Ride NOHO**. For information on these events, check elsewhere in this Bulletin, on our club website and in the weekly club email.

Have a great August.

Stan O.

Club Event for August

Friday, August 13, 2004, 6:30—10:00 pm

Manhattan Sunset Cruises, Pier 86 (12th Ave. & 46th St.)

The NYCC has arranged for its members to go on a Manhattan sunset cruise aboard a multi-level luxury yacht called the Amber Jack. We will be getting a great deal that includes a three-hour cruise, two free drinks, free hot appetizers, a live DJ, dancing and a free gift upon departure, all for the unbelievably low (insider) price of just \$32 (the regular price is \$96!). To guarantee your spot, please send a check, made payable to Gail Williams, to:

Gail Williams
48-11 47th Street
New York, NY 11377

Please be advised that Gail must receive your payment by August 11 to reserve your space. Unfortunately, we cannot accept “walk-ups” for this event. The more, the merrier, so bring friends or family, and don't be late, the ship boards at 6:30 and sails at 7:00 sharp!



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Mailing Services: Thanks to our Mailing Party volunteers. EMAIL George Kaplan at gkaplan4@nycc.org to volunteer for the next mailing.

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Submissions: EMAIL bulletin-editor@nycc.org. Submit copy via email or CD. Include operating system and software, hard copy, and contact info if submitting via CD. 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.

Copy editing by fendergal.

NYCC Columbus Day Weekend in the Catskills

October 8—11, 2004

Join us for the NYCC's 14th almost-annual fall weekend in Ulster County. There will be great rides on lightly traveled roads, fun people, delicious food and spectacular fall foliage. Phoenicia, 25 miles west of Kingston in the heart of the Catskill Mountains, is the perfect location for our autumnal escape. Bed and breakfasts, inns, lodges and motels abound, and we all know the riding is unsurpassed. (No one ever gets lost—they just wind up on the wrong beautiful road!)

Woodstock is a mere 15 miles away and it's just a short detour from there to the infamous Devil's Kitchen. Last year, all eight riders who attempted the climb, made it to the top. In addition to the beautiful scenery, the reward is lunch at Maggie's Crooked Cafe in Tannersville. New Paltz is about 70 miles round trip, with or without climbing Mohonk Mountain. The notorious Slide Mountain/Samson/Peekamoose loop is only a 70-mile ride, albeit most of it is vertical! There are also plenty of rolling miles around the Ashokan Reservoir. And there are hundreds of miles of other scenic roads to explore.

The only problem is that rooms sell out fast. If you're tired of spending weekends in Nyack and Park Ridge, don't wait until the last minute to make a reservation.

Paul Hoherr will be leading his inimitable B15/C14 rides as only a native of Phoenicia can. **Fred Steinberg** will be exploring new routes, of course, on his A18 rides. **Margaret Cipolla** will show you her favorite places on her A/B18 rides. **Jeff Vogel** will be getting dropped while attempting to lead faster A rides. There

will be other rides if someone volunteers to lead them. Contact Jeff (info below) if you would like to lead a ride.

And don't forget to bring your hiking boots - you may want to forgo a day in the saddle to take advantage of the area's many hiking trails. There's everything from a quiet walk in the woods to challenging 4,000-foot climbs. Or stay over on Monday night to do a hike with Margaret, Jeff and Kitty on Tuesday.

A group dinner will be held on Sunday, October 10 at the American Café, on Route 28, two miles west of Phoenicia. The cost is \$34 if paid by September 20, and \$39 until October 4. You will NOT be able to pay at the door. Please make your check payable to Jeff Vogel and mail it to 102-10 66th Road, Apt. 14E, Forest Hills NY 11375.

Most towns in the Catskills are served by Trailways (800-858-8555). The one-way fare is \$27. Bikes are free, but must be boxed.

The following is a partial list of accommodations in the area. (All numbers are in area code 845, unless noted otherwise.) More info on lodging is available at: www.ulstertourism.info; www.hudsonvalleybandbs.com or 845-687-0757; the Ulster County tourism 24-hour info line, 800-DIAL-UCO; or Ulster County's direct line (9 am to 5 pm), 845-340-3566.

If you have any other questions or want to lead a ride, please contact Jeff Vogel at CPAcycles@aol.com or 718-275-6978.

Phoenicia:

Cobblestone Motel - 688-7871 (\$49-\$99/night)
Phoenicia Belle B&B - 688-7226 (\$90-125)
Phoenicia Motor Village - 688-7772 (\$60-\$90)
Ray's Cabins - 688-5410 (inexpensive)
Claude's B&B - 688-2561 (not recommended)

Chichester (1 mile away):

Manor House B&B - 688-2085 (\$95-\$125)

Mount Tremper (3 miles away):

La Duchesse Anne - 688-5260 (\$80+)
Lodge at Catskill Corners - 877-688-2828 (\$200+)
Lazy Meadow Cabins - 688-9950 (inexpensive)
Fatimas B&B - 334-8511

Boiceville (5 miles away):

Trail Motel - 657-2552 (moderate)
Onteora, The Mountain House - 657-6233 (\$165-\$240)

Shandaken (4-6 miles away):

Crowing Rooster B&B - 688-7204 (\$95-\$115)
Appletree Motel - 688-7130 (inexpensive)
Catskill Seasons Inn - 688-2223 (\$75-\$110)

Big Indian (8-10 miles away):

Alpine Inn - 254-5026 (\$100-\$130)
Star-Lite Motel - 254-4449 (\$70-\$75)
The Weyside - 254-5484 (\$60-\$65)
Alpine Osteria B&B - 254-5026 (\$85+)
L'Auberge Du Canard - 254-4646 (\$75-\$100)

Woodstock, Bearsville, Lake Hill (10-15 miles away):

Woodstock Inn on the Millstream, Woodstock - 800-420-4707
Twin Gables Guest House, Woodstock - 679-9479 (\$79-\$115)
Woodstock Lodge, Woodstock - 679-2814
Ivy Farm Inn, Lake Hill - 679-9045
Carol's Woodstock Country Inn, Bearsville - 679-9380
Morning Glory B&B, Woodstock - 679-3208
Mt. Tobias B&B, Lake Hill - 679-0500

You Don't Have to Live on the East Side to be a Member of the 92nd Street Y's Gym

Lots of people who don't even live in Manhattan but work there belong to the Y's May Center for Health, Fitness & Sport (its gym facilities). It's easy to fit in workout time before work—it opens at 6 am—or after work. Now the Y is making belonging even more tempting. It now offers a corporate rate membership to NYCC members, as it already does for members of 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.

So when it's steamy or rainy, NYCC members can cross-train in an air-conditioned gym. In addition to top-of-the-line aerobic and weight machines, the May Center has NYC's only indoor 25-yard pool with an ozone disinfecting system (no chlorine!), basketball and racquetball courts, steam rooms, saunas, whirlpools, more than 100 free weekly exercise classes and a free lending library. You can check out the Y's facilities at www.92y.org. For more information, call the membership sales office at 212-415-5729 or stop by the 3rd floor membership sales office at 1395 Lexington Avenue (at 92nd Street). You must mention that you are a NYCC member to get the special rate.

Club Rides

IMPORTANT: BEFORE YOU TAKE YOUR FIRST CLUB RIDE, PLEASE READ ABOUT CLUB RIDES ON PAGE 13.

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 meeting date.

NO HEADPHONES



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



August Recurring Rides

Wednesdays August 4 & 11, 2004

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

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.

Every Monday Thru Thursday from August 2nd to August 12th only.

A19 21 MI 5:45 AM RIVER ROAD EARLY IN THE MORNING

Leader: Anthony Donato (adonato@mohg.com) 646-271-8552

From: Manhattan Side GWB

A daily early morning ride, except Fridays, from the NY side of the GWB. Return via 9W & Sage Road. Heavy rain cancels.

August Club Rides

Saturday, July 31, 2004

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

Leaders: Ron Roth, rr7@nyc.rr.com, Timothy McCarthy, 718 204 7484, timothymc@earthlink.net

From: The 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 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.

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

*Submit a Ride on-line at
www.nycc.org/rides_sub.shtml*

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 8:30AM 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 FOUR 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. Helmets, Metro North passes, and smiles please.

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

Leader: You and your new and old friends

From: The Boathouse

No rides at press time. If you're not hosing off from yesterday's trash pick-up or sleeping off last night's midnight ride, 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, August 7, 2004

A20 80 MI 8:00 AM COLD SPRING VIA BEDFORD

Leaders Steve Dwek Stevedwek@aol.com, Ed White

ewhite10@nyc.rr.com and Jason Winstanley jwinstanley@att.net

From the Boathouse Parking Lot

We'll begin with an energy-conserving first leg to Bedford for a quick lunch on the village green. Then we'll kick it into high gear (22-23) past Cross River, around the Titicus Reservoir, and through Purdys, with some long fast rolling stretches on 121 and 116, split by a little hard pack on Turkey Hill Rd. The kicker is a great little climb on Seminary Hill Rd followed by a short climb up 301 (who are we kidding) to Cold Spring. Return is by Metro North. The usual requirements including helmets, a pleasing disposition and Metro North RR pass. Fine-tuned paceline skills definitely required. Bail-outs are available for those who cannot maintain the pace.

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

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

From: The Boathouse

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

B17 40/45 MI 9:00 AM RYE BEACH BUMS

Leaders: Wayne Wright 212-873-7103 wwright8@nyc.rr.com; Sally Cressey, saxahoya@aol.com

From: The Boathouse

Many club members believe that if you do an NYCC ride, it has to be a grueling, day-long affair. They are mistaken. We'll get in a nice spin through Westchester, but our ride will end at Rye Beach, where we'll soak up the sun for a while before catching the train back to the city. Admission to the beach is a steal at \$3.25! So, you bring the sunscreen, and we'll bring the Frisbee. Helmets and smiles please.

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

Leader: You and your new and old friends

From: The Boathouse

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

Sunday, August 8, 2004

C12 30 MI 10:00 AM NYCC JOINS THE 5BBC BICYCLE BEACH BUMS

Leaders: Lee Ann Van Wyck (NYCC); Ed Ravin (5bbc) eravin@panix.com 718 796 3137

From: Grand Army Plaza entrance to Prospect Park

Combine your two favorite activities - bicycling and visiting the beach! This leisurely-paced ride will mosey from Brooklyn to a quiet beach in the Rockaways, mostly along quiet streets or bike paths. Subway return available. Bring or buy lunch, bring beach stuff (sunscreen, swimsuit, towel, sheet, pail, shovel, Frisbee, flip-flops,

etc), and a lightweight lock. You'll have a spot to change into the swimsuit, so you don't need to wear it while riding. Co-led with the 5BBC

Saturday, August 14, 2004

A19/20+ 75-95+ MI 8:00 AM POUND RIDGE/WACCABUC/ BREWSTER OR COLD SPRING

Leaders: Fred Steinberg, fsteinberg@nyc.rr.com, 212-787-5204; Tim McCarthy, Timthymc@earthlink.net; Glenn Pierce, gpierce@fcb.com

From: Central Park Boathouse

Whether we end in Brewster for a 75 mile foray or go all the way into the setting sun and descend to Cold Spring for a near century, this route is a crowd pleaser. Miles of shaded roads in horse country and along Mianus River Rd followed by the climb up to Pound Ridge for lunch. Then ridge hopping thru South Salem and Waccubac; thru the reservoirs to Carmel and the finale up and down Rt. 301 to the river. Bring a serviceable bike with enough rubber to get you home, pocket food, water/fluid, money for lunch and a Metro-North bike pass for the train ride home. If in doubt about the weather call Fred and check the NYCC message board. Note: Ironmen & women there is a 110+ mile option to ride back to NYC. See Ride Library 'Pound Ridge, Waccubac and back' or contact Fred.

B15/16 50+ MI 8:40 AM ZAP MAHOPAC LUNCH HILLY

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

From: Grand Central Station for the 8:48 am Brewster North train to Katonah

Leader will meet group at Katonah train Station at 9:53 am. Horse Farms, nice roads, green woods. A very hilly ride up to North Salem, Titicus Reservoir to Brewster and mostly down approx 8 miles of bike path and flat 8 miles back to Katonah. Return approx. 4:25 pm train depending of finish time. Joint WCC

B15 30-35 MI 9:00 AM BEAT THE HEAT – PEDAL & PADDLE – THIRD SMASH YEAR!

Leader: Dave Sabbarese (dsabbare@firstmanhattan.com) 212-529-3230

From: The Boathouse parking lot

Let's try a little diversion by pedaling from the park to the West Side bike path and down to Pier 26 where we will park our cycles and exchange them for kayaks. The Downtown Boathouse offers free instruction and use of their kayaks on a first-come, first-served basis. After splashing around in the Hudson for 20 minutes or so we'll hop on our cycles and swing up the Lower East Side bike path where we will face a critical decision – continue on to Brooklyn and Prospect Park for some hard laps or have brunch in an East Village sidewalk café. We'll cross that bridge if we get to it. Don't forget your helmet, lock, and lunch money. Lousy weather cancels.

B15/16 48/60 MI 9-9:45 AM MAMARONECK MINI ALL C13 SEE BELOW CLASS

Leaders:

B16 @9:15 Rick Braun, 212-477-2575; Randall Peltier, randallpeltier@yahoo.com, 917-399-9737

B15 @9:00 Linda Wintner, 212-876-2798, lwintner@metlife.com; Lynn Sarro, 212-529-8198, sarka@erols.com; Steve Chabra, 212-677-1090, s.chabra@worldnet.att.net

C13 @9:45 Scott Wasserman swrides@earthlink.net

From: Central Park Boathouse Parking Lot

Please join us for a scenic ride to Mamaroneck where we'll buy

lunch at a deli and picnic by the water. We will head out in three groups: a B16 headed by Rick and Randall departing at 9:15 am, a B15 headed by Linda Wintner, Lynn Sarro and Steve Chabra departing at 9:00 am, and a C13 led by Scott Wasserman leaving at 9:45 am. Scotts route is 48 miles and is more direct. We will meet in Mamaroneck for a relaxed picnic lunch. At that time, there will be an opportunity to change groups for anyone who wants to go faster or slower.

The route has some rolling hills but no 'killers.' In case you don't want to ride all the way back to Central Park, there are plenty of bail-out options on the way home, either on Metro North in the 'burbs (if you have a Metro North pass) or the subway in the Bronx. Bring some cycling pocket food and plenty of water. Metro North pass and Metro card strongly advised (August can be brutally hot you know!). Cue sheets will be provided. This is one of our favorite rides because the lunch spot is really great, and we look forward to seeing you on the ride.

Cancels: rain or temperature over 95 degrees at 8 am. Helmets required!

C12 23 MI 8:30 AM SANDY HOOK BY SEA & BIKE

Leader: Alfredo Garcia 646-312-1677 cyclistxxiii@yahoo.com, Brian Hoberman

From: NY Waterway Terminal, Pier 78, West 38th St & 12th Ave
Nice boat-bike-boat adventure with beach time. Ferry cruise is great, especially under the Verrazano Bridge and the Narrows. Ride includes a run into Monmouth County, which includes four bridges and quiet locales. Lunch at the Navesink Twin Lighthouse. Then back to the Hook to check out new bike path and then saunter at North Beach. Bring lock, swim gear, sunscreen and water. Note: you are responsible to get your NY Waterway round trip cruise ticket (\$29). Get to the terminal early or call 800-53-FERRY for a reservation, several days in advance. Wet weather at the start cancels. Mostly flat, some climbs, some busy traffic. Co-listed with the 5BBC.

C13 48 MI 9:45 AM MAMARONECK

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

From: The Boathouse

We'll head north and meet the B group for lunch overlooking the sailboats at the Mamaroneck marina. We buy lunch in town and ride a short way to the park with it's cool breezes. If we time it better than last year we'll eat together and riders can switch to the other group on the way back. Substantial rain cancels.

Sunday, August 15, 2004

ALL ? MI 7:30 AM PICNIC WITH THE SOUND CLASS CYCLISTS

From: Grand Central Terminal

A repeat of last years great success! We will join the Sound Cyclists for rides in the Stamford area followed by a relaxing picnic overlooking the water at Cummings Beach in Stamford on Sunday August 15th. Bring your bathing suit and beach towel if you'd like to take a swim, and your softball mitt - we have been challenged in softball and volleyball!

The picnic is from 12:00-2:00. Cost is \$5 if you RSVP by Aug 12 or \$8 the day of the event. Please RSVP to events@nycc.org indicating your menu preference. Hot dogs, hamburgers, veggie burgers, salads and dessert will be served.

Rides meet at the public parking lot on Shippan Ave in Stamford at various meet/start times TBA. Details on train and ride information will be posted on the NYCC bulletin board and email the weeks prior to the ride.

Diving Directions - From NY - take I-95N to exit 6, 2nd set of traffic lights is Canal Street - go right to Jefferson street. Go left to Magee Street (next light) turn right on Magee Street and go straight - pass the intersection Shippan Ave & Harbor Drive, street name changes to Shippan Ave - take first right into public parking lot.

**B18 90+/- MI 7:30 AM WESTCHESTER LOOP/COKE
IN TARRYTOWN**

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

From: Grand Central Terminal, Information Booth

The undulating roads of Westchester via Bedford, Somers and Tarrytown that some B SIG riders might know better than they'd like to. Meet in Grand Central for the 7:48 to White Plains. Three pit stops but no real lunch. Cokes on me in Tarrytown. Train bailouts available for the weak. Bring a helmet, plenty of pocket food and water, a Metro-North Train pass and the usual other accessories. Rain, wet roads or an ugly forecast at 6 am may cancel - check the message board for details.

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

Leader: You and your new and old friends

From: The Boathouse

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

Saturday, August 21, 2004

**A19-20 97 MI 8:00 AM MOTT FARM / GATE HILL
ROADS**

Leaders: Timothy McCarthy, timothymc@earthlink.net, 718-204-7484; Glenn Pierce, gpierce@fcb.com, 917-575-5114; Pam Nelson, pamnelson@prodigy.net

From: Central Park Boathouse

Tour de Rockland, from the Hudson shore to the Ramapo Mountains and back. Starts out mostly flat, with lots of climbing in the middle; (no mountains, only foothills), and the return is fast. Cancel conditions: oppressive heat and humidity; rain. Check NYCC bulletin board at 6:30 am if in doubt. We aim to ride together, not away from each other. Helmets, good cheer and paceline skills a must.

**B15/16 50 MI 8:40 AM KATONAH TO DARIEN
HILLY**

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

From: Grand Central Station for the 8:48am Brewster North train to Katonah

Leader will meet group at Katonah train Station at 9:53am. Ride goes through Bedford then down through North Greenwich to Cove Island Park Beach in Stamford for Lunch. Then onto Darien, up to New Canaan and Pound Ridge and back to Katonah. Return approx. 4:25 pm train depending on finish time. Joint. WCC

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

Leaders: Mark Gelles, 212-689-1375, mgelles@okcom.net; mystery co-leader

From: The Boathouse

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

message on message board.

**C13 52 MI 9:00 AM ECCENTRIC MEANDERING
RIVERDALE/WESTCHESTER**

Leaders: Ruth Yashpan rdy98@aol.com 718 549-0746; Amelia Kennedy

From: 242 St & Broadway, Bronx (Van Cortlandt Park, last stop on the #1 train)

A hilly start, meandering around the quiet streets, picturesque mansions and shaded roads of Riverdale (Fieldston area). We'll briefly stop at Wave Hill to view the flora, fauna and breathtaking panorama of the Hudson River before continuing along Palisades Avenue and points North for more and more dramatic vistas of the Hudson River and Palisades. After lunch in Tarrytown, we'll change terrains and head east circling the scenic Tarrytown reservoir, heading north by crisscrossing from the beautiful, but hilly countryside routes of Northern Westchester - hopefully we'll see a few horses and cows - into the simple rustic North Country Trail; the level trail offers a breather from the hilly roads. Towards Yorktown, the Croton Reservoir Bridge offers a spectacular view of the surrounding landscape. Possible ice cream stop at the end of trail. Return by Metro North. Bring good gearing skills, smiles, helmet, water, sunscreen, snacks, cash, and Metro North Bike Pass. Rain? Check NYCC message board at 7:30 am or call leader.

Sunday, August 22, 2004

**C13 50 +/- MI 7:45 AM TOURING: DARIEN/
RIDGEFIELD ROUNABOUT**

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

From: GCT Info Booth for 8:06 AM New Haven Bike Train to Darien

A rolling, scenic, moderately-hilly, all-day ramble through parts of New Canaan, Wilton, Ridgefield (lunch,) Kitchawan, and Pound Ridge. While we plan to return from our arrival spot in Darien, buy only a one-way ticket. Given our ride-leading record—and group dynamics—we might end up in Greenwich or Katonah or Rye or even Cleveland. Helmets and Metro North passes, please. Expected temp above 90 will truncate ride. E-mail leaders for more info.

Wednesday, August 25

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

Leader: Dave Sabbarese (dsabbare@firstmanhattan.com)

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

Our mid-week spinning session is busting out of Manhattan. We'll traverse the Brooklyn Bridge (if you've never done this, you'll soon know what all the fuss about this bridge is about) and do some laps in Prospect Park for a change. We'll return via the Manhattan Bridge. For those who wish to jump on board in Brooklyn, we figure to be by the Grand Army Plaza entrance around 7 pm. Bring a well-maintained bicycle and helmet (mandatory), blinking lights (suggested as we may be ending after dusk), and a lock and some pocket change for those who may wish to grab a bite or a beer afterwards. Lousy weather cancels.

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

Saturday, August 28, 2004**A19/20 90 MI 7:30 AM 3 MOUNTAINS IN CT & MA**

Leader: Hank Schiffman (hschiffman1@nyc.rr.com), 212-529-9082, Pamela Nelson, Melissa Bybee

From: Grand Central Terminal, arrive early for 7:48 train to Dover Plains, Harlem Line

Our train will arrive in Dover Plains at 9:49. First we will cycle into Kent, CT and ascend Skiff Mtn. [There may be some hard pack.] We descend to Cornwall Bridge then climb Sharon Mtn. Lunch will be in Salisbury, CT. Next, we ride up Under Mountain Rd to South Egremont, MA and ascend to the township of Mt Washington under Mt Everett then descend Bash Bish to Copake Falls, NY. We will cycle back to Wassaic, NY via country roads and The Harlem Valley Rail Trail. Be prepared for 6000' of ascent in 90 miles. You will need one ticket to Dover Plains and another back from Wassaic. If we find ourselves with extra time as we pass through Millerton we could cycle further down the line to catch the train at Dover Plains, Harlem Valley or Pawling as trains run every 2 hours above South-east (Brewster North.) Need I say that you will require water, money for lunch, spare tubes and a bike in serviceable condition. This ride is a day in the country.

C13 45+/- MI 9:00 AM THE CHOCOLATE RIDE (AND OTHER DELICIOUS OBJECTS)

Leader: Danny Lieberman (dfl@panix.com)

From: City Hall, opposite Brooklyn Bridge

For serious chocolate lovers only! Good chocolate comes in many forms - drinks, baked goods, egg creams, ice cream, truffles and more. If you remember my last summer chocolate ride we made a lot of stops and covered a lot of territory. This year's edition will feature more fine chocolate but fewer stops. It's probably best to pack a sandwich for lunch since we'll be making so many sweet stops. Please bring some dough for the various treats we will encounter. Terrain: bitter. Pace: sweet. Co-listed with the 5BBC.

Sunday, August 29, 2004**C12 30 MI 10:00 AM NYCC JOINS THE 5BBC BICYCLE BEACH BUMS**

Leaders: Lee Ann Van Wyck (NYCC); Ed Ravin (5bbc) eravin@panix.com 718 796 3137

From: Grand Army Plaza entrance to Prospect Park
Combine your two favorite activities - bicycling and visiting the beach! This leisurely-paced ride will mosey from Brooklyn to a quiet beach in the Rockaways, mostly along quiet streets or bike paths. Subway return available. Bring or buy lunch, bring beach stuff (sunscreen, swimsuit, towel, sheet, pail, shovel, Frisbee, flip-flops, etc), and a lightweight lock. You'll have a spot to change into the swimsuit, so you don't need to wear it while riding. Co-led with the 5BBC

September 4- 6 (Labor Day weekend)**ALL LEVELS, (A, B, C)**

The 2nd Annual NYCC Ride Noho Labor Day Weekend
Like they did last year, Ride Noho will offer a Labor Day weekend getaway for NYCC members. September 3-6, go stay in lovely Northampton, MA, and let Ride Noho do what they do so well: lead great rides and show you a good time. For more details - <http://www.ridenoho.com/nycc.html>

Saturday, September 4, 2004**A19/20+ 80-95 MI 7:20 AM MOHONK, CLOVE VALLEY/ MINNEWASKA & CRAGSMOOR**

Leaders: Fred Steinberg, fsteinberg@nyc.rr.com, 212-787-5204; Tim McCarthy, timothymc@earthlink.net; Jeff Vogel, Cpacycles@aol.com

From: Grand Central Terminal, Information Booth

Beautiful countryside from start to finish. Three long climbs with spectacular descents, plus some lesser hills along the way. Options to bypass Mohonk and Cragmoor climbs. Gourmet dining in Kerhonkson; Bring 2 water bottles, pocket food, tubes, etc. Water stops as available. Note: Jeff's first stop is at mile 43. Metro North pass required. Arrive at GCT by 7:25 am and purchase ticket to Beacon (Hudson Line). Cancel conditions: Dismal weather in the mid-Hudson Valley. Rain date: call Fred.

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

Leader: You and your new and old friends

From: The Boathouse

Not "riding NoHo?" 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.

Sunday, September 5, 2004**C ? MI 9:00 AM PICK-UP & RIDE**

Leader: You and your new and old friends

From: The Boathouse

Not "riding NoHo?" 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.

Monday, September 6, 2004**C12 23 MI 8:30 AM SANDY HOOK OKEY DOKEY**

Leader: Alfredo Garcia (646) 312-1677 cyclistxxiii@yahoo.com

From: NY Waterway Terminal, Pier 78, West 38th St & 12th Ave
Boat-bike-boat trip excursion with beach time, under the summer sun. Trip includes Monmouth County run with four bridges, quiet places and a climb to a breathtaking overlook. Lunch at Navesink Twin Lighthouse. Then back to the Hook for swim time & other fun options. Bring lock, swim gear, sunscreen and water. Note: you are responsible to get your NY Waterway round trip cruise ticket (\$29). Get to the terminal pronto or call 800-53-FERRY for a reservation, several days in advance. Wet weather at the start cancels. Mostly flat, some climbs, some busy traffic. Co-listed with the 5BBC.

Club Calendar**Tuesday, August 10, 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)

All Gain and No Pain (Part 2/3 of a summer series)

Are your body and your bike working together? The old adage of "no pain, no gain" is a lie! Getting and staying in shape without the

(Continued on page 10)

Notes from a Spicy Land: Travels Without My Bicycle

Story and Photos by Cat Bent

Early this year I was invited on a performing tour of India. To refer to it as a professional situation would be giving its organizers undue credit; suffice it to say that we toured and we performed. My reward was the opportunity to discover a continent unknown to me and its utterly unfamiliar culture. Having no expectations at all was the best way to prepare for the steam bath of Bombay Airport, where the mosquitoes held a "welcome buffet" on me for the duration of my six-hour layover. And for Chennai, where I emerged in the pre-dawn to a sea of brown faces and white shirts, and hurtled through the waking streets in a dreamlike state, watching the bluish-lit videogame of two-, three- and four-wheelers, bipeds and quadrupeds, negotiating a ribbon of road.

My hosts pointed out important attractions: the Theosophical Society, the School of Bharatnatyam, the Institute of Leather Research. My attention, however, was entirely focused on surviving this round – since I had no cash for another. I admired the unconcern of my fellow players: tiny children napping on the gas tanks of motorcycles while helmetless parents breezed between bulging buses and belching lorries; impassive Brahma bullocks pulling impossibly laden carts; bicycles and cycle rickshaws powered by loinclothed Gandhis, the concept of rearview mirrors unknown. Every woman, sitting side-saddle on the back of a two-wheeler, was nonchalantly carrying five meters of silk or cotton, only the saree-guard-cum-kickstand on the back wheel protecting them from unspeakable tragedy. And everywhere, everywhere, honking their little bulb-horns, were the yellow and black auto-rickshaws "tak tak tak SQUHONK tak tak," zipping and weaving in the fray. These bumblebees, for the next ten weeks, were to be the mascot of my independence.

I spent a desultory three weeks in Chennai, the charm of staying in my boss' parents' small house with nine people plus giant flying roaches – but without my own key – fast wearing off. I passed many hours in the Internet café on the corner, trying, for the benefit of an imaginary audience at home, to spin my grey frustration into colorful yarns. This provided me with some solace and made me feel a little less like a caged pigeon. I didn't mind the bucket-baths but I missed my freedom. The city was thrifty with pavement and a walk to the nearby beach involved a scary diagonal traffic dash and a lot of human waste (not mine, but it was a close call). Street signs, when they occurred, were usually in Tamil, and rarely corroborated my little map. I had, however, improved my score in the traffic videogame! A trip by auto typically involved a fierce financial negotiation, several stops en route for the driver to ask directions or add a cup of fuel, being almost flung from the open sides of the wobbly vehicle and unquestionably one's money's worth of adrenaline thrill. There is no concept of lanes of flow, or of personal space; everybody just goes where they can and I was constantly amazed that people don't collide. The colorful rear end of every large vehicle gaily instructs "sound horn" and perhaps this is an effective formula. It was unbelievably dusty and smoky and fummy and noisy and hilarious. A bandanna over the face is advisable, but I learned that most

young Indians actually cover their faces out of vanity – light skin is more desirable.

My hostess wouldn't be caught dead in an auto-rickshaw, let alone on a bicycle, but among the less fortunate castes a bicycle is a highly prized object. As I walked along a side street, four boys riding one bicycle discovered that they could not laugh and balance at the same time, but even after they wiped out they were still laughing (at me, taking their photograph). I found myself watching people on bicycles (carrying, for instance, a hundredweight of bananas or a sofa) with awe and horror, and furtively approached a couple of bicycle shops to ask if they did rentals, which none would admit to. I was at the mercy of the "Madam. Madam. You want rickshaw, madam? One hundred rupees" brigade, and learned how to drive a hard bargain. I also went through several pairs of flip-flops and a whole bottle of New Skin.

At the end of January, under-rehearsed but ready for anything, we set sail for Auroville, near Pondicherry, a town famous for its French charm. This "utopian community" has a distinctly SoCal vibe, but with more Bengalis. At the heart of the compound is the massive Matri Mandir, a meditation dome that looks like a big gold golf ball. It's absolutely space-age and weird (and did I say gigantic?). I resisted the temptation to queue up with coachloads of Indian and European tourists for 30 seconds' communion with "the Mother."

A couple of things improved my quality of life. One was being out of Chennai and into the woods. Apart from the incessant buzzing of motorcycles and the obsessive *quili* bird, it was much cleaner and quieter. I was still harassed by beggars and relentless vendors, but most people walking around are residents whose approaches are imbued with unconditional love. Another good thing was that the flying cockroaches of the city were replaced with different varieties of creepy-crawlies, mostly just fat shiny worms and lizards. My colleagues shrieked at spiders in the loo; huge, crocodilian lizards in the grass behind our cabin; and a six-foot snake crossing the road, but I saw nothing but ants in my sponge-bag, perhaps because I was moving too fast. Which brings me to the third thing: renting a bike!

It was not like any bike I've ever ridden before, but after trying out every horse in the stable (our guesthouse kept about a dozen) I was happy to find one that had both brakes and steering. The second choice to be made was right or left buttock support. Bike Number 1 seemed set up for carrying books under one's arms, which I didn't plan to do; nevertheless it and I spent a fair amount of bouncy, squeaky and dusty time together. The narrow handlebars proved to be an asset on the roads, which were not as congested as in Chennai but were similarly anarchic.

Auroville is unexpectedly huge and the Indians don't go in for maps. I once took a wrong turn and found myself on unmarked, sandy tracks for almost an hour, accidentally touring the Ganesh

(Continued on page 14)



(Continued from page 8)

pain. Bike better. Live healthier. Sponsored by Piermont Bicycle Connection. SWAP TABLE: Bring bike-related items you want to swap, sell or barter. 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

Out of Bounds

Sundays, August 1, 8, 15, 22 and 29, 2004

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 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.

Sunday, August 22, 2004

**55/90/130 MI 5:45 AM RAOUL ALPHONSO
MEMORIAL RIDE TO NEW
HOPE, PA**

Leader: Larry Wilcox larryw_07111@yahoo.com 973-705-7649 or 973-841-0708

From: Information Booth, Newark Penn Station

Raoul Alphonso was a fellow cyclist whose life was tragically taken in defense of his camera and bicycle. This annual ride was re-named in his honor. The route is basically flat, three-part stops/returns and offers great camaraderie. Sponsored by the Major Taylor Cycling Club - <http://home.nyc.rr.com/majortaylornycnj/>

Sunday, October 10, 2004

25/50 MI TOUR DE FOLIAGE

1st Annual FD Cycle Tour, Start/Finish Pace University, Pleasantville, NY. Reg. fee \$25. \$75 minimum pledge for 25-mile ride, \$100 minimum pledge for the 50-mile ride. www.fdcycletour.org and contact fdcycletour.org for more information.



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. 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

Club Website: www.btcnj.com

NYCC Pit Stop Hall of Fame

Pit Stop	Address	Town
Palisades Park Police	River Road	Alpine, NJ
Piermont Bicycle Connection	215 Ash Street	Piermont, NY
Englewood Cliffs Police Dept.	10 Kahn Terrace	Englewood Cliffs, NJ
Runcible Spoon Bakery	37 North Broadway	Nyack, NY

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.

This month we start with dirt from one of the signature events of the NYCC, the annual July 4th West Point Weekend. First and foremost and most important of all is the big, huge "thank you" we all owe to **Ed White** for a job spectacularly done. For those NYCCers who've been living in a cave for the past few months, Ed coordinated the event this year, bravely stepping into shoes it would seem no one could possibly fill. After more years than we can count, the venerable **Christy Guzzetta** passed the West Point torch and Ed volunteered to grab it. Ed's meticulous attention to every possible detail was evident in how smoothly every event of the weekend came off. This despite numerous hurdles. Everything that could go wrong did go wrong, yet by the time the weekend rolled around nothing went wrong. Ed, we're afraid you've inherited the job for life. Speaking of jobs for life, just when Christy thought he was out, he got pulled back in and ended up turning his Cold Spring weekend house into a B&B to accommodate as many NYCCers as it could possibly hold due to a shortage of rooms at the Thayer. Not only that, Christy and wife **Jodie Sayer's** (yes) big, black Cadillac supplied shuttle service between Cold Spring and West Point all weekend.

The weekend started with rides up to West Point. Many A, B and C rides were listed, including a B-19. What's a B-19, you may ask? Well, this ride was neither a B nor a 19. More like an A-23. After getting dropped by this "B" ride, **Debbie Rothschild** chased and finally hooked onto the back of what she thought was her ride. Finally, she was able to slow down, relax and easily stay with the pack. Little did she know, however, that the slower ride she had caught up with was really **Timothy McCarthy's** A-22!

Perpetual Ride Leader of the Year **Fred Steinberg** thought he had the weekend off from leading rides; however, Fred's reputation precedes him. On Saturday he was comfortably riding along when a group of riders found him and begged him to lead them on a detour to West Point. Of course, he couldn't say no. The next day, as the A group gathered for the "thousand hills" ride, at least six people were heard saying, "I'm following Fred."

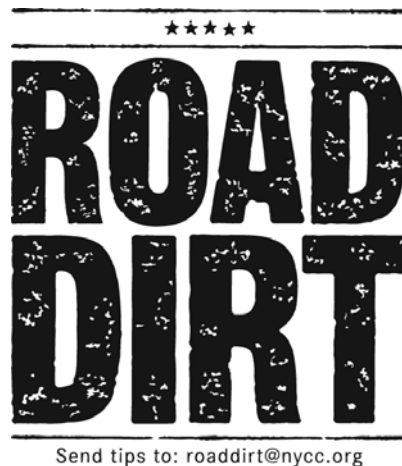
You think the rides at West Point were hard? Try doing the "thousand hills" followed by several miles of running. Both **Basil Ashmore** and **Marni Aaron** (no) attended the weekend just a few short weeks before the Lake Placid Ironman, in which they will both participate. Good luck, Basil and Marni—we are in awe! Please tell us how it goes so we can report it next month.

On the boat ride, once again there was music, dancing and various couplings among NYCC members. It was also a good opportunity for the official passing of the torch between Christy and Ed. In apprecia-

tion of Christy's many years of service, Ed presented him with a book on West Point. In appreciation of Ed's taking over the job, Christy presented him with—you guessed it—a book on West Point! Great minds think alike, eh?

The weekend ended with rides home, terminating at Christy and Jodie's apartment, where the luggage was waiting, attended by none other than a lounging Ed White, chaise longue, cooler, watermelon and drinks at hand. A perfect end to a perfect weekend.

In other news, club financial wiz **Deborah Bennett** and fiancé David Dempsey (yes), last seen together at West Point, were married in Ireland on July 15. The wedding took place in a little town called Gougane Barra in west County Cork. Deb and David were there last year on a bike



trip and loved it. There is a little chapel on a lake and a hotel and a pub—that's it, but what more do you need? David's whole family is in Ireland and Debbie's was happy to fly over. Congratulations, Deb and David. Now hurry back, Deb, the club's books are waiting!

You may remember that a call went out a while back for members to send in nominations for the NYCC Pit Stop Hall of Fame. While many elegant establishments were named, it also became apparent that for people who spend as much time on the road as we do, the standard for lavatory splendor diminishes greatly. Among the entries were the gas station on the Palisades Parkway accessed by a break in the fence along Sylvan Boulevard, the Port-A-Sans at all the building sites of New Jersey and Rockland County McMansions and, of course, the New Jersey side of the GW Bridge. Thanks to **Caryl Baron** and **Phil Weissman** (no) for highlighting these lavs and **Mark Gelles** for filling us in.

He's baa-aack. To newbies it may be meaningless, but to old timers, the name **Lou S. Pokes** (loupokes@aol.com) strikes fear in the hearts of even the thickest skinned of NYCCers. Returning from a stint as bureau chief on Devil's Island, the man who puts the Dirt in Road Dirt reports all of

the following:

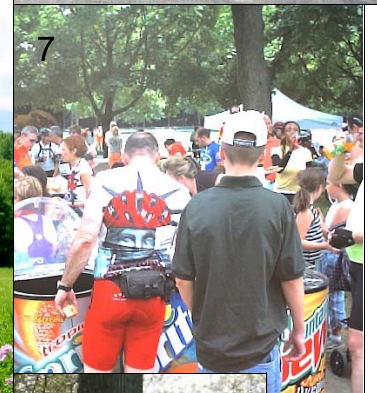
After a recent incident, **John (IAFI) Polakis** is looking for a new SIG: the "Handshake SIG." John, it's pretty simple—just 3 steps. You grab, shake and release. The release is the key, though. Practice. Please.

Going straight to hell: On a recent Sunday, **David Thomas**, **Jeff "El Jefe" Vogel** and **Alison Holden** (no) were riding up Route 501 towards Nyack. On one of the gradual downhill, an SUV pulled in between David and El Jefe, then braked abruptly and made a right turn into a parking lot, running El Jefe off the road. Alison pulled alongside and began shouting about a need to signal. El Jefe just wanted an apology from the driver. No apology was forthcoming, the only explanation being that the cyclists should have signaled their intent NOT to turn! The driver then incongruously pointed out that El Jefe should have been wearing a helmet, as if that would make it OK. This escalated the shouting into an expletive-laden tirade by El Jefe. A few seconds later El Jefe realized the parking lot, where the whole incident had taken place, was a crowded church lot!

That same week, **Todd Brilliant** was the victim of a theft at work. He commutes on his track bike and leaves it locked up on a busy corner in front of the Empire State Building. Taking all the proper precautions, Todd uses a very heavy lock and even chains his saddle to the frame. But even that's not enough these days. Todd came out from work one day to find his chainring, crank arms, and pedals had been removed. Who walks around with a crank extractor?! So if any of you figure out how to prevent this from happening again or, for that matter, having someone remove your handlebars, brakes and stem, please let us know. We'd like to stop thieves from building bikes one component at a time.

Uh oh. "The Don" is upset. **Don Montalvo**, aka "Hell's Kitchen Fats," read last month's column in which **Luis Diaz** was named "Hustler of the NYCC" for winning a few bucks shooting pool on the Berkshires weekend. The Don rides a bike for cross-training. He used to be a great climber but now does all his competing on the dead flat slate of a pool table. If billiards had categories like bike racing does, the Don would certainly be a Cat 1 billiards player, having won and placed in many regional tournaments. So the challenge is out there—the Don against the Hustler. I'll handle the betting for the NYCC with the Don as the 4-5 favorite and the Hustler at even money. All we need now is a time and place for the match.

That's it for this month. We'll see you in September. Meanwhile, send your dirt to Roaddirt@NYCC.org. Remember, it doesn't have to be dirty to be road dirt.



Photos by Mark Gelles (1, 6, 7, 12), Gary McGraine (2, 4, 5, 9, 10, 11), Norman Borden (3), and Jim Reaven (8)

Please read this before your first club ride:

NYCC RIDES are led by volunteer leaders who plan the route and maintain the listed speed (e.g. B15 = B level at 15 mph cruising speed — see charts). Our rides are described by pace and style because it's more fun when the group is of similar ability. We ride for fun, fitness, and food.

RIDE LEVEL indicates the type of riding. See chart at right. **CRUISING SPEED** indicates the ride's speed on flat terrain. **AVERAGE RIDING SPEED** over rolling terrain is 3 mph less than cruising speed. This will vary plus or minus 1 mph, according to terrain. **OVERALL SPEED**, including all rest and food stops, is about 3 mph less than average riding speed.

SELF-TEST: Assess your personal cruising speed by riding 4 laps (24.08 miles) around Central Park at a comfortable pace and matching your time with the chart. NOTE: Riding fewer than 4 laps will give you a false assessment.

YOUR FIRST NYCC RIDE: Be conservative. Choose a ride easier and shorter than you think you can ultimately handle. You won't enjoy struggling to keep up with a ride that's too fast for you, nor will the group enjoy waiting for you. It's a good idea to call the leader a day or so before the ride, and introduce yourself when signing up at the start.

BEFORE ANY RIDE: Check that your bike is in good riding condition: brakes and derailleurs working well, tires pumped to the pressure specified on the sidewall. Eat a nutritious breakfast.

BRING: spare tube, tire levers, patch kit, pump, water, snacks, money, medical ID, emergency phone numbers. **We also suggest:** lock, railroad pass. Leaders may specify other items in their ride listings.

BIKE PASSES are always required on MetroNorth and the LIRR. Bike passes good for both MetroNorth and the LIRR are available at Window 27 at Grand Central or any window at Penn Station or by calling 212-499-4394 or 718-558-8228 or by visiting <http://www.mta.nyc.ny.us/lirr/pubs/bicycle.htm> for a printable application form to mail in.

BIKE TRAINS: On Saturdays and Sundays, MetroNorth has scheduled specific trains to and from Grand Central Station to accommodate large groups of cyclists. Bike trains are indicated by a bicycle symbol on the printed MetroNorth timetables. Schedules change frequently. Visit <http://www.mta.nyc.ny.us/mnr> for the latest schedule.

There are no Bike Trains on holidays. Refer to roster for restrictions which apply at other times.

The following schedule applies from April 4 to October 30, 2004:

FROM GCT	ARRIVES AT/FROM	DEPARTS	ARRIVES GCT
7:51 AM (HUDSON LINE)	9:47 AM POUGHKEEPSIE	3:33 PM	5:27 PM
8:51 AM (HUDSON LINE)	10:44 AM POUGHKEEPSIE	4:33 PM	6:27 PM
	PUGHKEEPSIE	5:33 PM	7:19 PM
7:48 AM (HARLEM LINE)	9:20 AM BREWSTER NORTH	3:10 PM	5:39 PM
8:48 AM (HARLEM LINE)	10:20 AM BREWSTER NORTH	4:10 PM	6:38 PM
	BREWSTER NORTH	5:10 PM	7:38 PM
8:07 AM (NEW HAVEN LINE)	9:52 AM NEW HAVEN	2:59 PM	4:40 PM
9:07 AM (NEW HAVEN LINE)	10:20 AM NEW HAVEN	3:55 PM	5:40 PM
	NEW HAVEN	4:55 PM	6:40 PM

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

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

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

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

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

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

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

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

3 rides = NYCC water bottle

6 or more rides = NYCC t-shirt

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

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



(Continued from page 9)

Bakery (which had nothing with chocolate); the Bijou Center, where industrious women crochet sandals and bead cellphone covers; the New Creation School; and various specimens of utopian architecture. I rode 15 km to Pondicherry on the second morning. It was a charming and clean place divided by a canal into French and Muslim communities, though all use the pretty seafront promenade. Braving a gantlet of stares, I rode deep into one of the outlying fishing villages and watched little boys playing cricket in the streets with a two-by-four, and girls playing make-believe *puja* out in front of the huts. I gave one girl a pen and the news traveled faster than I did to the other end of the village, where children ran up to me, crying "pen, pen!" as I bounced by.

I had a bit of an obsession. The day we arrived, our host brought a bag of chocolate croissants to have with our tea, which was unbelievably welcome. I am not a huge fan of Indian "sweets" and we were on a steady diet of rice, dhal, okra and fruit. After an abstinent three weeks, I was craving not only a drink but something decadent and chocolatey, and now that I knew there was a place with killer desserts, I was on a mission. My first trip into the village ("You're in the village now") I poked around the dusty stalls and found what seemed to be the only bakery for miles. I peered into the dingy case and selected some pieces. One was soft and somewhat gingery and edible, another was ghee-y and sweet and tasted like the wisdom of the ages (or at least the last two weeks), and the most interesting – which the attending soft-eyed juvenile described as "chocolate" – was a tough-pastry shell with a filling that appeared to be made of floor-sweepings. It reminded me of traditional Christmas pudding in that it contained



lots of dried fruit, but also cardamom, poppy, fennel, lemongrass and whatever else the spice merchants had found in their dustpan. This was a small revelation, but was not my gastronomic grail.

But now—lo! I glimpsed it, purveyor of divine chocolatey wares just opposite the Internet Café. The fly in the chai was that a resident passed away three days ago and everything cultural and commercial was closed out of respect for him. Lest we expire from boredom, rumors abounded of foul play: there were big tensions between Aurovillians and the villagers. I gathered from polyglot

mealtimes that there was very little on this site before Sri Aurobindo and his bohemian consort "the Mother" founded the place in the 60's, planted trees, established a Tamil cultural center and brought in the tourists and the money. I didn't hear the locals' point of view but I imagined they're irked at how blatantly Auroville is buying up the whole region and forbidding them to cut down trees and live as they have for thousands of years. There have been several reported attacks and a rape in the past year, and now a murder. I couldn't figure it out here. Living and dying are so much in evidence, life so cheap. Yet out of respect for an individual a community of

several thousand will stop going to work or play for half a week.

Now that I knew where the bakery is, my recently poisoned body was in no fit state for such richness. It could have been anything I ate – the breakfast idly at the cab drivers' cafe, the tomato salad at the nice restaurant in Pondy or the 16 rupee lunch on a banana leaf at the ashram. I was wobblier and squeakier than when I got here. Or maybe I've only just noticed something about myself. Maybe I need to ride slower for a while. You can always count on India to point out the obvious and overlooked.

(to be continued)

New York Cycle Club Board of Directors Meeting Minutes, June 1, 2004

The meeting was called to order at 7:15 p.m. In attendance were Stan Oldak, Deborah Bennett, Robert Gray, Tom Laskey, Peter O'Reilly, Fred Steinberg, Timothy McCarthy, David Sabbarese, Wayne Wright, Mark Gelles, Isaac Brumer. Not present: Hal Eskenazi, Ludwig Vogel.

Successful Weekend in the Berkshires

The Board extends its thanks to all of the volunteers – including especially Fred Steinberg, Liane Montesa and Gail Williams – who worked hard to plan such a spectacular weekend in the Berkshires over Memorial Day Weekend. From the luggage pick-ups to the rides to the dinner, everything went off without a hitch. Great work! Public Relations

Mark Gelles has taken over the Public Relations position on the Board. We are planning a public relations campaign aimed at staying in the good graces of the organizations whose establishments we frequent as rest stops (i.e., police stations, gas stations, etc.) on our rides, especially those that the large SIG groups use. The program will include writing thank-you notes and possibly making small donations to these establishments.

It has come to our attention that 9W is being widened into two lanes, which will likely have a negative impact the bike lane. We plan to contact the New Jersey area bike clubs to obtain more information about the plans for 9W.

As another means of publicizing the Club, we have recently signed up for the "Adopt-a-Highway" program. The section of highway we have adopted is on 9W, from just north of Oak Tree Road to Sparkhill Viaduct (a.k.a. Highland Avenue), near the junction with NY Route 340. Signs with the Club's name will appear on this

stretch of road soon. In exchange, we will be required to clean this section of 9W four times per year.

Special Events

In July, we will be organizing a pot-luck picnic in Central Park during one of the free New York Philharmonic concerts. In August, we are planning a 3-hour boat cruise around Manhattan. We also have plans for a Club outing to a Yankees game in September.

Membership

We regret to report that Marty Wolf has resigned as the Membership Director. We thank her for all of her hard work. The Board voted unanimously to appoint Gail Williams as the new Membership Director. As of May 28, 2004, the Club had 1373 members, as compared to 1242 at this time last year. Last year, 65% of our members were receiving the monthly bulletin by mail. Now, only 41% are receiving it by mail; the rest are receiving it electronically.

West Point Trip on July 4 Weekend

The West Point trip over the July 4 weekend is sold out and has a waiting list. We're looking forward to another great weekend.

East Coast Greenway

The Club has sponsored a two-mile stretch of the East Coast Greenway, which is a 2,600 mile, traffic-free multi-use path linking cities from Maine to Florida. We will be notified regarding the exact location of our section of the Greenway – which will be in New York, of course – soon.

Ride Submissions

The online ride submission system is coming along well, and we expect it to go live within the next couple of months. Once it is up and running, ride leaders will be able to submit their monthly rides

via the Club website and, when doing so, will be able to see what rides have already been submitted for particular dates.

92nd Street Y Discount for Club Members

In exchange for mentioning the 92nd Street Y as a sponsor in our monthly bulletin, Club members will be eligible to join the gym at the Y for a reduced rate.

Monthly Club Meetings

Feedback regarding the new sound system for the monthly Club meetings was positive. We are exploring various alternatives for securing the equipment between meetings.

Club Storage

We discussed some alternatives to storing Club property with club member Ed Geffner so as not to inconvenience Ed or Club members who need to retrieve things from storage. We will look into rates for storage facilities such as Manhattan Mini Storage.

Kids in Motion

June Robbins is spearheading the Club's plans to host a kids' stationary bike racing booth at Kids in Motion on June 16.

All Class Ride

The All Class Ride to Kensico Dam will take place on June 13. We will be providing free lunch to all participants.

The meeting was adjourned at 8:28 pm.

Respectfully submitted,

Kathleen Jennings

Secretary

New York Cycle Club Board of Directors Meeting Minutes, July 6, 2004

Attending: Stan Oldak, Hal Eskenazi, Deborah Bennett, David Sabbarese, Robert Gray, Tim McCarthy, Peter O'Reilly, Tom Laskey, Gail Williams

The meeting began at 7:25 and adjourned at 9 PM

1. Ed White was voted special commendation for his highly successful organization of the West Point July 4 club weekend.
2. The Club was thanked by the sponsors of 'Kids in Motion' including the American Cancer Society, the NYC Department of Education and the NYC Department of Parks & Recreation for providing the equipment and management for the cycling contests.
3. Deborah Bennett reported that the savings realized in the use of the electronic club bulletin had exceeded expectations and produced a better cash flow to date this year than projected.

4. The Piermont section of 9W which NYCC has "adopted" will be cleaned by club members starting July 31.
5. Letters of appreciation have gone out to several of the establishments used as rest stops on club rides.
6. The special events scheduled are Philharmonic July 19, a cruise on August 13 and a Yankees game on September 22. The Yankees tickets will have to be picked up at the club meeting.
7. Several ideas were discussed and will be tried to reduce the distribution time for prizes at the club meetings.
8. Gary McGraine is making a storage box for the club public address equipment.
9. Further research is to be done on renting a commercial storage space for the club equipment.
10. The Labor Day weekend 'Ride Noho' will be considered a club event and announced in the bulletin and email.

11. The Christmas party will be at St Maggies and a down payment has been made to reserve the Monday evening.
12. Coming ride events: July 10 newcomers ride and picnic, July 24 all class picnic to be catered, August 15 joint all class ride with Sound Cyclists.
13. Metro Sports NY and North Face are approved for consideration as sponsors by the ENY committee.
14. The new internet ride submission program will be started in the middle of July and tested for the remainder of the year. The program will enable ride listings to be done on line and be made available on the web site quickly. Prizes will be offered for signing up in the new ride program and will be publicized on the club media.
15. The next executive board meeting will be the first Tuesday in September.

These Bike Shops Offer Discounts To NYCC Members

Remember to clip the Membership Card below 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 nonsale
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 parts and accessories
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



2004 MEMBERSHIP APPLICATION / RENEWAL / CHANGE OF ADDRESS

In consideration of being permitted to participate in any way in New York Cycle Club ("Club") sponsored Bicycling Activities ("Activity") I for myself, my personal representatives, assigns, heirs, and next of kin: 1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately cease further participation in the Activity. 2. FULLY UNDERSTAND that (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these risks and dangers may be caused by my own actions, or inactions, the action or inaction of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time, and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS AND DAMAGES I incur as a result of my participation in the Activity. 3. HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE the Club, the LAB, their respective administrators, directors, agents and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENCE RESCUE OPERATIONS, AND I FURTHER AGREE that if, despite the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as the result of such claim. I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Check one: ☐ New ☐ Renew ☐ Address change Date: _____ Check Amount: _____

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

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

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

Address: _____
Street Apt. City State ZIP

Day tel: _____ Night tel: _____ Partner tel: _____

Signature (1) _____ Birthdate _____ Signature (2) _____ Birthdate _____

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

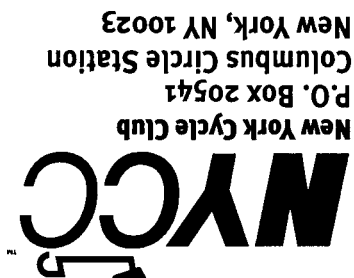
New York Cycle Club
P.O. Box 20541, Columbus Circle Station
New York, NY 10023

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

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

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Tuesday, August 13, 2004
All Gain and No Pain

(Part 2 of a 3 part summer series)

Paul Levine will discuss the importance of proper cycling posture, body alignment and biomechanics of cycling as they relate to getting the most enjoyment and performance out of riding your bicycle. He will talk about the significance of flexibility and fitness in getting the proper fit, muscle firing sequences in an efficient pedaling technique and how to accommodate biomechanical imbalances. Paul will discuss how a properly fit bicycle can alleviate common cycling discomfort such as neck pain, lower back pain, knee pain, saddle soreness and tingling fingers and toes. A properly fit bicycle will permit you to be more powerful, efficient, balanced and comfortable, which will ultimately enhance your cycling experience.

Paul Levine is the program director of and an instructor for the Institute of Professional Bike Fitters through Serotta Bicycles. His trained bike fit technicians are educated in learning the skills and methodology of professional bike fitting and are regarded as the best-trained professionals in the industry. Paul's responsibilities as program director have led him to create a performance enhancement team of orthopedic surgeons, podiatrists, chiropractic professionals, massage therapists, personal trainers, coaches, engineers, bicycle manufacturers and aerodynamic specialists to educate himself on the refinements of efficient bike fit. He has extensive experience working with everybody from new cyclists to elite athletes.

Join your friends at the NYCC August 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 PIERMONT BICYCLE CONNECTION

215 Ash St., Piermont, NY 10968, 845-365-0600, piermontbike@aol.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.