

September 2004



NYCC Bulletin



September Mornings

Thinking back to my childhood, September always meant the start of school and the end of summer. There was the measured sadness of a summer winding down, and there was also the building excitement of a new school year just ahead. It remains very much the same for grown-up cyclists. Hopefully everybody enjoyed some great summer riding. And as a new season arrives, we look forward to a new experience. Gone are the hot, humid days of August. Coming are milder days with a morning chill to get us going. And considering all the summer miles under your belt, perhaps you're ready for some longer rides.

After all, September is the month for centuries. There is a whole slew of them. Name a charity and there is a century ride for it. There is even a century ride that proudly stays completely within the five boroughs of NYC. I've done many of these rides, but my favorite remains the one that dares to "escape" from the city. The **Escape New York Century**, sponsored by your very own club, NYCC, offers a 50-mile, a 62-mile and a full 100-mile ride. This year the 10th annual ENY will be held on **Saturday, September 18**. You can go on a guided ride led by some of our best ride leaders, or you can do the ride yourself or with some friends by following our posted signs and cue sheets. No matter how you choose to do the ride, you will start in Manhattan but quickly be on some of the most beautiful roads of the west Hudson highlands as you travel through Bergen and Rockland counties before returning to the city. The ride is fully supported, with rest stops and great food. What better way to spend a September Saturday?

Actually, I can think of a better way, especially if you have done this ride before. How about volunteering to help on the day of the event? These things do not happen by themselves. Dozens of volunteers are needed, and it is a great way to give back to your club. Please contact **Barbara Spandorf** at **212-691-3020** or **bspandorf@fda-online.com** to volunteer or for further information. Whether you want to volunteer or to register, additional information is available elsewhere in this bulletin and on our club website (**www.nycc.org**).

Did I say it was September? Let's not forget that this month signals another important coming event, the annual club elections for board members. Although elections actually take place in November, we begin to take nominations at our September club meeting on **Tuesday, September 14**. There are 13 positions on the board. We are always looking for new people to get involved with the running of the club. If you would like info on any of the board positions, please do not hesitate to contact me by phone (**212-945-9801**) or by email (**stanonyc@aol.com**)

Have a great month and see you at ENY.

Stan Oldak

New George Washington Bridge restrictions

The Port Authority of New York and New Jersey has announced that during the Republican Convention, Aug. 29 through Sept. 2, the walkway on the George Washington Bridge will be closed from 9:00 PM to 6:00 AM the next morning. Then starting Sept. 3 the permanent overnight walkway closure will be from midnight to 6:00AM. Anyone may comment on this issue to the Port Authority at www.panynj.gov/rfframe.htm or 800-221-9903. Please remain civil.

NYCC

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Subscriptions: Free to NYCC members. If you don't received your Bulletin on time, want to change your address, or have any other questions about your membership, EMAIL Gail Williams at **membership@nycc.org**. Please include your name and full address in your message

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 fall 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!)

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

There will be a group dinner on Sunday, October 10 at the

American Cafe on Route 28, which is two miles west of Phoenicia, and must be paid in advance. The cost is \$34 if paid by September 20, then \$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, #14E, Forest Hills, NY 11375.

All of the details, including the lodging information, are in the August Bulletin. You can also find them on the NYCC website at http://www.nycc.org/rides_col.shtml.

If you have any questions, please contact Jeff Vogel at CPACycles@aol.com or 718-275-6978. An email with final info will be sent to all participants by mid-September.

NYCC Pit Stop Hall of Fame

<i>Pit Stop</i>	<i>Address</i>	<i>Town</i>
Bagel Planet	747 West Nyack Road	West Nyack NY
Log Cabin Service Station	191 County Road	Cresskill NJ

92nd St. Y Makes a Sweet Deal Even Sweeter (Without the Calories)

NYCC members can save an additional \$100 off the already-discounted Y membership fee if they join the May Center for Health Fitness & Sport during the week of Sept. 12th through 19th. This is a very special low rate (\$650 instead of \$1195 for a year's membership), to celebrate their annual Street Festival on Sept. 19th (hey, if you're not riding after Escaping New York...).

If several more NYCC members join the May Center, our corporate membership rate at the 92nd St. Y becomes permanent. Otherwise it will end after October. So give them a call. See the inside back page of this issue for details. They are also extending the free 1-week trial membership through October 31st. You must bring in your NYCC membership card when applying for the corporate rate.

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 Barbara Spandorf at 212-691-3020 or bspandorf@fda-online.com to volunteer or for further information.

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.

September recurring rides

Tuesdays in September 2004

B15	15-20+ MI	6:15 AM	EARLY RISER RIVER ROAD RIDES
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Leader: Karen Nicolini, karennicolini@hotmail.com, 646-942-7082

From: George Washington Bridge, NY side bike path entrance
Meet us Tuesday and Thursday mornings in September (**except Tues Sept 7th**) to enjoy a nice ride before you start your day. These are low-key rides at a good pace along an enjoyable, almost car-free path with splendid views of the Manhattan coastline. We start at 6:15ish so that we are back to our starting point by 7:30-7:45 to get to work on time. Smiles please. Helmets required. Expected temp above 90 or heavy rains/wet roads during early morning hours will cancel ride.

B17/18	45-50 MI	9:00 AM	PIERMONT
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Leader: Chaim Caron, ccaron@earthlink.net, 212-627-8507

From: Eleanor Roosevelt statue, 72nd St and Riverside Drive
O Piermont: How can I ride to thee? Let me count the ways: one, two, three, four, five... Every week we will ride a different route and all routes lead to Piermont, the perfect destination, where we will eat lunch in a peaceful gazebo near the water with a great bike shop just across the commons. A jug of gatorade, a loaf of power-bar, and thou--a perfect ride. We're usually back by 2:30. Please check the message board by 7:30 the night before for cancellations.

Wednesdays in September 2004

A21++	55+/-	10:00 AM	WEDNESDAY MORNING SPIN
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Leader: Jeff "El Jefe" Vogel, CPACycles@aol.com, 718-275-6978

From: Central Park Boathouse

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

C14	24 MI	7:00 PM	STRESSBUSTERS IN CENTRAL PARK
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Leader: David Sabbarese, dsabbare@firstmanhattan.com, 212-756-3209

From: Central Park Boathouse

OK, we know the drill by now, 3 or 4 laps around (faster riders get to do hill repeats) with an emphasis on 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 will be ending after dusk), and a lock and some

pocket \$ (as we have been known to grab a bite and a beer afterwards). Lousy weather cancels.

Thursdays in September 2004

B15	15-20+	6:15 AM	EARLY RISER RIVER ROAD RIDES
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Leader: Karen Nicolini, karennicolini@hotmail.com, 646-942-7082

From: George Washington Bridge, NY side bike path entrance
Meet us Tuesday and Thursday mornings in September to enjoy a nice ride before you start your day. These are low-key rides at a good pace along an enjoyable, almost car-free path with splendid views of the Manhattan coastline. We start at 6:15ish so that we are back to our starting point by 7:30-7:45 to get to work on time. Smiles please. Helmets required. Expected temp above 90 or heavy rains/wet roads during early morning hours will cancel ride.

September Club Rides

Saturday, September 4, 2004

A19/20	58 MI	8:30 AM	RIVER RD./SNEDEN'S/BRADLEY/TWEED/ROCKLEIGH
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Leader: Richard Rosenthal, rr@ro-ads.com, 212-371-4700

From: Central Park Boathouse

It's scenic, untrafficked, and challenging. I lead from the rear on the many uphills. It's not my choice; it's my inability. Brief snack stop at 32 mile mark. Return by 1:30 PM.

A19/20+ 80-95	9:00 AM	MOHONK, CLOVE VALLEY, MINNEWASKA AND CRAGSMOOR
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Leaders: Fred Steinberg, fsteinberg@nyc.rr.com, 212-787-5204; Jeff Vogel, Cpacycles@aol.com; Hank Schiffman, hschiffman1@nyc.rr.com, 212-529-9082

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 the 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--please bring water for the train ride up so you start the ride with full water bottles. Metro North pass required. Arrive at GCT by 7:25AM and purchase ticket to Beacon (Hudson Line). Cancel conditions: Dismal weather in the mid-Hudson Valley. Rain date: call Fred.

B15	50 +/- MI	9:30 AM	WESTCHESTER PICNIC
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Leaders: Mark Gelles, mgelles@okcom.net, 212-689-1375; & mystery co-leader

From: 242nd St & Broadway, Bronx (#1 Train's last stop Northbound)

Start & Stop in the Bronx for a scenic hilly ramble from Van Cortlandt Pk. to Pocantico Hills horse country. Lunch @ Kingland Pt., lots to look at! Bring a smile, fluids, pocket food & something to

*Submit a Ride on-line.
It's fun and easy!
www.nycc.org/rides_sub.shtml*

carry lunch 2 miles from deli stop to park. Wet roads @ 8:00 AM cancels, if in doubt look for message on message board.

**B16 67 MI 8:00 AM POVERTY HOLLOW/
HOUSATONIC RIVER 67**

Leaders: John Zap, Day 212 255 71 91, Eve 203 972 9339; Allan Goldberg, 914-693-2928

From: Grand Central Terminal, Information Booth

Take the 8:07am New Haven Train to Darien, Leaders will meet train in Darien upon 9:01am arrival. Ride will travel through Silvermine, Wilton, Bethel, Poverty Hollow, Monroe, then along the Housatonic River to Milford. (an extended version of the Fall Foilage Ride) Late Lunch @ Pizza restaurant overlooking the the river. Return 5:05 train from Milford. Joint WCC

C14 25 MI 8:00 AM HALO HALO

Leader: Alfredo Garcia, 646-312-1677

From: Staten Island Ferry, Manhattan Terminal

Cycle for Filipino pastries and Halo Halo, via Pinoy restaurants and shops on Jersey City's West Side Ave. We'll get there via Staten Island & Bayonne. Three Hudson County parks included. Bring a lock and pannier for Ube cake, Biblingka, Ensaymadas, Hopia and other sweetstuffs. Optional Filipino "Turo-Turo" lunch. Please make sure your bike is in good working order (e.g., pump your tires before ride.) Helmets required. Bring \$ for dessert & snacks, \$2 for PATH train or \$6 for New York Waterway ferry return. Wet weather at the start cancels. Co-listed with the Five Borough Bicycle Club (5BBC.)

Sunday, September 5, 2004

B18 60 MI 9:00 AM PARK RIDGE, WITH HILLS

Leader: Eva Wirth, ewirth@yahoo.com, 212-477-9322

From: Central Park Boathouse

A fast paced ride through the Jersey 'burbs. A few hills before lunch to work up our appetites. Ride past both ends of Lake Tappan. A ride designed for those of us who want to get back to the city early. Pacerline skills necessary. Check message board the morning of the ride if in doubt.

C14 55 MI 9:15 AM OYSTER BAY

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

From: Statue of Civic Virtue, Queens Blvd & Union Tpk, Queens
I wanted to do this ride one more time this year, another chance to eat lunch in the park overlooking the beach and sailboats. I was going to say I'm sure it will be warm enough to enjoy the outdoor lunch stop but the way this summer has gone, maybe I should have a high below 60 degrees a cancellation condition. Rain (or snow) will postpone the ride for 8 months.

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.

Saturday, September 11, 2004

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

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

From: Central Park Boathouse

It's scenic, untrafficked, and challenging. I lead from the rear on the many uphills. It's not my choice; it's my inability. Brief snack stop at 32 mile mark. Return by 1:30 PM.

A20 100 MI 8:30 AM FALL BEAR

Leader: Jonathan Goodman, jonathangoodman@jonathangoodman.net, 646-331-0985

From: Central Park Boathouse

Up 9 through Sleepy Hollow, over the Bear Mountain bridge, up Perkins to a rest stop at the tower, then down 9W with a meal stop at Stoney Point. We'll go fast enough to get there but slow enough to enjoy the views. Rain cancels.

B16 54 MI 8:45 AM CLIMBING TO NEW CANAAN

Leader: Pat Mullen, slipstream1@verizon.net, 718-894-3333

From: Grand Central Terminal, Information Booth

9:10 am train arriving in Greenwich @ 10:02 am
Very Hilly and challenging terrain with climbs taken at a moderate pace. We will cycle past miles of estates on scenic secondary roads which are mostly tree shaded and lightly traveled. Lunch in New Canaan. Helmets and a Metro North pass required. Raindate Sunday 9/12

B16 40 MI 9:00 AM PANCAKE RIDE

Leader: Don Montalvo, donmontalvo@verizon.net

From: Central Park Boathouse

OK, I wasn't going to lead a ride but since Peter created this online ride submission form, I figured, what the heck. My favorite fall ride, flat to northvale and back, taking route 501 both ways, climb Booth at the end. Rain cancels, leave your pocket rockets home (pacebusters will have their tires slashed).

Sunday, September 12, 2004

**C14 35 MI 3:00 AM TA CENTURY "ADVANCE
TEAM" RIDE**

Leaders: Isaac Brumer, isaacbrumer@hotmail.com, 212-734-6039; tbd

From: Harlem Meer, Central Park (110th St & Lenox Av)

START TIME SUBJECT TO CHANGE. CONTACT RIDE LEADER IN ADVANCE IF YOU INTEND TO JOIN THIS RIDE. There's a special mix of tranquility and energy that comes from riding in the wee hours. Join your ride leaders as they conduct a final inspection of the 35 mile route of Transportation Alternatives' NYC Century (not NYCC's "ENY,") which begins in a few hours. This will be a "working ride." If all goes well, we'll have a fun, uneventful ride. If we find problems, we'll be making phone calls and spray-painting warning notes. You must have the ability to "stick with the leader." Helmets required. Bring pocket food and 2 tubes.

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

Saturday, September 18, 2004

ABC	100 MI	7:30 AM	ESCAPE NEW YORK
	62 MI	8:00 AM	
	50 MI	9:00 AM	

From: Sakura Park, Riverside Drive & 122nd Street

Come explore the West Hudson Highlands with us on the NYCC's Tenth Annual Escape New York Century Bike Ride. Follow the markers and cue sheets on your own or join one of our expertly led groups.

Choose from three options:

1. 7:30 am: Century Challenge, 100 miles. A rolling Full Century through beautiful Bergen and Rockland counties. Sumptuous picnic lunch provided in scenic Rockland Lake State Park. Guided rides will be available, such as A22, A19, A17/18, B17.

2. 8:00 am: Rockland Roll, 62 miles. The Metric Century rambles on lightly trafficked roads to scenic Rockland Lake State Park where a sumptuous picnic lunch is provided. Guided rides will be available, such as A18/19, B17, B15, C14.

3. 9:00 am: Piermont Pleasures. A Half Century, with a lunch stop in the charming and historic village of Piermont on the Hudson. Guided rides will be available, such as B15, C13/14, C12.

Interested in volunteering or leading an ENY group? To volunteer, contact bspandorf at bspandorf@fda-online.com, 212-691-3020. To lead a ride, contact the rides coordinator Mark Loftis at mark646@yahoo.com.

Entry fee: \$23 until September 3, \$30 on the day of the event. Save up to \$15 when you pre-register and join NYCC! New York Cycle Club membership (good through 12/05) plus entry in Escape New York is \$47 for pre-registrants (save \$15); \$54 for day-of registrants (save \$8). Couples: \$76 for pre-registrants (save \$24); \$90 for day-of registrants (save \$10). Register online at: http://www.active.com/event_detail.cfm?event_id=1135620

Please visit the NYCC website for complete information: http://www.nycc.org/rides_eny.shtml

Sunday, September 19, 2004

B16	74 MI	9:00 AM	CT GOLD COAST RIDE
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Leaders: John Zap, Day 212 255 7191, Eve 203 972 9339; Allan Goldberg, 914-693-2928

From: Grand Central Terminal, Information Booth

Take the 8:07am New Haven Train to Darien, Leaders will meet train in Darien upon 9:01am arrival. Previous Gold Coast attempts have been made in bad weather. PRAY for a nice sunny day to set your bike on cruise control and just relax as you motor up the coast-line on this scenic & mostly flat ride. We will pass several beaches and coastlines as we ride through Darien, Norwalk, Westport, Stratford, Milford, and New Haven. Joint WCC Return on or about 4:55pm train from New Haven

C13	+/-55 MI	7:45 AM	55-PLUS
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Leader: Marilyn & Ken Weissman, mollynina@yahoo.com, 212-222-5527

From: GCT Info Booth for 8:07 Bike Train to Noroton Heights (one way ticket)

You're bionic! You rode to the beach at least twice. You've been to Wave Hill. All Piermont and Nyack routes are permanently etched on your brain. You were never carried home from a SIG ride. If there was ever a time to use your riding prowess, this is it! 55-plus contains at least 55 turns, while winding for 55-plus miles through Fairfield and Westchester Counties. The good news is we failed to find 55 hills despite really trying. In order to participate in 55-plus, you must meet one or more of the following conditions: be at least

55 years old; bring a friend whose age--when added to yours--totals 55-plus years; have written permission from a 55-plus year-old. We'll bring the cue sheets. You bring Metro North passes and helmets.

Saturday, September 25, 2004

A18/19	75 MI	7:30 AM	BREWSTER/PAWLING/KENT/ SHERMAN/BREWSTER
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Leaders: Hank Schiffman, hschiffman1@nyc.rr.com, 212-529-9082; Carol Wood; Ron Roth; Timothy McCarthy

From: Grand Central Terminal, Information Booth

We get the 7:48 AM train to Brewster on the Harlem line, buy a round trip ticket. Rolling county roads with a hilly option near the start. We go through Kent over some of the roads the club uses to get to/from Sheffield. Lunch will be at the American Pie Co in Sherman, Ct with a climb for dessert. Lots of bailouts en route but they are on the Wassaic/Harlem line so trains run every other hour. You will need water, money for lunch, a Metro-North bike pass & 2 spare tubes. Please make sure your bike is in serviceable condition and your tires are not an embarrassment. If there is any question on the weather check the NYCC message board the night before and or the morning of the ride by 6:30 AM.

A19/20	58 MI	8:30 AM	RIVER RD./SNEDEN'S/ BRADLEY/TWEED/ ROCKLEIGH
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Leader: Richard Rosenthal, rr@ro-ads.com, 212-371-4700

From: Central Park Boathouse

It's scenic, untrafficked, and challenging. I lead from the rear on the many uphills. It's not my choice; it's my inability. Brief snack stop at 32 mile mark. Return by 1:30 PM.

C13	40 MI	10:00 AM	RYE
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Leaders: Debbie Dowell, drd1@nyu.edu; Christina Bernstein, cbernstein1@nyc.rr.com, 212-243-5182

From: Pelham Bay Park, next to ramp from last stop on Bronx-bound 6 train

We'll ride a short bike trail past Pelham Bay Park, then up through Eastern Westchester to picnic on the beach near Rye Playland. Rolling hills and pretty suburban scenery. Ride returns to the 6 train. Bring helmet, extra tubes, money for deli lunch, water, and a Metro North bike pass for optional bailouts. 50% chance of rain cancels the ride.

C15	45 MI	8:30 AM	PANCAKES & WAFFLES RIDE
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Leader: Kimberly Savage, kim@urbansavages.org, 917-592-9209

From: NJ Side of GWB

Ride to/from Nyack. We stop for pancakes and waffles and then ride back to Manhattan. Heavy rain cancels, otherwise we ride. Please be prompt. 10-minute grace period, then group leaves. Be prepared for your flats and bring water and a little food. Helmets required. Co-listed with B17 42mi 8:30 AM.

Sunday, September 26, 2004

B16	40 +/-	9:00 AM	BROOKLYN'S LOWER RIGHT CORNER
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Leaders: Gary Katz, garyknt@aol.com, 718-434-0402; Tinuola Awopetu, pactpwr@hotmail.com, 347-683-8820

From: Marine Park, E 33 St and Avenue S, Brooklyn

Ride through the neighborhoods of Marine Park, Mill Basin, Canarsie, Spring Creek, Floyd Bennett Field, Sheepshead Bay and Manhattan Beach. Please bring snacks and drinks for our short rest stops. Call Gary between 7 and 8:30 AM in case of inclement or

threatening weather.

**B16 71 MI 8:30 AM 4TH ANNUAL MEMORIAL
IRV'S BIRTHDAY RIDE**

Leader: Ed Sobin, esobin@keysenergy.com, 718-625-7452

From: GWB Bus Terminal, 178 St and Ft Wash Av

This is the continuation of Irv Weisman's birthday ride series. He lead this one when he was 71 (it was called 71 for 71). Using one of Irv's circuitous (to avoid traffic and add scenic beauty) routes we will ride through Bergen and Rockland counties. This is a somewhat hilly ride, but as Irv would wish I'll be riding up hills slowly (using low gears and spinning) while looking at the scenery. All are welcome on this ride to celebrate Irv's many contributions to the club. We plan to meet the other B ride and the C ride for desert at the 50 mile mark

**C12-13 35-40 MI 10:00 AM 4TH ANNUAL MEMORIAL
IRV'S BIRTHDAY RIDE**

Leader: Maggie Clarke, 212-567-8272; mclarke@hunter.cuny.edu

From: GWB Bus Terminal, 178 St and Ft Wash Av

Irv Weisman served as club president and other positions during his more than 33 year membership. He left a legacy of great rides in New Jersey and elsewhere, developed the C SIG and modified gears for a couple hundred club members to make it easier to ride. Let's venture into NJ on one of Irv's very pretty routes through the burbs of Bergen to Pascack County Park for lunch and meet up with the B section of this ride for dessert and a short celebration of Irv's life and contribution to cycling. Helmets are required; bring good attitude and group riding skills. Cancellation: Excessive wind conditions, expected temps in excess of 90 degrees, or 50% chance of precipitation. Call Maggie after 8 am if in doubt.

Sunday, October 3, 2004

**B15 50 +/- MI 8:45 AM ADOPT A HIGHWAY GREEN
RIDE**

Leaders: Mark Gelles, mgelles@okcom.net, 212-689-1375; Ralph Norton

From: Central Park Boathouse

We will take a scenic route while giving something back to your club. Spin through Jersey burbs, for twenty miles. Then meet up with other rides, where we will all take less than one hour to clean up the shoulder of 9W (we will provide almost 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 latex disposable gloves, cleat covers for road shoes, 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 8:45 AM ADOPT A HIGHWAY GREEN
RIDE #2**

Leaders: TBD - check October bulletin, 212 734 6038; Lee Ann Van Wyck, leann919@hotmail.com, 212-628-4509

From: GWB Bus Terminal, 178 St and Ft Wash Av

This is the club's 2nd shot at cleaning up our "adopted" stretch of 9W in Rockland County. 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. (Long pants are a plus.) Wet roads at 7:30 AM or forecast of steady

morning rain will cancel, if in doubt look for info on message board. Ride will leave on time.

Club Calendar

Tuesday, September 14, 2004

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

Time: 6 pm-9:15 pm (Social hour: 6-7; dinner 7-8; club program: 8-9:15)

All Gain & No Pain (Part three of the summer series): Preventing and Treating Soft-Tissue Injuries. Sponsored by Tenafly Bicycle Workshop SWAP TABLE: Bring bike-related items you want to swap, sell or barter. Price them. Affix your name to them. See it on the road, with someone else. See the back cover of the Bulletin for details.

Out of Bounds

Sunday, August 22

**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/majortaylornycn/>

Sunday, August 22 and 29

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. Note: The NYCC is co-leading this ride on August 29!

Sunday, September 12, 2004

**A/B/C 10 MI - 100K ORANGE COUNTY COUNTRY
ROADS BICYCLE TOUR**

Ride on well-planned routes along uncrowded roads through the varied landscape of Orange County, in New York's Hudson Valley. The routes range in style from a ten-miler for children and once-in-a-while riders, to a challenging metric century through rolling farmland and over forested ridges. Frequent rest stops stocked with plenty of fresh fruit, hand-made sandwiches and cookies and cakes baked at home. Picnic at the end with live music. The tour is sponsored by the Orange County Bicycle Club (OCBC). Registration fees cover route plans, mechanical support, rest stops, banquet,

entertainment, and a choice of t-shirt or cycling socks. Registration is \$30 in advance, \$35 on the day of the event, and \$15 for children under 12. To register: http://www.ocbicycleclub.org/country_roads.htm

Sunday, September 19, 2004

A/B/C 15-100 MI THIRD ANNUAL TWIN LIGHTS RIDE

Join 1,000 cyclists for a day of riding in Monmouth County, New Jersey. Choose a distance that's right for you, from 15 to 100 miles. The routes are well-marked and the rest areas are well-stocked. Rides start and finish in Highlands, New Jersey. You can ferry over from Wall Street or drive to the start where's there's plenty of parking. See our website for Ride information and registration: www.bikenewyork.org

Sunday, September 26, 2004

A/B/C 25/50/75/100/125 MI THE 2004 GOLDEN APPLE TOUR

Join in the fun, ride the uncrowded roads of the beautiful Northern Westchester countryside. All rides start from the Goldens Bridge Metro-North train station. 25, 50, 75, 100, or 125 mile rides. Early-bird registration costs \$20 (until September 15); afterwards, it costs \$28 (September 16 through the day of the tour, the 26th) See our website for Ride information and registration: www.westchestercycleclub.org

Saturday, October 2, 2004

A/B/C 50 MI RIDE TO REMEMBER

Pay tribute to your loved ones who have passed by honoring and remembering them in the Ride to Remember, a fully supported non-competitive charity cycling event. Participants will start at the South

Street Seaport and pedal 50-miles from the boroughs of New York City to the Long Island Network of Community Services (LINCS) headquarters in Hauppauge, Long Island. They will ride through the streets of Manhattan, over the Brooklyn Bridge and into Queens, Nassau & Suffolk Counties. At the finish line in Hauppauge, there will be a moving closing ceremony dedicated to the dear people who were remembered with photo(s) placed on a "Wall of Remembrance." Pit stops providing refreshments and conveniences are located approximately every 20 miles; sweep vans, medical support, and tech support are available all along the route. Massage therapists and food will be available at the finish line. Registration is \$50, individual fundraising requirements \$500 Website: www.ridetoremember.com

Sunday, October 10, 2004

25/50 MI TOUR DE FOLIAGE

1st Annual FD Cycle Tour, State/Finish Pace University, Pleasantville, NY. Reg. fee \$25.00. \$75 minimum pledge for 25-mile ride, \$100 minimum pledge for 50-mile ride. www.fdcyclotour.org and contact@fdcyclotour.org for more information!

Sunday, October 17, 2004

A/B/C 30/60/100 MI MS BIKE TOUR

This benefit ride will raise money to fund vital research, programs and services for people with MS and their families. The ride starts and finishes at the South Street Seaport. 5,000 fellow cyclists will be riding traffic-free on the FDR Drive and West Side Highway. The 60- and 100-mile cyclists, you will also enjoy a traffic-free ride through the Lincoln Tunnel—without paying the toll! The rest of the route is with traffic. (Only the 30 milers enjoy a completely traffic-free ride.) Rest stops will have bathroom facilities and are stocked with snacks and drinks. Breakfast will be served at the start line and lunch will be served at the finish-line celebration. A light lunch will also be served along the 60- and 100-mile routes. For further information visit www.msny.org

Common Sense in Central Park

by Jeff Vogel and John Tomlinson

Most New Yorkers realize what a special resource Central Park is: more than 800 acres in the center of Manhattan with ponds, fountains, more than 25,000 trees, and a six-mile loop road we, as cyclists, use and love. And if you've lived in the city for 10 years or longer, you know how much nicer the park has become recently. It's cleaner, prettier and safer—certainly better than when we started riding in NYC in the '70s and '80s. We are all really fortunate to have such a special place.

One of the results of this improvement in the park is that more people use it. Central Park gets more than 25 million visitors annually and that number is increasing. With more use comes more conflict—problems like crowds, noise and trash. Unfortunately, some of the conflict involves cyclists. Cyclists are the second-highest subject of complaints to the Parks Department. Only dogs cause more negative reactions.

We're writing to ask for your help in working against that trend. As members of the largest cycling club in the city, we all have to set an example of being safe, responsible park users. Club members are, in general, responsible cyclists, but the NYCC is a big club and not everyone does their best. And certainly we could all do a better job in reaching out to other riders—whether inside our club or not—to demonstrate how to use the park safely.

Most important, cyclists need to recognize that pedestrians have right of way. It doesn't matter what pedestrians are doing—it's our responsibility to give them a wide berth. Slow down or stop if someone is crossing in front of you. Don't buzz by them or abuse them. Don't yell at them. Treat them with respect. Give them room. This is important for several reasons, the most important of which is safety. Hit a pedestrian, and you both get hurt.

It doesn't matter whether it's a runner with headphones, a woman pushing a baby stroller against the light, or tourists with a map standing in the middle of the road, trying to figure out where they are. Pedestrians ALWAYS have the right of way.

Adjustment of our behavior as athletes is part of this. As use of the park grows, it's more important than ever to confine hard training to when the roads are relatively empty—very early in the morning or late at night, and never during the day on a sunny, warm weekend.

Another reason to respect pedestrians is that it's simply the right thing to do. Cyclists don't like cars passing too close or honking, so in the same way it's not right for any of us to buzz pedestrians or any other park users—roller skaters, slower cyclists, etc. And if you are riding in a group, don't pass other park users on both sides. It's obnoxious and potentially dangerous if people are alarmed. We might be used to that sort of thing from group rides, but can't expect other people to be.

And the final reason to treat pedestrians with more respect is political and relates to the NYCC and group rides. While we have a right to ride bikes on public roads, we don't have an absolute right to hold large group rides. The Parks Department could require us to apply for permits just for congregating at the Boathouse (and then possibly deny them) or just enforce many of the laws that already exist (reckless behavior, signaling turns and lane changes, etc.).

Cyclists make up only a portion of the 25 million park users, and NYCC members make up only a portion of that. But every little action helps, so we hope you'll do your best in riding safely, setting a good example and spreading the word to the broader cycling community about using Central Park responsibly.

Last month we told you we would update you on the NYCC finishers of the Lake Placid Ironman. We know of nine: **Marni Aaron, Basil Ashmore, Jay Borok, Paul Frio, Ron G., Frank Grazioli, Candice Hirsch, Sheryl Shiber and Ralph Yozzo**. If we've omitted anyone it's only because nobody told us about you, and we apologize. Congratulations to all – we who would struggle to do any one leg are in awe!

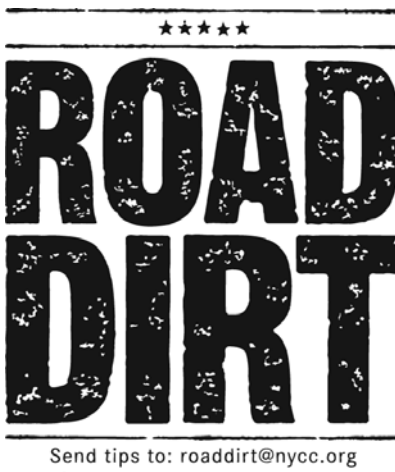
We know riding a century can be tiring, but imagine doing it all in one place going around and around in circles. One fine morning **Alex Bekkerman** decided to go out to Central Park and put in some laps. Alex kept running into people and chatting and before he knew it he was up to 55 miles. Well, at that point he thought, why not? Alex just kept riding around and around meeting one group after the other until he completed his 100 miles for the day. Impressive? "Nah, that's nothing," says NYCC Webmaster and new dad **Peter O'Reilly**. Following the birth of his daughter, **Kaitlyn May**, on July 2, Peter found himself sorely pressed to get out for a long ride so important to an A-ride leader of his stature. What's a poor dad to do? Saturday, August 7 saw him dart out to nearby Liberty State Park, which features a short track – roughly one mile out and back coupled with two 180 degree turns. He proceeded to knock off 100 miles – that's 50 laps (!) in 5.5 hours at an 18.5 mph average speed, all ridden in a single gear: 50x17 (79 gear inches). What did the three quite overweight park rangers think as this determined cyclist passed them time after time as they sat in their patrol cars monitoring traffic? We can only imagine.

There's bike touring and there's bike touring and then there's our very own **Jay Jacobson**. As we go to press, Jay is starting a bike tour of Colorado. He has now ridden in all 50 states and next year hopes to finish all the Canadian provinces. He has also cycled in almost all regions and territories of France, Italy, Australia and New Zealand, in addition to parts of about 40 other countries. Over the past 20 years this comes out to about 100,000 miles or 30,000,000 knee flexes/pedal strokes! Jay and wife Joan (and the mini bike/touring museum) are moving to Piermont in the next few weeks. When they are completely unpacked in late autumn, they look forward to visits from NYCC riders.

We have a report from the folks who traveled to the French Alps to see the Tour. Once again, **Pieter Maessen** led a

fabulous trip in which a group of hardy cyclists climbed and descended day after day, saw the Tour de (day) France and had a wonderful time. As we all know, when Pieter leads a European tour, your humble Road Dirt editor rubs his hands with delight. Thanks to webmaster extraordinaire **Timothy McCarthy** for supplying this summer's dirt from the Alps:

Before a single crank was turned, while everyone put their bicycles together the first day, **Eva Wirth** over-torqued her stem face bolt and snapped it off. At a local sports shop a mechanic snapped a couple more while trying to fix it. Eva impressed him with her excellent French, remarking, "Merde!" The mechanic drilled out the titanium bolts and



replaced them all with steel bolts.

What is it with this group and wheels? Last year **Timothy McCarthy** left his wheels behind. Fortunately **Peter Ancher**, the intrepid tour guide, had a spare set in the van but not just any wheels. They sported yellow tires that fit the color scheme of Timothy's bicycle (such things are important!) and the rear wheel had a cassette with much easier gears that were much needed in the Italian Dolomites. Timothy swears he would not have made it through the trip on his own wheels. This year, **Craig Breed** promptly wrecked his rear wheel on a descent when he hit a pothole. Peter pulled the spare rear wheel from the van and it worked on Craig's bicycle without adjustment. Not only that, it was virtually identical to Craig's custom built wheel, with a 36-spoke, deep section rim necessary for a rider of Craig's bulk. Better yet, the cog, once again, sported much easier gears that Craig was much thankful for. It's uncanny that Peter brings the perfect backup wheels. How does he do it?

Marcy Bloomstein has her own

ideas of traveling light. She came with a huge suitcase that she could not carry herself. Yet she accepts no criticism – she makes her own arrangements and lives by two little words: "I'll pay." Somehow that bag always got upstairs. Those two little words got mucho use.

Mai Yee went missing on the second day – she never showed up at the lunch stop. The others worried about her, imagined the worst and considered calling the police, forming search parties, enlisting St. Bernards and the like. Turns out Mai very ably rode by herself and was the first one to arrive at the hotel, wondering to herself, "Where is everyone? What's taking them so long?" And Mai, she doesn't need lunch as long as she has her peanut butter sandwich – lovingly made each morning at the breakfast table. The "Mistress of the Peanut Butter Jar" kept a possessive eye on the doling out of her favorite food.

On the approach to the Col du Télégraphe **Timothy McCarthy** mistakenly led a group onto a superhighway (no bicycles allowed!) which very shortly became a tunnel of several kilometers. The group breezed through it at a surprisingly fast clip with huge trucks blowing past, horns tooting. **Craig Breed** described it as being "in a blow gun, with air blasting us through it." As soon as they exited a tunnel worker flagged them down and held them by the roadside to wait for vans with flashing lights to escort them off the highway. They looked down on the road just below – the one they should have taken – and saw a group that had been ahead of them streak past. Alas, Timothy's group was delayed and the last to start up the Col du Télégraphe.

One of the great draws of this Tour of the Alps was the opportunity to view the Tour de France individual time trial on Alpe d'Huez. Surprisingly, hill climber extraordinaire **Mark Loftis** refused to do the several-mile hike from the hotel over to Alpe d'Huez and see a piece of cycling history in person. No one could dissuade him from staying at the hotel to watch the event on television. Was he saving his legs for the ride up Alpe d'Huez the next day? Hmmmm.

On Col de la Madeleine **David Estrada** broke his chain and a kind soul stopped, stuffed David in his car and drove him up the road, but not all the way up. David then walked a bit and shortly encountered a French family that, in David's own words, "kidnapped me!"

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all the Hyatts and Crowne Plazas I've stayed at on American tours. The only unusual detail is that there is a hotel employee hovering over you at every moment. I'm a do-it-yourself kind of girl, so this made me uncomfortable. We had a magnificent buffet to enjoy three times a day – the kind of buffet where a waiter holds your elbow and encourages you to try each dish. I was learning to make believe I was a Maharaja.

After basking in air-conditioned solitude for a while, I was in the mood for a good sweat. I was lured by the outward familiarity of the health club, but knew I wasn't in Wichita anymore when it took 20 minutes for a well-upholstered woman in a sari to enter all my particulars in a computer and a ledger with carbon paper.

My patience stretched even tauter when another attendant wouldn't hear of me pouring my own glass of water, and almost broke when the ledger lady insisted on programming my treadmill for me. Eventually, I thought, this would be my time to simply exist undistracted, to free my mind with Radiohead and adrenaline. But instead, in the creaking of the machine and my under-used muscles, my lipid cells released for me a storm of memories. Friends on past tours, roads traveled and innumerable stories unfolded in my mind as I pounded away to nowhere and then at last surrendered to the monotony, varying my pace and my breath according to the pulse of the music. Sometimes finding a groove in 5 against 4, com/posing my own rhythm, sometimes a nice little brown person running in when I made a noise like I'd fallen off the treadmill. My towel, like everything else in this country, smelled of mothballs. Meditation this was not. But in due course, my disposition was sweetened by endorphins, and on my way out I apologized to Auntie for my snappish behavior.

The following day, feeling happy and full of *masala* omelet and real coffee, I took an auto-rickshaw to the bike rental stall by Nanpally Station. These gentlemen didn't blink when I requested a bicycle for two days, and even tightened the brakes for me. But the sharp-eyed fellow selling water at the next stall asked, "What you want to ride cycle for?"

Good question. First of all, it's bloody hot. Second, the traffic is unbelievable, and of course roads are not marked, so navigation is always a guessing game until you've passed the same landmarks a few times. Third, *memsahib* can afford a taxi. But to Cat, a bike means freedom anywhere, and not having to deal with pushy rickshaw-*wallahs* every time I leave my hotel. Besides, there were quite a few men and boys out there on bikes, so how bad could it be?

Well, consider this: between noon and 3:00, I gave some five *lakh* (500,000) Hyderabadis their very first sight of a woman on a bicycle. A few shouted uncomplimentary things in English, many hissed at me, thousands of Hindi and Telugu sentiments were doubtless better left untranslated and not a single

person was able to refrain from staring in amazement. Most of my skin was covered by a *salwar kameez*, but I could not have provoked a stronger reaction had I been walking naked down the street. In fact, at one point a completely naked man did walk down the street and nobody bothered him a bit.

I was so exhausted by my performance that I almost took the bike back within the hour. I would have simply been three rupees poorer and one cultural truth richer. But I strapped on my biggest *cojones* and sat a little taller. I went off to consult Mohandas Gandhi, looking tranquil in stone before the imposing Legislative Assembly building. I sat a wary distance from the bike so as not to invite questions, and soon a chanting *chai-wallah* passed with his tin flask. I sipped a fine example of this very variable beverage and fell into conversation with a man who worked across the street at All India Radio. I sounded him out carefully. He confided, "No, hardly at all do the women ride cycle." But "hardly" is not the word. It just doesn't happen. I expect I will read about myself in the Deccan Herald at breakfast. But joking aside, this did plant some seeds of para-

noia. While I waited for a computer for my nocturnal scribbling, some boys were examining my bike and I feared for a moment they would puncture the tires. There is not much vandalism here, so when a pebble ricocheted off a brick

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wall and rolled in front of my feet, I experienced another kind of fear.

The third event of my Occidental triathlon was a welcome refreshment. It consisted of a swim in the pool (canopied by stars and the patient eyes of many waiters waiting to grill and sizzle for accidental tourists), the sauna (disappointingly cold), the steam room (alarmingly hot), the cold dousing and the glass elevator sprint to my room. Every male eye in the mezzanine bar told me that I was not properly dressed, but I just didn't see the point of drying off when I was going to be showering again and getting dressed in clean clothes in five minutes. And why stop now, after a day of rampant exhibitionism?

I forgot to mention that it was International Women's Day, of which the Viceroy Hotel was gamely trying to raise awareness. Unfortunately it was completely ignored in the

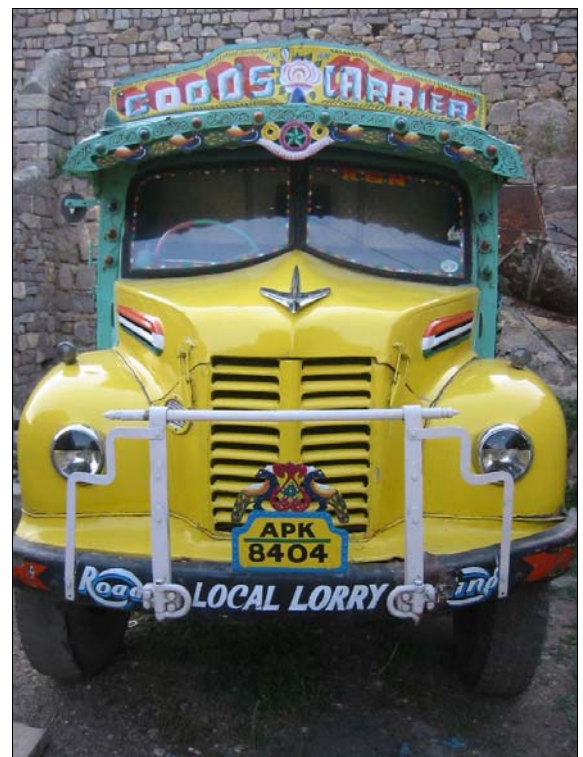
excitement of Holi, the religious festival which people celebrate by covering one another with paint and riding their scooters around even more maniacally than usual. Still, it was comforting to know that some people are confronting



ongoing problems like female infanticide, and perhaps one day women doing their own thing won't arouse quite so much disapproval. At the Golconda Fort a man practically pushed an Indian woman over in order to let the Western tart climb the stairs first. Most people, even women, wouldn't make eye contact with me. But I was encouraged and charmed that one of the few who did was a woman in full *burqa*, who gave me one shy wave, and then another as I beamed all

my sisterly support across the dusty road.

Excerpted from my travelogue. You can read the whole, unexpurgated thing at http://users.erols.com/keithk/cb_triplog.html



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 a15 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
	POUGHKEEPSIE	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 hschiffman@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.

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The whole family, with a decided lack of explanation in English, bundled David into their van and drove to their hotel, where the father got his tool box from their room. Turns out he was a mechanic and was able to join David's chain with a master link. Poor David then had to ride the rest of the way to the top! Oh, well. Who says the French are unfriendly?

Most villages in France feature public springs or fountains, which are great amenities for thirsty cyclists. On the very last night of the tour, **Pamela Nelson**, caught up in the romance of spring water from the village fountain, crept out in the wee hours of the morning to fill her water bottles and then discovered herself locked out of the hotel. What to do? She checked some bars and found **Ted Shaw**, **Oscar Vandenberg** and **David Estrada** deep in cups and conversation, solving the world's problems. Well, maybe they didn't solve the world's problems, but they did get Pam safely back into the hotel.

Once again, we have news from the dean of Road Dirt reporting, our old, ehem, friend, **Lou S. Pokes**:

This is according to **Tom McMahon**: One morning he locked his bike up as usual to the "No Parking Except Diplomats" sign outside his office on 45th Street. When he came

out that evening, he thought something seemed a bit off. The pole had moved about two feet, but his bike was still attached! It seems that while he was at his desk all day, a work crew removed the old pole. Then they cut a new hole, threaded his locks through the new post, installed it and re-cemented the sidewalk with his bike attached! And the bike remained in perfect condition (well, as perfect as a 30-year-old Schwinn beater can be). Tom says, "Who says the DOT doesn't give a hoot about bikes?" I have a different explanation, but Tom didn't like it when he heard it the first time, so I won't repeat it here.

Correction and Amplification: Maybe **Don "Hell's Kitchen Fats" Montalvo** isn't quite the pool player I thought he was. Hustlers are gamblers by definition. I noticed this post from the Don on the NYCC message board: "I'm a gambling man (well, I bet pushups... I don't gamble for money)... but he only wants the 2-1 odds I gave on a powerbar bet..." Power Bars and pushups? I'll bet two glasses of milk to one that I can beat him.

That's it for this month. We'll see you in October. Please send us your news, and remember, it doesn't have to be dirty to be road dirt. Send it to roaddirt@nycc.org.

Adopt-a-Highway Inaugural Clean-Up Ride

On Saturday July 31, C and B riders met mid-ride just north of Oak Tree Road on 9W near Palisades, NY. Their mission was to clean up 9W for one hour, giving something back to the NYCC and hopefully creating goodwill with the non-cycling public.

A representative of the NY State DOT gave a very brief

safety talk, and with bright orange trash bags off we went collecting trash for one mile. Everything went smoothly; it doesn't take too long to fill up a large bag with all the refuse that collects on the roadside. Come out and pitch in during our next cleanup in early October. A big "thank you" to the following NYCC members who participated:

Kevin Banks
Bernie Brandell
Isaac Brumer (C ride leader)
Robert Bryant
John Burke
Sanford Cohen
Mark Gelles (B ride leader)
Christophe Jammet
"Uncle" Stan Oldak (Ice cream provider)

Denise Nelson
Gabriela Radujko (Snake charmer)
Jim Reaven (photographer)
Amit Singh
Joel Sperber
Chris Taeger
Judith Tripp
Scott Wasserman



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

ENJOY THE BENEFITS OF NYCC MEMBERSHIP!

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

2004 MEMBERSHIP APPLICATION / RENEWAL / CHANGE OF ADDRESS

In consideration of being permitted to participate in any way in New York Cycle Club ("Club") sponsored Bicycling Activities ("Activity") I for myself, my personal representatives, assigns, heirs, and next of kin: 1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately cease further participation in the Activity. 2. FULLY UNDERSTAND that (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these risks and dangers may be caused by my own actions, or inactions, the action or inaction of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time, and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS AND DAMAGES I incur as a result of my participation in the Activity. 3. HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE the Club, the LAB, their respective administrators, directors, agents and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING 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, September 14, 2004
All Gain and No Pain

Preventing and Treating Soft-Tissue Injuries
(Part 3 of a 3 part summer series)

ITB Syndrome, Patellofemoral pain, SI Joint Pain and Piriformis Syndrome. These are soft-tissue problems common to cycling. They can be prevented or treated by you. Learn how, before you have to hang up your bike and make that trip to the doctor.

The focus of this program is to educate you on these and other conditions and preventative measures for the most common physical ailments experienced by cyclists.

Mark Merchant is the co-owner of Alta Health and Fitness Center along with his wife, physical therapist Toni McGinley. They have been training and rehabilitating athletes for years, developing effective protocols not only for dealing with injuries, but also making sure they don't come back. Mark is an avid cyclist, competing in events such as the Mt. Washington Hill Climb, 24-hour adventure races and 24-hour mountain bike races. He prepares and trains his clientele for bike trips in Italy, France and Spain, as well as in the States. Toni has been right alongside Mark throughout all these endeavors, training and riding. Their experience has made them extremely successful in treating and preventing injuries that occur when training and events wear on the body.

Whether you're an A, B or C rider, the tips provided can be utilized by everyone for safe and fun riding.

Join your friends at the NYCC September 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.

September meeting sponsored by TENAFLY BICYCLE WORKSHOP

175 County Road, Tenaflly, NJ 07670, 201-568-9372, www.bicycleworkshop.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 grilled chicken, rice, meatless 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.