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 guarantee that all submissions are in no way an infringement on the rights of the authors and do not reflect the official position of the NYCC. Submission is contributor’s permission.

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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/ffframe.htm or 800-221-9903. Please remain civil.
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 setup 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.

NYCC Pit Stop Hall of Fame

<table>
<thead>
<tr>
<th>Pit Stop</th>
<th>Address</th>
<th>Town</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bagel Planet</td>
<td>747 West Nyack Road</td>
<td>West Nyack NY</td>
</tr>
<tr>
<td>Log Cabin Service Station</td>
<td>191 County Road</td>
<td>Cresskill NJ</td>
</tr>
</tbody>
</table>

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.

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.
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.

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**September recurring rides**

**Tuesdays in September 2004**

<table>
<thead>
<tr>
<th>Date</th>
<th>Distance</th>
<th>Time</th>
<th>Name</th>
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<tbody>
<tr>
<td>B15</td>
<td>15-20+</td>
<td>6:15 AM</td>
<td><strong>EARLY RISER RIVER ROAD</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Leader: Karen Nicolini, <a href="mailto:karennicolini@hotmail.com">karennicolini@hotmail.com</a>, 646-942-7082</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>From: George Washington Bridge, NY side bike path entrance</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Meet us Tuesday and Thursday mornings in September (except Tues Sept 7th) to enjoy a nice ride before you start your day.</td>
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<tr>
<td></td>
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<td></td>
<td>These are low-key rides at a good pace along an enjoyable, almost car-free path with splendid views of the Manhattan coastline.</td>
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<tr>
<td></td>
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<td></td>
<td>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.</td>
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<tr>
<td></td>
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<td></td>
<td>Smiles please. Helmets required. Expected temp above 90 or heavy rains/wet roads during early morning hours will cancel ride.</td>
</tr>
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<tr>
<th>Date</th>
<th>Distance</th>
<th>Time</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>B17/18</td>
<td>45-50+</td>
<td>9:00 AM</td>
<td><strong>PIERMONT</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Leader: Chaim Caron, <a href="mailto:ccaron@earthlink.net">ccaron@earthlink.net</a>, 212-627-8507</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>From: Eleanor Roosevelt statue, 72nd St and Riverside Drive</td>
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<tr>
<td></td>
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<td>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 the 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.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>A jug of gatorade, a loaf of powerbar, 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.</td>
</tr>
</tbody>
</table>

**Wednesdays in September 2004**

<table>
<thead>
<tr>
<th>Date</th>
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<th>Time</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>A21++</td>
<td>55+/-</td>
<td>10:00 AM</td>
<td><strong>WEDNESDAY MORNING SPIN</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Leader: Jeff “El Jefe” Vogel, <a href="mailto:CPAcycles@aol.com">CPAcycles@aol.com</a>, 718-275-6978</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>From: Central Park Boathouse</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>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.</td>
</tr>
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<thead>
<tr>
<th>Date</th>
<th>Distance</th>
<th>Time</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>C14</td>
<td>24</td>
<td>7:00 PM</td>
<td><strong>STRESSBUSTERS IN CENTRAL PARK</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Leader: David Sabbarese, <a href="mailto:dsabbare@firstmanhattan.com">dsabbare@firstmanhattan.com</a>, 212-756-3209</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>From: Central Park Boathouse</td>
</tr>
<tr>
<td></td>
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<td>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.</td>
</tr>
</tbody>
</table>

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**September Club Rides**

**Saturday, September 4, 2004**

<table>
<thead>
<tr>
<th>Date</th>
<th>Distance</th>
<th>Time</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>A19/20+</td>
<td>80-95</td>
<td>9:00 AM</td>
<td><strong>MOHONK, CLOVE VALLEY, MINNEWASKA AND CRAGSMOOR</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Leader: Fred Steinberg, <a href="mailto:fsteinberg@nyc.rr.com">fsteinberg@nyc.rr.com</a>, 212-787-5204; Jeff Vogel, <a href="mailto:Cpacycles@aol.com">Cpacycles@aol.com</a>; Hank Schiffman, <a href="mailto:hschiffman1@nyc.rr.com">hschiffman1@nyc.rr.com</a>, 212-529-9082</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>From: Grand Central Terminal, Information Booth</td>
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<tr>
<td></td>
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<td>Beautiful countryside to start from finish. Three long climbs with spectacular descents, plus some lesser hills along the way. Options to bypass the Mohonk and Cragsmoor 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.</td>
</tr>
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<tr>
<th>Date</th>
<th>Distance</th>
<th>Time</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>B15</td>
<td>50 +/-</td>
<td>9:30 AM</td>
<td><strong>WESTCHESTER PICNIC</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Leader: Mark Gelles, <a href="mailto:mgelles@okcom.net">mgelles@okcom.net</a>, 212-689-1375; &amp; mystery co-leader</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>From: 242nd St &amp; Broadway, Bronx (#1 Train's last stop Northbound)</td>
</tr>
</tbody>
</table>
|          |          |        | 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

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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, Bibingka, Ensaimadas, 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 (SBBC.)

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. Paceline 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 Tpke, 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 cyclistxxii@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, rro@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

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

<table>
<thead>
<tr>
<th>Distance</th>
<th>Time</th>
<th>Event Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 mi</td>
<td>7:30 AM</td>
<td>ESCAPE NEW YORK</td>
</tr>
<tr>
<td>62 mi</td>
<td>8:00 AM</td>
<td></td>
</tr>
<tr>
<td>50 mi</td>
<td>9:00 AM</td>
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</table>

**From: Sakura Park, Riverside Drive & 122nd Street**
Come explore the West Hudson Highlands with us on the NYCC's Tenth Annual Escape New York City 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, B15, 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 Lofts 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

<table>
<thead>
<tr>
<th>Distance</th>
<th>Time</th>
<th>Event Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>74 mi</td>
<td>9:00 AM</td>
<td>CT GOLD COAST RIDE</td>
</tr>
</tbody>
</table>

**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, Strat- ford, Milford, and New Haven. Joint WCC Return on or about 4:55pm train from New Haven.

**C13 +/-55 MI 7:45 AM 55-PLUS**

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

**From: GCT Info Booth for 8:07 Bike Train to Noroton Heights**

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

<table>
<thead>
<tr>
<th>Distance</th>
<th>Time</th>
<th>Event Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>75 mi</td>
<td>7:30 AM</td>
<td>BREWSTER/PAWLING/KENT/SHERMAN/BREWSTER</td>
</tr>
</tbody>
</table>

**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**

**Leader: Richard Rosenthal, m@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**

**Leaders: Debbie Dowell, drd1@nyu.edu; Christina Bernstein, cberstein1@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**

**Leader: Kimberly Savage, km@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

<table>
<thead>
<tr>
<th>Distance</th>
<th>Time</th>
<th>Event Name</th>
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</thead>
<tbody>
<tr>
<td>40 +/-</td>
<td>9:00 AM</td>
<td>BROOKLYN'S LOWER RIGHT CORNER</td>
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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, Canar-sie, Spring Creek, Floyd Bennett Field, Sheepshead Bay and Manhatten 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.

<table>
<thead>
<tr>
<th>B16</th>
<th>71 MI</th>
<th>8:30 AM</th>
<th>4TH ANNUAL MEMORIAL IRV’S BIRTHDAY RIDE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leader: Ed Sobin, <a href="mailto:esobin@keyspanenergy.com">esobin@keyspanenergy.com</a>, 718-625-7452</td>
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<tr>
<td>From: GWB Bus Terminal, 178 St and Ft Wash Av</td>
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<tr>
<td>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 circuits (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</td>
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<tr>
<th>C12-13</th>
<th>35-40 MI</th>
<th>10:00 AM</th>
<th>4TH ANNUAL MEMORIAL IRV’S BIRTHDAY RIDE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leader: Maggie Clarke, 212-567-8272; <a href="mailto:mclarke@hunter.cuny.edu">mclarke@hunter.cuny.edu</a></td>
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<tr>
<td>From: GWB Bus Terminal, 178 St and Ft Wash Av</td>
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<tr>
<td>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.</td>
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**Sunday, October 3, 2004**

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<thead>
<tr>
<th>B15</th>
<th>50 +/- MI</th>
<th>8:45 AM</th>
<th>ADOPT A HIGHWAY GREEN RIDE</th>
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</thead>
<tbody>
<tr>
<td>Leaders: Mark Gelles, <a href="mailto:mgelles@okcom.net">mgelles@okcom.net</a>, 212-689-1375; Ralph Norton</td>
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<tr>
<td>From: Central Park Boathouse</td>
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<tr>
<td>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 gloves, cleat covers for road shoes, fluids, pocket food, a few bucks for lunch, &amp; of course a smile. Wet roads at 7:30 AM or forecast of steady morning rain will cancel, if in doubt look for info on message board. Ride will leave on time.</td>
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**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**

<table>
<thead>
<tr>
<th>55/90/130 MI</th>
<th>5:45 AM</th>
<th>RAOUL ALPHONSO MEMORIAL RIDE TO NEW HOPE, PA</th>
</tr>
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<tbody>
<tr>
<td>Leader: Larry Wilcox <a href="mailto:larryw_07111@yahoo.com">larryw_07111@yahoo.com</a> 973-705-7649 or 973-841-0708</td>
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<tr>
<td>From: Information Booth, Newark Penn Station</td>
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<tr>
<td>Raoul Alphonso was a fellow cyclist whose life was tragically taken in defense of his camera and bicycle. This annual ride was renamed in his honor. The route is basically flat, three-part stops/returns and offers great camaraderie. Sponsored by the Major Taylor Cycling Club - <a href="http://home.nyc.rr.com/majortaylornycnj/">http://home.nyc.rr.com/majortaylornycnj/</a></td>
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**Sunday, August 22 and 29**

<table>
<thead>
<tr>
<th>C12</th>
<th>30 MI</th>
<th>10:00 AM</th>
<th>5BBC’S BEACH BUMS</th>
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<tbody>
<tr>
<td>Leaders: Ed Ravin, <a href="mailto:eravin@panix.com">eravin@panix.com</a> 718 796 3137</td>
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<tr>
<td>From: Entrance to Prospect Park, Brooklyn at Grand Army Plaza</td>
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<tr>
<td>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!</td>
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**Sunday, September 12, 2004**

<table>
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<tr>
<th>A/B/C</th>
<th>10 MI - 100K</th>
<th>ORANGE COUNTY COUNTRY ROADS BICYCLE TOUR</th>
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<tr>
<td>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,</td>
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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.ocbiccycleclub.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 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.ridestoremember.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.fdcycletour.org and contact@fdcycletour.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.msnytc.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 every one 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 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.
There is a white line painted down the middle of the road. This is not to feed the ants! (Explained later. - ed.) It is suggested that you drive on the left side of this white line whenever nothing is obstructing your passage.

If you wish to pass such an obstruction, swing out sharply to the right while sounding your horn. This is essential to warn whatever is oncoming to veer off the road. When you are at least one inch ahead of what you were passing (two inches if cow) swing back to the left of the white line, while sounding horn to remind mopeds, cyclists and elephants going in the same direction as you to veer off the road.

If you wish to make a left turn from the right lane, reach your hand out the window and wave it at the guy making a right turn from the left lane.

Recommended maximum cargo for one motorcycle: five people (under 1 year count as .5).

Recommended maximum cargo for one bicycle: four people or two people plus one television set.

Recommended maximum cargo for one Jeep (in addition to driver): touring dance company of six, their luggage plus violin, sitar and cello in flight case.

Happy journey, and remember: that horn was made for honking!

Animals get a good deal here, by all appearances better than the average Hindu, and incontestably better than women. They are protected by the same principle of non-violence – ahimsa – that humans observe (purse-cutting and extortion apparently don’t count). Animals may starve or work hard for their feed, but they come out way ahead on lifestyle. It’s not uncommon to see little girls carrying vessels of cement, women in saris on building sites, their heads piled high with bricks, engaged in back-breaking, dusty travails. Meanwhile cattle lie languorously at the side of the road, their horns adorned with paint and bells. At dawn the woman of the house draws intricate designs on her front and back doorsteps in rice flour so that the ants can eat, before going in to prepare meals for her family. The monkeys eat bananas and play with their genitals on the temple steps. In the cities, most of the men spend their days walking along the beach hand in hand or sitting in the shade of a tree, drinking chai. You’ll see the female of the species only early in the morning when the water truck comes around and she emerges to procure the precious substance in colorful plastic vessels. In the countryside, all are industrious: picking coconuts, repairing furniture, selling stuff. People pray daily to a monkey, a snake, a boy with an elephant’s head. All life is in the same big, crowded, leaky boat. So where is our correspondent in all of this? Let’s hear from her:

Pulled into Hyderabad this morning on the rattly, sticky overnight train. Had it been up to me, I’d have sprung for the extra 75 cents for a first-class cabin, but as it was we arranged ourselves and all accessories (see “Maximum Cargo: Jeep”) in a cozy second-class cubicle for inspection by all beggars and lepers, fellow passengers and the wide-eyed boys who appeared in the windows at every station.

For eight weeks we had been bunking in sultry boarding houses with lizards on the walls and ceiling fans whose only purpose seems to be to mask the hum of the mosquitoes. By contrast, our arrival at the Viceroy Hotel, just off Hussainsagar (Buddha’s big bath), triggered a flashback to...
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 Friø, Ron G., Frank Grazzini, 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!”

(Continued on page 13)
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 underused 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/imposing 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 do 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 paranoia. 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
(Continued from page 11) 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. 0-10 = 10 at 15 mph cruising speed — see chart). Our rides are described by pace and style because it's more fun when the groups of similar ability are riding in groups. Ride LEVEL indicates the type of ride. 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 3 mph less than average riding speed.

SELF-TEST: Assess your personal cruising speed by riding 4 laps (a 4.08 mile) 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 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: brake 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 number. 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 are good for both MetroNorth and the LIRR are available at Window 27 at Grand Central or any window at Penn Station or by calling 212-995-3344 or 718-416-2020 or by visiting http://www.mta-nyc挂牌es/downloads/bicyclist_perm.html for a printable application form to mail in.

BIKE TRAINS: On Saturdays and Sundays, MetroNorth has scheduled special 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挂牌es/mnr for the latest schedule.

There are no bike trains on holidays. Refer to roster for exceptions which apply at other times. The following schedule applies from April 4 to October 30, 2004:

<table>
<thead>
<tr>
<th>FROM</th>
<th>ARRIVES</th>
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<tr>
<td>7:51 AM (Hudson Line)</td>
<td>9:47 AM</td>
<td>Poughkeepsie</td>
<td>3:33 PM</td>
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<td>7:48 AM (Harlem Line)</td>
<td>9:20 AM</td>
<td>Beacon North</td>
<td>3:10 PM</td>
<td>5:03 PM</td>
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<tr>
<td>8:48 AM (Harlem Line)</td>
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<td>Beacon North</td>
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<tr>
<td>8:07 AM (New Haven Line)</td>
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<td>New Haven</td>
<td>3:59 PM</td>
<td>5:52 PM</td>
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</tr>
<tr>
<td>9:07 AM (New Haven Line)</td>
<td>10:50 AM</td>
<td>New Haven</td>
<td>4:55 PM</td>
<td>6:49 PM</td>
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Please Note: MetroNorth requires prior notice for large groups (6 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 ride coordinator, Hank Schiffman, at schiffman@nycc.org or 212-229-9982. 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

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<td>11</td>
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LEAD A RIDE: Pick a date, pick a place, 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, 212-939-0986 or mynameisgray@nyc.net
B-Rides: Wayne Wright, 212-939-0930 or wwright@nycc.org
C-Rides: Isaac Brunner, 212-739-6059 or isaacbrunner@hotmail.com

Lead enough rides during the year and you qualify for a special prize (given out in December):
1 ride = NYCC water bottle
6 or more rides = NYCC t-shirt
12 or more rides (1 per month) = NYCC Ride Leader’s vest (you can’t buy one of these — you have to earn it!)
12 or more rides (3 per month) = any club garment of your choice.

(Continued from page 10)

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 Vandenbergbrink 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
abikshelf@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
212-697-6666 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
212-722-2401 15% off

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

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

Conrad's Bike Shop
25 Tudor City Place, New York, NY
212-697-6666 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

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

NYCC 2004 Membership Application / Renewal / Change of Address

In consideration of being permitted to participate in any way in New York Cycle Club ("Club") sponsored Bicycling Activities ("Activity") 1 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 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 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 Club's respective directors, officers, 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") from any and all 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 AGREEMENTS, I am on my behalf, makes a claim against any of the RELEASEES, I WILL DEFEND, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LEGAL EXPENSES, LOST, LIABILITY, DAMAGE, or cost which may incur as a 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 INJUCTION OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIOANL 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: ______________________________

Partner: ______________________________ Email: ______________________________

Address: _____________________________ Street: __________ Apt: __________ City: __________ State: __________ ZIP: __________

Day tel: __________ Night tel: __________ Partner tel: __________

Signature (1): __________________________ Signature (2): __________________________

Birthdate: __________ Birthdate: __________

Address: _____________________________ Phone: __________________________

Address: _____________________________ Phone: __________________________

Email: ____________________________ 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.nycycle.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.
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.