Summer’s Over

Summer is gone, autumn colors are upon us and the NYCC keeps rolling along. Lots happening in the coming months.

To begin with, we are currently taking nominations for the 13 board of director positions. As I mentioned in this column last month, we are always looking for new people to get involved with the running of the club. If you would like any info on any of the board positions or if you know of someone who you think would be a good candidate for one of the positions, please do not hesitate to contact me or any of the other board members.

Coming up very quickly is the Columbus weekend get-away to the Catskills. Great rides with spectacular fall foliage and a group dinner on Sun. eve. This is always a fun and favorite weekend. Info on our website (nycc.org) or contact Jeff Vogel at CPAcycles@aol.com or 718-275-6978.

Later this month we once again venture to New Haven for our annual Connecticut shoreline ride. We’ll meet at Grand Central on Sunday morning, October 31st for a train ride out to New Haven where we can choose from a number of A, B and C rides that will take us along some beautiful routes that follow the Long Island Sound. After a picnic lunch, we’ll head back to New Haven for the train ride home with pizza on-board. What a way to celebrate the end of daylight savings. More info can be found in this month’s ride listing.

In November we’ll add a little culture to our menu with a trip to the Juilliard School. On Friday, November 12th we will get to enjoy an evening of dancing performed by the very talented students at Juilliard, located at Lincoln Center. Afterwards, we’ll head for a group pizza party and perhaps some of the dancers will join us. More info to follow.

And for December we are certainly looking forward to our annual Holiday party. Once again held at St. Maggie’s Café at 120 Wall St., we’ll have a great tasting buffet, a cash bar, a live band, dancing and loads of fun. The date is Monday, December 13th. Info can be found elsewhere in this bulletin and on our website and weekly email. Sign up soon as this is a popular event.

Enjoy the month and “safe riding”.

Stan Oldak

In Memoriam

The NYCC Board of Directors would like to recognize David Getlen’s hard work and service to our club. David passed away in August after a prolonged illness at his home in Manhattan. He served as Bulletin editor in 2001 and part of 2002. Our sympathies go out to David’s wife Linda Siegel and their daughter Melissa.

Club Event for December

Monday, December 13, 2004, 7:30—10:00 pm

St. Maggie’s Café, 120 Wall Street.

Let’s spread some cheer and gather downtown at St. Maggie’s Café to celebrate the Holiday Season in style. This year’s party will include a sumptuous buffet (including hors d’oeuvres, salad, several different entrees, soft drinks, dessert, coffee & tea) as well as a cash bar. In addition, we will have a rockin’ live band for your listening and dancing pleasure. The cost is only $44 per person. Please go to active.com to register and reserve your spot. This event is always very popular so please don’t wait until the last minute as we wouldn’t want you to be left out in the cold!
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.

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Going, Going...Soon Gone

It's October, so can winter storms, freezing roads and shorter daylight be far ahead?

October is the time to make plans for staying in cycling shape over the long weeks of winter. One way to do this is having access to an indoor gym.

And October is the last month NYCC members are able to join or renew membership at the 92nd St. Y’s May Center for Health, Fitness & Sport at their corporate rate of $750 for new or renewing members. Yep. Unless a minimum of 10 NYCC members take advantage of this offer to save $445 on new, and $145 on renewal, membership fees, we lose it. If enough of us join, we can enjoy permanent corporate rate savings at the Y.

So why not plan ahead? The May Center offers top-of-the-line aerobic and weight machines, NYC’s only indoor 25-yard pool with an ozone disinfecting system, basketball and racquetball courts, steam rooms, saunas, whirlpools, over 100 free weekly exercise classes, free use of the Y’s lending library, and discounts at an on-site day spa and on tickets to 92nd St. Y’s cultural events.

You can check out the Y’s gym at www.92y.org. Click on the May Center.

To join, please call the membership sales office at (212) 415-5729 or stop by the 3rd floor membership sales office, 1395 Lexington Avenue (corner of 92nd Street). You must mention that you are a NYCC member to get the special corporate rate. Before it’s going, going...soon gone.

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Getting to the Core of Core Strength - A Non-Technical Explanation
By Karin Fantus

Core strength goes much deeper than six-pack ab's or a flat stomach. What's commonly called 'the core' or 'powerhouse' is actually a network of muscles that go around the middle of the body. When these muscles are strong and working together, you get two main functional advantages:

STABILITY - Over time, strength emanating from the core can help draw the muscles and skeletal structure closer into balance, otherwise known as 'alignment.' This foundation allows you to ride tirelessly, with what our mothers call 'good posture.'

RELIEVING PRESSURE ON JOINTS - When movement is initiated from - and supported by - a rock-solid core, you are less likely to fall into painful cycling habits. Some common ones: Leaning forward into the bars, bearing-down on flexed wrists (result: numb hands); rigid shoulders and arms (result: strained neck) or sinking into the lower back (result: a stiff/achy back). With a strong core, the physical work load of riding a bike is distributed more evenly throughout the body.

SAFETY FIRST

A strong core can help prevent accidents. In the words of NYCCer, Annaline Dinkelmann:

"I was suddenly confronted by a huge pothole as I rounded a curve to start my descent. My front wheel hit the pothole hard. Before I knew what was happening, my powerhouse lifted me up and out of it. I couldn't believe I didn't go down. Other riders did."

Note that she said, "...my powerhouse lifted me..." Annaline (who's been working on her powerhouse for awhile) has a very strong center of gravity that keeps her stable in the saddle. That's why, in that split-second, she was unshakable.

Being stable and unwavering on your bike - no matter what - can help preserve life and limb in many common situations:

When… a bus or giant truck passes too close alongside:

you keep riding straight ahead without waffling or freaking-out.

When… a hothead cyclist brushes-up against you at speed, or crosses your rear wheel:

your ability to stay upright is stronger than the distraction.

When… you hit a nasty bump in the road while giving a hand signal or reaching for a water bottle:

even with a hand off the bars, you sit firm and your bike keeps tracking straight ahead.

When… you turn your head to look behind:

you stay squarely in the saddle, even though your visual focus has shifted for a moment.

BALANCE = COMFORT = EFFICIENCY = PERFORMANCE

Pain and discomfort on a properly fitted bike are usually symptoms of a body out-of-balance. For example: The left knee is weak, so the right leg overworks to compensate. Now the right knee is strained, too. Or, the lower back goes into spasm because it can't release enough to compensate for tight hips and hamstrings. So the moral is: The more you try to compensate for weaknesses and injuries, the more dysfunctional and off-kilter your body becomes.

Remember: A comfortable cyclist is an efficient cyclist. An efficient cyclist does not lean, rock or perform extraneous movements that steal energy away from powering the bicycle. Therefore, an efficient cyclist is a high-performance cyclist - capable of channeling all their strength into propelling their bike forward - longer, faster and with less effort. And isn't that what it's all about?

Karin Fantus is a certified Pilates Instructor who has helped numerous cyclists find their core strength and taught them how to use it. Questions? BikeK@nyc.rr.com
Club Rides

IMPORTANT: BEFORE YOU TAKE YOUR FIRST CLUB RIDE, PLEASE READ ABOUT CLUB RIDES ON PAGE 10.

Ride Listings: To lead a NYCC ride next month and list it in the bulletin, contact the Ride Coordinator (see page 2) for that ride class on or before this month's meeting date.

NO HEADPHONES

Unless otherwise stated, precipitation at starting time cancels the ride

October recurring rides

Tuesdays in October 2004

B17 50 MI 9:00 AM PIERMONT
Leader: Chaim Caron, ccaron@earthlink.net, 212-627-8507
From: Eleanor Roosevelt statue, 72nd St and Riverside Drive
O Piemont: 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 Piemont, 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 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.

Wednesdays in October 2004

A21++ 55+/- MI 10:00 AM WEDNESDAY MORNING SPIN
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.

October Club Rides

Saturday, October 2, 2004

A23 80 MI 7:30 AM PUTNAM PAIN
Leaders: John Zenkus, jz2116@aol.com, 917-617-0901; Hank Schiffman, hschiffman1@nyc.rr.com
From: Grand Central Terminal, Information Booth
We will start at GTC taking the 7:51 train to Cortland. From there this ride offers a little bit of everything: short climbs, long climbs, steep climbs for a total of 8500 vertical feet over 80 miles, with a little bit of hardpack thrown in. While very scenic and interesting, this ride is also very challenging. You must like to climb, must be able to paceline and must be able to handle a bike over rough surfaces. This ride is listed as an A23 pace and we will keep that pace over the route's few flat sections. Bring plenty of water and fuel as there are only two brief stops scheduled. Extra tubes, a helmet and a bike pass are a must; consider 25c or 28c tires if your norm is 23c or less.

Sunday, October 3, 2004

A19/B1880+ MI 8:30 AM ADOPT A HIGHWAY A RIDE
Leaders: Sal Cenatiempo, spcen@hotmail.com, 917-302-2327; Mordecai Silver, msilver@iso.com, 212-677-3596
From: Central Park Boathouse
Help your fellow NYCC members keep 9W neat and clean. We join others in a quick pick up of 9W just South of Piemont and continue on to Nyack. Bring disposable gloves and the rest will be provided. We will have a faster group and a slower group for the ride but the clean up should be fast for both. Brunch at the Runcible with muffins on the club. Check NYCC web site to confirm ride if weather conditions are questionable.

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 Piemont 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, clot 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 mess- age on board.

B16 60 MI 7:40 AM RIDGEFIELD & TITCUS, AMAWALK, MAMANASCO RESERVOIRS
Leaders: John Zap, wk 212-255-7191, hm 203-972-9339; Allan Goldberg, 914-693-2928
From: Grand Central Terminal, Information Booth
Take the Harlem Line 7:48AM Katonah train to arrive at 8:52 in...
October 2004

Katonah Station. Leaders will meet group at station. Beautiful ride through the rolling to hilly back woods of Bedford, Pound Ridge, New Canaan with Lunch in Ridgefield. Then around Ticus Reservoir and out along Amawalk Reservoir. Return approx. 4:25 pm
train depending on finish time. Joint WCC.

C12  35 MI  8:45 AM  ADOPT A HIGHWAY GREEN RIDE #2

Leaders: TBD - check October bulletin, 212 734 6038; Lee Ann Wyck
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 Piemont 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.

Saturday, October 9, 2004

B15/17  60 MI  7:30 AM  FALL FOLIAGE RIDE SERIES: 4 RESERVOIRS AND A LAKE

Leaders: B15: Karen Nicolini, karennicolini@hotmail.com, 646-942-7082; David Hallemann, cycleman23@earthlink.net, 718-499-8171; B17: Wayne Wright, wwright8@nyc.rr.com, 212-873-7103; Ivy Pool, ivy_pool@hotmail.com, 212-496-4048; Christian Edstrom, christian@christianedstrom.com, 212-496-4048
From: Grand Central Terminal, Information Booth
Join us for the first of our fall foliage ride series on this beautifully scenic route. We wouldn't ask you take a train on both ends of a ride unless it was really worth it, and this ride is worth it! Expect lots of rolling hills, and several hard-packed, skinny-tire-navigable dirt roads. We'll catch the 7:48 bike train from Grand Central to White Plains, and return on the 3:10 or 4:10 bike train from Brewster North (aka Southeast). Train passes, helmets and smiles please.

B16  55+  8:00 AM  FALL FOLIAGE, APPLE ORCHARD, POVERTY HOLLOW

Leaders: John Zap, wk 212-255-7191, hm 203-972-9339; Allan Goldberg, 914-693-2928
From: Grand Central Terminal, Information Booth
Take the New Haven 8:07AM Darien train, arrives 9:01AM. Leaders will meet group at Darien Train Station arrive 9:01AM. Beautiful ride through back woods of Darien, Silvermine, Wilton, Georgetown and Redding to Bethel. LUNCH @ Blue Jay Apple Orchards. I'll take one of the flattest ways up to Bethel then a return down through Poverty Hollow (Original Fall Foliage Ride) for return from Westport. 3:35 pm or 4:35 pm train depending of finish time. Joint WCC.

C12  10 MI  2:00 PM  FOLDS UP FOLDING BIKE RIDE AND FESTIVAL

Leader: Hannah Borgeson, hannahb@att.net, 212-348-2601
From: TBD - check www.times-up.org/foldsup.php
Think you can't fit a(nother) bike into your apartment? Think again! Learn about all different makes and models of folding bikes, including New York's own Swift Folder as well as classic folders, electric folders, and more. All types of bikes are welcome on this leisurely ride through Manhattan and Brooklyn, as long as you're folding-curious. After the ride, chat with fellow folding aficionados and trade rides. Rain date is 10/10. Co-listed with Times-Up!

Sunday, October 10, 2004

B15  55 MI  9:00 AM  ENNIO SPIRI / ROBERT PINCKERT MEMORIAL RIDE

Leader: Stan Oldak, stanony@aol.com, 212-945-9801
From: Central Park Boathouse
We'll be heading to Nyack for a quick bite to eat and then we will join the Rockland Bicycling Club in a memorial ride to the Piemont pier where a memorial service will be held for Ennio Spiri, and to pay tribute to Robert Pinckert. Ennio, 74 years old, a member of the Rockland Club and an "avid" cyclist who rode 30-40 miles almost every day, was killed on September 10th by a motorist who was not charged with any infraction. Details are available at http://www.rocklandbike.org/. Robert Pinckert was killed last year in Rockland County. Despite the somberness of the occasion, we will have a fun ride; Ennio and Robert would have wanted us to. If possible, wear your club jersey. Helmets required. Wet roads cancel.

B16  50/60 MI  9:30 AM  PIERMONT AND/OR NYACK-HUDSON VISTAS-UNUSUAL ROUTES

Leader: Jay Jacobson, (845) 359-6260, joanandjay@aol.com
From: Central Park Boathouse
Esplanade/Rio Vista, Crusher/Christian Herald, Blanch, Speer, Bradley, Claudus Mountain are among the possibilities. Desires and abilities of group will be considered in deciding exact route, hillyness, destination and dining venues. A brief visit to a mini bike and travel museum may be included at no extra charge.

C13  45+/- MI  8:35 AM  TEN MILES FROM TEATOWN

Leader: Marilyn & Ken Weissman, mollynina@yahoo.com, 212-222-5527
From: Grand Central Terminal, Info Booth for 8:51 Hudson Line bike train to Tarrytown
About as pretty a ride as one can get as we wonder past the Rockefeller Preserve, then through parts of Briarcliffe Manor, Teatown, Mt. Airy, Kitchawan, and Millwood, plus some of the Croton Reservoir's northern extremities in Yorktown Heights. Our return via the North County Trailway — a paved rail trail — offers more beautiful views from the old Putnam line's rail bridge across Croton, now reconstructed for bicycles. Hilly at the beginning, but nice downhill glides on the return. Helmets and Metro North passes please.

Saturday, October 16, 2004

B15/17  60 MI  8:30 AM  FALL FOLIAGE RIDE SERIES: CROTON RESERVOIR

Leaders: B15: Mark Gelles, mgelles@okcom.net, 212-689-1375; Joe Hunt, jihunt@RelationshipLink.com; Carol Waaser, liferider@earthlink.net, 212-973-7103; B17: Wayne Wright, wwright8@nyc.rr.com, 212-873-7103; Eva Wirth, ewirth@yahoo.com, 212-477-9322; Heidi Sadowsky, hsadowsky@nyc.rr.com, 212-744-3470
From: Central Park Boathouse
This week's foliage ride takes us to the Croton Reservoir — part of New York City's water supply, currently filled to the rim. This beautiful route includes lots of rolling hills, and a late lunch. Be sure to bring 2 water bottles and some pocket food. We pick up lunch at a deli and then bike to the lunch spot, so be prepared to carry food for about a mile. The ride ends with a 15 mile spin around the reservoir, followed by a nice smooth downhill into Croton to catch the train back to the city. Train passes, helmets and smiles please.
Sunday, October 17, 2004

B14-16 40-50+ 9:30 AM  CHOICES IN WESTCHESTER
Leaders: Hindy Schachter, hischachter@cs.com, 212-758-5738; Irving Schachter, hischachter@cs.com, 212-758-5738
From: First Avenue and E. 64 St., NW corner
We ride as a group through the Bronx and lower Westchester to Scarsdale. After refueling, the ride splits into two segments. A faster group will see plenty of hills on its way north. A slower group has a shorter but still interesting route home. Please bring MetroNorth passes as one or both groups may use the train for part of the return. Rain cancels.

B16 55 MI 7:40 AM MAHOPAC LUNCH RIDE
Leaders: John Zap, wk 212-255-7191, hm 203-972-9339; Allan Goldberg, 914-693-2928
From: Grand Central Terminal, Information Booth
Take the Harlem Line 7:48AM Katonah train to arrive at 8:52 in Katonah Station. Leaders will meet group at station. Horse Farms, nice roads, green woods. A very hilly ride up to North Salem, Titicus Reservoir to Brewster. Lunch on Mahopac Lake then mostly down, approx 8 miles of bike path and flat 8 miles back to Katonah. Return approx. 4:25 pm depending of finish time. Joint WCC.

C14 20 MI 11:30 AM CONEY ISLAND AFTER THE “MAKING STRIDES” WALK
Leaders: Tara Mooser, taramooser@earthlink.net, 917-373-7795; Valli McRoberts, Vallilfit@aol.com, 917-733-3485; Karen Nicolini, karennicolini@hotmail.com, 646-942-7082
From: 97th Street & 5th entrance to the park, Benches on Right NYCC’s Tara Mooser, Karen Nicolini & Valli McRoberts invite you to join for a RIDE to Coney Island after the “Making Strides Against Breast Cancer” WALK (You’re also invited to walk with and/or spon- sor us. 8:30, see “Out of Bounds.” ) We’ll ride the Brooklyn Bridge + a bike trail + Prospect Park paths, have lunch on the boardwalk, then return via subway. The ride is rain or shine. See “Out-of-Bounds” about walking with and sponsoring us. Bring bikes & tires in good shape, (and something to carry them in, if necc.), helmet, lock (light wt OK), extra tubes, $ for lunch in Coney Island, water, and a Metrocard for your return trip. Wear your NYCC shirt if you have one. Call us at the numbers above if you have questions or have trouble finding us in the park.

Saturday, October 23, 2004

A18-20+ 90 MI 8:00 AM A BRIDGE TOO FAR: STORM KING AND THE OLD INDIAN
Leaders: Fred Steinberg, fsteinberg@nyc.rr.com, 212-787-5204; Ron Roth, ron@rooth.com; Timothy McCarthy, timothy@earthlink.com
From: Central Park Boathouse
The route winds through unfamiliar Rockland County back roads, along the Hudson shoreline, then up into the highlands above West Point, over Storm King, eventually climbing through orchards and vineyards to the ‘Old Indian’ in Ulster County. There are bailout options at the Bear Mountain (55 mi) and Newburgh/Beacon Bridges (75 mi). Those who hang on for the final leg will be re-warded with stunning views as far as the Berkshires. Return via FDR Bridge to Poughkeepsie and Metro North to the city. Lunch in Stony Point or Cornwall; other stops as necessary. Bring: 2 water bottles, pocket food, Metro North pass, $$$ for carfare ($11.00) and meals. Cancel conditions: rain, etc. Call Fred after 6:30 AM or check NYCC BB. Rain date: Sunday 10/24, confirm with Fred.

A18 80 MI 8:35 AM THE ORCHARDS OF SOUTH MOUNTAIN RD.
Leaders: Chuck Lam, c289@columbia.edu, 212-875-8572; Mavis Scanlon, MScanlon@accessintel.com, 646-326-1090
From: Eleanor Roosevelt statue, 72nd St and Riverside Drive
If you’ve ever ridden on a ride I’ve lead, I want you to ride with me today. Of course, non-vets are invited as well. In addition to being longer, today’s is the most difficult route we can have while generally following the regular route. We’ll go down to the river the two times River Rd. does to lengthen those climbs. Sneden’s Landing, UP Ash, UP Tweed, Bradley, maybe up Clausland, Rockleigh, and the most difficult of all, Eisenhower. Rule of the day: You must let me beat you to the top of any one of those climbs (which will require you to stay some minutes just short of a top rather than waiting for me at the top). Note late starting time. Temp. below 45º at 9AM cancels.

B15/17 60 MI 8:30 AM FALL FOilage RIDE SERIES: BEDFORD/GREENWICH
Leaders: Carol Waaser, biker-c@rcn.com, 212-581-0509; Andres Nicolini, andresnicolini@yahoo.com, 646-522-1684; Wayne Wright, wwright8@nyc.rr.com, 212-873-7103; Sally Cressey, sallycressey@yahoo.com; Peter Matusewitch, pcmatus@verizon.net, 718-832-1550
From: Central Park Boathouse
Another beauty of a route to finish off our foliage ride series. Expect lots of rolling hills, and some short stretches of hard-packed, skinny-tire-navigable dirt roads. Lunch on the green in Bedford Village. We’ll catch the 3:39 bike train back to the city from Green- wich. Train passes, helmets and smile please.

B16 50 MI 9:00 AM FALL FOilage HOUSETonic PIZZA RUN
Leaders: John Zap, wk 212-255-7191; Allan Goldberg, 914-693-2928
From: Grand Central Terminal, Information Booth
Take the New Haven 9:07AM Darien train, arrives 9:59AM. Leaders will meet group at Darien Train Station An easier version of the Housatonic Ride. We ride to Westport then a straight shot up to the Housatonic through Readding & Easton. Over the Zoar Lake Dam which is incredible during foliage season and lunch on the riverside. Rolling, to flat to Milford for return approx. 4:05PM train depending on finish time. Joint WCC.

B17 80 MI 8:35 AM THE ORCHARDS OF SOUTH MOUNTAIN RD.
Leaders: Chuck Lam, c289@columbia.edu, 212-875-8572; Mavis Scanlon, MScanlon@accessintel.com, 646-326-1090
From: Eleanor Roosevelt statue, 72nd St and Riverside Drive
See A18 ride listing above for details.

Sunday, October 24, 2004

A19/20 65 MI 9:30 AM VETS OF MY RIDES ARE REQUESTED TO JOIN ME ON THIS.
Leader: Richard Rosenthal, rr@ro-ads.com, 212-371-4700
From: Central Park Boathouse
If you’ve ever ridden on a ride I’ve lead, I want you to ride with me today. Of course, non-vets are invited as well. In addition to being longer, today’s is the most difficult route we can have while generally following the regular route. We’ll go down to the river the two times River Rd. does to lengthen those climbs. Sneden’s Landing, UP Ash, UP Tweed, Bradley, maybe up Clausland, Rockleigh, and the most difficult of all, Eisenhower. Rule of the day: You must let me beat you to the top of any one of those climbs (which will require you to stay some minutes just short of a top rather than waiting for me at the top). Note late starting time. Temp. below 45º at 9AM cancels.
**OCTOBER 2004**

**B16 54 MI 9:00 AM**

**RIVERVALE: THE FALL FOLIAGE CONTINUES**

*Leader: Hal Eskenazi, hal@profilesworldwide.com, 212-683-2933*
*From: Central Park Boathouse*

OK, we’ve been there before and we liked it. A beautiful time of the year and hopefully enough fall foliage to dazzle the imagination and beautify the mind. It’s a great ride through a number of New Jersey towns with a lot of trees lights and along the lake. Mostly flats with some light hills. Nothing you can’t handle. We’ll meet at the top. You’ll have your choice of eating at the diner or joining the “fresh air” group in the park. Join a bunch of you friends, or meet some new one’s, for a great day of riding. You’ll enjoy a beautiful day in the “burbs”. Cheap therapy for city slickers Join us for the fun of it. This might be your last chance at a fall foliage ride. What would we make us cancel? Rain, Snow, Heavy Winds (> 20 mph), temp below 35 or me winning the lottery the night before. Check channel 1 at 7:30 am or the message board. Ride ends NY side of GWB. Bring spare tire and a fun attitude. Helmet (on head) required.

**Saturday, October 30, 2004**

**A18-20+ 75 MI 8:30 AM**

**POCANTICO HILLS / MILLWOOD /CARMEL /COLD SPRING**

*Leaders: Fred Steinberg, fsteinberg@nyc.r.com, 212-787-5204; Timothy McCarthy, timothymc@earthlink.com*
*From: Central Park Boathouse*

We’ll ride some well trod roads and few new ones in one last foray into Westchester and Putnam Counties before the clock falls back upon us, limiting us to shorter, less challenging rides. If the colors are right the day will be unforgettable, routes 448, 100 and 301, always treats, will be spectacular. We should arrive in Cold Spring with sufficient time for a late lunch. We’ll be riding near Metro North all day, so we go unless it’s really wet at the start; there are many bailouts along the way. Bring Metro North pass, $$$ for carfare and food. Cancel conditions: rain, etc. Call Fred after 7:30 AM or check NYCC BB.

**Sunday, October 31, 2004**

**Please note: Daylight Savings Time ends!**

**ABC 40, 50, 60 MI 7:30 AM**

**13TH ANNUAL CONNECTICUT SHORELINE RIDE**

*Leader: Gary McGraime, garync@ol.com*
*From: Grand Central Terminal, Information Booth*

Join us for one of our most beautiful club rides! We have routes at all levels (40, 55 and 65 miles) that take in the rustic shoreline and rural roads of Connecticut. Don’t miss this one! Bring your Metro North Pass (or come early and buy one), money, water bottle, pocket food, appropriate apparel for the weather and a bungee or old tube to secure your bike on the train. Purchase an off peak round trip Metro North ticket to New Haven, breakfast if you like and board the bar car of the 8:07 fifteen minutes early. You will receive maps, cue sheets and ride information on the train. Once we arrive in New Haven, you can join an A, B or C ride or go at your own pace to our usual picnic spot at Guilford Green. Be back at the station by 3:30 PM for the 3:55 train. Money will be collected (approx. $7.00) for Pepe’s famous pizza and beverages, which will be delivered to the station for the train ride back to New York. We expect to arrive in GCT at 5:40 PM and will try to arrange group rides home from the terminal. There is no rain date. We have always gone riding, rain or shine. FS Feel free to decorate your helmet (helmet required) or bike with trappings for Halloween, if so inclined. Tricks and Treats are always welcome. Leaders: to be announced. Contact the ride coordinator, Gary McGraime if you wish to volunteer.

**B17-ISH 50 +/- MI 12:00 PM**

**PUMPKINS, CIDER & THE HALLOWEEN PARADE**

*Leaders: Marci Silverman, mhsilv@yahoo.com, 646-408-4565; Peter “Banana Guy” Kouletsis, pkoule@nyc.r.com, 917-854-1181*
*From: Central Park Boathouse*

Sleep in, then join us for some Halloween fun. We’ll meander around some of our favorite haunts, making stops for cider and pie, Halloween candy, and maybe some other treats. Costumes are encouraged, even if you have to count your bike gear (although we hope you’ll get more creative than that.) Bring: helmet, water, pocket food, spare tubes, money, subway pass a good attitude and some devilish spirit. We’ll end at the 31st anniversary edition of the Village Halloween Parade. Slower and faster riders welcome. As always, your mileage may vary.

**Club Calendar**

**Tuesday, October 12, 2004**

**CLUB MEETING**

*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)*

How much of this pavement is mine? What are the rules? Sponsored by Chelsea Bicycles SWAP TABLE: Something “new”. 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 back cover of bulletin for details.
Out of Bounds

Sunday, October 17, 2004

C3 5 mi 8:30 AM WALK AGAINST BREAST CANCER

Leaders: Tara Mooser, taramooser@earthlink.net, 917-373-7795; Valli McRoberts, Vallifit@aol.com, 917-733-3485; Karen Nicolini, karen nicolini@hotmail.com, 646-942-7082

From: 97th Street & 5th entrance to the park, Benches on Right to lock bikes
NYCC’s Tara Mooser, Karen Nicolini & Valli McRoberts invite you to join them (and/or sponsor them) in a 5-mile benefit walk. The walk will be followed by a 20 mile NYCC “C” ride to Coney Island (see ride listings above for ride information.) Join the Making Strides Against Breast Cancer Walk, a 5-mile walk in Central Park. All are welcome! Walk to support survival, remembering & protecting those we love, and programs to save others. The walk is rain or shine. You don’t have to register or raise money, but you can if you want to - bring donations with you, or visit our Team link on the Making Strides website. If you can’t make the ride, why not contribute to our team - any amount will help! Go to: http://cancer.org/stridesonline > enter zip 10019 to select Central Park Walk > click on “Sign up here” or “Interactive Tools” > click on “Sponsor a Participant” > enter one of the above leader’s names + Search > click on the name > click on “My team page” and you can join or donate there. Bring walking shoes (and something to carry them in, plus your bike and gear if you’re riding with us too.) Wear your NYCC shirt if you have one.

OLN and the Vuelta

By Mavis Scanlon

On Sept. 16, the 164 Vuelta a Espana competitors faced a brutal 91-mile 12th Stage that included two category one climbs and one special category climb. As the website Cyclingnews.com put it, “Today is a day that could prove make or break for some this year’s Vuelta.”

In the U.S., only those with a cable or satellite package that includes Spanish TV station TVEi were able to watch as Roberto Heras of Liberty Seguros took the yellow jersey -- and the lead in the race. That same night, OLN, the self-proclaimed “Home of Professional Cycling,” which went all out with its coverage of the 2004 Tour de France, showed four back-to-back episodes of Outside Magazine’s Ultimate Top 10 – a program it debuted during the Tour.

Many fans had switched to digital cable specifically to see OLN’s cycling coverage, but this year were unable to see any coverage of the Vuelta, which, along with the Tour and the Giro d’Italia, is one of cycling’s three most venerated races. But it wasn’t for lack of trying.

It’s not every day that a network gets an audience so passionate that thousands sign a petition demanding programming be reinstated. Yet that’s what OLN has been dealing with since it disclosed that it would not cover the Vuelta, a race it’s covered since 2001, and would instead air a one-hour wrap-up on Oct. 27, a month after the race ends.

The dissent started in late July, just after Lance Armstrong made history with his sixth consecutive Tour win. Word of OLN’s decision spread on Internet message boards, and in short order thousands of cycling fans had signed on online petition demanding OLN reinstate live coverage. By mid-September, the petition had garnered 16,683 signatures. (People were encouraged to sign multiple times.)

“It’s a real spirited campaign,” says OLN president and CEO Gavin Harvey, who rides in hilly Connecticut on the weekends. “It’s great to see that kind of passion.” OLN couldn’t justify the financial investment necessary to send a huge crew to Spain, due to the “microscopic” ratings of 0.08 and 0.09 garnered by the 2003 Vuelta, he says. “The fact is that people that like to watch logrolling turn out in greater numbers.” OLN was also gearing up for its coverage of the 2004 Gravity Games, which it bought January. What fans don’t understand is OLN’s decision to recap the race well after it ends. When asked if he would watch the recap, nine-time Tour de France competitor and cycling columnist Frankie Andreu, who worked for OLN as a commentator for the 2004 Tour and who served as U.S. Race Director for the U.S. Postal Service team in 2001 and 2002 said in an email he probably wouldn’t bother. “How do you wrap up a three-week race with a one-hour show? I don’t think it’s possible to do it justice.” Still, he notes, “OLN has been a godsend for cycling fans and if we miss out on the weakest grand Tour to see that classics and the two biggest grand Tours then I don’t think it’s that bad of a deal.”

As Harvey explained, OLN is dependant on a production company for the race footage, and has to negotiate for the license rights. “There are a lot of parties involved,” he says. “In this case I’d love to have it the day it ends, they’re just not going to be able to deliver it.”

OLN also looked at offering Vuelta highlights in video on demand, but negotiations for those rights stalled over the business model. Harvey thinks a video on demand format is possible for 2005. “If we can figure out a way to economically deliver the types of things that people are really passionate about in an alternate way then I don’t have to worry about attracting a bigger audience of very casual sports or cycling fans. I can cater to my hardcore fanatics who know the difference between the Vuelta and the Giro and who don’t care that it’s dominated by Spanish riders.”

Harvey says he is committed to continuing OLN’s cycling coverage, and wants to put more resources into it next year, but warned that the races will have to perform in the ratings. “We need to see the Spring Classics perform,” he says. “We need to see the Giro perform, period.”
Riding past beaches, mansions, and through horse country works up a major appetite. Some of the folks on the Magnificent Metric / Connecticut Ride chow down on excellent food catered by a local deli at Putnam State Park.

The Gang

Karen and Deb

Andres and Jim

Gone fishing. See ya next month.

ROAD DIRT

Send tips to: roaddirt@nycc.org
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., 6:00 = ride at 15 mph cruising speed — see chart). Our rides are described by pace and style because this helps more fun when the group is of similar ability, pace for fun, fitness, and food. RIDE A indicates that the ride is appropriate for all levels of riders. RIDE B indicates the type of riding. See chart at right. CRUISING SPEED indicates the pace of the group, and 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 (2.5 miles) around Central Park at a comfortable pace and timing your time with the chart. RATE: Riding faster than 4 laps/1 mile will give you a false assessment.

YOUR FIRST NYCC RIDE: Be cautious and try to feel comfortable. Rides are led by experienced and capable riders. You will be guided smoothly, and no one will ride ahead or behind you.

A. Rides: Robert Gray, 212-593-0586 or rgray@nycycle.org
B. Rides: Wayne Wright, 212-873-7103 or wayne@nycycle.org
C. Rides: Isaac Brummer, 212-249-6050 or isaacbrummer@hotmail.com

LEAD A RIDE: Pick a date, pick a space, 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 the ride.

The meeting was called to order at 7:10 p.m. In attendance were Stan Oldak, Deborah Bennett, Gail Williams, Hal Eskinazi, Timothy McCarthy, Peter O'Reilly, Fred Steinberg, Robert Gray, Tom Laskey, Wayne Wright, David Sabbarese, Isaac Brummer, Mark Gelles, and Kathy Jennings.

In Memoriam
Dave Getlen, who among other things served as the Club's Bulletin Editor in 2001 and part of 2002, passed away in August after a prolonged illness. An obituary will be included in the NYCC Bulletin.

Adopt-a-Highway Rides
The first Adopt-a-Highway Ride on July 31, 2004, was a huge success, thanks to Mark Gelles' organization and the efforts of numerous B and C riders. The second ride will take place on Sunday, October 3, 2004, and all rider classes (A, B, and C) will be represented.

Jersey Rebates
Users have been overwhelmingly enthusiastic about the introduction of the online ride submission program. We continue to work out kinks as we gain more experience with the system. Board members will not be eligible for the Jersey submission raffle.

Ride Sign-Up Sheets
The Club's policy regarding retention of ride sign-up sheets was reviewed, and it was agreed that ride leaders should retain the sign-up sheet from their ride if an incident occurred on the ride. In all other cases, sign-up sheets can be discarded after the ride.

New York Cycle Club Board of Directors Meeting Minutes September 7, 2004

The meeting was adjourned at 8:10 p.m.

Respectfully submitted,
Kathleen Jennings
Secretary
### 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.

<table>
<thead>
<tr>
<th>Bike Shop Name</th>
<th>Address</th>
<th>Phone Numbers</th>
<th>Discounts</th>
</tr>
</thead>
<tbody>
<tr>
<td>A Bicycle Shop</td>
<td>345 West 14th Street, New York, NY</td>
<td>212-691-6149 or <a href="http://www.a-bicycleshop.com">www.a-bicycleshop.com</a> <a href="mailto:abikshp@aol.com">abikshp@aol.com</a></td>
<td>10% off nonsale items (not items already discounted)</td>
</tr>
<tr>
<td>Bicycle Habitat</td>
<td>244 Lafayette Street, New York, NY</td>
<td>212-431-3315 or <a href="mailto:cmcbike@aol.com">cmcbike@aol.com</a></td>
<td>15% off parts and accessories. 10% off bikes, no discounts on sale items (no double discounts)</td>
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<tr>
<td>Bicycle Heaven</td>
<td>348 East 62nd Street, New York, NY</td>
<td>212-230-1919 or <a href="http://www.bikeheaven.us">www.bikeheaven.us</a></td>
<td>8.25% off accessories, repairs &amp; bikes</td>
</tr>
<tr>
<td>Bicycle Workshop</td>
<td>175 County Road, Tenafly, NJ 07670</td>
<td>201-568-9372</td>
<td>10% off on part and accessories</td>
</tr>
<tr>
<td>Bicycle Renaissance</td>
<td>430 Columbus Avenue, New York, NY</td>
<td>212-724-2350</td>
<td>10% off repairs and accessories (not on sale items and new bikes)</td>
</tr>
<tr>
<td>Conrad's Bike Shop</td>
<td>25 Tudor City Place, New York, NY</td>
<td>212-697-6966 or <a href="mailto:conradbike@aol.com">conradbike@aol.com</a></td>
<td>8.25% off parts, accessories and repairs</td>
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<tr>
<td>Cycle Paths</td>
<td>138 Main Street, New Paltz, NY</td>
<td>845-255-8723</td>
<td>15% off parts and accessories, 10% off bikes</td>
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<tr>
<td>Gotham Bikes</td>
<td>112 West Broadway, New York, NY</td>
<td>212-732-2453 or <a href="mailto:gotbik@aol.com">gotbik@aol.com</a></td>
<td>10% off parts, accessories and repairs</td>
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<tr>
<td>Larry and Jeff’s 2nd Avenue Bicycles Plus</td>
<td>1600 2nd Ave. at 87th St., New York, NY</td>
<td>212-722-2201</td>
<td>15% off</td>
</tr>
<tr>
<td>New Horizons Sports</td>
<td>55 Franklin St., Westfield, MA 01085</td>
<td>413-562-9237 or <a href="http://Don@NewHorizonsBikes.com">Don@NewHorizonsBikes.com</a></td>
<td>10% off parts and accessories. 10% off bikes, no discounts on sale items (no double discounts)</td>
</tr>
<tr>
<td>New Bicycle Connection</td>
<td>215 Ash Street, Piermont, NY 10968</td>
<td>845-365-0900</td>
<td>8% off parts, accessories and clothing</td>
</tr>
<tr>
<td>Piermont Bicycle Connection</td>
<td>4 Washington Street, Tenafly, NJ 07670</td>
<td>201-227-8211 or <a href="http://www.piermontbike.com">www.piermontbike.com</a></td>
<td>Free shipping on purchases over $100</td>
</tr>
<tr>
<td>Toga Bike Shop</td>
<td>110 West End Avenue, New York, NY</td>
<td>212-799-9625 or <a href="mailto:gotbik@aol.com">gotbik@aol.com</a></td>
<td>10% off parts, accessories and repairs</td>
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Tuesday, October 12, 2004
How Much of This Pavement Is Mine? What Are the Rules?

Did you know that NYC’s DOT has a Bicycle Program and the NYPD an Enforcement Division? The city says they want fewer cars on the road. So what’s the story? What can cyclists expect in the future? Join us at the October program and find out what is being done to expand the roadway for cyclists and enforce our little piece of pavement. You will have an opportunity to meet and talk with:

Andrew Vesselinovitch, the Director of the NYCDOT Bicycle Program and formerly Bicycle/Pedestrian Coordinator of the Department of City Planning and Joan Scholvin, who is responsible for public outreach, map distribution and is the DOT’s point person for Bike Month activities Andrew & Joan will provide a progress report on the implementation of the NYC Bicycle Master Plan, published in 1997, and discusses recent successes and obstacles from a “working within” perspective.

Sgt. Speicher, an NYPD officer since 1986, 7 years with MTTF (Manhattan Traffic Task Force) and currently Patrol Supervisor for the 18-officer Bicycle Unit, covering 96th St., south. Sgt Speicher will discuss NYPD policies. What violations are they ticketing for? Who do they look at? How are they positioned to protect you during major events better than any other city in the world.

Of course, I’m sure someone will want to know “what are you guys doing about our bike lanes?” The answers might surprise you. 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.

October meeting sponsored by CHELSEA BICYCLES

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 to 42nd St./Grand Central

Buffet with grilled chicken, rice, meatless lasagna, vegetables, 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.