

November 2004

NYCC Bulletin

A background image showing two cyclists in motion, wearing blue and black racing gear, pedaling on a track. The image is slightly blurred to convey speed.

*Race to Get Your Vote Counted
at the November Club Meeting.
See Page 7 for Your Ballot!*

Vote Early, Vote Often

It is that time of the year again. Time to get out and vote! On the national level we have a very important election, which is, if you believe the polls, at a "dead-heat." We have a state senatorial election in which the incumbent is running against, um... (a free club water bottle to the first person who can email me the name of his opponent—without looking it up). And on the bike-club level we have the NYCC elections. There are no debates, no political advertisements, no controversial films, and in fact, no contested positions. But it is a chance for you to show your support for your club and a chance to have a little fun with the special awards. For the last two years I have won "comeback rider of the year." I vowed that I would not win the award again this year by staying injury free. So far so good! But I am running for "fastest flat fixer." Last month I had a flat about a block away from a bike shop. I walked the bike into the shop, went out for a sumptuous breakfast, returned an hour later, and voila, the flat was fixed. Can anyone beat that? So please cast your vote. The ballot is located on **page 7** this Bulletin. If you get the Bulletin online, simply print the ballot page. You can mail it in or vote in person at the November club meeting on **Tuesday, November 9**. Or you can go to http://www.nycc.org/home_ballot.shtml to vote online.

As I mentioned last month, two special events are coming up. On **Friday, November 12**, we head to the **Juilliard School** to enjoy an evening of dance. Four newly choreographed pieces were created especially for this annual program. After the performance we'll have pizza, accompanied by a number of the dancers. Details can be found elsewhere in this Bulletin.

And on **Monday, December 13** is our very enjoyable **holiday party**. Once again this year, it will be held at St. Maggie's Café, and once again there will be great food, live music, dancing, and great company. This is a limited participation event and usually sells out. So reserve your spot before it is too late. Details can be found in this Bulletin and on the club website.

And finally, I want to say thanks to **Isaac Brumer**, who will be leaving the executive board after serving two years as our "C" rides coordinator. I'm sure that the board and all club members, especially those who know Isaac, will join me in thanking him for his hard work and his important input in helping to run our club. I'm sure we will continue to see Isaac as a frequent ride leader and participant.

For those of you who will continue to ride during the cold but invigorating months ahead, stay warm with the proper attire, drink plenty of fluids even though you may not feel thirsty, and stay safe.

Stan Oldak

Club Event for November An Evening of Dance at The Juilliard School Friday, November 12, 2004, 8:00 pm

The Juilliard Theater, W.65th St. between Broadway and Amsterdam

On Friday evening, November 12 at 8 PM we will be adding a little culture to our bike riding lives. We will be attending a dance performance by the very talented students at the Juilliard School. (Look for Emily Oldak, our prez's daughter, in the senior class performance). The evening presentation is free and seating is by general admission. People usually begin lining up at 7PM. Afterwards, some of the dancers will be joining us for pizza. For more info:

<http://www.juilliard.edu/asp/calendar/event1.php?intEvID=-1999921275>

NYCC

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Submissions: EMAIL bulletin-editor@nycc.org.

Submit copy via email or CD. Include operating system and software, hard copy, and contact info if submitting via CD. Material may be edited for brevity and clarity. A full page of text is 750 to 1,090 words. Publication is determined by available space. We cannot guarantee that all submissions will be published.

Submission is contributor's warranty to the NYCC that material is in no way an infringement on the rights of another and may be published without additional approval.

Deadline: All submissions and advertising are due the second Tuesday of the month prior to publication.

Copy editing: fendergal

Cover photo: Keith Goldstein



Fun in Phoenicia!



Columbus Day, 2004

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



November Recurring Rides

Wednesdays in November

A20 30 MI 6:30 PM URBAN ADVENTURE

Leaders: John Zenkus, jjz2116@aol.com, 917-617-0901; Craig Breed, craigbreed@breakthroughcapital.com, 917-502-2112

From: Central Park Boathouse

Meet 6:30 pm every Wednesday for an ever-changing exploration of New York City and its environs. Depending upon the time of the year, expect a 2- to 3-hour nonstop ride of varying pace. Required will be some sort of fat-tire bike, good handling skills and a helmet, as the route may include cobblestone, rough roads and occasional off-road -- where we can find it. Lights are also required. While this is not a fast-paced ride, those participating should be able to maintain a 20 MPH flat speed riding a fat-tire bicycle. This is a 4-season ride and if conditions are questionable, check the message board.

A21+ 50+/- MI 10:00 AM WEDNESDAY MORNING SPIN

Leader: Do you really need a leader to go to Nyack?

From: Central Park Boathouse

The Wednesday ride continues all winter. Join us for a fast-paced, occasionally cooperative group ride. If the weather is good, we go to Nyack. If it's cold we'll cut it short with a destination of Piermont or River Vale. If it's really cold, then it's just laps in the park. The pace is usually fast, but there is often a slower group, too. We have no silly requirements, and you should know what cancels for you.

Sundays in November

A17-19 60-75 MI 8:30 AM WESTCHESTER EXPRESS

Leader: Hajo Thiele, info@MajorcaCycling.com, 914-833-1456

From: Larchmont train station

We leave the Larchmont train station at 8:30 am. You can take the train from GCT at 7:37 am, arriving in Larchmont at 8:12 am; return options are 12:29 pm, and 29 min after every hour thereafter. We will ride nice back roads, which are especially lightly traveled on Sunday mornings, to the Greenwich/Bedford area with minimal stops. This way you will be back on time in the city. We start together, and return together. Nobody will get dropped. **No cue sheets.** Requirements: the usual (helmet, pocket food, drinks, Metro-North bike pass, bike in good condition). **Please contact ride leader via e-mail or phone by 8 pm Saturday evening to confirm your participation; if I don't hear from anybody, I will not show up at the train station and instead will do the Gimbel's Ride.** PS: I don't ride in rainy weather.

November Club Rides

Saturday, November 6

A20 80 MI 9:00 AM LITTLE TOR

Leaders: Steve Dwek, stevedwek@aol.com, 212-744-7083; Jason Winstanley, jwinstanley@att.net, 212-928-6209

From: George Washington Bridge, NY side bike path entrance
Get in one more long ride before winter with a quick, rotating-paceline ride up to Little Tor and back. Stop at Mount Ivy Diner mid-way. No trains so we'll be back early. The usual: helmet, paceline skills. Check the message board if there are weather issues.

C13 42 MI 9:30 AM NORTHVALE

Leaders: Debbie Dowell, drd1@nyu.edu; Christina Bernstein, cbernstein1@nyc.rr.com, 212-243-5182

From: Eleanor Roosevelt statue, 72nd Street and Riverside Drive
Through familiar New Jersey towns to Tappan, then warm up with lunch at the Northvale diner. Cancellation conditions: temperature of 32 degrees or less at the start, rain or snow at start, 50% or greater chance of precipitation predicted for the day on weather.com, or icy roads. Check the message board if in doubt. Bring helmet, bike in good working order, tube that fits your tire, water and lunch money.

Sunday, November 7

B18 50 MI 8:45 AM THE "I'D GO, BUT THE GAME IS ON" RIDE

Leader: George Arcarola, garcarola@nyc.rr.com, 917-837-0766

From: The Statue of Civic Virtue, Queens Boulevard and Union Turnpike, Queens

For the pigskin addict (or anyone else who wants to keep their afternoon free), a quick Long Island jaunt through Kings Point, Sands Point and Roslyn. Out early, back early. No lunch, just a snack and pit stop at the Roslyn Duck Pond, then back home along the LIE. You should be able to catch both games. Ride ends at the 179th Street Subway (F train). Note the unusual start time--we want to be home early, remember? **THE GAME IS ON!** Requirements: helmet, two (2) water bottles, spare tube(s), snack money and/or lots of pocket food. While not an absolute requirement, bring a smile, too! Rain, snow, wet roads cancel.

C13 35-40 MI 9:30 AM AUTUMN IN BERGEN COUNTY

Leader: Isaac Brumer, isaacbrumer@hotmail.com, 212-734-6039

From: GWB Bus Terminal, 178 Street and Fort Washington Avenue

It's pleasant out (we hope) and we're going to ride somewhere nice, meet nice people and eat good food. (OK, we're probably going to Piermont.) Expect hills and challenging traffic. Helmets required. Wet weather or temperature below 40 degrees at 8:30 cancels.

Saturday, November 13

A17 55 MI 8:45 AM CHRISTMAS BAZAAR AT ST. PAUL'S

Leader: Marty Wolf, 212-935-1460

From: Central Park Boathouse

The goal is to reach St. Paul's in New City before the best hand-made ornaments and gifts are sold-out. Church lunch of soup, sandwiches and home-baked desserts. Bring a small knapsack or large musette bag for your purchases. Note: we leave at 8:45 am sharp!

**A19 80 MI 9:00 AM BEAR MOUNTAIN COLD
SPRING COLD BEER**

Leader: Oriel Mor, formor@earthlink.net, 917-584-6384

From: Central Park Boathouse

This ride involves several water-'n'-snack stops along the way. The large meal will be in Cold Spring at the end of the ride. We'll wash the food down with a couple of tall cool ones. Return by hourly train with river views. Bring your Metro-North bike permit. Equipment in good conditions and spare tubes required. If you can't fix a flat on the road, we'll show you how. Cold weather is no excuse to stop riding, but wet conditions are. If in doubt, check the message board after 7:00 am on the day of the ride or call my cell phone (number above).

B15 40 +/- MI 9:00 AM WESTCHESTER BRUNCH

Leaders: Mark Gelles, mgelles@okcom.net, 212-689-1375; Nina Frieriep, nina@clockwise productions.com

From (and to): 242nd Street & Broadway (1's last stop)

The season is winding down, so let's do one less hill and have brunch! The route is a scenic hilly ramble from Van Cortlandt Park to Pocantico Hills horse country with lots to look at. We will brunch at the Horseman diner (Sleepy Hollow) or the gourmet deli (Tarrytown). Bring a smile and brunch \$. Wet roads, prediction of steady precipitation or 7:30 am, or temperature of less than 35 degrees cancels. If in doubt, check message board.

Sunday, November 14
C12 32 MI 10:00 AM WHITE PLAINS

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

From: Isham Street and B'way, Manhattan (take A train to 207 Street)

Let's venture north on a very pretty route through the burbs of lower Westchester to a diner in White Plains for lunch. We have a choice of lovely bike paths along the upper Bronx River and lakes and lovely residential roads with immaculate landscaping. We can extend the ride to Valhalla or cut short to Scarsdale, depending on our mood. Helmets are required; there will be observance of club riding etiquette. Bring your Metro-North pass for emergencies. Cancellation conditions: starting temp below 40 degrees, wind chill below 25 degrees, icy roads, or 50% chance of precipitation. Call Maggie after 8:30 am if in doubt.

Saturday, November 20
A19 65+ MI 9:00 AM HAPPY TRAILS

Leaders: Fred Steinberg, fsteinberg@nyc.rr.com, 212-787-5204; Hank Schiffman, hschiffman1@nyc.rr.com, 212-529-9082; Ron Roth, RR7@nyc.rr.com; Timothy McCarthy, TimothyMcCarthy@earthlink.com

From: Central Park Boathouse

We'll lunch in North White Plains or Armonk. With the leaves mostly off the trees, even familiar roads will look different. The route then follows the hardpack roads between Bedford and Salem Center, a visit to the 19th century. There should be plenty of time at ride's end for a brew and some good Mexican food in Brewster before the train ride back to the city. Remember, there's lots of hardpack, no whining! Bring Metro-North pass and money for food/carfare. Bad weather cancels. Check message board after 7 am or call one of the ride leaders if in doubt.

**B16/17 60 +/- 9:00 AM MAMARONECK POST-
FOLIAGE TOUR #2**

Leaders: Marci Silverman, mhsilv@yahoo.com, 646-408-4565; Peter "Banana Guy" Kouletsis, pkoule@nyc.rr.com, 917-854-1181

From: Central Park Boathouse

The leaves are gone but we still need to ride, and if it's anything like last year's tour, we'll have a beautiful day. Join us for a scenic trek to Mamaroneck, where, depending on the weather, we'll eat lunch by the harbor or in some climate-controlled paradise. The route has some rolling hills but no killers. There are plenty of bail-out options available on the way home, either Metro-North or the subway. Positive attitude, helmet, and social skills required. Bring water, spare tube, pocket food, all the usual stuff. Metro-North pass and Metro-card strongly recommended. Cancellation conditions: rain, snow, wet roads or temperatures below 35 degrees at 8:00 am.

Sunday, November 21
C14 47 MI 9:15 AM PARK RIDGE

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

From: Central Park Boathouse

We ride to one of our favorite Bergen County towns. This one has the famous Park Ridge diner, where we'll have lunch (unless by chance it's warm enough to eat outdoors). The ride ends at the Manhattan side of the GW bridge and is canceled if substantial precipitation is expected.

Friday, November 26
**A19 +/- 50 +/- MI 9:30 AM PEARL RIVER--THE DAY
AFTER**

Leaders: Tom Laskey, tomoboe@mindspring.com, 212-961-1610; Debbie Rothschild

From: Central Park Boathouse

Join us for a mellow, social spin to our favorite destination, the Muddy Brook Diner in Pearl River. We dedicate this ride to the venerable Jeff "El Jefe" Vogel, as he is the originator of this day after T'Giving tradition. Though El Jefe would never approve, helmets are mandatory. Rain or a better than 70% prediction of same on weather.com as of 8:00 am cancels. If in doubt, call the leader.

Saturday, November 27, 2004
**A17 56 MI 9:00 AM BIKE CHRISTMAS SHOPPING
IN HICKSVILLE**

Leader: Marty Wolf, 212-935-1460

From: Tramway Plaza, 2nd Avenue at 60th Street

Objective: Christmas sale of bike paraphernalia--books, posters, Christmas cards, jewelry, men's ties, scale models, desk accessories, etc. Bring train pass if you wish to return by the LIRR. Cue sheets provided should you wish to ride faster or slower than the advertised pace. If it's a rainy day and you have a car and want to drive out, or should you wish to take the train, call the leader. (B riders please call, and I'll set up a somewhat slower group for you.)

**ALL CLASS 6-7 MI 8:00 AM THANKSGIVING RECOVERY
HIKE**

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

From: Port Authority Bus Terminal, 41th Street and 8th Avenue
Work off some of those extra calories on this easy 6-7 miler, with only one small mountain--nice lookout--to climb. Lunch overlooking Pine Meadow Lake. NO technical climbing. Sturdy shoes and layered clothing are important gear. Group may split for optional 4

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SUBMIT YOUR STORIES AND ARTICLES TO THE
NYCC BULLETIN TODAY!**

miles/3 more lookouts on return. Bring two water bottles, lunch and snacks; there are no stores. Take the 8:15 am Coach USA/Short Line Bus (Route #6) to Sloatsburg, NY. The leaders will be on bus. Return to NYC via 3:42 pm or 4:46 pm bus; \$23.75 round trip. Rain date: Sunday, Nov. 28.

Sunday, November 28

C13 35 MI 9:30 AM POST-PUMPKIN RIDE UP THE HACKENSACK

Leader: Isaac Brumer, isaacbrumer@hotmail.com, 212-734-6039
From: GWB Bus Terminal, 178 Street and Fort Washington Avenue

While the weather is still hopefully mild, make your own way up to Washington Heights, then join us for a ride to Englewood for coffee, west to the Hackensack River, meander up to Oradell for picnic in the gazebo (or pizza indoors in Emerson if it's cold,) to Demarest to check in on the ducks, and to Cafe L'Amour for more coffee. Helmets required. Expect hills and some challenging traffic. Wet

weather or temperature below 35 degrees at 8 am cancels.

Club Calendar

Tuesday, November 9, 2004

CLUB MEETING

Place: Annie Moore's 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)

Planning your perfect bike vacation. Sponsored by A Bicycle Shop. 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

Did you miss us last month? Fear not, we're back from our fishing expedition and we have all kinds of dirt from Columbus Day weekend and more.

As most of you know, for the first time in 10 years, Escape New York was a big washout, despite the fact that the organizers and most of the board were up most of the night before, stomping out the biggest "no rain" dance they could muster. We do say that we ride rain or shine, but no one expected **Hurricane Ivan**. Because Ivan took his sweet time arriving that day, many ENYers showed up at Sakura Park that morning ready to go. All the century rides went out, 3 A's and one B. Before they got to the bridge, the blinding downpour began. The participants of all three A rides were reduced to one huddling mass under scaffolding on Cabrini Blvd. After 10 or 15 minutes of shivering in the cold and rain, most of the group decided to take the subway home, while a few intrepid folks actually rode back to Sakura to claim their goody bags. What about the B ride? Talk about intrepid, **Tim Casey** led his group of hardy souls over the bridge and into New Jersey. We assume they made it back, though no one has been able to confirm it thus far.

If you ride to Nyack or Piermont on 9W and have your eyes open, you know that the NYCC has adopted a one-mile strip of that well-cycled road. To fulfill our adoption duties, club members pick up trash several times a year. On October 3 a group of A and B riders went out to clean. One participant found an intact tire in the hedges, somebody else found a hub cap, but they were both surpassed by ex-pres **Tom Laskey**, who found a whole wheel. Did Tom put the wheel in his big Hefty bag? He did not. Neither did **Robert Meyer** pick up the item he found. If you've ridden with Robert lately, you know how fast he's gotten, but his speed on the bike was nothing compared to his speed on foot when after reaching for trash, he saw a snake instead.

Debbie Rothschild and **Carolyn Booher** were riding quietly together on the right side of a deserted River Road one Sunday afternoon, side by side chatting away, when suddenly seemingly out of nowhere a voice boomed, "This isn't England, we ride to the right here." They actually got yelled at by a cop for riding two abreast on River Road. **The Man** is everywhere – and he is watching us closely.

On to Columbus Day weekend. Once again **Jeff "El Jefe"**

Vogel organized a rip-roaring successful event in Phoenicia, N.Y., with three days of riding, debating, and carousing. The first night was the night for debates, as there were people on opposite sides of the political fence at dinner. The party then moved across the street to watch the "official" debate. About 12 people crowded into one room at the Phoenicia Hotel. No problem, a room for two people actually had beds enough for five.

Lisa Lurie drove up to Phoenicia with plenty of clothing, but alas, she forgot her helmet. Lisa had moved from her noisy room at the Phoenicia Hotel to stay with a family in town and realized they had bikes in the garage. She asked, and was outfitted with a very flattering round retro white helmet that made her look like a turtle from outer space. We hope someone took pictures. Another absent-minded individual was **Robert Meyer**. He drove all the way up, only to realize he had forgotten his bike shoes.

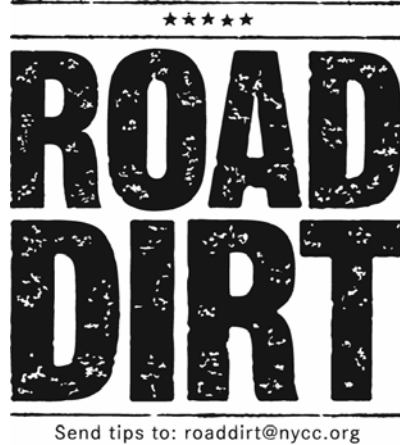
When he realized what happened, he had to drive another 15 miles just to get within cell-phone range so he could call some kind Upper West Side NYCCers to retrieve his shoes from his apartment.

On Sunday, the NYCC's No. 1 ride leader and VP of rides, **Fred Steinberg**, made what was probably the first directional error of his ride-leading career. He mistakenly told his group to go straight at the bottom of a descent instead of turning left. Most of the group missed the turn. Those slower descenders who were lucky enough to be riding with Fred went the right way. All through lunch as they waited and waited for the lost souls to arrive, Fred's guilt grew greater and greater. Finally they got to Maggie's Café and joined the rest of the group. Turns out Fred's mistaken direction would have cost them five minutes at most.

Later on in the ride they simply decided to go right instead of left as the cue sheet instructed because the road marking wasn't exactly as they expected. That miscue cost them an extra 10 miles. Fred's leadership reputation remains intact. Nobody gets lost when following Fred. An additional note to this story is the fact that new club member **Jennie Tranel** was in the group that got lost. Once Jeff and some other men learned that, they were all too ready to go out to search and escort the group back. We wonder, why would this be?

We know she looks neat upon the seat of a bicycle built for two. **Patricia Faurelus** has given our own **Dr. Ed Fishkin** her answer true—and it was yes! Ed and Patricia are finally engaged to be married. We'll keep you posted with details as we learn them.

So another month and some more dirt. What about next month? Send your dirt to roaddirt@nycc.org. Remember, it doesn't have to be dirty to be Road Dirt.



EXERCISE YOUR RIGHT TO VOTE!

Vote for Club Officers and Member Awards in Person, Online, or by Mail

BUT YOU MUST VOTE SOON!

 President: Stan Oldak



 V.P. Programs: Hal Eskenazi



 V.P. Rides: Fred Steinberg



 Secretary: Kathy Jennings



 Treasurer: Deborah Bennett



 Public Relations: Mark Gelles



 Bulletin Editor: OPEN

 Webmaster: Timothy McCarthy



 Membership: Gail Williams



 Special Events: David Sabbarese



 A Rides Coordinator: Robert Gray



 B Rides Coordinator: Wayne Wright



 C Rides Coordinator: Scott Wasserman



Please Write in the Name of Your Choice for
Each of the Member Awards Below.

*Your choices may include any current NYCC member,
including yourself*

 Best Man in Lycra

 Best Woman in Lycra

 Most Improved Man

 Most Improved Woman

 Comeback Rider of the Year

 Cycling Couple of the Year

 Ride Leader of the Year

 Diner/Food Stop of the Year

 Fastest Flat Fixer

 Gear Head of the Year

 Retrogrouch of the Year

 Best Wheel to Follow in a Paceline

 Best Schwebbers*

*Schwebbers are the grease marks cyclists get on their legs when they brush up
against the chain or chainwheel.

You are encouraged to vote in person at our meeting November 9 at Annie Moore's Bar and Restaurant, 50 East 43rd Street, starting at 6:00 p.m. But if you cannot attend you may vote by sending in the postal ballot printed on this page.

The position of Bulletin Editor remains open. No nominees have accepted as of press time.

Online voting instructions will be posted on the club's website, http://www.nycc.org/home_ballot.shtml. **Online votes will not be accepted after 6:00 PM, Monday, November 8th.**

Fill in your name, address, and **signature** in the lines pro-

vided below. Detach, fold, and seal the ballot with tape. **Do not use staples!** Send ballots to the preprinted address below.

Mail ballots must be postmarked no later than **Wednesday, November 3rd** and received by **Monday, November 8th**.

Ballots received at the NYCC P.O. Box will not be counted.

You may copy this form for use in multiple member households but **without a name, address, and signature in the return address your ballot cannot be counted.**

Please remember to use a 37¢ stamp.

PLEASE DETACH THIS PAGE, FOLD ALONG THE DOTTED LINES, AND TAPE IT SHUT

Signature

Name

Address/Apt

City

State

Zip

Place
Stamp
Here

Mail this completed ballot to:

**Geo. Carl Kaplan
18 West 16th Street
New York, NY 10011**

New York Cycle Club Board of Directors Meeting Minutes October 5, 2004

The meeting was called to order at 7:20 p.m. In attendance were Stan Oldak, Deborah Bennett, Gail Williams, Hal Eskenazi, Timothy McCarthy, Robert Gray, Tom Laskey, Wayne Wright, Mark Gelles, and Kathy Jennings.

Member News

We recently learned that Jim Babbitt, a long-time NYCC member, is seriously ill. The Board wishes him a speedy and full recovery, and our thoughts are with him and his family during this difficult time.

Treasurer's Report

Deborah Bennett reported that we are having another successful year financially. As of September 30, 2004, we had made \$8,718.00 during this calendar year. These profits are the result of, among other things, an increase in membership from last year and decreased expenses for the bulletin. The Board will continue to discuss appropriate ways to spend or donate these funds.

Special Events

November's special event will be attending a Juilliard performance, after which we will have pizza with some of the members of the Juilliard senior class. In addition, members can now begin registering on www.active.com for the holiday party, which will take place on Monday, December 13 at St. Maggie's Cafe.

Public Relations

We are considering ordering plaques to give to the pit stops nominated to the Pit Stop Hall of Fame. Mark Gelles will contact some of the pit stops to determine how this would be received.

Board Nominations

Bulletin Editor and C Rides Coordinator are the only two positions where the incumbent officer will not be returning to the Board next year. All other current officers were nominated and seconded at the September Club meeting for another year in their current positions. In addition, Scott Wasserman has been nominated for C Rides Coordinator. There have been no nominations yet for Bulletin Editor.

Volunteer Recognition

The Board is exploring additional ways to recognize and thank member volunteers for the important work they do for the Club. Options discussed include having a Volunteer-of-the-Month award and a special yearly party for any member who has volunteered to assist the Club in any manner during the year.

Member Benefits

The Board discussed various member benefits that other cycle clubs provide and that we might want to adopt, including purchasing bike boxes for members to rent and creating a lending library of bike-related materials (videos, DVDs, books, etc.) that members could borrow. We will obtain additional information regarding the feasibility of offering these benefits.

ENY

Several members of the ENY Committee attended the Board meeting to discuss the cancellation of this year's ride and how such situations should be handled in the future. The Board agreed that although ENY is a "rain or shine" ride, it was appropriate to cancel the ride on the morning of the event when it was determined that winds and rain from the hurricane

would make riding unsafe. The Board further agreed that in the future ENY should be cancelled in the event of dangerous weather and that the decision whether to cancel should be made by the ENY Committee Chairperson on the morning of the ride (not the night before, as weather can change significantly overnight). It was also agreed that it is not feasible to have a rain date for ENY because of the number of volunteers and resources (including permits, rented equipment and food) needed for the event and that there will be no refund of the registration fee when the ride is cancelled due to dangerous weather conditions. Finally, the Board voted to use some of the Club's surplus funds to make a \$1000 donation to Recycle-a-Bicycle, the main organization that was to receive the profits from ENY.

Club Jerseys

The Board is considering returning to the previous system of ordering Club jerseys, which involved the Club maintaining an inventory of jerseys that members could purchase at any time throughout the year, rather than attempting to coordinate a single yearly jersey order. We will continue to explore this possibility.

Due to the presidential election on November 2, 2004, the next meeting will take place on Monday, November 8.

The meeting was adjourned at 8:32 pm.

Respectfully submitted,

Kathleen Jennings
Secretary

Submit a Ride on-line.

It's fun and easy!

www.nycc.org/rides_sub.shtml

Do you have a funny story or an interesting adventure to tell? Send your tale today to: bulletineditor@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. B15 = B level at a 15 mph cruising speed — see charts). Our rides are described by pace and style because it's more fun when the group is of similar ability. We ride for fun, fitness, and food.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

3 rides = NYCC water bottle

6 or more rides = NYCC t-shirt

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

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

Club Event for December The Annual NYCC Holiday Party! 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!

These Bike Shops Offer Discounts To NYCC Members

Remember to clip the Membership Card below and present it at the store to receive your discount.

A Bicycle Shop

345 West 14th Street, New York, NY
212-691-6149 or
www.a-bicycleshop.com
abikshp@aol.com; 10% off nonsale
items (not items already
discounted)

Bicycle Habitat

244 Lafayette Street, New York, NY
212-431-3315 or cmcbike@aol.com
15% off parts and accessories. 10%
off bikes, no discounts on sale
items (no double discounts)

Bicycle Heaven

348 East 62nd Street
New York, NY 10021
212-230-1919
www.bikeheaven.us
8.25% off accessories, repairs & bikes

Bicycle Workshop

175 County Road
Tenafly, NJ 07670
201-568-9372 10% off on part and accessories

Bicycle Renaissance

430 Columbus Avenue, New York, NY
212-724-2350. 10% off repairs and accessories
(not on sale items and new bikes)



Conrad's Bike Shop

25 Tudor City Place, New York, NY
212-697-6966 or conradbike@aol.com
8.25% off parts, accessories and repairs

Cycle Paths

138 Main Street, New Paltz, NY
845-255-8723
15% off parts and accessories, 10% off bikes
No discounts on sale items

Gotham Bikes

112 West Broadway, New York, NY
212-732-2453 or gotbik@aol.com
10% off parts, accessories and repairs

Larry and Jeff's 2nd Avenue Bicycles Plus
1690 2nd Ave. at 87th St., New York, NY
212-722-2201 15% off

New Horizons Sports

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

Piermont Bicycle Connection

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

4 Washington Street, Tenafly, NJ 07670
201-227-8211
www.piermontbike.com
10% off parts and accessories
Free shipping on purchases over \$100

Sid's Bike Shops

235 East 34th Street, New York, NY
212-213-8360 or www.sidsbikes.com
8% off parts, accessories and clothing

Toga Bike Shop

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

ENJOY THE BENEFITS OF NYCC MEMBERSHIP!

***** CLIP THIS COUPON ***** DON'T DELAY ***** CLIP THIS COUPON ***** DON'T DELAY *****

NYCC 2004 MEMBERSHIP APPLICATION / RENEWAL / CHANGE OF ADDRESS

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

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

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

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

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

Address: _____
 Street Apt. City State ZIP

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

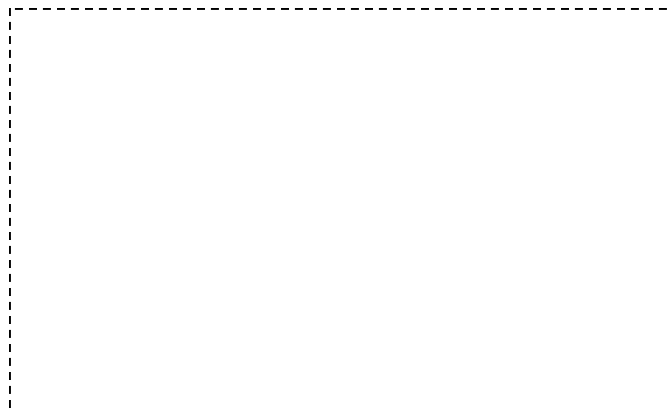
Signature (1) _____ Birthdate _____ Signature (2) _____ Birthdate _____

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

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

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

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



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New York Cycle Club
P.O. Box 20541
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Tuesday, November 9, 2004

You've Got a Ticket to Ride

Planning Your Perfect Bike Vacation

So where should I go? Whom should I go with? Do I need a group? Can I go alone? What will it really cost? How can I get something within my budget? What kind of ride will it really be? What questions should I ask the organizer? What do I need to pack?

These are just some of the important questions you may have. Maybe you have others. Now's the time to ask so you can plan your biking vacation in 2005. This program is not destination specific, but it is individual specific: for you.

If you're choosing a bike trip, make sure it fits! Not every trip is right for everyone. **Billie** and **Philip Bauman** are veteran bicycle tourers. Since 1979 they have traveled through England, Europe, Canada and many parts of the United States on their own, as well as with various bicycle-touring companies. They have learned the kind of information one needs to plan a trip, and they want to pass it along to their fellow cyclists. They will help you learn how to choose what's right for you. A trip that will fit your interests, abilities, and your pocketbook.

What could be a better time to set your focus on your perfect bike vacation?

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.

November meeting sponsored by A Bicycle Shop

345 West 14th Street, NY, NY 10014, 212-691-6149, www.a-bicycleshop.com

They will be supplying **free bike giveaways**, displaying cool bike stuff and attending to schmooze and "bike talk" with us during the cocktail and dinner hour! Join us for the fun. Win a free gift certificate!

SWAP TABLE: Bring bike-related items you want to swap or sell. Price them. Affix your name to them. And see it on the road, with someone else.

Annie Moore's Bar and Restaurant

50 East 43rd Street, (212) 986-7826

(west of GCT between Madison and Vanderbilt Aves.)

Subway: Take the 4/5/6/7 to 42nd St./Grand Central

Buffet with grilled chicken, rice, meatless lasagna, 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.