More photos from the Connecticut Shoreline ride inside.
We finally got lucky! After a season of rainouts, including two picnic rides and a hurricane-ravaged Escape New York, we were due for a break. And what a better day for it than on Halloween. Our annual Connecticut shoreline ride had great weather, great routes, great pizza, and a great company of friends. Even Metro-North came through this year with the return of the private bar-car. We owe a great big thanks to Gary McGraime, Carol Waaser, Karin Fantus, Hank Schiffman and all the wonderful ride leaders for this great all-class ride.

Is it already December 2004? Boy, this century is going fast! And of course December means the annual holiday party, once again at St. Maggie’s Café and once again with live music and dancing. As I mentioned last month, this is a limited-participation event and usually sells out. If you hurry, there still may be some openings. Info is elsewhere in this bulletin and on the club website.

December is also the month during which we welcome our new(old) executive board. As you may have realized from the elections last month, almost all of 2004’s board is returning for 2005. I am absolutely looking forward to serving with these hard-working, dedicated people again. One new person on the board is Scott Wasserman as C Rides Coordinator. Scott is an active member and a well-liked and frequent ride leader. We look forward to his addition on the board. One person who was not on the board but took on the editor position was Rob Kohn. Rob, a long-time member who served as editor a few years ago, selflessly filled in as editor when we most needed him. Rob took on one of the most time-intensive positions on the board, and we can’t thank him enough for being a true club member. (Aw, shucks.....—ed) And finally the board wishes a fond farewell to Tom Laskey. After serving as president for three years and then as Immediate Past President this year, Tom will be leaving the board. One of our most dedicated members, he has been (and I am sure will continue to be) an invaluable source of guidance for me.

What else happens in December? Renewal time! Beginning this month you can renew your NYCC membership for 2005. Dues will remain the same this coming year, with the same significant savings for receiving the bulletin online. Details are elsewhere in this bulletin and of course on the club website.

And finally, I know I speak for the entire board when I say thanks to all of you who volunteered your time to help make this a successful year for our club. In fact, we have decided to go a step further. In February we will be hosting what could become an annual event, the NYCC Volunteer Recognition Party. Any and every club member who volunteered in any capacity is invited. Details will be available next month.

Personally I would like to thank everyone, and especially my fellow board members, for their support during my first year as president. It was easy. It was hard. It was fun. It was “loose a few strands up there” time. But I am ready to tackle it for another year. Help! ☺

Stan Oldak
Club Rides

IMPORTANT: Before you take your first club ride, please read about club rides on page 6.

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

December Recurring Rides

Wednesdays in December, 2004

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

Leaders: 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 December, 2004

A18ISH 50-70 MI 9:00 AM WINTER SERIES

Leader: Todd Brilliant, 212-316-9430

From: Central Park Boathouse

The idea is to go easy (sort of), go long (sort of), make only one food/water break after 2/3 of the ride is over (Hogwishes at the Runcible) and have fun. Don’t let dreary weather keep you from riding! I know lots of great routes to Nyack, so every week we try a new one. Group vote and weather conditions will decide. Rain, snow, ice cancels. If in doubt, call me in the A.M. I’m up early to feed my ferocious kitties. I have neither maps nor cue sheets, so please be self-sufficient, or at least know how to get to Nyack. We’ll usually end up there.

December Club rides

Saturday, December 04, 2004

C12 35 MI 9:30 AM BQ WATERFRONT

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

From: 59 St & 1st Av, Manhattan (Bridgemarket)

A leisurely ride through Queens and Brooklyn's industrial waterfront, with "stops on request" for yummy snacks. A lap around Prospect Park and, if the mood suits, a stop for coffee in a Williamsburg cafe. Precipitation, wet ground, or temp below 35 at 8:30 cancel. Traffic signals observed. Helmets required.

Sunday, December 05, 2004

A19 70+/– 9:00 AM FIXED-GEAR/SINGLE-SPEED RIDE (ROCKLAND LAKE)

Leaders: Sal Cenatiempo, spcena@hotmail.com, 917-302-2327; Mordecai Silver, msilver@iso.com, 212-677-3596

From: Central Park Boathouse

Join us for another fixed-gear/single-speed ride. This time we’ll travel along familiar roads to Rockland Lake, but with a twist. Route is fairly flat with only one climb to speak of (Churchill). A short stretch on hardpack. Mileage assumes optimal conditions, and may be altered depending on the weather the morning of the ride. Those with shifter thingies on their bikes are also welcome. Icy roads or steady rain cancels.

C13 25 MI 8:30 AM BIKE/HIKE

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

From: 710 West End Avenue between 94th & 95th Street

If forecast on Sat. p.m. is >/=50°, we’ll bike to Wave Hill and/or NYBG. If <50°, we’ll hike in Harriman State Park—contact leaders to reserve/offer transportation. See Bulletin Board 12/4 p.m. for latest info.

Saturday, December 11, 2004

A19+/- 65+/- 9:00 AM NEW CITY

Leaders: Fred Steinberg, fsteinberg@nyc.rr.com, 212-787-5204; Timothy McCarthy, timothymc@earthlink.com

From: Central Park Boathouse

We’ll aim for New City and the Good Times/Serendipity/Whatever Diner is in the usual spot. The route will be adjusted for weather and temperature. The ride is on if the 7:30AM Central Park temp is over 30 or the winds are under 30 and roads are dry. Check the NYCC BB after 7:30. Sloppy/wet roads? It may be time to roll out your ATB/Cross bike. Check the BB.

B15 46 MI 9:30 AM NORTHVALE

Leader: Carol Waaser, biker-c@rcn.com, 212-581-0509

From: Central Park Boathouse

There’s a chill in the air so I’m doing shorter rides. Northvale Diner is one of our favorites and today we’ll approach it through Tappan. How many historic markers can you spot? Cancels: rain, snow, sleet, temps below 35 at start or winds above 20 mph.

C11-13 30 MI 9:30 AM AROUND THE WORLD TO FILLMORE’S

Leaders: Ed Pino, edpino@msn.com, 212-665-4052; Liz Baum, eliz53@msn.com, 212-665-4052

From: AYH 103rd St and Amsterdam Ave

Join us on this warm winter journey for a trip around the world and a great lunch at Fillmore’s. Bring $10.00 for a real lunch, a bike lock (the restaurant is bike friendly), and a good attitude. Co lead with 5bbc

Sunday, December 12, 2004

A-B-C ~8 MI 8:00 AM SHOP UNTIL YOU DROP?

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

From: Port Authority Bus Term. 41 St & 8 Av

With less than two weeks to Christmas, why drop from shopping when one of the NYCC’s resident experts on dropping riders can help you drop from climbing some of Harriman State Park’s finest
hills? This is your golden opportunity for some much-needed outdoor exercise, while climbing to Harriman’s highest point (360-degree views,) enjoying lunch at a mountain-top shelter, visiting the Red Apple Rest (the huge-old-pile where your parent’s/grandparent’s bus stopped en route to the Catskills,) and generally having a very good time. NO technical climbing, but the route is unsuitable for those not in decent shape. Sturdy shoes and layered clothing are important gear. Bring two water bottles, lunch, and snacks; there are no stores. Take 8:15 AM Short Line Bus to Southfields, NY, arriving Red Apple Rest–Route 17 North–at 9:21. Leaders will be on bus. Return bus to NYC 3:47PM or 4:51PM; approx $28.00/RT. We’ll go in cold, wind, moderate snow, ice or many combinations thereof: rain cancels.

B16isH 41+-/ mi 9:15 AM SUNDAY BRUNCH IN SCARSDALE

Leaders: Marci Silverman, mhsilv@yahoo.com, 646-408-4565; Peter “Banana Guy” Kouletsis, pkoule@nyc.rr.com, 917-854-1181
From: Central Park Boathouse
Easy ride to Scarsdale, pancakes for brunch, then home in time to still have some daylight left. If the weather is unseasonably nice, we can always add a few miles. And if it’s just too cold to continue, we’ll be stopping very close to the Metro-North station for an easy post-brunch bail-out. Helmet required, Metro-North/subway pass suggested. Cancels: rain, snow, wet roads, or temperature below 30° at 8:00 am (1010 WINS or NY1).

C12-13 30-35 MI 10:00 AM WESTCHESTER RAMBLE TO MAMARONECK

Leader: Maggie Clarke, mclarke@hunter.cuny.edu, 212-567-8272
From: Isham St & B’way, Manhattan (take A train to 207 St) Earlier this season a friend and I started exploring a new route in lower Westchester and ended up at the lovely Mozart cafe in Mamaroneck. It was a nice easy route too; let’s see if I can reconstruct it! Courteous riding encouraged. Helmet required. Bring your Metro-North Pass for emergencies. Cancellation conditions: Start temp below 38, icy roads, 50% chance of precip, excessive wind. Check with Maggie by 8:30am if in doubt.

Saturday, December 18, 2004

B15 50+-/ 9:30 AM ENJOY A BAGEL IN HARTSDALE

Leaders: Linda Wintner, lwintner@metlife.com, 212-876-2798; Rick Braun, 212-477-2575
From: Central Park Boathouse
Please join us for a nice ride to Hartsdale (just past Scarsdale), where we’ll have lunch at a bagel place. Once we get out of the city, the scenery is really pleasant. There are plenty of bailout options on Metro North (bring a pass) and the subway in case the weather gets bad. Please bring some snack food and water. Helmets required. Cancels: precipitation or temperature below 32 degrees at 9am. If the weather is iffy at 9am or the forecast for the day is bad, please call Linda to confirm whether the ride is on.

C13 43 MI 9:00 AM SCARSDALE

Leader: Scott Wasserman, swrides@earthlink.net, 914-723-6607
From: Central Park Boathouse
For those who think indoor exercise is a last resort, we’ll ride to the ‘downtown’ part of Scarsdale. Even though I live in that town, it’s a big place and I only see that part on NYCC rides. The ride is canceled if rain is expected, the roads are icy or the temperature at the start is below 27.

Sunday, December 19, 2004

B14-16 40-60 9:15 AM GOOD WEATHER CHOICES IN WESTCHESTER

Leaders: Hindy Schachter, hischachter@cs.com, 212-758-5738; Irving Schachter
From: First Avenue and E. 64 St., NW corner
Once again we plan to go through the Bronx and lower Westchester to Scarsdale in December. Sometimes we actually get to Scarsdale, refuel and split into two groups. A faster group heads north with plenty of hills; a slower group has a shorter but equally interesting route home. Sometimes, however, our December, January, February forays are nixed by snow, rain, heavy winds or slated max temps below the higher forties. Let’s hope the weather gives us cycling choices! Please bring metro north passes as one or both rides may use the train for part of the trip home.

C12/13 25+-/ 4:00 PM “LIGHTS IN THE HEIGHTS” IN DYKER HEIGHTS, BROOKLYN

Leaders: Trudy Hutter, 212-838-2141, Trudyth@aol.com; Hannah Borgeson, hannahb@att.net, 212-348-2601
From: City Hall Park, Opposite Brooklyn Bridge (you can also join us at 4:45 PM at 3rd St. & Prospect Park West (entrance to Prospect Park) in Brooklyn)
Join us for a fun and leisurely ride to see the “miracle mile” of Christmas lights and decorations in Dyker Heights. The spectacular displays draw 150,000 visitors a year who come from as far away as Japan. So come prepared with bicycle bells ringing to the tune of Jingle Bells. Ice or snow on the ground, or temperature below 20 degrees cancels the ride. Co-listed with TIME’S UP! and The Weekday Cyclists.

Saturday, December 25, 2004

C12 35 MI 9:30 AM “CAN’T WAIT TO RIDE MY NEW BIKE” RIDE

Leader: Isaac Brumer, isaacbrumer@hotmail.com, 212-734-6039
From: Central Park Boathouse
Whether or not Santa’s been good to you (and you know what that depends on) bring your shiny new (or trusty old) ride to the park and we’ll go somewhere for good food and company. Bring a lock, if possible. Helmets required. Precip, wet/icy roads or temp below 40 degrees cancel (or in other words, don’t dream of a white Christmas.)

Sunday, December 26, 2004

C12/13 25+-/ 4:00 PM “LIGHTS IN THE HEIGHTS” IN DYKER HEIGHTS, BROOKLYN

Leaders: Trudy Hutter, 212-838-2141, Trudyth@aol.com; Hannah Borgeson, hannahb@att.net, 212-348-2601
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We had a very successful year, with outstanding programs, attended by record numbers of members. Our bike shop program surpassed our wildest imagination, with, as Eden Weiss informs me, prizes to our members exceeding $8,000. Great job, Eden!

What are we going to do for an encore for next year? Maybe a new bike for everyone? Although I can’t promise you that new bike, I can promise you that there are some great programs already lined up for next year and some great prizes to match.

Those of you who attended enjoyed these fantastic programs:
- When Does a Fall Become a Turn?
- An Evening of Fun and Jeopardy
- Riding Safely
- Ride Leadership
- Touring Europe
- SIG Graduation
- Working Out Year Round, Biomechanics & Bike Fit
- Soft-Tissue Injuries
- NYPD Bike Unit & DOT
- Tour Planning

We added a social hour, and we changed the menu for a better and healthier dinner. The swap table allows members to recycle their unneeded equipment. A brand-new speaker system brings the programs clearly to your table. Yes, it’s been a wonderful year for the NYCC programs. A special thanks goes out to all those who helped me at the programs.

This is your invitation to come out the second Tuesday of each month to meet your friends, and make some new ones. Join us in 2005 for another great year of outstanding NYCC programs.

In the meantime, we want to remind you to patronize the bike shops that supported the NYCC in 2004:
- Bicycle Habitat, 244 Lafayette St., (212) 431-3315
- Toga Bike Shop, 110 West End Ave., (212) 799-9625
- R&A Cycles, 105 5th Ave., Brooklyn, (718) 636-5242
- Sid’s Bike Shop, 252 E. 34th St., (212) 213-8360
- Piermont Bicycle Connection, 215 Ash St., Piermont, (845) 365-0900
- Tenafly Bicycle Workshop, 175 County Rd., Tenafly, (201) 568-9372
- A Bicycle Shop, 345 W. 14th St., (212) 691-6149

Join us at the holiday party on December 13. Stay in shape during the off-season. Above all, have a very happy holiday season.

Hal Eskenazi
VP, Programs

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**Club Calendar**

**Monday, December 13, 2004**

**HOLIDAY PARTY**

Place: St. Maggie’s Café, 120 Wall Street, (212) 943-9050

Time: 7:30 pm-10:00 pm

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!

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**NYCC Programs 2004: Oh, What a year!**

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Join us at the holiday party on December 13. Stay in shape during the off-season. Above all, have a very happy holiday season.

Hal Eskenazi
VP, Programs
NEW YORK CYCLE CLUB

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. B: 10 miles at 15 mph cruising speed — see chart). 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 (94.08 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 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 good for both MetroNorth and the LIRR are available at Window 27 at Grand Central or any window at Penn Station or by calling 1-888-557-7245 or 718-522-5225 or by visiting http://www.mta.nys.gov/lirr/pubs/bicycle.htm for a printable application form to mail in.

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

There are no bike riders 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** | **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 |
7:48 AM (Harlem Line) | 9:20 AM | Brewster North | 3:10 PM | 5:09 PM |
8:48 AM (Harlem Line) | 10:20 AM | Brewster North | 4:10 PM | 6:09 PM |
8:07 AM (New Haven Line) | 9:52 AM | New Haven | 2:50 PM | 4:40 PM |

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 dependable MetroNorth Liaison, Hank Schiffman, at hschiffman@nycc.org. He will manage all the details, but he cannot do it on a placemat, last-minute basis.

**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, 212-529-9082 or rgray@nycc.org

**B-Rides:** Wayne Wright, 212-529-9082 or wr@savorycoffe.com

**C-Rides:** Isaac Brunner, 212-529-9082 or isaacbrunner@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 (1 per line) = NYCC Ride Leader’s vest (you can’t buy one of these—you have to earn it!)
- 12 or more rides (5 or more) = any club garment of your choice.
Some 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>Contact Information</th>
<th>Discount Details</th>
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<tbody>
<tr>
<td>A Bicycle Shop</td>
<td>345 West 14th Street, New York, NY 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>; 10% off nonsale items (not items already discounted)</td>
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<tr>
<td>Bicycle Habitat</td>
<td>244 Lafayette Street, New York, NY 212-431-3315 or <a href="mailto:cmcbike@aol.com">cmcbike@aol.com</a> 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 212-230-1919 <a href="http://www.bikeheaven.us">www.bikeheaven.us</a> 8.25% off accessories, repairs &amp; bikes</td>
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</tr>
<tr>
<td>Bicycle Workshop</td>
<td>175 County Road, Tenafly, NJ 07670 201-568-9372 10% off on part and accessories</td>
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<tr>
<td>Bicycle Renaissance</td>
<td>430 Columbus Avenue, New York, NY 212-724-2350. 10% off repairs and accessories (not on sale items and new bikes)</td>
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<tr>
<td>Conrad’s Bike Shop</td>
<td>25 Tudor City Place, New York, NY 212-897-6966 or <a href="mailto:conradbike@aol.com">conradbike@aol.com</a> 8.25% off parts, accessories and repairs</td>
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</tr>
<tr>
<td>Cycle Paths</td>
<td>138 Main Street, New Paltz, NY 845-255-8723 15% off parts and accessories, 10% off bikes No discounts on sale items</td>
<td></td>
</tr>
<tr>
<td>Gotham Bikes</td>
<td>112 West Broadway, New York, NY 212-732-2453 or <a href="mailto:gotbik@aol.com">gotbik@aol.com</a> 10% off parts, accessories and repairs</td>
<td></td>
</tr>
<tr>
<td>Larry and Jeff’s 2nd Avenue Bicycles Plus</td>
<td>1690 2nd Ave. at 87th St., New York, NY 212-722-2201 15% off</td>
<td></td>
</tr>
<tr>
<td>Toga Bike Shop</td>
<td>110 West End Avenue, New York, NY 212-799-9625 or <a href="mailto:gotbik@aol.com">gotbik@aol.com</a> 10% off parts, accessories and repairs</td>
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MEMBERSHIP CARD
VALID THROUGH 2004
Monday, December 13, 2004

NYCC Holiday Party!

The NYCC Annual Party will be held in elegant Victorian splendor at St. Maggie’s Cafe, one of lower Manhattan’s hidden treasures.

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!

7:30—10:00 pm

St. Maggie’s Cafe
120 Wall Street
(212) 943-9050

(Near South Street and the East River. Take the #2 or #3 train to Wall Street.)