



December 2004

# NYCC Bulletin

More photos from the Connecticut Shoreline ride inside.



## Thank You

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

### It's Time to Renew Your NYCC Membership!

Renewals and new members will be accepted on or after December 1, 2004 for the 2005 calendar year (Jan.-Dec.). Renew/join via [www.active.com](http://www.active.com) and receive a \$3.00 discount (available through March 11, 2005).

ALL NYCC MEMBERSHIPS ARE ON A CALENDAR YEAR BASIS ONLY. PLEASE RENEW BY 2/25/05 TO AVOID A BREAK IN YOUR EWEKLY DELIVERY.

## NYCC

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

**Mailing Services:** Thanks to our Mailing Party volunteers. EMAIL George Kaplan at [gkaplan4@nycc.org](mailto:gkaplan4@nycc.org) to volunteer for the next mailing.

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**Submissions:** EMAIL [bulletin-editor@nycc.org](mailto: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:** Jim Reaven

# 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 (Hogwatches 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  $\geq 50^\circ$ , we'll bike to Wave Hill and/or NYBG. If  $< 50^\circ$ , 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.

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**B16ISH 41+/- MI 9:15 AM SUNDAY BRUNCH IN SCARSDALE**

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*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).

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

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*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**

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

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*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.

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**C13 43 MI 9:00 AM SCARSDALE**

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*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 can-

celled if rain is expected, the roads are icy or the temperature at the start is below 27.

**Sunday, December 19, 2004**

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

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*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.

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

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*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**

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**C12 35 MI 9:30 AM "CAN'T WAIT TO RIDE MY NEW BIKE" RIDE**

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*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 at 9:00 cancel (or in other words, don't dream of a white Christmas.)

**Sunday, December 26, 2004**

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

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*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.

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



**C13 25 MI 8:30 AM BIKE/HIKE**

Leader: Marilyn & Ken Weissman, [mollynina@yahoo.com](mailto:mollynina@yahoo.com), 212-222-5527

From: 710 West End Avenue between 94th & 95th Street  
If forecast on Sat. p.m. is  $\geq 50^\circ$ , we'll ride the bike path circle around Manhattan. If  $< 50^\circ$ , we'll hike in Harriman State Park--contact leaders to request/offer transportation. See Bulletin Board 12/25 p.m. for latest info.

**Saturday, January 01, 2005****B14-18 25-30 11:00 AM 2ND ANNUAL BROOKLYN POLAR BEARS RIDE!**

Leaders: Marci Silverman, [mhsilv@yahoo.com](mailto:mhsilv@yahoo.com), 646-408-4565;  
Peter "Banana Guy" Kouletsis, [pkoule@nyc.rr.com](mailto:pkoule@nyc.rr.com), 917-854-1181  
From: City Hall (optional start at Prospect Park, call leader if you plan to join us there)

Happy New Year! Last year's ride was such a success it's become an annual event. Join us on the first ride of the new year We're going to the beach (Coney Island, that is) to see Polar Bears! The polar bears swim club will be meeting on the beach at Stillwell Ave at 1:00 pm for their annual New Years Swim party. We'll watch them make a splash, followed by lunch at Nathan's, Totonno's, or some other place. Bring towel and swimsuit if so inclined. Sunblock

probably not necessary. Last year a few members took the plunge - this year, we're expecting more! Required: helmet, bike, spares, water, food, human warmth. Cancels: wet roads at start, temps below  $20^\circ$  at 10 am (NY1). Plentiful bail-outs via Metro Card. Check message board if in doubt.

**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](http://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 Programs 2004: Oh, What a year!**

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 pro-

grams 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

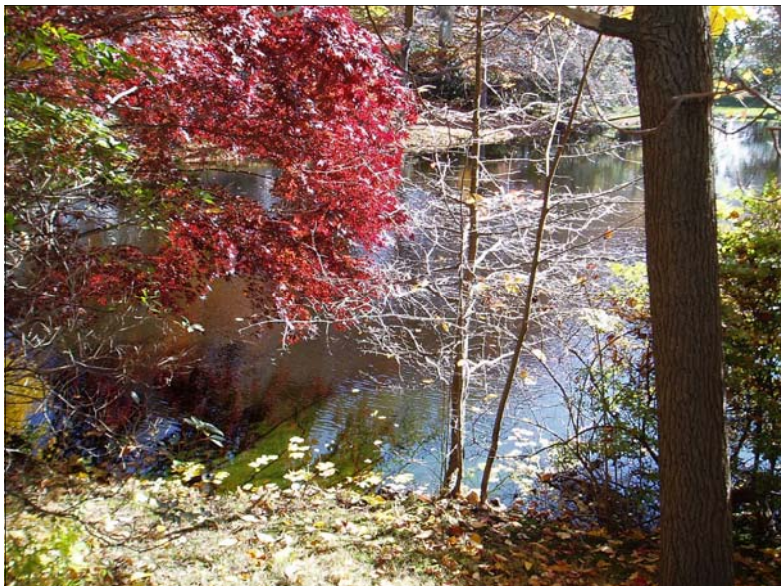
**Piermont Bicycle Connection**, 215 Ash St., Piermont, (845) 365-0900

**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





## 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	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	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	6:40 PM

*Please Note:* MetroNorth requires prior notice for large groups (16 or more) on scheduled Bike Trains and groups of three or more cyclists on a regular service train. When you submit a ride involving MetroNorth to a ride coordinator, at the same time shoot an email off to our redoubtable **MetroNorth liaison**, Hank Schiffman, at [hshiffman1@nyc.rr.com](mailto:hshiffman1@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
<b>A</b>	Vigorous riding with advanced bike handling ability including cooperative paceline skills. Stops every 2 hours or so.
<b>B</b>	Moderate to brisk riding with more attention to scenery. Stops every hour or so.
<b>C</b>	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](mailto:nyarchitect@msn.com)

**B-Rides:** Wayne Wright, 212-873-7103 or [wwright8@nyc.rr.com](mailto:wwright8@nyc.rr.com)

**C-Rides:** Isaac Brumer, 212-734-6039 or [isaacbrumer@hotmail.com](mailto: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 (1<sup>st</sup> time) = NYCC Ride Leader's vest (you can't buy one of these—you have to earn it!)

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



Editor's note: The black and white printing don't do justice to the colors in these pictures. Go online at [www.nycc.org](http://www.nycc.org) to see them in their full glory.

# 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!



## 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 NEGLIGENT 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, SAYE, 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: \_\_\_\_\_

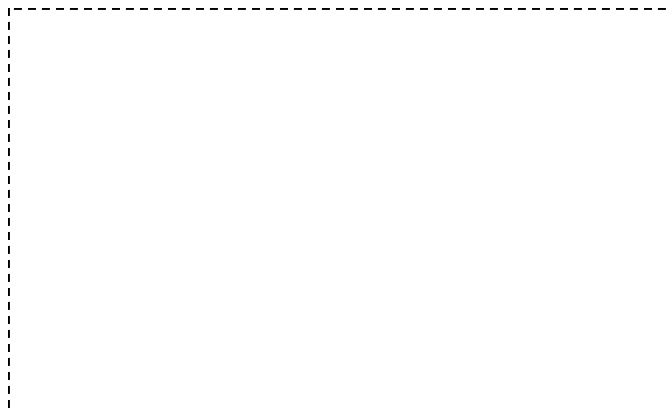
Signature (1) \_\_\_\_\_ Birthdate \_\_\_\_\_ Signature (2) \_\_\_\_\_ Birthdate \_\_\_\_\_

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](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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**NYCC**  
New York Cycle Club  
P.O. Box 20541  
Columbus Circle Station  
New York, NY 10023

**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](http://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**

**2004 IS ALMOST OVER!**  
**RENEW YOUR**  
**MEMBERSHIP NOW!**  
See pages 2 and 7 for details

**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.)