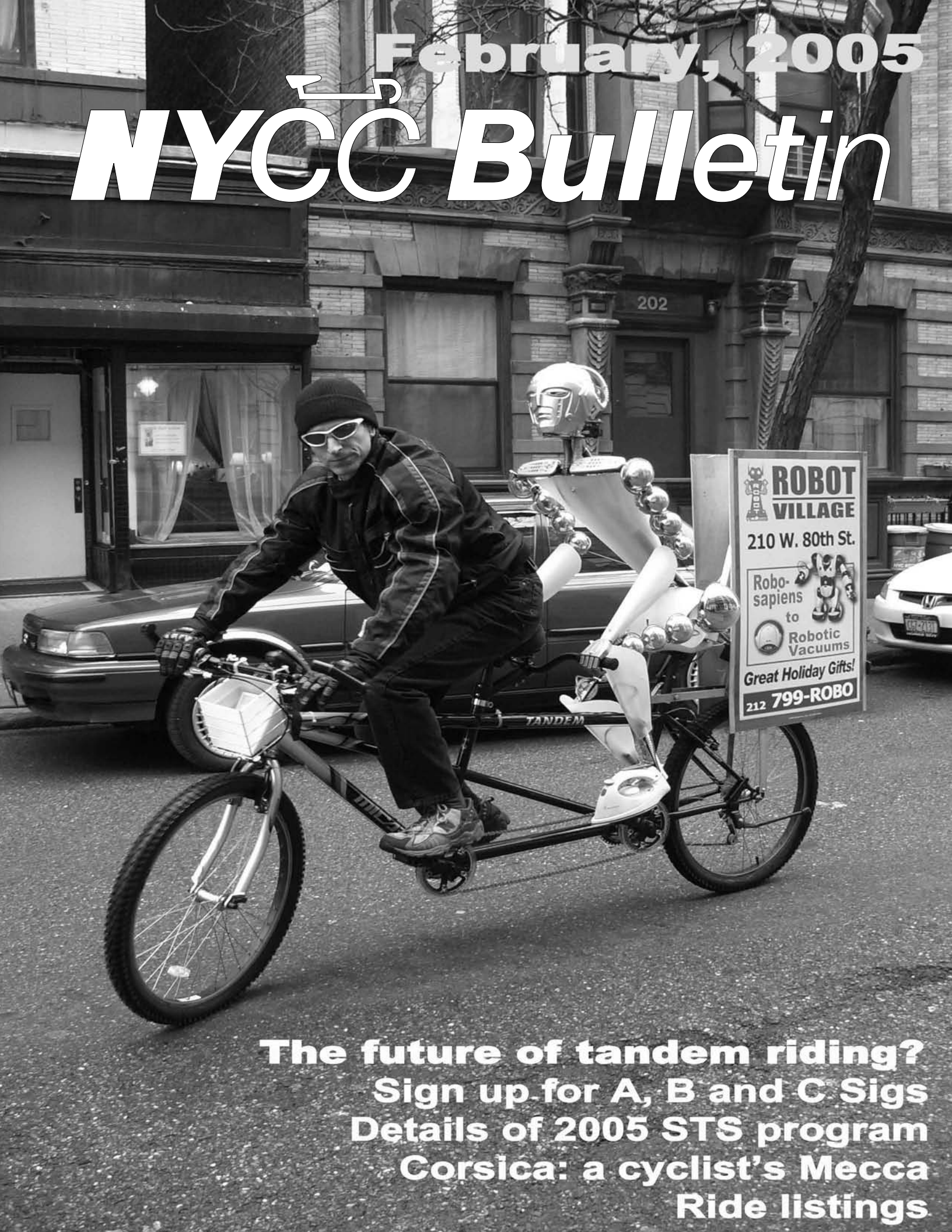


February, 2005

NYCC Bulletin



The future of tandem riding?
Sign up for A, B and C Sigs
Details of 2005 STS program
Corsica: a cyclist's Mecca
Ride listings

Spring is round the corner

It's February. It's the middle of winter but here come our Sigs and STS programs. Registration for our Special Interest Groups (Sig) will begin very soon. Check the info found elsewhere in this bulletin. The Sigs are 10-12 week training programs run by some of our most experienced ride leaders. The programs are offered at all levels from 'beginner' to 'experienced'. There is no fee but registration is required as some groups are limited in size.

Our Spring Training Series (STS) was developed for the SIG graduate (although not a requirement) who wants to refresh his/her skills and prepare for the coming bike season. Info on the STS can also be found in this bulletin and in the monthly ride listings. Registration is not required.

We may be celebrating "Abe" and "George" this month. But Memorial Day and Independence Day are already on our minds. On Memorial weekend we will once again be heading up to the Berkshires to ride and enjoy that beautiful area of Massachusetts. Our planners, Lianne Montessa and Fred Steinberg, are well into the planning and tell us that it is not too early to reserve a room at your favorite inn. And if you do not have a favorite then perhaps we can suggest one. Info on the Berkshire weekend can be found on our website under 'Rides' then 'Club Weekends'. Registration for the group dinner is already open on Active.com

And what about the July 4th weekend at West Point, you ask? Thanks to busy beaver Ed White, it's a done deal! We are set to go! Another one of our great club weekends spent at West Point and at the famous Thayer Hotel with breakfasts and dinners included as well as a boat cruise with live music and dancing. Wow! Registration for this weekend is also open on Active.com

Hey mom. I'll be home later.... I'm going for a bike ride. Be home before it gets dark!! OK. OK. OK!! And life goes on.

Have a 'Valentine' month. Stay warm and ride safe.

Stan Oldak

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

Copy editing: Beth Renaud

Front cover shot: David Greenbaum, president and founder of Robot Village on Manhattan's Upper West Side, goes out for a ride with his trusty stoker '555'. It's main purpose is to attract publicity for his new store, although better things are promised in the future. We forgot to ask if that might include a robot to fix flats or pump your tires up. *Picture by Anthony Poole.*

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Who's on the back of your tandem?

At the risk of causing serious offence to all happy tandem riding partners in the NYCC, we offer this very much tongue-in-cheek. Is this the future of tandem riding? They say that riding a tandem can make or break a relationship.

As a stoker, you must trust implicitly every move made by the pilot, because you have no control over steering, let alone route, or choice of gears. Ride through too many potholes, without warning, and you may have a seriously disgruntled stoker to deal with. And as a pilot, you must rely on your stoker to provide power when it is needed. You certainly don't want to be carrying a coasting passenger. So is a robot stoker the answer?

Actually, this is not all that it seems. The stoker pictured above and on our cover this month provides no power, but does look quite spectacular, especially lit up at night time.

It is the brainchild of David Greenbaum, an avid cyclist, and president and founder of Robot Village, purveyors of all things robot, on the Upper West Side of Manhattan.

He adapted his ATB tandem in his apartment, three floors above his store, permanently attaching his robot stoker onto the back seat, giving him quite a problem in getting it all down the stairs. The robot goes by the name of '555', which, apparently, means something to people in electronics.



Greenbaum with '555' outside a well-known UWS store

'555's' feet are made of old clothes irons. Goldbaum said: "I originally wanted to have steam coming out of them while we were riding along."

The main purpose of this extraordinary machine was to publicize his new store, he said, which opened in early December in time for the 'Holiday shopping season'. The day we photographed Greenbaum, 555 certainly turned a few heads among pedestrians.

Greenbaum said he was looking forward to taking '555' out into Central Park in the spring and chatting with other cyclists, while doing loops of the park.

While '555' may not threaten the future of human, tandem relationships, Greenbaum confirmed that his next robot tandem project would involve the robot stoker putting some power into the pedals.

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Club Rides

RIDE LISTINGS: To lead a NYCC ride next month and list it in the *Bulletin*, contact the Ride Co-ordinator (See p2) for that ride class on or before this month's club meeting date.

ALWAYS WEAR A HELMET AND NO 



Unless otherwise stated, precipitation at starting time cancels the ride



February Recurring Rides Sundays in February

A17-19 60-75 miles 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, like 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. PS: I don't ride in rainy weather.

A18-20 50-70 miles 09:00 AM
Winter Series - Hogwich Express (Feb 2nd and 9th only)

Leader: Todd Brilliant, toddtheracer@yahoo.com, 212-316-9430
From: Central Park Boathouse

This is working. Last month I was able to train some very, very strong folks into riding at a constant effort level. This means fast (and steady) on the flats/downhills, and slow (and steady) on the climbs. No stopping except for our Hogwich at the Runcible. The 'experts' tell us to keep the heart rate down in the winter because it means better training. We do it because it just feels so damn good and we aren't totally trashed for the rest of the day. As always, be self-sufficient, bring whatever you need so as to not bonk, and please know how to paceline (it's still an A ride). Rain or snow cancels and if it's below 25 degrees, call me in the morning.

A18-20 50-80 miles 09:00 AM
Farewell Series (From February 16th onwards)

Leader: Todd Brilliant, toddtheracer@yahoo.com, 212-316-9430
From: George Washington Bridge, NJ side bike path entrance

These will be my last rides of the season as a leader. It's been fun and has helped motivate me to put in many more miles than I would have without riders to lead. The turnout has been tremendous and the willingness to do whatever I wanted was surprising. Well, let's have some real fun on these

last few rides. Since race season will be upon us in weeks, we will do more hills (repeats are more like it), some sprinting workouts, and interval training. I usually try to avoid this type of training, but want to figure out a way to make it fun. Because of the added intensity on these rides, we will also add plenty of recovery. So essentially, these last rides of February will be very different from the previous two months of rides. We'll still have fun though, and will most likely still stop for a Hogwich or two. Please note the new starting location, but the same starting time. As always, I will not wait much past the indicated start time. Please bring stuff to fix your own flats, lots of base miles in your legs, and an open mind.

Wednesdays in February

A18 30± miles 06:30 PM Urban Adventure

Leaders: John Zenkus, jiz2116@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 two to three hour non-stop ride. 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 not a fast-paced ride, those participating should be able to maintain an 18 MPH flat speed riding a fat-tire bicycle. This is a four-season ride and if conditions are questionable, check the message board. Post ride dinner is always an option.

A21+ 50± miles 10:00 AM Morning Spin

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

From: Central Park Boathouse

The Wednesday ride continues all winter. Join us for a fast-paced, occasionally co-operative 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.

Saturdays in February

A17/18 30-75 miles 10:00 AM Audax Training

Leader: Gabriela Radujko, Karl Dittbrandt 212-477 1690
kdttebrandt@nyc.rr.com

From: George Washington Bridge, NJ side bike path entrance

Audax rides will take place every Saturday until the first Brevet in late March or early April. Depart on time at 10:00 AM on the New Jersey side of GWB for a non-stop Audax ride, which will progressively increase in distance from 30 miles to 75 miles each week. Any questions about the ride please call the leader. Ride cancels if there is precipitation or temp below 32°F (0°C). Fixed gear and single speed welcomed!!! Come along for true group riding averaging 22.5 kilometers per hour, approximately 14.5 miles per hour. Audax riding is a tried and true method for long distance that has been proven for the last 100 years.

B15/16 40± miles 09:00 AM
It's About That Time! Time To Get Into The Saddle!

Leader: Kimberly Savage, kim@urbansavages.org, 917-592-9209

From: George Washington Bridge, NJ side bike path entrance

It's About That Time Folks! March will be rolling in shortly and this would be a great time to get started in the saddle. Why wait? Outbound: a scenic jaunt through the towns leading to Nyack. Eats will be in Nyack. Returning: via the towns but will also do some climbing as well (not too intense). You should know how to change your tube. You should have tubes, H₂O, a warm jacket and \$. Temps below 40°F (4°C), ice, rain, sleet, hail, bad weather etc. cancel. Please RSVP to me by the Thursday prior to the ride. Hope to see you.

February Rides

Saturday, February 5, 2005

A18 40 miles 09:30 AM
Best Route to Prospect Park

Leader: Robert Gray, nyarchitect@msn.com, 212-593-0986
From: Central Park Boathouse

Time to revive the Brooklyn sampler series featuring a quick run over to Prospect Park via the 59th Street Bridge, Long Island City, Greenpoint, Williamsburg, and Fort Green. A few laps of Prospect Park, a brief stop in Carroll Gardens after 25 miles to warm up, then Brooklyn Heights, Williamsburg and Greenpoint, back across the 59th Street Bridge for whatever else you feel like. Wet streets, temps way below freezing, gusty winds will cancel. Take a look at the message board or email me to confirm the ride.

C12 35 miles 10:00 AM
NJ Waterfront 'Rescuing' Ride

Leader: Isaac Brumer, isaacbrumer@hotmail.com, 212-734-6039
From: GWB Bus Terminal, 178 St and Ft Wash Ave

We're going to rerun the ride we did on Christmas. Shed the junk miles and come on up to Washington Heights for the (late) start. A fun ride down the NJ side of the Hudson, over to Staten Island (where the ride ends, and a return via ferry.) This time, we expect all restaurants to be open and we're gonna go to Hoboken for my favorite pizza (other options available, as well. If it's warm, we'll picnic on a pier with stunning harbor views.) Last time, we noted some changes between the cue sheets and 'reality' so we will be doing some scouting and revising as we go. Note: Please be ready for a ride that's hilly in places and offers some traffic 'challenges.' Helmets required. Precipitation, wet/icy roads or temp 25°F (-4°C) at 8AM or under at cancels.

Sunday, February 6, 2005

B16 50 miles 09:30 AM
Winter beach Sojourn

Leader: Hannah Borgeson, hannahb@att.net, 212-348-2601
From: Eleanor Roosevelt statue, 72nd St and Riverside Drive

Just because it's February doesn't mean we can't go to the beach. We'll ride through quiet, residential stretches of Brooklyn on our way to Riis Park and Rockaway. Indoor lunch stop unless the weather is exceptionally nice, in which case we'll picnic. Mostly flat route with some greenways. Icy or cold wet conditions cancel; check message board if in doubt.

Saturday, February 12, 2005

A19 55miles 09:00 AM
Piermont via River Road/Bradley/Tweed

Leader: Sue Foster, suefoster@nyc.rr.com, 212-874-1388
From: Central Park Boathouse

If you think this sounds like Richard's Ride, you're right, mostly! We'll ride some hills, make a brief stop in Piermont for hot beverages, then take the flat way (501) home. Temp below 30°F (-1°C) at 8AM, high winds or wet roads cancel. Contact me the morning of before 8:30AM if in doubt, preferably by e-mail.

B15/16 45 miles 09:30 AM Westwood Diner

Leader: Carol Waaser, biker-c@rcn.com
From: Central Park Boathouse

Mmmm...I'm hungry for those pancakes – the best in the neighborhood. Not a strenuous ride, but no bailouts. Clean the glass out of those tires and pump them up before the ride – we don't need no stinkin' flats! Cancels: precipitation, wet or icy roads, temps below 32°F (0°C) at 8:30AM or winds above 15mph. Check message board at 8AM if in doubt.

Sunday, February 13, 2005

B17ish 40-50 miles 09:30 AM
Let the Temperature Decide!

Leaders: Marci Silverman, mhsilv@yahoo.com, 646-408-4565; Colleen Birnstiel, cbirnstiel@hotmail.com, 917-566-8837

From: Central Park Boathouse

Surprise destination! But what does it matter? Depending on the weather we'll head to either New Jersey or Westchester (for plentiful bailouts.) Easy ride out, brunch at the local diner, 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 temps are low, you'll have the option of an easy post-brunch bailout. Helmet required, Metro-North/subway pass suggested. Cancels: rain, snow, wet roads, or temperature below 30°F (-1°C) at 8:30AM.

Saturday, February 19, 2005

B14 30miles 09:30 AM Westwood

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

From: GWB Bus Terminal, 178 St and Ft Wash Avenue

Shed those junk miles and join us uptown, where the ride begins and ends (coffee & donuts optional.) We'll follow Carol Waaser's classic route to the best pancakes anywhere. Helmets required. Precipitation, wet/icy roads or temp 25°F (-4°C) or under at 7AM cancel.

C12 30 miles 09:30 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: American Youth Hostel AYH 103rd St and Amsterdam Ave

President's weekend ride to Fillmore's. Join Ed & Liz on our Ride to Fillmore's for lunch. This will be an easy flat ride of 30 miles through the borough of Queens. We will circle the globe and eat in a pub like atmosphere. Join us on this warm winter journey for a trip around the world and a great lunch. Bring \$10.00, for a real lunch- Bring bike lock, restaurant is bike friendly, and a good attitude. Co-lead with 5bbc Meet at 9:30A.M. AYH. At 103rd Street and Amsterdam Avenue – American Youth Hostel.

Sunday, February 20th, 2005

B17ish 40± miles 09:00 AM
Winter Warm-up: Hot Chocolate Chaser

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

From: City Bakery, 18th Street between 5th and 6th Avenues

Meet at City Bakery – noted as one of the best places for hot chocolate in NYC – where they will be celebrating the final days of hot chocolate month with a special flavor each day. Then off on a steady jaunt through Prospect Park and beyond. No real lunch stop, although we'll take a short break to warm-up & fuel-up approx midway through. Ride ends at Jacques Torres in Brooklyn for another of the city's best hot (& cold) chocolates not to mention pastries at his new shop Almondine, right across the street. And don't worry, for anyone geographically challenged (that would be me) we'll get you back across the bridge into Manhattan. Helmet required, subway pass suggested. Cancels: rain, snow, wet roads, or temperature below 30°F (-1°C) at 8:30AM.

B14-16 40-55 miles 09:15 AM
Scarsdale and Possibly Beyond

Leaders: Hindy Schachter, hischachter@cs.com, 212-758-5738; Irving Schachter, hischachter@cs.com

From: First Avenue and E. 64 St., NW corner

Through the Bronx and lower Westchester to Scarsdale. Refuel and then? If weather and group sentiment permits, a faster group will head north with lots of hills. A slower group will have a shorter but equally interesting route home. Please bring Metro North pass as one or both groups may use train for part of the way back. As usual, we don't ride in rain, snow, roads rimmed with ice or on days with temp set below the high 40s F (not under 9°C). Let's hope for sun and a great ride!

Saturday, February 26, 2005
B18 50 miles 10:00 AM Northvale Express
Leader: Eva Wirth, ewirth@yahoo.com, 212-477-9322
From: Central Park Boathouse

This ride will take the most direct route to Northvale via 505 with a lunch stop for delicious brick oven pizza. Wet roads or temperatures below freezing cancel.

C14 40 miles 09:30AM A Better Bagel
Leader: Scott Wasserman, swrides@earthlink.net, 914-723-6607
From: Central Park Boathouse

Last time I rode to Northvale, the diner was crowded so we went to a nearby bagel place. They had some unusual varieties and lots of interesting toppings so I have to go back. So if you find yourself thinking about food most of the time, join me. The ride ends at the Manhattan side of the GWB and is cancelled for icy roads, precipitation, or temps below 27°F (-3°C) at the start.

Spring Training Series

Saturday, February 19, 2005
A16-18 54 miles 09:30 AM
A19 Spring Training Series: Prologue 1 Pearl River
Leaders: Robert Gray, nyarchitect@msn.com, 212-593-0986; Sue Foster, suefoster@nyc.rr.com
From: Central Park Boathouse

Welcome to the 2005 A19 STS, a series of progressive weekly rides. We will do two prologue rides on familiar territory to establish our participating group and refine preferences, leaders, routes and destinations. We will go up to Pearl River for lunch at the Muddy Brook in six real turns from the GWB and return on a slightly less direct route. We ride if conditions are dry and above freezing. Always check the NYCC web site for the final determination of rides and times.

Saturday, February 26, 2005
A18/20+ 55+ miles 10:00 AM
**A-Classic Spring Training Series:
Prologue 1 – Nyack**
Leaders: John Zenkus, jjz2116@aol.com, 917-617-0901; Carol Wood, violetdubois@mindspring.com; Pieter Maissen, pmaessen@hotmail.com; Craig Breed, c_breednyc@yahoo.com, 212-787-5878
From: Central Park Boathouse

This is the official 'kickoff' of the series. How we actually get there will be determined by the weather – colder or a little snow on the ground means 9W; warmer and we will take the longer route through the back roads of NJ and NY to achieve our destination. In Nyack, we will feast at one of the typical venues, warm up, and psych ourselves for the ride home – 501 or 9W, as the day dictates. Prepare to get yourself back into shape. It's going to be a great season. As will be the case for all rides in this series, paceline skills and helmets are de rigueur. Warm clothes, a well-maintained bike, and a positive attitude will help make the day more enjoyable. Snow, ice, rain at start, temps below 30°F (-1°C) or wind chill below 20°F (-7°C) will move the ride to Sunday. Same conditions Sunday and the ride is scrubbed. Check the Bulletin board after 8AM the day of the ride if in doubt.

A16-18 58 miles
09:30 AM
**A19 Spring Training Series:
Prologue 2 Nyack**
Leaders: Robert Gray, nyarchitect@msn.com, 212-593-0986; Harvey Minsky, spokes609@nyc.rr.com
From: Central Park Boathouse

You may not need a leader to get to Nyack; but if you join us, we have an ambitious route plan that includes Clausland and Tweed after a tour of the Bergen suburbs. If you are not that energetic, just take Bradley and meet at the top before descending to Nyack for a lunch break. Welcome to the second in the soon to become progressive (if not liberal) series of A19 STS rides. Conservatives and liberals can both expect good company because we do not usually discuss politics on these rides; we are just out to get some fresh air and exercise. We ride if conditions are dry and above freezing. Always check the NYCC web site for the final determination of rides and times.

I WANT YOU



To join us for the
NYCC July 4th Weekend at West Point
**MARK YOUR
CALENDARS NOW**
Saturday, July 2nd-Monday July 4th, 2005

Bike Cargo Boxes Available To Rent

NYCC now owns two bike cargo boxes that will allow you to bring your bicycle on to an airplane. The boxes measure 30"x47"x10" and come with wheels. They are available for rent by club members for \$25 per week. There is a non-refundable reservation fee of \$25, which will be deducted from the final cost of the rental. A pedal wrench is included as well as instructions on how to pack your bike. To reserve a box please call Joanne McGarry, 212-505-2755, or e-mail: Joanne.McGarry@mail.co.nassau.ny.us
Checks payable to NYCC



NYCC

Corsica: a Mecca to t

After seven trips to the French Mediterranean island o many charms. And, as Jay explains, this is despite his

I knew that France was my favorite biking country, but each time I did a bike trip in the South of France, I liked it even more. I decided that the entire south of France from the Atlantic Ocean (Bordeaux) to the Italian border (Provence and the Riviera) was the best, but then I found a part of France even further south! I had discovered Corsica – the beautiful Mediterranean island that is only an hour or two away by ferry or plane. After seven cycling visits, I now know why the French call Corsica the 'Island of Beauty.'

Being an island, of course, it has a long coastline, frequently comprising chains of corniches (roads curving along the top of cliffs overlooking the sea). A cyclist can see where he'll be cycling in 20 minutes (or where she had been riding 20 minutes ago!) by looking over the curved corniche to the road ahead. Other exquisite features of this coastline are some of Europe's most beautiful beaches and picturesque port cities. Geological features include stunning chalk cliffs, many small mountains and numerous hills to challenge the cyclist.

Corsica's rich history goes back to pre-historic times. Homer's *Odyssey* mentions its cliffs. Corsica can lay claim to Columbus being born in its city of Calvi and Napoleon was also born on the island. A short boat trip takes you to a deserted out island with unspoiled beaches and rock formations. The interior consists of samples of the 'Old Corsica' – relatively primitive towns and villages, many of which are now accessible to cyclists. Descending from one of these villages, I was accompanied by a herd of wild boar. I had to have a photo. I asked the old 'boarherd' to take a photo of me with his boars. He didn't even know what the camera was!

Although it is part of France and its residents are French citizens the island is actually a mélange of France, Italy and Corsica. It has its own history, cuisine and culture. Few Americans visit Corsica. This is a plus for me – a vacation for me has to be somewhat 'foreign' without giving up too many creature comforts. It offers the cyclist all types of terrain, mostly hilly, but not immense mountains such as the Alps or Dolomites, a scenic feast and great weather from May to early October.

June is an excellent month to go. It is not yet high season for the hotels. Corsica gets less than one inch of rain in June (less than two in September & even less in July & August). I might have spent seven weeks or so over the years between June and September

and cannot ever recall it raining at all! The average day time high in June and September is about 75°F (23.9°C), somewhat higher in mid-summer. Summer, 2003 was exceptionally hot all over Europe, including Corsica.

At least three American companies run organized guided and fully supported bike tours. I have been with Ciclismo Classico twice in recent years. Its 2004 rate was \$3,250 (nine days). I felt that every aspect (bikes, guides hotels, cuisine & routes) were all excellent. They cover mostly the entire east coast with some forays into the interior of the island.

In June, 2004 I rode the western side and interior with Experience Plus. This 11 day tour cost \$2,550. Bike Riders also has a seven day tour (\$2,730) All these prices include bike rental and double occupancy.

Getting to Corsica is easy from southern France or Italy. There are numerous air and ferry links between most mainland and Corsican cities. It appeared to us that if you do not have a car on the ferry, advanced reservations are unnecessary. We usually traveled from Nice to Calvi in the North of Corsica and the ferry was about two hours and the flight less than an hour.

Corsica has all types of camping facilities and hotels up to Four Stars. With the recent strength of the Euro against the dollar, all of Europe has become more expensive for American tourists, but my impression is that most things in Corsica are somewhat less expensive than in many other French and Italian vacation destinations.

We dined at outdoor restaurants, overlooking the harbor at several port cities. The food was excellent – again a mixture of French, Italian and Corsican dishes. The fish and seafood were superb. The specialties include boar, charcuterie, fruits and cheeses of the island. Chestnuts are frequently used in cooking and baking. Corsica has its own wines – white, rosé and red – which are good and not too expensive.

On our first few trips we did not go with a group. We rented bikes at each city and



did loops in each direction. But the only rentals available are not very good mountain bikes. We took taxis between cities (which aren't too far) and there is an old fashioned train, which runs between several cities, which we also took.

There are only one or two bike shops on the whole island which can be found in the island's yellow pages. Taking assembled bikes on the ferry appeared to be an absolute 'no-brainer'. Cycling through Corsica unsupported with panniers appears to be very manageable because of the close proximity of the cities.

Two 'must visit' towns are Calvi in the northwest and Bonifacio in the South. Calvi's

Two NYCC members

of Corsica, Jay and Joan Jacobson have not tired of its brush with somebody resembling a Corsican terrorist



cio, which has a lower (the port) and an upper town perched on a chalk/limestone cliff.

You can make yours a multi-sport trip. In addition to all water sports, Corsica has one of the world's classic hiking trails, the GR-20. Excursion boats take day-trippers to secluded beaches and deserted out islands from the major port towns every day.

Corsica has a reputation for being a rough place; the only Corsican word that has found its way into the English language is *vendetta*. In its ongoing campaign for independence, the FLNC (the Corsican National Liberation Front) has claimed responsibility for the occasional bomb directed at symbols of the French establishment, such as police stations and banks, but not French or English speaking tourists.

You will find quite a bit of graffiti – not anti-American. Some signs in French are rubbed out and replaced by words in the ancient Corsican language. However, the airports seem to be relaxed from a security standpoint, and beachgoers were leaving their stuff on their blankets when they went for a swim. There is a vocal – and sometimes violent – minority who want independence.

There were several incidents that were unnerving, but I suppose they could have happened anywhere. My rental bike was stolen, chained to the hotel building while I was sleeping and I forfeited my deposit. I spent a good

part of a day at the police station filling out forms and became friendly with the detective who came to the hotel to visit us the day we departed. He didn't speak English so I got a good chance to practice my French. I suspected that the guy who rented out the bike arranged the theft and now has my bike, my deposit and money from his insurance company.

A guide on our group tour claims that a local motorist – upset about the cyclists riding double – drew a gun on him. You think Piermont is bad? Last year, I maneuvered my bike through a congested town to go into a store and a tough looking guy dressed all in black

– reputedly the preferred attire of a Corsican terrorist – claimed that my handlebars had rubbed against his luxury car, scratching it. His cell phone rang and when he answered it I quietly slipped away and was happy and relieved that he did not come after me.

Corsica also has a reputation for being a dangerous place to drive a car, and I certainly wouldn't be very keen on doing much night driving. I noticed that on one fairly busy road, with fast moving traffic, there was a cross and flowers marking the death of a 19-year old cyclist. A photograph of him wearing his bicycle-racing outfit was attached to the cross. I visualized how the accident happened as he was going around a high-speed curve in the road.

However, I never felt especially uncomfortable or vulnerable cycling on this island. I assume that the bike touring companies scouted and researched the routes and avoided dangerous roads. We were taken around Ajaccio, the principal city, by van.

William Heffernan's novel *Corsican Honor* gives the reader insights into the rough guy history of Corsica. And Dorothy Carrington has written several excellent non-fiction books about Corsica. In addition most of the guidebook publishers (Rough/Planet etc.) have editions covering Corsica.

For more information on Corsica you can e-mail Jay at joanandjay@aol.com. Jay says: "It's a special place and I love to talk about it."

You too can be published

If you have an interesting tale to tell about your foreign or domestic exploits on two wheels, in more detail than can be carried on the website, we would love to hear from you and we want your pictures too.

Copy and photographs maybe sent by e-mail to: bulletineditor@nycc.org
Pictures should be saved in JPEG format and can be sent in as high a resolution as you can manage with attachments not exceeding 15 megabytes per e-mail.

Please include a contact phone number and ensure that you own the copyright of any material submitted, or have written consent from the copyright holder.

attractions include a large old citadel and a calm water beach right at the town. It also has a seaport with an adjacent 'restaurant row'. The ride from Calvi south towards Galeria is one of the best seaside rides I have ever taken. When Joan and I stayed there I rode out there every day.

We certainly had plenty of other other possible biking destinations to chose from, but I was so content with this route I had no desire to check out any others!

Calvi hosts a jazz festival in June and other music festivals during the season.

On the south end of the island, a short ferry ride from Northern Sardinia, is Bonifa-



	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Week	Cum
January	27	28	29	30	31	1	2		
	3	4	5	6	7	8	9		
	10	11	12	13	14	15	16		
	17	18	19	20	21	22	23		
February	24	25	26	27	28	29	30		
	31	1	2	3	4	5	6		
	7	8	9	10	11	12	13		
	14	15	16	17	18	19	20		
March	21	22	23	24	25	26	27		
	28	1	2	3	4	5	6		
	7	8	9	10	11	12	13		
	14	15	16	17	18	19	20		
April	21	22	23	24	25	26	27		
	28	29	30	31	1	2	3		
	4	5	6	7	8	9	10		
	11	12	13	14	15	16	17		
May	18	19	20	21	22	23	24		
	25	26	27	28	29	30	1		
	2	3	4	5	6	7	8		
	9	10	11	12	13	14	15		
June	16	17	18	19	20	21	22		
	23	24	25	26	27	28	29		
	30	31	1	2	3	4	5		
	6	7	8	9	10	11	12		
	13	14	15	16	17	18	19		
	20	21	22	23	24	25	26		
	27	28	29	30	1	2	3		

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NYCC 2005 'Sig



A-SIG Classic

You're a strong rider. Maybe you've done some long-distance riding; perhaps you've raced or done some club riding. But do you have finesse? Can you work with a group? Can you re-direct and re-channel solo brute force into group synergy?

You don't have to have answers, however, to take part in the 2005 A-SIG Classic and finesse will become your middle name. You'll know exactly what to do in a paceline and everyone will want to ride with you. We take strong riders of all sorts and turn them into a cohesive, finely tuned group.

Along the way participants get in great shape, learn new skills and make plenty of new friends. Join the A-SIG Classic and become that most cherished of commodities: a 'good wheel.'

The 19th annual A-Sig Classic begins on Saturday, March 5th and continues every Saturday through May 21. Each week the distance and pace gradually increase as we ride some of the most beautiful roads in the tri-state area.

The series finishes with a 110-mile ride to Bear Mountain and back. We will eventually sustain cruising speeds of 21-plus mph, but only after everyone gains the experience and bike-handling

skills necessary to ride safely at that speed.

We will teach bike care and handling, as well as how to look after your fellow riders and lead. In a paceline everyone takes a turn at the front; this in turn fosters leadership skills. The A-SIG fashions a safe, skilled, strong, confident, self-reliant cyclist and a future A-ride leader out of each Sig graduate.

Over the years, men and women graduates of the A-SIG have become outstanding ride leaders; many have gone on to become successful local and even nationally-ranked road racers; several have returned over the years to the A-Sig to offer their experience as coaches.

Ask any one of last year's A-Sig graduates how much fun the Sig was, how it changed their approach to cycling and made them stronger and more confident cyclists than they ever imagined. They will tell you about the thrill of riding in a smooth double paceline, listening to the *whiiiiirrrrrrr* of wheels and gears, taking turns to lead. They will talk of being undaunted by such hills as Whippoorwill, Little Tor, or Perkins Drive, followed by the thrill of cruising back down and staying in control and the great sense of accomplishment.

rotating pacelines, hill climbing, shifting, braking, and communicating while riding. You'll learn how to train, eat, dress, and prepare for cycling success. You'll become familiar with the essentials of bike maintenance and what to do in case of a crash or injury on the road. Your leaders will make you ready to enter the cycling season as a capable cyclist, ride leader, and an enthusiastic supporter of the NYCC.

Sounds a lot like the A-Classic Sig? Well it should. The leaders of the A-19 Sig are either seasoned A Classic Sig leaders or graduates of one of the A Sig programs. Both A Sigs are co-ordinated and there is an opportunity to change groups during the first few weeks if you feel you made the wrong choice at the outset.

The main difference between the two programs is the target cruising speed. For the A-19 Sig, we aim to achieve a target flat-terrain cruising speed of 19 mph during the last few weeks of the program. Graduates of the venerable A Classic Sig are expected to cruise at faster speeds.

What do you have to do to participate and graduate? There still is no such thing as a free lunch. We expect all participants to take this program very seriously. From the first ride on March 5 to the graduation ride 11 weeks later, we own your

A few ground rules apply: all A-Sig participants must be NYCC members within the first three weeks of the series. Sig participants are expected to show up for and participate in every ride. If inclement weather prevents a Saturday ride, participants will be expected to ride on Sunday. In other words, we will own your Saturdays (and sometimes maybe your Sundays). Participants must accept coaching and criticism from leaders about their riding. Participants must train during the week.

Sig graduates must complete the graduation ride on May 21. Participants and graduates will be encouraged to lead NYCC rides with other riders or on their own. Helmets are required; road bikes only. No aerobars or panniers allowed. No exceptions. Please check the NYCC website at http://www.nycc.org/rides_sig.shtml for further details about the 2005 A-Sig Classic.

If this all sounds a tad too much, but you really want to take part in an A-level spring program, consider the A-19 Sig. Early on, the A-Sig Classic and the A-19 Sig will allow for participants to move from one to the other if they find they are not suitably placed.

If you wish to participate in either program please pre-register online at http://www.nycc.org/rides_sig_a1.shtml. Actual registration takes place on March 5. However, those who pre-register will not have to fill out lengthy forms on that day, which will help zip things along. Pre-registration also helps us plan ahead.

On Saturday, March 5 the A-Sig Classic and A-19 Sig will hold a joint registration, orientation, and first ride (to different destinations). We meet at the Blessed Sacrament School cafeteria, on the north side of West 70th Street, between Broadway and Columbus Avenue. Registration starts at 8:30 AM, and orientation at 9:00 AM. Bring your bicycle and be prepared to ride. Please monitor the NYCC Message Board for any updates.

For further information, please contact the A-SIG Classic captain, Timothy McCarthy, at 718-204-7484 or e-mail asig.captain@nycc.org.

A-19 Sig

Hold onto your helmets! Grab your water bottle! Are you ready to blast off into 2005 with what promises to be one of the most thrilling experiences of your life?

Do you want to feel exhilarated every Saturday afternoon? Are you prepared to embark upon a three-month journey that will challenge you physically and mentally? Are you ready for an intense camaraderie born of the extremes of physical endurance matched to weather, unexplored terrain, the privation of Saturday-morning luxuries, and the shared objectives of ending up as an improved and confident cyclist? If so, maybe you're the type of person we need to kick off the sixth running of the A-19 Sig.

This program was carefully designed for serious riders interested in improving their cycling skills and physical capabilities. Each week, under the careful tutelage of our fantastic team of leaders, you'll ride a little further, a little faster, and a lot more confidently because you'll be learning all the skills used regularly by A riders.

You'll also look incredible on your two-wheeled weapon of choice. Rider and group safety are the focal points of this program at all times. You'll become comfortably expert at riding in single and double

Saturdays. You should attend all sessions. We expect you to be self-motivated and to train several times a week on your own or in small groups.

No one with more than two unexcused absences will be permitted to continue. Here's the deal: everyone must become a member of the NYCC by the third week, sign up with us to lead two non-Sig rides, participate in the leadership seminar we offer and take our First Aid course. You are expected to be punctual, with your road bike ready to go. Mountain bikes are not encouraged; bikes with aero/tri bars and riders without helmets will not be permitted.

There will be a leisurely 30 miles 'meet the leaders ride' on Saturday, February 19th, 10AM from the Boathouse in Central Park. You can shake the winter cobwebs from your knees and take the opportunity to ask your leaders about the program. Check the website for further details.

We will nurture you while beating you into shape. Some of you will love us; others will hate us, but all of you will thank us for the great experience that will be the A-19 Sig.

If you have any questions, please contact one of the A-19 Sig Ocaptains: Ed Fishkin at (917) 578-1078 or Jim Galante at (201) 503-9192. We look forward to seeing you.

and STS details

What to expect from the A Sig

The A-SIG was developed 19 years ago to train people to participate in and lead A rides sponsored by the New York Cycle Club. Six years ago, because of increased interest, the A-SIG was divided into two divisions – the A Classic and the A-19. The focus of both is on a gradual buildup of skill, endurance and speed. We gradually increase our mileage and speed each week, peaking with a 100-plus-mile ride to Bear Mountain or a similar destination. It is a program that is designed to teach people how to ride in a group (and specifically, a paceline) and to become confident, skilled, responsible cyclists. This is a serious training program that requires a commitment of time, training, and effort!

1. Dates: The A-SIG is every Saturday from March 5 through May 14 (A-19) or May 21 (Classic). Rain dates are Sundays. If in doubt about rain, check the NYCC bulletin board or call the leaders of the day as listed in the NYCC bulletin.

2. Time: We begin the rides at 9:00 a.m. Be prepared to spend your entire day doing the SIG rides. As the distances increase, the start times will be earlier. We will remind you the week before of earlier start times, and again, each ride is listed in the NYCC bulletin.

3. Stops: Each ride is broken up by a breakfast stop at a diner or deli. The point of the stop is to get acquainted with your fellow participants and the leaders, socialize, and ensure restroom, food, and recovery needs are met.

4. Coaching: You must be willing to be coached and to accept criticism about your riding from the leaders. The focus is on skill and safety. You may be in great shape, but can you ride predictably, smoothly, and co-operatively in a group? This is our priority. Speed and endurance follow your acquisition of group riding skills.

5. Education: Sessions on bike maintenance and bike-handling skills, as well as First Aid and ride leader training, will be offered during the course of the program (some of these will be held on weekday evenings at locations to be announced). They are supposed to be fun as well as instructive.

6. Attendance: We expect each person to participate in every ride of the series. Rides take place on Saturday, with Sunday as our standing rain date (unless both days are canceled due to weather conditions). No new participants will be accepted after the third week (March 19). We will work to build new skill sets together. Newcomers or anyone who misses two weeks in a row of important instruction and training may endanger him/herself and others. Everyone needs to be on the same page in training and skills. No one with more than two unexcused absences will be allowed to continue. Participants who miss two consecutive rides will be permitted to continue only at the discretion of the A-Sig leaders. All graduates must complete the graduation ride.

7. NYCC Membership: By the third week of the series, all participants must be members of the New York Cycle Club (www.nycc.org). We will verify all participants' membership status.

8. SIG Updates: Please check the NYCC Message Board for updates about rides (eg, cancellations due to weather, reminders about start time, etc).

Tips on success in the A-Sig

1. Safety: Riders endangering others around them by exceeding the set pace, wobbling, braking abruptly, not calling out obstacles, cars or intentions of slowing down, will be called on it. Unco-operative riders will be removed from the A-Sig. Safety is the first and foremost concern of the A-Sig.

2. What to wear: Dress in layers, especially in the spring, when the weather is unpredictable. Wear jerseys/shirts/jackets that zip up the front so you can unzip as you heat up. Do not tie clothing around your waist. Key items for cold-weather cycling:

- Boots and thermal socks
- Wind-proof, warm gloves
- Headband or balaclava
- Cycling tights or leg warmers
- Water-resistant jacket with pockets
- Eye protection (glasses with clear/yellow lenses for cloudy days, and dark lenses for sunny days)

3. What to bring:

- Tool kit: Allen wrench, tire levers, pump/CO₂ cartridges, and patch kit
- Spare tubes that fit your tires—bring at least two
- 2 full water bottles
- Money, ID, credit card, health care card
- Map and cue sheet (provided by the leaders—make sure you get one)
- Metro-North Railroad bike pass (available for \$5 at Grand Central)
- Pocket food (Gu, Power Bars, Clif Bars)
- Cell phone

4. What to eat:

Night before: eat a decent meal (e.g. pasta, lean meat, veggies)—don't try a new ethnic food or eat spicy, fatty food that could slow you down or upset your stomach. Morning of ride: eat something before the ride begins. A light breakfast will get you through the first 25–35 miles or so until the food stop. During the ride: bring pocket food to nibble on, especially on the longer rides.

This will get you to the diner or home without running out of gas. Don't over-eat at the diner or you'll never make it home. Drink plenty of water along the way. Don't wait until you're thirsty. Dehydration is no fun on the road. Even in winter, you can get dehydrated. Use restrooms before the ride begins. Restroom stops are kept to a minimum.

5. Bike Maintenance: A poorly maintained bike will slow you down, break down on the road, and will force the whole group to stop while you try to fix your problem (they will not be happy with you). We highly recommend you have a 'bike fit' done at a bike shop. It will provide for more efficient, comfortable riding at minimal cost. Have your bike tuned up before the season begins, and bring it in for adjustments about halfway through. The night before each and every ride, make sure your tires are pumped and not leaking, nothing is squeaking, rattling, or falling off the bike, that the brakes are closed, that the chain is lubed. Keep your bike clean. Wipe it off after rainy or muddy rides, make sure the chain isn't gobbled with grease, and that the tires are free of sand and glass.

6. Training: A minimum of two training sessions, on the road, per week are needed to be able to keep up with the program. A group meets at Tavern on the Green at 6:00 a.m. on Tuesdays and Thursdays for 3 paceline loops around the park. Or hook up with fellow participants to train at another time. Practice makes perfect. Cross and strength training—lifting, running, swimming—helps but does not substitute for miles on the road.

7. Commitment: You must:

- Be a member of the NYCC
- Show up for the rides
- Train during the week
- Listen to the leaders
- Promote safety and responsibility
- Complete the graduation ride
- Lead NYCC rides after you graduate

NYCC 2005 Sig/STS

B-Sig

Do you want to learn good bike-handling skills? Improve your stamina, strength, and speed? Get to know some of the great NYCC routes? Learn how to ride safely in a group? Work together with other riders to make any ride easier and more enjoyable? Then take a look at the 2005 B-Sig Riders' Guide (in the Rides/Sig/B-Sig section of club's website, nycc.org) and decide if you want to sign up for our 10-week progressive training and cycling skills series.

This year's B-Sig will comprise three groups:

♣ **B16** will progress from a 14-mph pace and 30 miles on the first day to a 16-mph pace and 70 miles by early May.

♣ **B17** will progress from a 15-mph pace and 30 miles to a 17-mph pace and 85 miles.

♣ **B18** will progress from a 16-mph pace and 30 miles to an 18-mph pace and 93 miles.

Note that any ride's average speed is typically 3 mph less than the indicated pace.

A-Classic and A-19 STS

Join us for our A-rider Spring Training Series (STS) – a graduated training program of early-season rides for experienced cyclists with developed group-riding skills who want to improve their strength and endurance. For 2005, there are two programs: the A Classic STS; and the A-19 STS.

Both groups offer camaraderie and friendly support in a progression of organized group rides over some of the most beautiful and challenging terrain in the area to prepare you for our unforgettable, all-day epic rides to places far from Nyack.

For those who want a challenging ride but don't want to go the full distance, some routes feature halfway bailouts. We ride energetically but in a fun, co-operative and relaxed style.

Check the ride listings in the Bulletin for STS ride details. Always check the club's message board for last-minute ride information at www.nycc.org

You don't need to sign up for the program or attend every ride. You can switch between the A Classic STS and the A-19 STS at any time. But we do expect all riders to pay attention to cue sheets and take their pulls up front. Helmets mandatory; areobars and ATBs are out. If you are still honing your group riding skills and are uncomfortable in rotating pacelines, we urge you to join an A-level Sig program and join an A-level STS next year.

A Classic STS participants are skilled riders

Audax STS

Are you a Sig graduate or a solid and experienced group rider with great bike handling skills? If so, check out this year's Audax STS (Spring Training Series). Work with other experienced and disciplined NYCC Audax riders to get into serious shape during 12 weeks of progressively longer and more challenging rides.

Audax is a riding style in which the group rides at a controlled pace at an average speed of 14mph (22.5 km/h).

The 2005 Audax STS is designed to build good base miles, enhance group-riding skills, improve strength and endurance. The group will ride non-competitively and together. Unsafe riding behavior will not be tolerated.

The B-SIG's dirty little secret bonus is that we also put an extra emphasis on making friends and eating great food.

That's it in a nutshell. If you want to participate after reading the 2005 B Sig Riders' Guide, follow the signup instructions on page 4. The number of riders may have to be limited, as last year we started with more than 100 folks. Don't procrastinate, register early. We will get back to you before it all starts on March 5:

On Saturday, March 5, meet at 9:20 AM. at the north end of the Boathouse parking lot. You will time yourself for four laps around the park, followed by an indoor orientation meeting at the Blessed Sacrament School Cafeteria, on the north side of West 70th Street, between Broadway and Columbus Ave.

Pizza will be served during the meeting, so please bring money to cover the cost of the lunch. In the event of rain on Saturday, we will hold our meeting at the school cafeteria (1 PM) and try to ride on Sunday at 9:20 AM.

benefiting from aggressive training. We are not racers, but enjoy fast pacelines. Our routes get progressively longer and faster over increasingly challenging terrain. We have two subgroups: fast, where speeds in the mid to upper 20s mph on the flats are not uncommon; and an endurance group, covering the same routes at cruising speeds of 18 to 19 mph.

The A Classic STS starts with two Prologues on February 26 and March 5. Participants will have a chance to size up the program's style and the pace of its subgroups. Beginning March 12, we will begin to increase the pace, distance and the amount of climbing, culminating in several centuries and the series ending May 14.

Further A-Classic STS information from Bill Greene (bgreene@nac.net) or John Zenkus (jjz2116@aol.com).

The A-19 STS targets a cruising pace of 18-20 mph, following different routes than the Classic. Early rides are at modest speeds over familiar routes. Then, progressively, the pace and distance are cranked up over more challenging terrain. There are 12 rides planned, including prologues on February 19 and 26. Depending on the size of the turnout, we will probably break into two groups: fast (18-20 mph on the flat); and a 'sweep' group (16-18mph flat).

Further A19 STS information, including details of routes from Robert Gray (nyarchitect@msn.com)

During the series the rides will get longer and go over more challenging hills.

To take full advantage of the Audax STS, participants are encouraged to get in one or two training rides during the week between scheduled rides. Audax STS participants are expected to join all the rides in the series. Helmets and recently tuned up/overhauled bikes are mandatory.

Saturday, March 5 will be the first Audax STS ride. Rides will be scheduled on Saturdays with the next day (Sunday) as a rain date. Cancellations and changes will be posted on the club message board.

For information about the Audax STS, contact Robert Dinkelmann (dinkelmann@att.com), Harvey Minsky (spokes609@nyc.rr.com) or Karl Dittebrand (kdittebrandt@nyc.rr.com)

C-Sig

Maybe you haven't been on a bike much since you were a kid; or you'd like to do more than circle the park but don't know what to do about it. Here's what you can do: join a group of fun-loving riders for bicycle day trips that start small, but will eventually have you confidently doing 50 miles or more into the countryside and back in a day. Yes, that's *you* we're talking to and you *can* so do it. Just wait until you actually manage your 65-mile graduation ride in May! Join the 2005 C-Sig and learn:

♣ How to be a safer, stronger, more competent cyclist

♣ How to ride 'street smart' with a group or alone

♣ How to get up hills (even steep ones) without frying your lungs, busting your knees or tying your muscles into burning knots

♣ How to buy the right kind of bike for the riding you do and also make sure it fits you – and then how to maintain it once you own it

♣ Clever techniques for going faster and farther with less effort

♣ Get the most out of routes, maps and cue sheets

♣ What to wear to keep you warm when it's cold and comfortable when it's hot and how to look remarkably cool in the process

♣ Stretches and strength-training techniques to keep your cycling muscles flexible and strong

♣ Nutrition secrets of the pros

This is the Sig that's been called 'a college education in cycling.' And it's completely FREE with NYCC membership.

All we ask is your commitment to attend each week and be willing to learn from our instructors. You must also join the NYCC before the Sig series starts in mid-March.

We start March 12th or 19th (you choose which day) in Central Park with a mandatory Self-Classification ride of 18 miles – three full loops of the park – that helps us place you in the right group so you can get the most out of the Sig. We meet inside Central Park at the E72nd Street and Fifth Avenue entrance.

Plan to spend about three hours at the Self-Classification. The Saturday Sig training rides, March 26th through May 14th, are from about 9 AM to 5 PM (well, we eat lunch, too). Bad weather on Saturday means we ride on Sunday.

Pre-registration on the NYCC C-Sig Web page is required. (Those without web access can contact Patricia Janof below.)

Here's what you need to bring: you must wear a helmet and bring a bike in good repair, with properly inflated tires, a spare tube for your tire and a water bottle. It's cold in March, so wear gloves, layered clothing, including a windbreaker. Your knees, ears and arms should be covered. Rain, wet roadways, or temperature below 35°F (2°C) postpones.

Questions? Contact Patricia Janof (212) 737-1668 (patricia.janof@verizon.net) or Gary McGraime (212) 877-4257 (garynycc@aol.com).

**Time
to renew your
2005 membership.
See p15**

A balmy New Year's Day



From left to right facing camera: Rob Kohn (previous bulletin editor); Beth Renaud (our copy editor); Chaim Caron; Ellen Jaffe; Tony Napi; Linda Nappi, with other club members enjoying the balmy sunshine on New Year's Day by the famous ferris wheel at Coney Island. Picture: Carol Waaser
More pictures from the 2nd Annual Coney Island Polar Bear Ride on P14.

Who would have thought it? City Hall, 20 minutes prior to the start of the 2nd Annual Coney Island Polar Bear Ride, 60°F (16°C) (this is January, right?), and at least 20 cyclists, already ready to go! It was great to see so many friends & acquaintances out for the first ride of the New Year, and they just kept coming & coming... about 50 in all by the time we started across the Brooklyn Bridge 40 minutes later.

So groups were formed, at least temporarily, with Carol Waaser, Chuck Lam, Mavis Scanlon, Ed White, & others all pitching in to help lead the way, in case anyone could get lost going to Coney Island – with a cue sheet no less. Although the Bs just became one massive line eventually, Alfredo Garcia graciously took a C group – swept by Larry Ach and arriving on the boardwalk in plenty of time to take part in or just watch the festivities unfold.

And Peter K., our bruised 'Banana (Guy)',

unable to ride, was a constant fixture, handing out his namesake bananas at the start, signing people in at Prospect Park, offering to block traffic if we wanted to take a lane – we opted for the bike path, which was in pretty decent condition – and staking out a gathering place on the unbelievably crowded boardwalk.

After hanging out on the boardwalk a bit, several intrepid NYCC members headed down to the beach; some to swim; others to watch incredulously. As we all know by now, Mavis – who got temporarily lost from the group, causing us to all to have to take a 2nd dunk together – Peter, Melissa Thoms (a new cyclist & prospective 2005 C-siglet), Cheryl Daitch, Marci Silverman and Jack Lenhert all took the plunge. Amazingly enough, it was so nice out there, that there was no mad dash to the bathhouse to warm up. As Mavis rightly pointed out, the "sunscreen probably not necessary" in the ride

description was actually somewhat inaccurate.

After the newest polar bears claimed "We Did It!" certificates (proof positive, right?) and posed for a myriad of photo ops, about 20 folks cycled over to Tony Mantione's for another stunning display of his family's hospitality. A big thank you to he and his wife Mary Ann for the free-flowing food and wine. And a doubly big thank you for keeping the Ouzo hidden away. A great time was had by all!

To quote Carol Waaser, "It's a new NYCC tradition – two-thirds of a triathlon. We cycle to Coney Island, some of us do the swim, and then instead of doing the run, we go to a feast at Tony Mantione's."

Thanks to all who participated! Here's looking forward to seeing even more riders (and swimmers) in 2006 as NYCC's Coney Island Polar Bear's tradition just keeps getting bigger and better. Maybe we'll even add a new twist or two for 2006?

More pictures from the Polar Bear's Ride to Coney Island

Pictures by Carol Waaser unless stated



Left to right: Peter 'Banana Guy' Kouletsis; Marci Silverman; Jack Lenhart; Melissa Thoms; Cheryl Daitch



L to R: Mavis Scanlon; Melissa Thoms; Jack Lehnert and Marci Silverman proudly display their Polar Bear Certificates. Below (Left) Pres. Stan Oldak on a busy boardwalk and our 'Banana Guy'



Jack Lenhart (right), before taking the plunge. Note he is sporting a nice pair of 2004 A Sig leaders' socks.....



....and after



Polar Bear Ride co-leader Marci Silverman (left) and Carol Waaser, before roll-out from City Hall
Picture by: Alfredo Garcia



Bike shops offering 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
e-mail: 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)



Membership Card Valid Through 2005

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

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, NY, 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



2005 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.

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: _____ Eve Tel: _____ Partner Tel: _____

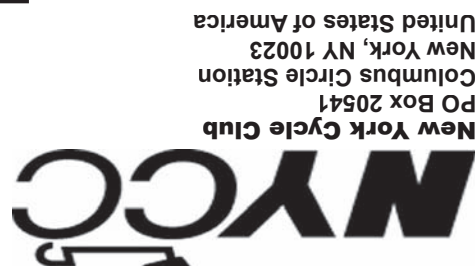
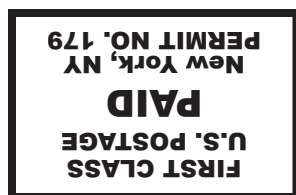
Signature (1) _____ Date of Birth _____ Signature (2) _____ Date of Birth _____

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

Make Check payable to 'New York Cycle Club'. Mail to: New York Cycle Club, PO Box 20541, Columbia Circle Station, New York, NY 10023, USA. You may also renew online through active.com and receive a \$3 discount: 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 by 2/25/05 to avoid a break in your weekly e-mail updates.



First Class Mail Dated Material!



Tuesday, February 8, 2005

Staying in shape off-season

[Part 2 of a two-part series]

This month we focus on healing and how we can best approach those seemingly inevitable injuries and set backs that pop up from time to time. How do we first assess an injury? When is it time to go for help? How do we choose the right practitioners? How much time and money you should expect to invest in a trainer?

The pros have teams of coaches, trainers, massage therapists, and other body workers to keep them in top form and to help them avoid over-use injuries. You can certainly avail yourself of these services and put together a health and fitness team of your own. But, before you do, come to our February meeting and grill our select panel of experts:

Karin Fantus, certified pilates instructor, (moderator); **Reyna Franco**, registered dietician, nutrition and exercise consultant; **Tuisha Desai**, osteopath; **Craig Upton**, coach; **David Walker**, licensed massage therapist

They'll describe maintenance routines that keep athletes in top form and what they do to bring athletes back up-to-speed following an injury or illness. They'll describe maintenance routines that keep athletes in top form and what they do to bring athletes back up-to-speed following an injury or illness. Learn to prevent underlying physical issues from becoming medical emergencies or long-term disabilities; how core strength and a properly fitting bike can help you avoid injury; strategies to keep you riding like you're 30, into your 40's, 50's and beyond; and much more!

If you don't show up for these programs you lose all rights to complain about how out of shape you are come the end of the winter and the beginning of the new cycling season. the beginning of the new cycling season.

Swap table: Bring bike related items you want to swap or sell. Price them, affix your name to them and see them find a new, happy home.

Time: Social hour with cash bar starts at 6 PM; dinner at 6:45 PM. Program runs from 8:00 to 9:15. Those who do not wish to take part in the meal, come after 7:15.

Annie Moore's Pub and Restaurant **50 E. 43rd St**

(West of Grand Central Terminal between Madison & Vanderbilt Avenues)

Subway: take the 4/5/6/7/S to Grand Central/42nd St

Buffet dinner includes Grilled Chicken, rice, meatless lasagna, vegetables, shepherd's pie and green salad. Coffee/tea. Dinner is \$20, incl. tax /tip (cash only).