“Hey Mom! Have you seen those gates in the park?”

Details of SIG Ride Listings and STS program
Making Central Park bike friendly
The Siglets have landed!

It's March and Siglets have invaded the land. You can spot them on Saturdays in neat little lines (well, maybe not so neat at this point) following their leaders. Once again the SIGs are in full swing. For those not in the know, the SIGs (short for Special Interest Group) are 12-week training programs given at the A, B, and C level of riding and are available to our members at no cost. They are run by some of our most experienced and knowledgeable ride leaders. Good luck to those of you who are involved this year.

March is also a good time to get your bike ready for the coming season. A good general frame cleaning and chain cleaning and lubrication are a must. A truing check of the wheels along with brake and gear adjustment are also recommended. Some people can do this themselves. But if you're like me, I leave it to the professionals at a local bike shop. And what better time for me to say, "Support your local bike shop." They keep us rolling and keep us safe. And in particular, support the shops that support us by sponsoring our monthly club meetings.

And speaking of being safe, March is also the month we like to remind everyone of the importance of wearing a helmet. I have long felt that riding without a helmet is a very selfish thing to do. As an individual, you certainly have the right in most cases to decide at what level of risk to place yourself. But should you become seriously injured for lack of something as simple as wearing a helmet, the persons you hurt the most are your family and friends. So whether it's a city block or a 60 miler – wear your helmet!

Have a great month. See you on the road.

Letter from the Editor

As construction work on Christo and Jeanne Claude’s The Gates gathered pace and during the exhibition itself – it may have gone unnoticed that work on making the park less accessible to motor traffic had been continuing quietly.

As can be seen from the accompanying photograph, work on installing bollards on the 72nd Street exit on the west side of the park was taking place. At the same time, the frames of The Gates were being unloaded elsewhere in the park, ready for installation.

Unfortunately the bollards look fairly flimsy, so a determined driver could easily knock them down. In an SUV, the occupants probably wouldn’t feel a thing.

It would be interesting to know whether anyone, from the Department of Transport, took the opportunity of monitoring traffic flow on roads surrounding the park during the closures to motor traffic during the exhibition. Personally, I didn’t notice any difference where I live and work on the Upper West Side.

I have long held the view that during peak hours, there is not enough motor traffic using the park’s drives to make a real difference to traffic congestion in the park. As an SUV, the occupants probably would not feel a thing.

Anthony Poole
Club Rides

IMPORTANT: BEFORE YOU TAKE YOUR FIRST CLUB RIDE, PLEASE READ ABOUT CLUB RIDES ON P10.

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 before this month’s club meeting date.

ALWAYS WEAR A HELMET AND NO

Unless otherwise stated, precipitation at starting time cancels the ride

A, B and C SIG Ride Listings Begin Page 6

March Recurring Rides

Sundays in March

<table>
<thead>
<tr>
<th>Ride</th>
<th>Distance</th>
<th>Time</th>
<th>Route</th>
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<tbody>
<tr>
<td>A20+</td>
<td>60 miles</td>
<td>09:00 AM</td>
<td>In Search of Hills</td>
</tr>
<tr>
<td>Leader: Mark Lofts, <a href="mailto:mark646@yahoo.com">mark646@yahoo.com</a>, 212-866-5624</td>
<td></td>
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<td></td>
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<tr>
<td>From: Grant’s Tomb</td>
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<tr>
<td>Join me for a combination of base miles and hill miles. For the first few weeks I don’t expect to work the hills very hard, I just want to remind my body how hills feel. Rockland Lake via River Road and Bradley/Tweed is the default route but that can change depending on weather conditions and group interest. There won’t necessarily be cue sheets and there will be only one short stop. If you can’t maintain the pace you should be comfortable riding on your own. The goal is to return by 1:00 PM. The usual cancels and inclement weather on Saturday means that I won’t be able to lead this ride on Sunday. Please check the message board to confirm that we will ride.</td>
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| B15/16 | 30-40 miles | 09:00 AM | Nyack/Piermont |
| 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 is here. Time to get going. Outbound: a scenic jaunt through the towns leading to Nyack/Piermont. Eats will be in Nyack/Piermont. Inbound: a surprise route to be decided upon by the attending riders. As the season progresses, climbing and more mileage will be incorporated (nothing 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. Pls RSVP to me by the Thursday prior to ride. Hope to see you! |

Sundays and Thursdays in March

<table>
<thead>
<tr>
<th>Ride</th>
<th>Distance</th>
<th>Time</th>
<th>Route</th>
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<tbody>
<tr>
<td>B16</td>
<td>50-60 miles</td>
<td>09:30 AM</td>
<td>West Bank Vistas</td>
</tr>
<tr>
<td>(Beginning March 20th and 24th)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leader: Jay Jacobson, <a href="mailto:joanandjay@aol.com">joanandjay@aol.com</a> 845-359-6260</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>From: Central Park Boathouse</td>
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<tr>
<td>Unusual approaches to Piermont and/or Nyack, possibly River Rd, Esplanade/Rio Vista, Tweed, Clausland Mountain, Bradley and/or Crusher/Christian Herald. Routes, difficulty and length will depend on abilities and wishes of group. A brief visit to a mini bike and touring museum may be included.</td>
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Tuesdays and Thursdays in March

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<tr>
<th>Ride</th>
<th>Distance</th>
<th>Time</th>
<th>Route</th>
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<tbody>
<tr>
<td>B17</td>
<td>18-24 miles</td>
<td>06:15 AM</td>
<td>Central Park Laps</td>
</tr>
<tr>
<td>Leader: Linda Winther, <a href="mailto:lwintner@metlife.com">lwintner@metlife.com</a>, 212-876-2798</td>
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<tr>
<td>From: Engineer’s Gate, 90th St and East Drive</td>
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<tr>
<td>It’s that time of year again! Please join me for training laps in the Park. We’ll concentrate on building up endurance, form, and good group riding etiquette. We’ll also do hill repeats. I’ll teach pacelining skills for those who don’t know how. I’ve done these rides for several years and they’ve always been fun (and helpful if you’re doing a SIG), so I hope you’ll join me. Please check the weekly email listing and message board in case I need to cancel at the last minute for work reasons (which I rarely do). Also, as the month goes on, I may make the start time a little earlier. Cancels: Precipitation or snow or slush on the ground.</td>
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Tuesdays in March

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<tr>
<th>Ride</th>
<th>Distance</th>
<th>Time</th>
<th>Route</th>
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</thead>
<tbody>
<tr>
<td>B16-17</td>
<td>50 miles</td>
<td>09:30 AM</td>
<td>River Road</td>
</tr>
<tr>
<td>(From 15th onwards)</td>
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<td></td>
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<tr>
<td>Leader: Maggie Schwarz, <a href="mailto:mschwarzny@aol.com">mschwarzny@aol.com</a>, 212-206-7672</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>From: Eleanor Roosevelt statue, 72nd St and Riverside Drive</td>
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<tr>
<td>A casual jaunt up River Road to Piermont or Nyack for lunch. We are usually back at the NYC side of the GWB by 2 or 2.30.</td>
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Wednesdays in March

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<thead>
<tr>
<th>Ride</th>
<th>Distance</th>
<th>Time</th>
<th>Route</th>
</tr>
</thead>
<tbody>
<tr>
<td>A21+</td>
<td>50± miles</td>
<td>10:00 AM</td>
<td>Nyack</td>
</tr>
<tr>
<td>Leader: Do you really need a leader to go to Nyack? Leaders vary</td>
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<tr>
<td>From: Central Park Boathouse</td>
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<tr>
<td>Ti the Wednesday morning spin to Nyack 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.</td>
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| A18 30± miles | 06:30 PM | Urban Adventure |
| Leader: John Zenkus, jz2116@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. |

March Rides

Saturday, March 05, 2005

<table>
<thead>
<tr>
<th>Ride</th>
<th>Distance</th>
<th>Time</th>
<th>Route</th>
</tr>
</thead>
<tbody>
<tr>
<td>A18-21</td>
<td>55 miles +/-</td>
<td>09:30 AM</td>
<td>Tarrytown</td>
</tr>
<tr>
<td>A-Classic STS Ride No 2</td>
<td></td>
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<td></td>
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<tr>
<td>Leaders: Ron Roth, <a href="mailto:rr7@nyc.rr.com">rr7@nyc.rr.com</a>; Hank Schiffman, <a href="mailto:hschiffman1@nyc.rr.com">hschiffman1@nyc.rr.com</a>; Carol Wood, <a href="mailto:violetdubois@mindspring.com">violetdubois@mindspring.com</a></td>
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<tr>
<td>From: Central Park Boathouse</td>
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<tr>
<td>Our legs are just getting used to pushing the pedals on the road again. This week, we’ll venture east of the Hudson on a relatively easy route but with a few more miles than last week. We’ll meander through the Bronx and put on some miles in Westchester. No major climbs yet, but expect a good helping of rollers. We’ll stop at a diner for lunch and to warm up. Bring your helmet, a couple of water bottles,</td>
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</table>
ing in layers and a bike in good solid mechanical condition. Check the message board for a cancellation/rescheduling notice if the weather is questionable. Prepare to move one step closer to achieving that fitness level you crave.

A17-19 STS 54 miles 08:00 AM Newark to Princeton
A-19 STS Ride No 3

Leader: Robert Gray, nyarchitect@msn.com, 212-593-0986
From: Upper mezzanine of World Trade Center PATH station

If you are thinking of going to Princeton, get those essays, SAT scores, and recommendations in right away, because there are very high standards required for this destination. We begin modestly on our ride to the Ivy League. But your efforts will be rewarded as we arrive on the Delaware/Raritan Canal for some of the flattest terrain in these parts. After 15 miles paceling, we climb away from the canal and over into Princeton for coffee/lunch. Return by NJ Transit train from Princeton Junction (no pass required). If there is a north wind it will be on our back because this is the only route that really goes south. Expect 2,000 vertical feet of climbing. Difficulty index 73. There will be a slower and faster group for all the rides in the series. We ride if it’s dry and above freezing. But check the NYCC message board for ride status.

A17-18 STS 25 miles 10:00 AM Central Park Loops
Audax STS Ride No 1

Leaders: Robert Dinkelmann, RobertDinkelmann@att.net, 212-666-0175; Harvey Minskey, spokes609@nyc.rr.com, 212-595-9344
From: Tavern on the Green parking lot

Departing at 10AM sharp. Today we will introduce you to Audax riding. We will be working up to ride a Brevet. This series is aimed to prepare you for this great event. We will be riding a double paceline, so previous experience is important. We will not accept new riders once the journey has started. We expect you to bring water bottles, tools, two spare tubes, and a well-maintained bike. Ride cancels if there is precipitation and temperatures are below 32°F (0°C). Rain date is Sunday. The most important thing is to have FUN.

B15 32 miles 11:00 AM Manhattan Greenway

Leader: Hannah Borgheson, hannahb@att.net, 212-348-2601
From: Meet at end of East 82nd Street, overlooking East River, on John Finley Walk

We got snowed out in January, so we’re trying again. Sleep in and stick close to home to explore the newish ‘interim greenway’ encircling Manhattan Island. The East River Esplanade, Harlem Speedway, Henry Hudson Path, and Hudson River Greenway are some of the off-street routes we’ll follow as we circum-bike Manhattan with brief stops to admire the scenery. Souvenir greenway maps will be given out. Bring pocket food and drinks; we will not stop for lunch. About a third of the ride is on city streets. Icy conditions cancel—check message board if in doubt.

A17 100 miles 08:30 AM Tompkins Cove

Leader: Marty Wolf, 212-935-1460
From: Benches across from the Central Park Boathouse

For non-SIG participants (that’s why we’ll meet a few feet away from the crowds!) We’ll bike to Tompkins Cove for lunch at Lynch’s. And a warning: I’ll be none too fast. But I will provide cue sheets for anyone who wishes to ride faster than me. We’ll climb Little Tor (9.9% grade). Ride will leave at exactly 8:30AM. If rainy very cold we’ll reschedule for Sunday, March 13. Call leader the night before if in doubt.

Saturday, March 12, 2005

A18/22± STS 65 miles 08:30 AM Garrison
A-Classic STS Ride No 3

Leaders: John Zenkus, jjz2116@aol.com, 917-617-0901; Matthias Stadfeld, stadfeld@post.acom.yu.edu; Carol Wood, violetdubois@mindspring.com
From: Grand Central Terminal, Information Booth

As the days grow longer, so do the rides. Meet at Grand Central Terminal at 8:30 AM to catch the 8:53 AM train to Garrison. We will then cross the Hudson on Bear Mountain Bridge, take 9W south to Stony Point, where we will essentially follow the reverse of the ENY route. There will be one brief stop. The terrain is flat to rolling and good paceline skills are essential. A Metro-North bike pass is a must, as well as the usual helmet, water, spare tubes, and pump. Rain or temperatures below 30°F (-1°C) we ride on Sunday. Check the club’s message board after 6:30 AM on ride day.

A17-19 58 miles 09:00 AM Oyster Bay from Queens
A19 STS Ride No 4

Leader: Robert Gray, nyarchitect@msn.com, 212-593-0986
From: Statue of Civic Virtue, Queens Blvd. and Union Tumpike, Queens

Out east to the north shore of Long Island: estates; vineyards; stable; the smell of the sea. Just as last week, we start modestly until we get on the expressway service road and arrive at more agreeable surroundings. We will ride out to Sagamore Hill, the home of Theodore Roosevelt, before returning to lunch at Oyster Bay. Start and return by subway from Queens. 2,500 vertical feet of climbing. Difficulty index 85. We ride if it’s dry and above freezing. But check the NYCC message board. If weekends are lost to bad weather, the ride schedule may be shifted to maintain the progressive program sequence.

A17-18 STS 30 miles 10:00 AM New Jersey Loop
Audax STS Ride No 2

Leaders: Robert Dinkelmann, RobertDinkelmann@att.net, 212-666-0175; Harvey Minskey, spokes609@nyc.rr.com, 212-595-9344
From: Tavern on the Green parkin lot

Departing at 10AM sharp. Today we follow a flat route through New Jersey to Piemont and return on 9W. We will be riding non-stop for two hours, so bring two water bottles and pocket food. Remember to bring money for breakfast, tools, two spare tubes and a well-maintained bike. Ride cancels if there is precipitation and temperatures are below 32°F (0°C). Rain date is Sunday. This is a true Audax ride and we will stick to an average of 14.6 mph.

Sunday, March 13, 2005

B15 45 miles 09:00 AM Northvale

Leader: Alfredo Garcia, 646-312-1677; Hal Eskenazi, 917-822-5401
From: Rambles Shed, Central Park

A ramble to an understated Jersey Diner. Includes downhill stretch, border crossing and bike shops on route. We’ll return on mandatory hills (choices available), so don’t eat too much. Wet weather at start cancels. Bring lock, water bottles food, $ and a helmet.

Friday, March 18, 2005

B16/17 45 miles 08:50 AM Staten Island

Leader: Ron Grossberg, argee401@aol.com, 718-369-2413
From: Staten Island Ferry, Manhattan Terminal

Perimeter of Staten Island with some interior hills. Picnic lunch at Tottenville Conference House overlooking Raritan Bay (weather permitting). Please call or e-mail to confirm.

Saturday, March 19, 2005

A18/20+ STS 65 miles 08:30 AM Nyack
A-Classic STS, Ride No 4

Leaders: Peter O’Reily, pto@prodigy.net; Carol Wood violetdubois@mindspring.com; Craig Breed
From: Central Park Boathouse

If you’ve been doing STS rides thus far, your spring legs are beginning to bloom. This ride is a good opportunity to give them a test run on a good helping of hills while taking note of the budding flora en route. We’ll take in some of the area’s classic climbs – River Road, Bradley, and Tweed, among others, as well as a lap or two of Rockland Lake for good measure. Lunch will be in Nyack. Bring a well-maintained bike, a helmet, paceline skills, and a willingness to greet the new season with cheer. If weather is questionable, check the NYCC message board after 7AM for guidance with regard to possible cancellation.
Leader: Robert Gray, nyarchitect@msn.com, 212-593-0986
From: Central Park Boathouse

Going west for the first time, this ride should bring an increase in speed and preview the beginning of our final ride in May even further to the west. A complete outline tour of Bergen County: Englewood, Hayworth, Oradell, Ridgewood, Saddle River, Montvale, River Vale, Closter, Englewood Cliffs. 2,500 vertical feet. Difficulty index 96. We ride if conditions are dry and above freezing. Always check the NYCC message board for the final determination of rides and times. If weekends are lost to bad weather, the ride schedule may be shifted to maintain the progressive program sequence.

A17-18 STS 44 miles 10:00 AM Nyack
Audax STS Ride No 3

Leaders: Robert Dinkelmann, RobertDinkelmann@att.net, 212-666-0175; Harvey Minskey, spokes609@nycrr.com, 212-595-9344
From: Tavern on the Green parking lot

Today we follow a flat route to Nyack. The lesson for today is how to optimize your time at a rest stop. We will stop for 30 minutes in Nyack. We will be riding non-stop for two hours and some more, so bring two water bottles and pocket food. Remember to bring money for breakfast, tools, two spare tubes, and a well-maintained bike. Ride canceled if there is precipitation and temperatures are below 32°F (0°C). Rain date: Sunday, March 20.

C13 43 miles 09:15 AM Scarsdale

Leader: Scott Wasserman, swrides@earthlink.net, 914-723-6607
From: Central Park Boathouse

It may not be close enough to Spring for us to eat outdoors in the park in Scarsdale but I can hope there won't be any snow still around. The ride is canceled if precipitation is expected but I'm going out on a limb and saying it doesn't matter what the temperature is.

Sunday, March 20, 2005

C STS C11-12 10:00 AM Scarsdale
C STS Get Back Into Shape! Ride No 1

Leader: Maggie Clarke, mclarke@hunter.cuny.edu, 212-567-8272
From: Isham St. and B way, Manhattan (take A train to 207th Street)

Take A train to 207th Street exit at rear of train (elevators available); walk forward (north) 1.5 blocks on left (park) side of Broadway. Meet at Isham Park benches on Broadway. The first of a series of C rides to help us get back into shape after a winter of relative sloth. Let's follow the Bronx River bike path, enjoy the geese, ducks and swans. Lunch in Scarsdale. Helmets required; club riding etiquette will be observed. Bring Metro-North pass. Cancellation: starting temp below 40°F (4°C), wind chill below 30°F (-1°C), icy roads, or 50% chance of precipitation. Call Maggie After 8 AM if in doubt.

Thursday, March 24, 2005

B16 50-60 miles 09:30 AM West Bank Vistas

Leader: Jay Jacobson, joanandjay@aol.com 845-359-6260
From: Central Park Boathouse

Unusual approaches to Piermont and/or Nyack, possibly River Rd, Esplanade/Riverview, Tweed, Clausen, Morning Walk, South Beach, or West Beach. Difficulty and length will depend on abilities and wishes of group. A brief visit to a mini bike and touring museum may be included.

Friday, March 25, 2005

B16/17 60 miles 09:10 AM Long Beach

Leader: Ron Grossberg, argee401@aol.com, 718-369-2413
From: City Hall Park, Opposite Brooklyn Bridge

Flat ride via Cross Bay and Atlantic Beach Bridges, returning via Marine Parkway Bridge. Picnic lunch on beach in Point Lookout. Please call or e-mail to confirm.

Saturday, March 26th, 2005

A18/22± STS 75± miles 08:00 AM New Hope, PA
A-Classic STS, Ride No 5

Leaders: John Zenkus, jz2116@aol.com, 917-617-0901; Carol Wood, violetdobis@mindspring.com; Pieter Maessen, pmaessen@hotmail.com
From: Penn Station

By popular demand, we will be riding to stunning New Hope, PA, from New Brunswick, NJ. This ride is unusually flat for an STS ride. Don't be disappointed, as its long flat-to-rolling sections will provide ample opportunity for the club's rouleurs to stretch their legs. While this is a ride not to be missed, logistic concerns with NJT demand that all interested contact ride leader John Zenkus before the ride, as we will be using a combination of public and private transportation. Meet at Penn Station 8:00 for the 8:14 train to New Brunswick. While a bike pass is not required, helmet, water, spare tubes, and a pump are a must. Rain or temperatures below 30°F mean we ride the following day. If the weather appears doubtful, check the club message board, where the ride's status will be posted by 6:30 AM.

A-17-19 STS 70 miles 09:00 AM Tarrytown, NY
A-19 STS, Ride No 6

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

This is our first tour of Westchester for the season, and we will hold a lot of Westchester in reserve for shady summer riding. We start low and level, going out on the shore of Long Island Sound, but we will find more hills than previous rides before we finish. Up through Scarsdale, Purchase, Greenwhich, Armonk, Kisco, Croton Reservoir, Pinesbridge, Pocantico Hills, Tarrytown. You will need your Metro-North pass for the train home from Tarrytown. Train bailouts are available along the way and if you have not had enough, you can ride back to upper Manhattan and get in another 20 miles. 3,500 vertical feet. Difficulty index 111. We ride if conditions are dry and above freezing. Always check the NYCC message board for ride status.

A17-18 STS 59 miles 09:00 AM Hohokus
Audax STS Ride No 4

Leader: Robert Dinkelmann, RobertDinkelmann@att.net, 212-666-0175; Harvey Minskey, spokes609@nycrr.com, 212-595-9344
From: Tavern on the Green parking lot

We are getting stronger and in better shape. Today we are getting closer to the hills, but we are not ready for them yet. By this time you will have your stop time optimized and you will have time to rest more. We will stop for 20 minutes every two hours. We will be riding non-stop for two hours at a time, so bring two full water bottles and pocket food. Remember to bring money for breakfast, tools, two spare tubes and a well-maintained bike! Ride cancels if there is precipitation (rain or snow) and temperatures are below 32°F (0°C). Rain date Sunday.

Sunday, March 27th, 2005

B17/18 70 miles 09:10 AM Caumsett State Park

Leader: Ron Grossberg, argee401@aol.com, 718-369-2413
From: Statue of Civic Virtue, Queens Blvd & Union Tpk, Queens

A scenic ride along the North Shore of Long Island. We will pick up lunch in Cold Spring Harbor and have a picnic lunch overlooking Long Island Sound in Caumsett State Park, Optional 8 AM start from Grand Army Plaza Brooklyn if there is any interest. Call or e-mail to confirm.

C-11-12 STS 25 miles 10:00 AM Closter
C-STS Ride No 2 Get Back Into Shape!

Leader: Maggie Clarke, mclarke@hunter.cuny.edu, 212-567-8272
From: GWB Bus Terminal, 178th St. and Fort Washington Ave.

Let's venture into NJ on Irv's very pretty route through the burbs of Bergen County. We will be going out on the shore of Long Island Sound, but we will find more hills than previous rides before we finish. Up through Oradell, Ridgewood, Saddle River, Montvale, River Vale, Closter, Englewood Cliffs 2,500 vertical feet. Difficulty index 96. We ride if conditions are dry and above freezing. Always check the NYCC message board, where the ride's status will be posted by 6:30 AM.
SIG Ride Listings
Saturday, March 05, 2005

A-SIG Classic/1-A SIG Joint Registration, Orientation and Ride No 1
8:30 AM 10:15 AM ride

Leaders: Timothy McCarthy, asig.captain@nycc.org, 718-204-7484; Jim Galante, 201-503-9192; Ed Fishkin, 917-578-1078
From: Central Park Boathouse parking lot
The A-SIG Classic and the A-19 SIG will hold a joint registration and orientation, where the leaders will present their programs co-operatively and answer questions. The two A-SIG groups will then separate and ride out to their respective destinations. During a diner stop between both groups will have more opportunity to talk with the leaders and to get to know one another. The orientation will take place regardless of weather. Temperature below 32°F (0°C), icy conditions and any form of precipitation will postpone riding until Sunday. If we ride on Sunday, the meeting place and time will be given at the orientation and posted on the NYCC message board. Helmets mandatory. Aerobars not permitted under any circumstances. The A-Class permits road bikes only.

B16, 17, 18
30 miles 09:30 AM Central Park
B-SIG Classification Ride & Orientation

Leaders: Mark Galles, mgalles@okcom.net, 212-689-1375; Wayne Wright, wwright8@nycrr.com, 212-873-7103
From: Central Park Boathouse parking lot
We'll do four laps of Central Park. You will time yourself so we can determine which B-SIG group you will start in. Bring your B-SIG registration number and a few bucks for pizza. After the laps, we'll ride to Blessed Sacrament School Cafeteria (north side of West 70th Street, between Broadway and Columbus Ave.). We will dine and then go over some basic information. This orientation will enable us to start out safely while working together to improve our skills and fitness. Cancels: predicted actual temperature below 25°F (-4°C); precipitation; wet or slick roads; or steady wind above 40 mph. Check the NYCC message board or call listed leaders if uncertain. And if weather cancels, we try again on Sunday.

Saturday, March 12, 2005

A-SIG Classic
50 miles 09:00 AM Park Ridge
SKILL: Co-operative group riding

Leaders: Pam Nelson, pmnelson@prodigy.net, 212-879-5132; Mai Yee, mai_yee_2000@yahoo.com, 718-797-5659
From: Central Park Boathouse parking lot
Arrive 20 minutes early to sign in and divide into groups. Place your name on the front and back of your helmet. Today's objective is to get some base miles in, get to know one another and get comfortable riding as a group. We will introduce the idea of pacelines and getting comfortable riding on each other's wheels. Your fearless leaders will give you guidance on everything from road etiquette, to proper bike fit. We'll cruise to the Montvale Diner in Park Ridge via 505 in small single-line groups and return on 501. Only one hill: Churchill? Booth? Walnut? Bring two full water bottles and some smiles. Helmets required. Rain date: Sunday, March 13.

A-19 SIG Ride No 2
46 miles 09:15 AM Blauvelt
SKILL: Co-operative group riding

Leaders: 'Hubs' Dershowitz, 212-929-0787; Liane Montesa, 212-929-0787
From: Central Park Boathouse parking lot
This week, all of us should be NYCC members. If not, you can use an application from the bulletin or sign up online when you return from today's ride. Now that we've all been training diligently, the differences in our individual fitness are starting to diminish. We'll pick up the pace just a smidgen and cruise one of the classic routes to Blauvelt as we hone the essentials of group riding. The speed will be just right to focus on safety, communication, and basic bike-handling skills. This is called, 'Holding the juices in.' No one will be dropped today. Don't take the tape off your helmet!

B16, 17, 18
43/46 miles 09:30 AM Westwood, NJ
SIG

Leaders: David Hallerman, cycleman23@earthlink.net, 718-499-8171; Tonya Harroun, tharroun@aecom.yu.edu, 718-828-5309
From: Central Park, Rambles shed
Class this morning is about bike-handling skills: cornering, braking, and holding a line. After class we will do our first full ride, taking it easy as we journey to the diners of Westwood. We'll practice the communication and bike-handling skills we've learned over the last two weeks. Only one real hill—the infamous Churchill or Walnut—to get us back up the Palisades. Cancels: predicted actual temperature below 25°F (-4°C); precipitation; wet or slick roads; or steady wind above 40 mph. Check the NYCC message board or call listed leaders if uncertain. And if weather cancels, we try again on Sunday.

Saturday, March 19, 2005

A-SIG Classic, Ride No 3
60 miles 09:00 AM White Plains
SKILL: Single, non-rotating pacelines

Leaders: Cristy Guzzetta, christyguzzetta@gesservices.com, 845-265-7210; Jody Sayler, jsayler@aol.com, 845-265-7210; Mark Lofitis, mark64@yahoo.com, 212-866-5824
From: Central Park Boathouse parking lot
Today we begin to build a beautiful working knowledge of Westchester. We head out through the Bronx on the Grand Concourse. Did you train during the week? If not, don't bother coming out. Training during the week is critical to keeping up — and everyone will keep up. We will do more miles today and we will focus on riding in a single paceline, getting a taste of how cool it is to ride on someone's wheel, pulled along in a draft. Arrive 20 minutes early so we can get signed up and on the road promptly by 9:00 AM. Helmets with names on front and back are required. No aerobars. Rain date: Sunday, March 20th. DEADLINE: All registered A-SIG participants must be members of the NYCC. LAST CHANCE FOR NEW PARTICIPANTS TO JOIN THE A-SIG CLASSIC.

A-19 SIG, Ride No 3
50 miles 09:15 AM Park Ridge
SKILL: Single, non-rotating pacelines

Leaders: Bob Mirell, 212-734-6916; Jim Galante, jim@jimgalante.com, 212-529-4300
From: Central Park Boathouse parking lot
Payoff begins. You're feeling stronger, muscles ripple a little. Heartbreak Hill will seem a little easier this time. Today, there's only a small change in velocity, but we'll learn and practice the beauty and elegance of single, non-rotating pacelines. A more beautiful thing to behold, you haven't seen. We'll cruise out along scenic byways in pastoral Northern New Jersey. On the way back we'll cruise along, perfecting the paceline as a critical A riding skill. If you haven't been training, this is the week you'll see the difference. We're nearing the last week of our 'no drop' policy. Train harder! The usual cancels; bring lots of water. DEADLINE FOR NYCC MEMBERSHIP TODAY.

B16, 17, 18
47/57 miles 09:30 AM Scarsdale/Hartsdale
SIG

Leaders: Christian Edstrom, 212-496-4048; Dolores McGraime, garynycc@aol.com, 212-877-4357
From: Blessed Sacrament School, West 70th Street (north side), between Carl Schurz Park and Fountain Drive
Class this morning is about bike-handling skills: cornering, braking, and holding a line. Arrive 20 minutes early so we can get signed up and on the road promptly by 9:00 AM. Helmets with names on front and back are required. No aerobars. Rain date: Sunday, March 20th. DEADLINE: All registered A-SIG participants must be members of the NYCC. LAST CHANCE FOR NEW PARTICIPANTS TO JOIN THE A-SIG CLASSIC.
head up into Westchester: the B16s to Scarsdale; the B17s and B18s to Hartsdale. There will be a few hills (not too daunting) to practice your spinning. Cancels: predicted actual temperature below 25°F (-4°C); precipitation; wet or slick roads; or steady wind above 40 mph. Check the NYCC message board and/or call listed leaders if uncertain. And if weather cancels, we try again on Sunday.

C-SIG 18.3 miles 09:30 AM Self-Classification Ride

Leaders: Patricia Janof, patricia.janof@verizon.net, 212-737-1668; Gary McGraime, garynycc@aol.com, 212-877-4357
From: East 72nd St. and Fifth Ave., just inside Central Park entrance
See C-SIG listing for March 12 for contact information and other details. Today’s self-classification is for anyone who pre-registered for the C-SIG and didn’t do the self-classification ride last week. If the weather is threatening, check the NYC message board for ride’s status.

Saturday, March 26, 2005

A-SIG Classic, Ride No 4 54 miles 09:00 AM Nyack
SKILL: Single, rotating paceline

Leaders: Melissa Bybee, melbybee@earthlink.net, 212-740-9393; Jeff Robins, jeffreee2003@yahoo.com, 212-794-2271
From: Central Park Boathouse parking lot
ABSOLUTELY NO NEW RIDERS ACCEPTED TODAY. OK, yeah, you’ve been to Nyack – or have you? Have you been there in style? Have you shown up as a straggling, wobbly single rider or in tight, smoothly functioning group formation? And who can resist a latté at the Runcible? We’ve already had a taste of paceline riding from last week. This week, we will start rotating the paceline to take advantage of the wind-breaking effect of the front riders. This will enable us to keep the speed up and preserve our energy. You’ll make short work of the well-paved road shoulders on a beautiful and elegant route scoped out by Sir Maynard Switzer. If you continue on the steep learning curve you’ve demonstrated thus far, we may even try a double PL today. On this ride, stragglers will have to learn to use their cue sheets, the “no drop” policy will expire in two weeks. Leaders will also decide recommendations for reassignment to the A Classic SIG or the B-SIG. The usual cancels.

B16, 17, 18 SIG 53/58 +/- miles 09:00 AM Ridgewood, NJ

Leaders: Neil Botwinoff, botwinoff@tanhelp.com, 212-535-7915; Fred Leffel, fleffel@aol.com, 212-982-0253
From: Central Park Rambles shed
NOTE THE EARLIER START TIME. All the cobwebs are gone from our winter hibernation, so we’re picking up the pace by 1 MPH. Today’s class will be about shifting and gearing, and you’ll need most of your gears on this pretty but somewhat hilly ride west into New Jersey. The B16s will have a late lunch in Westwood after the climbs, so bring pocket food. The B17s and B18s are duly warned that most of the hills are after lunch and one of our restaurant choices is considered the best pancake house in the tri-state area. (Plus, you’ll get the chance to lead part of the ride, too.) Cancels: predicted actual temperature below 25°F (-4°C); rain or snow; wet or slick roads; or steady wind above 40 mph. Check the NYCC message board or call listed leaders if uncertain. And if weather cancels, we try again on Sunday.

A-19 SIG, Ride No 4 52 miles 09:15 AM Maynard Switzer Route
SKILL: Single, rotating paceline

Leaders: Ed Fishkin, fishkine@nychcc.org, 917-578-1078; Richard Edmonds, 212-563-0405
From: Central Park Boathouse parking lot
NO NEW RIDERS MAY JOIN THE SIG TODAY. You are all looking so fine! The paceline we learned last week will evolve into a thing of elegance and beauty today. We’ll advance to rotating the paceline to take advantage of the wind-breaking effect of the front riders. This will enable us to keep the

Editor’s Note: With any ride, it is a good idea to check the message board before showing up, even if the weather is good. Rides can get cancelled or postponed for a variety of non-weather related reasons. You should also check to see whether the starting point or time of a ride has changed, as events in Central Park that draw large crowds can cause ride leaders to change the starting point or the starting time. Don’t turn up and be all alone, because your ride has departed from somewhere else, or left an hour earlier than originally advertised. The message board can be found on the web at www.nyc.org. If you can’t access the internet at home, call a leader.

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, 212-505-2775, or e-mail: Joanne.McGarry@mail.co.nassau.ny.us Checks payable to NYCC
Christo and Jeanne Claude’s *The Gates* exhibition certainly got NYCC members talking, especially those who use the club’s message board regularly.

The exhibition spawned two large threads on the board and one of them, in true NYCC tradition, was successfully derailed off subject. This was the second major thread which, as we went to press, had 76 contributions to it. A regular message board user by the name of Yogi alerted us to an attack and robbery that had occurred in the park after dark. Then a veteran of the club and the message board, Richard Rosenthal, took the bait and objected in no uncertain terms that Yogi had told everyone the color of the skin of the ‘attackers’.

The thread quickly threatened to degenerate into a rant, which had nothing to do with *The Gates*, but, unusually for an NYCC message board thread, it quickly got back onto the original subject.

This was, perhaps a testimony to the strength of debate *The Gates* exhibition had sparked in the city and among users of the park, many of whom are cyclists.

The first thread, which totalled 65 posts, was begun on January 9, when somebody innocently asked if anybody knew what all the blocks on the footpaths were for. They were, of course, the bases for the gates. But it was not long before a message board user by the name of ‘XXX’ condemned the whole project for interfering with cyclists doing hill repeats and laps in preparation for the SIGs. And another anonymous poster quickly pointed out that the park was for use other than cyclists doing laps – a fact which occasionally gets overlooked.

If you missed them, both lively debates maybe found on the club’s website at:


and


Color is such a significant part of Christo’s *The Gates* exhibition, and the idea of presenting photographs of the exhibits in black and white seems ludicrous. But chosen carefully, they actually work, provided you can find some interesting contrasting tones. If you would rather see the color, then take a look at the online edition.

Nevertheless, I did find that preparing the black and white pictures put *The Gates* in a new light. If you have taken any digital pictures and have a program like Photoshop, Photoshop Elements or iPhotos, it is easy to make copies of them and convert them to black and white. Take a look, you may be pleasantly surprised.

The exhibition has certainly inspired a lot of budding photographers in the club to record the event on film or in pixels. Here is a small selection of the many dozens that we have received.
NYCC C-Sig co-ordinator, Patricia Janof, prepares for this year’s program. Picture by Anthony Poole

Barbara Spandorf

Ed White enjoys The Gates

Determined cyclists show serious laps still possible, despite the crowds viewing the exhibition. Picture by Anthony Poole

Evan Marks

Tom Laskey
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 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.

RISE LEVEL indicates the type of riding. See chart (right). CRUISING SPEED indicates the ride's speed on flat terrain. AVERAGE RIDING SPEED over rolling terrain is 3mph less than cruising speed. This will vary plus or minus 1mph, 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 four laps (24.08 miles) around Central Park at a comfortable pace and matching your time with the chart. NOTE: Riding fewer than four 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 a spare tube, tire levers, patch kit, pump, water, snacks, money, medical ID, emergency phone numbers. We also suggest lock and 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. If you are traveling on the LIRR, you must purchase your pass at Penn Station, or by calling (212) 499-4394 or (718) 558-8228 or by visiting http://www.mta.nyc.ny.us/lirr/pubs/bicyclep.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. Metro-North requires prior notice for large groups (16+) on scheduled Bike Trains and groups of three or more cyclists on a regular train. When submitting a ride involving train travel, please e-mail details to our MetroNorth liaison, George Kaplan, at gkaplan4@nycc.rr.com and give him plenty of notice.

### Details and Registration available in early March
http://www.egremontcountryclub.com/index.cfm It's not too early to reserve a place to stay. Book your favorite B&B now! Please refer to NYCC.org and follow the links to Weekend Events and the Memorial Day weekend. There you will find links to local hosteries as well the Active.com form for registration for the NYCC Sunday night dinner. Since will be again be distributing our information packet by e-mail, registration via Active.com is the easiest way to give us your E-mail address.

New routes and new ride leaders are always welcome. If you are familiar with the Sheffield/Great Barrington area and want to do either, let us know. For further information, contact Berkshires@NYCC.org or call Fred Steinberg (212 787-5204). Up to date information will be posted on the NYCC.Org site and weekly E-mailings.

### Classified

**For Sale:** Used but excellent condition Mavic Wheelset Cx3 with Dura Ace Hubs, 32 spokes, $250.
Richard Stevens (212)-587-9377

**For Sale:** Cross Country Ski Package - Karhu Skis, wadless, 210 cm. Solomon bindings and Merrill boots (size 8 mens, 9.5 womens - roughly) and poles (mismatched, but they work). Only $90. Maggie Clarke, (212)-567-8727 or mclarke@hunter.ny.edu

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

### CRUISING SPEED | CENTRAL PARK SELF TEST | FOUR LAP TIME
--- | --- | ---
22+ MPH | 1:10 OR LESS | 1:00 AM
21 | 1:10 TO 1:13 | 9:00 AM
20 | 1:13 TO 1:16 | 8:00 AM
19 | 1:16 TO 1:20 | 7:44 AM
18 | 1:20 TO 1:25 | 7:52 AM
17 | 1:25 TO 1:30 | 7:42 AM
16 | 1:30 TO 1:38 | 8:00 AM
15 | 1:38 TO 1:48 | 7:24 AM
14 | 1:48 TO 2:00 | 7:20 AM
13 | 2:00 TO 2:14 | 7:44 AM
12 | 2:14 TO 2:30 | 7:26 AM
11 | 2:30 TO 2:50 | 7:52 AM

### NYCC Berkshires Weekend Memorial Day Weekend
May 27-30, 2005

Spring is just around the corner. The NYCC 2005 Berkshires Weekend is less than three months away. There’ll be rides for cyclists at every level. Look forward to three to four days of cycling through beautiful country roads through forests and farmland and of course the Berkshire Mountains. We have a great NEW place for our Sunday night dinner party at a much better price: $30.00 not including drinks! For 2005 we are relocating to the Egremont Country Club, a beautiful location just a few miles west of Great Barrington on Rt23.

For further information, contact Berkshires@NYCC.org or call Fred Steinberg (212 787-5204). Up to date information will be posted on the NYCC.Org site and weekly E-mailings.
A Bicycle Shop
345 West 14th Street, New York, NY 10212-6911 or www.a-bicycleshop.com e-mail: abikshop@aol.com. 10% off non-sale items (not items already discounted)

Bicycle Habitat
24 Lafayette Street, New York, NY 10212-3135 or cncbike@aol.com. 15% off parts and accessories. 10% off bikes, no discounts on sale items (no double discounts)

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 10212-2350. 10% off repairs and accessories

Conrad’s Bike Shop
25 Tudor City Place, New York, NY 10212-6911 or conradbike@aol.com
8.25% off parts, accessories and repairs

Cycle Paths
138 Main Street, New Paltz, NY 845-265-8723
15% off parts and accessories, 10% off bikes

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

Bike shops offering discounts to NYCC members

Check one:
☐ New
☐ Renew
☐ Address change

☐ Individual $24 (bulletin mailed)
☐ Individual $19 (bulletin online)
☐ Couple residing at same address $30 (bulletin mailed)
☐ Couple residing at same address $25 (bulletin online)

Address Change  Date_________________________ Check Amount $_____

Name: ____________________________ EMail: ____________ Riding Style: A B C (Circle one)

Partner: ____________________________ EMail: ____________ Riding Style: A B C (Circle 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
☐ Do not print partner’s
☐ Address
☐ Phone
☐ EMail

Make check payable to ‘New York Cycle Club’. Mail to: New York Cycle Club, PO Box 20541, Columbus 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.
Tuesday, March 8, 2005

Wow! It's spring. I want a new bike, equipment, clothing. So many options. How do I decide?

In the past, there was a great divide between the gear used by professional racers and everyday cyclists. Now, with the expansion of road cycling clubs, charity rides, and increased enrollment in racing among riders of all ages, the demand for road cycling technology is at an all-time high, and manufacturers know it. In this program we will help NYCC members navigate the latest offerings in computer training systems, bike technologies, nutrition education, and gear.

Tim McNeely, the general manager of Sid’s Bike Shop, will discuss a variety of road-frame materials, geometry, and componentry, with an introduction to 2005 products and innovations.

Colby Marple, a team rider for Cuevas and sales associate for Sid’s, will cover computerized training technology including wireless cycling computers, the importance of cadence functions, cycling-specific heart rate monitors, and power sensors.

Ashlei Schwartz, Sid’s clothing and nutrition buyer, will discuss the benefits cyclists can gain with the latest technical garments and nutrition from the pro race circuit.

Have you thought about racing, but have not given it a try yet? Alan Resnick, former president of the Century Road Club Association, current USA Cycling official, and former Cat 1 racer with over 30 years of racing experience, will answer questions about racing, including safety, etiquette, training, and bike-handling skills.

What could be a better time to set your focus on great riding for the season ahead? Whether you’re an A, B, or C rider, the tips provided can be utilized by everyone for safe and fun riding – yours and the people around you. This is a power-packed program. And there will be great prizes from Sid’s Bike Shop. Join your friends at the NYCC March Program!

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).