

March, 2005

# NYCC Bulletin



**“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.

Stan Oldak

## 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 neighbouring streets, but there is enough to cause a real nuisance and potential danger to pedestrians, including children, cyclists, joggers and roller bladers using the park.

Anthony Poole

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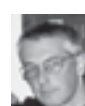
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**Submissions by e-mail to:** [bulletineditor@nycc.org](mailto:bulletineditor@nycc.org). Submit copy via email or CD. Include operating system and software, hard copy, and contact info if submitting via CD. Material may be edited for brevity and clarity. A full page of text is 750 to 1,090 words. Publication is determined by available space. We cannot guarantee that all submissions will be published. Submission is contributor's warranty to the NYCC that material is in no way an infringement on the rights of another and may be published without additional approval.

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

**Copy editing:** Beth Renaud

**Front cover shot:** A cyclist riding laps of the park manages an impressive and illegal display of dexterity to make a phone call at high speed, as construction of Christo and Jeanne Claude's controversial *The Gates* exhibition starts in Central Park. If you are the cyclist pictured on the front cover, drop us a line at [bulletineditor@nycc.org](mailto:bulletineditor@nycc.org) *Picture by Anthony Poole.*

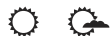
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# Club Rides

**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

**A20+ 60 miles 09:00 AM In Search of Hills**

*Leader: Mark Loftis, mark646@yahoo.com, 212-866-5824*  
*From: Grant's Tomb*

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.

**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, H<sub>2</sub>O, 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

**B16 50-60 miles 09:30 AM West Bank Vistas (Beginning March 20th and 24th)**

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

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.

## Tuesdays and Thursdays in March

**B17 18-24 miles 06:15 AM Central Park Laps**

*Leader: Linda Wintner, lwintner@metlife.com, 212-876-2798*  
*From: Engineers's Gate, 90th St and East Drive*

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.

## Tuesdays in March

**B16-17 50 miles 09:30 AM River Road (From 15th onwards)**

*Leader: Maggie Schwarz, mschwarzny@aol.com, 212-206-7672*  
*From: Eleanor Roosevelt statue, 72nd St and Riverside Drive*

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.

## Wednesdays in March

**A21+ 50± miles 10:00 AM Nyack**

*Leader: Do you really need a leader to go to Nyack? Leaders vary*  
*From: Central Park Boathouse*

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.

**A18 30± miles 06:30 PM Urban Adventure**

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

Meet 6:30 PM every Wednesday for an ever-changing exploration of New York City and its environs. Depending upon the time of the year, expect a 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

**A18-21 STS 55 miles +/- 09:30 AM Tarrytown A-Classic STS Ride No 2**

*Leaders: Ron Roth, rr7@nyc.rr.com; Hank Schiffman, hschiffman1@nyc.rr.com; Carol Wood, violetdubois@mindspring.com*  
*From: Central Park Boathouse*

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,

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.

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**A17-19 STS 54 miles 09:00 AM Newark to Princeton**  
**A-19 STS Ride No 3**

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*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 pacelining, 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.

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

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*Leaders: Robert Dinkelmann, RobertDinkelmann@att.net, 212-666-0175; Harvey Minsky, 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 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, 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.

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**B15 32 miles 11:00 AM Manhattan Greenway**

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*Leader: Hannah Borgeson, 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.

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**A17 100 miles 08:30 AM Tompkins Cove**

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*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

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

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*Leaders: John Zenkus, jjz2116@aol.com, 917-617-0901; Matthias Stadfeld, stadfeld@post.aecom.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) and we ride on Sunday. Check the club's message board after 6:30 AM on ride day.

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

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*Leader: Robert Gray, nyarchitect@msn.com, 212-593-0986*

*From: Statue of Civic Virtue, Queens Blvd. and Union Turnpike, Queens*

Out east to the north shore of Long Island: estates; vineyards; stables; 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.

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

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*Leaders: Robert Dinkelmann, RobertDinkelmann@att.net, 212-666-0175; Harvey Minsky, spokes609@nyc.rr.com, 212-595-9344*

*From: Tavern on the Green parking lot*

Departing at 10AM sharp. Today we follow a flat route through New Jersey to Piermont 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

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**B15 45 miles 09:00 AM Northvale**

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*Leaders: 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

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**B16/17 45 miles 08:50 AM Staten Island**

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*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 19th, 2005

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

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*Leaders: Peter O'Reilly, ptor@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.

**A17-19 STS**      **65 miles**      **09:00 AM**      **Ridgewood**  
**A-19 STS Ride 5**

*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 Minsky, spokes609@nyc.rr.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/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.

## 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**      **08:00AM**      **New Hope, PA**  
**A-Classic STS, Ride No 5**

*Leaders: John Zenkus, jjz2116@aol.com, 917-617-0901; Carol Wood, violetdubois@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**  
**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, Greenwich, 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**

*Leaders: Robert Dinkelmann, RobertDinkelmann@att.net, 212-666-0175;*

*Harvey Minsky, spokes609@nyc.rr.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 20 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 to the Closter Diner for lunch. Helmets are required; there will be strict observance of club riding etiquette. 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.

# SIG Ride Listings

Saturday, March 05, 2005

**A-SIG** 35+/- miles 08:30 AM  
A-SIG Classic/A-19 SIG Joint Registration, Orientation and Ride No 1  
8:30 AM registration 9:00 AM orientation 10:15 AM ride

Leaders: Timothy McCarthy, [asig.captain@nycc.org](mailto:asig.captain@nycc.org), 718-204-7484; Jim Galante, 201-503-9192; Ed Fishkin, 917-578-1078

From: Blessed Sacrament School, West 70th Street (north side), between Broadway and Columbus Avenue

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 participants from 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-Classic permits road bikes only. Not sure which program to join? Riders who can comfortably complete four consecutive laps of Central Park in 1:50 or better have enough fitness for the A-19 SIG. Riders who can comfortably complete four consecutive laps in 1:35 or better have enough fitness for the A-SIG Classic. If you're still unsure, talk to a leader. Both programs will work co-operatively in the first weeks and switch riders to ensure the fit is right. For more information, or to pre-register, visit [www.nycc.org](http://www.nycc.org) for pages dedicated to each SIG.

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

Leaders: Mark Gelles, [mgelles@okcom.net](mailto:mgelles@okcom.net), 212-689-1375; Wayne Wright, [wwright8@nyc.rr.com](mailto:wwright8@nyc.rr.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); raining or snowing; wet or slick roads; or steady wind above 40 mph. Check the NYCC message board or call listed leaders if uncertain. If weather cancels ride, we will have our meeting at 1 PM, and try to ride the four laps on Sunday.

Saturday, March 12, 2005

**A-SIG Classic Ride No 2** 50 miles 09:00 AM Park Ridge  
SKILL: Co-operative group riding

Leaders: Pam Nelson, [pamnelson@prodigy.net](mailto:pamnelson@prodigy.net), 212-879-5132; Mai Yee, [mai\\_yee\\_2000@yahoo.com](mailto: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** SIG 43/46 miles 09:30 AM Westwood, NJ

Leaders: David Hallerman, [cycleman23@earthlink.net](mailto:cycleman23@earthlink.net), 718-499-8171; Tonya Harroun, [tharroun@aecom.yu.edu](mailto: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.

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

Leaders: Patricia Janof, [patricia.janof@verizon.net](mailto:patricia.janof@verizon.net), 212-737-1668; Gary McGraine, [garynycc@aol.com](mailto:garynycc@aol.com), 212-877-4357

From: East 72nd St. and Fifth Ave., just inside Central Park entrance

Three laps of the park, at a steady, even pace to determine your strength and skill levels. Required: helmet, spare tube, and water bottle. Wear layered clothing, topped with a windbreaker. Cover your hands, ears, and knees against the cold. Bring a bike in good working condition, with tires inflated to recommended pressure. We'll provide the cheering section. Rain, wet roads or temp. below 35°F (2°C) postpones. Call by 8:30 AM if in doubt.

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, [christy.guzzetta@gesservices.com](mailto:christy.guzzetta@gesservices.com), 845-265-7210; Jody Saylor, [jsaylor@aol.com](mailto:jsaylor@aol.com), 845-265-7210; Mark Loftis, [mark646@yahoo.com](mailto:mark646@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](mailto: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 bikeways 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 SIG** 47/57 miles 09:30 AM Scarsdale/Hartsdale

Leaders: Christian Edstrom 212-496-4048, 718-828-5309; Dolores McKeeough, [dolor@verizon.net](mailto:dolor@verizon.net), 212-539-1437

From: Central Park, Rambles shed

We will start with a class in spinning – an all-important skill that will save your knees as the years go by, and help you to go faster now. Then we will

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 NYCC 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 pacerline**

*Leaders: Melissa Bybee, melbybee@earthlink.net, 212-740-9393; Jeff Robins, jeffreese2003@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 pacerline riding from last week. This week, we do more of the same, getting comfortable with it. However today we start rotating the lead. You are now getting to be a steady, smooth, predictable rider. We will ride out to Nyack on Rt 505 and eat breakfast at the Runcible or the diner. We will return on 9W and really let the pacerline rip. Get to the Boathouse parking lot by 8:30 to sign in, separate into groups, and talk with your group leaders. Helmets required. Aero bars? Never heard of such things. Rain date: Sunday, March 27. Check the NYCC message board if the weather is threatening.

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

*Leaders: Ed Fishkin, fishkine@nychhc.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 pacerlining we learned last week will evolve into a thing of elegance and beauty today. We'll advance to rotating the pacerline 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, ffeffel@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 will try again on Sunday.

**C-SIG, Ride No 1 various miles 09:30 AM Destination to be advised**

*Leaders: Patricia Janof, patricia.janof@verizon.net, 212-737-1668; Christina Bernstein, cbernstein1@nyc.rr.com, 212-243-5182; Paul Hoffner, bikeman999@aol.com, 212-737-1552; Gary McGraime, garynycc@aol.com, 212-877-4357*

*From: Your ride leader will contact you*

Our first group ride. You will be contacted prior to today with the results of your self-classification ride and who your ride leaders are. They will let you know the starting place and time, what to bring and wear and how to find out if the ride is postponed because of bad weather. For the next eight weeks, we will ride all day, with stops for training and food. The C-SIG leaders have planned a great SIG for you this year!

**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.nycc.org](http://www.nycc.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, 212-505-2755, or e-mail: [Joanne.McGarry@mail.co.nassau.ny.us](mailto:Joanne.McGarry@mail.co.nassau.ny.us)  
Checks payable to NYCC

**NYCC**



**'Art' inspires  
photographers  
and message  
board users.  
Anthony Poole  
reports**

# Those Gates!



Backlit gates in the afternoon sunshine (Above)  
Picture by Rebecca Poole

A gate backlit by early morning sunshine. Picture by  
Claudia Kulesh (Bottom left); Snow transforms the ex-  
hibition on President's Day. Picture by Anthony Poole  
(Bottom right)



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:

<http://www.nycc.org/mb/Thread.aspx?B=1&T=3354&TP=1#Msg13799>

and

[http://www.nycc.org/mb/Thread.aspx?B=1&T=3510&TP=1&C=\(73\)](http://www.nycc.org/mb/Thread.aspx?B=1&T=3510&TP=1&C=(73))

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.





▲ 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 ▶



NYCC C-Sig coordinator, Patricia Janof, prepares for this year's program. Picture by Anthony Poole ▼



# 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 a15 mph cruising speed — see charts). Our rides are described by pace and style because it's more fun when the group is of similar ability. We ride for fun, fitness, and food.

**RIDE LEVEL** indicates the type of riding. See chart (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, 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. MetroNorth 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](mailto:gkaplan4@nycc.rr.com) and give him plenty of notice.

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
21	1:10 TO 1:13
20	1:13 TO 1:16
19	1:16 TO 1:20
18	1:20 TO 1:25
17	1:25 TO 1:30
16	1:30 TO 1:38
15	1:38 TO 1:48
14	1:48 TO 2:00
13	2:00 TO 2:14
12	2:14 TO 2:30
11	2:30 TO 2:50

FROM GCT	ARRIVES	AT/FROM	DEPARTS	ARRIVES GCT
7:35 AM (Hudson Line)	9:49 AM	Poughkeepsie	03:33 PM	05:27 PM
8:53 AM (Hudson Line)	10:46 AM	Poughkeepsie	04:33 PM	06:27 PM
		Poughkeepsie	05:33 PM	07:19 PM
7:48 AM (Harlem Line)	9:20 AM	Brewster North	03:09 PM	05:38 PM
8:48 AM (Harlem Line)	10:20 AM	Brewster North	04:09 PM	06:37 PM
		Brewster North	05:09 PM	07:37 PM
8:07 AM (New Haven Line)	9:52 AM	New Haven	02:59 PM	04:40 PM
9:07 AM (New Haven Line)	10:20 AM	New Haven	03:55 PM	05:40 PM
		New Haven	04:55 PM	06:40 PM

## 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. <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 hostelrys as well the Active.com form for registration for the NYCC Sunday night dinner. Since we 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](mailto: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 Cxp33 with Dura Ace Hubs, 32 spokes, \$250.  
Richard Stevens (212)-587-9377

**For Sale:** Cross Country Ski Package - Karhu Skis, waxless, 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)-567-8272 or [mclarke@hunter.ny.edu](mailto:mclarke@hunter.ny.edu)



**I WANT YOU!**  
At West Point  
On the July 4th Weekend  
**MARK YOUR CALENDARS NOW**  
NYCC July 4th Weekend at West Point  
Saturday, July 2nd  
to  
Monday July 4th, 2005  
Details and Registration available in early March  
[www.nycc.org/rides\\_4th.shtml](http://www.nycc.org/rides_4th.shtml)

# 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



**Larry and Jeff's 2nd Avenue Bicycles Plus**

1690 2nd Ave. at 87th St, NY, NY  
212-722-2201 15% off parts

**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

**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

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 NEGLIGENT RESCUE OPERATIONS, AND I FURTHER AGREE that if, despite the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as the result of such claim. I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.



Check one:  New  Renew  Address Change Date \_\_\_\_\_ Check Amount \$ \_\_\_\_\_

Check one:  Individual \$24 (bulletin mailed)  Couple residing at same address \$30 (bulletin mailed)  
 Individual \$19 (bulletin online)  Couple residing at same address \$25 (bulletin online)

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: \_\_\_\_\_

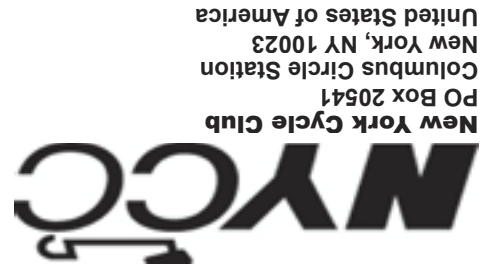
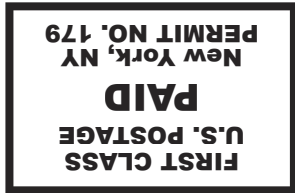
Signature (1) \_\_\_\_\_ Date of Birth \_\_\_\_\_ Signature (2) \_\_\_\_\_ Date of Birth \_\_\_\_\_

Check (if applicable)  Do not print my  Address  Phone  EMail 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, 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](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, 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).