

April, 2005

NYCC Bulletin

**2005 SIG Season Is
In Full Swing**

**Ride Listings, Including
STS and SIGS Programs
NYCC Berkshires Details
July 4th Weekend Details
Special Event: Fancy a
Curry?**

It's your turn to volunteer



Bartenders Joanne McGary and David Sabarrese

On Friday, February 25th, we had our very first Volunteer Recognition Party to honor all of our volunteers from 2004 (See accompanying picture). For those who were present, you know what a super time we all had. There was music, wine, beer, sumptuous food and good friends. We had a raffle and Peter Morales walked away with a free weekend for two at Ride NoHo (a bike touring company in Massachusetts).

We also had a little fun giving out some partly funny, partly serious certificates to some of our volunteers. We owe much thanks once again to David Sabarrese, our special events co-ordinator, for putting together a great party. And thanks to Ellen Jaffe for creating and printing those wonderful photo-collage posters of many 'club' shots. Also thanks to Tom Laskey, who could not make it, but chose the music and put together the mix that we listened to (he must be a 'pro' at this!).

For those of you who could have been there but didn't make it, perhaps you will be there next year as we hope to make this an annual event. And for those of you who were not invited, now is the time, as a new bike season gets under way, to think about how you can volunteer your time in some small or even big way for the club.

If your next question is, "How can I volunteer?", then I have some answers. The first thing that comes to my mind is to lead a club ride! This, after all, is what our club is all about – providing various rides at different levels throughout the year. This does not happen without ride leaders. If you have not led a ride before, speak to one of our ride co-ordinators and they will help you get started. All you really need is a destination and a cue sheet to some place that you like to ride to and you can bring some of us along.

You can also volunteer by helping out at our booth at the annual Bike Show in early May. You will be able to meet some interesting people and talk to some prospective new members. You will also have a chance to see the show itself. Info on how you can do this will be appearing very soon in our weekly club e-mail and on our website. Other ways to volunteer will continue to present themselves throughout the year.

Next, I would like to mention our last 'non' club meeting and our upcoming meeting in April. As many of you may know, the weather forced us to cancel the March meeting at just a few hours' notice. We had a very interesting meeting lined up and the bad weather would have meant a very low turnout, and we probably would have been obligated to the restaurant for a minimum number of people that could have cost the club \$600 to \$700. The good news is that we have rescheduled the same program for our April meeting, on the 12th.

And finally, let me remind everyone that our 'All-Class' Memorial Weekend in the beautiful Berkshires is fast approaching. If you plan to attend and have not yet made reservations, then you need to get moving. All the information you need on finding a place to stay and on signing up for our dinner/party for Sunday evening can be found on page 7 in this bulletin and on our website.

Have a great April!

Stan Oldak

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Display Advertising: Only bicycle-related advertising is accepted. Page size is 7.5" by 10". Rates for camera-ready copy: Full page, \$275; Half page, \$150; Quarter page, \$85; Eighth page, \$50; Bottom blurb, \$45. Frequency discounts available.

Submissions by e-mail to: 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: NYCC webmaster and A-Classic SIG captain, Timothy McCarthy leads out a ride from the Boathouse, destined for White Plains. More pictures of various SIGS elsewhere in this bulletin. If you missed out on the SIGS this year, be sure to mark your calendar for next March, April and the first half of May and keep riding through next winter. *Picture by Anthony Poole.*

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Club Rides

IMPORTANT: BEFORE YOU TAKE YOUR FIRST CLUB RIDE, PLEASE READ ABOUT CLUB RIDES ON P14.



PLEASE NOTE: With few exceptions, bad weather (ie precipitation in any form, ice, snow and water-covered roads and high winds) and temperatures of freezing and below are generally causes for a ride's cancellation. Where there is an exception, it is stated with the relevant ride's description. If the weather looks doubtful when you wake up on ride day, check the NYCC message board (www.nycc.org), or contact the listed leader.

PLEASE BRING (on all rides): A roadworthy bike in good working order, a helmet, a pump, tools and tire levers, two spare inner tubes, two full water bottles, pocket food, Metro North Card, health insurance card, enough cash to get you through the day or to get you home and, if you have them, a small lock, a small first aid kit and a fully-charged cell phone.

RIDE LISTINGS: To lead a NYCC ride next month, use the Ride Submission Program on the club's website, www.nycc.org.

ALWAYS WEAR A HELMET AND NO 

A, B and C SIG ride listings begin Page 7

April Recurring Rides Sundays in April

Tuesdays and Thursdays in April

B17 18-24 miles 5:45 am Laps in Central Park

Leader: Linda Wintner, lwintner@metlife.com, 212-876-2798
From: Engineers's Gate, 90th St and East Drive
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 for people who don't know how to do it. I've done these rides for several years and they've always been fun, so I hope you'll join me. Please check the weekly email listings and message board in case I need to cancel or change anything at the last minute (which I rarely do).
Cancels: Temperatures below 25°F (-4°C).

Wednesdays in April

A18 30± miles 6:30 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 for an ever-changing exploration of New York City and its environs. Depending on time of year, expect a two to three hour nonstop ride. Required will be some sort of fat-tire bike, good handling skills and a helmet. The route may include cobblestone, rough roads and occasional off-road – where we can find it. Lights required. While not fast-paced, those participating should be able to maintain 18 MPH flat speed riding a fat-tire bicycle. This is an all-four season ride. Post ride dinner is always an option.

A20+ 55± miles 10:00 am

Wednesday Morning Spin

Leader: Jeff 'El Jefe' Vogel, jeffvgl@yahoo.com; 718-275-6978

From: Central Park Boathouse

Join us for a fast paced, occasionally co-operative group ride, always to Nyack (usually 505 up, 9W return). There is often a slower group too. The ride will get faster as the weather improves. We have no silly requirements and you should know what cancels for you. Also, please check the NYCC Message Board. If the forecast for Wednesday is miserable, we'll try to move the ride to Tuesday or Thursday.

C14 18 miles 7:00 pm Stressbusters in Central Park
NOTE: This ride is on April 6th, 13th and 20th only. See below for April 27th

Leader: David Sabbarese, dsabbare@firstmanhattan.com, 212-756-3209

From: Engineers's Gate, 90th St and East Drive

Our mid-week spinning session is back and is designed to keep us fit in between our weekend rides. We'll do three laps around the park, learning good techniques and stressing safety. If you are new to the NYCC or would like to know what we're about, this might be a good place to start. Bring a well-maintained bicycle and helmet (mandatory), blinking lights (suggested, as we may be ending after dusk), and a lock and some pocket money (as we have been know to grab a beer or a bite on occasion).

B16 35 miles 6:30 pm Stressbusters go to Brooklyn
NOTE: This ride is on April 27th only

Leader: David Sabbarese, dsabbare@firstmanhattan.com, 212-756-3209

From: City Hall Park, Opposite Brooklyn Bridge

Our mid-week spinning session is busting out of Manhattan. We'll traverse the Brooklyn Bridge and do some laps in Prospect Park for a change of pace. For those who wish to jump on board in Brooklyn, we figure to be at the Grand Army Plaza entrance around 7 pm. We will return to Manhattan via the Manhattan Bridge. Bring a helmet (mandatory), blinking lights (suggested as we may be ending after dusk), and a lock and some pocket money for those of us who may want to grab a bite or a beer afterwards.

April Rides

Saturday, April 02, 2005

A19/21+ 65 miles 8:30 am STS-A23, Ride No 6: Mid-Session Climbfest

Leaders: Ron Roth, rr7@nyc.rr.com; Peter O'Reilly, Ptor@Prodigy.net

From: Central Park Boathouse

A one-way route heading north through Saddlebrook, down South Mountain Road to Little Tor, then lunch at David's Bagels on Rt. 202. After lunch we'll climb Gate Hill Road, then cruise more leisurely through Harriman State Park, with an optional climb up Perkins. Finally, after crossing over the Bear Mountain Bridge, we'll climb Anthony's Nose then descend into Peekskill where you'll purchase your ticket to ride, along with perhaps a beer or two at the station bar before using it. We face 4,440' of vertical. A Metro North bike pass is a must. Check the NYCC message board after 7:00 AM.

A19 65 miles 8:30 am STS-A23 sweep, Ride No 6: Climbfest

Leader: Carol Wood, violetdubois@mindspring.com, 212-683-0070

From: Central Park Boathouse

This is a slower, endurance version of the same thrilling but difficult terrain covered by the A19-21s (See above). We aim to finish without bonking – and to enjoy the day. You can ride at your own pace if you bring a map or can at least follow a cue sheet. Dropped riders should be self-sufficient; we will regroup at the rest breaks – if you are fit, our times will vary no more than 15 minutes. A Superman ride for mere mortals! Metro bike pass a must. Call leader for more info and check the NYCC Bulletin Board from 7AM onwards.

SIG ride listings start on Page 7

A18-20 72 miles 8:30 am STS-A19, Ride No 7 Garrison

Leaders: Robert Gray, nyarchitect@msn.com, 212-593-0986; Steve Dwek, stevedwek@aol.com, 212-744-7083

From: Grand Central Terminal, Information Booth

No fooling around in early April, this is one of the best Westchester and Putnam routes. Junk miles will be eliminated by train rides at the start and finish. North White Plains, Purchase, Greenwich, Mianus River, Pound Ridge, Waccabuc, Titicus, Croton Falls, Carmel, Peekskill Hollow, Canopus Hollow, Moneyhole Mountain, Garrison or Cold Spring. As we promised, difficulty is progressing: 4,500 vertical feet, difficulty index 133. Bailouts will be available along the way, another reason not to forget that train pass.

B15 56 miles 9:30 am Park Ridge

Leader: Laura Selikson, 212-685-7597, zydec Laura@hotmail.com

From: Central Park Boathouse

Come join us for a beautiful spring ride to Park Ridge. Please bring a bike helmet and friendly smile.

Sunday, April 03, 2005 ⌚ Clocks forward one hour

B17ish 80± miles 9:00 am EDT Orchards of Concklin

Leaders: Marci Silverman, mhsilv@yahoo.com, 646-408-4565; Colleen Bernstiel

From: Central Park Boathouse

A beautiful ride, with something for everyone, including South Mountain Road. Lunch at the orchard or somewhere nearby, home via Saddle River Road. Optional climb of Little Tor. Bring all the basics and plenty of pocket food. Helmet & positive attitude required. Prompt departure at 9am, so try to get there a few minutes early to sign in. Temperatures below 40°F (4°C) may shorten but won't cancel (do I have to say that, it's April?).

C12 32 miles 10am EDT STS-C13 Get Back in Shape 3: White Plains

Leader: Maggie Clarke, mclarke@hunter.cuny.edu, 212-567-8272

From: Isham St & Broadway, Manhattan (take 'A' train to 207 St)

Meet at benches just above Isham St on Broadway (underneath the Giant Ginkgo Tree); Take 'A' train to 207th St; take elevator or stairs out at south end of station and go north 1.5 blocks from 207th St. This is the third of a series of C rides to help us get back into shape after a winter of relative sloth. Let's venture north a little further on a very pretty route through the burbs of lower Westchester to a diner in White Plains for lunch. Helmets required; there will be strict observance of Club riding etiquette. Bring your Metro-North pass for emergencies. Cancellation: Starting temp below 40°F (4°C). Call Maggie After 8 am if in doubt.

Saturday, April 09, 2005

A23 70 miles 7:30 am STS-A23, Ride No 7: Harriman Hell

Leaders: John Zenkus, jjz2116@aol.com, 917-617-0901; Peter O'Reilly, ptor@prodigy.net

From: Grand Central Terminal, Information Booth

After all the mostly flat riding of the past weeks, it's time to work on climbing, with 6,160 vertical feet of climbing, and this ride in and around Harriman State Park will provide plenty of opportunities; Gate Hill, Tiorati Brook and Arden Valley are just a few of the climbs we will face. Be forewarned, this is a difficult ride averaging over 100 vertical feet of climbing per mile. The return is from Peekskill. Meet at GCT around 7:30 AM to catch the 7:51 train. Bring a Metro North bike pass. Check message board if in doubt about the weather.

A19 70 miles 7:30 am STS-A23 sweep, Ride No 7: Harriman Hell

Leader: Carol Wood, violetdubois@miles ndspring.com, 212-683-0070

From: Grand Central Terminal, Information Booth

For route description, see the A23 listing. This is a slower, endurance version of the same thrilling but difficult terrain. Be prepared for a long, very hilly trek at a steady pace. We aim to finish without bonking – and to enjoy the day. You can ride at your own pace if you bring a map or can at least fol-

low a cue sheet. Dropped riders should be self-sufficient; we will regroup at the rest breaks – if you are fit, our times will vary no more than 15 minutes. This is a Superman ride for mere mortals – but even Superman needs to prepare for this one. You will need a Metro North bike pass. Call ride leader for more information and check the NYCC Bulletin Board from 6 am onwards.

A18-20 82 miles 8:30 am STS-A19, Ride No 8: Saddle River

Leaders: Robert Gray, nyarchitect@msn.com, 212-593-0986; Marci Silverman, mhsilv@yahoo.com, 646-408-4565; Sue Foster, suefoster@nyc.rr.com, 212-874-1388

From: Central Park Boathouse

If you know this territory, you know that we do this route counterclockwise when we are getting serious about hills and speed. We ride north through Bergen County, up South Mountain Road and then make the run down Saddle River Road which is as close as we get to a race pace in this series. We face 3,500 vertical feet, difficulty index 133. No trains, no bailouts, no exotic tires please.

B16 50-60 miles 9:30 am West Bank Vistas

Leader: Jay Jacobson, Joanandjay@aol.com

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.

Sunday, April 10, 2005

B15/16 40 Approx 9:00 am Oh What A Breeze! Park Ridge

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

From: George Washington Bridge, NJ side bike path entrance

Oh What A Breeze! Get out of Bed and Get on the Bike! You C SIG riders should join us and get more mileage. Since this ride is mostly flat there will more emphasis on constant riding, even if the pace has to be slowed a little. We will stop for a brief lunch. Please know how to change a tube. Temps below 40°F (4°C) cancel. Please RSVP to me by Thursday prior to ride. Hope to see you!

B16 57 miles 9:00 am White Plains

Leaders: Hal Eskenazi, hal@profilesworldwide.com, 917-822-5401; Alfredo Garcia, cyclistxxxiii@yahoo.com, 646-312-1677

From: Central Park Boathouse

OK, we're finally into spring and it's time to get some riding in, the winter being what it was! Did a little riding in March and now we're ready to stretch those legs? Well, we have a solution. We'll take a ride to White Plains on a double mission. To ride with some friends and to find a good place to eat since, "We ride to eat", according to our socks. So join us for the fun of it. There are numerous bailouts via MTA and Metro North in case those legs aren't just ready or we get dumped on. Temperatures below 35°F (2°C) cancels.

B17/18 70 miles 9:10 am Caumsett State Park

Leader: Ron Grossberg, argee401@aol.com, 718-369-2413

From: Statue of Civic Virtue, Queens Blvd & Union Tpk, Queens

Scenic ride to 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.

C11-12 35 miles 10:00 am STS-C13 Get Back in Shape 4: Eagle Rock

Leader: Maggie Clarke, 212-567-8272; mclarke@hunter.cuny.edu

From: World Trade Center, PATH Station Entrance

Meet at the new World Trade Center PATH station on the old Concourse level (one floor down from ground level) near the bottom of the banks of escalators. It's the same setup as it was before except that you get a view of the Pit rather than stores. Access is from the A,C,E trains and N, R trains as before. This is the fourth of a series of C rides to help us get back into shape after a winter of relative sloth. We'll take it easy on this short, but challenging ride out to South

Orange, Millburn and then through a nice park climbing up to Eagle Rock for a stupendous view of all of Manhattan, Brooklyn and Newark. Bring your camera and hope for clear conditions. If it's warm enough we'll have a picnic there at the WTC memorial at the overlook. If not, we'll eat indoors nearby. Towards the end of the ride, we'll go through Cherry Blossomland and maybe get an early preview of the blossoms. Helmets are required; there will be strict observance of Club riding etiquette. Bring money for PATH. Cancellation: starting temp below 40°F (4°C). Call Maggie after 8 am if in doubt.

Saturday, April 16, 2005

A23 80 miles 7:30 am STS-A23, Ride No 8: Upper Westchester

Leaders: Hank Schiffman, hschiffman1@nyc.rr.com, 212-529-9082; John Zenkus; Peter O'Reilly

From: Grand Central Terminal, Information Booth

We will take the 7:48 am train to Katonah (arrives 8:52 am). Return from Brewster Metro North Station. We face 4,080' of vertical. This ride presents a tour from Katonah that will take us through open country in Upper Westchester and Lower Putnam Counties. You will be treated to a visually esthetic ride with lots of vertical. Lunch will be in Yorktown Heights. You will need a Metro-North bike pass. As with all rides in the series, you don't have to have ridden in any of the previous rides, but you must have good paceline skills and stamina as well as the desire to participate in an aggressive training program. Check the NYCC message board for any cancellation notice from 90 minutes before departure.

A19 80 miles 7:30 am STS-A23 sweep, Ride No 8: Upper Westchester

Leader: Carol Wood, violetdubois@miles ndspring.com, 212-683-0070

From: Grand Central Terminal, Information Booth

We take the 7:48 am train to Katonah arriving 8:52 am. For route description, see the A23 listing. This is a slower, endurance version of the same thrilling but difficult terrain. We aim to finish without bonking – and to enjoy the day. You can ride at your own pace if you bring a map or can at least follow a cue sheet. Dropped riders should be self-sufficient; we will regroup at the rest breaks – if you are fit, our times will vary no more than 15 minutes. A Superman ride for mere mortals! You will need a Metro North bike pass. Call ride leader for more information and check the NYCC Bulletin Board after 6 am.

A18-20 77 miles 8:30 am STS-A19, Ride No 9: Tarrytown and Chappaqua

Leaders: Robert Gray, nyarchitect@msn.com, 212-593-0986; Catherine Gibbons, Cgibbonsphoto@aol.com; Mary Rieth, MRIETH@nyc.rr.com

From: Central Park Boathouse

We ride up the Hudson to Tarrytown, say, "Hello" to the Rockefellers in Pocantico Hills, say, "Hello" to the Clintons in Chappaqua and travel back down central Westchester without taking any trains. We face 5,000 vertical feet, difficulty index 150. Train bailouts available all along the way.

Sunday, April 17, 2005

B15/16 40 Approx 9:00 am Sunday Quickie to Scarsdale!

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

From: Central Park Boathouse

A quick ride to Scardale from NYC. Get a quick nosh on in Scardale and then zip back to the city. Stretch those legs and be out in the sunshine. You C SIG riders should join us and get more mileage. Please know how to change a tube. Temps below 40°F (4°C) cancels. Please RSVP Thursday prior to me. Hope to see you!

B17 50/70/100 miles 9:00 am Early Season Options

Leaders: Neile Weissman, soupstone-at-miles ndspring-dot-com; Marci Silberman, mhsilv@yahoo.com, 646-408-4565

Join us for a scenic ride to Mt Kisco and back. The route features rolling terrain and secluded backroads. Not ready for a century? You can bail at Mt Kisco (50 miles), Tarrytown (70 miles) or Metro-North and subway stops along the way. Pocket food is essential. Helmet required, MetroNorth pass and MetroCard strongly advised. Cold temperatures won't cancel but may shorten the ride.

Friday, April 22, 2005

B16/17 60 miles 9:10 am Long Beach/Point Lookout

Leader: Ron Grossberg, argee401@aol.com, 718-369-2413

From: City Hall Park, Opposite Brooklyn Bridge

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

Saturday, April 23, 2005

A23 85 miles 7:30 am STS-A23, Ride No 9: Putnam Ramble

Leaders: John Zenkus, jjz2116@aol.com, 917-617-0901; Craig Breed, CraigBreed@bikewithme.com

From: Grand Central Terminal, Information Booth

This is the first of our four epic rides. Starting in Garrison, we will warm-up on 9W because once we turn on 301 the climbing begins with a long but rewarding ascent, gaining over 1,000 vertical feet. We then continue east for another long climb near the Connecticut state line prior to stopping in Pawling. The return is rolling and fast until we tackle a couple of steep Putnam Valley hills before the ride's end in Cold Spring. Meet at GTC around 7:30 am to catch the 7:51 train. Metro North passes and helmets are a must. Check bulletin board for updates if weather appears unfavorable.

A19 85 miles 7:30 am STS-A23 sweep, Ride No 9: Putnam Ramble

Leader: Carol Wood, violetdubois@miles ndspring.com, 212-683-0070

From: Grand Central Terminal, Information Booth

We take the 7:51 train to Garrison and return from Cold Spring. For route description, see A23 listing. This is a slower, endurance version of the same thrilling but difficult terrain. We aim to finish without bonking – and to enjoy the day. You can ride at your own pace if you bring a map or can at least follow a cue sheet. Dropped riders should be self-sufficient; we will regroup at the rest breaks – if you are fit, our times will vary no more than 15 minutes. A Superman ride for mere mortals! You will need a Metro North bike pass. Call ride leader for more information and check the NYCC Bulletin Board after 6 am.

A18-20 80 miles 8:30 am STS-A19, Ride No 10: Bear Mountain Park

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

From: Central Park Boathouse

We will ride over the GW bridge and out through Bergen County to Harri-man State Park to travel some of the classic roads there: Gate Hill, Arden Valley, Seven Lakes. We will continue on to Bear Mountain State Park to top out the day. Return by train to Grand Central from Garrison. 5,000 vertical feet, difficulty index 156. Bring pocket food is essential for this ride.

B16 45 miles 9:30 am In Search of Cherry Blossoms

Leader: Hannah Borgeson, hannahb@att.net, 212-348-2601

From: World Trade Center, PATH Station Entrance

It's cherry blossom season, so we're heading to Cherry Blossomland in Essex County, NJ. Sites include Branch Brook Park, which hosts the nation's largest cherry blossom festival (with more than 2,000 trees!), cherry tree-lined streets in Bloomfield and Montclair, and spectacular views of Manhattan from Eagle Rock Reservation. We'll take the PATH to Newark and stop for an early lunch before hitting some hills.

Sunday, April 24, 2005

B15/16 60 miles 8:00 am Sunday Stretch to Greenwich!

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

From: Central Park Boathouse

Get out of Bed and stretch those legs! Sure this ride is a bit more mileage but you can do it. Pace will be set by attending riders. If need be there will be two groups. We will stop a few times to eat/drink. Temps below 40°F (4°C) cancels. Please RSVP Thursday prior to me. Hope to see you.



Anthony Poole



Hank Schliman

A-Classic STS takes flight to Tarrytown, March 5th, 2005 (Left); Boathouse Departure Lounge for a 2004 STS ride

C12 40 miles 9:30 am STS-C13 No 6: Orangeburg, Rivervale

Leader: Maggie Clarke, 212-567-8272; mclarke@hunter.cuny.edu

From: GWB Bus Terminals, 178 St and Ft Wash Av

Meet at the back of the George Washington Bridge Bus station – 178th St and Ft. Washington Ave. Reach it via A train, 175th St station. Elevator leaves you just south of meeting place. We'll ride over the bridge and into Bergen and Rockland Counties to reservoir country on one of Irv Weisman's best routes. We'll either have a picnic in Branch Brook Park or eat in a local diner if it's chilly. Terrain is mostly rolling though we climb a steep one before lunch and the Palisades at the end. Helmets required. There will be strict observance of Club riding etiquette. Bring money for PATH. Cancellation: starting temp below 40°F (4°C). Call Maggie After 7:30 am if in doubt.

Thursday, April 28, 2005

B16 50-60 miles 9:30 am West Bank Vistas

Leader: Jay Jacobson, Joanandjay@aol.com

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.

Saturday, April 30, 2005

A21+ 90+ miles 8:00 am STS-A23, ride 10: Poughkeepsie

Leaders: Bill Greene, bgreene@nac.net; Ron Roth, rr7@nyc.rr.com, 212-875-0905

From: Central Park Boathouse

A Fred Steinberg classic and the first of our final three epic rides. This has 5,880' of vertical. Little Tor, Old Gate Hill, and Seven Lakes Drive. Up 9W for the entertaining ascent of Mountain Ave. above West Point then on to Storm King and its sweeping Hudson vista. Lunch at Painters in Cornwall, apple blossom time among the orchards of Marlboro, Indian Mtn Rd. (great Berkshire views), and finally the train back from Poughkeepsie (perhaps after recovery beers and dinner). MetroNorth Bike Pass, spending pelf, helmets, paceline skills, buff quads, and stamina are essential. Rain date Sunday. If in doubt, check the NYCC message board for a cancellation notice 90 minutes before departure.

A19 90 miles 8:00 am STS-A23 sweep, Ride No 10: Poughkeepsie

Leader: Carol Wood, violetdubois@miles ndspring.com, 212-683-0070

From: Central Park Boathouse

For route description, see A21+ listing. This is a slower, endurance version of the same thrilling but difficult terrain. We aim to finish without bonking – and to enjoy the day. You can ride at your own pace if you bring a map or can at least follow a cue sheet. Dropped riders should be self-sufficient; we will regroup at the rest breaks – if you are fit, our times will vary no more than 15 minutes. A Superman ride for mere mortals! You will

need a Metro North bike pass. Call ride leader for more information and check the NYCC Bulletin Board after 7:30 am.

A18-20 88 miles 8:30 am STS-A19, Ride No 11: Cold Spring

Leaders: Robert Gray, nyarchitect@msn.com, 212-593-0986; Steve Dwek, stevedwek@aol.com, 212-744-7083

From: Central Park Boathouse

This is one of our best Westchester and Putnam epics. Bronxville, Scarsdale, Purchase, Greenwich, Bedford, lunch in Katonah, Croton Falls, Carmel, and Fahnestock on Route 301 with a 1200 foot descent into Cold Spring. Train return to Grand Central. 5,000 vertical feet, difficulty index 171. Do not expect to see me at the front of this one. Good tires, good attitude, and Metro North bike pass absolutely required.

B16 50-60 miles 9:30 am West Bank Vistas

Leader: Jay Jacobson, Joanandjay@aol.com

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.

Sunday, May 01, 2005

B16 42 miles 09:30 AM I Brake for Beer

Leader: David Sabbarese, dsabbare@firstmanhattan.com, 212-756-3209

From: Central Park Boathouse

A leisurely spin to Coney Island via Prospect Park and the bike path by the Belt Pkwy before heading back by way of Ocean Pkwy. We'll have lunch either at Totunno's famous pizzeria or Nathan's famous red hots stand, depending on group preference. Bring a helmet (mandatory), lock (suggested) and beer money (for those who wish to quaff suds in an East Village German beer garden after the ride). For those wishing to jump on board in Prospect Park, we figure to be by the Picnic House by around 11 am or so. Lousy weather cancels.

C13 45 miles 09:30 AM STS-C13 No 7: Silver Lake

Leader: Maggie Clarke, 212-567-8272; mclarke@hunter.cuny.edu

From: Isham St & B'way, Manhattan (take A train to 207 St)

Meet at the park benches at Broadway just above Isham St in Inwood (Upper Manhattan). Take 'A' train to 207th St, exit at rear of train (elevators available); then walk forward (north) 1.5 blocks on Broadway. We'll ride north, then east and do a large loop through the manicured burbs of lower Westchester, north through the country estates, to near the Kensico Reservoir (an extra loop along it if we feel our oats) and back around through White Plains and Scarsdale. Lunch will be a picnic on a grassy knoll near Silver Lake, and then the lovely Bronx river route back. Helmets are required. Bring your Metro-North pass for emergencies. Cancellation: starting temp below 40°F (4°C). Call Maggie after 8 am if in doubt.



One of the A-19 SIG groups sets off from the Boathouse parking lot in Central Park, headed for Park Ridge on a fine, sunny Saturday morning on March 19th



C-SIG leader Mitch Levine (Left) times in C Siglets Cara Sperling (Centre) and Andrew Wylie after completing a fast self-classification ride of three laps in the park in 1hr, 9 mins. A-Classics for 2006?

SIG Ride Listings

Saturday, April 02, 2005

A-SIG 55 miles 9:00 am A-SIG Classic, Ride No 5: Pleasantville

Leaders: Brian Stockmaster, bstockmaster@nyc.rr.com, 718-797-3243; Jason Winstanley, jwinstanley@att.net, 212-928-6209

From: Central Park Boathouse, parking lot

More single, rotating paceline and introduction to double paceline

This ride is hilly! Did you train during the week? Maybe even do some hill repeats? You'll be glad if you did! Phew! By now you're comfortable riding in a single paceline. We will ride to Tarrytown on Route 9 – a great place to practice rotating the lead. We will then climb over a hill to the Thornwood Diner for lunch and then return via Grassy Sprain. On the way home, if you're good (and we know you will be), we'll introduce you to a double paceline (non-rotating), so you'll be ahead of the game next week. Arrive early with name on helmet to get signed in and into your group. We leave at 9:00 on the dot. You're getting to be a real A-rider now. Rain date: Sunday, April 3.

A-SIG 54 miles 9:00 am A-19 SIG, Ride No 5: Pearl River

Leaders: Richard Ramon, RamonR@coned.com, 646-823-6051; Sheamus Cullen, 917-774-2664

From: Central Park Boathouse, parking lot

SKILL: Single-rotating Paceline (Don't take the tape off your helmet!)

You are all looking so fine! The pacelining we learned over the last few weeks will evolve into a thing of beauty today. We'll advance to rotating paceline riding 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 won't believe how your training pays off. If you continue on the steep learning curve you've demonstrated thus far, we may even try to rotate a few double pacelines today. Stragglers will have to use their cue sheets; the 'no drop policy' has expired. Daylight Savings Time begins Sunday, so don't forget to set your watches 1 hr ahead.

B16, 17, 18 55/60 +/- miles 9:00 am B SIG: Mamaroneck

Leaders: Amy Kirschner, 212-501-0298, amy.kirschner@verizon.net; Carol Waaser, biker-c@rcn.com, 212-581-0509

From: Rambles Shed, Central Park

Our class will be about riding in traffic – skills we all need just to get to the start of our rides each week. And we'll practice those skills as a group quite a bit today, especially on Route 1. But this is a pretty ride and, if the weather's nice, we can picnic by the beach. If not, we have a few indoor choices. Temperatures below 25°F (-4°C) cancels. If weather is bad, check nycc.org bulletin board or call listed leaders if uncertain. Rain date Sunday.

C-SIG 29-36 miles 9:30 am C-SIG, Ride No 2 Closter

Leaders: Group No 1 leader: Patricia Janof, patricia.janof@verizon.net, 212-737-1668; Group No 2 leader: Christina Bernstein, cbernstein1@nyc.rr.com, 212-243-5182; Group No 3 leader: Gary McGraine, garynycc@aol.com, 212-877-4257; Group No 4 leader: Paul Hofherr, bikeman999@aol.com, 212-737-1553

From: Your ride leader will email starting location

If you haven't received an email from your ride leader, call or email to confirm your start time and meeting location. Temperatures below 35°F (2°C) at start postpones ride to Sunday. Bring water bottles, helmet, spare tube, bike pump and lock, and money for lunch. Check the NYCC Message Board after 8 am for changes and postponement.

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.egremont-countryclub.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 hostels 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 or call Fred Steinberg (212 787-5204). Up to date information will be posted on the NYCC.Org site and weekly E-mailings.

Saturday, April 09, 2005

A-SIG 75 miles 9:00 am A-SIG Classic, Ride No 6: Rockland Lake

Leaders: Mark Loftis, mark646@yahoo.com, 212-865-7452; Ted Shaw, tashawgrp@mac.com, 212-410-9472

From: Central Park Boathouse, parking lot

Double, rotating paceline and bike handling drills

You can't miss this one. This is the turning point of the A-SIG. The double-pacelines we practice and hone as we ride laps around Rockland Lake set a standard of group riding that will carry us through the rest of our season together. We will alternate the lead regularly as well as practice regrouping skills for instances where we need to go from double to single lines quickly. We will also do low-speed bike handling drills on the grass in order to learn how to manage when riders bump shoulders or elbows or tap wheels. We head to Rockland Lake through a back way and then go about the business of our laps. On the way back we'll climb over to Nyack for a chance to recover and refuel, then climb some more hills at the state line on our way to NYC. The usual: arrive early to sign in, we leave at 9:00 sharp. Rain date: Sunday.

A-SIG 65 miles 9:00 am

A-19 SIG, Ride No 6: Syosset

Leaders: Ed Fishkin, 718-633-3038; Jim Galante, 201-503-9192

From: Central Park Boathouse, parking lot

SKILL: Double Rotating Pacelines (let's perfect them)

You are all looking so fine. The single (and maybe double) rotating paceline we perfected last week will be fine tuned as we make short work of the spacious Long Island Expressway Frontage Road. We'll steam out to Syosset in record time and really appreciate how all the training you've been doing pays off. We have a special treat in store for us in Syosset; a beautiful catered dining experience at the Nostalgia restaurant. You'll love it for a measly \$10.00 or so. Don't forget, next weekend, you belong to us Saturday and Sunday (see the ride listing for the special Sunday event).

B16, 17, 18

65 +/- miles

9:00 am

B SIG: Oyster Bay

Leaders: Ed White, 212-799-0259, ewhite10@nyc.rr.com; Eugenia Nascimento, ejbani@ev1.net, 917-687-1587

From: Statue of Civic Virtue, Queens Blvd & Union Tpk, Queens

Today we will learn the basics of paceline riding; our class will be at our early pit stop (6 miles). We'll practice on the long, straight LIE Service Road both out and inbound. This is a pretty ride through to Long Island's North Shore horse country. Bring your Metro Card Train pass and pocket food, as it's a long way to our lunch stop. If it's nice we can picnic by the Long Island Sound. Return via F train at 169th St. & Hillside Ave. NOTE QUEENS STARTING/ENDING LOCATIONS. Temperatures below 25°F (- 4°C) cancels. If weather is bad, check the nyc.org bulletin board or call listed leaders if uncertain. Rain date Sunday.

C-SIG 35-43 miles

9:15 am

C-SIG, Ride No 3: Northvale

Leaders: Group No 1 leader: Patricia Janof, patricia.janof@verizon.net, 212-737-1668; Group No 2 leader: Christina Bernstein, cbernstein1@nyc.rr.com, 212-243-5182; Group No 3 leader: Gary McGraime, garynycc@aol.com, 212-877-4257; Group No 4 leader: Paul Hofferr, bikeman999@aol.com, 212-737-1553 From: Your ride leader will email starting location

If you haven't received an email from your ride leader, call or email to confirm your start time and meeting location. Bring water bottles, helmet, spare tube, bike pump and lock, and money for lunch. Check the NYCC Message Board after 8 am for changes and postponement.

Wednesday, April 13, 2005

All SIGS 0 miles 6:30 pm

First Aid Class for Cyclists - SIGs only

Leader: Dr Ed Fishkin, 718-963-8569 to RSVP (ask for Ms. Hite)

From: Woodhull Hospital, Conference Room No 1

Directions: Take the J or M train, last car, direction Metropolitan Avenue

Bike Cargo Boxes Available To Rent



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

NYCC

to the Flushing Ave. stop. Go down the stairs to the main hospital entrance and follow signs to conference room No 1 on the 3rd Floor. Program runs from 6:30 to 8:00. **This class is mandatory for A-19 participants.** A-Classic, B and C SIG participants are invited. This session is designed to make you more comfortable preventing and dealing with accidents. You'll receive the first aid recommendations for common cycling injuries and instruction on how to manage a crash site. We hope you will never need to use what we cover this evening, but it is always better to be prepared. Recommendations for a small, personal, portable first aid kit will also be shared with you.

Saturday, April 16, 2005

A-SIG 81 miles 8:30 am A-SIG Classic, Ride No 7: Saddle River

Leaders: Jeff Robins, jeffree2003@yahoo.com, 212-794-2271; Mai Yee, mai_yee_2000@yahoo.com, 718-797-5659
From: Central Park Boathouse, parking lot

Endurance, endurance, endurance

This is one of the best rides of the A-SIG and one of the toughest. It requires that you pace yourself and work with the group as a team. No going it solo, blowing up on the way out and having nothing left on the way back! We'll take Saddle River Road north to Spring Valley for a stop at the Mt. Ivy Diner. On the way home, your reward: South Mountain Road. This is a turning point for many riders, and a taste of things to come. We're picking up the pace, achieving that targeted 21-22mph on the flats. This is what an A-ride is like: challenging, long, fast. We've been working together for weeks now, training hard during the week so we can make it through rides like this one. We depart at 8:30 SHARP. The usual applies: set out with names on helmets, pocket food, water and a strong spirit. Rain date: Sunday. NOTE EARLIER START TIME.

A-SIG 55 miles 9:00 am A-19 SIG, Ride No 7: Nyack Fandango

Leaders: Joe Irizarry, 917-544-2146; David Estrada, 646-305-5224
From: Central Park Boathouse, parking lot (don't forget tomorrow's session too)

SKILL: Double, Rotating Pacelines (let's get it perfect this time)

Did you miss your leaders this week? You won't after today. The moment you've been waiting for has arrived. We'll power up 9W to cycling's *Capistrano* or *Nycak* (your muscles will be quivering in anticipation of today's full throttle workout). Once on the wide, newly paved shoulders, your group will ride in double paceline formation for miles, working like an aerodynamic peloton the whole time. You won't believe how Tour de France we'll look. Communicating perfectly all the way, you'll feel the 'G' spot of cycling. Topping it off with lunch at the Runcible, we'll glow all the way home and recap on the Hill.

B16, 17, 18 60/62 ± miles 8:30 am B SIG: Nyack the Hilly Way

Leaders: George Arcarola, 718-847-9177, garcarola@nyc.rr.com; Isaac Brumer, isaacbrumer@hotmail.com, 212-734-6039
From: Rambles Shed, Central Park

Today we pick up the pace and have our last class: on climbing and descending. Then we are off to N.J. for lots of climbing practice. We will approach Nyack the back way over Bradley Hill and after lunch return up State Line Hill (the rest of 9W is great for practicing our paceline skills). Bring pocket food, it's over 30 miles to lunch and note new start time. Temperatures below 25°F (- 4°C) cancels. If weather is bad, check the nyc.org bulletin board or call listed leaders if uncertain. Rain date Sunday.

C-SIG 40 miles 9:15 am C-SIG, Ride No 4: Scarsdale

Leaders: Group No 1 leader: Patricia Janof, patricia.janof@verizon.net, 212-737-1668; Group No 2 leader: Christina Bernstein, cbernstein1@nyc.rr.com, 212-243-5182; Group No 3 leader: Gary McGraime, garynycc@aol.com, 212-877-4257; Group No 4 leader: Paul Hofherr, bikeman999@aol.com, 212-737-1553. From: Your ride leader will email starting location
 If you haven't received an email from your ride leader, call or email to confirm your start time and meeting location. Bring water bottles, helmet, spare tube, bike pump and lock, and money for lunch. Check the NYCC Message Board after 8 am for changes and postponement.

Sunday, April 17, 2005

A-SIG 30 miles 9:30 am A-19 SIG, Bike Maintenance and Skills Drills

Leader: Ed Fishkin, 917-578-1078, and all the A-19 leaders

From: Central Park Boathouse, parking lot

This activity is limited to A-19 SIG participants only. Sorry! We'll ride at recovery pace to the boat basin on River Road. Half the group will ride with the pros and learn the skills necessary for crisis management on your bike (riding over gravel, sand, glass, sudden flat tires/blowouts, bumping another rider, super sharp turns, etc. The other half will learn the essentials tips and techniques necessary for you to keep your bike running like new every day (basic maintenance schedule, easy way to fix a flat, how to clean and lube your chain, adjusting brakes and derailleurs and other skills too). Then we'll switch groups and repeat the process.

Saturday, April 23, 2005

A-SIG 78 miles 8:30 am A-SIG Classic, Ride No 8: Whippoorwill

Leaders: Melissa Bybee, melbybee@earthlink.net, 212-740-9393; Timothy McCarthy, timothymc@earthlink.net, 718-204-7484; Pam Nelson, pammelson@prodigy.net, 212-879-5132

From: Central Park Boathouse, parking lot

More endurance and map reading skills

Today we get to test our mettle. We'll ride up to White Plains via Pelham Parkway and Shore Road. Then we'll cruise up Route 22 to Route 120 North – roads that offer a fantastic opportunity to hone our double rotating paceline skills. Then we tackle Whippoorwill, the longest climb we've had so far – a real beauty. We will focus on hill climbing skills, pacing and endurance, as well as the important, and often forgotten, descending skills. Our stamina grows by leaps and bounds. The rides get longer and the pace gets faster and steadier. Feeling like A-riders yet? Be at the Boathouse by 8:15, sign in, and be on your bike by 8:30 with names on helmets. Bring a Metro North Bike Pass. Rain date: Sunday.

A-SIG 82 miles 9:00 am A-19 SIG, Ride No 8: Saddle River

Leaders: Terry Hildebrandt, 646-335-5230; Bessie Oster, 917-806-6906

From: Central Park Boathouse, parking lot

SKILL: Speed Work

This week we're bumping it up a bit. The speed and the distance will both increase. There'll be plenty of long straight aways for us to practice what we've learned and do it faster. It's important to learn the 'snap' for a break-away and how to use the big chainring on the flats when you need to use the extra power you've had stored up from your weeks of hard training. We'll pass Richard Nixon's east coast homestead on our way to the shiny aluminum clad Mt Ivy Diner.

B16, 17, 18 63/74 ± miles 8:30 am B SIG: Armonk

Leaders: Steve Chabra, 212-677-1090, s.chabra@att.net; Nina Froriep, nina@clockwise productions.com, 917-864-8809

From: Rambles Shed, Central Park

School's out, we are cranking up the miles and you are really lookin' smooth. Once again bring your Metro North Train pass and pocket food. Lunch on the lawn of Schreiber's Deli in Armonk. We will ride home through Tarrytown and down Rte. 9 – who knows, might even stop for goodies on the way home. Temperatures below 25°F (- 4°C) cancels. If weather is bad, check the bulletin board or call listed leaders. Rain date Sunday.

C-SIG 35-45 mi 9:00 am C-SIG, Ride No 5 Piermont

Leaders: Group No 1 leader: Patricia Janof, patricia.janof@verizon.net, 212-737-1668; Group No 2 leader: Christina Bernstein, cbernstein1@nyc.rr.com, 212-243-5182; Group No 3 leader: Gary McGraime, garynycc@aol.com, 212-877-4257; Group No 4 leader: Paul Hofherr, bikeman999@aol.com, 212-737-1553. From: Your ride leader will email starting location
 If you haven't received an email from your ride leader, call or email to confirm your start time and meeting location. Check the NYCC Message Board after 8 am for changes and postponement.

Saturday, April 30, 2005

A-SIG 85 miles 8:00 am A-SIG Classic, Ride No 9: Little Tor

Leaders: Christy Guzzetta, christy.guzzetta@gesservices.com, 845-265-7210; Ted Shaw, tashawgrp@mac.com, 212-410-9472

From: Central Park Boathouse, parking lot

We'll ride out at a strong, steady pace, in perfect formation, wheels whirling, practicing good communication skills and steeling each other against the challenge ahead. As Little Tor looms we then get into the right gear in order to creak and grind our way to the top. As a reward for tackling this SIG-nificant climb we get to ride down South Mountain Road on the way home. You are almost ready for the big one, and you are almost ready to lead an A-ride yourself. Be at the Boathouse by 7:45. Names on helmets required. Rain date: Sunday. Why do they call it 'Little' Tor? Answers on a postcard please. NOTE EARLIER START TIME.

A-SIG 67 miles 7:30 am A-19 SIG, Ride No 9: Darien/Westport (CT)

Leaders: Ed Fishkin, 917-578-1078; Jim Galante, 201-503-9192

From: Grand Central Terminal, Information Booth

Arrive at GCT no later than 7:30 AM and purchase a ticket for the 8:07 train to Darien with a return from Westport. This is one beautiful ride! You will have a *phenomenating* experience today. The elegance of double rotating pacelines in the pastoral setting of rural Connecticut will combine to present you with a breathtaking tour de force in an incredible ride. This is an all time SIG favorite. You are feeling so strong, because your weekday training has reaped benefits for you. You're awesome! We'll be able to pick up the pace a little and really see the energy preserving and aerodynamic advantages of double paceline riding. The ride has plenty of twists and turns and Siglets will use this opportunity to learn how to lead a ride and use a cue sheet. You must have a Metro North bike pass to board the train.

B16, 17, 18 100/83/70 miles 7:30 am B SIG: Deepest Westchester

Leaders: Mark Hugel, 718-548-2623, hwt@worldnet.att.net; Janet Klutch, jklutch@bethisraelny.org, 212-724-8690

From: Grand Central Terminal, Information Booth

This is our challenging penultimate ride, so bring a smile & your Metro North pass. Buy a one-way ticket to White Plains, maybe some Java and a

bagel for the train ride. We will ride north from White Plains. It's a beautiful hilly ride through upper Westchester. Bring lots of pocket food as we will stop twice to snack: once in Bedford; and again in Somers. You can take the train home from Tarrytown at 70 miles or ride to the Subway at 83 miles or all the way back to Manhattan 100 miles. NOTE DIFFERENT START TIME AND LOCATION. Temperatures below 25°F (- 4°C) cancels. Check the nycc.org bulletin board or call listed leaders. Rain date: Sunday.

C-SIG 55 mi 9:00 am C-SIG, Ride No 6: Park Ridge

Leaders: Group No 1 leader: Patricia Janof, patricia.janof@verizon.net, 212-737-1668; Group No 2 leader: Christina Bernstein, cbernstein1@nyc.rr.com, 212-243-5182; Group No 3 leader: Gary McGraime, garynycc@aol.com, 212-877-4257; Group No 4 leader: Paul Hofherr, bikeman999@aol.com, 212-737-1553. From: Your ride leader will email starting location

If you haven't received an email from your ride leader, call or email to confirm your start time and meeting location. Bring water bottles, helmet, spare tube, bike pump and lock, and money for lunch. Check the NYCC Message Board after 8 am for changes and postponement.

Saturday, May 07, 2005

B16, 17, 18 70 ± miles 08:00 am B SIG: Cold Spring

Leaders: John Kalish, 212-477-8661, john@kalish.com; Ivy Pool, ivy_pool@hotmail.com, 212-496-4048

From: Eleanor Roosevelt statue, 72nd St and Riverside Drive

Congratulations it's time for our graduation ride. You deserve this lovely route through Bergen, Rockland, Orange & Putnam counties. We will cycle through the burbs then it's up Seven Lakes Drive, cross the Hudson at the Bear Mountain Bridge, then it's on to Cold Spring for a celebration at the Depot Café. Bring lots of pocket food for this ride has very few food stops. We will ride Metro North home from Cold Spring so bring that train pass. NOTE DIFFERENT START TIME AND LOCATION. Temperatures below 25°F (- 4°C) cancels. Check the nycc.org bulletin board or call listed leaders. Rain date: Sunday.

Details of A and C graduation ride listings will appear in next month's edition.



I WANT YOU

At West Point July 4th Weekend

All-Class Club Weekend at West Point

Saturday July 2 – Monday July 4, 2005: Three days, two nights, great cycling, great friends, at perhaps the best place in the country to spend a patriotic July 4th holiday weekend, at the home of the US Military Academy at West Point.

We'll bicycle up to West Point from Central Park on Saturday, July 2nd – red, white and blue required! Rides will be planned for A, B, and C riders by our expert ride planners. We will have a luggage shuttle to carry our clothes from Central Park to West Point on Saturday and then back on Monday. Saturday evening, we'll enjoy a dinner cruise along the Hudson River aboard the River Rose, chartered for our exclusive use. On board will be a live rock 'n' roll band – The Easy Street Band – bring your dancing shoes!

A, B, and C rides are planned for Sunday. There's also a swimming hole, Storm King Art Center, The West Point Museum, The Dia at Beacon, the West Point campus, holiday celebrations in town – West Point is the greatest! Sunday evening, July 3rd, we'll BBQ at a scenic picnic spot on the West Point campus. On Monday, we bike home – choose again from among A, B and C rides.

Included: three days, two nights at the historic Thayer Hotel right on the West Point campus (double occupancy); two full breakfasts, Saturday evening dinner cruise with band and Sunday evening BBQ picnic (vegetarian cuisine available both nights); luggage shuttle to carry our clothes – pretty much everything you need except lunch and drinks.

Cost is only \$270 per person. Space is limited; last year we sold out and had a large waiting list, so register early! For details and registration, visit the NYCC's website at http://www.nycc.org/rides_4th.shtml. All registration for this event is online only. If you have any questions, contact the event coordinator Ed White at westpoint@nycc.org, tel. 212-799-0259 (day or evening until 10pm). Uncle Sam wants you there!

New York Cycle Club

Minutes of Meetings of the Board of Directors

November 8, 2004

The meeting was called to order at 7:15 p.m. In attendance were Stan Oldak, Fred Steinberg, Deborah Bennett, Dave Sabbarese, Timothy McCarthy, Mark Gelles, Peter O'Reilly and Kathy Jennings.

Bike Boxes

The Board agreed to buy 2 bike boxes and rent them out to Club members in week increments with a non-refundable fee. We will continue to discuss the logistics of this new program while we wait for delivery of the boxes.

Lending Library

So far, we have not received much interest from the membership in creating a lending library of cycling-related books, videos and DVDs. We will continue to solicit opinions regarding this idea.

Club Jerseys

All refunds to Club members who did not receive their previously ordered jerseys have been sent out. We have placed a new order for jerseys, jackets and vests, including "blank" jerseys that can be tried on at Club meetings to ensure proper fit. Once we have received these items, we will resume taking orders from Club members. Herb Dershowitz has agreed to manage the jersey inventory and ordering process going forward.

Memorial Day Berkshires Weekend

The Board unanimously agreed to hold this event again in 2005 and to contribute approximately \$1000 towards the cost of the event. Fred Steinberg, Liane Montesa and Reyna Franco have graciously agreed to plan this event again, and David Sabbarese will be handling the active.com registrations.

2005 4th of July West Point Weekend

Ed White has begun planning the Club's 4th of July 2005 West Point Weekend. We hope to have access to 90 rooms at the Thayer Hotel and several at another nearby hotel, a bigger boat and a great band for the dinner.

ENY

Tom Laskey represented the NYCC at the recent Bike Summit Meeting, which is attended by area bike clubs. At that meeting, the date for ENY was set for September 17, 2004.

Protocol for Accidents on Club Rides

A Club member who recently was involved in an accident on a Club ride questioned whether the Club has a policy regarding accompanying injured riders to the hospital in the ambulance. The Board agreed that in view of all of the different variables

involved in an accident situation, we cannot guarantee that a Club member will always be able to accompany an injured rider to the hospital in the ambulance. However, the Club works hard to deal with any accident situation as effectively, safely and compassionately as possible and includes protocol for dealing with accidents in its ride leader training guidelines (which are available on the Club's website).

Holiday Gifts

The Board approved a \$50 holiday gift to our Metro North representative, and a \$110 holiday gift to the staff at Annie Moore's, where our Club meetings are held.

Training Seminar for SIG Leaders

The Board discussed a proposal to have Scot Willingham provide on-the-bike training to next year's SIG leaders. Scot has previously done training for some of the Club's A riders, who were very impressed with him. We will continue to investigate the logistics of this idea.

The meeting was adjourned at 9:04 pm.

The next meeting will take place on Tuesday, December 7, 2004.

December 7, 2004

The meeting was called to order at 7:10 p.m. In attendance were Stan Oldak, Deborah Bennett, Wayne Wright, Fred Steinberg, Peter O'Reilly, Robert Gray, Mark Gelles, Hal Eskenazi, Gail Williams, Timothy McCarthy, Isaac Brumer, Scott Wasserman and Kathy Jennings.

Vacant Board Positions

Stan Oldak nominated Anthony Poole to fill the Bulletin Editor vacancy and Barbara Spandorf to fill the Membership vacancy. Both were unanimously approved by the Board.

Membership Report

Gail Williams reported that we are holding steady at approximately 1736 members.

ENY

The Board will be looking for additional volunteers to join the ENY Committee, which will soon begin planning the 2005 ENY Century Ride.

Bike Boxes

The Board has purchased two bike boxes and plans to begin renting them out in January 2005.

Bike Shop Sponsorship of Club Meetings

The Board agreed to continue asking bike shops to sponsor the monthly Club meetings. However, we will encourage the shops to limit giveaways at the meetings to no more than 10 high quality items.

Advertising in the Club Bulletin

A Club member recently inquired about advertising his business in the Club bulletin in exchange for a donation to the Club each time a Club member spent a certain amount of money with his business. Because this request involved a commercial business that is not related to cycling, the Board voted against including the advertisement in the Bulletin.

Club Socks

The Board voted unanimously to use a design submitted by Club member Vivian Tubiana on its new Club socks. The Board plans to give these socks as ride leader awards to members who lead 6-11 rides in a year. We are also considering selling the socks to Club members.

Training Seminar for SIG Leaders

Timothy McCarthy reported that the initial on-the-bike training session led by Scot Willingham for certain A, B and C SIG leaders was extremely well-received. We will continue to discuss whether and how to make Scot's services available to a larger group of people.

Rider Surveys

In order to obtain additional information from our members about the rides we offer, the Board agreed to roll out to the club membership a survey based on one that Robert Gray has previously used with the A ride leaders. The Board will work on the content and logistics of this new survey project over the next few months.

Ride Leaders

The Board discussed various ways to encourage additional members to lead Club rides. The Board agreed to continue to utilize the Ride Coordinators and SIG leaders to identify potential new ride leaders and to explore other ways to achieve this goal.

Special Events

The holiday party will take place this Monday, December 13. So far, 55 members have signed up to attend. The January special event will be ice skating at Wollman Rink. February's special event will be the 1st Annual Volunteer Party, to which any member who volunteered to help out the Club in any capacity during 2004 will be invited.

The meeting was adjourned at 8:42 pm.

The next meeting will take place on Tuesday, January 4, 2005.

Respectfully submitted,

Kathleen Jennings

Secretary

April Special Club Event

This month the NYCC will indulge in some extraordinary Indian cuisine. Vatan specializes in the vegetarian (don't worry, you won't miss the meat) cooking of the Gujarat province in Western India. The nineteen dish prix-fixe meal includes spicy and aromatic dishes that will tickle your palate. This ain't your average curry joint. Even the décor is exceptional; you'll feel as if you've been transported into an Indian village. The cost is \$22.95 per person, so with tax and tip (but not including drinks) you can expect to pay about \$29. Please e-mail Dave Sabbarese at events@nycc.org by April 19th as reservations are mandatory at this very popular restaurant. Vatan serves wine and beer.

Vatan Indian Restaurant, 409 Third Avenue (29th Street)
Thursday, April 21st, 2005
6:00 PM until 7:45 PM

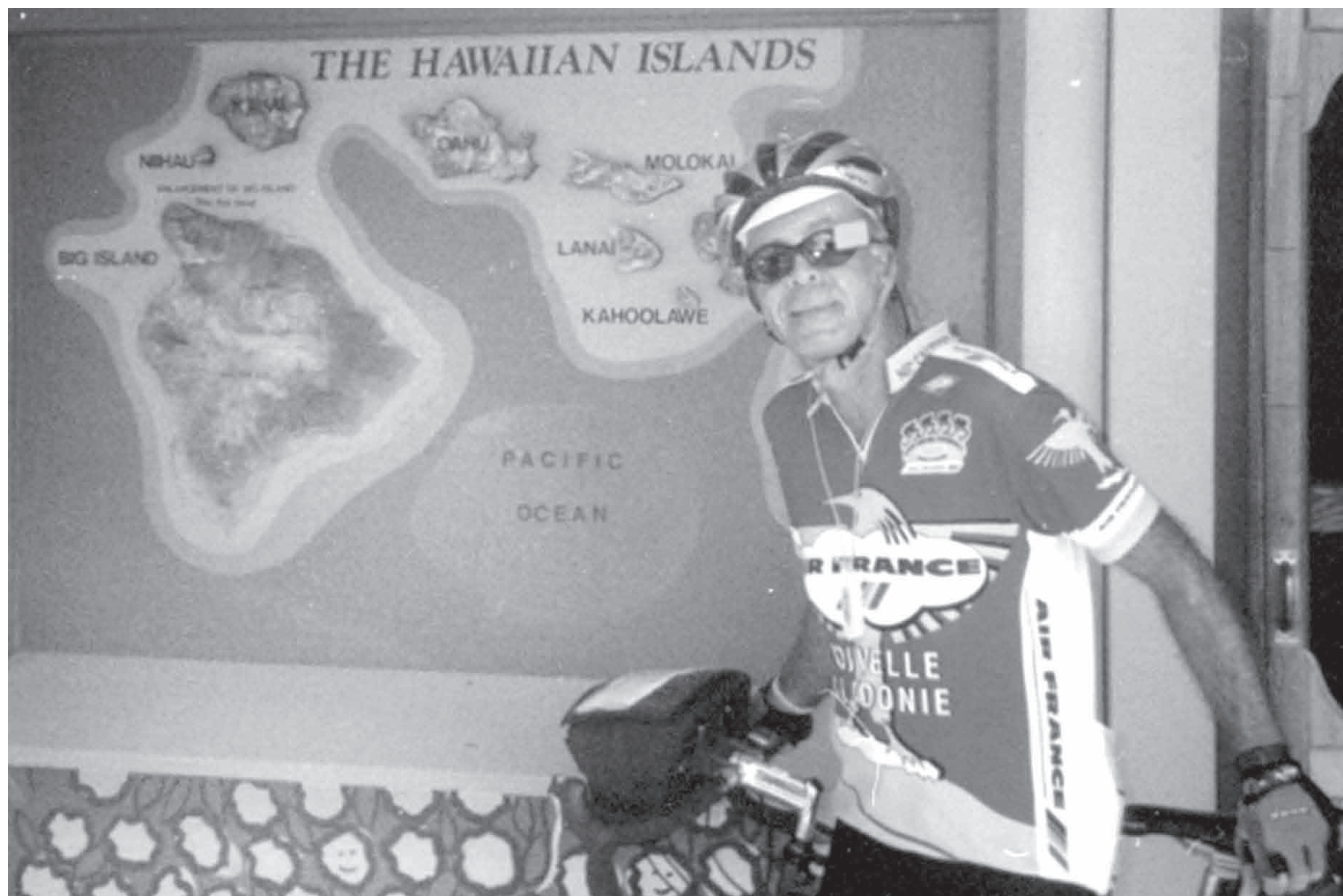
Saying 'Aloha' on two wheels

Jay Jacobson recently returned from cycling adventure to Hawaii. Here he whets our appetites with tales of riding to the crater of the volcano on the Big Island, while waxing lyrical about his favorite island: Maui

Do you wish you had avoided part of the New York winter by spending a week or more cycling in warm and gorgeous surroundings? If you are not a winter cyclist, would you like to avoid spring training and conditioning by being a year-round cyclist? Does cycling along beaches that are considered among the world's best (while watching whales and seals), climbing up and down active and dormant volcanoes, through rain forests, ranches, deserts, pineapple plantations, and quaint fishing and interior villages appeal to you?

If all of that sounds good, consider Hawaii as an excellent cycling destination. There are numerous opportunities for group and individual rides. William Walters' book *Short Bike Rides in Hawaii* describes 40 rides on six islands, so there is no apparent shortage of riding areas.

Our favorite island is Maui. There has been tremendous growth there in recent years, but the infrastructure has been developed to accommodate it and we noticed no major traffic or other problems, although our most recent visit was during the peak season. There are designated bicycle lanes on most of the major roads, and we cycled in quiet upcountry areas with light traffic. Bike shops in Kihei and Lahaina rent good-quality road bikes (not cheap).



Go Cycling Maui and Aloha Bicycle Tours run one-day fully supported tours in Maui (close to \$100 a day for everything). Marc Friezner, the owner of the latter, provided a service that I've never seen done by any company in the world. Each time there was a change in terrain, he had all the tour group participants stop, and he personally down-or-upshifted their gears! He told me that he got tired of replacing a chain each time an inexperienced cyclist did not shift properly! The tour was through the quiet Kula area, and his wife, Karen, prepared an excellent picnic lunch that we enjoyed on the grounds of a winery.

And, speaking of inexperienced cyclists, there are several tourism-type outfitters that run downhill rides from the Haleakala volcano. I also noticed a small number of cyclists with quality road bikes who were cycling on their own up the volcano.

There is spectacular scenery on the road past Kapalua. The road to Hana is a classic car ride, which twists and turns and transverses dozens of one-lane bridges through a lush landscape of waterfalls and ocean vistas. Cars cannot average more than 15 mph, so cyclists can go just as quickly. Marc Friezner of Aloha Bicycle Tours does it frequently with his friends, and he recommends starting out early before the traffic and seeing the outbound traffic developing while on the return leg.

The big island of Hawaii is about the size of Connecticut. A circuit of the island can take five to seven days unless one is really pushing it. These companies run supported group rides of five to seven nights (with the average daily cost, including bike): Backroads (\$520), VBT (\$270), Trek (\$575), Bike Adventures (\$392), and Orchid Isle Biking (\$280), a local outfit that doesn't include dinner. Several years ago, I did the Backroads trip, which went in a counter-clockwise direction (up the volcano), and more recently I did a trip with Bicycle Adventures, which went in a clockwise direction with many van transfers and to some out of the way, quiet and charming areas.

However, even on a supported trip, minor things may go awry. I ran out of water on the 28-mile/4,000-foot climb up Kilauea volcano. The Backroads guide was occupied supporting the slower riders who were miles behind us. It was very hot and sunny, and I rationed my small water supply. At each sign for every 500 feet of elevation, I allowed myself a certain amount of water. At dinner that night (at which I consumed gallons of Diet Coke), she apologized profusely and that night she left a six pack of bottled water outside my room! A cyclist can ride around the rim of the crater. Bicycle Adventures recommended this as an option – I felt it should be mandatory!

The big island has just about every warm-weather natural feature found in the world – deserts, volcanoes, rain forests, ranchlands, volcanic black sand beaches – and the constant change makes for interesting cycling. Hawaii's second-largest city, Hilo, is often

rainy. Kona is much drier. Kona has traffic gridlock due to overdevelopment. This situation eases dramatically the further one gets from Kona in any direction. Most of the major roads have dedicated bike lanes on the shoulders, so in some instances the cyclists can make better time than the motorists.

There are a couple of bike shops above Kona's main commercial area that rent decent road bikes. The tourist shops in town rent clunkers. Kona's Orchid Isle Bicycling runs one-day tours, as well as the multiday tours previously mentioned.

On the 'garden isle' of Kauai, Outfitters Kauai (in Poipu) ran a day tour coming from Waimea Canyon (mostly downhill). They also have a few road bikes for rent, and there are one or two roads in that area that are okay for cycling.

On the recently opened island of Lanai I did a mountain bike ride from the Lodge at Koele into the 'Garden of the Gods.' I felt I was riding on the surface of the moon! I picked up an interesting souvenir that I still have: the skeleton of a deer's jaw and teeth.

It does rain in Hawaii! Hilo and parts of Kauai receive about the most rainfall of any place in the US. Most islands have a dry and wet side. For example, Kona and the south of Kauai are relatively dry. The weather can change from one minute to another, and on a long bike ride, one can pass through several weather systems. Some of the rain is like sunshowers or quickly passing heavy rain, but it can also rain all day—and sometimes all week! I estimate that the chance of significant rain in any given winter day is 1 in 3. When the road is wet, bicycle tires can pick up road debris that can cause flats. Therefore, Armadillo or similar flat-resistant tires should be used.

Hawaii's recently enacted bottle deposit return law will hopefully reduce the amount of glass on road shoulders. In general, the residents and tourists in cars are courteous to cyclists. However, there are isolated exceptions – a woman on our recent tour had a firecracker thrown at her from a car and, years ago, I was the subject of a verbal barrage from a group of locals for no apparent reason. Marc Friezner of Aloha Bicycle Tours recommended that cyclists avoid going off the shoulder, as the lush foliage can hide all kinds of dangers – soft ground,

sharp objects and the possibility of a dangerous fall.

Hawaii also offers excellent water sports of all types and hiking, as well as unusual activities such as caving and hang gliding.

We recently took Continental's 11-hour non-stop flight from Newark to Honolulu. There are non-stop flights directly from the 'out islands' to the West Coast and Houston. Our round-trip flight cost about \$600-\$700, not much more than a trip to the Caribbean during peak season. Inter-island flights are about \$100, and a ferry system is under development that would be cheaper and good for transporting bikes.

Many visitors to Hawaii think it is quite expensive, but coming from New York, we felt that lodging and restaurants (both of which can be world class) aren't much more than here or most other tourist destinations during their peak periods. However, gasoline is definitely more expensive. A gallon in Maui is about 75 cents more than in New York.

For more info, check out *Six Islands on Two Wheels* by Tom Koch, in addition to the Walters book, *Short Bike Rides in Hawaii*, previously mentioned. Also feel free to contact us at joanandjay@aol.com

Aloha!



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/bicycle.htm> for a printable application form to mail in.

BIKE TRAINS: On Saturdays and Sundays, Metro-North has scheduled specific trains to and from Grand Central Station to accommodate large groups of cyclists. Bike trains are indicated by a bicycle symbol on the printed Metro-North timetables. Schedules change frequently. Visit <http://www.mta.nyc.ny.us/mnr> for the latest schedule. 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 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	CENTRAL PARK SELF TEST
SPEED	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

May Bulletin Copy Deadline brought forward

Tuesday, April 5th, 2005

Please note that the deadline for the May edition of the *NYCC Bulletin* has been brought forward by one week, as I will be travelling in what would normally be the production week. I have to have the bulletin finished and to the printer by the close of business on Friday, April 8th, 2005. Therefore, all copy for the bulletin must be submitted by close of business on Tuesday, April 5th, 2005, otherwise it will not go in. So if you are keen to see your rides in the May bulletin, you need to submit them on the Ride Submissions Program on the club's website, www.nycc.org in plenty of time for them to be approved, otherwise they will not be in the May edition. If you have any copy that is ready, submit it now. Don't wait until the 5th.

Anthony

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

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
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

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

Sid's Bike Shops

235 East 34th Street, New York, NY
212-213-8360 or www.sidsbikes.com
8% off parts, accessories and clothing

Toga Bike Shop

110 West End Avenue, New York, NY
212-799-9625 or gotbik@aol.com
10% off parts, accessories and repairs

2005 Membership Application/Renewal/Change of Address

In consideration of being permitted to participate in any way in New York Cycle Club ("Club") sponsored Bicycling Activities ("Activity") I for myself, my personal representatives, assigns, heirs, and next of kin: 1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately cease further participation in the Activity. 2. FULLY UNDERSTAND that (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these risks and dangers may be caused by my own actions, or inactions, the action or inaction of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (C) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time, and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS AND DAMAGES I incur as a result of my participation in the Activity. 3. HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE the Club, the LAB, their respective administrators, directors, agents and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENCE RESCUE OPERATIONS, AND I FURTHER AGREE that if, despite the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as the result of such claim. I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

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: _____

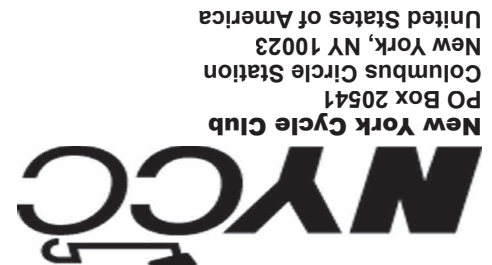
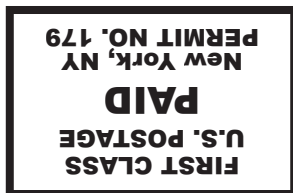
Signature (1) _____ Date of Birth _____ Signature (2) _____ Date of Birth _____

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 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, April 12, 2005 Dealing with Bike Lust

Spring is here, and visions of new bicycle gear dance tantalizingly through our minds as we anticipate good riding weather. However, what should we buy? What do we need? 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).