

May, 2005

NYCC Bulletin



NYCC at large

Ride listings

STS and SIGS finalés

NYCC Berkshires details

July 4th West Point details

Special Event: NYCC at MoMA

Get out there and lead

With the coming of May and warmer weather returning, we look forward to another great bike riding season. May is also the month in which the 10 to 12 week SIG training programs reach their culmination. Once again we look forward to a whole new crop of well-trained riders. And with their newly acquired skills we expect that more than a few will step forward to the challenge of leading and/or co-leading some of our rides.

Of course, being a SIG graduate is NOT a requirement for leading a ride. The process is actually quite simple. Find a ride that you like and at a distance and level that you can easily handle. It could be one that you have been on, or from our ride library (www.nycc.org/rl_db/home.aspx), or even one you put together yourself.

Write up a cue sheet. Scout the ride one or more times, submit the ride online through our user friendly 'Ride Submission Program' on the club's website and then take some of us along. Or you can start the easy way by co-leading a ride with an experienced ride leader. The club's primary goal is to provide a good number of rides at various speeds, levels and distances throughout the Spring, Summer, and Fall. And that will only happen with people who are willing to lead rides. One of our ride co-ordinators will be more than happy to get you started.

Besides our regular club rides, we of course, have our special one day rides as well as several weekends away. Coming in June will be our first All-Class ride of the season. For those of you who may be new to the club, our All-Class rides involve several rides at different levels that leave from the same place and then meet for a joint lunch. On Sunday, June 12th we will be headed once again to Kensico Dam in Valhala, NY. Once there, we will enjoy a picnic lunch provided by the club.

We also have our weekend get-a-ways. Fast approaching is Memorial Weekend in the Berkshires. This fabulous weekend offers one of the most beautiful places to ride and a great Sunday evening dinner get-together. This year our dinner will be at a new venue with great food and music and dancing (Details on Page 10).

Five weeks later we have our July 4th weekend at Westpoint. We will once again stay at the famous Thayer Hotel right on campus. And besides the challenging riding, great 'swimming hole', sumptuous breakfasts and other amenities, we also enjoy an evening cruise up the Hudson with dinner, live music and dancing. Details on how you can take part in one or both of these wonderful weekends can be found on Pages 10 and 13 in this bulletin and on our website.

Enjoy the month and stay safe.

Stan Oldak

Special Event NYCC at MoMA

After a couple of years of banishment to Siberia, I mean Queens, MoMA recently underwent a highly anticipated and much heralded renovation. The advance buzz about the "new" MoMA was such that it was hard to get in the place. (I know, I tried) I'm hoping that after being open for a few months the place won't be so crowded (yeah, right). MoMA is free on Friday nights, so we won't need to pay the normal \$20 admission. We can meet up at a yet-to-be-determined bar for a cocktail before shuffling over to the museum. Please email Dave Sabbarose @ events@nycc.org if you'd like to join us, and we'll look out for you.

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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: A foray into Orange County last July on a ride led by Ron Roth and Timothy McCarthy, tackling Hogback and Mt Peter. As the season gets on, the NYCC goes further afield, riding the country at large. Apart from day trips at large, we have our Memorial Day weekend and July 4th weekend. *Picture by Hank Schiffman.*

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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, a cue sheet holder, 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 HEADPHONES
A, B and C SIG ride listings begin Page 7

May Recurring Rides

Tuesdays and Thursdays in May

A19 **20± miles** **06:15 AM** **Early Riser Spring Spins**

Leaders: Karen Nicolini, karennicolini@hotmail.com, 646-942-7082; Joann Gonchar, Jgonchar@cs.com, 718-974-9488

From: George Washington Bridge, NY side bike path entrance

Come spin with us on Tuesday and Thursday mornings! We'll start at 6:15 am and return by 8:00, so we can still get to work on time. You can join us for all or part of the ride. We'll spin down River Road, 9W, or other Jersey routes (Churchill, Walnut, or Booth repeats, as desired), based on the road conditions and how the group feels. We'll ride as long as time permits. It will be a great way to ride during the week, especially if you are A-Siggies like us. Cancels: Expected temperatures below 40°F (4°C), precipitation and wet roads. Rides may move to Weds/Fri if bad weather forces this. If in doubt, check the NYCC message board.

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

Leader: Linda Wintner, Iwintner@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: Precipitation and/or wet roads.

**Tuesdays through Fridays in May
(Starting May 3rd and concluding May 19)**

A19/21 **21 miles** **5:30 am** **River Road**

Leader: Anthony Donato (adonato@mohg.com) 646-271-8552

From: Manhattan Side of George Washington Bridge

A daily, early morning training ride along River Road, every Tuesday, Wednesday, Thursday, and Friday morning from the NY side of the GWB. Return via 9W & Sage Road. The usual cancels.

Wednesdays in May

A21+ **55± miles** **10:00 am** **Wednesday Morning Spin**

Leader: Jeff 'El Jefe' Vogel, jefvgl@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.

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.

C14 **18 miles** **7:00 pm** **Stressbusters in Central Park**

NOTE: This ride is on May 4th, 11th and 18th only. See below for May 25th

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 known to grab a beer or a bite on occasion.

B16 **35 miles** **6:30 pm** **Stressbusters go to Brooklyn**
NOTE: This ride is on May 25th only

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

From: City Hall Park, Opposite Brooklyn Bridge

As it's the last Wednesday of the month, 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.

SIG ride listings start on Page 6

May Rides

Sunday, May 1, 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 Totondo's famous pizzeria or Nathan's famous red hot 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.

Friday, May 6, 2005

B16/17 60 miles 09:10 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, May 7, 2005

A23 95 miles 07:30 am STS-A23 Ride No 11 Cragsmoor via Vista Maria

*Leaders: John Zenkus, jjz2116@aol.com, 917-617-0901; Jeff Wilson, jeffdwilson@nyc.rr.com; Bill Greene, bgreene@nac.net
From: Grand Central Terminal, Information Booth*

Cragsmoor is the traditional destination for the STS-A23's penultimate ride. This year, we will approach it via Vista Maria, and we will take in a new section through Orange County. This ride ends in Poughkeepsie. On route are three major climbs: Storm King (4 miles, 1,020 vertical ft, 4.8% average grade), Route 52 – Vista Maria (3 miles, 1,250 vertical ft, 7.9% average grade, with one section at 16%) and Minnewaska (5.5 miles, 1,270 vertical feet, 4.4% average grade). There is 8,000 total vertical feet climbed over the route's 95 miles; paceline skills and stamina essential. Meet at GCT around 7:30 AM for the 7:51 train to Peekskill. Please bring a Metro-North pass, two water bottles, power bars or gels (many), money for lunch, a bicycle in good repair, along with the mandatory helmet. Check bulletin board for updates if weather appears unfavorable.

A18-20 105 miles 08:00 AM STS A19 Garrison

*Leaders: Robert Gray, nyarchitect@msn.com, 212-593-0986; Cathy Gibbons, Cgibbonsphoto@aol.com
From: Central Park Boathouse*

This is our Bergen, Passaic & Orange County epic finalé. We will warm up riding west over to Ridgewood and continue west just as far again over Skyline Drive to Greenwood Lake. After lunch in Monroe we will continue up into the rural hills of Orange County – Oxford, Otterkill Road, Cornwall and make the final grand turn out over the Hudson on Storm King Mountain

up through West Point on a 900 foot climb starting at mile 88. No bailouts available, you have to continue on to the train from Garrison at 105 miles. Difficulty index 215, total vertical gain 6,000 feet. Good tires and great attitude absolutely required.

B15 56 miles 09:30 am B-15 to Park Ridge

*Leader: Laura Selikson, 212-685-7597
From: Central Park Boathouse*

We got rained out in April. Please join us for a beautiful ride to Park Ridge. Bring snacks (lunch at 30 miles) and a friendly smile and we'll have a great time.

B16 61 miles 09:00 am Tarrytown

*Leader: Florence Grant, flo@nyc.rr.com, 212-861-7710
From: Central Park Boathouse*

Join me for a casual ride to Tarrytown, via Mamaroneck with a quick stop at the Rosedale Deli, a couple challenging hills, lunch in Tarrytown, then home via Broadway. You know the drill, 2 water bottles, helmet, bike in good working order, spare tube, and tolerance for slow climbers. The usual cancels.

Sunday, May 8, 2005

C12-13 45 miles 09:30 am STS C13 No 8 Stamford

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

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

Meet at benches just above Isham St on Broadway (underneath the Giant Gingko Tree); Take A train to 207th St; take elevator or stairs out at south end of station and walk north 1.5 blocks from 207th St. Let's venture north again on a very pretty route through the burbs of lower Westchester but this time keep going into Connecticut. The lovely residential roads with immaculate landscaping just get better and the mansions get larger as we go through the backroads of Greenwich. If we're lucky we'll do the loop in the Long Island Sound of Old Greenwich Point park, and end up at Stamford Station. Since a number of my early STS rides were cancelled due to rain, this one may have to be shortened. Helmets are required; there will be strict observance of Club riding etiquette. Bring your Metro-North pass for the ride home. Call Maggie after 8 am if in doubt because of weather conditions.

Friday, May 13, 2005

B17/18 60 miles 09:10 am Nyack

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

From: City Hall Park, Opposite Brooklyn Bridge

Optional meeting point at 72nd St and Riverside Drive at 09:35 approx. Scenic route to Nyack with some hills. Call or e-mail to confirm.

Saturday, May 14, 2005

A23 105 miles 07:30 AM STS-A23 Ride No 12 – Graduation Ride

*Leaders: John Zenkus, jjz2116@aol.com, 917-617-0901; Peter O'Reilly, ptor@prodigy.net; Jeff Wilson, jeffdwilson@nyc.rr.com
From: Grand Central Terminal, Information Booth*

The STS-A23 program ends with a spectacular ride through the Shawangunk and Catskill Mountains. Starting and ending in Poughkeepsie, we will climb Minnewaska from east to west (1,200 vertical feet over 6 miles with some rolling sections), Yagerville Road (4 miles, 1,200 vertical feet 5.7% average grade) and Peekamoose (a very gradual climb of 600 vertical feet over 5 miles) before the lunch stop in West Shokan. After lunch, a ramble along the Ashokan Reservoir before tackling the last big climb, Mohonk (2 miles, 750 vertical feet, 7% average grade but steeper near the top). Four great climbs, four fast descents and a couple of surprises along the way make for a rewarding day away from the city. There is 8,500 total vertical feet climbed over the route's 105 miles; paceline skills and stamina essential. Meet at GCT around 7:30 am to catch the 7:51 train to Poughkeepsie. Bring a Metro-North pass, two water bottles, pocket food, money for lunch, a bicycle in good repair, along with the mandatory helmet. Check bulletin board for updates if weather appears unfavorable.

A18-20 72 miles **08:30 am** **STS A19 Cold Spring**

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

From: Grand Central Terminal, Information Booth

Meet at 8:30 and buy tickets from GC to North White Plains and Cold Spring to GC. We will take the 8:48 Train to North White Plains. Last but not least, this is one of the best Westchester and Putnam routes. Junk miles will be eliminated by train rides. North White Plains, Purchase, Greenwich, Mianus River, Pound Ridge, Waccabuc, Titicus, Croton Falls, Carmel, Peekskill Hollow, Canopus Hollow, Moneyhole Mountain, Cold Spring. We will have a late lunch or drinks in Cold spring to celebrate the end of our spring series and take the train home. We face 4,500 vertical feet, difficulty index 133.

A17/22 250 miles **07:00 AM** **Montauk Twin Century**
(Note this ride is over two days)

Leader: Marty Wolf, 212-935-1460. From: Call Leader

This is a two-day ride Sat May 14 to Montauk/Sun May 15 from Montauk. Call leader for costs and meeting place. On Sunday we'll return on the same road used by the one-way century riders. We also tend to break into tiny groups of two or three as we find others who ride our pace, so some riders may go much faster than others. Note: rooms are often limited this early in the season and must be paid in full in advance (cancellation date May 7). Leader will have a few rooms reserved for the earliest callers.

B17 67 miles **08:45 AM** **Westchester Climbfest**

Leaders: Carol Waaser, biker-c@rcn.com, 212-581-0509; Neil Botwinoff, Janet Klutch

From: Grand Central Terminal, Information Booth

We'll do some 'A' hills (Whippoorwill, Roaring Brook and Hardscrabble) at a 'B' pace. A triple is advisable. But don't be scared off – it's still a beautiful ride. We'll take the 8:48 train to White Plains. Rain or high wind cancels. Bring Metro North pass, two water bottles, pocket food, helmet, climbing legs.

C11/12 26/41/48 miles **10:30 AM** **Beautiful Point Lookout**

Leader: Ron Parker, RocknRon@nyc.rr.com, 212-924-2171

From: The A train, Beach 44 St. Station

An easy, flat ride, with some boardwalk, little traffic and beaches. See row after row of beach cabanas, surfers catching a wave, sailboats bobbing at their docks & a giant blue whale, yes, a giant blue whale (I promise)! Multiple dropouts available, choose your mileage above. Buy/bring lunch. Meet downstairs, ocean side. Bring Long Island Railroad bike permit in case bailout is necessary. Rain date Sunday. Call RocknRon if in doubt.

C13 20 miles **1:00 PM** **Green History Ride**

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

From: New York Public Library, NW corner of 40th Street and Fifth Avenue
Cycle through history to rediscover the astonishing legacy of Andrew Haswell Green – Gotham's forgotten visionary. A 19th-century master planner, reformer, and preservationist, Green was largely responsible for New York's greatest parks, public works, and cultural institutions. Late in his career he led the decade-long struggle to consolidate the patchwork of municipalities around New York Harbor into the five-borough city that exists today. The ride, all within Manhattan, will visit many sites Green helped create or preserve, including the American Museum of Natural History, Hamilton Grange, Central Park, New York Public Library, Bennett Park, and a Paleozoic Museum that never was. We will also visit Green's little-known public monument and the location of his unprovoked murder. Tour guide: Michael Miscione. Collected with TIME'S UP! and Bike Month NYC.

C-SIG ??? miles **09:00 am** **C-SIG, ride No 8: Graduation Ride**

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

This is our Mystery Graduation Ride, with some nice surprises from your ride leaders, as thanks for all your hard work. As usual, don't hesitate to contact your ride leader if you haven't received an e-mail re instructions for

this ride. Check the NYCC Message Board (www.nycc.org) after 7:00 AM for any last-minute changes or postponements.

Sunday, May 15, 2005

B14-16 40-60 **09:30 am** **Choices in Westchester**

*Leaders: Hindy and Irving Schachter, hischachter@cs.com, 212-758-5738
From: First Avenue and E64 St. NW corner*

Through the Bronx and lower Westchester to Scarsdale for refueling. Then we break into two groups. A faster contingent heads north to sample the best of Westchester's hills. A slower group heads home by an interesting route – no backtracking steps for us! Twice snow cancelled this ride in the winter; let's see if we have snow on May 15 or sun and a great day.

B16 54 miles **09:00 am** **Rivervale**

Leader: Hal Eskenazi, hal@profilesworldwide.com, 917-822-5401

From: Central Park Boathouse

Okay, we've been there before and we liked it. This is a beautiful time of the year as we get into our biking season. It's a great ride that takes us through several, leafy New Jersey towns, few traffic lights and along the lake. Mostly flat with some light hills – nothing you can't handle – and we'll regroup at the top. You'll have your choice of eating at the diner or joining the 'fresh air' group in the park. Join a bunch of your friends, or meet some new ones, for a great day of riding. You'll enjoy a beautiful day in the 'burbs'. Cheap therapy for city slickers! Cancels: Me winning the lottery the night before or precipitation and wet roads. Check the NYCC message board if in doubt.

C12-13 50 miles **09:30 AM** **STS C13 No 9 Paterson Falls**

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

From: World Trade Center, PATH Station Entrance

Meet at the new World Trade Center PATH station on the second level down where the ticket machines are. Access is from the A,C,E trains and N, R trains. We'll go through Cherry Blossomland outbound and inbound and maybe get to see some of the late blossoms. We will see both Little Falls and the Paterson waterfalls, which some have called New Jersey's answer to Niagara. Alexander Hamilton recognized the value of these falls for energy generation. We'll have a nice picnic there at the falls, then return a slightly different way. Since there were several rain-cancelled rides in March, the ride may be shortened. Helmets required. Bring money for PATH. Call Maggie After 8 am if weather looks doubtful.

C14 33/47 miles **08:30 am** **North County Trailway Rail Trail**

Leader: Marilyn & Ken Weissman, mollynina@yahoo.com, 212-222-5527

From: Grand Central Terminal, Information Booth

Buy one-way ticket for 8:48 am bike train to Croton Falls. Six road miles to the trailhead, followed by around 25 beautiful, paved rail-trail miles on the roadbed of Metro North's old Putnam line, across the Croton Reservoir on a reconstructed rail bridge. Picnic in Millwood. Rail return from Tarrytown; optional 14 miles to No 1 train. Other than speed, this ride has B conditions, and will be best enjoyed by stronger C as well as relaxed B riders. Helmets and Metro North passes (\$5 at GCT in advance) are musts.

Friday, May 20, 2005

B16/17 60 miles **09:10 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.

C12 15 miles **07:30 pm** **Bridges by Night**

Leaders: Hannah Borgeson, hannahb@att.net, 212-348-2601; Keith Gardner

From: Tramway Plaza (Second Avenue at 60th Street, Manhattan)

Join us for a twilight tour of East River bridges, through three boroughs and over the Queensboro, Pulaski, Williamsburg, Manhattan, and Brooklyn

bridges. This unique ride highlights stunning vistas, takes in the glorious sunset with a Manhattan backdrop, celebrates bridge access for bicycles and pedestrians, and provides a brief history of the bridges and waterways. Bring lights if available. Ice cream stop included. Colisted with TIME'S UP! and Bike Month NYC.

C12 09:30 am 25 miles Worksman Cycles Tour

Leaders: Alfredo Garcia, 646-312-1677; Richard Sanford (5BBC)

From: City Hall Park, Opposite Brooklyn Bridge

Wondered what thankless All-American bikes would never be used for the Tour de France or the A-SIG? Go on a special weekday ride to Worksman Cycles, established 1899. See working two-wheelers at Ozone Park plant that are deployed as non-motorized transports to shuttle sensitive industrial components at Boeing & NASA facilities. See also three-wheeled cycles catered for food vending / deliveries, recreation, physical therapy and special needs. Visit www.worksman.com. Helmets required. Bring lock and \$ for lunch at a local restaurant. Possible ride to New York City bike show afterwards. Rain doesn't cancel – we'll take the subway and ride a few blocks. Call or check NYCC message board for updates. This is a Transportation Alternatives Bike Month event and listed with the Five Borough Bicycle Club.

Saturday, May 21, 2005

C11/12 35 miles 08:35 AM Westchester North County Trailway

Leader: Ron Parker, RocknRon@nyc.rr.com, 212-924-2171

From: Grand Central Terminal & drivers meet east of Tarrytown

An easy, paved, off-road bikeway. Once the Putnam Railroad. See the old stations. We'll bike over the New Croton Reservoir. Lunch @ Yorktown Rail-way Park. Buy/bring lunch. One steep hill. More miles only for those who wish. Meet 8:35 @ information booth for 8:51 train. Metro-North bike permit a must. Drivers meet 10:15 west of the Saw Mill Parkway on Neperan Rd. @ Park & Ride near Eastview Pump Station. Rain date Sunday. Call Rock-nRon if in doubt. Happy rides!

C14 45 Approx 08:30 am The Original Pancake Ride

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

From: George Washington Bridge, NJ side bike path entrance

The Original Pancake Ride roundtrip Nyack. We ride, eat and then ride again. Pace will be set by attending riders. Group will split based upon attending riders. Pls know how to change a tube. Pls RSVP thursday prior to me. Hope to see you.

C14 23 miles 09:30 am Bronx Terminal Market

Leader: Alfredo Garcia, 646-312-1677

From: 69th Regiment Armory, Lexington Avenue & 25th St. (next to New York City Bike Show)

Just off the 145th St. Bridge, see remnants of grocery stores & food warehouses under the Major Deegan Expressway, and within a stone's throw of Yankee Stadium. Created in 1935, the Market was the largest seller of international produce & delicacies, mainly from tropical & equatorial regions of the world, on the east coast. Generations of immigrant working families have shopped here. Sadly, this place will close and make way for a modern shopping mall and possibly an Olympic velodrome. Bring food, be polite, watch & walk your bike and pay your last respects. Helmets required. Short ride should get us back to take in the New York City Bike Show. The ride includes busy urban streets. Listed as a Transportation Alternatives Bike Month event and co-listed with the Five Borough Bicycle Club.

Sunday, May 22, 2005

B16 50-60 miles 09:30 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, May 28, 2005

B15 50 miles 09:30 AM Westchester Picnic

Leaders: Mark Gelles, mgelles@okcom.net, 212-689-1375; Mark Hugel, hwt@worldnet.att.net, 718-548-2623

From: 242nd St & Broadway, Bronx

From/End: (1 Train's Northern last stop)

Join the two Marks for a scenic hilly ramble from Van Cortlandt Pk. to Pocantico Hills horse country & lunch @ Kingland Pt., lots to look at! Bring a smile, fluids, pocket food, a few bucks & something to carry lunch 2 miles from deli stop to park. Wet roads @ 8:00 AM cancels, if in doubt look for message on message board.

C11/12 32 miles 10:00 am Around Manhattan Island

Leader: Ron Parker, RocknRon@nyc.rr.com, 212-924-2171

From: West 22nd Street & Hudson River. On the river's edge at 'The Plaque'

An easy ride. We will bike around the entire island, along the shores of all three rivers (only one being a river). Ride with me thru many parks & under bridges, see what is new on our island's waterfront. Bike through the Otterness statues, past the South Street Sea Port's tall ships, stop at the small dog play pen & The Little Red Lighthouse, with much more. Fun healthy exercise. Pick up lunch on the ride if you wish. Helmet mandatory. Call RocknRon if in doubt. Rain date Sunday. Happy rides.

SIG Ride Listings

Saturday, May 7, 2005

A-SIG 70-90 miles 08:00 am A-SIG Classic, Ride No 10: Participant-led ride

Leaders: Jeff Robins, jeffreee2003@yahoo.com, 212-794-2271; Jason Winstanley, jwinstanley@att.net, 212-928-6209

From: Central Park Boathouse, parking lot

Show us how it's done! This is the day for A-SIG Classic participants to show all they've learned as well as their strength, character and finesse. Today they lead. Who will step forward? Where will we go? This ride requires co-ordination in the weeks prior. E-mail messages and phone calls will fly back and forth thickly as we nail down a plan of action and a challenging route. Our graduation candidates will create maps and a route sheet, take care of getting us signed in and grouped, and co-ordinate our day. Gather at 7:30 to create groups and chat before pulling out at 8:00 sharp! Rain date: Sunday, May 8.

A-SIG 80 miles 09:00 AM A-19 SIG, Ride No 10: South Mt Rd

Leaders: David Estrada, 646-305-5224; Ted Feury, 646-554-3922

From: Central Park Boathouse, parking lot

Skill: Speed & Hills. Arrive before 9:00 am please: we want to get started early today. And you thought last week was tough? More hills today (they don't call it South Mountain Road for nothing). Practice makes perfect. Is it nirvana you're seeing or are you just hallucinating from the oxygen debt? You'll slide back on your saddle, extend those legs and power up as your group attacks hill climbing again. By the time we finish this ride, you will be repeating the mantra, "I love hills, I love hills, I hate Ed, I hate Ed." The pay-off comes at the finish line. We'll sail back into Central Park and cruise to the hill with the audience standing and screaming at your triumphant arrival. Don't forget your pocket food and drink plenty of water before, during and after the ride. You won't believe how great you look and feel. Save a few smiles for the post ride social on the hill. The usual cancels.

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. Cancels: Precipitation, wet and slick roads and high winds. If in doubt, check the NYCC message board.

C-SIG 60 miles 9:00 AM C-SIG, Ride No 7: Nyack

Leaders: Group No 1 leader: Patricia Janof, patricia.janof@verizon.net, 212-737-1668; Group No 4 leader: Paul Hofherr, bikeman999@aol.com, 212-737-1553; 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

From: Your ride leader will email starting location

Please contact your ride leader if you haven't received an email regarding instructions for this ride, and remember to check the NYCC Message Board (www.nycc.org) after 7:00 AM for any last-minute changes or postponements.

Saturday, May 14, 2005

A-SIG 90 miles 08:00 AM A-SIG Classic, Ride No 11: Bedford

Leaders: Jody Sayler, jsayler@aol.com, 845-265-7210; Ted Shaw, tashawgrp@mac.com, 212-410-9472

From: Central Park Boathouse, parking lot

Putting it all together. This ride is bar none the most beautiful ride of the A-SIG. Don't miss it! Now we have it all: skills, teamwork, predictability, endurance and speed. Let's put it all together and see if we can fire on all cylinders. Eat a good breakfast and bring pocket food and two water bottles, because we're not stopping until we hit the 40-mile mark. We'll ride through Southern Westchester and Greenwich CT, past Leona Helmsley's Estate and up hilly roads to the idyllic town of Bedford for a picnic on the town green. Our return offers some initial rollers, then evolves into a beautiful, fast, downhill route. It's not long until Graduation Day. You're going to make it! Rain date: Sunday, May 15.

A-SIG 72 miles 07:30 AM A-19 SIG, ride No 11: Deepest Westchester

Leaders: Liane Montesa, 917-532-8895; Ori Mor, 917-584-6384

From: Grand Central Terminal: Bring your Metro North pass

A more beautiful ride won't be happening today, as we disappear powerfully, leaving the Metro North Station in our dust. Your leader's hearts are pounding in anticipation of reaching their VO2 max on today's ride. That's because we'll be practicing speed work and a few hills. In A-SIG language, beautiful ride = hills. We'll have some nice climbing and beautiful pastoral vistas in the deepest parts of verdant Westchester. We'll see if the hill repeats we've been preaching to you and practicing each week really work. Don't be late or the train will leave without you. Bring plenty of water, pocket food and determination. Helmets are still mandatory. Of course the skills you learned the past few weeks, especially working together as a group, communicating and forming incredible pacelines are expected. The usual cancels.

C-SIG ??? miles 09:00 am C-SIG, ride No 8: Graduation Ride

Leaders: Same as last week (See above)

From: Your ride leader will email starting location

This is our Mystery Graduation Ride, with some nice surprises from your ride leaders, as thanks for all your hard work. As usual, don't hesitate to contact your ride leader if you haven't received an email re instructions for this ride. Check the NYCC Message Board (www.nycc.org) after 7:00 AM for any last-minute changes or postponements.

Saturday, May 21, 2005

A-SIG 105 miles 07:00 AM A-SIG Classic, Ride No 12: Bear Mountain

Leaders: Timothy McCarthy, asig.captain@nycc.org, 718-204-7484; Brian Stockmaster, bstockmaster@nyc.rr.com, 718-797-3243

From: Central Park Boathouse, parking lot

The graduation ride! Bring your caps, gowns, cameras and champagne.

Today we finish with a blast. Please note that we take off at 7:00! Be at the parking lot, signed in, helmets on ready to ride by 6:45. We'll barrel north along the Hudson, stopping for fuel in Stony Point, NY, then climb up Perkins Drive to the top of Bear Mountain. From this point, we head west along the rolling beauty of Seven Lakes Drive and turn south to drop down Gate Hill Road. We then refuel near Mt Ivy, meander over to Saddle River and from there, shoot back to NYC. The ride ends with a celebratory reunion on the hill across from the Boathouse in Central Park and group dinner that evening! What a fabulous day and a fabulous series! Bring pocket food, sun block and lots of water. How much will you miss us next week? Rain date: Sunday, May 22. NOTE EARLIER START TIME

A-SIG 100 miles 07:30 AM A-19 SIG, Ride No 12: Bear Mt. Fandango

Leader: Ed Fishkin, 917-578-1078

From: Central Park Boathouse, parking lot

This is your graduation ride! All of us, and you siglets had better not be late! Arrive at 7:30 AM. Congratulations. Here is the moment you've all been waiting for. Bring your caps and gowns, your pomp and circumstance and the champagne. Don't forget the sunscreen and plenty of water too. We hope all of you carbo loaded (or alternatively, cannoli loaded) this week after the feast. Today, we'll finish off this puppy with a blast. We'll barrel north along the Hudson River at breakneck speed (safely of course), observing all the rules of the road and of good sportsmanship. We'll paceline into the mountains and up Perkins Memorial Drive near Bear Mountain. The ride will have a surprise ending. Warm and fuzzy (hopefully not too smelly) we'll return back to the city. What a fabulous day is in store for you. Bring your Metro North train pass (just in case), pocket food, sun block and lots and lots of water (I know I repeated it, but it's really important today). Remember, we want to let you down easily; no cold turkey without us on Saturday mornings from now on. Ergo, your leaders expect to see you for the Bloomin Metric and the Club's Sheffield Memorial Day weekend in the Berkshires. Ask us for more details or check the bulletin. Remember to come to the June NYCC club meeting (June 14, 2005) for your commencement ceremony and to receive your ready to frame diploma. How much will you miss your leaders from now on? Rain date Sunday 5/22.

Out of Bounds

Sunday, May 15, 2005

41st Annual Montauk Century

Your choice of 65 miles, 100 miles, or 140 miles (starting in Manhattan), riding along largely quiet, leafy lanes along Long Island's south shore, all the way out to Montauk. Regular refreshment stops along the way. And new for 2005, an optional escorted 65 miles route. Free showers, hot meal and free massage at the end and transport home for you and your bike for an additional small fee. Organized by Five Borough Bicycle Club. See: <http://www.5bbc.org/montauk/> which has a link to registration at Active.com Cost: \$46 to \$86, depending on what options you choose.

Sunday May 22, 2005

Bloomin' Metric 2005

Sound Cyclists Bicycle Club's 28th Annual Bloomin' Metric bicycle tour will once again be offering three great scenic rides in the Spring of 2004 - 25 miles, 75 kilometers and 100 kilometers. The ride starts in East Norwalk, Ct, near the Metro North RR station. Registration is \$25.00 before May 15, \$35.00 after. Note: Helmets are required. For more information visit <http://www.soundcyclists.com/Bloomin.htm>

More Out of Bounds activities on Page 12

Jay's top 10 rides at

Jay Jacobson, an NYCC member for 10 years, has ridden in excess of 100,000 miles over the past 20 years in various parts of the US and taken in some spectacular tours in Europe and Australasia. Here he guides us through his top 10 favorite rides

Close to home

Piermont to the Battery (60-70 miles, a few climbs): I take the trail through Tallman Park to 9W, then down to Henry Hudson/River Road for five-plus miles of bucolic splendor, Hudson River views, varied foliage, waterfalls, beaches, and cliffs. Although the roughest road surface of River Road has been recently repaved, cyclists should ride carefully on the southernmost stretch.

When the road ends and I climb back up, I ride north for a few hundred yards to the GW Bridge and, once in Manhattan, pick up the West Side bike/pedestrian path. Except for two short detours (at 135th Street and in the 90s), this great greenway goes all the way to the Battery. The scenic feast includes views of the Manhattan skyline, more river views, the Intrepid, perhaps a cruise ship or two, Chelsea Piers, Battery Park City, and lower Manhattan. I might splurge and treat myself to an al fresco brunch or lunch around West 14th Street (the meatpacking district).

I ride north on the path to 38th Street, where I can take a NY Waterways ferry to Weehawken or other NJ towns. South of the GW Bridge, River Road affords more great NY skyline views, but it is definitely better for cyclists during non-rush hour periods. After Hudson Terrace, the tour finishes in the Bergen County suburbs along County/Piermont Road.

Piermont to Newburgh/Beacon (100 miles, about 10 hours, moderately hilly with long flat stretches): I like to depart at dawn to get a head start and to see the magnificent sunrise. Go north along the Hudson River through Nyack, and continue through Nyack Beach State Park in Upper Nyack. The riverside path takes me to Rockland Lake, then I take 9W or the rough mountain-biking path (if it is in a maintained condition) that goes directly to Haverstraw. Then comes the marina districts of Haverstraw and Grassy and Stony Points.

Back on 9W to Bear Mountain and if I cannot ride through West Point due to increased security, I go around the back on 9W. In either event, I take the lower road along the river below Storm King from the north gate of West Point to the beautiful town of Cornwall – home of the largest outdoor sculpture garden in the US. This is a good place for a coffee break.

Just before Newburgh on 9W, I bear right to go along the river to the Beacon-Newburgh Bridge. There is a new large modern-art museum (and a growing art scene!) in Beacon. I continue south along the east bank, carefully riding through a short tunnel and stopping in Cold Spring for lunch. Back across the Bear Mountain Bridge and down 9W to 304 and Strawtown, continuing through Rockland's suburban towns of New City, Bardonia, West Nyack (caution through the one-lane underpass), Pearl River, Orangeburg, and Tappan. If I depart between 5 and 6 am, I usually return home before 3 pm, tired but very happy for



Nice kangaroos, but not what you'd like to have hop right on your back!

the accomplishment and the experience!

Piermont to Seven Lakes Drive (about 70 miles with two big climbs): See the second ride on my list for the start and finish. Just before Bear Mountain I bear left, following signs for Seven Lakes Drive. A visit to Perkins Memorial and the two stunning panoramic views (about a half-mile apart) is an integral part of this ride. The area is somewhat similar to several US national parks and, unlike many national parks, on weekdays has much less traffic! There are several places for swimming. At Kanawauke Circle I follow the sign for Route 106/Stony Point and take it back to 9W.

Long Island's Twin Forks, aka the Hamptons (a whole day with stops for swimming and eating – flat but probably windy): Drive, take a train or jitney, or ride your bike to Greenport on the North Fork. There are four short ferries on this ride, but they leave frequently and bikes are accommodated even if there are waiting

t home and abroad



it in front of you when you are hammering on two wheels

lines of cars. The first ferry goes to Shelter Island, which is great for cycling – scenic and lightly trafficked, as well as featuring several excellent beaches.

The next ferry goes to Sag Harbor, a picturesque old whaling village with beaches close by and excellent restaurants. On Shelter Island, there are three roads going south. Bearing left takes you to ritzy East Hampton, straight is to Bridgehampton, and right is to Southampton. Each Hampton has its own personality, but all have excellent ocean beaches and fantastic scenery. On this ride, I usually either take the right or left road, and when I get to my destination I either turn right or left so I cover all three.

Sometimes after arriving in East Hampton I keep going east to Montauk, a road which can be challenging because it is frequently windy. Route 27, the main road between the Hamptons, can be heavily trafficked, so I try to take a parallel road to the

south. If I return to Greenport early, I can add to my mileage by riding further east to the eastern tip of the North Fork at Orient.

Elsewhere in USA

Colorado: It was here I rode a tour with Timberline Adventures (455 miles in nine days – very hilly). Some highlights: the vibrancy of Boulder; the majestic alpine grandeur of Rocky Mountain National Park; the thrill of Trail Ridge – one of the most difficult rides in my life, compounded by altitude-acclimatization problems. We cycled through such towns as Steamboat, Vail, Breckenridge and Estes Park. We encountered all types of rapidly changing weather. Last but not least, we took in fantastic scenery.

The Big Island of Hawaii (about a week – one or two long climbs). I did this tour for the second time earlier this year. It includes spectacular scenery, including all the warm weather ecosystems. There is a giant, active volcano (which we climb), black and tan sand beaches, a rain forest, a desert, farms, plantations and ranch lands – not to mention great beaches and hotels along the way.

(See April 2005 edition for a fuller description of Jay's riding adventures in Hawaii.)

Overseas

South and West Australia (mostly flat): The areas around Adelaide and Perth are comparable. Both have *rivieras* – strings of beachside communities and world-class wine-producing areas.

Perth is the 'San Diego' of Australia, located near its southwestern corner, featuring a warm, dry climate. It seems that everyone who was not on a sailboat was on a bike. The area has a great bike infrastructure – miles of trails both in and outside of the city.

The hotels either provided decent bikes or arranged for them. From Perth, ferries take passengers and bikes to Fremantle, a sailing mecca at the end of the *Riviera* or to car-free Rottnest Island, where I saw about 5,000 bikes under one roof waiting to be rented.

No, I didn't cycle between Perth and Adelaide. I took the train. However, my friends did ride all the way from Perth, past Adelaide, to Sydney, which was a major accomplishment, considering that much of the 3,000-mile route is very desolate and extremely hot and dry.

Bordeaux (some hills – not major): Again, this area has two of my favorite features – great beaches and wine-producing areas (in my opinion, the greatest in the world!). It is thrilling to cycle among some of the best vineyards, and to have them on both sides of the road. We cycled up to the citadel at Blaye, the quaint wine-producing village of St Emilion, and transversed the Medoc to the Atlantic and its resort towns of Mimizan, Lacanau, and Arcachon (the world's most delicious oysters). We also rode through Sauternes and Cognac, propelled by the aromas of these after-dinner liqueurs!

Provence/Mont Ventoux (one week – the steep climb up Mont Ventoux takes most of the morning): The climate is mostly dry in the summer, and the terrain can be hilly. I have done a number of bike and hiking tours of Provence, including one with Mont Ventoux with VeloSport Vacations. We stayed at a comfortable hotel in the village of Malaucene and had rides each day leading to the dramatic climb (several times the finish of a Tour de France stage). On another day we cycled through the magnificent Gorge de Nesque. On the tours in which we stayed in one town and did daily rides outward in varied directions, we got to know several local residents, some of whom invited us to dine with them in their homes.

Corsica (tours last a week to 10 days – hilly): This is all a cyclist could ask for! It has a mixture of French and Italian culture, language, and cuisine; seaside cornices and switchbacks, fishing villages, and superb beaches; and an intriguing interior of hill towns, untouched by time. Other pluses include excellent summer weather, costs somewhat below mainland Europe, and a paucity of American tourists, which gives you a sense of being in another world.

(See February 2005 edition for a fuller description of Jay's adventures in Corsica.)

EDITOR'S NOTE: Would you like to share your top 10 rides with other NYCC members? They don't have to be overseas, or necessarily anywhere exotic? Or maybe you just have a story to tell about one particular, perhaps epic, ride that you've experienced. If so, we would love to hear from you at the bulletin. Please send copy and pictures to the editor at bulletineditor@nycc.org

And if any of your favorite rides are in the club's immediate locales, then perhaps you might consider submitting a cue sheet to the club's website: www.nycc.org for us all to share.

Berkshires Memorial Day Weekend

May 27th-30th, 2005

Spring has sprung. The NYCC 2005 Berkshires Weekend is just a few weeks away. If you have not yet finalized your arrangements, it may not be too late, so do so now. Next year, make your arrangements early to avoid disappointment. 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.

There will be gorgeous rides for cyclists at every level. Look forward to three to four days of cycling on beautiful country roads, through forests and farmland and, of course, the Berkshire Mountains.

We have a great NEW venue 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> 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. For those who are unable to pay for the weekend dinner via Active .com, you may pay by check, made out to NYCC, and send to David Sabbarese, 615 E14th St, Apt 11B, New York, NY 10009 and include your e-mail address.

Please note that as we go to press, there is no organized luggage shuttle to the Berkshires, so you must ensure that you have transportation arranged for you luggage, both up and back. If you are interested in providing such a service, please contact us at berkshires@nycc.org

New routes and ride leaders are always welcome. If you know the Sheffield/Barrington area and would like to volunteer, please e-mail us at berkshires@nycc.org

Friday May 27, 2005

The following rides are for those who want to get an early start to the weekend by taking a Metro North train from Grand Central Station to either North White Plains, Brewster or Wassaic and riding the remainder of the way to their weekend lodgings. Additional rides for Friday may be posted. These are one-way rides. If you plan on joining one of the following rides you must have accommodation in the Berkshires and have made arrangements for your luggage transport – up and back! The following applies to all rides:

- Please refer to the Berkshire Weekend Update section in the E-mail and the NYCC message board for for any last minute changes
- Contact the ride leaders to confirm participation
- Be at GCT 30 minutes before train departure to buy your ticket, food etc, get to the platform and load your bike
- Purchase a Metro-North Rail Pass Trail, Window No. 28 (\$5) if you don't have one
- We have a reserved car; ask a trainman which car to board
- If you want to ride on your own from the various Metro North stations contact the ride leaders below for route information
- Please have a contingency plan for alternative transportation in the event of bad weather
- There will be return rides to Metro North stations on Monday, May 31st. The details will be in the weekend information packet and will be updated at the dinner/party on May 30th
- Note: Brewster North train station has been renamed Southeast and helmets are required on these rides
- Additional questions? Contact Fred Steinberg: [\(212 787-5204.\)](mailto:fsteinberg@nyc.rr.com) or [Berkshires@nycc.org](mailto:berkshires@nycc.org)

B17/A19 65 ± miles 8:20 AM @GCT Brewster to Sheffield

Leaders: Fred Steinberg fsteinberg@nyc.rr.com 212-787-5204, Linda Wintner 212-876-2798 lwinntner@excite.com, Rick Braun rbraun@courts.state.ny.us

From: Grand Central Terminal 8:50 train to Southeast arriving at 10:22 AM

It's the same route as last year, which is rolling/hilly through quintessential New England farmland and towns to lunch in Kent, Ct. The more difficult route will follow the Housatonic to Cornwall Bridge and up Sharon Mountain. The more level route will continue via Amenia and Sharon. The ride will officially end, as always, at the Stagecoach Inn, where we will again hoist a pint or two in memory of fellow wheelman Mark Martinez, who traditionally led this ride, and whose presence will be missed. It's another seven miles to Gt Barrington.

C13-B15 43 miles 9:20 AM @GCT Dover Plains to Great Barrington

Meet: GCT for 9:48 train to Southeast, transfer to Wassic train, arr Dover Plains at 11:46

Leaders: Paul Hofherr, bikeman999@aol.com, Gary McGraime 212-877-4257 garynycc@aol.com

We take the train to Dover Plains. Our route takes us immediately into the country, past farms and woodland, and even includes part of a Rails-

to-Trails bike path. Bring an early lunch to eat on the train. There is a deli at Dover Plains, so you can replenish your water bottles. You will need a Metro-North bike pass and a bungee cord to hold down your bike. Helmets are required, as is a spare tube for your tire. We can't think of a more terrific ride to start the Memorial Day weekend.

C13 35 miles 9:20am @GCT Wassaic, NY to Great Barrington

Meet: GCT for 9:48 train to Southeast, transfer to Wassic train, arriving 11:59

Leader: Maggie Clarke, 212-567-8272; mclarke@hunter.cuny.edu
 This is one of the nicest rides in the area – particularly the verdant hills in eastern Dutchess County, but the Berkshires is also wonderful – foothills, woodlands, farms, river valleys, a few charming New England villages and not much else. This route, using the flat Harlem Valley Rail Trail, is the easiest (least climbing) to get to Great Barrington. Helmets are required; there will be strict observance of Club riding etiquette. Bring Metro-North pass and lunch to eat on the train. Since I'm committing to lead this ride, it happens whether it's raining or not (unless some kind soul appears at Wassaic to shuttle us up there), so bring the appropriate rain gear. Please contact leader well beforehand so we can get a count for the train conductor. I will board the train at White Plains, as I am starting from Fordham.

Guess who this is

Some years back, there was a regular feature in the Bulletin, which contained old photographs of a club member. The idea was for everyone to guess who it was. This month, we are pleased to bring this feature back. With our first subject, note the cyclist is wearing a cast on his right hand as he skillfully negotiates a flight of stairs while on his bike. A few days before these pictures were taken in Boulder, Colorado, our subject had fallen off his bike and had fractured his wrist. But he didn't let that keep him off his bike, such was his passion for cycling. If you think you know who this is, please e-mail the editor at bulletineditor@nycc.org. The style of cloths and hair gives a good clue as to when these pictures were taken. The first person with the correct answer gets an inner tube of requested size and valve type. If you have old pictures you would like to share, please send them to the editor at bulletineditor@nycc.org. If you only have hard copies, let me know and I will see if we can get them scanned.



No doubt the pedestrians of New York City will be relieved to know that the style of riding depicted in both photographs is not part of the NYCC's general riding etiquette



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

Out of Bounds

Check out the local brevet scene

Ever wondered what Audax is all about? Or did you take part in this year's Audax STS, but are yearning to do more Audax rides? If so, the New Jersey Randonneurs may have just what you are looking for.

New Jersey Randonneurs offers long distance cycling events known as brevets. The rider carries a card offered by the organizer and a route sheet. Completion earns the rider a medal and satisfaction of accomplishment.

Each year our brevets are becoming more popular and we add something new. In 2005 we are offering the NYC 200K on July 10th, after completion of the NYCC SIGS. This will allow SIG participants to experience rides, which have been taking place for over one hundred years.

"For the recreational cyclist, doing a hundred-mile 'century' in one day is rightly seen as quite a sporting accomplishment. Depending on the hills along the course, not to mention the weather, six to eight hours is a respectable time to cover the distance.

"Being out on the open road in the fresh air, and temporarily free of the pressures of our daily lives, it's a fine way to test your strength and endurance while having a good time with cycling friends old and new.

"All in all, it is usually a rewarding day on the bike, and for most riders it will be enough. But there are some over-achievers who wonder what it would be like to keep riding longer. What if you followed a road



2004 Quakertown, PA 200K - Dennis Maldonado, Jeffrey Moore and Laurent Chambard riding through the farmlands

that stretched onward much farther? How far could your ride all in one go? If you're this type of person, welcome to randonneuring!" says Bill Bryant, president of Randonneurs USA.

For more info, visit www.njrandonneurs.com or contact:
Diane Goodwin at dgoody@mindspring.com
Tel: 646-335-3855

NYCC supports Bike Month 2005

Bike Month NYC 2005 is here! Bike Month, a program of Transportation Alternatives (TA,) is held annually during May (National Bike Month), to celebrate and advance bicycling as a means of travel in New York City.

In its 13th year, Bike Month is a fun and educational event, which has earned positive coverage in the local media and has inspired similar events in urban areas across the United States.

Bike Month NYC 2005 kicks off on Sunday May 1st with the hugely popular 5 Borough Bike Tour, in its 29th edition – 42 miles through all five of New York's boroughs. It's your annual opportunity to share the road with 30,000 other cyclists and no cars.

Bike Month NYC events include free breakfasts and snacks with Borough Presidents; group rides; bike rodeos that teach children how to ride safely; bridge, bike lane and greenway openings; adult safe cycling/bike repair

classes and a bicycle film festival. Friday, May 20th sees the opening on the NY Bike Show at 5pm at the New York State Armory, Lexington Avenue at 26th Street. The show runs from Friday, May 20th to Sunday, May 22nd Hours: Fri: 5pm to 9:30 PM; Sat: 12 PM to 9:30 PM; and Sunday: 11 AM to 6 PM. Come and visit the NYCC stand at the show.

NYCC is participating in Bike Month by highlighting some of its events as Bike Month events. These events are being publicized to an audience beyond NYCC's membership as a showcase of our activities. Look for the 'Bike Month' designation in the ride listings.

Transportation Alternatives is a 5,000-member NYC-area non-profit citizens group working for better bicycling, walking and public transit, and fewer cars. We advocate for the improvement of the quality of life of all New Yorkers through safer, calmer neighborhood streets and car-free parks. For more information on



Virtually empty a few weeks ago, but the Hudson River bike path will be full of cyclists during Bike Month in May, especially at weekends

the rides and events during Bike Month, visit <http://www.bikemonthnyc.org>

New York Cycle Club

Minutes of Meetings of the Board of Directors

January 4, 2005

The meeting was called to order at 7:15 p.m. In attendance were Stan Oldak, Barbara Spandorf, Deborah Bennett, Robert Gray, Fred Steinberg, Scott Wasserman, Dave Sabbarese, Mark Gelles, Anthony Poole and Kathy Jennings.

Member News

We are sad to report that Club member Peter O'Reilly broke his collarbone recently. (Yes, he was riding. One of his cranks broke.) The Board wishes him and his bike a complete and speedy recovery.

New Executive Board Members

At this month's meeting, we welcomed the following new Board members: Barbara Spandorf (Membership), Scott Wasserman (C-Rides Co-ordinator) and Anthony Poole (Bulletin Editor). We also extend our sincere thanks to departing Board members Gail Williams, Isaac Brummer and Tom Laskey and to prior Bulletin Editor Rob Kohn for their much appreciated service to the Club.

Treasurer's Report

Deborah Bennett reported that, based on a preliminary review, the Club's net receipts increased by approximately \$5,000 during calendar year 2004. We will be finalizing these figures

shortly and working on the budget for the 2005 calendar year.

Club Membership Renewal

Membership dues for calendar year 2005 are currently being collected. As in prior years, current members who have not renewed their memberships by March 11, 2005 will no longer continue to receive Bulletins and Club e-mails after that date and will have to purchase a new membership (rather than pay the lower membership renewal rate).

Club Socks

We will be placing our first order shortly for the new Club socks. These socks will be sold at Tuesday night Club meetings and at certain special events, such as the New York Bike Show.

ENY Committee

Thus far, we have three volunteers for the 2005 ENY Century Committee. We are actively soliciting additional volunteers for the Committee, including someone interested in chairing it.

2004 Ride Leader Awards

We are finalizing the list of ride leaders from 2004 who will receive Ride Leader Awards and will be communicating with those individuals shortly regarding their award. The Board sincerely thanks all of these individu-

als for helping us to offer the number and caliber of rides that our members have come to expect.

Volunteer Recognition Party

Plans are underway for the Club's First Annual Volunteer Recognition Party, which represents a means of saying "thank you" to members who gave their valuable free time in 2004 to assist the Club. All club members who volunteered in any capacity for the Club during 2004 (eg, members who led rides, attended Bulletin mailing parties, volunteered at ENY, etc.) will be invited to this free event, which tentatively will take place during the last week of February.

Berkshires Weekend Trip

Fred Steinberg and Liane Montesa are hard at work planning this year's Memorial Day Weekend trip to the Berkshires. More details will follow shortly.

The meeting was adjourned at 9:05 pm. The next meeting will take place on Tuesday, January 25, 2005.

Respectfully submitted,
Kathleen Jennings
Secretary



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!

Please read this before your first club ride

NYCC RIDES are led by volunteer leaders who plan the route and maintain the listed speed (e.g. B15=B level at a 15 mph cruising speed — see charts). Our rides are described by pace and style because it's more fun when the group is of similar ability. We ride for fun, fitness, and food.

RIDE LEVEL indicates the type of riding. See chart (right). **CRUISING SPEED** indicates the ride's speed on flat terrain. **AVERAGE RIDING SPEED** over rolling terrain is 3 mph less than cruising speed. This will vary plus or minus 1 mph, according to terrain. **OVERALL SPEED**, including all rest and food stops, is about 3 mph less than average riding speed.

SELF-TEST: Assess your personal cruising speed by riding 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/bicycelp.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, Hank Schiffman, at hschiffman1@nycrr.com and give him plenty of notice.

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

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

Classified

Road Bike For Sale

Bianchi 53cm
 Model: Talladega
 Frame: Reynolds 631 Steel
 Color: Bianchi Green w Gold/Black Accents
 Shifters / Gears _ Ultegra
 Wheels - Shimano
 Condition: Very Good / 4 years old
 Usage: Weekend Riding
 Pedals _ SPD
 Price \$700

Contact: Myles Diamond
Md81e@juno.com
 Tel: (646)-441-4242 (daytime)



Save the Date

Sunday, June 12th

First All-Class Ride of the 2005 Season

A Return to Kensico Dam and

a FREE lunch!

We Ride to Eat!

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



Conrad's Bike Shop

25 Tudor City Place, New York, NY
212-697-6966 or conradbike@aol.com
8.25% off parts, accessories and repairs

Cycle Paths

138 Main Street, New Paltz, NY
845-255-8723
15% off parts and accessories, 10% off bikes

Gotham Bikes

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

Larry and Jeff's 2nd Avenue Bicycles Plus

1690 2nd Ave. at 87th St, NY, NY
212-722-2201 15% off 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 10588
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 NEGIGLIENT 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.



Dated Material First Class Mail

United States of America
New York, NY 10023
Columbus Circle Station
PO Box 20541
New York City Club

NYCC

Tuesday, May 10, 2005 Don't be another traffic accident statistic

We all want to go out on a great ride, have fun, enjoy ourselves with our friends and come back the same way we left...in one piece, warm & happy – right? If you've ever been in an accident, had a near-miss, know someone who's been in an accident, or you court trouble every time you get on the bike, you will surely want to attend this program. Most accidents can be prevented, and we will show you how and what to do if one occurs.

Join us in an evening to learn the three 'Ps' of bike safety: Practice, Pay-Attention, Provide Assistance. Learn about riding defensively and what to bring with you in case of an emergency. The first step in preparation is improving your own balance and stability, then we have to anticipate and pay-attention to those around us. Learn what you can do if you have been injured, how to help others who are injured and possibly in shock. Learn about the most common causes of accidents and how to prevent them.

Regina Hammond, NASM, ACE - Personal Trainer, Spin Instructor: Regina brings her experience as a personal trainer and Category 3 road/cycle-cross racer to show how confidence in our bike handling begins with improving our balance off the bike. **Nancy Camp** is an emergency physician for Mt. Saint Vincent's and Category 4 bike racer: Nancy has been riding for five years and took a stab at racing for the first time in 2004. She has seen plenty of accidents and will offer simple ways to stay calm and cool in the event of you being in an emergency. She will also explain how to determine the severity of an accident, and how to assist accordingly. **Jason Barcoff**, EMT, Piermont Bicycle Connection: Jason brings his expertise in head trauma to teach us how to keep our noggin's and our cool while out on the road. He'll introduce us to new gadgets and bike gear aimed at keeping us safe.

Since most accidents take place in the home, wouldn't you be safer spending the evening with friends? What could be a better time to set your focus on safe 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. Join a bunch of your friends at the NYCC Safe Riding Program. It won't all be serious; we'll have some fun too!

Tonight's program is sponsored by **Bicycle Habitat**, 244 Lafayette St. NY NY 212-625-1347 www.bicyclehabitat.com, who will be there with a table displaying some of their wares and some super gifts that will be given away free during the meeting. **It's your club. Participate!**

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, then see them with their new owner on the road.

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 PM.

**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

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