

June, 2005

NYCC Bulletin



Jerome Allen
February 11, 1946
to
April 30, 2005
RIP

NYCC Ride Listings
Special Event: Opera on the
Great Lawn in Central Park
SIGs Graduation Details
July 4th at West Point
Out of Bounds

'June is busting out all over'

As I write this message we are still several weeks away from our Memorial Day weekend in the Berkshires. And if past years are any indication, I'm sure it will have been a great weekend with lots of super riding and good company. Much thanks go to Fred Steinberg, Liane Montesa, Reyna Franco, David Sabbarese and all the ride leaders for making it all happen.

There is lots more good stuff coming up in a busy June. Our first all-class ride of the season happens this month. On Sunday, June 12 we ride to Valhalla for a picnic lunch by Kensico Dam. And, yes, lunch is on the club. And then Sunday, June 26 is this year's Newcomers' Ride. For newcomers or oldcomers, all are invited on this lovely ride to Pascack Brook County Park in Westwood, NJ where we'll enjoy lunch by the lake and some prizes to be raffled off.

Into 'highbrow' music? Can't afford a ticket to the Metropolitan Opera House? Join us on the Great Lawn in Central Park for an evening of opera under the stars on Wednesday, June 15th. Details can be found elsewhere in this bulletin, in your club weekly e-mail and on the club's website.

And what would the beginning of July be without a NYCC jaunt up to West Point for Independence Day weekend? As usual, we will stay at the famous Thayer Hotel on campus. We'll enjoy a wonderful picnic on one evening and dinner while cruising up the Hudson on our own boat with dancing to a live band on the other. And of course, there is always lots of great bike riding. Spaces are limited. This event sells out almost every year. Information and details on how to register can be found on page 7.

A word about our new club socks: many of you may have already seen them on the road or at the Bike Show in May. The design is by our very own Viviane Tubiana and printed on DeFeet Air•E•Ator® socks. Interested in getting a pair? They are available only at our monthly club meetings at just \$6 a pair. I guess you will just have to 'break down' and come to Annie Moore's on a second Tuesday of the month!!!

And a word about our new club jersey: yes we do have a new design, and as we speak it is in the hands of the manufacturer. Look for information to soon appear in your weekly club e-mail.

Finally, on a very sad note, on April 30 a family in Staten Island lost a son and brother, and we lost a friend and riding buddy. Those who knew Jerome Allen describe him as a kind man who was always friendly, helpful and generous, and someone who loved cycling. Jerome, while doing what he loved so much, was killed by a driver wielding his SUV. When will it ever end? We will miss you Jerry, and may you rest in peace.

Everyone have a good, safe month.

Stan Oldak

Special Event

Metropolitan Opera on the Gt Lawn

Bring your beach chairs and blankets, Pinot Grigio and bread and cheese on Wednesday, June 15th at 8pm (rain date: Thursday 16th), and let's sit outside under the stars and listen to the world's greatest opera company perform its annual free concert series in the park. The evening's program features selections from Saint-Saëns' *Samson et Dalilah*. Volunteers will be needed during the early afternoon to secure a perimeter. We'll hoist a distinctive shark-shaped kite to serve as a marker. If you can help, please contact Dave Sabbarese at events@nycc.org or call him during the day at 212-756-3209.

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The *NYCC Bulletin* is published monthly by the New York Cycle Club. Any opinions expressed are those of the authors and do not necessarily reflect the official position of the NYCC.

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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

Proofreading: Allison Amend; Basil Ashmore, Katie Elise Johnson, Natalia Lincoln

Front cover shot: A temporary floral tribute atop a traffic cone marks the site where Jerome Allen fell. Around 100 cyclists took part in a special memorial ride. *Picture by Anthony Poole.* Inset picture of Jerome Allen at the 2002 Pumpkin Patch Pedal, courtesy of the Staten Island Bicycle Association

Printing: Boro Park Graphics, 3,400 Hamilton Parkway, Brooklyn, NY 11218. Website: www.bparkgraphics.com

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 BUT NOT June Recurring Rides Tuesdays only in June

B16-17 50 miles 9:30 am River Road

Leader: Maggie Schwarz, mschwarzny@aol.com, 212-206-7672

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

A casual ride up to Piermont or Nyack depending on our schedules. We have lunch up there and return home. We're usually on the NY side of the GWB by 2 or 2.30. Please sign up in the head count the night before on the message board.

Tuesdays and Thursdays in June

B17 24 miles 5:45 am Laps in Central Park

Leader: Linda Wintner, lwintner@metlife.com, 212-876-2798

From: Engineer'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 e-mail listings and message board in case I need to cancel or change anything at the last minute (which I rarely do). Cancells: Precipitation and/or wet roads.

Wednesdays in June

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

Leader: Jeff 'El Jefe' Vogel, jeffvg1@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 Wednesday for an ever-changing exploration of New York City and its environs. Depending on time of year, expect a two to three hour non-stop ride. Required will be some sort of fat-tire bike, good handling skills and a helmet. 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.

Saturdays in June

A19 57 miles 8:30 am River Road-Bradley-Tweed-Eisenhower

Leader: Richard Rosenthal, rr@ro-ads.com, 212-371-4700

From: Central Park Boathouse

It's gorgeous. It's astonishingly free of traffic. And it's as challenging as hell for me because there are hills and I can't ride uphill. If you haven't yet discovered Eisenhower, you're in for a bit of work. No lunch stop. Brief snack at Mile 31. Home by around 1:15. Note: This ride is clearly A-. I emphasize the MINUS. I'm old. Another thing: I don't do rain.

June Rides

Saturday, June 4, 2005

A19 100± miles 8:00 am Necking on Long Island

Leaders: Timothy McCarthy, timothymc@earthlink.net, 718-204-7484; Mai Yee, mai_yee_2000@yahoo.com; David Estrada, david_estrada@lhh.com; Jeffrey Robins, jeffree2003@yahoo.com

From: Central Park Boathouse

Join us as we meander through scenic Queens out onto Long Island and back. The object is sightseeing over pace busting, though we will motor at times. This is an all day affair. Hills? You betcha (a few). Helmets, good cheer and paceline skills mandatory. Hey, maybe we'll play Spin the Waterbottle.

B18 70 miles 8:00 am Cold Spring

Leaders: Colleen Conway, conwayco@shu.edu, 212-665-0964; David Carr
From: Grant's Tomb, Riverside Drive at 122nd Street

If you missed out on the B-Sig graduation ride to Cold Spring, here's another chance. Or if you just love spectacular views, join us for this scenic ride to Cold Spring and enjoy patio dining at the end of the ride. Good group riding skills required. Bring a Metro-North train pass for the ride back and plenty of pocket food. The usual cancels. Check message board if in doubt.

B16 41 miles 8:15 am The Mansion Tour

Leader: Pat Mullen, slipstream1@verizon.net, 718-894-3333

From: Grand Central Terminal/Information Booth. Take 8:37 am train arriving in Greenwich at 9:29.

Very hilly with climbing at a moderate pace. We will cycle past miles of estates on scenic secondary roads which are mostly tree shaded and lightly traveled. Lunch in Bedford. Helmets and Metro-North pass required. RSVP please. Limited to 15 riders. Rain date Sun. 6/5.

C11/12 23/29/37/45 miles 10:30 am All 16 Manhattan Bridges

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

From: North end Chelsea Piers, at the river's edge, at 'The Plaque'

Come with me for the excitement and adventure of crossing all of Manhattan's 16 available bridges. Choose your mileage above. This ride has hills. Buy/bring lunch. Helmet mandatory. Rain date Sunday, poor weather both days cancels. If in doubt e-mail or phone RocknRon. Happy rides!

Sunday, June 05, 2005

A19 70+ miles 9:00 am Fixed-Gear/Single-Speed Ride (Bedford)

Leaders: Sal Cenatiempo, spcena@hotmail.com, 917-302-2327; Mordecai Silver, msilver@iso.com, 212-677-3596
From: Central Park Boathouse

The weather is warm, daylight is long, and your geared road bike is probably your choice for 'epic' rides. Well, that doesn't mean your fixed-gear should be collecting dust. After all, remember that winter, prime season for some fixed-gear bikes, is just around the corner. How's that for a cheerful, optimistic outlook? Join us as we venture into Westchester County on a challenging and scenic route to Bedford. No major climbs or descents, but once we leave the city, not many stretches are really flat. In our opinion, tackling the undulating Westchester terrain on one gear is much more fun than riding on the flat. Lunch on the green in Bedford. Return is via Metro-North from White Plains, so bring your train pass. Those who are greedy for miles are welcome to ride back to the city. For fixed-gear riders, a front brake is encouraged.

B16 42 miles 9:30 am I Brake for Beer

Leader: David Sabbarese, dsabbarese@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 Parkway. We'll have lunch either at Totonno's famous pizzeria or Nathan's Famous hotdog stand, depending on group preference. Bring a helmet (mandatory), lock (suggested) and beer money (optional) 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 Brooklyn, we figure to be by the Picnic House by around 11:00 am or so. Lousy weather cancels, like it did for this ride in May.

C12-13 35 miles 9:30 am Eagle Rock and the Presby Iris Gardens

Leader: Maggie Clarke, mclarke@hunter.cuny.edu, 212-567-8272
From: WTC PATH station – 3rd level down at the Ticket machines
 Access from the A,C,E trains and N, R trains as before. We take the PATH to Newark and ride through the lovely towns of South Orange and Milburn, tarrying at the latter briefly. We will then head up through Brookside (Mountain reservation) park, up, up, up, to the spectacular Eagle Rock and admire the splendid views of Manhattan, Newark, Brooklyn and beyond. We will picnic at the heights and head for the Presby Iris Gardens in Upper Montclair. They should be in bloom at this time. Helmets and observance of Club riding etiquette required. Bring money for PATH. Cancellation: high winds, 50% forecast chance of rain or excessive heat index. Call Maggie After 8 am if in doubt but check the forecast first.

Friday, June 10, 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, June 11, 2005

A19/20+ 95+miles 8:00 am Made in the Shade

Leaders: Fred Steinberg, fsteinberg@nyc.rr.com, 212-787-5204; Rich Ramon, ramonr@coned.com; Pam Nelson, pamnelson@prodigy.net; imothy McCarthy, timothymc@earthlink.net

From: Central Park Boathouse

Hopefully the season will have caught up to the calendar and heat and humidity won't be a novelty. In any event, most of this ride is in the shade. That doesn't mean flat. There's a scenic, hilly detour into Connecticut, around Byram Lake and a picnic lunch in Mt. Kisco. Then a loop around Croton Reservoir and long climb up Pine Bridges Rd. As always the route will differ from prior years based on road closures and the weather forecast. There

will be some hardpack, but not the single track around Croton Dam. Water stops as needed. Bring a Metro North pass. Cancellation will be posted on NYCC msg board by 7AM, or call Fred.

B16 54 miles 8:45 am Climbing to New Caanan

Leader: Pat Mullen, slipstream1@verizon.net, 718-894-3333

From: Grand Central Terminal / Information Booth. Take 9:10 train arriving in Greenwich at 10:02

Very hilly and challenging terrain with climbing at a moderate pace. We will cycle past miles of estates on scenic secondary roads that are mostly tree-shaded and lightly-traveled. This is a follow-up to last week's ride on mostly different roads. Lunch in New Caanan. Helmets and Metro-North pass required. RSVP please. Limited to 15 riders. Rain date: Sunday, 6/12 taking earlier train.

C11/12 32 miles 9:45 am Staten Island Shore Path

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

From: North end Chelsea piers on the river's edge at 'The Plaque'

We'll ride to Battery Park for the 10:30 Staten Island ferry. This is an easy bike ride, past the Alice Austen House (find out why the house is so special for RocknRon). We will bike around Fort Wadsworth, under the Verrazano Narrows Bridge, past the giant turtle, past Great Kills small boat anchorage to a late lunch at a beach-side table. Bring/buy lunch. Helmet mandatory. If you want to ride hard & get home early choose another ride. Rain date Sunday. If in doubt e-mail or phone RocknRon. Happy rides!

C12 23 miles 8:30 am Sandy Hook

Leader: Alfredo Garcia, cyclistxxiii@yahoo.com, 646-312-1677

From: NY Waterway Term Pier 78 (W 38th St, near West Side Greenway)

Since 1998, I've led this boat-bike-boat cum beach excursion to a wonderful Jersey Shore locale, just an hour away from the Big Apple. We'll take a West Side Manhattan ferry for a breathtaking cruise. Disembark and ride to outlying towns before having lunch at the Twin Lighthouse of Navesink, then back to the Hook for beach time. Bring \$30 round trip fare (includes bike charge). You must purchase a ticket beforehand; visit www.nywaterway.com or get there early. Bring sunscreen, lock, hat, water, beachwear. Wet weather at start cancels. Co-listed with 5BBC. Terrain: mostly flat, with greenways, busy traffic and hills.

Sunday, June 12, 2005

ABC 30-60 9:00 am Another All Class Ride with a free lunch for all!

Leader: Fred Steinberg, fsteinberg@nyc.rr.com

From: Central Park Boathouse

TINSTAALF? (There Is No Such Thing As A Free Lunch) This ain't science fiction. There certainly is if you show up at the boathouse at 9:00 AM and take part in any ride of the first NYCC All-Class ride of the season. There's a ride for everyone. We'll head out into beautiful Westchester County on routes of various distance, speed and terrain. All rides will rendezvous at the Kensico Dam Plaza where there'll be a plentiful lunch for all.

RIDE LEADERS

A21: Christy Guzzetta

A18: Robert Gray

B18: Chaim Caron and Ed Fishkin

B17: Linda Wintner, Rick Braun, John Kalish

B16: Hal Eskenazi, Marci Silverman

C12/14: Marina Bekkerman and Scott Wasserman

Additional leaders will be posted. Please check the NYCC Weekly E-mail and Message Board for updates on this event. Questions? Contact Fred Steinberg, fsteinberg@nyc.rr.com

B15 45+ miles 9:00 am Show & Go

Leader: John Zap, 212-255-7191

From: Grand Central Terminal, Information Booth

Take the 9:07 New Heaven Train to Darien. Meet leader upon arrival 9:59. We will go where we want and stop when we want by group consensus. This will be a casual-paced ride along the coastline as well as some secluded shaded

backroads. with plenty of greenery, trees, waterfalls, mansions and reservoirs. Return via Metro-North.

C12 30 miles 9:30 am Phil Goldberg's Cradle of Aviation

Leaders: Alfredo Garcia, cyclistxxiii@yahoo.com, 646-312-1677; John Chiarella

From: Cunningham Park, Union Turnpike @ 196th Pl. Queens

Curious about that Airbus A380 and Boeing 737? Let's cycle into the wild blue yonder, to an air museum and find out. See astonishing history of flying from small beginnings to the amazing present. Bring \$9 admission, food & a lock. Related website: cradleofaviation.org. Wet weather cancels at start. Co-listed with 5BBC. Terrain: mostly Nassau County flat, some busy traffic.

C13 45 miles 7:45 am Darien/Ridgefield RT

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

From: Grand Central Terminal, Information Booth

Buy a round trip ticket for 8:07 AM train to Darien, CT. This will be a winding, touring-paced visit to the back roads of affluent Darien, New Caanan, Wilton, Silvermine, Kitchawan, and Ridgefield; one mile of hard-packed dirt road. As this ride bridges NYCC C/B styles, it will best be enjoyed by stronger, more-experienced C as well as more-relaxed B riders. Helmets and Metro-North passes please.

Wednesday, June 15th, 2005

B17 30-35 miles 7:00 pm Stressbusters go to Joisy

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

From: Central Park Boathouse

Let's take advantage of the long days and head out of the park, up and over the George Washington Bridge for a quick spin to Alpine via River Road. The goal is to get back to the park before dark. Bring a well-maintained bicycle, lights (suggested), a lock and some cash as an inexpensive dinner (Chinese?) afterwards will be in order.

Friday, June 17, 2005

B17 45 miles 8:50 am Staten Island Perimeter

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

From: Staten Island Ferry, Manhattan Terminal

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

Saturday, June 18, 2005

A20 80 miles 8:00 am Perkins, The Fast Way

Leaders: Steve Dwek, stevedwek@aol.com, 212-744-7083; Melissa Bybee, melbybee@earthlink.net; Jason Winstanley, jwinstanley@att.net, 212-928-6209

From: George Washington Bridge, NY side bike path entrance

A straight shot up 9W to the top of Perkins then return the same way. Two short refueling stops, home by early afternoon. Rotating paceline skills required. The usual cancels.

A21/23 110 miles 7:30 am Port Jervis

Leaders: John Zenkus, jjz2116@aol.com, 917-617-0901; Llewellyn Connolly, llewellyn.connolly@lehman.com; Peter O'Reilly, ptor@prodigy.net, 201-309-0664; Craig Breed, c_breednyc@yahoo.com, 212-787-5878

From: Grand Central Terminal, Information Booth

Mid-June is an ideal time for a long ride and this is one of our favorites—a very rolling, 110 mile ride through bucolic Orange County, starting in Garrison with a Port Jervis destination and ending in Beacon for a train ride back to the city. Meet at GCT around 7:30 am to catch the 7:51 train to Garrison. Please bring a Metro-North pass, as well as two waters bottles, money for lunch, plenty of pocket food and a bicycle in good repair, along with the mandatory helmet. Check bulletin board for updates.

B18/16 65/50 miles 9:00 am Learning the Good Routes: Nyack

Leaders: Wayne Wright, wwright8@nyc.rr.com, 212-873-7103; Mark Gelles, mgelles@okcom.net

From: Central Park Boathouse

Are you eager to lead a NYCC ride but you don't know a good route to take? Then this ride is for you. It's the first of a set geared toward learning some standard routes in and out of the city. We'll take a standard route out of the city over the GW Bridge. We'll return to the city from Nyack via a standard route. The only difference is that the B18 ride will take a longer route to Nyack than the B16 ride. Participants will be asked to lead at least one ride for the club based on what they learned today. Helmets and smiles please. The usual cancels.

B18/19 70 miles 9:00 am Everybody Pulls to Oyster Bay II

Leader: George Arcarola, garcarola@nyc.rr.com, 917-837-0766

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

A fast 'B' ride to Oyster Bay via Kings Point, Sands Point and Roslyn. Come see some of the prettiest roads on the North Shore. Paceline skills are a must; we will have plenty of opportunity to ride co-operatively, you'll need to pull your share. Strict adherence to the posted pace. Oddly enough, for a Long Island ride, there are several bail-outs (bring your LIRR bike pass). Requirements: helmet, paceline skills, plenty of water and smiles please. Cancels: rain, wet roads.

Sunday, June 19, 2005

B15 50 miles 9:00 am Gold Coast Ride Upper Section

Leader: John Zap, 212-255-7191

From: Grand Central Terminal, Information Booth

Take the 9:07 New Haven Train to Fairfield and meet leader at 10:18 in Fairfield. We will cruise along several beaches and towns on the way to New Haven. Towns include Fairfield, Bridgeport, Stratford, Lordship, Milford, West Haven and New Haven. A short stop at Milford Point Light House and Museum before lunch at Gulf Beach. Return from New Haven at 4:55 approximately.

B16/17 65 miles approx 8:00 am The Breakfast Club: Clockwork Apples

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

From: George Washington Bridge, NJ side bike path entrance

This ride is a bit more challenging than I have previously done, but that doesn't mean jack! J. Our ride will take us through Ft. Lee, Monsey, Saddle River, Oradell and The Orchards. The route has varied terrain with a little more climbing than usual. Lunch will be in Saddle River. Please join us. Please RSVP by the Thursday prior. Hope to see you.

B18 60 miles 10:00 am Nyack the Hilly Way

Leaders: Wayne Wright, wwright8@nyc.rr.com; Sally Cressey, sallycressey@yahoo.com

From: Central Park Boathouse

There's more than one way to get to Nyack. Our way today will start with River Road, then we'll sneak up on the Runcible Spoon from the West via a climb over Bradley. Will the construction on 9W be complete, allowing us to climb State Line on the way home? Only one way to find out. Helmets and smiles please. The usual cancels.

C12-13 30 miles 10:00 am Annual Father's Day Coney Island or Bust

Leaders: Ed Pino, edpino@msn.com, 212-665-4052; Liz Baum, eliz53@msn.com, 212-665-4052

From: City Hall Park, Opposite Brooklyn Bridge

Join us for a fun ride through Brooklyn to the world-famous Cyclone for the ride of your life. Come to the Fun House, Walk on the Boardwalk. Return to your childhood or your new adulthood for a fun time. Lunch will be at Nathan's hotdog stand. This will be an easy 30-mile ride. We will meet at City Hall at 10:00 am. Bring a bike lock and approximately \$15 for lunch and admission. This ride is co-listed with the 5BBC.

Tuesday, June 21, 2005

A20/22 52 miles 5:00 am 1st half of the summer solstice double half century

Leader: Christy Guzzetta, Christy.Guzzetta@GESServices.com, 212-595-3674

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

Geez, 5:00 am. C'mon, it only happens once a year. And it is the longest day of the year. It's the fifth Annual longest day of the year ride. Start at 5:00 am from Engineer's Gate. Over the GW Bridge, up River Road, north on 9W, through Piermont for a 15 minute coffee break at the Runcible. Return home the same route. Should be home before 9:00 am. All right, so we'll be a little late for work; it is the longest day of the year after all. **See 5:00 PM for the second half of the summer solstice double half century.**

A20/22 52 miles 5:00 pm 2nd half of the summer solstice double half century

Leader: Christy Guzzetta, Christy.Guzzetta@GESServices.com, 212-595-3674

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

This is the 2nd part of the longest day of the year double half century ride. Be on time; we are gone at 5:01 pm. Same route as this morning's 5:00 am ride – over the GW Bridge, River Road to 9W, through Piermont for a quick 15 minute coffee break at the Runcible Spoon. We should have no trouble getting back home by 9:00 pm. Because it's the longest day of the year, lights will not be required. We'll have a quick dinner somewhere in Manhattan upon our return. Special prize for those who make both rides.

A23 100 miles 5:00 am Century Before Noon

Leader: Mark Loftis, mark646@yahoo.com, 212-866-5824

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

Then ancients celebrated the longest day of the year with song, dance, food and human sacrifice. Let's sacrifice our bodies to the cycling Gods by completing a hilly century before noon. We'll piggyback onto Christy and Jody's early morning ride to Nyack and then continue on to Bear Mountain via Mott Farm Road and Gate Hill Road. We'll return by noon with our century complete. You're free to join Christy and Jody for their afternoon ride. I won't be there. Check the message board for updates and come equipped with food, liquids, money, and a Metro-North bike pass, just in case.

Wednesday, June 22, 2005

B17 30-35 miles 7:00 pm Stressbusters go to 'Joisy'

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

From: Central Park Boathouse

Let's take advantage of the long days and head out of the park, up and over the GWB for a quick spin to Alpine via River Road. The goal is to get back to the park before dark. Bring a well-maintained bicycle, lights (suggested) and a lock and some cash as an inexpensive dinner (Chinese?) afterwards will be in order.

Saturday, June 25, 2005

A19/21+ 110 miles 7:35 am Poughkeepsie-Hunter Loop

Leaders: Ron Roth, rr7@nyc.rr.com; Mark Loftis, mark646@yahoo.com; Timothy McCarthy, timothymc@earthlink.net; Peter O'Reilly, ptor@prodigy.net

From: GCT - Meet 7:35 for 7:51 train to Poughkeepsie

Let's celebrate the weekend abutting the solstice with a jaunt worthy of the extra daylight. The day will have us hustling in paelines, ascending a 1500 ft. vertical 4.5 mile climb, eating a hearty, healthy lunch, & then descending for nearly 13 miles! Finally, when you thought you'd seen it all, there will be Mohonk. If a consensus is achieved, there will even be a post ride dinner just outside of Poughkeepsie. What a way to spend a (long!) day. Bring a bike in good mechanical condition, 2 waterbottles, a helmet, pocket food, a Metro North Pass, good cheer and tenacity. You'll definitely sleep well after this one!

B16/17 68 ± miles 9:00 am Oyster Bay via Sagamore Hill

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

From: Central Park Boathouse

Join us on this historic (Peter is finally back on the bike) ride to a classic destination on what some may find to be a slightly atypical route. Lunch on the water or in some air-conditioned paradise. Several bailouts via LIRR and Subway. Bring a positive attitude and all the usual stuff and don't forget your LIRR bike pass, just in case. Helmets required. Light rain may not cancel, downpours will. Check the message board if in doubt.

Sunday, June 26, 2005

B14-16 60-70 miles 9:00 am Bear With Us

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

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

Ride through Bergen and Rockland Counties to visit a bear. Halfway through the ride breaks into two groups. A faster contingent gets to touch the bear's nose. A slower group gets to count the bear's toes. Both groups get a ride over the Bear Mountain Bridge and a return by train from Garrison. The faster group has a full complement of hills. For slower group members, this is a rare chance to ride through Harriman Park territory at a pace that is comfortable for you.

C14 54 miles 9:15 am Oyster Bay

Leader: Scott Wasserman, swrides@earthlink.net, 914-723-6607

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

We pick up lunch in this north shore Long Island town and carry it to the park overlooking the water. There's even an LIRR train station right there, just in case.

Wednesday, June 29, 2005

B17 30 miles 7:00 pm Stressbusters go to Brooklyn

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

From: City Hall Park, Opposite Brooklyn Bridge

If it's the last Wednesday of the month then that means we're heading to Prospect Park. We'll traverse the Brooklyn Bridge and do some laps in Olmstead's other great urban landscape. Return via the Manhattan Bridge. For those who wish to jump on board in Brooklyn, we figure to be by Grand Army Plaza by about 7:30 or so. Maybe a bite and a beer afterwards in Park Slope. Lousy weather cancels.

Save the date
September 17
Escape New York

Check: www.nycc.org for details

NYCC



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!

Bike Cargo Boxes

Available To Rent



NYCC now owns two bike cargo boxes that will allow you to bring your bicycle on 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

Sunday, June 5, 2005

Rutherford Downtown Criterium

The event is being run in support of the Lance Armstrong Foundation and 50% of all sponsorship money goes to LAF. There will also be a health and fitness fair which will feature health care professionals and fitness experts. The course is in the form of a 1-mile loop through the heart of Rutherford, NJ's commercial district. There will be races for professionals, semi-pros, amateurs, and recreational adult and youth cyclists. Riders from NYC can take a train from Penn Station right into Rutherford. We had several do it last year! (Train station is a two minute walk from race course.) First race goes off at 1 PM! For more information visit: www.northjerseycycling.com

Friday, June 10 to Sunday, June 12

League of American Bicyclists 125th anniversary

The League was founded in 1880 in Newport, Rhode Island. The Narragansett Bay Wheelmen have put together an exciting series of rides, evening events, and bicycle races/exhibit viewing in and around Providence and Newport on Friday, June 10-Sunday, June 12 to celebrate the League's 125th anniversary. There will be a large exhibit area available on the lawn at Station Park in Providence on Sunday, June 12 in connection with the League's 125th Anniversary Ride and the Cox Children's Charities Cycling Classic bicycle race. For more information visit: <http://www.nbwclub.org/events/2005-LABanniv.html>

Sunday, June 12th, 12 noon – 5 pm

Spring House and Garden Tour, A Sunday Drive

Sponsored by the Historical Society of Newburgh Bay and the Highlands, the tour begins at Crawford House, 189 Montgomery Street, Newburgh or Rosendale Cement Company, 419 Main Street, Rosendale. This year's Spring Tour takes you through unique homes and gardens in Orange and Ulster Counties. Much of the route lies along the rail trail that runs through Ulster County (from Rosendale to the Walkill Prison). \$20 donation. For more information email: historicalsocietynyb@yahoo.com or visit <http://www.newburghhistoricalsociety.com>

Saturday, June 18

Women's Beginning Bike Racing Clinic in Central Park

Century Road Cycling Association - Radical Media & Comedy Central Bike Teams are sponsoring Women's Beginning Bike Racing Clinic. This event is designed to encourage and develop recreational female cyclists interested in the sport of road racing. All proceeds will go to The Girl's Project. The Clinic meets at 6:00 a.m. in Central Park. There'll be a 30 km race (3 laps around Central Park beginning at the top of Cat's Paw Hill). There's a \$10 race entry fee (+\$5 license-for-the-day fee if you don't have a USCF license). For more information visit: <http://www.bikereg.com/races/register.asp?EventID=2378>

Father's Day Weekend, June 18 and 19

National 24 hour challenge, Grand Rapids, Michigan

See how many miles you can clock up on the bike in a straight 24 hour period from 8 am on Saturday to 8 am on Sunday. This event is the biggest of its kind in the United States and attracts cyclists from all over the world. As it is the closest weekend to the summer solstice, most of it should be in daylight. For further information, check on the web at 222.N24HC.org

Sunday, July 31

Harlem Valley Rail Ride

Bike New York's Harlem Valley Rail Ride has a choice of ride distances from 18 to 75 miles. All rides start and end in Millerton, NY in northeastern Dutchess County. Rest areas are spaced every 12-15 miles. Roving bike marshals provide support. Bus service available from Manhattan. New this year: Saturday Rides and non-cycling tours of the area so that you can spend the weekend. For more information visit: www.bikenewyork.org

Sunday August 7

Ramapo Rally

The Bicycle Touring Club of North Jersey will hold its 28th annual Ramapo Rally Starting at Ramapo College, Route 202, Mahwah, NJ. Pre-Register by Aug.1st for a FREE Back Pack. Pre-Registration postmarked by August 1, 2005 is just \$25.00 for BTCNJ members, and \$30.00 for non-members. Registration postmarked after August 1 or day of event will be \$30.00 for members and \$35.00 for non-members. All pre-registrants will receive their back pack rain or shine. For more information visit:www.btcnj.com or call Bette Bigonzi at 1 (973) 744-5924. e-mail: bikeramapo@aol.com or register online at www.active.com

Sunday September 25

Twin Lights Ride

Bike New York's Twin Lights Ride offers a choice of ride distances of 15 to 100 miles. All rides start and end on Sandy Hook, New Jersey. Rest areas every 12-15 miles; roving bike marshals provide support. This year, the Ride supports the Lance Armstrong Foundation ---- riders who raise extra funds get food service, goodie bags, and a chance to win great prizes. For more information visit www.bikenewyork.org

Saturday Sept 24 through Sunday Sept 25

100 Miles for Human Trials

100 Miles for Human Trials, begins in Mystic, CT and ends in Charlestown, MA. It is the second annual bike event run solely by volunteers to benefit a human trial of a potential cure for type I diabetes. In 2001, Dr. Denise Faustman of Harvard Medical School and Massachusetts General Hospital (MGH), made diabetes research history when she permanently reversed and cured end-stage diabetes in mice, without the use of islet transplantation or toxic immune suppression drugs. In its inaugural year, '200 Miles for Human Trials' included only two families, the Root family from New Canaan, and the Fusco family from Stamford. Biking the 211 miles from Stamford, CT, the two families raised over \$145,000, donated directly to the Cure Diabetes Now Fund at MGH. Please join us for our second annual event and help us fund the first trial of hope. For more information visit: <http://www.200milesforhumantrials.com/newform.htm>

Saturday, September 24 and/or Sunday, 25

Granite State Wheelmen's Tri-State Seacoast Century

This is a beautiful late-season ride along a spectacular part of the New England Coast and is almost entirely flat, taking in three states: Massachusetts, New Hampshire (all 18 miles of its coast) and Maine. Choice of distances: 100 miles; 75 miles; 50 miles. And you can ride two back-to-back centuries on both days. Price \$25 for one day, or \$40 to ride on both days. Refreshment stops and free massage at end on both days. Check on the web: <http://www.granitestatewheelmen.org/SCC/SCC-Details.htm> and follow the link to register at Active.com

Jerome Allen Memorial Ride

It was hard to judge the numbers, but what looked like around 100 cyclists braved an unseasonably cool, Sunday morning, on May 22 to pay their respects to a fallen, fellow cyclist.

What would normally have been the Staten Island Bicycle Association's (SIBA) annual Tour de Staten Island had been changed to the Jerome Allen Memorial Ride.

Riders met by Borough Hall in St George and rode the 12 or so miles to the spot where Jerry, as he was more widely known, was knocked off his bike at around 7:19 on the evening of April 26 by an SUV, driven by 23 year-old Anthony Tasso. Jerry was riding along Hylan Boulevard, heading north, towards the Verazzano-Narrows Bridge.

At the site of the tragedy, on Hylan Boulevard, between Lipsett and Poillon Avenues, riders joined Jerry's sister Yvonne Allen Goodwin and his niece Karen Goodwin for a short memorial ceremony, where a minute's silence was observed. Ronald Schwartz, president of SIBA stood on a step ladder and spoke into a portable public address system and said: "We are here to remember his life, our times on the road with him and commemorate his love of life and cycling, and to grieve the fact he was taken from us."

And part of a poem, written by a friend of Jerry, Patricia Marceante, was read out before the minute's silence was held.

Several riders wore commemorative white jerseys over their cycling jerseys, with Jerry's picture on the front.

News of Jerry's death shocked cyclists around New York, both those that knew him well and rid-

ers generally. And it sparked a sense of outrage that the initial reports stated that the police could find no fault with the driver. Cyclists could not believe the reports claiming that Jerry was not wearing a helmet at the time. Those that rode with him were adamant that for Jerry not to wear a helmet would have been entirely out of character.

Having seen just how wide a stretch of road Hylan Boulevard is at the point where Jerry was struck, many – myself included – found the press reports of the accident utterly unbelievable.

During the ceremony, the police directed traffic safely around those gathered to pay their respects and escorted riders back to Fort Wadsworth for a pancake brunch. Some riders chose to ride what would have been the Tour de Staten Island route, but many went for the pancakes and some headed back for a ferry to Manhattan.

I spoke to several riders as we rode north after the ceremony, under police escort, many of whom I did not know, but they all expressed the hope that the police would investigate the crash properly. And many urged me to do all in my power as bulletin editor to help bring that about.

Certainly, the police officers patrolling the event and escorting riders could have been left in no doubt as to the strength of feeling among the riders who paid their respects to Jerry.

I never knew Jerry, but his face looked familiar. I must have seen him at NYCC events. Jerry lived, breathed, ate and drank cycling and was a member of the NYCC, SIBA and the Five Borough Bicycle Club. He will be sorely missed.

Anthony Poole



Left to right: Jerry Allen, Annaline Dinkelmann, Robert Dinkelmann and Lindsey Newman at NYCC 2002 Holiday party. Picture by Diane Goodwin



Second from top: Cyclists gather for the memorial service.

Right: Peter Morales and Michael Yesko, wearing the commemoration T Shirts.

Bottom right: Riders being escorted by the NYPD after the memorial service.

Pictures by: Anthony Poole; Alfredo Garcia and Gary McGraine

Left: Jerome Allen at the Pumpkin Patch Pedal, 2002. Picture courtesy of the Staten Island Bicycle Association.

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 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, Hank Schiffman, at hschiffman1@nyc.rr.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)



3rd Annual Labor Day Weekend at Ride Noho

For the third year in a row, Ride Noho will be hosting the New York Cycle Club over Labor Day weekend for some great riding, wonderful eating, pleasant socializing and restful relaxing. The weekend will begin with arrival on Friday evening, September 2, and end after lunch on Monday afternoon, September 5, 2005. There will be a full slate of A and B rides that weekend, plus longer treks and C rides upon request for groups of four or more.

For more information, go to www.ridenoho.com/nycc.html, or call Al Tiboni at Ride Noho, (888) 817-NOHO (6646), atiboni@ridenoho.com or the club's liaison Bill Vojtech at (718) 832-3588, billvojtech@earthlink.net. Ride Noho has been a sponsor of the Escape New York Century for the past five years.

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



Membership Card Valid Through 2005

Conrad's Bike Shop

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

Cycle Paths

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

Gotham Bikes

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

Larry and Jeff's 2nd Avenue Bicycles Plus

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

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 _____

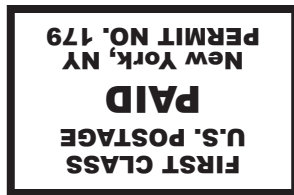
Check (if applicable) ☐ Do not print my ☐ Address ☐ Phone ☐ EMail in the NYCC Roster

☐ 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, June 14, 2005 SIG Graduation

The cheers will go up as we honor and award our A, B and C-SIG graduates at this annual event. The endorphin levels will be high and excitement will fill the room. You can expect to hear some juicy stories about participants, their leaders and the behind-the-scenes hijinks that occurred in the Class of 2005. This year's graduates have trained, learned new skills, toiled and given a lot of sweat to finish the program. This evening we salute our SIG graduates and their tireless leaders who have bonded into a confident, smooth functioning team and become the kind of riders that everyone wants to ride with.

Our Keynote Speaker, Deirdre Murphy, will add a Shamrock to the excitement! In 1992, at the age of 33, while working on Wall Street Deirdre started racing bicycles and training in Central Park. She found success quickly with victory in the 1993 New York State Championships during her first full racing season. Three more consecutive NY State Championship Titles would follow.

In 1997, she won the women's World Masters Championship. She is a seven times World Masters Medalist, two times US National Masters Champion, and 11 times US National Masters Medalist. Deirdre has won over 80 races. In 1999, Deirdre became the first woman to qualify for and represent Ireland for cycling in the 2000 Olympic Games in Sydney, Australia.

Deirdre works as a cycling coach and race commentator. She is founder and executive director of Star Track, a free youth cycling program for inner city kids. Deirdre is a member of NYC 2012's Circle of Olympians, helping to promote New York's bid to host the Olympic Games in 2012.

Note: Due to the length of the program and the huge crowd anticipated, we will not have a bike shop sponsor or swap table this month. They will resume in July.

Time: Social hour with cash bar starts at 6 PM; dinner at 6:45 PM. Program runs from 7:30 to 9:30. 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).