

July 2005

NYC Bulletin



**Jerome Allen Memorial
Fund established
Commercial Bike Tours
SIG Graduation Pictures
Special Event: TdF
July Meeting Details
Berkshires Pictures
ENY Details**

The best is yet to come

We've gotten the 2005 NYCC bike season off to a really fantastic start.

- A very successful SIG training session culminating in the graduation ceremony at our June club meeting of over 100 new 'Siggies'.
- A super Memorial weekend in the Berkshires with some unbelievable riding and a great Sunday night dinner get-together..
- Our first all-class ride of the season to Kensico Dam attended by over 162 riders and food enough for everyone!
- (Post the writing of this message) I'm sure, weather permitting, a very well attended and fun newcomers ride on Sunday, June 26th.
- And, as is usually the case, one of the best club weekends of the year at West Point over the July 4th weekend.

But hold on folks..... there's more to come!

On Sunday, July 10th we'll join our 'cousins' in Connecticut, the Sound Cyclists, for a picnic ride through some really beautiful bike riding territory. We'll finish off our riding with a barbecue picnic by a beach. Bring your bathing suit and go for a swim. Or just jump in with your spandex. They were meant to dry quickly! You need to RSVP for this one. See details elsewhere in this bulletin, in the ride list, on the club website, and in the weekly club email.

The following Sunday on July 17th, some of us will head out to our adopted section of 9W near stateline to perform one of our triennial cleanups. We're giving the B's off this time around. But if you're an 'A' or 'C' rider and want to help out your club, this is an easy way to do it. One hour of your time mixed in with a pleasurable ride and a bite to eat with some friends is all it takes. See details in the ride list section.

And then there are our regular club rides throughout the month and the year. We wouldn't exist without them nor without the many special people who lead these rides. As always, we thank all of our very special ride leaders. And if you haven't led a ride and would like to become one of our special people, contact one of our ride co-ordinators, Robert Gray (nyarchitect@msn.com), Wayne Wright (wwright8@nyc.rr.com), or Scott Wasserman, (swrides@earthlink.net). They will be happy to help you get started.

Speaking of club rides..... it is now official – beginning July 10th, helmets are required on all NYCC rides. Information for ride leaders can be found elsewhere in this bulletin, and on the club website and in the e-Weekly.

Have a great month!

Stan Oldak

Letter from the Editor

This is the second successive issue of the *NYCC Bulletin* which deals with the subject of New York City cyclists killed by motor vehicles. Why? Well, it is a serious issue that affects us all. According to the New York Police Department nine cyclists have been killed in the first five months of this year, which is twice the number of bike fatalities in the corresponding 2004 period. As I am sure most members are aware, one of those killed this year was a much-loved and admired NYCC member.

It could just as easily have been any one of us. And I'm sure most members can tell stories about near-misses. I myself was hit by a car in New Jersey in June of last year, but escaped with a few bruises, a bit of road rash and a very slightly buckled front wheel. And I left some skin on 9W. I was lucky! I was still able to ride home after the incident. Unlike Jerome Allen, I can tell people what happened, backed up by five eye-witnesses.

As we report on page 10, a Jerome Allen Memorial Fund has been established at the request of Jerry's family, to which the NYCC has already donated \$250. The money raised will be used primarily to promote greater road safety awareness. So it is appropriate and timely that in the promotion of a safety culture that from July 10th, the club's new helmet regulations come into force.

Contents

Cover Story: Jerome Allen Memorial Fund established
 July Ride Listings
 Escape New York
 July 4th Weekend
 Berkshires Pictures
 Commercial Bike Tours
 SIG Graduation Ceremony Pictures
 Out of Bounds
 Special Event: Watch Stage 16 of the TdF with you NYCC Buddies
 July Club meeting details (International tours and great local rides)

P10
 P3
 P6
 P7
 P8
 P12
 P14
 P16
 P17
 P20



NYCC Board of Directors



President
Stan Oldak
 212-945-9801
 stanonyc@aol.com



VP Programs
Hal Eskenazi
 212-683-2933
 hal@profilesworldwide.com



VP Rides
Fred Steinberg
 212-787-5204
 fsteinberg@nyc.rr.com



Secretary
Kathy Jennings
 212-595-2323
 kjbikes@hotmail.com



Treasurer
Deborah Bennett
 212-794-0171
 deborahbennett@usa.net



Public Relations
Mark Gelles
 212-689-1375
 mgelles@okcom.net



Special Events
David Sabarrese
 212-529-3230
 events@nycc.org



Membership
Barbara Spandorf
 membership@nycc.org



A-Rides Co-ordinator
Robert Gray
 212-593-0896
 nyarchitect@msn.com



B-Rides Co-ordinator
Wayne Wright
 212-873-7103
 wwright8@nyc.rr.com



C-Rides Co-ordinator
Scott Wasserman
 swrides@earthlink.net



Bulletin Editor
Anthony Poole
 bulletineditor@nycc.org



Webmaster
Timothy McCarthy
 webmaster@nycc.org

NEW YORK CYCLE CLUB

Columbus Circle Station

P.O. Box 20541

New York, NY 10023

Tel: 212-828-5711 www.nycc.org

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.

Copyright © July, 2005, New York Cycle Club. All rights reserved. Reproduction in whole or part without the editor's written permission is prohibited.

Subscriptions: Free to NYCC members. If you don't receive your Bulletin on time, want to change your address, or have any other questions about your membership, **EMAIL** Barbara Spandorf at membership@nycc.org. Please include your name and full address in your message. **Mailing Services:** Thanks to our Mailing Party volunteers. EMAIL Eva Wirth at ewirth@yahoo.com to volunteer for the next mailing.

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: Cyclists pay tribute 211 cyclists killed in the last 10 years and three since the middle of April outside City Hall, June 16. *Picture by Anthony Poole.*

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 P18.



PLEASE NOTE: From July 10th onwards it is a mandatory requirement to wear helmets on all NYCC rides.

GUIDELINES: 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.

SUGGESTED ITEMS TO BRING: A roadworthy bike in good working order, 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, 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 to submit your ride.

DON'T WEAR 

July Recurring Rides

Tuesdays only in July

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 July
(except 5th)**

B17 24 miles 5:45 am Morning Laps in Central Park

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

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

Please join me for training laps in the Park. We'll concentrate on building up endurance, form and good group riding etiquette. Maybe we'll do hill repeats on occasion. 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). Helmets required. Cancellations: precipitation or wet pavement.

Wednesdays in July

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

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

From: Central Park Boathouse

Join us for a fast-paced, occasionally co-operative group ride, always to Nyack (usually 505 up, 9W return). There is often a slower group too. We have no silly requirements and you should know what cancels for you.

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.

Wednesdays in July (except 27th)

C14 18 miles 7:00 pm Stressbusters in Central Park

Leader: David Sabbarese, dsabbarese@firstmanhattan.com

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

We all know the drill by now. 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 change (as we have been known to grab a bite or a beer on occasion). Lousy weather cancels.

Saturdays in July (except 2nd)

A19 58 miles 8:30 am River Road-Snedden's-Bradley-Tweed-Ike

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

From: Central Park Boathouse

It's gorgeous. It's wonderfully free of traffic. And I'm off the back on all the uphill. (Eisenhower is short, but, how shall we say; memorable?) No lunch stop but a snack at Mile 32. Rain cancels.

July Rides

Saturday, July 2, 2005

A20 75+ miles 8:00 am West Point the hard way

Leaders: Timothy McCarthy, timothymc@earthlink.net, 718-204-7484; Mark Loftis, mark646@yahoo.com; Ted Shaw, tashawgrp@mac.com

From: Central Park Entrance at West 72nd St/Central Park West.

A beautiful day trip for those who want it or a great start to the NYCC July 4th weekend at West Point for those headed there and certainly a challenging ride for all: Skyline Drive, Greenwood Lake, Hogback and Seven Lakes Drive. Yes, there are flatter ways to get there but this ain't one of 'em. Bring a Metro-North pass if you are not staying for the weekend for the return by train from Garrison. Note: current picture ID required to enter West Point. Also note: we will depart on time and will not dally. Show up at 7:45 to sign up and drop off luggage. We aim to arrive at West Point in time for a dip at the quarry.

B18/17 65 or 55 miles 8:00 am West Point or Bust

Leaders: Carol Waaser, biker-c@rcn.com; Annaline Dinkelmann, dinkelmann@att.net, 212-666-0175; Linda Wintner, lwintner@metlife.com, 212-876-2798; Wayne Wright, wwright8@nyc.rr.com, 212-873-7103; Peter Matusewitch, pcmatuse@verizon.net

From: Central Park Entrance at West 72nd St/Central Park West

Will we do the longer, scenic 65 mile route to West Point? Or will we hug the river for the scenic 55 mile version. Only one way to find out! Helmets and smiles please.

B16 60 miles 8:00 am Woodsy Way to West Point

Leaders: Hannah Borgeson, hannahb@att.net, 212-348-2601; plus mystery guest leader(s)

From: West 72nd Street entrance to Central Park

This ride to West Point will take a scenic route to Nyack and then not one but two unpaved (hard-packed) trails for a total of about six miles along the Hudson and avoiding some major hills. But don't worry, there will be others! Suitable for road bikes, though we may have to carry bikes a brief distance depending on trail conditions.

B15 50 miles 9:30 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 (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 with which to carry lunch the two miles from deli stop to park. Wet roads at 8:00 AM cancels, if in doubt look for message on message board.

Monday, July 4, 2005

C14 50+ miles 9:30 am Independence Jam

Leaders: Danny Lieberman, dfl@panix.com, 212-598-4827; Jesse Brown

From: City Hall Park, Opposite Brooklyn Bridge

Let's stretch our legs and visit an interesting location or three in one of those outer boroughs. We'll keep to a moderate pace and seek out some pleasant neighborhoods while we enjoy the holiday. Final destination will be determined the morning of the ride. Bring a lock, lunch (or \$ for it), and plenty of water. Co-listed with 5BBC.

Friday, July 8, 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, July 9, 2005

A19/20 100 miles 7:30 am Gunk-o-rama

Leaders: Timothy McCarthy, timothymc@earthlink.net, 718-204-7484; Hank Schiffman, hschiffman1@nyc.rr.com, 212-529-9082; Fred Steinberg, fsteinberg@nyc.rr.com, 212-787-5204; Peter O'Reilly, ptor@prodigy.net

From: Grand Central Station, take the 7:51 train to Poughkeepsie

The Gunks from end to end, tackling the climbs the hard way: Mohonk, Minnewaska and South Gully's evil sister, Vista Maria (to Crag-smoor), plus assorted ridges in between. Almost 7,000' vertical. This ride will use all the daylight the season provides. Needed: climbing gears and lots of 'em, a bicycle in serviceable condition with good tires, two large water bottles or hydration pack and \$25.50 for a round trip ticket to Poughkeepsie. Check the NYCC Message Board the night before and 6:00 AM the morning of for go/no go updates. Weather in the Mid-Hudson Valley (Poughkeepsie) is key.

Sunday, July 10, 2005

A18/19 70 miles 9:10 am Caumsett State Park

Leaders: Ron Grossberg, argee401@aol.com, 718-369-2413; Ralph Yozzo, ryozzo@alum.syracuse.edu, 718-369-1568

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

Scenic ride through North Shore of Long Island. We will pick up lunch in Cold Spring Harbor and have a picnic overlooking Long Island Sound in Caumsett State Park. Optional 8:20 start from Grand Army Plaza, Brooklyn if there is any interest. Call or e-mail to confirm.

ABC 25-75 miles 7:30 am All Class Picnic with the Sound Cyclists in Darien, CT

Leader: Fred Steinberg, fsteinberg@nyc.rr.com, 212-787-5204

From: Grand Central Station, take the 8:07 train to Darien, CT

We will join the Sound Cyclists for rides in the Darien, CT area followed by a relaxing picnic overlooking the water at Pear Tree Point Beach in Darien. Families are welcome. Bring your bathing suit and beach towel if you'd like to take a swim. The picnic is from 12:00-2:00 PM. The Cost is \$5 if you RSVP by Thursday July 7, or \$8 the day of the event. Please RSVP to events@nycc.org indicating your attendance. This is important so Sound Cyclists can properly estimate food and refreshment requirements. Menu options will be provided when available. We'll be taking the 8:07 from GCT to Darien. Rides meet at the Hindley School parking lot on the left corner of Hindley Lane and the Post Road in Darien. Metro-North will probably split our return into two groups to return, taking the 3:45 and 4:45 trains from Stamford to GCT. Diving Directions – take I-95, Exit 10, go south on Noroton Avenue, at intersection, take a right onto the Post Road and a quick left (1/8 mile) onto Nearwater Lane. Further information will be posted on the NYCC web page, bulletin board and e-Weekly.

B16/17 60± miles 9:30 am Ride to the Races: Jersey Cycling Classic

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

From: Central Park Boathouse

We're going to watch two races today – first a ride to Park Ridge for the 20th Annual North Jersey Cycling Classic. Bonus points if you want to enter – there's a citizen's category in which all are welcome. Races start at 2 PM, post-ride viewing of TdF at a yet to be determined gathering point. Bring a positive attitude and all the usual stuff. Slower and faster riders welcome. We'll have cue sheets for all. Light rain may not cancel, downpours will. Check the message board if in doubt.

Thursday, July 14, 2005

B16 50-60 miles 9:00 am West Bank Vistas

Leader: Jay Jacobson, Joanandjay@aol.com

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

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. Note new start place and time.

Saturday, July 16, 2005

A23 100 miles 7:30 am Hudson Valley Highlights

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

From: Grand Central Terminal, Information Booth

This excellent midsummer route offers an escape from the city but the chance for an early return to view the day's Tour de France stage – a mountain top finish not to be missed! Starting in Garrison, the ride first heads north to cross the Hudson River at Beacon. Once on the west side, the route includes the wonderful Storm King climb on Route 218, followed by an entry into Harriman Park via Routes 293 and 6. From Harriman Park, the route follows familiar roads back to the city. While not particularly hilly, this ride will

be fast with only a brief stop around its midpoint. 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, powers 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.

B16 50-60 miles 9:00 am Crusher, Storms and Christian Herald

Leader: Jay Jacobson, joanandjay@aol.com
From: Eleanor Roosevelt statue, 72nd St and Riverside Drive
 Moderately hilly, but no steep or long climbs as we enter Nyack through its back door. Note new start time/place

B18/19 70± miles 8:30 am New City the Hillier Way

Leaders: David Carr, carrdavid@gmail.com, 212-280-1382; Colleen Conway, conwayco@shu.edu
From: Riverside Drive at 122nd (Grant's Tomb)
 A beautiful Fred Steinberg route. Some pretty hills, lakeside riding. Good group riding skills expected.

C12 23 miles 10:30 am Sandy Hook: Marmota Monax (maybe)

Leaders: Alfredo Garcia, cyclistxxiii@yahoo.com, 646-312-1677; Sharon Behnke
From: World Financial Center, NY Waterway Terminal
 Another fun cooler to this former military installation, now a Gateway National Recreation Area park. We'll ride a little on the outskirts. Possible Woodchuck encounter (discovered by John Chiarella) at Twin Lighthouse of Navesink at lunch. Then back to Sandy Hook and North Beach time before returning on the 6:40pm boat. Bring \$30 for 11:20am cruise fare (get there early or visit nywaterway.com), helmet required, lunch \$, sunscreen, beach gear and a lock. Co-listed with 5BBC. Wet weather at the start cancels.

Sunday, July 17, 2005

A-All 50 miles 9:00 am An Adopt A Highway A Ride

Leader: Robert Gray, nyarchitect@msn.com, 212-593-0986
From: Central Park Boathouse
 Last year we had all the club luminaries show up on this auspicious occasion. If you are away in France for the bike race, that is an acceptable excuse for missing this; but schedule your vacation in California for another time. 25 Miles around Bergen County, an hour of roadside cross training, a bite and a drink in Piermont, 20 miles back, home by 2PM. We supply the accessories, you contribute the body.

B16/17 68 miles 9:00 am Need the Ocean?

Leader: Hal Eskenazi, hal@profilesworldwide.com, 917-822-5401
From: Union Turnpike & Queens
 We're starting at the Boathouse but didn't forget our friends in Queens. We'll pick you guys up at 10am at Union Turnpike & Queens Blvd and at Statue (across from the triangle). OK, we're into the summer and you're thinking, "I need the beach." Well, we have a solution. We'll take a ride to Oyster Bay, see the ocean, maybe take a dip, have some lunch, take a pocket full of sand and head back. Join us for a ride through the suburbs of LI, amongst trees, beautiful homes and rolling hills we'll find the perfect place for lunch on the water. Ride finish: 108th St Queens for E, F, R, G and V trains. There is a bailout in Oyster Bay so bring LIRR bike pass, spare tube and a warm attitude. Helmet, on head, required. Lousy weather cancels. Check the message board after 7:30 AM.

C12 35 miles 8:45 am Adopt a Highway Ice Cream Ride No 2

Leader: Isaac Brumer, 212-734-6039
From: GWB Bus Terminal, 178 St and Ft Wash Av
 This is our chance to have fun while "giving back" to our club and community. Meet for coffee & doughnuts, then a fun, relaxed ride to our rendezvous point for less than one hour to clean up the shoulder of 9W (all equipment will be provided.) Ride continues into Piermont for picnic lunch on the pier. Club buys you ice cream! Home on familiar NYCC roads (501, Churchill or

Walnut). Official end of ride is the Manhattan side of GWB. Bring fluids, sunscreen, pocket food, a few bucks for lunch, & of course a smile. Wet roads at 7:30 AM or forecast of steady morning rain will cancel, if in doubt look for info on message board. Helmets required. Ride will leave on time.

Friday, July 22, 2005

B17/18 60 miles 9:10 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 approximately 9:35. Scenic route to Nyack with some hills. Call or e-mail to confirm.

Saturday, July 23, 2005

A19 82 miles 8:30 am South Mountain/Saddle River Road

Leaders: Sue Foster, suefoster@nyc.rr.com; John Segal
From: Central Park Boathouse
 A lovely tour of Bergen and Rockland counties in New Jersey. We'll do some climbing before lunch (South Mountain Rd), some easy cruising (Saddle River Rd) afterwards.

A24 100 miles 7:30 am Tour des Barrens

Leaders: John Zenkus, jjz2116@aol.com, 917-617-0901; Steve Weiss
From: East 34th Street Pier
 Can you believe a totally flat 100-mile ride? Here it is, with the added adventure of a ferry ride to Conners/Highland, New Jersey. Once in New Jersey, the ride covers a fast loop through the northern Pine Barrens. This ride is very flat and will be very fast with only a brief stop around its midpoint. Meet at East 34th Street Pier around 7:30 AM to catch the 8 AM ferry to New Jersey; note there is another ferry stop at Pier 11 (Wall Street) at 8:15 AM. Cost is \$35, including bicycle. Please bring two waters bottles, power bars or gels (many), money for lunch, a bicycle in good repair, along with the mandatory helmet. Insect repellent should be considered. Check bulletin board for updates if weather appears unfavorable.

B16 75 miles 8:30 am Hills of Rockland County

Leaders: Ellen Jaffe, ellen@ellenjaffe.com, 212-966-7206; Linda Wintner, lwintner@metlife.com, 212-876-2798
From: Central Park Boathouse
 Allow a long day for this challenging ride that will take us up Little Tor, Seven Lakes Drive and Perkins Memorial Drive before depositing us in Cold Spring. Snack stops with the real meal in Cold Spring before we grab the train back to Grand Central. Expect a steady 16mph on the flat and that we will not hammer the hills. Bring pocket food, two water bottles, your good humor and a Metro-North bike pass.

B18 45 miles 8:30 am Peekskill via Mount Airy

Leaders: Stephen Crowe, crowenyc-bike@yahoo.com, 212-243-0493; Ivy Pool, ivy_pool@hotmail.com, 212-496-4048
From: Eleanor Roosevelt statue, 72nd St and Riverside Drive
 Join Ivy and Stephen for a quick, but very hilly spin to Peekskill. We'll take Riverdale Avenue north through Yonkers, pass through the well-shaded suburbs of Tarrytown and Ossining, ride past the Croton Dam spillway and climb Mount Airy before rolling into Peekskill. Return home via Metro-North. Optional burgers and beer before boarding the train at the outdoor cafe near the station. Bring pocket food and two water bottles – we're making only one very short pit stop around mile 20. Co-listed with Fast and Fabulous Cycling Club.

C13 47 miles 9:00 am Mamaroneck

Leader: Scott Wasserman, swrides@earthlink.net, 914-723-6607
From: Central Park Boathouse
 We buy lunch in this Westchester town and eat it in a park by the water a few blocks away. At this time of year the breeze off the harbor will be a welcome relief.

Sunday, July 24, 2005

B17ish 60± miles 9:00 am Mystery Ride

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

From: Central Park Boathouse

Once again, Wayne's forced to send the last minute e-mail of desperation. More rides please (so for anyone who's ever thought about listing a ride, NYCC would welcome your contribution!) No time to come up with a clever destination, so let's just say we're going for a bike ride and it's guaranteed to be fun. Bring a positive attitude and all the usual stuff. Light rain may not cancel, downpours will. Check message board or e-Weekly for more info, or just show up and be surprised.

Wednesday, July 27, 2005

B17 34 miles 6:30 pm Stressbusters Go to Brooklyn

Leader: David Sabbarese, dsabbarese@firstmanhattan.com

From: City Hall Park, Opposite Brooklyn Bridge

If it's the last Wednesday of the month, then S'Busters is going to Brooklyn. We'll traverse the Brooklyn Bridge and do some laps in Prospect Park for a change. Return to Gotham is via the Manhattan Bridge. For those who wish to jump on board in Brooklyn, we'll be by the Grand Army Plaza entrance around 7pm. Bring a well-maintained bicycle and helmet (mandatory), blinking lights (suggested as we may be ending after dusk), and a lock and some pocket change for those who wish to grab a bite or a beer in Park Slope after the ride. Lousy weather cancels.

Saturday, July 30, 2005

A19/21 100± miles 8:00 am 9w9d9a9

Leaders: Fred Steinberg, fsteinberg@nyc.rr.com, 212-787-5204; Peter O'Reilly, PTOR@prodigy.net

From: Central Park Boathouse

Who needs a cue sheet? Up the west side of the Hudson to the top of Bear Mountain, cross the river, over the nose and down the other side. We're back to the original return, via Croton Dam and Sleepy Hollow. 60 miles to Peekskill, 80 miles to Tarrytown. Metro-North bike pass suggested. Check NYCC message board if weather questionable after 6am.

B16 50-60 miles 9:00 am Bradley or Clausland Mountain

Leader: Jay Jacobson, Joanandjay@aol.com

From: Eleanor Roosevelt statue, 72nd St and Riverside Drive
Classic climbs – Bradley is more gentle but Clausland is only difficult for the first 200 feet. I promise lush scenery and great views! Note new start time/place.

B18/16 75/60 miles 9 am Learning Good the Routes II: Westchester

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

From: Central Park Boathouse

Are you eager to lead an NYCC ride but don't know a good route to take? Then this ride is for you. It's the second in a set geared toward learning some standard routes in and out of the city. We'll take a standard route through the Bronx into Westchester County. Once there, the B16 ride will do a 60± miles ride, while the B18 ride will do 75± miles. 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.

C13/14/15-30 miles/three hours paddling 8:45 am Cycle/Kyack

Leader: Ruth Yashpan, RDY98@AOL.COM, 646-245-5687

From: 242 St and Broadway, in the Bronx – Van Courtland Park, under the last stop of the No1 Train

Ride thorough Riverdale/Westchester to Kingsland Park, meandering through the beautiful houses of Fieldstone and enjoying the scenic view of the Hudson. We will buy lunch in Tarrytown and continue to Kingsland Park where we will pick up our kayaks. The kayaking will be on the Hudson and the route will depend on the weather. For more information check: <http://www.kayakhudson.com>. No experience is necessary, but a brief paddling lesson will be given and the kayak company will lock up our bikes in their offices. Cost for kayaking is \$65 and is due by July 15, in order to hold the reservation. Reservations made after this date are subject to availability. Send checks to: Ruth Yashpan, 4525 Henry Hudson Parkway, #1202, Riverdale, NY 10471. Checks to be made out to: Ruth Yashpan. Include with your deposit, your sex, age, weight, height (for the kayaks) and your contact information. All cancellations must be made by 5 PM, July 22, 2005 for full refunds; partial refunds after that date will depend on the amount of participants. Rain date: Saturday August 6, 2005. Note, if rain does not permit riding on August 6, the paddling portion of the trip will take place at 1:00 pm – participants will be picked up at the Sleepy Hollow Metro North station, details to be provided, if necessary. This ride will only be cancelled for heavy rain. If in doubt check message board or contact leader. Bring water, sun screen, change of clothes (or something you wish to kayak in), towel, money for food, a Metro-North bike pass, and a lock. Return is either Metro-North Hudson Line or starting point. E-mail leader with any questions. ADVANCE BOOKING ESSENTIAL FOR THIS EVENT.

Sunday, July 31, 2005

B17/16 55± miles 9:00 am Saddle River, Sparrowbush/Masonicus, Suffern

Leader: Isaac Brumer, 212-734-6039

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

Drop the 'junk mileage' and make your way uptown for coffee and doughnuts. Scenic and challenging ride up to Rockland County. Picnic lunch and more coffee on the way back. Speed depends on temperature. Helmet required. Rain/wet road, predicted high of 95 or higher, cancel.

NYCC

Escape New York

NYCC

Saturday, September 17

MARK YOUR CALENDARS!!! It's the jewel in the crown, the *ne plus ultra* of New York City Century rides. The 11th Annual Escape New York will take place on Saturday, September 17th.

The ride begins and ends at Sakura Park, Riverside Drive at 122nd Street in Manhattan, opposite Grant's Tomb. The event is open to all and offers three different and delightful routes (100 miles, 63 miles and 50 miles) through Rockland and Bergen counties. Ride by yourself or with one of our experienced ride leaders; choose a pace that suits your style. There will be rest stops with snacks and drinks and lunch, as well as great giveaways and raffle prizes. All of the profits from Escape New York will be donated to Recycle-a-Bicycle, a local non-profit organization that teaches inner-city youth about cycling and recycling. You can register now at www.active.com before September 2 and pay only \$23. You can also save big bucks if you renew your NYCC membership at the same time.

For full details on Escape New York 2005 please go to http://www.nycc.org/rides_eny.shtml

Please consider volunteering your services either on the day of the ride or the weekend before (you can volunteer and still ride the route). We particularly need people with vehicles to help mark the route and for roadside support. Contact: ENYInfo@nycc.org



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 – check the NYCC Message Board for the latest on availability. 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

NYCC in the Berkshires



During Memorial Weekend, the NYCC took over the leafy lanes of the Berkshires for some great riding and some good partying. If you would like to go away with the NYCC for a weekend and have no plans for July 4th weekend, there are some limited spaces left. See page 7 for details or check our website:

www.nycc.org

A double rainbow captured on a ride by Jan Lakin. Yes it does work much better in color. See the web version of the bulletin.



Top left: Chaim Caron having a sublime time at the Sunday evening dinner at the Egremont Country Club near Great Barrington, MA (Picture: Fred Steinberg); Top right: Riders assemble under a Norwegian maple tree in the parking lot of the school at Sheffield, MA (Picture: Ed White); Below left: (L to R) Gerry Wendrovsky, Rachel Spivak, Liane Montesa and Reyna Franco (Picture: Herb Dershowitz); Below right: Ira Mitchneck (L), former treasurer and Berkshires Committee Member and our VP of Rides, Fred Steinberg (Picture: Herb Dershowitz).



Bottom Left: Former Bulletin editor Rob Kohn panting at the top of a hill in the Berkshires. Rumor has it his smallest sprocket on the back was only a 21. (Picture: Fred Steinberg); Above: Maggie Clarke's Tanglewood ride takes a picnic at Tanglewood against the backdrop of Stockbridge bowl and beyond (Picture: Maggie Clarke).

Jerome Allen M

Following the tragic death of NYCC member Jerry Allen in April, the Jerome Allen Memorial Fund has been established to promote cycling safety awareness in New York City.

One of its main aims is to have a positive impact on the city by making cycling and walking safer and easier and to change individual and social attitudes, as well as governmental policies that determine whether people's rights to walk and cyclists' rights to ride are observed or violated.

A \$250 donation has been made by the NYCC to help get the fund started.

The fund is to be used by Right of Way, a public interest project, which has much experience in this field.

At the request of the Allen family, NYCC member and friend of Jerry, Laura Selikson, will accept contributions to be forwarded to

Right of Way, in order to help ease the load of paperwork for Right of Way.

Checks under \$100 should be made out to 'Right of Way' NOT Laura Selikson or Charles Komanoff, with 'Jerome Allen Fund' written in the memo. These are not tax deductible.

Checks for \$100 or more are tax deductible and should be made out to the AJ Muste Foundation with 'Right of Way/Jerome Allen Fund' written in the memo.

Contributions can be sent to Laura Selikson, 95 Lexington Avenue, Apt 4D, New York, NY 10016 or to Charles Komanoff, Right of Way, 636 Broadway, Room 602, New York, NY 10012.

Meanwhile, New York's cycling community has been working at promoting greater safety. At 8 am on Thursday, June 16, cyclists representing an alliance of New York



Memorial Fund

City bicycle groups embarked on a Vigil Ride from 5th Avenue and Warren Street in Brooklyn to the steps of City Hall to memorialize Elizabeth Padilla, Brandie Bailey, Jerome Allen and the 201 other NYC bicyclists killed since 1995.

At City Hall at 9 am riders from various organizations, including the NYCC, Transportation Alternatives, Time's Up and the Staten Island Bicycling Association, of which Jerry was also a member, laid down flowers in memory of the 204 cyclists that have been killed by motor vehicles in the last 10 years in the city. They called on Mayor Bloomberg to convene a multi-agency task force to develop – in co-operation with the NYC cycling community – an action plan to prevent further deaths and injuries.

According to data recently released by the NYPD, nine cyclists have perished in

crashes this year, representing a 50% increase in fatalities over the corresponding 2004 period.

In the six weeks up until this ride, three cyclists, including Jerry, were killed in the city as a result of being hit by motor vehicles. The other two were Brandie Bailey, 21, a waitress, who was struck by a private sanitation truck on Avenue A in Manhattan on May 10 on her way home from work, and Elizabeth Padilla, 28, an attorney, who was crushed by a large delivery truck on 5th Avenue and Warren Street in Park Slope, Brooklyn on June 9.

Hylan Boulevard on Staten Island, where Jerry was struck by an SUV on April 26, is a recommended cycle route, according to the New York City Cycling Map. It is also a wide stretch of road that has plenty of room for cars to pass a cyclist at a safe distance.



You've not been on a commercial bike tour?

As a prelude to the program in this month's club meeting on July 12th, **Jay Jacobson** gives an invaluable insight into the world of commercial bike tours, having experienced more than a few himself



Many NYCC members have not yet had this experience and some have only been on one or two. On a typical tour, the majority of group members are frequently repeat customers, having been with the same company on a tour in another area. Once a cyclist has this experience – and most find it a positive one – they can't wait for the next!

There are a wide range of tours, both from the point of view of cost and location. The cost can range from \$100 to almost \$1,000 per day and bike tours are run all over the world. We have taken over 30 bike tours on six continents and never have had a grossly negative experience.

There are some bike tours, or bike/training 'camps', which have one fixed base for the whole duration of the tour and take daily rides in different directions. They are somewhat like our West Point July 4th weekend, but usually longer. They are sometimes called 'star' tours because they are out and back or loops back to the same central point. There are some venues that lend themselves readily to this.

The rider gets to know the hotel and/or the base town and does not have to pack and unpack each day. At one hotel, we just walked into the kitchen and helped ourselves to drinks and wine and wrote a check mark next to our name each time.

At another, the whole staff of the hotel came out to wave us goodbye when we left. And on one tour we really got to know many of the trades people and shop-keepers in a small town in Provence and the proprietor of the camera store joined our ride one day.

Other bike tours move along, staying at a different hotel each night or perhaps after two nights. The van carries the luggage and it should be waiting at the next hotel when the group arrives. Of course the quality level of the hotel generally varies with the price. Some companies run bike camping tours in which the group members set up tents and cook meals over a campfire.

Since these companies are more or less dependent on repeat business, their customers must be satisfied, so there seems to be no bad cycle touring companies. The main difference between the costly ones and others is the level of hotels, restaurants and amenities. However, some of the fancier companies have more elaborate catalogs, advertising campaigns and highly structured office staffs.

The high and low price companies use the same roads and enjoy the same scenery and in some small towns, where there are only one or two hotels, they may actually stay in the same place. If requested, a solo traveler can be assigned a room mate. Otherwise they can generally expected to have to pay a single room supplement. Sometimes there are discounts for repeat customers or early enrollees. Cost comparisons between companies can be assessed by calculating the daily expense and then considering whether a bike is furnished at no additional cost.

If you are driving to a bike trip in Vermont, taking your own bike is easy compared with the hassle of having to put it on a plane or train for tours based farther a field. The guide will make repairs on a company-furnished bike and should also help with guest-owned bikes. Riders with specialized needs – perhaps, because they are short or tall – frequently bring their own bikes. Riders who use company bikes furnish their measurements, bike size and pedal and bike type data to the company and should have the use of a comfortable and good fitting bike.

Tour catalogs specify average daily mileage – including short and long options – as well as the type of terrain. The prospective enrollee should simulate the riding mileage and terrain in his home area for conditioning purposes and to make sure the rides on the tour are neither too difficult nor easy.

Sometimes all meals are included but, more frequently, group members pay for one or two dinners, most lunches and most alcoholic beverages.

Some companies run some tours exclusively for 'solo' travelers and there are also 'family' tours for parents and their children. In recent years the average age of bike tour members has increased. There are more younger (20s & 30s) riders on solo,

camping, less expensive and shorter tours. The trend has been towards shorter tours – sometimes six days and five nights.

However, in my opinion, these are too short to make a long overseas trip worthwhile. Of course you could always do two – one after another. Therefore, the tours in Asia and New Zealand tend to be longer. Racing-oriented tours seem to attract more men than women.

Since good weather is an important factor, I use a weather almanac, which gives historical average rainfall and temperature data by month for every world area. Consequently, I have encountered very few weather problems in my travels.

Once the decision is made, the individual must pay a deposit, typically around \$300 to \$500, with the balance to be paid a couple of months before the departure date. If the company does not obtain a minimum number (such as five to eight) for a particular tour, it is cancelled – this happens frequently – and the deposits are refunded.

This can be extremely frustrating if non-refundable airline tickets have been purchased. Therefore, I try to choose a tour, which already has the minimum number of participants required, or one with simultaneous alternative options in the same location. There are penalties for cancellation by the individual – some quite severe – as the tour date approaches. Cancellation insurance is offered, but I have saved quite a bit of money by not taking it as I rarely have cancelled a tour and fortunately, so far, have not had any medical, baggage or family problems that have forced me to cancel or cut a trip short.

Typically, the company will mail a package about two months before with a packing list. For instance, if the tour is in the Colorado or the Canadian Rockies, it will advise you to bring warm gear even in the summer and bring rain gear almost everywhere. They may also send you general background data on the region, safety instructions and company procedures.

Tour companies typically go over these matters during an orientation briefing on the first day.

At that time I try to guess which riders will be the strongest and who will ride at my speed – those are the ones I will probably be with most of the time.

There are usually two guides. One drives the van and delivers the luggage to the next hotel and the other rides a bike with the group, usually as 'sweep' with the slower cyclists. Sometimes the van will drop off and pick up cyclists along the way, who are unable to cover the whole route, and in a hilly region they can avoid the larger hills. In the event of heavy rain, everyone can jump aboard. If there are five or fewer in a group there is usually only one guide and there may be three or more for very large groups.

There are daily cue sheets (similar to what NYCC leaders frequently distribute) and 'route maps' in which the ride and its

features are discussed. One company does not give out cue sheets but one guide goes out ahead and sprays chalk arrows on the road. This works out fairly well, except that the chalk-spraying guide is ahead of the group for much of the morning and is unable to support the group to any extent.

The riders typically are spread out along the route, perhaps in small groups, sometimes alone and sometimes with the whole group altogether. I have experienced all of these situations. Sometimes I will ride alone, or sometimes with a small group and change from day to day. Once in a while I start a little late and try to catch up to the others, a few at a time.

On all of the trips I have been on I have never had a major problem with another group member, but of course there were some I preferred to others. I have kept in contact with some after the tour was over.

Incidentally, I know of a number of cases – including a past NYCC president – who met their spouse on one of these tours!

I have enjoyed tours with groups as small as three cyclists and those with as many as 60. I think that size is not an important factor, at least on trips of a week or less.

The guides are very important to the success of the tour and almost all are well qualified and trained. They have to be knowledgeable in bike mechanics, first aid, diplomacy, food and wines and perhaps foreign languages. They are not well paid and depend on tips for a major part of their income. On all the trips I have taken with established bike touring companies I have never had a problem with any of the guides and, in fact, I have considered many my friends.

The guides may prepare a picnic lunch once or twice. Dinners are at the hotel or a restaurant and may consist of a set menu or an *a la carte* menu. Generally, the food is good to excellent. There may be free days or afternoons in which alternative activities, such as hiking or water sports, are available. Provisions for visiting points of interest along the way, such as museums, churches, waterfalls, wineries should be made.

The saddest part for me is usually towards the end of the tour when we start seeing signs for the last town. This indicates that a very enjoyable experience, in which I had the usual benefits of travel combined with my favorite sports activity and the camaraderie of others with similar interests, is coming to a close.

If you have any questions contact me at joanandjay@aol.com

You can hear Jay talk about his favorite 10 rides, which include some local as well as international jaunts, at this month's club meeting on July 12. You can put questions to him then and tap the knowledge of a highly-experienced international bike traveler. See the back page for details of the meeting.

SIG graduation

A Classic: Marni Aaron, Catherine Bent, Sonny Bindra, Larry Busbea, Brian Cameron, Michael Casey, Ben Dale, Richard Hernandez, Alex Lesokhin, Elena Leznik, Daniel Markovitz, Barry Myrvold, Chris Prinsloo, Daniel Roller, Hector Roman, Ellen Thomas; **A-19:** Beth Bowles, Rick Braun, Martha Bush, Chaim Caron, Derrick Easton, Carrie Garza, Lisa Hom, Richard Jesaitis, Corrine Karmiel, Bob Klein, Paul Mayson, Carl Morrisshow, Karen Nicolini, Karol Nielson, Steven Polansky, Darren Port, Richard Raschdorf, Alex Robinson, Katie Sayers, Mavis Scanlon, Patrick Stuard, Seth Sutel, Edit Szalai, Sarah Tombaugh, Sandra Watanabe, Shelby Wong; **B-18:** Allison Agliardo, David Carr, Susan Conova, Colleen Conway, Stephen Crowe, Paul Diczok, Craig Eagle, Karen Franz, Jonathan Friedman, Jim Garvin, Elizabeth Katz, Sienna Kielczewski, Adam Lichtenstein, Natalia Lincoln, Francesca Mercurio, Ryan Meredith, Maureen Miller, Sienna Parete, Walter 'Tony' Rentschler, John Rizzuto, Daniel Robles, Ian Shrank, Paul Westcott; **B-17:** Eileen Baez, Lynette Beharrel, Adrienne Browning, Marc Franco, Annemarie Franklin, Cathy Gallagher, Michael Giannella, Lisa Howie, Kevin Ley, Penni Malailates, Heather Marcellis, Tara Mooser, Justina Pearson, Michel Perrin, William Podbielski, Renee Rubin, Kathy Sarg, Mary Shaw, Allison Silcox, Amit Singh, Andrew Slack; **B-16:** Elisabeth Andrews, Donald Baer, Ron Deane, Antonio Fernandez, Jeffery Field, Anne Halpern, Inga Kalinichenko, Kenneth Karan, Jim Reaven, Rhonda Reininger; **C SIG Group 1:** Sharon Balter, Cynthia Brome, Dorothy Castille, Linda Embry, Carol Krol, Liza Lopez, Glen Mathias, Susan Niederman, Ermilo Novelo, Lisa Shapiro; **C SIG Group 2:** KC Byrnes, Dana Gordon, Michele Lee, Bonnie Prest-Thal, Janine Ramsey, Maura Ryan, Susan Schuler; **C SIG Group 3:** Allison Amend, Yasmine Awais, Joseph Casalino, Michael Ferreira, Lisa Helburn, Yvette Helin, Kate Hopkins, Martha Leighton, Sarit Levy, Scott Papp, Matthew Rudey, Diane Smykowski, Lisa Tai; **C SIG Group 4:** Helen Bateup, Marta Kirsis, Mary Katharine Bowen, Peter Liu, Teresa Devore, Ethan Smith, Liz FitzGerald, Sharon Schwartz, Kay Gunn, Adrew Wylie, Janice Hamann



A Classic graduates and leaders, left to right: Ellen Thomas, behind her Barry Myrvold, Marni Aaron, Richard Hernandez, Jody Saylor, Catherine Bent, Timothy McCarthy, Mark Loftis, Hector Roman and Christy Guzzetta



NYCC Club Secretary, Kathy Jennings gives an acceptance speech after graduating the A-19 with 100% attendance at all rides



A-19 group shot. As we went to press we had not heard back from the A-19 leadership to identify these people. But, the editor is able to identify the following: Ed Fishkin (A-19 SIG captain) almost in the middle, towards the back, bespectacled and wearing a tie; behind him and to his left is co-captain Jim Galante; to Ed's right and partially obscured is ride leader Ori Mor; in the middle and leaning forward is Kathy Jennings; in front of her and crouching down is Chaim Caron (a B graduate in 2004 and a C graduate in 2003 and alleged avid collector of new bikes and related equipment); to the right and almost at the back is Rick Braun, sporting glasses and moustache; and to his right is ride leader Bessie Oster. The editor apologizes for his abject failure to identify anybody else in this picture. He will endeavor to do better next time.

Class of 2005



B-18 Left to right: Daniel Robles, Jonathan Friedman, Paul Diczok (behind), George Aracola, Wayne Wright, Sienna Parete, Ed White, Natalia Lincoln



B-17: Some of the B-17 group. Sorry, this is the one we've had a hard time to identify. Carol Waaser is in the front row, second from left. To her left is Tara Mooser



Left to right (in front); Unidentified, Antonio Fernandez, Tonya Harroun, Ron Deane, Mark Gelles, Ken Karan, Lizza Andrews, Unidentified; **Left to right (hiddnen in back);** Mark Lichtenstein, Regi Johnson, Issac Brumer



C-SIG, Group 3: Left to right: Lisa Helburn, Martha Leighton, partial Joseph Casalino in back, Yvette Helin and ride leader Gerry Villanueva. Scott Papp in front. Lisa, Martha and Yvette managed 100% attendance (Gary McGraime suggests this was lthe leader's influence)



C-Sig, Group 2: Front row left to right: Michele Lee, Janine Ramsey, Susan Schuler, Bonnie Prest-Thal, Chris Bernstein (group 2 leader); Back row left to right: Mitchell Fink (ride leader), Maura Ryan, Mitch Levine(ride leader, hiding), KC Byrnes, Dana Gordon, Ann Marie Ficuciello (ride leader)



From left, front row: Susan Niederman , Linda Embry, Dorothy Castille; **Standing from left:** Carol Krol, Sharon Balter, Cynthia Brome, Glen Mathias and ride leaders Ruth Yashpan and Hilary Greer

Editor's Note: Every effort was made by the photographer (me) to get everyone in the group shots, but with only partial success, for which I apologize. With the tight deadlines it was also not possible to identify everyone in time. Sorry to any victims of these errors and oversights.

Out of Bounds

Sunday, August 7

Tour of the Litchfield Hills

The Tour is a fundraiser for the Center for Cancer Care Fund, a non-profit corporation that provides financial assistance to people battling cancer. The first Tour raised more than \$35,000! There are 12, 30, 50 and 75 mile routes. All routes are on paved roads and all routes start and end at Coe Park, Route 202 in downtown Torrington, Connecticut. Ride on some of the most scenic roads in New England. You will see more cyclists than cars. All participants receive a free T-shirt. A free picnic is held after the ride. All the routes are fully supported with rest stops and on-the-road support vehicles. For more information visit: www.tourofthelitchfieldhills.com

Sunday, August 21

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 18

Adirondack Ride for Habitat

The Adirondack Ride for Habitat is a one day fund-raising event to raise funds and awareness for the work of 'Adirondack Habitat for Humanity', dedicated to building homes and building lives together with families in the tri-lakes region of the Adirondack Mountains. There will be 25, 50, and 100 mile rides. The minimum is one dollar per mile, no registration fee. For more information: www.adkhabitat.org

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

All-Class Picnic/Ride with the Sound Cyclists of Darien Sunday, July 10th

We will join the Sound Cyclists for rides in the Darien, CT area, followed by a relaxing picnic overlooking the water at Pear Tree Point Beach in Darien. Families are welcome. Bring your bathing suit and beach towel if you'd like to take a swim. The picnic is from 12:00-2:00 PM. The Cost is \$5 if you RSVP by Thursday July, 7, or \$8 the day of the event. Please RSVP to events@nycc.org indicating your attendance. This is important so Sound cyclists can properly estimate food and refreshment requirements. Menu options will be provided when available. We'll be taking the 8:07 from GCT to Darien. Rides meet at the Hindley School parking lot on the left corner of Hindley Lane and the Post Road in Darien. MNR will probably split our return into two groups to to return, taking the 3:45 and 4:45 trains from Stamford to GCT. Diving Directions - Take I-95, Exit 10, go south on Noroton Avenue, at intersection, take a right onto the Post Road and a quick left (1/8 mile) onto Nearwater Lane. Meet at. Further information will be posted on the NYCC web page, bulletin board and weekly emails.

A, B and C rides - 25 to 75 miles - meet GCT: 7:30 am

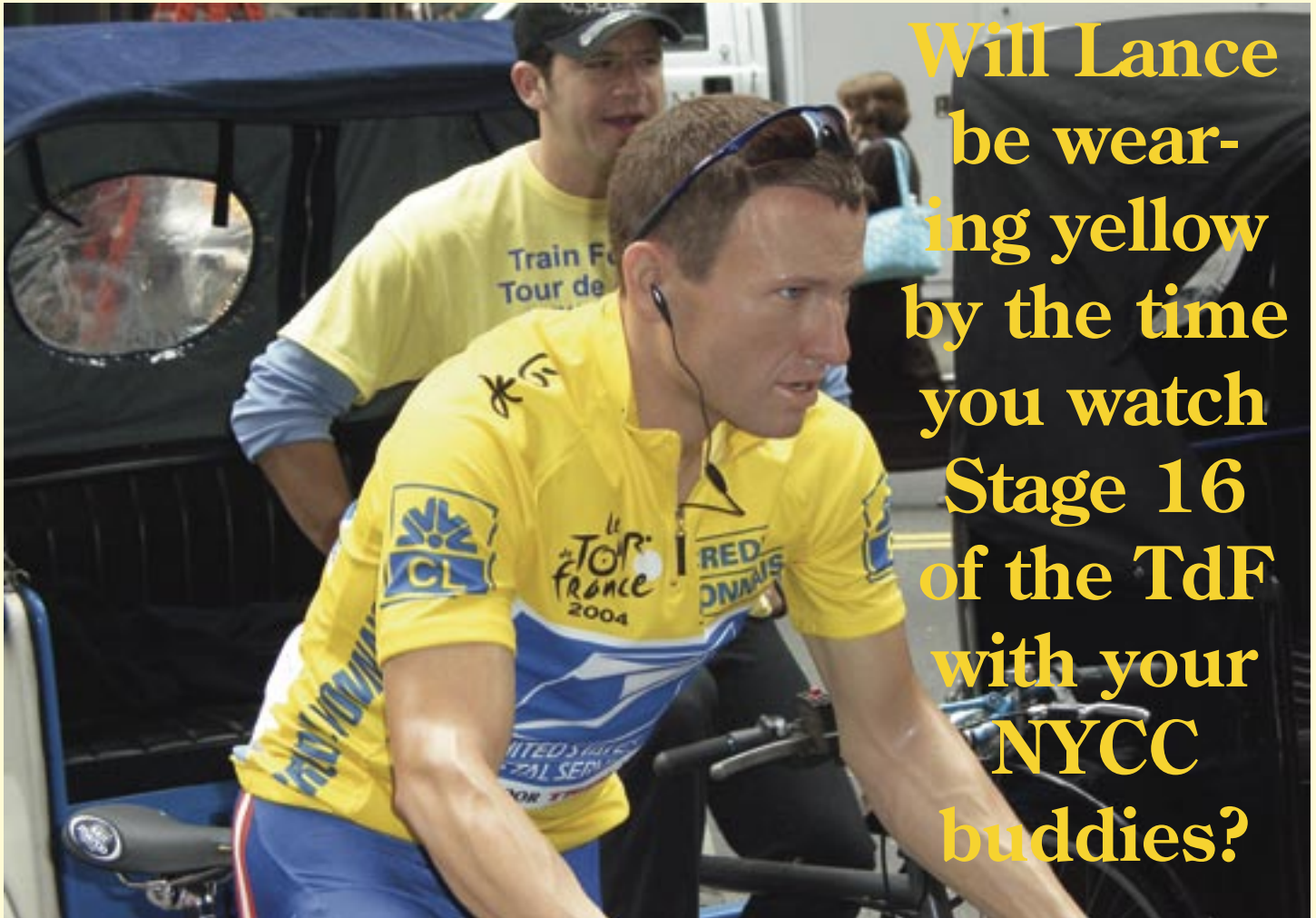
Leader: Fred Steinberg, fsteinberg@nyc.rr.com, 212-787-5204
From: Grand Central Station, take the 8:07 train to Darien, CT

New members joining the NYCC in May, 2005

The NYCC would like to extend a warm welcome to its new members who joined the club during the month of May:

Julia Levy; Christina Obes; Lisa Mallory; Aaron Marcu; Michelle Marino; James Monahan; Jessica Mott; Marek Ogradowicz; Rose Palazzolo; Brian Perman; Ines Petersen; Mindy Pfeffer; Fern Portnoy; Jennifer Powers; Daniel Savin; Mike Schlegel; Cynthia Schlegel; Kevin Schroth; Jill Smith; Philippe Sommer; Keith Stein; Robin Steinberg; Andrea Stranger; Paul Straton; Mike Sydor; April Tam; Jenny Theroux; Eric Thomas; Camille Tokerud; Julie Van Dore; Daniel Venditti; Larry Wasserberger; Charles White; Jeffry White; Heath Winborn; Courtney Zabicki

NYCC Special Event



Will Lance
be wear-
ing yellow
by the time
you watch
Stage 16
of the TdF
with your
NYCC
buddies?

Club Event for July Tour de France: Stage 16 on a big screen Park Avenue Country Club 381 Park Avenue South (corner of 27th St)

Tuesday, July 19th, 2005
8 pm until 11 pm

The NYCC has made arrangements for our members to meet at the finest sports bar in Manhattan to watch the 16th stage of the Tour de France. The Mourenx to Pau stage, which features three killer ascents (Col d'Ichere 4.4 km 6.2% gradient, Col de Marie-Bianque 9.3 km 7.7% gradient & Col d'Aubisque 16.5 km 7.0% gradient). After this stage, we'll have a pretty good idea of how Lance's new Discovery Channel Team is compared with the legendary Postal Service annihilators of the past six Tours. The Park Avenue Country Club has an extensive and tasty menu, about a million different types of beer and they have promised us a table of twenty under one of their giant screens. Please RSVP via e mail to Dave Sabbarese at events@nycc.org one week prior so I can get a handle on the size of our group, and perhaps reserve more space.

Picture by Anthony Poole. The new Lance Armstrong wax work exhibit opening at Madame Tussauds on 42nd Street on May 26th, with 'Lance' posing alongside pedicabs hired for the promotion. The exhibit includes a virtual reality opportunity for members of the public to ride with Lance and compare their times with the six times Tour de France champion.

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.

RIDE LEVEL	DESCRIPTION
A	Vigorous riding with advanced bike handling ability, including co-operative paceline skills. Stops every 2 hours or so.
B	Moderate to brisk riding with more attention to scenery. Stops every hour or so.
C	Leisurely to moderate riding, sightseeing and destination oriented. Stops every half-hour or so.
CRUISING SPEED	CENTRAL PARK SELF TEST
	FOUR LAP TIME
22+ MPH	1:10 OR LESS
21	1:10 TO 1:13
20	1:13 TO 1:16
19	1:16 TO 1:20
18	1:20 TO 1:25
17	1:25 TO 1:30
16	1:30 TO 1:38
15	1:38 TO 1:48
14	1:48 TO 2:00
13	2:00 TO 2:14
12	2:14 TO 2:30
11	2:30 TO 2:50

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

Classified

For Sale

Our twins have outgrown their puller-bikes. Both bikes are in great condition, with hardly a scratch. We paid \$119 each, and will sell them for \$60 each, both for \$100.

Ken or Marilyn 212-222-5527 or mollynina@yahoo.com



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



Check one: ☐ New ☐ Renew ☐ Address Change Date _____ Check Amount \$ _____

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

☐ Individual \$19 (bulletin online) ☐ Couple residing at same address \$25 (bulletin online)

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

Partner: _____ EMail: _____ Riding Style: A B C (Circle one)

Address: _____
Street Apt. City State Zip

Day Tel: _____ Eve Tel: _____ Partner Tel: _____

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

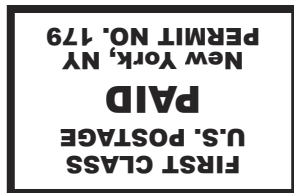
Check (if applicable) ☐ Do not print my ☐ Address ☐ Phone ☐ EMail in the NYCC Roster

☐ Do not print partner's ☐ Address ☐ Phone ☐ EMail in the NYCC Roster

Make Check payable to 'New York Cycle Club'. Mail to: New York Cycle Club, PO Box 20541, Columbus Circle Station, New York, NY 10023, USA. You may also renew online through active.com and receive a \$3 discount: visit: http://www.nycc.org/home_join/shtml 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, July 12, 2005

Great Rides Near and Far

Thinking of going farther afield with your bike? Perhaps the west coast, or the Hawaiian islands, or maybe even on an international jaunt? If so, what should you look for in a destination? Should you take your own bike, or rent? What should you pack? Go alone or with a group? How do you find something to suit your budget? How do you find out the hidden costs? What sort of riding should you expect? These are some of the obvious questions that come up, but you might have others, and now is the time to put those questions to members of the club who have much experience in traveling overseas with a bike.

Or maybe you might want to hear about some great local rides. Again, this month's meeting is the perfect opportunity to get some sound advice on good local riding. This month, our panel of expert speakers are drawn from members of the NYCC:

Jay Jacobson, has cycled nationally & internationally, and wrote about his top 10 rides in the May bulletin. He will narrate, *My Favorite Rides*. **Linda Wintner**, long time NYCC member, ride co-ordinator, B-SIG leader and frequent ride leader, has done a number of overseas bike tours and will speak on riding in China, Russia and France. **John Zenkus** who heads up the Urban Adventure Ride series, will also discuss UAR, one of his rides in France and another favorite local ride. **Alfredo Garcia**, a NYCC member since 1994 is a frequent ride leader, is a B-SIG graduate and has done some double centuries and a 200K brevet. He will explain how he has developed some of the unusual, and interesting and different rides you see in the bulletin. **Karen Nicolini** has been a SIG and ride leader. She will discuss her Magnificent Metric Connecticut Ride, the Newcomer's Ride and the importance of scouting rides. **Fred Steinberg**, our VP-Rides and an NYCC member since 1992, averages around 5,000 miles annually on two wheels. He has developed many of the 'A' rides in the club's library and is an 'A' rider par excellence. He will discuss his favorite rides in the Rockies.

This month's meeting is sponsored by **Chelsea Bicycles**, 156, W 26th St, NY, NY 10001. Tel: 212-727-7278, who will be offering free bike giveaways, displaying cool bike stuff and be in attendance to schmooze bike talk during cocktails and dinner.

Swap table: Bring bike-related items that you want to swap or sell. Price them, affix your name to them and see them on the road with somebody else.

Time: Social hour with cash bar: 6 to 7 PM; dinner 7-8 PM. Club program runs from 8 PM to 9:15 PM.

Annie Moore's Pub and Restaurant **50 East 43rd Street**

(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).