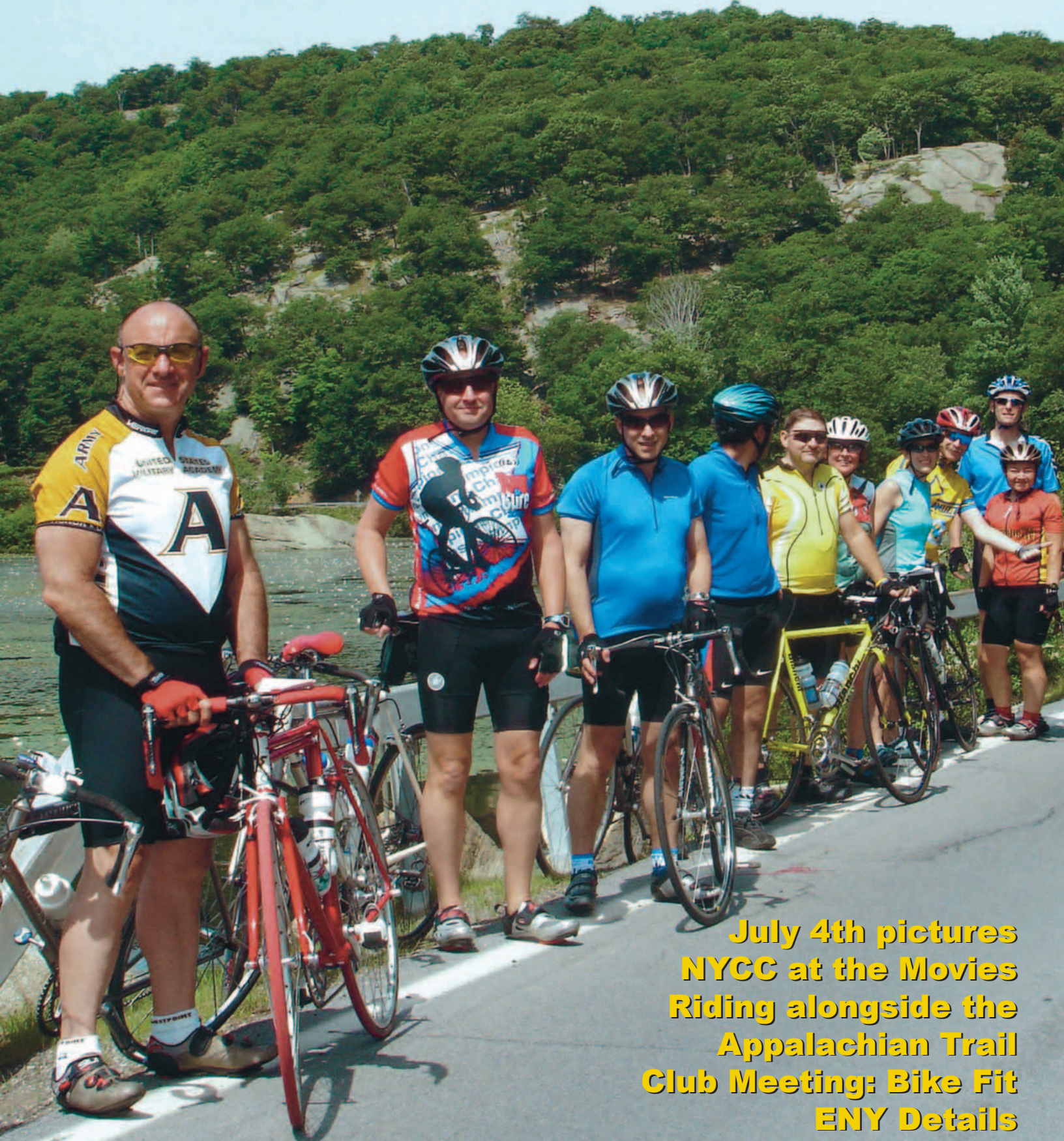


August 2005

# NYCC *Bulletin*



**July 4th pictures  
NYCC at the Movies  
Riding alongside the  
Appalachian Trail  
Club Meeting: Bike Fit  
ENY Details**

## Feel like breaking out?

**A**nother August, and once again it's time to start thinking about this year's Escape New York ride. ENY, the club's premier event, will take place on Saturday, September 17th. And after last year's deluge, the weather spirits owe us a bright, sunny day in the 70's. For those of you who have never done ENY, we offer three routes of 50, 62, and 100 miles. All routes are clearly marked and have rest/food stops along the way. The rides are fully supported with ride marshals and sag wagons. We also offer group rides at different levels led by some of our best ride leaders.

And once again, this year, proceeds will go to Recycle-A-Bicycle. This organization is a non-profit, environmental education and job training program for NYC youth. It is a hands-on way to promote everyday bicycle use, learn bicycle mechanics, and for kids to interact in a positive environment. You will find an ENY brochure included with your mailed bulletin. Or you may get info at [www.nycc.org/rides\\_eny.shtml](http://www.nycc.org/rides_eny.shtml) and follow the link for registraion via active.com. Join us on September 17 for a great day of riding, free give aways, and much fun with many of your fellow club members. And, if you are interested in helping out at ENY, send a note to [ENYinfo@nycc.org](mailto:ENYinfo@nycc.org). Volunteers working on the event on September 17 will have a chance to do our annual pre-ride with a group of ride leaders and marshals who will be scouting the ride. The pre-ride usually takes place on the Sunday before, and lunch that day is on the club.

What jersey will you be wearing on ENY day? Perhaps it will be our new one, designed by Viviane Tubiana and manufactured by Garneau. Want a peek? Go to [nycc.org](http://nycc.org) and click on NYCC Stuff. We should have the jersey as well as a windbreaker jacket for sale by the end of this month. More details to follow on our website and in the weekly club e-mails. Our matching socks, also designed by Viviane and manufactured by Defect are already on sale at club meetings for \$6 a pair.

And don't forget our other upcoming events: an All-Class Picnic ride to a secret location on Saturday, August 13; an evening at Bryant Park for the summer film festival on Monday, August 8; Labor Day weekend in Massachusetts with Ride-NOHO; and a night at Shea to see the Mets play on September 13. Information on these events can be found in the bulletin, on the website, and in the weekly club e-mail.

A final note... A gracious thank you to the Sound Cyclists who once again showed what a class act they are. We had a wonderful time as they hosted us last month for some great rides and a sumptuous picnic.

Have a great month. Stay hydrated and stay safe. **Stan Oldak**

## Victoria Leffel

Fred Leffel's wife Victoria Leffel lost her battle with Cancer in July. Our heartfelt sympathies go out to Fred, and his daughter Kate and son Mathew.

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

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

**Copy editing:** Beth Renaud

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

**Front cover shot:** Riders on the '600 Hills' ride during the July 4th weekend take time to pose for the camera. *Picture by Ed White.*

**Printing:** Boro Park Graphics, 3,400 Hamilton Parkway, Brooklyn, NY 11218. Website: [www.bparkgraphics.com](http://www.bparkgraphics.com)

# Club Rides

**IMPORTANT: BEFORE YOU TAKE YOUR FIRST CLUB RIDE, PLEASE READ ABOUT CLUB RIDES ON P10.**



**PLEASE NOTE: It is now a mandatory requirement to wear helmets on all NYCC rides.**

**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](http://www.nycc.org) to submit your ride.

**DON'T WEAR** 

## August Recurring Rides Sundays in August (7th and 14th only)

**B16      40/60      9:00 am      Piermont Muffin Run**

*Leaders: Kay Gunn, [kaygunn@gmail.com](mailto:kaygunn@gmail.com), 646-491-0859; Mike Giannella, [mgiannella@gmail.com](mailto:mgiannella@gmail.com), 201-681-4535*

*From: Grove St PATH station or Jersey side of GWB*

Let's take a quick spin to Piermont for some coffee and muffins. Meet at the Jersey City Grove St station at 8:10 AM for a 10 mile ride up the other side of the Hudson to the GWB, or meet on the Jersey side of the GWB at 9:00am. We'll all ride to Piermont for a mid-morning snack. To get to the Grove St PATH station, from the WTC the 7:57 AM train towards Newark, arrives at Grove St 8:04; from the 33rd St line the 7:45 AM train towards Journal Sq, arrives at Grove St 8:08. We'll meet in the small park on Grove Street at the top of the escalators.

## Tuesdays only in August

**B16-17      50 miles      9:30 am      River Road**

*Leader: Maggie Schwarz, [mschwarzny@aol.com](mailto: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 August (except 9th, 11th, 16th and 18th)

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

*Leader: Linda Wintner, [lwintner@metlife.com](mailto: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 August

**A18      30± miles      6:30 pm      Urban Adventure**

*Leaders: John Zenkus, [jjz2116@aol.com](mailto:jjz2116@aol.com), 917-617-0901; Craig Breed, [craigbreed@breakthroughcapital.com](mailto: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.

## Wednesdays in August (except 31st)

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

*Leader: David Sabbarese, [dsabbarese@firstmanhattan.com](mailto: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.

## Wednesdays in August (3rd and 17th only)

**B18      45 miles      8:30 am      Piermont: Bark vs Bite**

*Leader: Tony Rentschler, [w.rentschler@mac.com](mailto:w.rentschler@mac.com), 212-580-7507*

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

A couple of the hills on the way back from Piermont, most notably Booth, look mighty steep from the bottom. But their bark is worse than their bite. These knobs are easily mastered with a low gear and a smooth spin – join the ride to see for yourself. We'll maintain a B-18 pace on the mostly flat roads out and back, so we'll be all warmed up for that one last climb.

## Saturdays in August (except 6th)

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

*Leader: Richard Rosenthal, [rr@ro-ads.com](mailto: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.

## August Rides

### Saturday, August 06, 2005

**B18      70 miles      9:30 am      Nyack Plus (Hills, Hudson & Hardpack)**

*Leader: Natalia Lincoln, [natalia@bway.net](mailto:natalia@bway.net)*

*From: Central Park Boathouse*

River Road, the Runcible, and a possible jaunt through a bit of the Hudson River Greenway. Bring lots of pocket food. Monsoon cancels. Check bulletin board after 7 AM that morning.

**C14 55+ miles 9:00 am Attack of the Ice Cream Ride**

*Leaders: Danny Lieberman, dfl@panix.com, 212-598-4827; Mark Trainor*  
*From: Columbus Circle (Merchant's Gate) entrance to Central Park*  
 In this reincarnation of the legendary 5BBC Ice Cream Ride we have researched some of the finest frozen confections in the area. Of course this includes the heavenly Lemon Ice King of Corona and the historic Hinsch's in Brooklyn as well as a few others. Yes, we will also have a real lunch stop along the way. We'll do our best to burn off those calories. Bring water, sunscreen, and some money for food and ice cream. Co-listed with 5BBC.

## Sunday, August 07, 2005

**B18 100 miles ± 7:15 am New Haven via Danbury CT & CT-34**

*Leader: Jonathan Friedman, jmfriedman7@hotmail.com, 917-689-3641*  
*From: Eleanor Roosevelt statue, 72nd St and Riverside Drive*  
 We follow NY-22 to Brewster, then head to Danbury, CT past the giant flagpole in Newtown, CT and into Sandy Hook to downtown Derby, CT. One of my favorite rides has become even better – repaved since the early 1990's. In this direction, most of the very steep uphill are not very long and one of the few long steep hills has a 7-11 rest-stop half-way up. In New Haven, we may choose to climb bike paths to the top of East Rock and/or sample some local pizza. With a 16 mph average pace, we should get to New Haven's Union Station for the 3:53 pm Metro-North train to NYC. For climbing East Rock, pizza or delays, we may need later trains. Requirements: Metro-North bike Permit, money, two water bottles, bike in good working order and riders capable of the distance and terrain.

## Saturday, August 13, 2005

**A/B/C 30± miles 9:00 am No such thing as a free lunch II?**

*Leader: Fred Steinberg, fsteinberg@nyc.rr.com, 212-787-5204*  
*From: Central Park Boathouse*

June's all class ride was such a great success, the NYCC nearly ate up all the food in Westchester county. We'll do it again in August. But which county? You must show up and get your head counted (only one per person, please) when you sign up for one of the rides. Rides will leave from the Boathouse and other starting locations. Ride leaders, sworn to silence, will bring their rides to the secret location for a free picnic lunch on the NYCC. Please check the NYCC E-Weekly and Message Board for ride leaders and alternative starting locations.

**C12 12 miles 10:30 am Sandy Hook**

*Leader: Alfredo Garcia, cyclistxxiii@yahoo.com, 646-312-1677*  
*From: World Financial Center, NY Waterway Terminal*

We will spend our time exclusively on Sandy Hook itself. Emphasis on various attractions, have lunch at Sea Gull's Nest and frolic on North Beach. Optional relaxed beach hike. Riding will be secondary, as we'll go within the Hook's roads & greenways. Bring \$30 for 11:20 AM cruise fare (get there early or visit nywaterway.com), lunch money, sunscreen, beach gear and a lock. Co-listed with 5BBC. Wet weather at start cancels.

**C12 23 miles 11:20 pm Lincoln Tunnel – A Day Into The Night**

*Leaders: Alfredo Garcia, cyclistxxiii@yahoo.com, 646-312-1677; David Seto (5BBC Counterpart Leader); Liz Baum; Ed Pino*  
*From: Chelsea Piers, 22nd St. & 12th Ave., next to West Side Greenway*  
 Let's go on this annual night-time & toll-free ride to get some yelling and screaming out of your system, with perfectly normal people, in the Lincoln Tunnel. Guidelines: riders must have appropriate lights front and back. All lights, which will be inspected, should be steady and non-flashing. Bikes should be in good working order so we can get to the George Washington Bridge before 12 midnight. Wearing reflective clothing, vests or Sam Browne belts recommended. No backpacks or panniers. Remember: lack of adequate lights + faulty bike = zero ride. You must be able to deal with occasional blinding headlights, as well as a steep, **DARK**, downhill and climbs. Bring valid ID, just in case. Then we can feel good and really enjoy life. Post-ride brunch at the Moonstruck Diner. Co-listed with 5BBC. Wet weather at start cancels.

## Sunday, August 14, 2005

**C13 40 miles 9:30 am Rye Beach Ball ride**

*Leader: Maggie Clarke, mclarke@hunter.cuny.edu, 212-567-8272*  
*From: Isham St & B'way, Manhattan (take A train to 207 St). Meet at the park benches just above Isham St on Broadway.*

This is the latest variation of my beach ball ride. This time we take less time to get to Rye, still going through manicured burbs of lower Westchester, to lunch at Rye Playland, an old-style amusement park with a nature preserve attached at one end and a town park and beach at the other. Depending on interest, we'll stroll through the amusement park and maybe some of the nature preserve after lunch at the town park, before heading back home via a shore-hugging route and the almost 30-year old North Bronx Bikeway. Bring water and Metro-North Bike Permit. Cancellation: predicted highs 95°F (35°C) or 50% chance of rain. Temps over 90°F (32°C) may shorten the ride. If in doubt, call Maggie after 8 AM.

**C13 45 miles 9:00 am Westchester Meandering**

*Leader: Ruth Yashpan, RDY98@AOL.COM, 646-245-5687*  
*From: 242nd St & Broadway, Bronx*

From Riverdale we'll roll north and northwest through Riverdale and Westchester County ending either at Katonah or a point North – depending on where the day takes us. Expect hilly areas, long patches of flat terrain, and hopefully a few cows and horses. Bring lots of water, Metro-North bike permit, Metro Card, money for lunch and ice cream, a bike in good working order and a smile! If in doubt about the weather, check message board in the early morning or call ride leader.

## Tuesday, August 16, 2005

**C13 25 miles 4:30 pm NY/NJ Hoboken Dinner**

*Leader: Ruth Yashpan, RDY98@AOL.COM, 646-245-5687*  
*From: Eleanor Roosevelt statue, 72nd St and Riverside Drive*

This is a short, late afternoon ride to warm up our muscles. We'll roll up the greenway over the GW and back south along the Jersey shore. Dinner will be in Hoboken and we'll return by ferry or the Path. Bring lots of water, Metro Card, money for dinner, a bike in good working order and a smile! If in doubt about the weather, check the message board in the early morning or call ride leader.

## Saturday, August 20, 2005

**A19-20+ 95+ miles 8:00 am Pound Ridge/Brewster/Cold Spring**

*Leaders: Fred Steinberg, fsteinberg@nyc.rr.com, 212-787-5204; Timothy McCarthy, timothymc@earthlink.net; Ron Roth, rroth7@nyc.rr.com*  
*From: Central Park Boathouse*

Whether we end in Brewster for a 75 mile foray or go all the way into the setting sun and descend to Cold Spring for a near century, this route is a crowd pleaser. Miles of shaded roads in horse country and along Mianus River Rd, followed by the climb up to Pound Ridge for lunch. Then ridge hopping through South Salem and Waccubac, through the reservoirs to Carmel and the finalé up and down Rt301 to the river. Bring a serviceable bike with enough rubber to get you home, pocket food, water/fluid, money and a Metro-North Bike Permit. If in doubt about the weather call Fred and check the NYCC message board. Note: Ironmen & women there is a 110+ mile option to ride back to NYC. See Ride Library 'Pound Ridge, Waccubac and back' or contact Fred.

**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 Park to Pocantico Hills horse country and lunch at Kingland Point, lots to look at! Bring a smile, fluids, pocket food, a few bucks & something to carry lunch two miles from deli stop to park. Wet roads at 8:00 AM cancels. If in doubt,

look for message/s on message board and/or contact the listed leader.

**B16/18 69/82 miles 8:15 am New Brunswick, NJ to New Hope, PA**

*Leaders: Kay Gunn, kaygunn@gmail.com, 646-491-0859; Mike Giannella, mgiannella@easylink.com, 201-681-4535; Lisa Howie, lisamariehowie@hotmail.com, 202-236-6977*

*From: NJT New Brunswick train station*

Join us for a beautiful, mostly traffic-free, ride to New Hope, PA. Take the 7:14 am NJ Transit NE corridor line from NY Penn Station towards Trenton, and exit at New Brunswick (arriving 8:07). We will meet outside the Dunkin Donuts in the train station. For those who wish to drive, there is plenty of free parking available within a few blocks of the station. The B18 group will pick up lunch at a deli in Stockton, and then bike three miles to Bulls Island State Park for lunch along the river. The B16 group will have lunch in Lambertville or New Hope. We'll plan to catch the 4 or 4:30 train back to NY. We are trying to arrange a reserved bike car with New Jersey Transit for the ride to New Brunswick. Please check the message board for further details a few days in advance.

**B18 60 miles 9:00 am Nyack - The Hilly Way**

*Leaders: Susan Conova, susanconova@yahoo.com, 718-607-2429; Wayne Wright, wwright8@nyc.rr.com*

*From: Soldiers' and Sailors' Monument 90th St and Riverside Drive*

Join Susan and Wayne for a hilly ride to Nyack with great water views. We'll go up River Road, pass a few reservoirs, and then climb Bradley Hill before brunch in Nyack. Return through Piermont and 501. Bring your helmet and good group riding skills. Expect 18 mph on the flats. Rain cancels.

**C12 60+ miles 7:00 am Bridges of New York, 2005 Edition**

*Leaders: Alfredo Garcia, cyclistxiii@yahoo.com, 646-312-1677; Jesse Brown; Robert Brown (5BBC Counterpart Leader)*

*From: Chelsea Piers, 22nd St. & 12th Ave., near West Side Greenway*

Survey 14 Big Apple bridges, suitable for bicycles, from the Brooklyn to the Bayonne. We'll hit all five boroughs, including New Jersey (Bergen & Hudson Counties.) We will leave at 7:23 AM, ready or not, so get there early. You must be able to ride at least 40 miles before lunch. Possible extended Ft. Wadsworth stretch to see the Verrazano Bridge. You must be able to deal with some busy traffic, chaos, pedestrians and ride at least 12mph pace on flat roads. Bring adequate drinking water and pocket food. Those who finish get a medal. Varied terrain, traffic and greenways. Co-listed with 5BBC. Wet weather at start cancels.

## Saturday, August 27, 2005

**A19-21 88 miles 7:30 am 3 Mtns in CT & MA: Skiff Mtn, Sharon Mtn & Mt Everett**

*Leaders: Hank Schiffman, hschiffman1@nyc.rr.com, 212-529-9082; Ron Roth; Jeff Robins; Timothy McCarthy*

*From: Grand Central Terminal, Information Booth*

This ride will take you far from the city for the day. Remote, bucolic and hilly are words that come to mind. Go to the NYCC website Ride Library full a full description and cue sheet. Although there are bailouts, trains above Southeast on the Brewster line run every other hour. None of the hills are outrageously steep but there are a lot of them and they are long. There is one section of hard pack. For those with the stamina, this will be a refreshing change to Nyack. Please check that your bike and tires are in reliable shape. Bring plenty of water and pocket food, money, Metro-North bike permit, a ticket to Dover Plains (7:48 am train) and return ticket from Wassaic and two spare tubes and pump. The train back is 2 to 2.5 hours, so lights are a good idea for the ride from GCT to home.

**B17 50 miles 9:30 am Shopping at Campmor**

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

*From: Central Park Boathouse*

We'll take scenic roads through Bergen County, stop for a diner lunch and then hit the outdoor shopping superstore Campmor in Paramus. After shopping for about an hour, we'll ride back with our loot. Panniers recommended, though shipping is possible for most items. Preview the goods at www.

campmor.com. A lightweight lock recommended if you want to ride home.

**B17 45 miles 9:30 am Temperature Regulators**

*Leader: Danny Lieberman, Jesse Brown (917) 578-2244*

*From: White Plains Road & Pelham Parkway (Bronx)*

This is the summer edition of the great all-seasonal quick spin to Rye, NY and Byram, CT. Meet Jesse up in the Bronx and take a fast paced spin out to Rye, NY and Byram, CT. There might even be a stop for a bite at the Austrian pastry place. Min pace 15mph. Bring a lock and money for lunch. To get to the start by subway take the No 2 to Pelham Parkway.

## Sunday, August 28, 2005

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

*Leader: Jay Jacobson, joanandjay@aol.com 845-359-6260*

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

Moderately hilly but no steep or long climbs as we enter Nyack by the back door.

**C14 54 miles 9:00 am Oyster Bay**

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

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

The last time I did this ride it was hot and the bathing area looked mighty inviting. So there'll be time to cool off in the water in the north shore LI park where we eat lunch before we return to a subway stop of your choice.

## Wednesday, August 31, 2005

**B17 35 miles 6:30 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 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 around 7pm. Bring a well-maintained bicycle and helmet (mandatory), lights (suggested as we may end after dusk), and a lock and some money for those who wish to grab a bite in Park Slope afterwards. Lousy weather cancels.



John Marceau, a sales and marketing director for bike lubricant manufacturer, White Lightning, has found a way of supporting the NYCC out west from his base in Denver Colorado. He has a Zéfal water bottle cage mounted in his car, holding one of our famous 'Liberty' club water bottles. Marceau is apparently a cyclist at heart, even when he's stuck behind the wheel of his car. Maybe that explains his preference for a manual, stick-shift transmission.

# 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](http://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](http://www.btcnj.com) or call Bette Bigonzi at 1 (973) 744-5924. e-mail: [bikeramapo@aol.com](mailto:bikeramapo@aol.com) or register online at [www.active.com](http://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](http://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](http://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

## Club Special Event for August

Let's all meet up and go to a drive-in movie; just leave your cars at home. That pretty much describes the Bryant Park Summer Film Festival, and this evening's movie is *The Odd Couple*, one of the most hilarious films ever made. Starring Lack Lemmon & Walter Matthau as the incredibly mismatched roommates, this quintessential New York City movie is a laugh riot. For those of you who have never seen the film and think that Tony Randall and Jack Klugman were perfect in the TV version, come out on August 8th and prepare to have those notions dispelled once and for all. We'll meet in front of the northernmost lion (the lion closest to 42nd St) in the front of the library at 6pm, then head over to find a space on the grass. Bring a picnic!

**Bryant Park  
42nd Street & 6th Avenue, behind the  
New York Public Library  
Monday, August 8th, 2005  
6:00pm until 10:00pm**

## New members joining the NYCC in June, 2005

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

Jane Stivaletta; Elizabeth Strobel; Hilary Thomas; Laura Viscusi; Heather Walsh; George Weintraub; Christopher Wheeler; Rhonda Wittorf; Bernd Wuebben; Yoshikazu Yoshino; Maki Yoshino; Ralph Yozzo

Look out for them on the road.

July 4th is always a highlight in the NYCC calendar, with the entire weekend's activities centred in and around West Point, whether they be on or off the bike. As always, the weekend yielded some good pictures. Meanwhile, the Newcomers' Ride in June also produced some nice shots.



Top Left: B-16 riders adopt the Army at the top of Mine Road; Above: Gary McGraine chats with Linda Wintner at the Newcomers' Ride in June (Pictures by Carol Waaser); Bottom Left: our president Stan Oldak poses with Heather Marcellis, president of the New York Flyers Running Club on the July 4th weekend (Picture: Jim Reaven); Below: July 4th organiser Ed White with Sienna Parete on the July 4th boat ride


**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](http://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](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](mailto:ENYInfo@nycc.org)



# Riding by the great trail

The Appalachian Trail dissects many NYCC routes, as **Hank Schiffman** explains

**W**e know the Appalachian Trail spans Maine and Georgia. It does this by going locally through the Hudson Highlands, where many of our ascents on country roads lie. Diverse routes of the NYCC cross the AT, although frequently these are unmarked.

Historical markers on the Bear Mountain Bridge designate it as part of the AT. Interestingly, initial plans for the AT predated the bridge. Originally it was to bypass Connecticut altogether, going over Storm King Mountain then crossing the Hudson by a Newburgh/Beacon ferry.

The present Hudson crossing at Bear Mountain was also to have been via ferry. Where does the trail go when it leaves the bridge going west and south? Actually, it follows 9W for less than half a mile before cutting west, just south of Hessian Lake and ascending the southern flank of Bear Mountain. It then crosses Perkins Memorial Drive just before the grade steepens and the rock wall appears on the right. And yes, the AT is actually a Vogel route here.

If you have ever missed the left turn when you descended from the top of Bear Mountain by going straight, you will eventually come to a cul de sac and have to either re-ascend or take the faint trail to the right, which Fred Steinberg claims was shown to him by Jeff Vogel. That accounts for three known NYCC members who unwittingly have cycled the AT off-road on road bike. The AT next crosses Seven Lakes Drive

just west of the Perkins entrance, then recrosses it about halfway between Silver Mine Lake and Tiorati Lake only to cross Arden Valley Road about a quarter mile from Tiorati Circle.

The bridge that crosses over the NY State Thruway at the Route 17 start of Arden Valley Road is part of the AT. Before there were roads in Harriman State Park, the major east/west hiking trail went from Arden/Ramapo to Jones Point on the Hudson, which is at the base of Dunderberg Mountain. Dunderberg is just south of Bear Mountain. We climb part of it as 9W cuts over its eastern flank. Rail stations at each end provided rail access to hikers in the 20's, 30's and 40's.

After crossing 17, the AT cuts west over the Old Orange Turnpike, West Mombasha Road and County Route 5. We see it one last time in New York State as it crosses 17A on the ascent of Mt Peter above the hairpin, but below the incredibly steep Kain Road. From here the AT runs in the hills on the western side of Greenwood Lake on its way to cross the Delaware.

On the eastern side of the Bear Mountain Bridge the AT used to climb the actual mountain of Anthony's Nose. [We just cycle across the western flank.] But now it runs north on the west side of 9D then crosses South Mountain Pass Road and on to traverse 9. If you have ventured into these steep Putnam County roads, you will recognize the roads it cuts across: West Point;

Old Albany Post; Indian Lake' Canopus Hill and Hollow; Bell Hollow; and Sunk Mine. It cuts 301 just to the west of Canopus Lake, the big body of water to the north as you cycle through Fahnestock State Park. As it leaves Putnam County, the AT crosses Long Hill, Hortontown and Miller Hill Roads. The trail actually uses the underpass of the extremely steep Miller Hill Road as it crosses under the Taconic Parkway.

After cutting 55 in West Pawling, the next road the trail intersects in Dutchess County is County Route 20, above Pawling. It then goes over the Harlem Valley Metro-North line at the Appalachian Trail stop just before traversing 22/55. It cuts over 55 one more time before reaching the Connecticut state line.

In Litchfield County the AT crosses 341 (called Bog Hollow in NY State) to the west of Kent. It stays on the western side of the Housatonic River as it cuts over Skiff Mountain Road but follows the west bank for miles until it goes inland to cross County Route 4, halfway up the hill to the east of East Street. It crosses 112 east of Lime Rock and both 44 and 41 separately to the north of Salisbury, where it rises in the Mt Everett massif above 41, Under Mountain Road.

In Berkshire County the AT crosses 41, south of Mt Washington Road by way of Guilden Hollow and Curtiss Roads. Then it follows Lime Kiln Road to cross both Sheffield South Egremont Road and 7. It takes the Kellogg Road Bridge to get over the Housatonic River, then ascends the June Mountain/ Warner Mountain massif, descending over Butternut ski area. After it crosses 23, it goes by Benedict Pond in Beartown State Forest and over the ridge to Tyringham. This last section is the only stretch I have ever hiked. Perhaps we will attempt a section on foot closer to home as a club effort. But if the weather is nice enough to hike, it is also fine to cycle.



Left: The Appalachian Trail crossing Route 17A by Mt Peter, clearly signed and hard to miss. Above: the Appalachian Trail crosses Seven Lakes Drive, near Tiorati Circle. The main sign is the white vertical on the tree, with additional sign-posting. Pictures by Hank Schiffman.

# Please read this before your first club ride

**NYCC RIDES** are led by volunteer leaders who plan the route and maintain the listed speed (e.g. B15=B level at a15 mph cruising speed — see charts). Our rides are described by pace and style because it's more fun when the group is of similar ability. We ride for fun, fitness, and food.

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

**SELF-TEST:** Assess your personal cruising speed by riding four laps (24.08 miles) around Central Park at a comfortable pace and matching your time with the chart. **NOTE:** Riding fewer than four laps will give you a false assessment.

**YOUR FIRST NYCC RIDE:** Be conservative. Choose a ride easier and shorter than you think you can ultimately handle. You won't enjoy struggling to keep up with a ride that's too fast for you, nor will the group enjoy waiting for you. It's a good idea to call the leader a day or so before the ride, and introduce yourself when signing up at the start.

**BEFORE ANY RIDE:** Check that your bike is in good riding condition: brakes and derailleurs working well, tires pumped to the pressure specified on the sidewall. Eat a nutritious breakfast. **BRING** a spare tube, tire levers, patch kit, pump, water, snacks, money, medical ID, emergency phone numbers. We also suggest lock and railroad pass. Leaders may specify other items in their ride listings.

**BIKE PASSES** are always required on **Metro-North** and the **LIRR**. Bike passes good for both Metro-North and the LIRR are available at Window 27 at Grand Central or any window at Penn Station, or by calling (212) 499-4394 or (718) 558-8228 or by visiting <http://www.mta.nyc.ny.us/lirr/pubs/bicycle.htm> for a printable application form to mail in.

**BIKE TRAINS:** On Saturdays and Sundays, Metro-North has scheduled specific trains to and from Grand Central Station to accommodate large groups of cyclists. Bike trains are indicated by a bicycle symbol on the printed Metro-North timetables. Schedules change frequently. Visit <http://www.mta.nyc.ny.us/mnr> for the latest schedule. MetroNorth requires prior notice for large groups (16+) on scheduled Bike Trains and groups of three or more cyclists on a regular train. When submitting a ride involving train travel, please e-mail details to our MetroNorth liaison, Hank Schiffman, at [hschiffman1@nyc.rr.com](mailto: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 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

## 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](mailto: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](http://www.ridenoho.com/nycc.html), or call Al Tiboni at Ride Noho, (888) 817-NOHO (6646), [atiboni@ridenoho.com](mailto:atiboni@ridenoho.com) or the club's liaison Bill Vojtech at (718) 832-3588, [billvojtech@earthlink.net](mailto: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

## A Bicycle Shop

345 West 14th Street, New York, NY  
212-691-6149 or  
www.a-bicycleshop.com  
e-mail: abikshp@aol.com. 10% off nonsale  
items (not items already  
discounted)

## Bicycle Habitat

244 Lafayette Street, New York, NY  
212-431-3315 or cmcbike@aol.com  
15% off parts and accessories. 10%  
off bikes, no discounts on sale  
items (no double discounts)

## Bicycle Heaven

348 East 62nd Street, New York, NY 10021  
212-230-1919  
www.bikeheaven.us 8.25% off accessories, repairs & bikes

## Bicycle Workshop

175 County Road, Tenafly, NJ 07670  
201-568-9372 10% off on part and accessories

## Bicycle Renaissance

430 Columbus Avenue, New York, NY  
212-724-2350. 10% off repairs and accessories

## Conrad's Bike Shop

25 Tudor City Place, New York, NY  
212-697-6966 or conradbike@aol.com



Membership Card Valid Through 2005

Clip this card and present it at one of these stores for your discount

8.25% off parts, accessories and repairs

## Cycle Paths

138 Main Street, New Paltz, NY  
845-255-8723 15% off parts/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

## Turin Bicycle

1027 Davis Street, Evanston, IL 60201  
www.turinbicycle.com 847.864.7660 or  
cmailing@turinbicycle.com 10% off parts and accessories  
Owned by NYCC Life Member, Chris Mailing

## 2005 Membership Application/Renewal/Change of Address – Reduced End of 2005 Rates

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 \$16 (bulletin mailed) ☐ Couple residing at same address \$22 (bulletin mailed)

☐ Individual \$12 (bulletin online) ☐ Couple residing at same address \$17 (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 \_\_\_\_\_

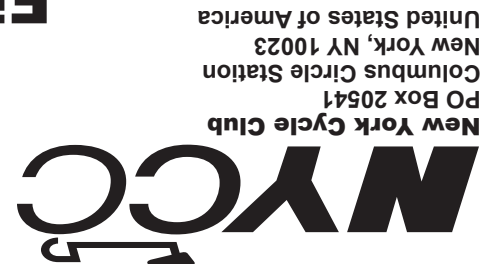
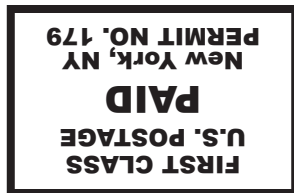
Check (if applicable) ☐ Do not print my ☐ Address ☐ Phone ☐ EMail in the NYCC Roster

☐ 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. **Note: checks take six to eight weeks to process.** You may also renew online through active.com to receive a \$2 discount. Registration is instantaneous. Visit: [http://www.nycc.org/home\\_join.shtml](http://www.nycc.org/home_join.shtml) and click onto the active.com link. NOTE: ALL FULL-YEAR NYCC MEMBERSHIPS ARE ON A CALENDAR YEAR BASIS ONLY.



**First Class Mail**  
**Dated Material!**



## **Tuesday, August 9, 2005**

### **Bike Fit, Posture and Biomechanics of Cycling**

**D**o your body and your bicycle work well together? A casual approach to fit and posture can leave you performing poorly and lead to all sorts of problems. Join us for our August program where **Paul Levine** will discuss the importance of proper cycling posture, body alignment and the biomechanics of cycling as it relates to getting the most enjoyment and performance out of your bicycle. He will talk about the significance of flexibility and fitness in getting the proper fit and muscle firing sequences in an efficient pedaling technique and how to accommodate biomechanical imbalances. Paul will discuss how a properly fitted bicycle can alleviate common cycling discomforts such as neck pain, lower back pain, knee pain, saddle soreness and tingling fingers and toes. A properly fitted bicycle will allow you to be more powerful, efficient, balanced and comfortable, which will ultimately enhance your cycling experience. Paul Levine is the program director and an instructor for the Institute of Professional Bike Fitters through Serotta Bicycles. His trained bike fit technicians are educated in learning the skills and methodology of professional bike fitting and are regarded as the best trained professionals in the industry. Paul's responsibilities as program director have led him to create a performance enhancement team of orthopedic surgeons, podiatrists, chiropractic professionals, massage therapists, personal trainers, coaches, engineers, bicycle manufacturers and aerodynamic specialists to help refine his approach to efficient bike fit. He has extensive experience fitting new cyclists as well as elite athletes.

The August meeting is sponsored by **Piermont Bicycle Connection**, 4 Washington Street, Tenafly, NJ and 215 Ash Street, Piermont, NJ, [www.piermontbike.com](http://www.piermontbike.com), which will be offering free bike give aways, displaying cool bike stuff and be in attendance to schmooze and talk 'bike' during cocktails and dinner. Come join us for the fun and the chance to win a free gift certificate.

**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. It's your club. Participate.

**Time:** Social hour with cash bar: 6 to 7 PM; dinner (\$20 cash, including tax and tip) 6:45-8 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).