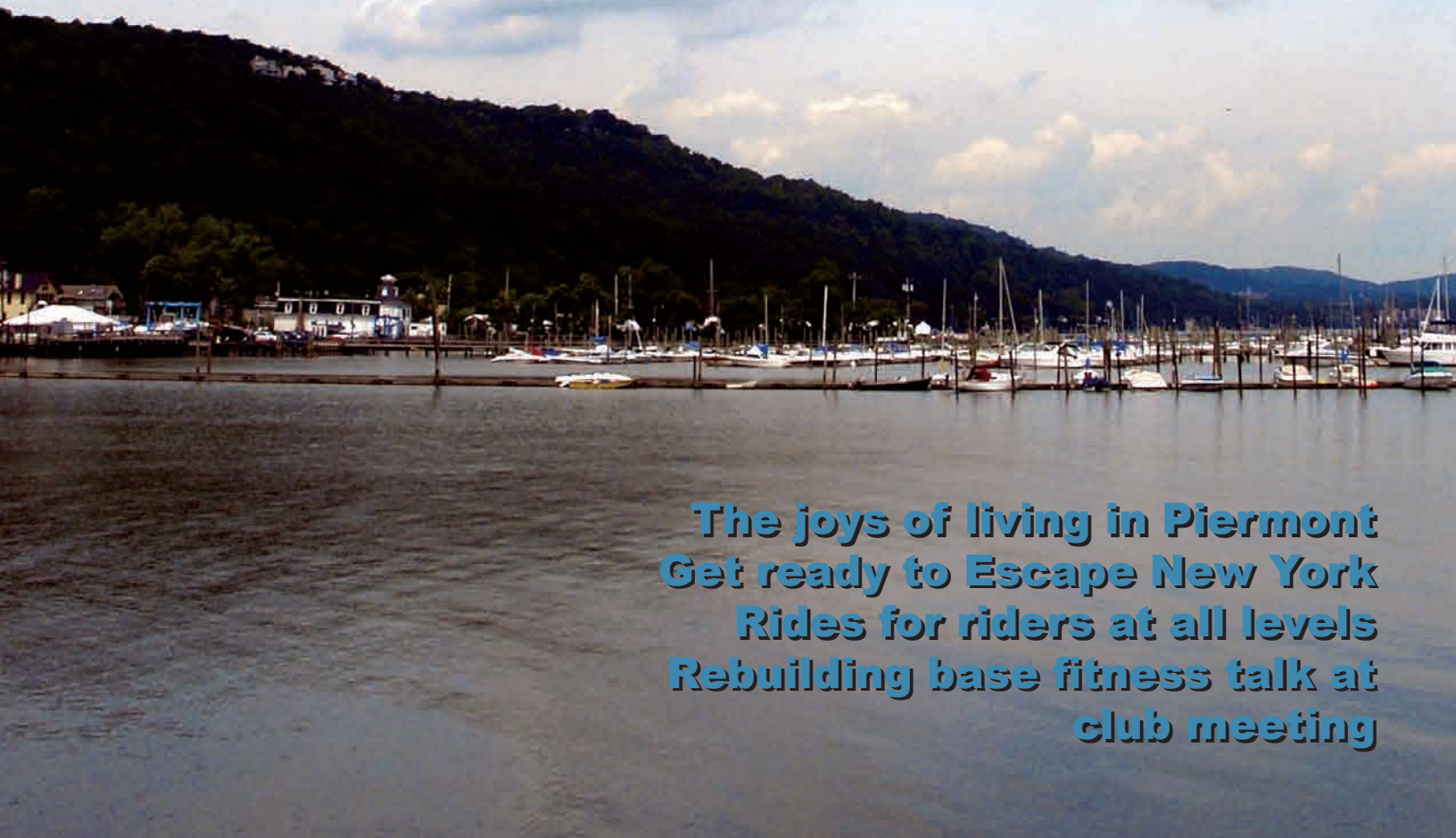


September 2005

NYCC *Bulletin*



**The joys of living in Piermont
Get ready to Escape New York
Rides for riders at all levels
Rebuilding base fitness talk at
club meeting**

Not just another century

We welcome the month of September with open arms as the city and environs begin winding down from yet another hot, humid New York summer. Who doesn't love biking on these soon-to-be invigorating cool mornings that transform effortlessly into pleasantly mild afternoons? I feel like I could ride forever. A century – no problem!

With that in mind, what better time than in September for our club to hold its premiere event of the year, our club's annual century-ride *Escape New York*? This year will be the eleventh edition of ENY to be precise.

As I mentioned in this column last month, you can choose between a full century ride, a metric century – 100 km (or 62 miles for those of us who are metrically impaired), or a half century ride. All rides are well marked with rest stops, food and sag support. This year ENY takes place on Saturday, September 17th. Register now to ride or be one of the many volunteers who make this ride happen. Volunteers are invited to join the pre-ride on Sunday, September 11th along with ride marshals and ride leaders as they check out the routes (free lunch provided). Contact Susi Pichler at enyinfo@nycc.org for information on volunteering.

September also marks the beginning of our annual election process. At our September meeting on Tuesday, September 13 we will begin taking nominations for the 13 board positions (listed directly to the right of this column). The nomination process continues at the October meeting and voting is in November. You can vote on-line, by mail (ballots are printed in the November bulletin), or in person at the November meeting. Votes will be counted and winners announced at the November meeting. If you would like information on any of the board positions please contact me at stanonyc@aol.com or 212-945-9801.

I would like to end this month's column by thanking two people who, over the last two years, have worked tirelessly, month after month, to keep us entertained, informed and well fed.

Hal Eskenazi, our VP Programs, has provided us each month at our club meetings with new and interesting speakers and topics. He has worked with the restaurant Anne Moore's to improve the food menu and, along with the bike shop sponsors and the organization of the monthly raffles, has worked hard to keep the meetings a fun and well-attended monthly event.

I would also like to thank David Sabbarese, our Special Events Co-ordinator. Whether it was a night of wine tasting, an evening on the Great Lawn listening to opera, or a get-together at a sports bar to cheer on Lance, David has added a little panache to our club. He was responsible for all the logistics and food at our very first Volunteer Recognition Party. He was also responsible for the logistics and food for each of our All-Class rides.

Our club is a great club because of the people who volunteer many hours of their valuable time to make it great.

Have a wonderful month. Stay safe. See you at ENY. **Stan Oldak**

Note about club meetings

Several members have been attending the meeting and enjoying dinner without paying. This has caused an uncomfortable and embarrassing situation for the club as the restaurant management has, on several occasions, pointed it out to us. Our welcome can wear thin not to mention the club having to, unfairly, cover these charges. To alleviate this problem we will start giving each individual that has paid for dinner a bike in the form of a hand stamp. We would appreciate the full co-operation of all members who do attend.

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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@ok.com.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
nyarchitech@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.

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

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

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

Copy editing: Beth Renaud

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

Front cover shot: Picturesque Piermont with its marina. *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 P14.



PLEASE NOTE: It is now 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 

September Recurring Rides

Tuesdays and Thursdays in September

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. Cancells: precipitation or wet pavement.

Wednesdays in September

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 18mph flat speed riding a fat-tire bicycle.

Tuesdays in September (13th and 27th only)

B18 25-35 miles 8:45 am Down 'n' Dirty AM Brooklyn Shore Spin

Leader: Natalia Lincoln, natalia@bway.net, 718-972-3451

From: Prospect Park, Grand Army Plaza entrance

An informal (no cue sheets), quick spin mainly on greenways and over bridges of the South Brooklyn shore. Pace will pick up on the greenways, barring a big fat headwind off the river. Terrain is flat. This is a two-hour ride, so there's no lunch stop, and pit stops only if absolutely necessary. Ride leaves at 8:45 sharp, and gets back to Prospect Park between 10:45 - 11 at the latest. Heavy rain cancels; check bulletin board at 8 am for cancellation notice.

September Rides

Saturday, September 3, 2005

A19/20+ 80/90+ miles 7:15 am Gunk Classic

Leaders: Fred Steinberg, fsteinberg@nyc.rr.com, 212-787-5204; Ron Roth, rr7@nyc.rr.com; Hank Schiffman, hschiffman1@nyc.rr.com; Timothy McCarthy, timothymc@earthlink.net

From: Grand Central Terminal, Information Booth

The annual Labor Day Saturday Gunk Classic. Meet at GCT at 7:15 AM, buy round trip ticket to Beacon (\$23), 7:51 AM train. We will be laboring in the Shawangunk mountains for the day. The 80-miler climbs Minnewaska, the long route climbs Mohonk, Clove Valley/Minnewaska. Gourmet lunch in Kerhonksen. Return via Rt 52 with a visit with the hang-gliders, then the rollers home through the farms and orchards of Ulster County. Lots of climbing, stunning views and little traffic. Bring Metro-North bike permit. Weather in Poughkeepsie/Beacon is key. Check NYCC message board after 6 AM for updates, etc or call 917-572-8926

A20 65 miles 8:00 am Little Tor

Leaders: Ben Dale, bd158@columbia.edu; Elena Leznik, eleznik1@yahoo.com

From: George Washington Bridge, NY side bike path entrance

Get your Labor Day weekend off to an exhilarating start with this brisk, yet social ride that will take us over Little Tor. Emphasis will be on riding as a smooth, cohesive unit with rotating pacelines. Water stop in West Nyack on the way up and a food stop at the Runcible on the return. Be sure to bring the usual essentials. Rain moves this ride to Sunday. Check the message board at 6:30 AM or call (917)-903-3005 if the weather is questionable.

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-season quick spin 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 \$ for lunch. To get to the start by subway take the No 2 to Pelham Parkway. Co-listed with 5BBC.

Sunday, September 4, 2005

B17 35/45 miles 9:00am Piermont/Nyack Muffin Run

Leader: Kay Gunn, kaygunn@gmail.com, 646-491-0859

From: George Washington Bridge, NJ side bike path entrance

Let's take a quick spin to Piermont or Nyack for some coffee and muffins. Meet under the overpass just on the Jersey side of the George Washington Bridge. We'll make one stop in either Piermont or Nyack for a mid-morning snack, then we'll head back to the GWB. If anyone would like to ride up to the GWB from Jersey City or Hoboken, contact Kay to arrange for an alternate meeting place and time.

Monday, September 05, 2005**B16 50-60 miles 9:00 am Bradley or Clausland Mountain**

Leader: Jay Jacobson, (845) 359-6260, 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 & great views! Note start place/time

Thursday, September 08, 2005**B16 50-60 miles 9:00 am West Bank Vistas**

Leader: Jay Jacobson, (845) 359-6260, joanandjay@aol.com
From: Eleanor Roosevelt statue, 72nd St and Riverside Drive
 Unusual approaches to Piermont and/or Nyack, possibly River Road, Esplanade/Rio Vista, Tweed, Clausland Mountain, Bradley and/or Crusher/Christian Herald. Routes, difficulty & length will depend on abilities and wishes of group. A brief visit to a mini bike & touring museum may be included.

Saturday, September 10, 2005**A23/21 115 miles 7:30 am The Catamount**

Leaders: John Zenkus, jiz2116@aol.com, 917-617-0901; Hank Schiffman, hschiffman1@nyc.rr.com

From: Grand Central Terminal, Information Booth

As summer turns to autumn, we have time for one last big ride and one that is truly epic. With six climbs each in excess of 1,000 vertical feet, the Catamount climbs over 11,000 vertical feet in 115 miles. On the complete route, the climbs are Rt 52 from east to west, immediately followed by South Gully Road, Yeagerville Road, Moore's Hill Road, Greenville Road and Route 44/55 through Minnewaska State Park. However, the route allows multiple shorts options, all starting in Beacon and ending in Poughkeepsie. Those considering the complete ride should be prepared for limited services, as the Grahamsville Deli is closed. Two large water bottles are an absolute must, along with ample carbohydrates to consume en route. Meet at GCT around 7:30 AM to catch the 7:51 train to Beacon. Please bring a Metro-North bike permit, a bicycle in good repair, along with the mandatory helmet. Check bulletin board for updates if weather appears unfavorable.

B15 50± miles 9:00 am September Stroll to the Beach

Leaders: Tonya Harroun, bikintonya@yahoo.com, 718-828-5309; Reginald Johnson, rabjohnson@rcn.com

From: Statue of Civic Virtue (E/F Train to Kew Gardens)

Join us on a familiar ride to Oyster Bay. Smiles, helmets, and a well-maintained bike required. Check message board if weather unfavourable.

B16 42 miles 8:15 am The Estate Tour

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

From: Grand Central Terminal/Take 8:37am Stamford bound train arriving in Greenwich @ 9:29 AM

This is a very hilly ride with climbing at a moderate pace. We will cycle past miles of estates on scenic secondary roads that are mostly tree shaded and lightly traveled. Lunch in Bedford. Metro North bike pass required. RSVP please. Limited to 15 riders. Raindate Sunday, September 11

B18 67 ± miles 6:40 am Eastern Connecticut 100k

Leader: Jonathan Friedman, jmfriedman7@hotmail.com, 917-689-3641

From: Grand Central Terminal, Information Booth

We will ride from the New Haven Metro North Station after the train arrives at 9 AM. This is a scenic and hilly ride through rustic and rural Connecticut. A metric century plus that will start and return to the New Haven railroad station. We'll pass through Middletown, Chatfield Hollow and other scenic areas. Some of these inland roads remind me of IU Willets on Long Island. We may stop for a local pizza or something along the way but please be sure to bring pocket food and plenty of water. Don't forget your Metro-North bike pass. Round trip ticket for New Haven costs \$28. Fast pace (17-20mph) on the flats, quicker after/during downhills, slower uphill. Nasty weather cancels. No easy bailing. Co-listed with 5bbc.

B18/19**75 miles 7:50 am****Washington's Crossing**

Leaders: Kevin Broomell, kbroomell@nyc.rr.com, 917-678-2215; Stephen Crowe, crowenyc-bike@yahoo.com, 212-243-0493

From: 7th Ave entrance to PENN STATION under the MSG marquee, between 32nd and 33rd Streets

Join us for a scenic, mostly flat and fast-paced tour through areas typically not frequented by our club. We'll take the 8:14 AM NJT to New Brunswick (fare is \$20), NJ and ride through NJ countryside all the way to New Hope, PA for a sit-down lunch on the waterfront at an outdoor café (think Cold Spring Depot). Then we'll re-enact George Washington's crossing of the Delaware before graduating from our ride at none other than Princeton University. We return home via train from Princeton Junction. The majority of the ride is on smooth roads through beautiful countryside and quaint small towns. Yes, you have to put up with a train ride in both directions, but we promise it will be worth it. Bring two water bottles, money/credit card and lots of pocket food. Very few services en route and we'll cover 50 miles before stopping for lunch. Due to logistics (train, etc) we must limit the size of the group to 12 riders. Therefore, RSVP is required.

Sunday, September 11, 2005**B16 50-60 miles 9:00 am Back door to Nyack**

Leader: Jay Jacobson, (845) 359-6260, 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 the back door. Note start time/place.

B18/19 70-80 miles 10:15 am New Brunswick, NJ to New Hope, PA

Leaders: Kay Gunn, kaygunn@gmail.com, 646-491-0859; Michael Giannella, mgiannella@gmail.com, 201-681-4535

From: New Brunswick NJ Transit train Station

Join us for a beautiful, mostly traffic free, ride to New Hope, PA. We'll reverse the route we took last month, throw in a few hills near the start of the route, and practice a little pacelining along the canal. We are limiting this ride to six riders plus the co-leaders, mostly due to NJ Transit bike/train regulations. Please RSVP to the leaders if you plan to attend. Take the 9:14 AM NJ Transit NE corridor line from NY Penn Station towards Trenton, and exit at New Brunswick (arriving 10:07). We will meet outside the Dunkin Donuts that is in the train station. Please be sure to use the restrooms and fill your water bottles at the train station. The first pit stop is not until mile 24.

Friday, September 16, 2005**B17 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.

Sunday, September 18, 2005**B17 55 miles 9:30 am Park Ridge Special**

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

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

If ENY has you primed for more Bergen riding, here's your chance: scenic roads to Park Ridge, a diner lunch, and more good riding plus that fun climb to the GWB on the way back.

Friday, September 23, 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 am. Scenic route to Nyack with some hills. Call or e-mail to confirm.

Saturday, September 24, 2005

A23/21 100 miles 7:30 am Hudson Highlands

Leaders: John Zenkus, jjz2116@aol.com, 917-617-0901; Sal Cenatiempo, spcena@hotmail.com, 917-302-2327

From: Grand Central Terminal, Information Booth

Autumn's first weekend should bring comfortable climbing weather for this tour of the Hudson Highlands – a ride that combines parts of three well-known routes: Putnam Ramble; Harriman Hell; and Port Jervis, along with some new roads for a complete tour of the Hudson Highlands. In total 10,000 vertical feet are climbed in 100 miles. Meet at GCT around 7:30 AM to catch the 7:51 train to Cold Spring; return is via Beacon. Please bring a Metro-North bike permit, as well as two water bottles, pocket food and a bicycle in good repair, along with the mandatory helmet. Check bulletin board for updates if weather appears unfavorable.

B16 54 miles 8:15 am Climbing to New Caanan

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

From: Grand Central Terminal/Take 8:37am Stamford bound train arriving in Greenwich @9:29 am

Very hilly and challenging terrain with climbing at a moderate pace. We will cycle past miles of estates on scenic secondary roads that are mostly tree shaded and lightly traveled. Lunch in New Caanan. Metro North pass required. RSVP please. Limited to 15 riders. Rain date: Sunday, September 25th

B18/19 60/75 miles 8:30 am White Plains to Poughkeepsie

Leaders: David Carr, carrdavid@gmail.com, 212-280-1382; Colleen Conway, conwayco@shu.edu, 212-665-0964

From: Grand Central Terminal, Information Booth

Train out and back, and beautiful bicycling in between. Meet at Grand Central at 8:30 am for the 8:48 train to North White Plains (alternatively 8:58

departure from the Harlem Metro North Station – leaders will be boarding there). Hilly ride featuring reservoirs, Mine Rd, Storm King, ridge riding through orchards with views. There will be some hardpack. 60 miles to Beacon, 75 to Poughkeepsie. Good group riding skills required. The usual cancels. If in doubt, check message board.

C13 45 miles 9:15 am Scarsdale

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

From: Central Park Boathouse

When we pass through the Bronx into this Westchester town we'll have a choice. If it's warm enough we'll eat lunch in the park. If not there's a good restaurant we found last time I was there.

Sunday, September 25, 2005

B17 35/45 miles 9:00 am Piermont/Nyack Muffin Run

Leader: Kay Gunn, kaygunn@gmail.com, 646-491-0859

From: George Washington Bridge, NJ side bike path entrance

Let's take a quick spin to Piermont or Nyack for some coffee and muffins. Meet under the overpass just on the Jersey side of the George Washington Bridge. We'll make 1 stop in either Piermont or Nyack for a mid-morning snack, then we'll head back to the GWB. If anyone would like to ride up to the GWB from Jersey City or Hoboken, contact Kay to arrange for an alternate meeting place and time.

Sunday, October 2, 2005

C12-13 35-40 miles 10:00 am Annual Memorial Irv Weisman Birthday Ride

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

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

One of Irv's pretty New Jersey routes, going through the 'burbs' of Bergen to Pascack County Park. Full details in next month's bulletin.

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



Piermont: Enjoy but ride single file

NYCC members Joan and Jay Jacobson recently moved to Piermont and became two of their most enthusiastic residents. Jay waxes lyrical about the delights of living in this cycling village

The view greeting cyclists just before they enter Piermont proper. Pictures by Anthony Poole, except where stated. Opposite page: Joan and Jay on their tandem by the river, captured by an obliging member of the public



What town within 25 miles of Times Square has an unspoiled 750 ft mountain, gorgeous river views, no four lane roads, gas stations, franchise or fast food businesses and only one traffic light? Sheree Bykofsky, in her book, *The 52 Most Romantic Dates In and Around New York*, listed Piermont as the only cycling venue.

Last September we moved four miles and became two of this unique village's 2,000 plus residents, and the only ones who are NYCC members. It was like moving from Levittown to a mini-Sausalito – we love it!!

The village is well-known to most club members, especially those who have ridden the 50 mile route of the annual *Escape New York ride*, as Piermont is the main destination.

Piermont overlooks the Tappan Zee, which is the only fjord – a body of water formed by a glacier – on the East Coast below Maine. The Hudson, which meets it, is an estuary, bringing salt water and tides up from the ocean. The area was first explored by Henry Hudson and Giovanni da Verrazano.

There were skirmishes here during the Revolutionary War and George Washington and the Marquis de Lafayette were based in the area during part of the war.

The pier was constructed in the 1830's – quite a feat during the pre car and truck era. In 1851 a railroad line was completed from Piermont to Lake

Erie, then the longest rail link in the country. President Millard Fillmore and Secretary of State Daniel Webster came to Piermont for the event. There was a large engine roundhouse in front of the present bike shop, Piermont Bicycle Connection location (more about the shop later).

There was some underground railroad activity during the Civil War era. One or two large paper and packaging plants were constructed early in the 20th Century.

During the Second World War over a million troops departed for Europe from the pier. It was called 'Last Stop USA'. There was a very large training camp several miles inland. The boats returned with German and Italian prisoners.

There are several interesting biking approaches to Piermont. Instead of taking 501 all the way into Rockland, turn right onto Rockleigh Road, opposite Sunset Knoll. You will pass charming and historic homes and the road runs into Closter Road when it crosses into Rockland County. Turn right at Oak Tree towards 9W.

If you are coming in on Oak Tree Road and keep going straight you will soon be in the exclusive celebrity enclave of Sneden's Landing. If you are coming up 9W you would turn right at the first light in New York (Washington Springs). The roads go down to the river so it will take a moderate effort to return back to 9W but, in my opinion,

the sights and experience are worth it. These homes are, or have been, inhabited by the likes of Orson Wells, Noel Coward, Margot Kidder, Jerome Robbins, Katherine Cornell, Pinchas Zukerman, Mike Wallace, Ellen Burstyn, Betty Friedan, Mikhail Baryshnikov and Vivien Leigh.

And sightings have reportedly been made of Mike Nichols, Elaine May, Al Pacino, Jon Voigt, Neil Simon, Arlene Dahl, Tom Chapin, William Hurt, Elaine Stritch and Bill Murray. Rosie O'Donnell has lived in Nyack and Helen Hayes and Edward Hopper did live there.

From Here to Eternity was written in Piermont by James Joyce, and Toni Morrison lived just up the road in Grand View. In 1917 the Sparkill Canal was used as a setting for a movie about Venice and more recently Woody Allen's *Purple Rose of Cairo* was filmed in Piermont.

Just past the Oak Tree Road intersection, the blue NYCC adopt a road sign and an antique gas station (used in at least one Woody Allen movie and perhaps in an Edward Hopper painting), turn right at a small parking lot. You can cycle onto an unpaved, but firmly packed trail, through woodsy Tallman Park. I have never had a problem riding my road bike on that trail. At the end of the trail, keep going in the same direction on the park road. You can continue downhill past the public pool into Piermont. If you go up, you will be atop



Tallman Mountain, where there are picnic tables, and you will have a stunning aerial view of the village and the river.

If you go the other way (west) on Oak Tree Road you could pick up a trail, suitable for wide tire bikes across from Finn McCool's restaurant, on Route 340, opposite the Little Freight Station. This trail was built on an old railroad bed and goes from Tappan, Sparkill, Piermont – where it crosses upper Ash, near an old railroad station building and the library – and continues through Grandview, about half way up the mountain, and ends in Nyack.

Another good access from 9W is Rockland Road. Continue on 9W past the golf driving range and golf club. Turn right at the rustic Tallman Mountain sign, but don't enter the park. Continue on Rockland Road, noting the placement of the houses along this scenic road. At the end of Rockland Road, turn right to enter Piermont.

Behind the old silk mill building on Piermont Avenue is Canzona's Market, a great place to pick up a picnic lunch to take to Piermont. It's a little blue collarish but immaculate and has hefty sandwiches for under \$5. I like the Italian combination on a roll. Don't even think about trying to eat the large Italian

hero and expect to get back on a bike afterwards. Ask Carl or Mike to put your order in a plastic bag for easy carrying on your bike.

On leaving office, Mayor Dennis W Hardy cited the enactment of the controversial Single File Law as one of his major accomplishments as mayor of Piermont. A columnist of a local newspaper, in his latest anti-cycling diatribe, compared us cyclists to aliens illegally entering the US. After all, he 'reasoned', we did cross state and county borders to get to Piermont and we were breaking the Single File Law! He called for vigilante action against cyclists. But he saved some of his vitriol for the police who, he claimed, were not enforcing the law.

Whether we, as cyclists, like it or not, if we continue to ride double or triple file, run the stop signs and Piermont's only traffic light, we will face more onerous fines and regulations. Following these laws is no big deal – it may take us five minutes longer and we can ride single file and socialize with our co-riders five minutes later on the wide shoulders of 9W or at lunch in Piermont. More important, an accident or two might be avoided. There is a mandatory helmet law in Rockland County for adults.

Above: The view looking north from Piermont Landing, towards the Marina and Nyack. **Below:** Jay's bike, with his NYCC club wind-breaker proudly draped over the saddle, parked against the 'single file' sign. *Picture by Jay Jacobson*



11th Annual Century Bike Ride ESCAPE NEW YORK

SEPTEMBER 17 • 2005
CHOOSE FROM THREE ROUTES:

7:30 am – Century Challenge

A rolling Full Century through scenic Bergen and Rockland Counties.


8:00 am – Rockland Roll

A Metric Century, rambling on lightly trafficked, beautiful roads.


9:00 am – Piermont Pleasures

A Half Century, to the charming village of Piermont on the Hudson.

START/FINISH:

Sakura Park, Manhattan.

122 St. & Riverside Drive: across the street from Grant's Tomb.

Subway stop: 1/9 at 116th Street Columbia University.

- Lunch offered on all routes.
- Snacks and water provided along the way.
- All routes clearly marked: ENY, with route sheets.
- Free souvenirs and raffles for great bike stuff.
- Proceeds from this ride go to Recycle-A-Bicycle www.recycleabicycle.org
- Rain or shine.*

**We make every effort to ride rain or shine. Should extreme weather conditions cause us to cancel the ride, we regret that we can neither reschedule the ride nor provide refunds.*

Sign up today for early registration fee savings



HOW TO SIGN UP FOR **ENY2CC5**

- Register online at www.nycc.org through September 12th, or
- Mail in the attached form and a check by September 2nd, or
- Register in person on the day of the event.

Early Registration Fee: \$23

Day of the Event Fee: \$30

Extra Savings when you join NYCC (15 month membership) and enter Escape New York:

Individuals: **\$47** for PRE-Registrants — save \$15.
\$54 for DAY-OF Registrants — save \$8.

Couples: **\$76** for PRE-Registrants — save \$24.
\$90 for DAY-OF Registrants — save \$10.

Save this page. No confirmation or additional materials will be mailed to you prior to the ride. Route sheets will be available at the start.

Cut off this panel and send in with payment.

Make checks payable to: New York Cycle Club

Mail registration and check to: NYCC — Escape

P.O. Box 20541 • Columbus Circle Station • New York, NY 10023

WAIVER / SIGNATURE REQUIRED

Helmets must be worn while riding in ENY! There is no rain date. Refunds are not available.

KNOW BEFORE YOU GO: 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 inaction, 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 OPERATION, 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 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.

Sign below. One person per form. May be duplicated.

PLEASE PRINT:

NAME _____

ADDRESS _____

CITY / STATE / ZIP _____

TELEPHONE _____

EMERGENCY PHONE _____

EMAIL ADDRESS _____

NYCC Member? ☐ Yes ☐ No

Non-refundable Registration Fee: ☐ \$23 before Sept 2nd ☐ \$30 day of event

Special combination: ENY ride/NYCC membership for 15 months

Individual: ☐ Here's my check for \$47 / Pre-Registered

☐ \$54 / Day of Registration

Couple: ☐ Here's my check for \$76 / Pre-Registered

☐ \$90 / Day of Registration

I plan to ride: ☐ Century ☐ Metric-century ☐ Half-century

☐ Check here if you do not wish your name to be released to sponsors.

SIGNATURE OF RIDER _____

SIGNATURE OF GUARDIAN (IF UNDER 18) _____



Above: Bunbury's Coffee Shop, formerly the Piermont branch of the Runcible Spoon. On the bike rack is the editor's bike, parked next to Carol Waaser's trusted stead (closest to the sidewalk), who was spotted in the coffee shop on a Friday in late July, taking a lunch break, while scouting the 50 mile route for this year's *Escape New York*. Right: Much sought after and highly-valued real estate on Pallasades Avenue

In addition to Tallman Mountain Park the gazebo area behind the bike shop and the end of the pier are good picnic locations. There are frequent festivals and other special events in the area in front of the gazebo. The paved trail starting from The View restaurant and running along the first third of the north side of the pier is verboten for bikes but the main road out to the end is OK.

The Runcible Spoon's Piermont branch was taken over by cyclist-friendly Tim Bartz and his wife Vanessa and it was renamed Bunbury's Coffee Shop. Daughter Natalie is the talented on-premises baker and sandwiches and wraps are also available. Their house blend coffee is called Dog's Bollix¹ [sic]. The management allows cyclists to use the rest room.

Across the street is the venerable Community Market with an eclectic menu of sandwiches, salads and gourmet items. And there is an ice cream parlor near the bike shop.

Al fresco sit down places include Pasta Amore in the Piermont Landing complex (excellent pasta and seafood – not too expensive), Sidewalk Café on

Main St (Southwestern-I like the crab cakes) and Slattery's (in the building past the bike shop). There are two seafood restaurants just north of town on the main road. Cornetta's removed its 'No Bicycles' sign and has a canopy for outdoor dining behind the parking lot overlooking the marina. The Lighthouse is a more modern restaurant with a nice, large outdoor deck and most of the interior tables also have good river views.

In addition to having a cycling mountain, Piermont has a culinary pinnacle and at its top sits Xaviar's. *The New York Times* rated it "extraordinary". And neither Zagat's, nor anyone else I know who has been there, has been less enthusiastic. Dinner is \$70 prix fixe. (jackets/no credit cards).

Adjacent to Xaviar's is its excellent bistro, Freelance Wine Bar. It is more casual and takes neither reservations nor credit cards. Spandex is acceptable attire at lunchtime. They offer small tapas-like plates in addition to large a la carte dishes. New York City Mayor, Mike Bloomberg was spotted there on a recent holiday.

The Turning Point, in addition to

having outdoor and indoor restaurant tables, has live folk and jazz. Odetta, Janis Ian, Melanie, Kenny Rankin, Acoustic Alchemy and Mose Allison have appeared at this venue.

Other restaurants that do not have outdoor dining include Café Portofino and, Harbour House.

The main attraction for cyclists is not the Pier but the Mont. There is no cycling venue like this as close to New York City! This is what cycling in Colorado or Europe is all about, but on a much smaller scale! The principal climbing roads around Piermont are Tweed, Bradley and Clausland Mountain. There is light traffic and glorious views of Piermont, the Tappan Zee Bridge and the Hudson.

Leaving Piermont on 340 towards Sparkill, you will pass Mountain House with micro-thin crust pizza to die for. I like the bacon topping and after getting used to their pizza, I can't enjoy pizza in Italy anymore. A group of us B riders on a ride enjoyed a nice pizza lunch at one of their outdoor tables. Behind The Mountain House is Kings Highway, which is quieter and more rustic than



340, which it parallels. California's first governor is buried in the cemetery. Climb Mt Nebo Road off to the right in preparation for the tougher climbs ahead. According to the cited Piermont book, the president of the Erie Railroad, which terminated in Piermont, had a mansion on top.

Kings Highway ends near the Holiday Inn at Route 303. At that point are Fresco and Fiesta Mexico restaurants with outdoor tables. Make a right on busy 303 but stay in the narrow three foot shoulder for a few hundred feet and make the first right onto Greenbush Road. Make sure you're in the granny gear as you get near Clausland Mountain Road because when you turn right the first 200 feet are very steep! Subsequently, the climb becomes more gradual.

For a more gentle climb with even more beautiful scenery, continue on Greenbush past Clausland Mountain Road. It ends on 303. Continue to cycle on 303 for 100-200 feet then bear right at Greenbush Road North. At 38E turn right.

Continue on Bradley to Tweed (5S). When you get to the four way stop sign you can turn left to go to Nyack or continue on Tweed towards 9W South and Piermont past spectacular mountaintop homes overlooking the river and bridge. You will pass an undeveloped town/county park which used to be a Nike base. Slow down when the road narrows. There will be a steep and short descent into 9W so be very careful. To get down to Piermont, cross 9W carefully and follow Ash St carefully as it winds its way down into Piermont.

Hank Schiffman has calculated the grade of Ash Street at 12% – the steepest climb he has charted in the metro NY area – and the end of Tweed into 9W and the foot of Clausland Mountain Road don't appear to be much less. It is extremely dangerous to cycle downhill on these steep grades, both of which end at intersections with traffic going fast on 9W.

I developed a strong respect for the force of gravity and learned these lessons about cycling on steep downhills the hard way by breaking my femur: **1.** Brake evenly on both sides; **2.** lean and sit back on your saddle; **3.** Unclip or unlock your feet; **4.** If you are in doubt as to whether you can maintain control of your bike, or if the road has gravel on it or is wet, get off the bike and walk it down. It may take five minutes longer, but you will wind up with your bones intact.

Cycling uphill on these grades can also be dangerous – a woman I once took up Ash on a club ride fell at the top. Joan won't pick up a book for me at the library up there because she is afraid to drive a car up or down Ash! To lessen the grade going up, 'do the letter S' only if you are absolutely sure that there is

no traffic coming in either direction.

There are two other approaches to the mountain. From South Broadway in Nyack, turn left on Depew. Go up on Depew until 9W (Highland) and go over the Thruway. Don't continue on 9W, but stay straight on Highland. Turn right at Nyack College and that road becomes Bradley, which gives a cyclist access to Tweed and Clausland Mountain. It is hilly, but isn't cycling in Holland or on Long Island's South Shore like playing baseball without second base, third base or home plate? You can of course, access the mountain by doing the climb all the way up Ash and crossing 9W into the south end of Tweed. But this involves two killer climbs.

Piermont's quaint post office, village hall, library, toy store and video rental all look like they are out of Norman Rockwell paintings. Piermont's only bank recently installed the village's first ATM. Before then the whole village often experienced weekend cash shortages.

The Piermont Bicycle Connection is very popular with club members and with cyclists from New York City. It is very much customer service oriented and is open from 9 AM to 8 PM from April to October, with shorter hours during the colder months. The store offers discounts for NYCC members and may ship your purchase home if you can't carry it on your bike. Take a look at the outside of the rest room door as you wait to enter it. Piermont Bicycle Connection also has a branch in Tenafly, New Jersey, which also offers the discount.

Piermont's most recent development is the skyrocketing home values, especially for waterfront properties. The taxes are high but all the taxes we will have to pay for the many years we expect to be here have been apparently offset already by the short-term appreciation in the value of our home.

If your senses haven't been satiated

yet by these scenic feasts, I have one more suggestion for the ride home. At the Lamont Doherty Earth Observatory entrance at the state line, cycle on the unused road, behind the rocks to keep cars out, going in the opposite direction from the security booth on the same (river/east) side of 9W. Within five minutes you will be treated to a spectacular panorama that includes Connecticut, Long Island, New York City and Westchester. This is the State Line Lookout. Hawks, wild turkeys and other birds are frequent visitors. There is a snack bar and shop.

Piermont is a multisport village. There are hiking trails, bird watching in our nature preserve, a rowing club, kayaking, sailing and other forms of boating. There are five golf courses within a five or ten minute drive. Hopefully, in my lifetime the river quality will improve to the point where I can swim and eat the fish I catch without trepidation.

If you, like Joan, also consider shopping a sport, Piermont has several places you will like. You can discover a number of interesting *tchotchke* and artsy-fartsy boutiques, shops and galleries on the main street and in the Piermont Landing complex.

Remember to cycle safely and follow the traffic rules...You don't want to also discover the Piermont ambulance or the accommodation on offer at the local police station!

¹Editor's Note: For anyone wondering about the name of the house blend of coffee at Bunbury's Coffee Shop, 'Dogs Bollix', and where this term comes from, it hails from my native England, but the second word should be spelled 'bollocks'. This word has several meanings – most of which are vulgar – but to describe something as 'being the dog's bollocks' is another way of saying it is 'the best thing since sliced bread'. To me, this is a very interesting name for a house blend of coffee, which is served by the cup and not the slice. I must try it on my next visit.



NYCC Board Minutes

March 1, 2005: The meeting was called to order at 7:08 pm. In attendance were Stan Oldak, Mark Gelles, Barbara Spandorf, Fred Steinberg, Deborah Bennett, Dave Sabbarese, Robert Gray, Timothy McCarthy, Hal Eskenazi, Scott Wasserman and Kathy Jennings.

Membership Report: The March 11, 2005 deadline for current members to renew their memberships is quickly approaching, and many members have already renewed. Effective March 14, 2005, we will change the password for access to the Club bulletin and roster.

Treasurer's Report: We began preliminary discussion of our organizational and financial goals for the 2005 calendar year, and hope to come to agreement on a budget for calendar year 2005 at the next meeting.

Special Events: It was unanimously agreed that the 1st Annual Volunteer Party, which took place on February 25, was a huge success. We had further discussions regarding the venue for the 2005 holiday party. The March event will be dinner at an Indian restaurant towards the end of the month.

Ride Sign-Up Sheets: We have begun to receive ride sign-up sheets from some of our ride leaders. We will continue to remind ride leaders that they are required to submit those sheets to the A, B, or C Ride Co-ordinator (as appropriate) after completion of their rides.

Club Socks: The new Club socks will be available at the next Club meeting. They will be sold for \$6 per pair at Club meetings only (for the moment), and must be purchased with cash.

Club Jersey Design: We reviewed preliminary designs submitted by several club members, and hope to select a jersey design at our next Board meeting.

Memorial Day Berkshires Weekend: Plans are proceeding smoothly for the Club's annual Memorial Day Weekend in the Berkshires. The Board unanimously approved hiring a DJ

for the dinner on Sunday night of that weekend. The meeting was adjourned at 8:10 pm.

April 5, 2005: The meeting was called to order at 7:15 pm. In attendance were Stan Oldak, Fred Steinberg, Mark Gelles, Wayne Wright, Dave Sabbarese, Deborah Bennett, Barbara Spandorf, Scott Wasserman, Hal Eskenazi, Robert Gray, Timothy McCarthy and Kathy Jennings.

Ride Listings: The Board agreed that ride submissions by ride leaders would be listed largely 'as is' with minimal editing. Fred Steinberg agreed to co-ordinate the Out of Bounds ride listing for the bulletin and the Eweekly.

Special Events: April's special event, a dinner at Vatan Indian Restaurant, was a success. The special event for May will be a visit to MOMA. We confirmed that, for the second year in a row, we will co-host an all class ride and picnic with Sound Cyclists in Connecticut. The ride will take place on Sunday, June 12. We also agreed that the NYCC Holiday Party will take place on Tuesday, December 13, 2005.

Membership Report: We currently have approximately 1,126 members, which is 13 more than we had last year at this time.

The Ride for the Ages (RFTA): The Ride for the Ages 2005 is a one-man ride across the US by Andre Louis, a 22-year old employee of the Margaret Tietz Nursing and Rehabilitation Center, designed to promote the value of health in aging. In response to a request from RFTA for support for this ride, the Club has agreed to allow RFTA to submit an article about the race for publication in the Club bulletin.

Children on Club Rides: The Board confirmed that children 18 and over may participate in Club rides and events unaccompanied but that children under 18 must be accompanied by a parent.

Team Lipton: The Team Lipton Pro Women's Cycling and Triathlon team will be in the NYC area in July and

has asked about participating in some sort of Club event. The Board agreed to look into this opportunity.

Club Jersey: The Board is working with Club member Viviane Tubiana on a design for the new Club jersey.

Time's Up Litigation Against Cyclists: Mathew Roth from Time's Up and Club member Carol Wood made a presentation to the Board regarding the lawsuit New York City is pursuing against Time's Up and several of its members who have participated in Critical Mass rides. The City seeks through the suit to prevent the Critical Mass rides from taking place and from being publicized unless the organizers obtain parade and parks permits for the rides. Because enforcement of the parade and park permit rules in this manner has negative implications for cycling clubs and the cycling public, the Board will consider whether and how to voice its opposition to the City's position in the suit. The Board agreed, however, that in doing so, the Club will take no position for or against the Critical Mass rides themselves.

Treasurer's Report: Deborah Bennett reported that it is expected that the Club will have a substantial surplus at the end of 2005. The Board decided to allocate a small portion of this surplus to the following items: renting cars for special events, such as ENY; paying for coaching sessions for Club members; providing additional incentives for ride leaders; subsidizing speakers for the monthly Club meetings; upgrading the audio/visual equipment used at those meetings; obtaining director and officer insurance for Board members; increasing the Club's subsidization of special events, such as the Holiday Party; extending the discount for members who renew their membership through active.com and increasing the Club's contributions to non-profit organizations related to cycling. The meeting was adjourned at 9:30 pm.

Respectfully submitted, Kathleen Jennings, Secretary

More funding for bicycle provision?

You may have heard that President George W. Bush recently signed into law a new transportation bill. Titled SAFETEA-LU (the Safe Accountable, Flexible, Efficient Transportation Equity Act - A Legacy for Users), the bill nearly doubles the amount of bicycle and pedestrian provisions provided in previous legislation.

What does this mean for you and the club? Well, hopefully the New York State Department of Transportation will take advantage of this funding to provide complete streets that accommodate all users. Historically, funding requests for bicycle and pedestrian projects have far outstripped the money available for these projects. The additional money in SAFETEA-LU should make it possible to complete more of the pending projects.

The bill provides numerous funding categories for which bicycle and pedestrian projects are eligible. Both Transportation Enhancements and CMAQ (Congestion Mitigation & Air Quality) will continue to receive strong funding levels. The Recreational Trails Program will receive \$370m, at least 30% of which is designated for non-motorized trails. A new addition is the Safe Routes to School program, whose goal is to improve traffic safety in school zones and to encourage more children to become physically active. For more information on SAFETEA-LU please see the America Bikes website: www.americabikes.org.



If the funding is taken up, it could lead to more facilities, such as the Hudson River pedestrian-shared bike path. *Picture by Anthony Poole*

Despite the additional funding, there is still a lot of work to be done. Unfortunately, the Fair Share for Safety item did not make it into the legislation. This provision would have required states to spend their safety funds in proportion to the percentage of traffic deaths that are pedestrians and cyclists. New York

State's bike/pedestrian fatality rates remain one of the highest in the nation, and it is the goal of the New York Bicycle Coalition to bring this number down. We are currently collaborating with driving teachers across the state to include more 'Share the Road' material in their driver training programs. Education is a crucial step to increase respect and awareness for bicyclists and our efforts with AAA and other agencies will help further this goal. For more information on this and other NYBC programs please consult the NYBC website: www.nybc.net.

In an attempt to increase our leverage as an advocacy organization, NYBC is offering a special introductory membership rate of \$10 to members of any member cycling club in New York State. The Coalition is a registered 501c3 organization (all donations are tax deductible) whose mission is to provide a coherent, credible voice for the interests of all on-road or off-road bicyclists in the state and encourage the use of bicycles for transportation, sport, recreation and health. With your support we will be able to increase the reach of our programs as well as advocate for a greater share for bicycle facilities. Please take the time to review our webpage (www.nybc.net) and consider joining the New York Bicycle Coalition today.

Joshua Poppel, Executive Director, NY Bicycling Coalition, PO Box 8868, Albany, NY 12208.

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 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

New members joining the NYCC in July, 2005

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

Marcia Thomas; Ron Thomson; Charlie Tranen; Shervyn Von Hoerl; Efrem Weiss; Mike Wenberger; Robin Winter; Jeffrey Yang; Jason Yost; Michael Zaidman; Nadia Zonis; Holger Zwickau

Look out for them on the road.

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

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
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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 _____

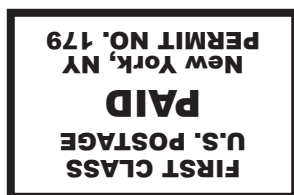
Check (if applicable) ☐ Do not print my ☐ Address ☐ Phone ☐ EMail in the NYCC Roster

☐ 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/shhtml and click onto the active.com link. NOTE: ALL FULL-YEAR NYCC MEMBERSHIPS ARE ON A CALENDAR YEAR BASIS ONLY.



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Tuesday, September 13, 2005

Revisiting base fitness

Tonight's presentation/discussion will focus on effective training to rebuild your fitness after time away from the bicycle, perhaps because of injury, or too much time on the bike from overtraining or participating in a strenuous event. Base training is not only for the winter or early season, many of us can benefit at any time of the year from a regrounding by utilizing simple methods that build fitness to appropriate levels. In addition, there will be a recap of last year's presentation on common injuries in cycling. Tonight's speaker **Mark Merchant** is co-owner of Alta Health and Fitness Center, which focuses on recovery and the prevention of injuries due to overuse, whether from athletic endeavors or from work-related stress. Mark, as an athlete, has challenged himself in 24-hour mountain bike races, 24-hour adventure races and Strongman Competitions. This experience has cultivated great insights into the development, care and continuing improvement of athletes at all levels.

The September meeting is sponsored by **C&M Bicycles**, 141 East 17th Street, New York, NY 10003, tel: 212-253-6788, e-mail: info@manhattanvelo.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 and 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.

This year's programs have seen record attendance. It's **your** club, so 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).