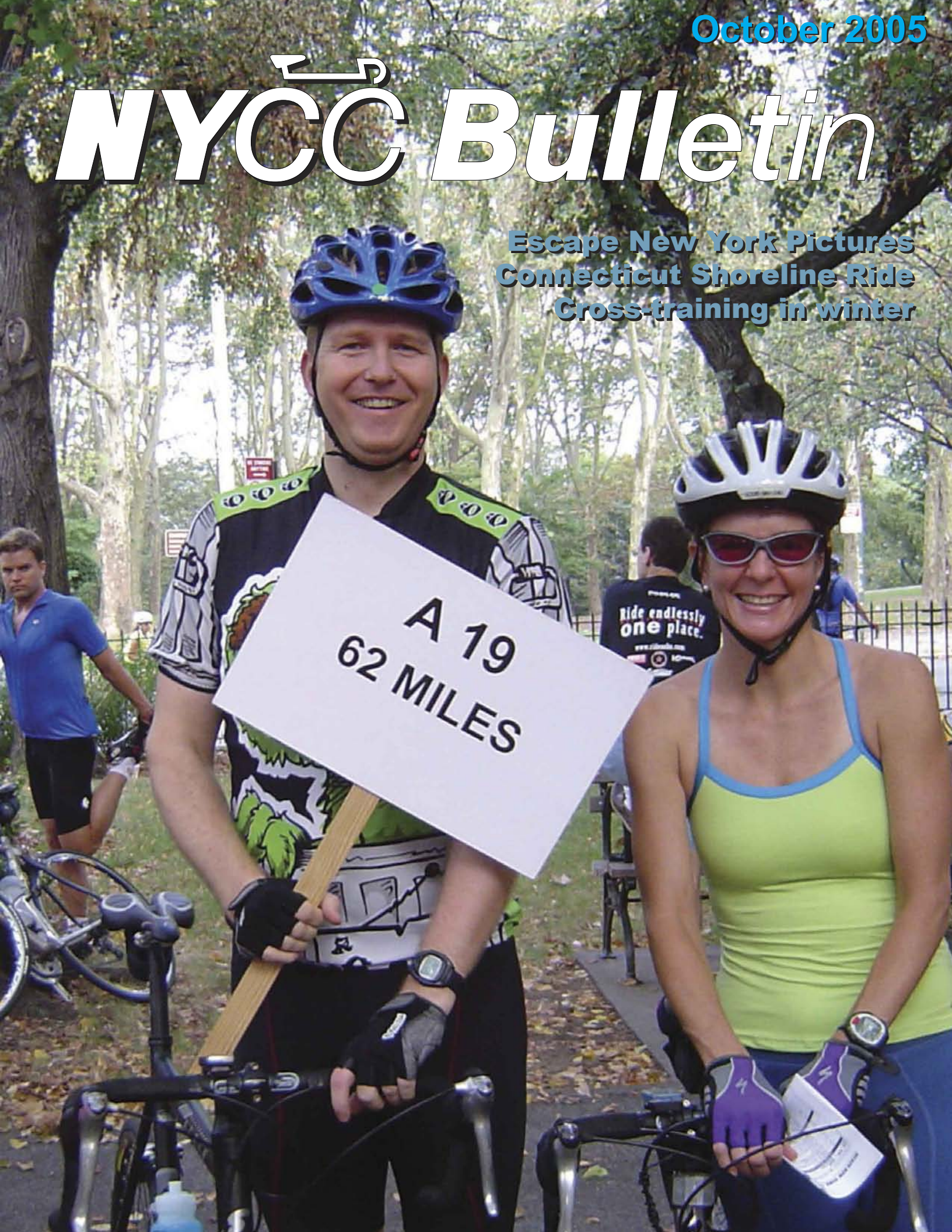


October 2005

NYCC Bulletin

Escape New York Pictures
Connecticut Shoreline Ride
Cross-training in winter



Sun shines on ENY

Finally, the weather gods were with us. On Saturday, September 17, we had one of our most successful Escape New York rides ever. Over 400 riders participated! You might be tempted to say that it is all about the weather but you would be only partially correct. The idea that good biking weather will bring out the riders is true. But the real success of ENY is measured, not by the numbers necessarily, but by the people who organize and run it.

It takes around 10 months of planning and organization to carry off this event. And often by people who have never done it before. We owe a huge thank you to Susi Pichler and the ENY committee for a job more than well done. And of course, thanks go out to the many volunteers and ride leaders. Without them ENY would not happen.

Coming off a great ENY we can now look forward to some fun Fall events. Beginning with our October special event. On Thursday, October 20 we'll visit the Bohemian Hall & Beer Garden in Astoria, Queens to celebrate *Oktoberfest*. Join us for plenty of sausages, dumplings, and most importantly, BEER!

Then on Sunday October 30 we have our 14th Annual Connecticut Shoreline Ride. Join us for one of our most beautiful 'All Class' rides of the year. We have routes at all levels that take in the rustic shoreline and rural roads of Connecticut. Don't miss this one!

The Fall season is also, as many of you know, when we hold nominations for our annual club elections. Nominations began at our September club meeting and will continue at our October meeting. Now is the time when you can become intimately involved in the running of your club. As mentioned last month, if you are interested in pursuing any of the board positions and would like more information please contact me at stanonyc@aol.com or 212-945-9801.

Finally, as an all-volunteer organization, we owe thanks to all of our members who are willing to give some of their valuable time helping in some capacity. Among those members are a small number of individuals who have donated not just an hour or a day of their time, but many, many hours over a period of years. Two of those people are Fred Steinberg, and Deborah Bennett. Fred, often known as 'Mr. Routes', probably knows every bikeable road in the tri-state area and beyond. And he has not hesitated to share that knowledge with us as a route developer, ride leader extraordinaire, and for the last four years as VP Rides. Fred is one of those selfless people who will always tell you, "If you can't find someone else, I'll do it". Thanks Fred. We also owe thanks to Deborah Bennett, our treasurer over the last three years and before that an important member of the ENY committee for several years. We say thank you for keeping our books balanced, but more than that for your invaluable knowledge and guidance during many important club decisions over these years. Thanks Deborah.

Everyone have a super month. Enjoy the Fall season. Stay safe.

Stan Oldak

Executive Board nominations

At our September club meeting we began taking nominations for our coming executive board election. Nominations will continue at the October meeting. Elections take place in November with winners announced at the November meeting. The following is a list of current nominations: **President:** Hal Eskenazi/Carol Waaser; **VP Rides:** Open; **VP Programs:** Open; **Secretary:** Ellen Jaffe; **Treasurer:** Kim Jenkins; **Public Relations:** Mark Gelles; **Special Events:** Dave Sabbarese; **Membership:** Barbara Spandorf; **A Rides Co-ordinator:** Open; **B Rides Co-ordinator:** Marci Silverman; **C Rides Co-ordinator:** Scott Wasserman; **Bulletin Editor:** Anthony Poole; **Webmaster:** Timothy McCarthy

Please note that there were nominations made at the meeting of people who were not present and have subsequently declined to run. Their names are not included on this list.

Special Club Event

October usually means crisp cycling weather, spectacular foliage, and . . . *OKTOBERFEST!* Although the Bohemian Hall & Beer Garden isn't technically a German restaurant per se (it's actually Slovakian), they do serve up plenty of sausages, dumplings, and most importantly, BEER! Not far away in Long Island City (take the N train to Astoria Blvd. and continue in the same direction for one block, then make a left on 24th Ave). Please email Dave Sabbarese at events@nycc.org if you'd like to join us, and we'll look out for you. Date: Thursday, October 20th, 2005 - 6:30 PM to 9:30 PM.

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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; Alfredo Garcia; Katie Elise Johnson; Natalia Lincoln; Robert Marcus

Front cover: A19 Metric Century riders gather at Sakura Park on September 17th for Escape New York, which offered riders distances of 50, 62 and 100 miles, with over 400 participants this year. *Picture by Meike Stonies.*

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 

October Recurring Rides Tuesdays in October

B16-17 50 miles 9:30 am River Road

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

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

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

Wednesdays in October

A18 30± miles 7 pm Urban Adventure

Leaders: John Zenkus, jiz2116@aol.com, 917-617-0901; Craig Breed, craigbreed@breakthroughcapital.com, 917-502-2112

From: Central Park Boathouse

Meet 7 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. This is an all four-season ride. If weather is doubtful, check the message board. Post ride dinner is always an option.

October Rides

Sunday, October 2, 2005

A19 75 miles 8:30 am South Mountain & Saddle River

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

From: Central Park Boathouse

Up South Mountain Rd., lunch at the Mt. Ivy Diner in Pomona, and return via Spook Rock and Saddle River. A beautiful autumn ride through Bergen and Rockland. Fixed-gears are encouraged, since both leaders plan to ride theirs. South Mountain Rd. is the only steep hill, and it's short.

B17 50-55 8:30 am White Plains via the Bronx River Parkway

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

From: Central Park Boathouse

Let's take advantage of the last Sunday of the year when the Bronx River Parkway will be closed to automobile traffic from Yonkers to White Plains. That's 14 miles of blissfully traffic-free cycling. We'll have a sit-down lunch at the Scarsdale Diner before heading back. Metro-North bailouts an option, a bike pass is required, however. Bring the usual, lousy weather cancels.

B15 53+/- miles 9:45 am 5th Annual Memorial Irv's Birthday ride

Leaders: Linda Wintner, lwintner@metlife.com, 212-876-2798; Rick Braun, 212-477-2575

From: Central Park Boathouse

This is the continuation of Irv Weisman's birthday ride series. Using one of Irv's circuitous (to avoid traffic and add scenic beauty) routes, we will ride through Bergen county. As Irv would wish, we will be riding up hills slowly (using low gears and spinning) while looking at the scenery. All are welcome on this ride to celebrate Irv's many contributions to the club. We plan to meet the other B ride and the C ride for dessert. Please bring snack food (we may have a late lunch) and plenty of water. Please check the message board the week before the ride for a possible change in start time.

B16 71 miles 8:30 am 5th Annual Memorial Irv's Birthday ride

Leader: Ed Sobin, esobin@keyspanenergy.com, 718-625-7452

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

This is the continuation of Irv Weisman's birthday ride series. He lead this one when he was 71 (it was called 71 for 71). Using one of Irv's circuitous (to avoid traffic and add scenic beauty) routes we will ride through Bergen and Rockland counties. This is a somewhat hilly ride, but as Irv would wish I'll be riding up hills slowly (using low gears and spinning) while looking at the scenery. All are welcome on this ride to celebrate Irv's many contributions to the club. We plan to meet the other B ride and the C ride for desert at the 50 mile mark.

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

Meet at 178th St and Ft. Washington Ave (rear of GW Bus Terminal). Take A train to 175th St; take elevator out and walk north to 178th St. Let's venture into NJ on one of Irv's very pretty routes through the burbs of Bergen to Pascack County Park for lunch and meet up with the B section of this ride for dessert and a short celebration of Irv's life and contribution to cycling. Helmets are required; bring good attitude and group riding skills. Cancellation: High wind, forecast temperatures above 90°F (32°C), or 50% chance of precipitation. Call Maggie after 8 am if in doubt.

Wednesday, October 05, 2005

B13-18 15 miles 6:00 pm Jersey City Liberty Ride

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

From: Liberty State Park Visitors' Center, Circle of Flags

Come out and meet other NJ NYCC club members. We'll ride in the park for an hour or so, and then head over to the Beechwood Café at 290 Grove St for drinks and a snack. Meet under the flagpoles in front of the visitors center at 6:00pm or catch us outside at the cafe just after dark. All levels are welcome, even NYers may attend! Fat tires are welcome, though we will stick to riding on the pavement.

Thursday, October 6, 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 Mtn, 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. Note start place/time.

Saturday, October 8, 2005

A23/21 85 miles 7:30 am Putnam County Ramble

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

From: Grand Central Terminal, Information Booth

This was one of the more popular STS rides and is the year's last chance for a long, hilly ride. Starting in Garrison, we will warm-up on 9W because once we turn on 301, the climbing begins with a long but rewarding climb gaining over 1,000 vertical feet. We then continue east for two more long climbs near the Connecticut state line prior to stopping in Pawling. The return is rolling and fast to Cold Spring. Meet at GCT around 7:30 AM to catch the 7:51 train. Metro North passes are a must, as well as the usual two water bottles, powers bars, money for lunch and a bike in good repair along with a mandatory helmet. Check bulletin board for updates if weather appears unfavorable.

**B15/16 60 miles 7:30 am Fall Foliage Ride Series:
4 Reservoirs and a Lake**

Leader: Mark Gelles, mgelles@okcom.net

From: Grand Central Terminal, Information Booth

Join us for the first of our fall foliage ride series on this beautifully scenic route. We wouldn't ask you take a train on both ends of a ride unless it was really worth it, and this ride is worth it! Expect lots of rolling hills, and several hard-packed, skinny-tire-navigable dirt roads. We'll catch the 7:48 bike train from Grand Central to White Plains and return on the bike train from Brewster North (aka Southeast). Train passes and smiles please.

**B16 67 miles 8 am Fall Foliage Poverty Hollow/
Housatonic River**

Leader: John Zap, (212) 255-7193; ZAPPRTG@aol.com

From: Grand Central Terminal, Information Booth

Take the 8:07am New Haven Train to Darien, Leader will meet train in Darien upon 9:01am arrival. Ride will travel through Silvermine, Wilton, Bethel, Poverty Hollow, Monroe, then along the Housatonic River to Milford – an extended version of the Fall Foliage Ride. Late Lunch at Pizza restaurant overlooking the river. Return 5:05 pm train from Milford.

**B17/18 60 miles 7:30 am Fall Foliage Ride Series:
4 Reservoirs and a Lake**

Leaders: Wayne Wright, wwright8@nyc.rr.com, 212-873-7103; Kim Jenkins, kim.jenkins@quigleycompany.com

From: Grand Central Terminal, Information Booth

Join us for the first of our fall foliage ride series on this beautifully scenic

route. We wouldn't ask you take a train on both ends of a ride unless it was really worth it, and this ride is worth it! Expect lots of rolling hills, and several hard-packed, skinny-tire-navigable dirt roads. We'll catch the 7:48 bike train from Grand Central to White Plains, and return on the bike train from Brewster North (aka Southeast). Train passes and smiles please.

B18 80 +/- miles 6:40 am Eastern Connecticut Criterium

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

From: Grand Central Terminal, Information Booth

Will leave from the New Haven Metro North Station after the train arrives at 9am. This is a longer distance scenic and hilly ride through rustic and rural Connecticut. It is the same as the September 10 ride, but it remains for a longer time on the eastern side of the Connecticut River & we'll cross back by the Ferry (\$1 for cyclists). We will start and return to the New Haven railroad station. We'll pass through Middletown, Lyme and Chatfield Hollow, with an anticipated lunch stop in Moodus. Some of these inland roads remind me of IU Willets on Long Island. We may stop for a pizza or something afterwards but please be sure to bring pocket food and plenty of water. Don't forget your MTA rail pass. Round Trip ticket for New Haven costs \$28. Fast pace (17-20mph) on the flats, faster on/after the downhills, slower on the uphills. Little opportunity for bailing, so expect compression stops & some waiting. Nasty weather cancels. Co-listed with 5bbc.

Sunday, October 09, 2005

B18/19 82 miles 9:15 am Lambertville Covered Bridge Ride

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

From: NJ Transit New Brunswick Train Station

Join us for ride No 3 of our Lambertville/New Hope series. We'll pass by the Charles Lindbergh estate on the way to lunch in Lambertville. After lunch we'll ride through New Jersey's single remaining public access covered bridge, Green Sergeant's Covered Bridge, which was built in 1750. We are limiting this ride to 8 train riders plus the co-leaders due to NJ Transit bike/train regulations. We will post driving & parking directions on the message board for anyone that wishes to drive in. Please RSVP to the leaders if you plan to attend. Take the 8:14 am NJ Transit NE corridor line from NY Penn Station towards Trenton, and exit at New Brunswick (arriving 9:07). 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. We should be returning to the New Brunswick train station before 5pm for the trip home.

C14 50 miles 9:30 am Park Ridge

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

From: Central Park Boathouse

We'll ride to this Bergen county town and eat at the well-known diner, unless the weather is so great that we feel compelled to eat outdoors. The ride ends at the NY side of the GW bridge.

Saturday, October 15, 2005

A23/21 85 miles 7:30 am Putnam Pleasure

Leaders: John Zenkus, jiz2116@aol.com, 917-617-0901

From: Grand Central Terminal, Information Booth

Last year saw Putnam Pain; this sees year Putnam Pleasure, with all the scenery of last year's ride minus about 5000 vertical feet of climbing. Starting in Peekskill, we'll take Canopus Hollow Road (moderate climb at its end) to Putnam County's heart for a rolling backroads tour, stopping for lunch at an orchard with wonderful views of Mount Beacon. The return is rolling and fast back to Peekskill. Meet at GCT around 7:30 AM to catch the 7:51 train. Metro North passes are a must, as well as the usual two water bottles, powers bars/gels, money for lunch and a bike in good repair along with a mandatory helmet. Check bulletin board for updates if weather appears unfavorable. If coupled with tomorrow's UAR Outward Bound Ride, those not having the opportunity to travel away from the City will still be able to enjoy Autumn at its peak splendor.

B17/18 60 miles 9:00 am Fall Foliage Ride Series: Croton Reservoir

Leaders: Wayne Wright, wwright8@nyc.rr.com, 212-873-7103; Kim Jenkins, kim.jenkins@quigleycompany.com

From: Central Park Boathouse

This week's foliage ride takes us to the Croton Reservoir - part of New York City's water supply, currently filled to the rim. This beautiful route includes lots of rolling hills, and a late lunch. Be sure to bring two water bottles and some pocket food. We pick up lunch at a deli and then bike to the lunch spot, so be prepared to carry food for about a mile. The ride ends with a 15 miles spin around the reservoir, including some hard-packed dirt road, followed by a nice smooth downhill into Croton to catch the train back to the city. Train passes and smiles please.

B15/16 60 miles 8:30 am Fall Foliage Ride Series: Croton Reservoir

Leader: Mark Gelles, mgelles@okcom.net

From: Central Park Boathouse

This week's foliage ride takes us to the Croton Reservoir - part of New York City's water supply, currently filled to the rim. This beautiful route includes lots of rolling hills, and a late lunch. Be sure to bring 2 water bottles and some pocket food. We pick up lunch at a deli and then bike to the lunch spot, so be prepared to carry food for about a mile. The ride ends with a 15 mile spin around the reservoir, including some hard-packed dirt road, followed by a nice smooth downhill into Croton to catch the train back to the city. Train passes and smiles please.

C12/13 50 miles 9 am Oy Oy Oysters!

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

From: Cunningham Park

They may be slimy, but they sure taste good, whether baked, deep fried, chowdered or lemoned with sauce. So do their cousin shrimpies, scungillis, clams and other nautical delicacies. Long Island's Oyster Bay Oyster festival celebrates its 22nd anniversary, and what's a better way to cook up an appetite than by cycling to this North Shore enclave? Crafts, kiddie

rides, entertainment, tall ships, and maybe a turkey leg or two are also on hand (see <http://www.theoysterfestival.org> for updates). Free admission, but bring cash for goodies plus bike lock. NOTE: Heavy rain in morning will postpone ride to Rain Date of Sunday, October 16. Moderate pace, with the usual Long Island hills. Co-listed with 5BBC.

Sunday, October 16, 2005

A18 40 miles 8:30 am UAR: Outward Bound

Leader: John Zenkus, jjz2116@aol.com, 917-617-0901

From: Grand Central Terminal, Information Booth

Take a break from the urban jungle with a bucolic Putnam County ride during Autumn's peak foliage time. While the distance is short, the route is mostly off-road on hardpack with much climbing, so expect a four hour ride. Technical skills are not required and a hybrid or cross bike will suffice. Meet at GCT 8:30 for the 8:51 train to Cold Spring, with return from the same.

B14/16 40-60 9:30 am Choices in Westchester

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

From: First Avenue and East 64th S northwest corner

We ride together as a group through lower Westchester to Scarsdale. After refueling, we split into groups: a faster group heads north to sample some of Westchester's most impressive hills; while a slower group has a shorter but equally interesting route home.

Wednesday, October 19, 2005

B13-18 15 miles 6 pm Jersey City Liberty Ride

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

From: Liberty State Park Visitors Center, Circle of Flags

Come out and meet other NJ NYCC club members. We'll ride in the park for

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

an hour or so, and then head over to the Grove St area for a drink or some food. Meet under the flagpoles in front of the visitors center. All levels are welcome, even NYers may attend! We will break into groups depending on turnout and rider levels. Fat tires are welcome, though we will stick to riding on the pavement.

Saturday, October 22, 2005

A19/20+ 60-90 miles 8:00 am Storm King/Old Indian

Leaders: Fred Steinberg, fsteinberg@nyc.rr.com, 212-787-5204; Peter O'Reilly, Ptor@prodigy.net; Hank Schiffman, hschiffman1@nyc.rr.com; Ron Roth, rr7@nyc.rr.com

From: Central Park Boathouse

The Hudson Valley Fall Foliage spectacular. The route winds through unfamiliar Rockland County back roads, along the Hudson shoreline, then up Mine Rd into the highlands above West Point, over Storm King, eventually climbing through orchards and vineyards to the 'Old Indian' in Ulster County. There are bailout options at the Bear Mountain (55mi) and Newburgh/Beacon Bridges (75mi). Those who hang on for the final leg will be rewarded with stunning views as far as the Berkshires. Return via FDR Bridge to Poughkeepsie and Metro North to the city. Lunch in Cornwall; other stops as necessary. Bring Metro North pass, money for train fare (\$13.00) plus meals. Uncertain weather? Call Fred after 6:30 AM or check NYCC BB.

B15/16 60 miles 8:30 am Fall Foliage Ride Series: Bedford/Greenwich

Leaders: Mark Gelles, mgelles@okcom.net; David Hallerman, cycleman23@earthlink.net

From: Central Park Boathouse

Another beauty of a route to finish off our foliage ride series. Expect lots of rolling hills, and some short stretches of hard-packed, skinny-tire-navigable dirt roads. Lunch on the green in Bedford Village. We'll catch the bike train back to the city from Greenwich. Train passes and smile please.

B16 55 miles 7:40 am Fall Foliage Carmel/Mahopac Lunch Ride

Leader: John Zap, (212) 255-7193; ZAPPR@aol.com

From: Grand Central Terminal, Information Booth

Take the Harlem Line 7:48 AM Katonah train to arrive at 8:52 in Katonah Station. Leaders will meet group at station. Horse farms, nice roads, green woods and a very hilly ride up to North Salem, Titicus Reservoir and onto Brewster. The bike path now extends to Carmel, so we will ride to Carmel then down to Mahopac for lunch on the lake. Mostly flat to down from lunch, approx 10 miles of bike path and flat eight miles back to Katonah. Return approx. 4:25pm depending on finish time.

B17 82 miles 8:15 am Delaware River Valley Fall Foliage Ride

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

From: NJ Transit New Brunswick Train Station

Join us for ride No 4 of our Lambertville/New Hope series. This is a beautiful mostly traffic free ride which will start and end at the New Brunswick NJ Transit train station. We will either ride rolling hills past the Green Sergeant's Covered bridge, or loop into Pennsylvania along the Delaware River before having lunch in Lambertville or New Hope. We are limiting this ride to eight train riders plus the co-leaders due to NJ Transit bike/train regulations. Please RSVP to the leaders if you plan to attend. 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 that is in the train station. We should be returning to the New Brunswick train station around 4:30 pm for the trip home.

B17/18 60 miles 9:00 am Fall Foliage Ride Series: Bedford/Greenwich

Leaders: Wayne Wright, wwright8@nyc.rr.com, 212-873-7103; Hannah Borgeson, hannahb@att.net

From: Central Park Boathouse

Another beauty of a route to finish off our foliage ride series. Expect lots of rolling hills, and some short stretches of hard-packed, skinny-tire-navigable dirt roads. Lunch on the green in Bedford Village. We'll catch the bike train back to the city from Greenwich. Train passes and smiles please.

Sunday, October 23, 2005

B18 60-70 miles 9:00 am Sleepy Hollow(een) Ride

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

From: Central Park Boathouse

Heads are optional, helmets aren't on this hilly ride to Ichabod Crane's home turf. There are bailouts along the way, so bring your Metro-North bike pass along with the usual accoutrements (pocket food, two bottles, two spare tubes, you know the drill). Rain at start of ride cancels: check bulletin board if unsure.

C12/13 40 miles 9:00 am Fall Classic to Little Falls

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

From: World Trade Center PATH station - three levels down at ticket machines

Let's venture into Essex and Passaic Counties in NJ on one of Irv Weisman's very pretty routes through Branch Brook Park, Cherry Blossomland, and through the beautiful estates of the Montclairs to Little Falls – at the height of the fall colors. If we have the interest and time, we can go as far as the Paterson Falls (the Niagara of NJ). Lunch will be indoors or outdoors depending on weather. Bring money for the PATH train two ways. Helmets are required; also please bring group riding skills. Cancellation: Excessive wind conditions, expected temps below 40 degrees at the start, or 50% chance of precipitation. Call Maggie after 7:30 am if in doubt.

Saturday, October 29, 2005

A23/21 100 mi 8 am New Hope, PA

Leader: John Zenkus, jjz2116@aol.com, 917-617-0901

From: Penn Station

Follow the Fall by riding south and west of New York City to New Hope, PA (ish) from New Brunswick, NJ on what has become one of the club's more popular routes. While primarily flat to rolling, there is ample opportunity for "rouleurs" to stretch their legs on what mostly likely will be the year's last century ride. Interested riders contact your ride leader John Zenkus before the ride, as we will be using a combination of public and private transportation. Those taking public transportation, please meet at Penn Station 8:00 AM for the 8:14 train to New Brunswick. While a bike pass is not required, helmet, water, spare tubes and a pump are a must. If the weather appears doubtful, check the club's message board where the ride's status will be posted by 6:30am.

Sunday, October 30, 2005

ABC 40, 50, 60 miles 7:30 am 14th Annual Connecticut Shoreline Ride

Leader: Gary McGraime, garynycc@aol.com

From: Grand Central Terminal, Information Booth

Join us for one of our most beautiful club rides! We have routes at all levels (40, 55 and 65 miles) that take in the rustic shoreline and rural roads of Connecticut. Don't miss this one! Bring your Metro North Pass (or come early and buy one), money, water bottle, pocket food, appropriate apparel for the weather and a bungee or old tube to secure your bike on the train. Purchase an off peak round trip Metro North ticket to New Haven. Breakfast if you like and board the bar car of the 8:07 AM train 15 minutes early. You will receive maps, cue sheets and ride information on the train. Once we arrive in New Haven, you can join an A, B or C ride or go at your own pace to our usual picnic spot at Guilford Green. Be back at the station by 3:30 PM for the 3:53 train. Money will be collected (approx. \$10.00) for Pepe's famous pizza and beverages, which will be delivered to the station for the train ride back to New York. We expect to arrive in GCT at 5:40 PM and will try to arrange group rides home from the terminal. There is no rain date. We have always gone riding, rain or shine. PS Feel free to decorate your helmet (helmet required) or bike with trappings for Halloween, if so inclined. Tricks and Treats are always welcome. Please note: Daylight Savings Time ends! Contact the ride co-ordinator, Gary McGraime with any questions.



Connecticut shoreline ride

Imagination required: If you are reading the print bulletin, a black and white reproduction of autumnal colors is as much use as brail on a 'drive-in' ATM machine, so you will just have to look at the web version too. If you like the colors and want to see them for real, you should go on this ride on Sunday October, 30th. Details below:

Sunday, October 30th, 2005

ABC 40, 50, 60 miles

7:30 am

14th Annual Connecticut Shoreline Ride

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ENY 2005

Escape New York is one of the highlights on the New York Cycle Club's calendar. And this year's ride is a reminder of why. As Stan said in his message on page 2, this year's edition was one of the best in its history. The weather played its part, although those who took part sweated buckets – riders and organizers alike. The pictures below depict what the ride was all about. So if you missed out this year, be sure to look out for it in 2006 and be out on the road with your NYCC buddies.



Page 8 Main Picture: Satisfied riders get ready to depart the lunch stop at Rockland County Park; Bottom left: Riders take a well-earned break at the lunch stop (seated on left is Bessie Oster); Bottom right: time to give the bike a quick check over at the lunch stop. Pictures by Barbara Spandorf

Page 9 Main Picture: The start/finish point at Sakura Park, Manhattan, not long after the A19 Metric Century riders finished. Picture by Meike Stonies; Bottom left: The Editor, Anthony Poole, reports his progress from the lunch stop. The century riders had around 60 miles on the clock at this point. Picture by Barbara Spandorf; Bottom right: Riders from the A19 Metric Century congregate on the Jersey side of the George Washington Bridge on the outward leg. Picture by Hansjoerg Kniefing



Please read this before your first club ride

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

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

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

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

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

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

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

RIDE LEVEL	DESCRIPTION
A	Vigorous riding with advanced bike handling ability, including co-operative paceline skills. Stops every 2 hours or so.
B	Moderate to brisk riding with more attention to scenery. Stops every hour or so.
C	Leisurely to moderate riding, sightseeing and destination oriented. Stops every half-hour or so.

CRUISING SPEED	CENTRAL PARK SELF TEST
FOUR LAP TIME	

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

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 August, 2005

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

Jennifer Altman; Pooyan Aslani; Shannon Bailey; Andrea Bell; Pamela Bloom; Felicia Branesco; Jamie Brown; Kevin Brubaker; Matt Bushell; Cecelia Casey; Karen Davis; Susan Davis; Doreen Deignan; Stanley Dross; Cat Dugdale; Kendall Dwyer; Katharine L. Edmonds; Kim Fazio; Michael Feierman; Karen Feuer; Sam Frenzel-beyme; Paul Gallagher; Gabrielle Gantz; James Gartland; Dana Glass; Stuart Goldstein; Virginia Grandison; Hank Gruenberg; Zvi Hahn; Gail Hamlin; Marcellene Hearn; Salvatore Hendrycks; Jack Hidary; Tim Hillman; Julio Huerta; Wyeth Hunnable; Avshalom Kalichstein; Tatiana Kamorina; Anna Kenney; Patricia Kettle; Hari Khalsa; Hansjoerg Knieling; Susan Kohlmann; Mark Kopinski; Holly Kulka; Kate Kunstel; Barbara Launer; Kirsten Laursen Elizabeth Levy; Elton Lin; Luis Lora; Joan Lynch; Janet Manda; Jinan Martini; Kate Matthews; Patricia Mcgurren; Andrew McNutt; Alex Meehan; Joe Meehan; Erik Mercer; Jane Murawski; John Nobile; Heather Nolin; Jan Opalach; Shiran Pasternak; Scot Phillips; Michael Pidel; Jon Qalam; Luis Rebolledo; Courtney Reed; Richard Rennert; Craig Rosenman; Beth Rosenstein; David Rye; Antonio Sanchez; Alison Say; Jeff Schneider; Ed Schweber; Larry Shoots; Ben Simmons; James Sinclair; Eileen Smith; Radek Spisek; Stacey Stewart; Meike Stonies; Michael Sullivan-denning; Peta Takai; Paul Thompson; Ronald Torok; Allyson Turner; Peter Van Pelt; Douglas Von Bushberger; David Walden; Reed Walker; Abbie Wallner; George Weiss; Douglas Woodworth; Susi Wunsch; Peter Wunsch; Catherine Young

Let's look out for them on the road.

Classified

FOR SALE:

Women's Bianchi road bike - 49 inch frame. About five years old - very good condition. Original price \$1,000 plus change. Replaced handlebars with narrower/female friendly. Current asking price negotiable.



Contact:
Nancy Klitsner
212-799-5243 or nancyklitsner@yahoo.com

Out of Bounds Saturday, October 8 2005

Folds Up Folding Bike Ride 2pm

Ride leader: Hannah Borgeson. Info: www.timesup.org/foldsup.php
From West 23rd Street on the Hudson River Greenway

Join TIME'S UP! for a leisurely 10-mile ride through Manhattan and Brooklyn showcasing folding bicycles. Ends at Stuyvesant Cove Park, East 23rd St at East River, for mini-festival test rides, fold-offs, and refreshments. Ride leader: Hannah Borgeson. Info: www.times-up.org/foldsup.php Ride followed by folding bike festival at 4 PM.

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



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
mailing@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 _____

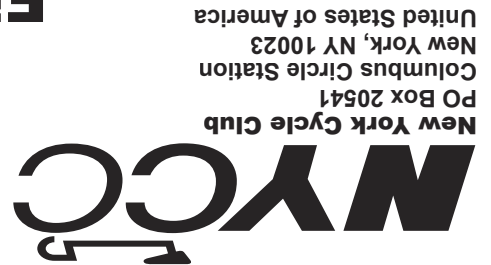
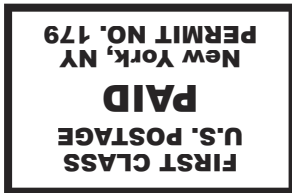
Check (if applicable) Do not print my Address Phone EMail in the NYCC Roster

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 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, October 11 2005 Cross-training in the winter

Are you thinking about hanging your bike up for the winter? What happens to you when the candy and cookies start to make their office debut in December and that peer pressure to just say “no” is overridden? Will we hear you whimpering in February about how out of shape you are? If you attend tonight’s meeting and follow the expert advice on offer, you should still be in good shape come the spring. Our October program zeroes in on dedicating the coming cold season to enriching activity rather than sloth. Our presenter, **Scott Cohen**, wants everyone to look at winter as a golden opportunity and it all starts with planning and knowledge. Come listen and pick his brain on how to keep that athletic spark alive through a smooth transition to cross-training, strength training, spinning and more. Improve your flexibility and agility through Yoga or Pilates. The winter can prove enriching and revitalizing – it’s all a matter of perspective and now is the time to get oriented.

Scott Cohen is an Ironman Triathlete and President Emeritus of the NY Flyers. He has also coached individuals training for their first Marathon through the Arthritis Foundation’s Joints in Motion program. He is Director of the New York Road Runners BRiX classes.

There will also be a special presentation by **Jack Rennert**, president of the International Poster Center, who will tell us about a sizeable collection of rare vintage bicycle posters that will be auctioned off on Sunday, November 13th. He will also bring some valuable prizes.

Executive Board nominations continue at tonight’s meeting

The October meeting is sponsored by **NYC Velo Inc**, 64 2nd Avenue (between 3rd and 4th streets), New York, NY 10003 (212) 253-7771, info@nycvelo.com Open 7 days a week 11 AM to 8 PM, 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.

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

Payment for dinner is compulsory