

November 2005

NYCC Bulletin



**Riding the New England Coast
Rubbing shoulders with the
great and good of cycling
2005 Board Election ballot form**

Exercise your voting rights

It's election month. For whom will you cast your vote in the mayoral race? Who will get your nod for comptroller or public advocate? What about borough president? To find out more about what you will see in the voting booth go to: <http://vote.nyc.ny.us/>

Of course the important thing is that you perform your civic duty and VOTE! But don't forget that there is an even more important election taking place..... the NYCC Board Election. You will not see 'Gearhead of the Year' or 'Best Wheel to Follow in a Paceline' or 'Best Woman in Lycra' in the booth on November 8th. But with your NYCC ballot you get a chance to write in your choice (even yourself) for these and other special/fun awards.

We also have one contested position for the executive board. Hal Eskenazi and Reginald Johnson are both running for B-Rides co-ordinator. Check out their campaign letters on P6 in the Bulletin. Give Hal or Reginald the respect of your vote and in turn you will be expressing your support for your club. You can vote by mail with the enclosed ballot (P11) or at the November 8th club meeting, or online at our club website: www.nycc.org. Vote counting and announcement of the winners will happen at the November meeting.

For our special event this month we will be taking a trip to North Africa and the land of Moroccan cigars, irresistible cuisine, really cute belly dancers and 'Pass the Hookah. On Thursday, November 17, we will be going to Le Souk, a Lower East Side restaurant. Check the weekly club email for up-to-date info.

And in December, get your Spanish ready. Our very, very special holiday party will be at a new venue, Gonzalez Gonzalez, on Broadway near Houston. With a super new menu and dancing to a new band hand picked by David Sabbarese, our Special Events Director. We look forward with almost childish excitement to a "rousing good time"! This event often sells out, so don't wait too long to get onboard. Info on how to register can be found on our website.

As I'm sure all of you are aware, I have decided not to run for president this year. Due to other recent commitments I realized that the time I would have available for the job would be markedly curtailed. It was obvious to me that it would have been a disservice if I had continued in the position. I look forward to handing over the reins to Carol Waaser. She has been so very active in the club at all different levels and is more than qualified for this job. I know I will enjoy working along side her as I will continue on the executive board for one more year as immediate past president.

Have a great month. VOTE. Stay safe.

Stan Oldak



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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.

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Special Club Event for November

Place: Le Souk

47, Avenue B (Between 3rd & 4th)

Date: Thursday, November 17th, 2005

Time: 7:00 pm until 9:00 pm

This month we are going to Le Souk, an intimate, uber-cool Lower East Side restaurant that features the irresistible combination of delicious North African cuisine and really cute belly dancers. I'm not kidding! The NYCC has negotiated a special group rate so we can enjoy the club-like atmosphere of Le Souk without having to wait outside on Ave. B for an hour or even more, sometimes. Featured dishes include mezze for starters (delicious hummus & baba ganouj appetizers, etc.), salata khadra, Moroccan cigars (my favorite) and several different tagines to choose from. Dessert with mint tea included, all for only \$30 per person. Alcohol is served at Le Souk, so we don't need to bother to BYOB. Please RSVP to Dave Sabbarese at events@nycc.org by November 10th as we will need to notify the kitchen how many we will be and also a large turnout may guarantee the NYCC has the run of the place for that particular seating. The more, the merrier . . . and Pass the Hookah, will ya?

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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 

November Recurring Rides Tuesdays in November

B16 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 2:30 or 3. **IMPORTANT:** Sign up on the message board on the preceding Monday. Then check back Monday night to see if we're ON.

Wednesdays in November

A18 30± miles 7 pm Urban Adventure

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

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.

November Rides

Friday, November 4, 2005

B15 50 miles 9:30 am Pre-election Get-away Ride

Leader: Karen Nicolini, karennicolini@hotmail.com, 646-942-7082

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

A light ride to Piermont to get away from all the election ad campaigns on TV and radio. We promise no political talk – just a lot of non-political pathways. Dress appropriately for a beautiful November day. See Page 3 of the bulletin for what cancels & what to bring. Please RSVP to me by 5pm Thursday, Nov 3rd to confirm the ride is on.

Saturday, November 5, 2005

A17 55 miles 8:45 am Christmas Bazaar at St.Paul's

Leader: Marty Wolf, 212-935-1460

From: Central Park Boathouse

The goal is to reach St Paul's in New City before the best handmade ornaments and gifts are sold out. Church lunch of soup, sandwiches and home baked desserts. Bring the wonderful muzette bag you received for doing ENY 2005 (or a small knapsack) for your purchases. Note: we leave at 8:45AM sharp!

A23/21 100 miles 8:00 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 the climbers to stretch their legs on what, most 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.

B17 50 miles 9:00 am Seville Diner

Leaders: Carol Waaser, biker-c@rcn.com, 212-581-0509; David Hallerman, cycleman23@earthlink.net

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

There might be a little nip in the air so we'll do a simple cruise out to the Seville Diner and back. Nothing special...not even any real hills (except - pick your poison - Churchill or Walnut). Hope the south path of the Bridge is open by now!

**B17/18 60 miles 7:30 am 4 Reservoirs and a Lake
– Take Two**

Leaders: Wayne Wright, wwright8@nyc.rr.com, 212-873-7103; Kim Jenkins, kimjenkins@aol.com, 917-359-5736

From: Grand Central Terminal, Information Booth

This ride from our fall foliage ride series got rained out on October 8th; we'll try again today. We wouldn't ask you to take a train at 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 the station formerly known as Brewster North (now Southeast). Train passes and smiles please.

**C14 65 miles 7:30 am Bridges of New York
Encore Presentation**

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

From: Chelsea Piers, 22nd St. & 12th Ave. (near Hudson River Greenway)

I rarely do requests of any sort, but this time 'Midwest' could not be refused. Ride 16 or 17 bridges in 5 boroughs that are cyclist accessible, in fluid sequence. Basics: not for beginners or the faint hearted; must ride steady 12-14 mph pace, deal with busy traffic, pedestrians and uncertainty; ride 40 miles before lunch. Make sure you do some hard riding beforehand. This will be tough. Those who finish will be honored with a simple momento of my choosing.

Sunday, November 6, 2005

A18-20 50 miles 8:30 am Off-Season Hogwich Series: Ride #1

Leader: Todd Brilliant, toddtheracer@yahoo.com, 212-316-9430

From: George Washington Bridge, NJ side bike path entrance

Be ready for 2006! Join me for the first ride in this series designed to build base fitness and have fun doing it. This ride will not be hard, but riders must know how to ride in a group. No stopping until our coffee and snack stop in Nyack. This will not be direct to Nyack, but will be direct home. Check message board for updates the night before. Rain cancels.

A19 70 miles 8:00 am Autumn Ride to Bedford

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

From: Central Park Boathouse

Let the runners have Bedford Avenue. We're going to Bedford Village. Leave the madness of the city behind on Marathon day and ride with us on quiet, lovely roads in Westchester and Fairfield. Lunch is on the Village Green. We return by Metro-North from White Plains, so please bring your train pass. p.s. Both leaders plan to bring their fixed-gear bicycles, and if you have one, and are up for a challenge, you're encouraged to ride it. But keep in mind that once we leave the Bronx, this ride isn't flat, and there are a few short, steep hills.

C13 23± miles 8:00 am Bike NYC Marathon

Leader: Peter O'Reilly, ptor@prodigy.net

From: Dunkin Donuts Parking Lot, 95th St & 4th Ave (last stop R train)

Here is your chance to ride the NYC Marathon course just an hour or so before the race starts. While runners start in Staten Island, we forego the Verrazano bridge crossing (sadly not an option) and start in Bay Ridge, Brooklyn. If we are lucky we may finish in Central Park just a few yards from the official race finish. Note the ride officially ends at Columbus Circle, 59th Street in Manhattan. In addition to checking out the pre-race festivities, this is an opportunity to explore many diverse communities within NYC at a time of very little vehicular traffic. Please aim to be half an hour early and budget enough time for your travel to 95th St (like at least 1hr from Manhattan). There are bathrooms, good coffee and plenty of NYPD and NYCCers to keep you company before the start. NOTE: the ride will start promptly at 8 AM to avoid race-course closure. Each year this ride tends to draw a larger group of riders and it will take some time for sign-ins to be completed, bathroom lines to be cleared and what not. If you take the subway, your best option is to catch an express or some other faster line and then transfer to the slower R train in Brooklyn. If you are running late, hop off the R train along 4th Avenue in Brooklyn and meet up with the group en route. Biking to the start is another great option while getting a few extra miles in. Check the club message board for potential pickup rides heading to the start. Wet or frigid weather cancels. There's plenty of bailouts; bring MetroCard. Check the club message board for updates.

Saturday, November 12, 2005

B16 51± miles 9:30 am Hartsdale Bagel Ride

Leaders: Linda Wintner, lwintner@metlife.com, 212-876-2798; Steve Chabara, 212-677-1090; Rick Braun, 212-477-2575

From: Central Park Boathouse

Join us for a nice, pleasant spin to Hartsdale (just past Scarsdale in Westchester). Not too many hills and plenty of bail-out options on Metro North (bring your pass) or the subway in case the weather isn't great. We might have lunch at the IHOP or diner if they're not too crowded - otherwise, we'll eat at the bagel shop. Please bring snack food and plenty of water as our

only food stop will be lunch (our morning and afternoon pit stops will be at Van Cortlandt Park, which has no food). Hope to see you then. Cancels - precipitation or serious threat of precipitation. (Please note: Linda and Rick have no access to emails or the Message Board during non-work hours.)

C14 40 miles 9:00 am Westwood or Northvale

Leader: Carol Waaser, biker-c@rcn.com, 212-581-0509

From: Central Park Boathouse

Yes, it's diner season already. No more picnics by the sea for another six months. On the other hand, we can pig out on some of the best pancakes or french toast around! Choice of diner will depend on how many riders show up that morning - Westwood can't handle a big crowd. Cancels: wet roads, temps below 32°F (0°C) at start, winds above 20 mph (whoa! I'm in shock just typing these words!). Check message board if in doubt.

Sunday, November 13, 2005

A18-20 60 miles 9:00 am Off-Season Hogwich Series: Ride #2

Leader: Todd Brilliant, toddtheracer@yahoo.com, 212-316-9430

From: George Washington Bridge, NJ side bike path entrance

A slightly different and longer route into Nyack this week. Still no stopping until coffee at the Runcible. Be self-sufficient.

Saturday, November 19, 2005

B17 55 miles 9:00 am Westchester's South and North County Trails

Leaders: Hannah Borgeson, hannahb@att.net, 212-348-2601; Wayne Wright, wwright8@nyc.rr.com, 212-873-7103

From: Central Park Boathouse

We'll ride through the Bronx and Yonkers to get some hills in and then hit the trails--the Old Put paved rail trail that extends car-free through much of Westchester, including a lovely crossing of the Croton Reservoir. At the Putnam border, we'll leave the trail and ride about 6 more miles on roads (and sneak through a hole in the fence for another car-free reservoir crossing) to the Golden's Bridge MetroNorth station for a train return. Be prepared for a late lunch, and bring your train pass.

Sunday, November 20, 2005

A18-20 60 miles 8:30 am Off-Season Hogwich Series: Ride #3

Leader: Todd Brilliant, toddtheracer@yahoo.com, 212-316-9430

From: George Washington Bridge, NJ side bike path entrance

Today it'll be either The Orchard or Little Tor. Now we're starting to get the feel for these rides. Nice smooth pacelines, no attacks at intersections, somewhat slow on the uphills, fast on the flats and really fast on the downhills. No stopping until Nyack. Be prepared.

ABC1.6 7 miles 8:30 am Cross Training - Harriman Hike

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

From: Via car; e-mail or call to request/offer transportation

The season's first hike offers rushing mountain streams, a non-technical climb/descent of Diamond Mountain as well as 60-mile views of NYC and the Hudson Valley. Bring food and lots of water; wear boots and layered clothing. Expected high over 50°F (10°C) cancels. Call for details.

Friday, November 25, 2005

B17 40-60ish 11:00 am Leaders choice in Rockland County

Leader: Kay Gunn, kgunn@ndci.com, 646-491-0859

From: George Washington Bridge, NJ side bike path entrance

If I have too much Beaujolais Nouveau with my turkey we'll take an easy route to Piermont. If I wake up feeling strong, maybe we'll climb a few hills, lap Rockland Lake, and stop at the Runcible for some hot chocolate. If you

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'Fourteen cycling stars I have met'

With millions of pedal strokes and thousands of miles at home and abroad in the saddle under his belt, it is no surprise that **Jay Jacobson** has rubbed shoulders with some of the great and good of cycling, including some names close to home

Lance Armstrong: My first encounter with Lance was about five years ago at a Niketown event, honoring him after one of his early Tour de France victories. One of the security men told me that if I stood at a certain place, Lance would walk right by me and I would have an opportunity to get his autograph. I tried to give Lance my US Postal jersey and a black marker. Without saying a word he grabbed both items, quickly signed the jersey and shoved it back to me. However I was thrilled because at that point I was the only member of the crowd who obtained an autograph from him.



It was a different story in 2004, just after he had won his sixth TDF. He was signing his new book in the Rockefeller Center. Although I arrived early, I had to wait on line for about an hour. There was a party like atmosphere on the line as I ran into a number of my bike friends, including some NYCC members. The restaurants along the line sent out free snacks and drinks to us.

I was wearing my NYCC helmeted Miss Liberty jacket, which has elicited favorable comments from strangers all over the world. I had a private 90 second audience with Lance! He was relaxed and friendly and complimented the jacket and said: "I know the New York Cycling Club – that's a good club!" I had planned to offer him the jacket if he had commented, hoping that he might give me something interesting in return, but he just said: "No thanks!", and signed my book.

Greg LeMond: Joan and I and a small group of cyclists spent four days with three times Tour de France champion Greg LeM-

ond at a special event in Vermont. Each day we cycled with him, attended meetings and clinics he ran and had meals with him and his wife, Kathy. One day he rode our tandem with Joan, while they were both wearing NYCC jackets! He was extremely patient, answering many of my stupid questions even the one about how professional bike racers handle bathroom functions during a race.

However, I didn't ask him (as Johnny Carson did!) if he walked his bike



Jay (left); Greg LeMond (R) up hills. Joan had him autograph everything in Vermont that wasn't nailed down. When she got home she was distributing items signed by Greg to people

who didn't even know who he was!

At several dinners I sat with Greg and Kathy. They told me interesting stories about being invited to the Clinton White House for a dinner honoring the President

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Email us to find out dates and times !

john@bikeswitzerland.com

www.bikeswitzerland.com

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have a sense of adventure, show up on time and ready to ride.

Saturday, November 26, 2005

A17 50 miles 9:00 am Bicycle Christmas Shopping
— Westbury

Leader: Marty Wolf, 212-935-1460

From: Tramway Plaza NW Corner 2nd Ave at 59th Street

Objective: Sale of bike stuff – books, posters, Christmas cards, mugs, ties, desk accessories, bike postcards, notepads etc. Bring train bike pass if you wish to return by the LIRR. Cue sheets provided should you wish to ride faster/slower than the advertised pace. If it's a rainy day and you have a car and want to drive out, or should you wish to take the train to within five blocks of the sale, call the leader. Note: B riders welcome, but please call leader and I'll set up a somewhat slower group for you. Also, please note: we'll leave on the dot of 9:00AM from 2nd & 59th.

C14 50 miles 9:00 am Park Ridge

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

From: Central Park Boathouse

This ride had to be cancelled last month but I still want to visit that fine old diner in this Bergen county town. Just a few minor hills and the usual big one to get to the GW Bridge, where the ride officially ends on the Manhattan side.

Sunday, November 27, 2005

A18-20 60 miles 8:30 am Off-Season Hogwisch Series:
Ride #4

Leader: Todd Brilliant, toddtheracer@yahoo.com, 212-316-9430

From: George Washington Bridge, NJ side bike path entrance

Let's go a little easier today and save it for the Little Tor climb. Free Runcible treat for the winner of the hill climb. Be fun.

Board elections 2005

The position of the B Rides Co-ordinator is being contested by two candidates at this year's election. Below are their campaign pieces, which, under the club's bylaws, the *Bulletin* is obliged to carry

Hal Eskenazi



I am Hal Eskenazi. I have had the honor of being nominated by Fred Steinberg, NYCC VP Rides as candidate for **B rides co-ordinator**. I have accepted that nomination, having withdrawn my nomination for President due to increased business responsibilities. I would like to tell you something about myself, what makes me qualified and what I would like to accomplish for the club.

For the past two years, I have served as VP Programs and as an active board member for NYCC. Those of you who know me, or have been to any of the programs, know the passion and excitement I have brought to the meetings/job. I have tried to make everyone who showed up feel as a part of the club, even if they didn't know anyone. I don't take on any job unless I can create benefit in what I do. I believe, and hope, I have accomplished that as VP Programs.

The position of B rides coordinator requires someone who can recruit and excite other members to lead rides. By day, I am President of a National Management Recruiting firm. By nights & weekends a cyclist, B-SIG graduate, active member and ride leader of NYCC. What I would be doing here is turning my vocation into an ad vocation for the benefit of the club.

I have a strong passion for NYCC and its members, as the club has had a tremendously positive effect on my life, taking me out of the car and onto the bike. It has taught me to ride and allowed me to build many new friendships.

The function of the B-ride coordinator is to create an environment in which members have a strong desire to lead ongoing, varied and interesting rides throughout the year. Interestingly enough, I have already been involved in that process through programs I have run, ie ride leadership, road safety, etc. I will attempt to get more members who haven't led rides, but want to gain the confidence to do so, teamed up with more experienced ride leaders to develop a larger pool of ride leaders. I will look at the position not only from the perspective of what has been done but what new can be done.

On the board, I will continue to be an active participant and contributing voice for the members always helping to explore not where we are but where we can go. I will bring new leadership and inclusiveness to the position of B rides co-ordinator. I hope for your support and confidence for me in this position. Participate. It's your club, VOTE!

Reginald Johnson



B Rides Coordinator: Why do I want to do this? Since I was asked to write this, I've received a lot of encouraging e-mails. Most of them tell me to write about what I've done for the club, "Tell them about your three years as a B-SIG leader, your volunteering for ENY, and your other experiences leading club rides." Yes, that's important, very important, but that's not really why I want to do this. Let me tell you a story...

A long time ago, in a galaxy far, far away...No that's a different story. This one begins when I was a participant in the B-SIG, and I was on the 'Deepest Westchester' ride. For those of you who don't know the ride, it's one of those gentle club rides where you start out climbing, have a little lunch and then climb until dinner – well that's what it seemed like to me anyway. But I bonked on that ride and bonked good and hard, right in the middle of nowhere, with about a third of the ride still to go.

Feeling pretty disgusted with myself, I was about to hop off my bike, toss it into a ditch and start walking. But one of the ride leaders stopped, gave me a pep talk, put me back on the bike and stayed with me the entire way back – all 15 miles, at about 8 mph. He didn't say a heck of a lot, just matched my pace, gave me an encouraging smile every once in awhile, and a suck at a bottle of water. It took us close to two hours, but we made it to Tarrytown. When I staggered through my door, there was a message on my voicemail from the ride leader, who was making sure I made it home OK.

So, that's why I want to do this. I've taken from the club immeasurably more than I can ever put back in, but I do whatever I can and I try to do the best job possible. In the NYCC we do what we do for love and passion; of the sport, of each other, or whatever. The ENYs, SIGs, STSs work because of that love and passion. We have a wonderful, oddball club, full of great people, and I want to see that continue. Both Hal and I want to do what we can to keep this spirit going. We...I do this for love.

Editor's note: None of the copy from either candidate has been cut and has only been edited in terms of spelling and grammar correction and to put each piece into house style. If anybody would like a copy of the originals as I received them, please e-mail me at bulletineditor@nycc.org and I will forward the original e-mails to you.



ENY2CC5

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of France. I spoke to her mainly in French and she was surprised that I knew all about her small hometown in Wisconsin. I have only one adjective to describe her: nice. Greg signed a book for me, "Here's hoping you cycle in 100 more countries!" And later sent us a warm hand-written note. After getting to know them it is difficult for me to believe that tensions have apparently developed between Greg and Lance.

Frankie Andreu: We spent a week with Frankie at Velo Sport's Guadeloupe "bicycle camp" It was great! We cycled and lived with this nine time Tour de France competitor. Although the photo lab lost almost all our pictures from this trip, we managed to salvage one or two. If any NYCC member can identify the woman with Frankie and me, I'll buy them a glass of wine at a club meeting. Guadeloupe is great for cycling – all types of terrain, mostly light traffic and an island with more than just a strip of hotels. We cycled through all kinds of plantations.

On a steep climb, Frankie reached his arm out and pushed me up! Frankie was captain of the US Postal team and also competed in other Grand Tours, World Championships and Olympics. He is currently a commentator for OLN's Tour de France coverage. As we were leaving, Frankie introduced me to Kevin Livingston at the airport. When we left, I was sorry that we didn't make arrangements to keep in touch and I sensed that he felt the same way. I feel fortunate to be in a sport which has many "gentlemen" like him!

George

Hincapie: The only one in this gallery I 'met' over the telephone, rather than in person. During the (Tom) Laskey administration I tried to get him to speak

at a NYCC meeting. He was very friendly, seemed to be interested, always promptly returned my calls, but we never could get together on a date. He was constantly traveling either to a race or a training camp. Finally, I gave up on the project, at least temporarily. He lived in the New York area for a time.

This year he won Stage 15 of the Tour de France. He was recently second in Paris-Roubaix. He was one of Lance's most loyal teammates in all of Armstrong's tour triumphs.

Phil Liggett: Phil was the featured speaker at the Century Road Club Association's Centennial Dinner in 1998 at the New York Athletic Club. We had an opportunity to chat with him during the cocktail hour. A real class act is the only way to describe this famous, British, cycling comentator. Without a doubt Phil is the world's foremost English speaking cycling writer and broadcaster.

He is currently the chief commentator for OLN's Tour de France coverage, which I think is excellent. And he is just as familiar to British cycling fans with his daily highlights programs of the TdF on ITV2. An amateur cyclist himself, Phil has been writing and announcing these events for more than three decades. He is also president of Britain's national Cyclist Touring Club – the equivalent of the American League of Bicyclists.



John Wilcockson: Editorial Director of *VeloNews*, the 'bible' of cycle racing was a speaker at a NYCC meeting several years ago. He has been writing about cycling for about the same amount of time as Phil Liggett. He has edited

cycling magazines and has been a cycling correspondent for newspapers in London. He has written several relevant books including his most recent, 'The Hero' about Lance.

Ben Serotta: I met Ben some years ago at a bike clinic in New Jersey. Ben has the unusual blend of artisan (from his mom) and entrepreneurial (from his dad) genes. At age 14 he had his own bike shop. After an apprenticeship at an austere old style bike factory in England, he returned to the US and he was running a bike repair and sales shop with his wife.

In 1978 he and his wife began to concentrate exclusively on producing high quality custom-made bikes. Ben started by using traditional Italian methods of body measurements to establish saddle and other positions on the bike but soon they were making major improvements to those techniques.

He also pioneered tubing design and materials improvements. Ben's company now employs 39 people and produces about 3000 bikes annually, 90% custom made, at its Saratoga Springs, New York, factory. Yes, Ben rides his bikes frequently, even in the cold upstate winters.

Serotta Competition Bicycles has been widely recognized as one of the few leading developers and manufacturers of high performance bikes. Just recently 'Bicycling' Magazine's editors awarded Serotta its editor's choice for its new Ottrott tubing system. Ben has also been a speaker at a NYCC meeting.

Lauren Hefferon: Founded Ciclismo Classico bike touring company in 1989. Since then, 6,000 people have gone, mostly to Ita-



ly, with her company. I have gone on eight of its tours, including three on a tandem with Joan, and very much enjoyed them all. Mom of three and Cornell graduate, this 5ft 2 inch, sparkplug of a woman still manages to find time to cycle 4,000 miles annually. She has appeared as a speaker at a NYCC meeting and hopefully she will give us an *encore* in the near future!

Irv Weisman 1924-2001: Irv began leading rides in the 1940's. He was a pioneer in gearing systems, leading a crusade to have bikes manufactured with efficient gearing systems. He joined the NYCC in 1968 and was a veteran tour leader for American Youth Hostels. At NYCC he was a former president, VP of Rides, Bulletin Editor, B Co-ordinator and secretary. He developed numerous routes, many of which we still use, including a predecessor of our Escape New York century. He was also a LAW Effective Cycling Instructor.

Irv led several hundred rides over this period. He was well-liked and respected and alumni of his training programs went on to become officers and leaders of the club. More information on this amazing person's cycling life is available in the 'Archives' section of the NYCC web site in the March 2001 bulletin. I offer my thanks to Maggie Clark who wrote most of the information on Irv.

Ed Fishkin: When I am the ride leader, he is the individual I most want on the ride! Thankfully no one has needed medical attention on my rides, but Dr Ed is also an excellent bike mechanic. He has been a NYCC member since 1988. He has been an A SIG leader several years and has run the important A19 SIG program for about the past six years. During this time he has developed and conducted a first aid course, which is an integral part of the SIG. He has been a member of the Board and is a former club public relations officer.

Ed has been very active in the 'Recycle a Bicycle' program and has been a member of its Board. This program has afforded inner city kids an opportunity to ride, but even more important, it teaches leadership, mapping, mechanical and teamwork skills. They have also been involved in reconditioning and sending old bikes to youths in less developed countries. We attended some of its activities and were greatly impressed by Ed's dedication and willingness to work with



these young men and women.

Gary Mc-Graime: A member since 1993, he is a 1995 graduate of the A Classic SIG. He attended Walden Cycling Camp and camps in Mallorca and Provence, which included a climb of Mont Ventoux. His positions with NYCC have included B Ride co-ordinator, co B SIG co-ordinator, VP rides, and a C SIG group ride leader.

Like Lauren Hefferon, he averages 4,000 miles annually – that's equal to around 20,000,000 pedal strokes over the past 20 years!

Since 2001, he has co-ordinated the Newcomers Ride and Connecticut Shoreline Ride. He is a great guy and I have greatly enjoyed cycling with him over these years!

Jody Saylor and Christy Guzzetta: Christy



joined the club in 1980 and met Jody on a club ride. They were married in 1991. He was president for three years, invented and developed the original A SIG, which he has led for the last 19 years. Next year will be the 20th anniversary of the founding of the A Classic SIG, the original SIG from which all others have been developed! He organized and ran the highly successful West Point weekend for 14 years, as well as the Fall Foliage weekend.

Jody, a native of Oklahoma, quickly progressed from being a C to an A rider. Among the club positions she held were program director, membership director, and bulletin circulation co-ordinator. She has been named Rookie of the Year, Comeback Rider of the Year and Most Improved Rider.

Karin Fantus: Since joining the club in 1980, Karen has been B ride co-ordinator, Co B SIG co-ordinator, with Gary, and club public relations officer. As a long time B rider, I have greatly enjoyed many of her rides and, being a multiyear member of her SIG group,

we have both averaged about 6,000 cycling miles annually – the equivalent of more than four times around the world at the equator over the 20 year period.

Karin has an encyclopedic knowledge of the roads of Westchester and developed many of the routes up there and in other counties we regularly frequent. She knows the locations of the best bathrooms, delis and diners along the way. Karin has ridden Paris-Brest-Paris twice and has cycled extensively in Europe. In recent years she has become a Pilates expert and is actively involved in this field. She recently gave a program on this subject at a NYCC meeting. You too can be a cycling star: Volunteer, lead rides, or run for office.



Let's bring back Road Dirt

Do you miss Road Dirt? We now have new editors willing to edit this popular and occasionally controversial column. So, if you have any dirt, please e-mail it to roaddirt@nycc.org. Please remember that the column is not for maliciously ridiculing other members and should not be used to defame or libel anyone or any organization. But it can be used to relate amusing cycling related anecdotes, especially those involving club members, and to occasionally poke a bit of fun at a member, a director, or even yourself. So, bring on the dirt and let's see this column back in the *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

Riding by the Sea

In September, Anthony Poole introduced his father-in-law Mitch Levine to one of New England's best kept secrets: the 2005 Seacoast Century

After a warm and humid Escape New York, the weather forecast for the Seacoast Century in New England a week later on September 24 promised cooler, less-humid and sunny conditions. And the forecasters were not wrong. It was a picture-postcard day, with barely a cloud in the sky, with scenery to match, as the New Hampshire-based Granite State Wheelmen presented the 32nd edition of its annual Seacoast Century – a ride that takes in three states: Massachusetts; New Hampshire (all 18 miles of its coastline); and Maine in one day. I did this ride two years ago and thoroughly enjoyed it. It is an ideal late-season century – mostly flat, with the odd, small climb around a headland, and a few hills in Maine, but rarely anything bigger than you would encounter in Central Park. Where there is the odd hill that is a bit steeper than a Central Park climb it does not last more than 200 yards. I was anxious to share the delights of this ride with my father-in-law, NYCC member and C-Sig leader, Mitch Levine. This was to be his first ever, open road century. Last year he rode his first-ever century, by riding 17 laps of Central Park. Our route started at Hampton Beach State Park, New Hampshire. From there, we would venture south eight and a half miles across the Massachusetts state line to Newburyport, a picturesque harbor with lots of expensive sail boats moored in the estuary, before looping around on ourselves and back to the start point, where we refilled water bottles with 17 miles on the clock. I drink a lot and was half way through my second bottle. It is tempting to cover this easy terrain at speed. Two years ago, I rode it at a solo A19 pace, and it was one of the fastest individual centuries I have ever ridden. This time, I was happy to ride at a slower pace and take in the fabulous maritime scenery and stop to take the occasional photograph.



Continued on Page 13

Board elections 2005

EXERCISE YOUR RIGHT TO VOTE

Vote for club officers and member awards
in person, online or by mail
BALLOT PAPER

President: Carol Waaser



VP Rides: OPEN



VP Programs: Annaline Dinkelmann



Special Events Co-ordinator: David Sabbarese



Treasurer: Kim Jenkins



Secretary: Ellen Jaffe



Membership Director: Barbara Spandorf



Public Relations: Mark Gelles



Bulletin Editor: Anthony Poole



Webmaster: Timothy McCarthy



A Rides Co-ordinator: OPEN



B Rides Co-Ordinator: Hal Eskenazi



(Choose One Only) Reginald Johnson



C Rides Co-Ordinator: Scott Wasserman



Member Awards

**Please write in the name of your choice
for each of the member awards below**

Best Man in Lycra

Best Woman in Lycra

Most Improved Man

Most Improved Woman

Comeback Rider of the Year

Cycling Couple of the Year

Ride Leader of the Year

Diner/Food Stop of the Year

Fastest Flat Fixer

Gear Head of the Year

Retrogrouch of the Year

Best Wheel to Follow in Paceline

Best Schwebbers*

*Schwebbers are those marks cyclists get when their legs brush up against the chain or chainwheel

You are encouraged to vote in person at our meeting on **November 9th at Annie Moore's Bar and Restaurant, 50 East 43rd Street, starting at 6pm.** But if you cannot attend you may vote by completing and mailing in the postal ballot printed on this page. Note that there are two open positions and no nominees have accepted to stand for these positions as we went to press. Online voting instructions will be posted on the club's website at http://www.nycc.or/home_ballot.shtml Online votes will not be accepted after 6pm on Monday, November 7th, 2005. Fill in your name, address and signature in the lines provided on the form, detach it, fold it and seal the ballot with tape. **DO NOT USE STAPLES.** Send the ballot to the printed address below. Mail ballots must be postmarked no later than Wednesday November 2nd, 2005 and received by Monday November 7th, 2005. Ballots received at the NYCC PO Box will not be counted. You may copy this form for multi-member households, but remember that all ballots have to have the voter's name, address and signature in the return address field or they will not be counted. **Please remember to attach a 37¢ stamp.**

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WHEN COMPLETED, DETACH ALONG THE DOTTED LINES, FOLD IT, TAPE IT SHUT AND MAIL IT.

.....

.....

Signature

Name

Address/Apt

City

State

Zip

**Affix
postage
stamp
here**

Mail this completed ballot to:

**Alfredo Garcia
520 West 56 St. #7D
New York, NY 10019**

Riding by the Sea



(Above) Cyclists stop for lunch and to admire the view by the Nubbles Lighthouse at Cape Neddick, Maine; (Right) fixing a flat against the backdrop of the lighthouse; (Below) York Beach, just north of Cape Neddick; (Bottom left) a fast-flowing tidal estuary in York County, Maine; (Bottom right) Mitch stops for a couple of minutes while Anthony takes a few scenic shots



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. Metro-North 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 Metro-North 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 September, 2005

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

Alice Armanni Sequi; Joseph Askin; Bruce Baum; Romina Birnbaum; Andrew Bittens; Michael Blanco; Robert Blinken Jr; Greg Brozak; Caroline Brozak; Paul Casalan; Eric Castro; Nicole Cely; Lorisia Clevenger; Russell Cohen; Rodney Cole; Richard Conroy; Paula Davis; Stephen Delucia; Benjamin Doane; Amie Dorman; Simon Elias; Jacqueline Elias; Richard Elrauch; Thomas Ennis; Jessica Faige; Joe Favorito; Russell Feldman; Dan Flynn; Adriana Franceschini; Bruce Freifeld; Robbin Gheesling; Courtney Gibson; Torben Giehler; Bill Gill; Andrew Glass; Herb Goldberg; Socorro Gonzalez; Jill Goodman; Claudia Gross; Eric Grubelich; Vicky Guzman; Silvia Haffiger; Gregory Harden; Bruce Hart; Michael Hartman; Bernard Haykel; Richard Herbin; Yoshizumi Iwamura; Cheryl Jones; Michelle Kaufman; Ari Kelman; Kristina Kloberdanz; Martina Kloetzl; William Knapp; Sondra Kurtin; Zach Kutsher; Edward Labieniec; Geoffrey Long; Bernard Long; Thom Long; Roberto Lorenzutti; Jeanne Malone-Schade; Geoffrey Mattei; Christopher McKenzie; Robin Miles; Dara Miles; Jed Mullens; Joseph Murray; Hayn Park; Laura Pitter; Wendy Pollack; Julianne Pollitt; Adrienne Press; Samuel Roe; Jordan Ronson; Joshua Rosner; Jeffrey Schade; Jonathan Schaffzin; Jane Shaw; Shusaku Shiroshima; Joel Simon; Gregory Slawsky; Stephanie Spady; Mary Spano; Marty Spence; Nicole Stein; Vilisio Stephenson; Heather Stokes; Robin Stoller; Jeffrey Storan; Ajay Suresh; Nancy Swiezy; Frans van Hulle; Heidi Waldorf; Alexander Weaver; Gary D. Weir; Ed Widdows; Craig Winer; Steven Yang

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

Classified

If you are a member of the NYCC, you are entitled to two free classified adverts in the *Bulletin*. Please submit copy and a picture (digital at full resolution) of anything you are trying to sell by the second Tuesday of the month prior to publication to guarantee inclusion in the next edition of the *Bulletin*. E-mail any such material to: bulletineditor@nycc.org

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
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

Master Bike Shop

225 West 77th Street, New York, NY 10024
(212)-580-2355; 10% of parts, accessories and bikes

New Horizons Sports

55 Franklin St., Westfield, MA 01085
413-562-5237

Don@NewHorizonsBikes.com

Certified Serotta Bike Fit Specialist

www.NewHorizonsBikes.com or www.BerkshireBrevets.com

10% off parts and accessories

Piermont Bicycle Connection

215 Ash Street, Piermont, NY 10968
845-365-0900
4 Washington Street, Tenafly, NJ 07670
201-227-8211 www.piermontbike.com
10% off parts and accessories

Free shipping on purchases over \$100

Sid's Bike Shops

235 East 34th Street, New York, NY
212-213-8360 or www.sidsbikes.com
8% off parts, accessories and clothing

Toga Bike Shop

110 West End Avenue, New York, NY
212-799-9625 or gotbik@aol.com
10% off parts, accessories and repairs

Turin Bicycle

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

Minutes of the Board of Directors

February, 2005 meeting (held January, 25th, 2005):

The meeting was called to order at 7:10 p.m. In attendance were Stan Oldak, Barbara Spandorf, Deborah Bennett, Wayne Wright, Timothy McCarthy, Robert Gray, Fred Steinberg, Dave Sabbarese, Mark Gelles, Anthony Poole, Hal Eskenazi and Kathy Jennings.

Club Socks

The Board has received a sample pair of the new Club socks and approved the design with very minor revisions. We plan to sell them at the Bike New York bike show and Club meetings.

Club Roster

We agreed that the Club roster will be published in the Bulletin once a year, typically in May or June. We will add a specific disclaimer to this issue of the Bulletin reminding members that the roster should be used for Club purposes only.

Bike Boxes

The Club will rent its newly purchased bike boxes for \$25 per week (with a minimum one week rental required) and \$4.00 per extra day. Members will be required to pay a non-refundable \$25 deposit to secure their reservation, which will be credited towards the these rental fees.

Bike Shop Liaison

Kim Savage will be taking over responsibility for coordinating with bike shops who wish to sponsor a monthly Club meeting. We will request that each shop provide a maximum of 10 quality items to be raffled at the meeting.

Out-of-Bounds Listings

We are working on improving the breadth and accuracy of the out-of-bounds ride listings in the Bulletin. The Board agreed that we would not list rides sponsored by bike touring organizations.

Special Events

Planning is underway for the First Annual Volunteer Recognition Party for February or March and will be sending out an "invitation" shortly via the e-weekly email to all members who have volunteered to help out the Club during the past year. Dave Sabbarese is also beginning to plan the annual Holiday Party.

July 2005 meeting

Present at the July 2005 NYCC Board of Directors meeting were Deborah Bennett, Hal Eskenazi, Mark Gelles, Timothy McCarthy, Stan Oldak, Anthony Poole, David Sabbarese, Barbara Spandorf, Fred Steinberg & Scott Wasserman.

West Point Wrap-up – The Board wishes to acknowledge and con-

gratulate Ed White for another fantastic job of organizing our annual West Point Fourth of July Weekend. The only glitch was that there were some concerns about inconsistent room quality at the Thayer.

Membership – The reduced membership fee will start for those new members who join the NYCC after August 1, 2005 for the remainder of 2005. The partial year membership fee will be \$12 for those who receive the bulletin online. Also in August we will activate the permanent \$2 discount for those members who register via Active.com in any category.

Roster Publication – The 2005 roster is on target to be ready for publication in September.

Special Events – Events are planned for July (TDF party @ the Park Ave Country Club), August (Bryant Park Film Festival), and Sept. (N Y Mets game). The Special Events Director apologized for the conflict with the Sept Event and the monthly club meeting (both taking place on Tuesday, Sept. 13th), and vowed to be careful not to repeat the mistake in the future.

Time's Up Support Letter – A letter in support of & solidarity with Time's Up and Transportation Alternatives has been written and will be sent to selected New York City & State elected officials as soon as it can be proofed by a lawyer.

Learn the Routes Ride – Congratulations go to Mark Gelles & Wayne Wright for their successful campaign that has produced many first time B Ride leaders. This program may be expanded and used as a template for producing more ride leaders.

Club Jersey – Our club jersey is now ready to go to the manufacturer (Garneau) after the designer has incorporated several minor suggestions. The initial order of 80 jerseys, 50 jackets and 25 ride leader vests, in both men's and women's sizes, will be used to reward ride leaders and the balance will be available to club members. We expect to have delivery in a few weeks. A Gallery of Past NYCC Jerseys may appear on our website if we can gather them and have them photographed. A suggestion of having a new design competition on a regular (every three years) basis was considered a good idea.

Commercial Posting – At the present time the Board is reluctant to allow commercialization of our website, bulletin or e-Weekly. Potential problems that may arise from such a policy that were discussed included customer dissatisfaction with a vendor, competition among club members, or the extra time

and effort that would be needed from our volunteers.

Club Library – It was resolved that the club does not have the resources to establish a library. The message board may be utilized to fulfill this type of need.

Use of Earphones on Rides – A ride leader pointed out the need to absent a rider for refusing to relinquish an iPod while participating in a NYCC ride. It was determined that a policy of "No recreational hearing devices while riding", similar to our "helmets required" policy should be instituted for safety reasons.

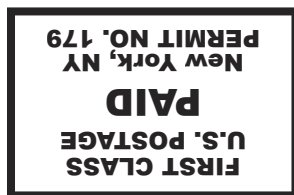
New York Cycle Club telephone number – It was determined that after listening to the NYCC phone message NOT to discontinue the service at this time. It contains valuable information to potential members inquiring about our club, or to those who may not have access to our website.

Respectfully submitted,
Kathleen Jennings,
Secretary

Editor's Note: Please note that we are gradually catching up with the Minutes and hope to have fully caught-up in the December edition.



First Class Mail
Dated Material!



Tuesday, November 8 2005

Resources and Assessments: the Individual Choice

October's meeting dealt with keeping fit throughout the winter in order to set up a great 2006. Now as a bonus we bring in **Scot Willingham** to lead us all in a Resources and Assessments analysis of our individual needs/choices. Scott will talk about how to use assessments to define where you are and apply that to where you want to be or perhaps to realize that you are already there. Many people don't have a specific idea of the resources they have, much less any idea of how to maximize them. First, we'll define what we mean by that, introducing tests and/or questionnaires so that you can make the most of your precious time. You will leave this meeting with a real opportunity to create long-term results. This will make you a better cyclist. Guaranteed.

Scot Willingham, of Shank Productions, ACSM, CSCS, USAC Expert Coach, has a passion for understanding all that goes into cycling performance. He coaches both individuals and teams. The NYCC has retained Scott to train SIG leaders. If you attended Scot's previous presentation at NYCC, you know this will be a valuable program for you.

There will be a special surprise event at this meeting known only to Hal Eskenazi (and he's not talking). The November meeting also features the NYCC club elections. Vote for your favorite candidate. Every vote counts!

The November meeting is sponsored by **Bicycle Workshop**, 75 County Road Tenafly, NJ 07670 Tel: (201)-568-9372, 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)

If you choose to dine, payment for dinner is compulsory