

December 2005

NYCC Bulletin



Happy Holidays
NYCC Party on
December 13
Ride Listings
Renew Your
Membership
for 2006

See you at the party

The holiday season is upon us and with it comes a time to reflect on the past year. It has been an excellent one for the NYCC, with membership going over 1900, and with memorable all-class rides throughout the bike season and fun get-togethers at club meetings and special events all year long. Of course we owe special thanks to all of you who volunteered your time and effort and we look forward to celebrating together at our Second Annual Volunteer Recognition Party in early 2006. Look for details in early January.

But first things first. On Tuesday, December 13th we celebrate this merry season with our super-duper annual Holiday Party at Gonzalez y Gonzalez, 625 Broadway (just north of Houston Street) Join us for great food, dancing to a live band and just plain-old fun! This event often sells out, so don't take a chance and get turned away at the door. Sign up now! (See details in this bulletin, on the club website, and in the weekly club e-mail.)

This is also the time of the year we begin membership renewal. Beginning December 1 you may renew your membership for 2006. Dues will remain the same and if you renew on-line and choose your bulletin on-line, at \$24 (individual) \$30 (couples) it is surely the best deal in town!

Finally, I would like to end my last president's message by expressing thanks to all those board members whose pretty faces you see to your right and who have been so supportive, helpful, wise, hard-working, and just fun to hang out with. It was important having you people there. And the NYCC is exceptionally lucky to have folks who are willing to give so much of themselves to keep this large club running at the level that it does. Many of them have done this for more than one or even two years. And most are returning for 2006 - Bravo! And a hearty welcome to two people who are returning to the board after a short absence: Carol Waaser and Annaline Dinkelmann. And a hearty welcome as well to three first-timers: Ellen Jaffe, Kim Jenkins, and Reginald Johnson.

I've always felt that the best job in the world is being an ex-president of the United States. You still have people looking out for your welfare; you have finally reached a level of respect, not just in the US but internationally as well, much more than the modicum you had when you actually held the job; there is almost no pressure on you; and everyone wants to invite you to their parties.

Perhaps NYCC is not far behind! ☺

Have a great Holiday Season. Stay safe and see you on the road!

Stan Oldak

Letter from the Editor

From feast to famine: that is often the way in cycling and also in the world of NYCC Bulletin publishing; yes, we only have a meagre eight pages in this issue, which is a far cry from the 20-page issue I produced back in July. Actually, I wish I could say it was not for the lack of material to be published; I have plenty. However, I am coming to grips with a new, high-powered editorial, full-time job, which I started in mid-October, after four and a half years as a freelance journalist, which has turned my scheduling upside down. On top of that, I was in my native England for the first two weeks of November, which was a combination of work and vacation - mostly the latter, thankfully! So I hope you will accept my apologies for not devoting as much time to this issue as I would have liked.

The good news is that I have a bumper issue lined up for January, so if it turns out to be a frigid affair with lots of snow that keeps us off our bikes, you will be able to curl up in front of the fire and read about Jay Jacobson's latest exploits on two wheels in the southern hemisphere. I have to tell you that looking at the pictures of him riding a mountain bike on a Brazilian beach just make me feel warm. I am not going to make any promises with regard to the membership roster, which I have failed to get out in 2005. This has partly been caused by technical difficulties, which have now been overcome, but also because of a lack of time on my part, especially in the last month. But I am going to work hard to bring it out in the first quarter of 2006 and sooner, rather than later.

I would like to thank our copy editor Beth Renaud and our team of proofreaders: Allison Amend; Basil Ashmore; Alfredo Garcia; Katie Elise Johnson; Natalia Lincoln; and Robert Marcus. And Katie is a regular proofreader, despite living on the west coast. Quite apart from the team's sterling work in catching typos, spelling errors and poor grammar, it has done a fantastic job in pointing out rides I had inadvertently left out or mistakenly put under the wrong date.

Thank you for your good wishes and words of encouragement I have seen from various people in my e-mail box; they are much appreciated and they make it all worthwhile. And thank you to all those who have contributed articles and pictures. Keep them coming!

My tip for losing weight and getting fit: eat smaller portions and ride River Road regularly. It really does work!

Anthony Poole

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

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

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

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

Copy editing: Beth Renaud

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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 

December Recurring Rides Tuesdays in December

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 in on the message board the day before, then check back in the evening to see if we're ON.

Wednesdays in December

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.

December Rides

Saturday, December 3, 2005

A21/23 70 miles 9am Cold Spring

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

From: Central Park Boathouse

A club favorite route that borrows heavily from the ENY. The terrain is flat to rolling and good paceline skills will be essential. A Metro North bike pass is a must, as well as the usual helmet, water, spare tubes and a pump. If the weather appears doubtful, check the club's message board where the ride's status will be posted by 6:30am.

C13 30 miles 10am Around the World to Fillmore's

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

From: American Youth Hostel 103rd and Amsterdam

Join Ed & Liz on our ride to Fillmore's for lunch. This will be an easy flat ride of 30 miles through the borough of Queens. We will circle the globe and eat in a pub like atmosphere. Join us on this warm winter journey for a trip around the world and a great lunch. Bring \$10.00, for a real lunch. Bring a bike lock, the restaurant is bike friendly, and a good attitude. Leaders: Ed Pino and Liz Baum.

Sunday, December 4, 2005

A18-20 50-60 miles 8:30 am Off-Season Hogwich Series: Ride #5

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

From: George Washington Bridge, NJ side bike path entrance

The series continues this month with more of the same, but I'll start throwing in more hills en route to Nyack as the series plods along. In colder temperatures. The plan is for there to be more hills and less miles. My general temperature cut-off will be about 25°F (-4°C), but check message board if there's any doubt.

B17 40 miles 10:00 am Fixed bent tandem freaky ride!

Leaders: Kay Gunn, kgunn@ndci.com, 646-491-0859; Neile Weissman, soupstone@mindspring.com, 212-473-7537

From: George Washington Bridge, NJ side bike path entrance

Show up with your beloved fixed gear, singlespeed, tandem, recumbent, tricycle, unicycle, or any other human powered wheeled machine - except a regular old geared bike! We'll take a mostly flat route to Nyack, where we'll stop at the Runcible for snacks. Snow, ice, or heavy rain will cancel. Light rain or cold weather won't. Please check the message board if in doubt.

B18 50 miles 9:30 am Triskaidekaphilia

Leader: George Arcarola, garcarola@nyc.rr.com, 917-837-9010

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

Join me on my 13th ride of the year. We'll wind our way through Kings Point, Sands Point and stop in Roslyn for a snack. We should be back in time to see most of the early football game. Bring the usual, water, tubes, warm smiles (it is December after all), \$\$, etc. Cancels: rain/snow, wet roads.

C12 25 miles 10:00 am Frostbite Pancake Ride

Leaders: Alfredo Garcia, cyclistxxiii@yahoo.com, 646-312-1677; 5BBC Counterpart Leader Ed DeFreitas

From: City Hall Park, Opposite Brooklyn Bridge

Breezy voyage on the Staten Island Ferry. Jersey bridge crossing to Bayonne, still intact (no giant potholes), despite Tom Cruise & tri-pedal space alien machines from War of the Worlds film. Savor "World's Greatest Pancakes" at classic Jersey diner. Itinerary continues: Liberty State Park; historic Central Railroad of NJ building; Hudson River Walkway, mammoth Colgate Clock, LeFrak Point Lighthouse and lovely views of New York. Bring lock and \$ both for meal/return on PATH train or NY Waterway ferry at Hoboken. Co-listed with the 5BBC.

Saturday, December 10, 2005

A20 40 miles 9:30 am Rockland Ramble

Leader: Peter O'Reilly, ptor@prodigy.net, 201-309-0664

From: George Washington Bridge, NJ side bike path entrance

Ride destination is to either Pearl River or Nanuet via some nice quiet suburban roads and reservoir views. Expect to climb some hills. Cancel conditions: wet, icy roads, temps under 30 or severe wind chill. Check NYCC message board after 7:30am. Note the start location.

B16 40-50 9:00 am Scarsdale or Hartsdale

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

From: Central Park Boathouse

Let's see what the weather's like...if dank and raw, we'll just go to Scarsdale; if pleasant, we'll go on to Hartsdale. Needless to say, it'll be a diner destination. Bring Metro North train pass just in case - there are plenty of bailouts. Cancels: temps below 36 at 8:00 a.m., precipitation, wet roads or winds above 20 mph.

C13 35 miles 9:30 am BQ Waterfront

Leader: Isaac Brumer, 212-734-6039

From: 59 St & 1st Av, Manhattan (Bridgemarket)

A fun ride through Queens and Brooklyn's industrial waterfront, with stops on request for yummy snacks. Cobblestone challenges in Red Hook. A lap around Prospect Park and, if the mood and the weather suit, a stop for coffee in a Williamsburg cafe before the final push back. Precipitation, wet ground, or temp below 35 at 8:30 cancel. Traffic signals observed.

Sunday, December 11, 2005

A18-20 50-60 miles 8:30 am Off-Season Hogwiche Series: Ride #6

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

From: George Washington Bridge, NJ side bike path entrance

A completely different route today. Expect more miles than our usual if the weather permits. This is getting fun and I think I can remember everyone's name by now.

Saturday, December 17, 2005

A19-20+ 65± miles 9:00 am New City

Leaders: Fred Steinberg, fsteinberg@nyc.rr.com, 212-787-5204; Ron roth, rr7@nyc.rr.com; Hank Schiffman, hschiffman1@nyc.rr.com

From: Central Park Boathouse

The regular December ride to the Rockland Diner in New City via Western Highway & Strawtown/Sickletown Roads offers especially nice vistas without all that annoying greenery blocking the views. Cancel conditions: wet, icy roads, 7:30am temp under 28, wind chill under 10. Check NYCC msg board after 7:30 or call Fred.

B16 50± miles 9:30 am Hartsdale Bagel Ride

Leaders: Linda Wintner, lwintner@metlife.com, 212-876-2798; Steve Chabra, s.chabra@att.net, 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 bike 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 in Hartsdale. 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 Cortland Park, which has no food. Hope to see you then! Cancels: precipitation (actual and forecast); temperature forecast below 35 degrees. If in doubt, check the Message Board an hour before the start or call one of the leaders. (Note: Rick and Linda will not have access to e-mails or the Message Board after 6pm on Friday.)

C13 43 miles 9:15 am Scarsdale

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

From: Central Park Boathouse

I suppose it's not likely to be warm enough to eat lunch in the park but it'll be plenty warm enough to ride (it almost always is, even in Westchester). Plenty of bail-out points just in case.

Sunday, December 18, 2005

A18-20 50-60 miles 8:30 am Off-Season Hogwiche Series: Ride #7

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

From: George Washington Bridge, NJ side bike path entrance

It might be getting pretty cold by now, but that doesn't stop the Hogwiche! The colder it gets, the better Hogwiches taste. Remember to check the message board for updates.

ABC1.6 6 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

Claudius Smith's Den is today's challenge. This easy, non-technical climb from upscale Tuxedo Park has several nice Hudson Valley Views. Bring food and lots of water; wear boots and layered clothing. Expected high over 50 cancels. Trailhead can also be reached by bus. Call for details.

Sunday, December 25, 2005

A18-20 50-60 miles 8:30 am Off-Season Hogwiche Series: Ride #8

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

From: George Washington Bridge, NJ side bike path entrance

Is it Christmas day? Do we still ride to Nyack for Hogwiches? You bet (if it's open). The weather better co-operate, because I think my gym is closed today.

Monday, December 26, 2005

C14 37 miles 9:30 am A Winter Wander

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

From: Central Park Boathouse

A post-Christmas meander through the Bergen 'burbs with a snack stop at our favorite Dunkin' Donuts. Maybe we'll see some holiday decor along the way. Cancels: all the things that don't stop the mailman, wet roads, winds above 20 mph, or temps below 32 at 8:00 a.m.

Saturday, December 31, 2005

B17 56 miles 9:00 am Nyack Like It Used to Be

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

From: Central Park Boathouse

Believe it or not, people actually bicycled to Nyack BEFORE the Runcible Spoon existed. Where did they eat? At a diner with free indoor bike parking run by a retired bike racer. We'll take back roads to Nyack and revisit this favorite spot as we close out a great year of riding.

Sunday, January 1, 2006

A23 100 miles 7:00 am Bear Mountain (NO HOGWICH TODAY)

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

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

And you were wondering why were we putting in so many miles up until now? This ride is why. You are invited to join in the Annual CRCA Bear Mountain Century. If the weather is okay, expect upwards of 25-35 guys/gals for the funfest. Start in CP, do 2 laps in the park, head over the bridge and up 9W all the way to the Bear Mountain Inn, turn around and go back

the same way. Beware: This ride is just for the brave or the insane. Check the message board for more details as the ride approaches.

ABC14-18 25-30 miles 11am 3rd Annual Coney Island Polar Bears All-Class Ride!

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

From: City Hall (optional start at Prospect Park, call leader if you plan to join us there)

Happy New Year! Previous rides were such a success it's become an annual event. Join us on the first ride of the new year... We're going to the

beach (Coney Island, that is) to see Polar Bears! The polar bears swim club will be meeting on the beach at Stillwell Ave at 1:00pm for their annual New Year's Swim party. We'll watch them make a splash, followed by lunch at Nathan's, Totonno's, or some other place. Bring towel and swimsuit if so inclined. Sunblock probably not necessary, although you never know -- last year we could have used it. Several members took the plunge to ring in 2005 -- this year, we're expecting more! At Alfredo's suggestion, triathlon option may be available. Required: helmet, bike, spares, water, food, human warmth. Cancels: wet roads at start, temps below 20° at 10 am (NY1). Plentiful bail-outs via Metro Card. Check message board to confirm time or if in doubt.

Pictures from the 2005 Polar Bear's Ride below:



11-day bike tour across Switzerland

8/3-8/13, 8/17-8/27 and 8/31-9/10

\$2,700

Includes: deluxe accommodations, gourmet meals, bike and full support
Non-profit Swiss-based tours with focus on authenticity and cultural exchange.

\$200 off for deposits received before January 1st 2006

We will be in Greenwich Village in December to promote our tour. Email us to find out dates and times !

john@bikeswitzerland.com

www.bikeswitzerland.com

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.

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
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 October, 2005

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

Micaela Almeda; Stephen Baccarini; Lawrence Balan; Joe Bartley; Rosheen Bastible; Alexander Batanov; Ted Berkowitz; Heath Bloch; Jill Bressler; Bill Casey; Joseph Castro; Maureen Cavanaugh; Michael Churba; Randy Cohen; David Fiore; Jenny Fung Pisillo; Ernest Gilmont; Kenny Harari; Margaux Harari; Liz Herndon; John Kaehny; Heidi Levine; Daniel Lyons; Deborah Marakowitz; John Migliore; Harvey Miller; Jeffrey Moskin; Conrad Moy; Olympia Moy; Don Perman; Thomas Pisillo; Sanjay Pradhan; Martino Roselli; Michael Schultz; Michael Sealaus; Arda Sepin; Jonathan Shannon; Jane Sheffield; Sherlia Shi; J.p. Song; David Tazartes; Chris Tyree; John Valois; Kristine Valois; Marissa Vicario; Andy Witten; Ritchie Yu

Let's look out for them on the road.

Classified For Sale

Wind Trainer, two to three years old (Photographed). The attached cable is used to change gears. Asking \$100-125. Contact David Goldkrand at drgattenway@aol.com or at home at 212-828-6403



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

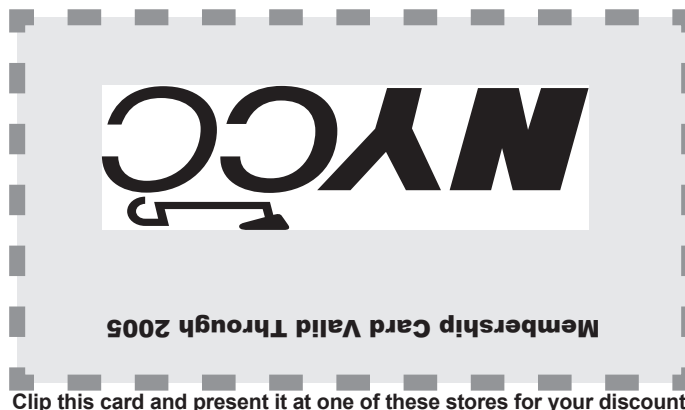
430 Columbus Avenue, New York, NY
212-724-2350. 10% off repairs and accessories

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

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Piermont Bicycle Connection

215 Ash Street, Piermont, NY 10968
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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

2006 Membership Application/Renewal/Change of Address

In consideration of being permitted to participate in any way in New York Cycle Club ("Club") sponsored Bicycling Activities ("Activity") I for myself, my personal representatives, assigns, heirs, and next of kin: 1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately cease further participation in the Activity. 2. FULLY UNDERSTAND that (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these risks and dangers may be caused by my own actions, or inactions, the action or inaction of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time, and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS AND DAMAGES I incur as a result of my participation in the Activity. 3. HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE the Club, the LAB, their respective administrators, directors, agents and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS, AND I FURTHER AGREE that if, despite the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as the result of such claim. I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.



Membership Number (renewals and change of address only) _____

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

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

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

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

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

Address: _____ Street Apt. City State Zip

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

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

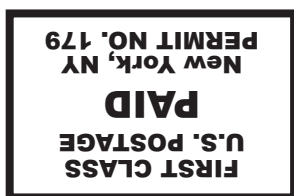
Check (if applicable) ☐ Do not print my ☐ Address ☐ Phone ☐ EMail in the NYCC Roster

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

Make Check payable to 'New York Cycle Club'. Mail to: New York Cycle Club, PO Box 4541, Grand Central Station, New York, NY 10163, USA. **Note: checks take six to eight weeks to process.** You may also renew online through active.com to receive a \$2 discount. Online 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
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Holiday Party, 2005

Tuesday, December 13th, 2005

Gonzalez y Gonzalez, 625 Broadway (just north of Houston Street)

7pm to 10 pm

We are going to celebrate the holidays in grand style this year. The club has booked the festive Mexican roadhouse Gonzalez y Gonzalez in Noho to spice things up for our party this year. In addition to providing fantastic Mexican cuisine, we'll have a cash bar (Margaritas and/or Coronas anyone?), and exclusive use of Gonzalez' party room. Of course, we have engaged a rockin' live band for your listening and dancing pleasure (You won't believe who we hired!). All this and the cost is the same as last year, only \$44 per person! Please go to active.com to register and reserve your spot. Our annual Holiday Party is always a very popular event and this year promises to be the best ever, so please don't wait until the last minute as we wouldn't want you to be left out in the cold! For those who are unable to register via active.com, you may send a check in the amount of \$44, made payable to NYCC (Please do NOT make the check payable to David Sabbarese, thank you) to David Sabbarese / 615 E 14th St, #11B / New York, NY 10009. All checks must be RECEIVED before Sunday, December 11th. For those who may wish to come the evening of the party without pre-paying, we will be able to accommodate some additional members for \$49, payable in cash at the door.