

April 2006

# NYCC *Bulletin*

**C SIGS off to a flying start**  
**Going solo with Jay Jacobson**  
**SIG and STS ride listings for As, Bs and Cs**  
**Renew your NYCC membership**  
**A Tale of Resistance**





# A great start to the SIGs

What a great start to the season! Oh, alright, so it was still a little nippy for the first SIG ride, but we got the rides in. And then the second weekend was gorgeous. The SIG and STS programs have grown bigger every year. That's great, but it does cause us one problem – all the regular ride leaders are committed to SIG and STS rides all through March, April and most of May.

That means some of the rest of you have to step up to the plate. Don't just complain about there being no regular rides listed... Go ahead and list one yourself. There are plenty of easy routes in the ride library to places like Scarsdale, Northvale, Westwood, Piermont and Nyack. Do you even need a cue sheet to Piermont and Nyack? Take it at a nice steady pace and see how easy it is. You'll find Ride Leader Guidelines in the Rides section of our website, [www.nycc.org](http://www.nycc.org), under 'Submit a Ride,' in case you need a few tips. If you have questions, contact the appropriate Ride Co-ordinator.

I remember the first time I led a ride. It was 1995 and we didn't have a ride library or Ride Leader Guidelines. I chose to go out to Brooklyn, I think because I knew where the Brooklyn Bridge was but I wasn't so sure about the GW Bridge. We went down to the Verazano Bike Path, but I didn't even know about the Ocean Parkway path, so I took people out via something like 3rd or 4th Avenue – high traffic, not good! I look back on that and think how much I didn't know about leading a ride. But you have to start somewhere, and I learned from my mistakes. And even on that first adventure, we had fun and the others thanked me for leading the ride.

So I look forward to going on YOUR ride soon. **Carol Waaser**

## Club Event for April Friday, April 21st, 2006 Grand Sichuan Chinese Restaurant 227 Lexington Avenue (between 33/34) 7-9pm

This month the NYCC is going to indulge in some extraordinary Chinese cuisine. Make sure you've got your taxes paid (or at least filed for an extension) and come feast with your fellow club members at this terrific (and relatively cheap) restaurant. Although not much to look at from the outside, this place (a spin-off from the famous, original Grand Sichuan on 9th & 24th) features authentic Sichuan cuisine. Most dishes are quite spicy, except for those that are downright incendiary. BYOB and/or wine is ok. Please e-mail Dave Sabbarese at [events@nycc.org](mailto:events@nycc.org) by April 18th so I can give the kitchen a headcount. I've enlisted the services of my lovely Chinese friend to assist us in our ordering. No chow mein for us! Expect to spend in the neighborhood of \$20 for more food than you will be able to finish.

For your added pleasure: Sweeter wines (such as Gerwertz, Riesling or Tokay) and colder beers (Amstel, Corona, or anything from Milwaukee) meld well with this type of cuisine and may enhance the dining experience.

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

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

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**Front cover:** C-SIG Captain, Jim Janoff, gives would-be Siggies some guidance before they embark on their self-classification ride in Central Park, Saturday, March 11th, 2006. *Picture by Rebecca Poole*

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

# Club Rides

**IMPORTANT: BEFORE YOU TAKE YOUR FIRST CLUB RIDE, PLEASE READ ABOUT CLUB RIDES ON 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](http://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](http://www.nycc.org) to submit your ride.

**DON'T WEAR** 

## Recurring rides in April

### Tuesdays and Thursdays in April

**B17 18-24 mi 5:45 am Morning laps in Central Park**

*Leader: Linda Wintner, [lwintner@metlife.com](mailto:lwintner@metlife.com), 212-876-2798*

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

*Please join me for training laps in the Park*

We'll concentrate on building up endurance, form, and good group riding etiquette. Maybe we'll do hill repeats on Tuesdays. I'll teach pacelining for people who don't know how to do it. I've done these rides for several years and they've always been fun. Please check the weekly email listings and message board in case I need to cancel or change anything at the last minute (which I rarely do). Cancells: precipitation or wet pavement or temperature below 25°F (-4°C) at the start.

### Wednesdays in April

**A18 30± miles 7pm Urban Adventure**

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

*From: Central Park Boathouse*

Meet 7pm 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 are also 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.

**B16-17 40 mi 6:30 am Early Riser Spring Spins**

*Leader: Kim Jenkins, [kimjenkins@aol.com](mailto:kimjenkins@aol.com), 917-359-5736*

*From: 41st & 2nd Avenue*

Come spin on Wednesday mornings! I'll start at 6:30 am from 41st & 2nd Avenue. You can join me for all or part of the ride. I'll spin down River Road, 9W, or other Jersey routes (Churchill or Walnut, as desired), based on the road conditions and how the group feels. It will be a great way to ride during the week, especially if you are a B or an A-Siggie like me! Cancells: Expected temps below 35°F (2°C), precipitation and wet roads. Rides may move to Tues or Thurs if bad weather forces this. If in doubt, check the NYCC message board.

### Wednesdays in April (From 12th and 19th only)

**C14 18 mi 7:00 pm Wednesday Evenings in the Park**

*Leader: David Sabbarese, [dsabbare@firstmanhattan.com](mailto:dsabbare@firstmanhattan.com), 212-756-3209*

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

We're back doing our mid-week laps in the park. Three times around is just enough to keep in tune between our longer weekend rides. Siggies take note, you will need to cycle during the week as your rides will be getting longer. Please bring the usual, and also blinking lights (as we will be ending after dusk) and maybe a lock and some money for those who wish to grab a bite afterwards.

### Last Wednesday of the month (April, 26th, 2006)

**B17 30 mi 7:00 pm Wednesday Evenings in the Park - Prospect Park**

*Leader: David Sabbarese, [dsabbare@firstmanhattan.com](mailto:dsabbare@firstmanhattan.com), 212-756-3209*

*From: Prospect Park, Grand Army Plaza entrance*

If it's the last Wednesday of the month then it means we meet in Prospect Park. Several times around, stressing group riding techniques and safety. If you are new to the NYCC, why not join us and find out what we are all about? Bring the usual, plus blinking lights as we will be ending after dusk and maybe a lock for those who may wish to grab a bite afterwards.

### Thursdays in April (From April 20th onwards)

**A21+ 55+/- mi 9:30 am secret Thursday Ride**

*Leader: Jeff "El Jefe" Vogel, [jeffvgl@yahoo.com](mailto:jeffvgl@yahoo.com), 718-275-6978*

*From: Central Park Boathouse*

A faster, hillier version of the Wednesday Ride. We'll do a co-operative, quick tempo ride to Nyack via Bradley and Tweed; 9W for a faster trip home. Please note that this ride will leave promptly at 9:30. No maps, no cue sheets, no requirements. No problems!

## SIG Rides in April

### Saturday, Saturday 1, 2006

**A-SIG 55 miles 9am A-SIG Classic, ride #5: Pleasantville**

*Leaders: Jeff Robins, 212-794-2271; Ben Dale, 917-903-3005*

*From: Central Park Boathouse, parking lot*

**Introduction to double paceline**

This ride is hilly! Did you train during the week? Maybe even do some hill repeats? You'll be glad if you did! Phew! By now you're comfortable riding in

a single paceline. We will ride up to Tarrytown on Route 9A, a great place to practice rotating the lead. We will then climb over a hill to the Thornwood Diner for lunch and then return via Grassy Sprain. On the way home, if you're good (and we know you will be), we'll introduce you to a double paceline (non-rotating), so you'll be ahead of the game next week. You know the drill by now: Arrive early with name on helmet to get signed in and into your group. We leave at 9am on the dot. You're getting to be a real A-rider now. Rain date: Sunday, April 2.

**A-19 SIG 54 miles 9am****A-19 SIG Ride #5: Hartsdale**

*Leaders: David Estrada, 646-305-5224; Jeff Terosky, 917-969-8262*

*From: Central Park Boathouse, parking lot*

**Single-rotating Paceline**

Who let the dogs out? You are all looking so fine! The pacelining we learned over the last few weeks will evolve into a thing of beauty today. We'll advance to rotating paceline riding to take advantage of the wind breaking effect of the front riders. This will enable us to keep the speed up and preserve our energy. You won't believe how your training pays off. If you continue on the steep learning curve you've demonstrated thus far, we may even try to rotate a few double pacelines today. Stragglers will have to use their cue sheets; the 'No Drop Policy' has expired. Daylight Savings Time begins Sunday, so don't forget to set your watches 1 hr ahead so you're not late next week. Don't even think about taking the tape off your helmet!

**B16/17/18 55 & 60 ± miles 9am****B-SIG Mamaroneck Harbor NY**

*Leaders: Rick Braun, rbraun@courts.state.ny.us, 212-477-2575; Marjorie Shaffer, marjorie.shaffer@nyumc.org, 212-387-8347*

*From: Rambles Shed, Central Park*

Our class will be about riding in traffic – skills we all need just to get to the start of our rides each week. And we'll practice those skills as a group quite a bit today, especially on Route 1. But this is a pretty ride and, if the weather's nice, we can picnic by the beach. (If not, we have a few indoor choices.) Cancels: predicted/actual temperature below 25°F (-4°C); precipitation; wet/slick roads; or high winds. Check bulletin board or call listed leaders if uncertain. If weather cancels we ride on Sunday.

**C-SIG 20-30 miles 9am****C-SIG Ride #2, Indoor Workshop + Ride**

*Leaders: Group #1 Patricia Janof, 212-737-1668 patricia.janof@verizon.net; Group #2 Christina Bernstein, cbernstein1@aol.com, 212-243-5182; Group #3: Gary McGraime, garynycc@aol.com, 212-877-4257; Group #4: Paul Hofherr, bikeman999@aol.com, 212-737-1553*

*From: Central Park Boathouse, parking lot*

We'll do some park laps to practice shifting and good riding skills before our 10 am workshop. Bring \$ for pizza, but a bike lock's not necessary. Plan on a ride north after lunch. Your ride leader will email you with details. Please contact your ride leader if you haven't received email instructions for this ride, and remember to check www.nycc.org Message Board after 7 am for any last-minute changes or postponements.

**Saturday, April 08, 2006****A-SIG 75 miles 9am****A-SIG Classic, ride #6: Rockland Lake**

*Leaders: Lisa Lurie, 917-749-3065; Ted Shaw, 212-410-9472*

*From: Central Park Boathouse, parking lot*

**Double, rotating paceline and bike handling drills**

You can't miss this one. This is the turning point of the A-SIG. The double-pacelines we practice and hone as we ride laps around Rockland Lake set a standard of group riding that will carry us through the rest of our season together. We will alternate the lead regularly as well as practice regrouping skills for instances where we need to go from double to single lines quickly. We will also do low-speed bike handling drills on the grass in order to learn how to manage when riders bump shoulders or elbows or tap wheels. We head to Rockland Lake through a back way and then go about the business of our laps. On the way back we'll climb over to Nyack for a chance to recover and refuel, then climb some more hills at the state line on our way to NYC. The usual: arrive early to sign-in, we leave at 9:00 sharp. Rain date: Sunday, April 9.

**A-19 SIG 65 miles 9am****A-19 SIG Ride #6: Nyack The Wizard's Way**

*Leaders: Rich Ramon, 646-823-6051; Jim Galante, 201-503-9192*

*From: Central Park Boathouse, parking lot*

**Double, Non Rotating Pacelines (let's get it perfect the first time)**

Did you miss your leaders this week? You won't after today. The moment you've been waiting for has arrived. We'll power up 9W and veer off to a secret pathway dropping past Rockland Lake on our way to cycling's Capistrano or Nyack (your muscles will be quivering in anticipation of today's full throttle workout on the hills). Once on the wide, newly paved shoulders, your group will ride in double paceline formation for miles working like an aerodynamic peloton the whole time. You won't believe how Tour de France we'll look. Communicating perfectly all the way, you'll feel the "G" spot of cycling. Topping it off with lunch at the Runcible, we'll glow all the way home and recap on the Hill. The usual cancels.

**B16/17/18 65 ± miles****9am****B-SIG Oyster Bay NY**

*Leaders: Linda Wintner, lwintner@metlife.com, 212-876-2798; Sandy Watanabe, san@inch.com, 212-995-2915*

*From: Queens, Statue Civic Virtue (E or F Subway, Union Turnpike/Kew Gardens stop)*

Today we will learn the basics of paceline riding; our class will be at our early pit stop (6 miles). We'll practice on the long, straight LIE Service Road both going out and coming back. This is a pretty ride through L.I.'s North Shore horse country. Bring your Metro Card, Train pass and pocket food, as it's a long way to our lunch stop. If weather's nice we can picnic by the Long Island Sound. Return via F train @ 169th Street & Hillside Ave. NOTE QUEENS STARTING/ENDING LOCATIONS. Cancels: See earlier B SIG listings.

**C-SIG 29-36 miles****9am****C-SIG Ride #3 to Closter**

*Leaders: Group #1 Patricia Janof, 212-737-1668 patricia.janof@verizon.net; Group #2 Christina Bernstein, cbernstein1@aol.com, 212-243-5182; Group #3: Gary McGraime, garynycc@aol.com, 212-877-4257; Group #4: Paul Hofherr, bikeman999@aol.com, 212-737-1553*

*From: Central Park Boathouse, parking lot or 9:30 from GW Bridge Bus Terminal*

Those meeting at the bus terminal will be met on the lower level and shown how to safely take your bike on an escalator. Please contact your ride leader if you haven't received email instructions for this ride. Remember to check www.nycc.org Message Board after 7 am for any last-minute changes or postponements.

**Saturday, April 15, 2006****A-SIG 81 miles 8:30am****A-SIG Classic, ride #7: Saddle River**

*Leaders: Christy Guzzetta, 212-595-3674; Hector Roman, 917-915-8444*

*From: Central Park Boathouse*

This is one of the best rides of the A-SIG and one of the toughest. It requires that you pace yourself and work with the group as a team. No going it solo, blowing up on the way out and having nothing left on the way back! We'll take Saddle River Road north to Spring Valley for a stop at the Mt. Ivy Diner. On the way home, your reward: South Mountain Road. This is a turning point for many riders, and a taste of things to come. We're picking up the pace, achieving that targeted 21-22mph on the flats. This is what an A-ride is like: challenging, long, fast. We've been working together for weeks now, training hard during the week so we can make it through rides like this one. We depart at 8:30 SHARP. The usual applies: set out with names on helmets, pocket food, water and a strong spirit. Rain date: Sunday, April 16.

**A-19 SIG 65 miles 9am****A-19 SIG Ride #7: Syosset Feast**

*Leaders: Ed Fishkin, 718-633-3038; Jim Galante, jim@jimgalante.com, 201-503-9192*

*From: Central Park Boathouse, parking lot*

**Double Rotating Pacelines (let's perfect it.)**

You are all looking so fine. The double pacelining we perfected last week will be fine tuned as we make short work of the spacious Long Island Expressway Frontage Road. We'll steam out to Syosset in record time and really appreciate how all the training you've been doing pays off. We have a



special treat in store for us in Syosset; a beautiful catered dining experience at the Nostalgia restaurant. You'll love it for a measly \$10.00 or so. Don't forget, next Wednesday, 6:30 PM for the First Aid Class for Cyclists (see listing for April 19.) The usual cancels.

**B16/17/18 60 & 62 ± miles 8:30am B-SIG Nyack (NY) the Hilly Way**

*Leaders: George Arcarola, garcarola@nyc.rr.com, 718-847 9177; Adrienne Browning, adrienne.browning@db.com, 212-250-2610*

*From: Rambles Shed, Central Park*

Today we pick up the pace and have our last class: on climbing and descending. Then we are off to NJ for lots of climbing practice. We will approach Nyack the back way over Bradley Hill and after lunch return up State Line Hill (the rest of 9W is great for practicing our pacerline skills). Bring pocket food, it's over 30 miles to lunch and note new start time. Cancels: See earlier B-SIG listings.

**C-SIG 35-43 miles 9am C-SIG Ride #4 to Northvale**

*Leaders: Group #1 Patricia Janof, 212-737-1668 patricia.janof@verizon.net; Group #2 Christina Bernstein, cbernstein1@aol.com, 212-243-5182; Group #3: Gary McGraime, garynycc@aol.com, 212-877-4257; Group #4: Paul Hoffherr, bikeman999@aol.com, 212-737-1553*

*From: Central Park Boathouse, parking lot*

Our favorite diner, because it always has room for us! Please contact your ride leader if you haven't received an e-mail re instructions for this ride, and remember to check www.nycc.org Message Board after 7am for any last-minute changes or postponements.

## Wednesday, April 19, 2006

**All SIG's (As, Bs and Cs) must RSVP 6:30 pm  
First Aid Class for Cyclists (2006 SIG members only)**

*Leader: Dr Ed Fishkin MD, 718-963-8569 to RSVP (ask for Ms Hite)*

*From: Woodhull Hospital, Conference Room #1*

This class is **mandatory for A-19 siglets**. All other SIG participants (A, B, and C) are invited and encouraged to attend. This session is designed to make you more comfortable preventing and dealing with accidents. You'll receive the first aid recommendations for common cycling injuries and how to manage a crash site. We hope you'll never need to use what we cover this evening, but it's always better to be prepared. Recommendations for a small, personal, portable first aid kit will be shared with you. TUITION: \$10.00, with all proceeds donated to the North Brooklyn Recycle a Bicycle program for kids. DIRECTIONS: Take the J or M train, last car, direction Metropolitan Avenue to the Flushing Avenue stop. Go down the stairs to the main hospital entrance and follow signs to conference room #1 on the 3rd Floor.

## Saturday, April 22, 2006

**A-SIG 78 miles 8:30am A-SIG Classic, ride #8: Whipoorwill, Roaring Brook**

*Leaders: Marni Aaron, 917-613-8678; Timothy McCarthy, 718-204-7484*

*From: Central Park Boathouse*

Today we get to test our mettle. We'll ride up to White Plains via Pelham Parkway and Shore Road. Then we'll cruise up Route 22 to Route 120 North—roads that offer a fantastic opportunity to hone our double rotating pacerline skills. Then we tackle Whipoorwill, the longest climb we've had so far—a real beauty. We will focus on hill climbing skills, pacing and endurance, as well as the important, and often forgotten, descending skills. Our stamina grows by leaps and bounds. The rides get longer and the pace gets faster and steadier. Feeling like A-riders yet? Be at the Boathouse by 8:15, sign in, and be on your bike by 8:30 with names on helmets, pocket food, water and a Metro North Pass in case it rains. Rain date: Sunday, April 23.

**A-19 SIG 64 miles 9am A-19 SIG Ride #8: Maynard's Route**

*Leaders: Terry Hildebrandt, 646-335-5230; Richard Edmonds, 917-969-7723*

*From: Central Park Boathouse, parking lot*

**Putting it all together**

If we're lucky, the fabled Maynard Switzer will join us for the third running of his special ride. Maynard is a legendary member of the NYCC who was able to cobble together a beautiful ride from three or four classic cycling routes in nearby New Jersey. We'll have opportunities to practice all the skills we learned over the past two months while enjoying beautiful, verdant scenery. The usual cancels.

**B16/17/18 63/74± miles 8:30am B-SIG Armonk, NY**

*Leaders: Steve Chabra, s.chabra@att.net, 212-677-1090; Joe Hunt, jihunt@RelationshipLink.com*

*From: Central Park Boathouse*

School's out; we are cranking up the miles and you are really lookin' smooth. Once again bring your Metro North Train pass and pocket food. Lunch on the lawn of Schreifer's Deli in Armonk. We will ride home through Tarrytown and down Route 9, who knows might even stop for a goodies on the way home. Cancels: See earlier B-SIG listings.

**C-SIG 40-45 miles 9am C-SIG Ride #5 Wilds of Westchester**

*Leaders: Group #1 Patricia Janof, 212-737-1668 patricia.janof@verizon.net; Group #2 Christina Bernstein, cbernstein1@aol.com, 212-243-5182; Group #3: Gary McGraime, garynycc@aol.com, 212-877-4257; Group #4: Paul Hoffherr, bikeman999@aol.com, 212-737-1553*

*From: Central Park Boathouse, parking lot*

Hey, it's not New Jersey! Please contact your ride leader if you haven't received an email re instructions for this ride, and remember to check www.nycc.org Message Board after 7 am for any last-minute changes or postponements.



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## "Sacred Sites and SPAS"

### HIGHLIGHTS

- Olympia, home of the original Olympics
- Epidavros, 3rd century BC amphitheatre
- Delphi, the most sacred site in ancient Greece
- natural hot springs spa resort on Evia island

\*\* 10% discount for the May 20-31, 2006 ride!!

\*\* September 2-13, 2006

\*\* average 50 miles a day, 400 miles total

\*\* minimum 10 riders, maximum 16 riders

info@cyclegreece.gr www.cyclegreece.gr 1-800-867-1753

## Saturday, April 29, 2006

**A-SIG 85 miles 8am A-SIG Classic, ride #9: Little Tor**

Leaders: Reyna Franco, 212-580-5695; Ted Shaw, 212-410-9472

From: Central Park Boathouse

We'll ride out at a strong, steady pace, in perfect formation, wheels whirring, practicing good communication skills and steeling each other against the challenge ahead. As Little Tor looms we then get into the right gear in order to creak and grind our way to the top. On this ride, leaders often get dropped because they've created monsters out of all you cycling gods and goddesses! As a reward for tackling this SIG-nificant climb we get to ride down South Mountain Road on the way home. You are almost ready for the big one, and you are almost ready to lead an A-ride yourself. Be at the Boathouse by 7:45. Names on helmets, pocket food, and two water bottles required. Rain date: Sunday, April 30.

**A-19 SIG 72 miles 8:45am A-19 SIG Ride #9: Rockland Lake Fandango**

Leaders: Bob Milesrrell, 212-734-6916; Terry Hildebrandt, 646-335-5230

From: Central Park Boathouse, parking lot

### Double, Rotating Pacelines.

PLEASE NOTE THE EARLIER START TIME THIS WEEK: Did you miss your leaders this week? We missed you! The moment you've been waiting for has arrived. We'll power up to Rockland Lake State Park (your muscles will be so cut!) Once in the park, your group will ride in double paceline formation for three or four loops working like an aerodynamic peloton the whole time. You won't believe how Tour de France we'll look. Communicating perfectly all the way, you'll feel the "G" spot of cycling. Topping it off with lunch at the Runcible, we'll glow all the way home and recap on the Hill. Reminder, next weekend, your Sunday belongs to us too. Besides our great ride on Saturday, we'll be seeing you Sunday (May 7) morning to learn the essentials of bicycle maintenance and a special session on bike handling skills. More details when we meet at the boathouse. The usual cancels.

**B16/17/18 70-104 miles 7:30am B-SIG Westchester**

Leaders: Mark Hugel, hwt@att.net, 718-548-2623; Eva Wirth, ewirth@yahoo.com, 212-477-9322

From: Information Booth, Grand Central Terminal

This is our most challenging and penultimate ride, so bring a smile & your Metro North pass. Buy a one-way ticket to White Plains, maybe some Java & a bagel for the train ride. We will ride north from White Plains, it's a beautiful hilly ride through upper Westchester. Bring lots of pocket food as we will stop twice to snack once in Bedford and again in Somers. You can take the train home from Tarrytown @ 70 miles or ride to the Subway at 83 or 92 miles or do a Century back to Central Park. NOTE DIFFERENT START TIME AND LOCATION. Cancels: See earlier B SIG listings.

**C-SIG 35-45 miles 9:00 am C-SIG Ride #6 to Piermont**

Leaders: Group #1 Patricia Janof, 212-737-1668 patricia.janof@verizon.net; Group #2 Christina Bernstein, cbernstein1@aol.com, 212-243-5182; Group #3: Gary McGraime, garynycc@aol.com, 212-877-4257; Group #4: Paul Hofherr, bikeman999@aol.com, 212-737-1553

From: Central Park Boathouse, parking lot

While not increasing mileage, we're again picking up our cruising speed, to get to our favorite location sooner! Please contact your ride leader if you haven't received an email re instructions for this ride, and remember to check www.nycc.org Message Board after 7am for any last-minute changes or postponements.

## Regular Club rides in April

### Saturday, April 1, 2006

**A23 80 miles 9am STS-A23: Westchester County Ramble**

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

crowenyc-bike@yahoo.com, 212-243-0493; David Carr, carrdavid@gmail.com, 212-280-1382

From: Central Park Boathouse

This is a simple out-and-back ride from the Central Park Boathouse over familiar roads with one scheduled stop around mile 45. Please bring two waters bottles, power bars or gels, money for lunch, a bicycle in good repair, along with the mandatory helmet. Check the bulletin board for updates if weather appears unfavorable.

**A19 75-82 miles 9am STS-A19 Ride #5: South Mt Rd**

Leaders: Fred Steinberg, fsteinberg@nyc.rr.com 917-572-8926; Catherine Bent

From: Central Park Boathouse

We'll go 'up' South Mountain Rd approaching through West Nyack, 'down' either East or West Saddle River Roads, depending on prior weeks' rain-outs/group progress.

**A19\* 55 miles 9am STS-Audax**

Leaders: Robert Dinkelmann, dinkelmann@att.net, 212-666-0175; Harvey Minsky, spokes609@nyc.rr.com, 212-595-9344

From: Central Park West and 100th street

Progressive training series for riders interested in long distance rides. If you are aiming to ride brevets, this is your chance to train with like-minded riders. Paceline skills, adhering to pace and riding etiquette are a must.

**A-BRICK varies 7am Triathletes' Brick**

Leader: Jonathan Goodman, jonathangoodman@jonathangoodman.net, 646-331-0985

From: Central Park Drive, closest to Columbus Circle

This brick is a combination bike and run. There will be two gear/bike watchers and the rest brick doers. The doers start by leaving their running gear with the watchers in the transition area (Boathouse parking lot) and doing some bike laps. Then they return to the transition area, trade bike for running shoes and run. Triathlon forbids pace line riding, so riders and runners can take their own paces. Doers will want to finish runing before watchers leave the transition area at 9am. If there is interest we may spin up to Nyack for a muffin afterwards. Depending on interest and success, this may be repeated every two or three weeks, rotating watchers and doers. I am looking for co-leaders to help organize.

**B17 66/75 miles 9am STS-B17 Ride #5 - Armonk**

Leaders: Marci Silverman, mhsilv@yahoo.com, 646-408-4565; Cyna Alderman, nycyna@yahoo.com, 917-520-3073

From: Central Park Boathouse

Another in our progressive series for B-SIG graduates or experienced riders. Bring a positive attitude and all the usual stuff. Cancels: precipitation, wet roads, or temperature below 30°F (-2°C) at 8:30am. If a ride is cancelled, we try again Sunday. Always check the NYCC message board for last-minute ride information.

## Sunday, April 2, 2006 (Daylight Savings beings)

**A19 70 miles 9am Westwood, South Mt Rd., Rockland Lake**

Leader: Mordecai Silver, msilver@iso.com, 212-677-3596

From: Central Park Boathouse

Here's a chance to see some less-familiar Bergen and Rockland roads. After a brief stop in Westwood at a bagel shop, we'll continue north along streams and past old houses, up to The Orchards of Concklin. Then on to Rockland Lake, where we'll take the trail right along the river to Nyack, which is much more fun and scenic than 9W! Back to the bridge via Rte 501. This is the fourth time I've listed this ride since November. If the temperature drops to 20°F (-7°C) on the first Sunday in April, or if there are five inches of snow on the ground, you can blame it on my listing the ride yet again!

**A19 50 +/- miles 10am Recovery and Reinforcement**

Leader: Jeff Terosky, a-rides@nycc.org, 917-969-8262

From: Central Park Boathouse

Taking the A-19 SIG or A-SIG Classic and need to spin your legs out the day after? Perhaps you want to brush up on your skills and get some extra miles in? We'll further emphasize the skills of the SIGs and smooth riding as we travel into New Jersey. The usual cancels, and cancellation of the A-19 SIG the day before cancels also to accommodate our rain date.) \*\*Remember this is the first day of Daylight Savings Time!

**C12 32 miles 10am STS-C13 Get Back in Shape 3: White Plains**

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

From: Isham St & B'way, Manhattan (take A train to 207 St)

Meet at benches just above Isham St on Broadway (underneath the Giant Ginkgo Tree)

Take A train to 207th St; take elevator or stairs out at south end of station and go north 1.5 blocks from 207th St. This is the third of a series of C rides to help us get back into shape after a winter of relative sloth. Let's venture north a little further on a very pretty route through the burbs of lower Westchester to a diner in White Plains for lunch. Club riding etiquette will be observed. Bring your Metro-North pass for emergencies. Cancellation: starting temp below 40°F (4°C), wind chill below 30F (-2°C), icy roads, or 50% chance of precipitation. Call Maggie After 8 am if in doubt.

## Friday, April 7, 2006

**B17 45 miles 8:50am Staten Island Perimeter**

Leader: Ron Grossberg, argee401@aol.com, 718-369-2413

From: Staten Island Ferry, Manhattan Terminal

Perimeter of Staten Island with some interior hills. Picnic lunch at Totenville Conference House overlooking Raritan Bay. (weather-permitting) Please call or e-mail to confirm.

## Saturday, April 8, 2006

**A23 80 miles 9am STS-A23 Harriman Preview**

Leaders: John Zenkus, jjz2116@aol.com, 917-617-0901; Peter O'Reilly, ptor@prodigy.net

From: Central Park Boathouse

Starting in Central Park, this ride tackles a couple hills before heading into Harriman Park via Gate Hill Road, previewing a portion of next week's ride. Included is a 'secret' climb not to be missed, scary descent and all! Bring a Metro-North bike pass for the return trip, spare tubes, two full water bottles and plenty of pocket food. Rain cancels. Check message board when in doubt.

**A19+ 80+ miles 9am STS-A19 Ride #6: Croton Dam**

Leader: Fred Steinberg, fsteinberg@nyc.rr.com 917-572-8926

From: Central Park Boathouse

Up the Hudson to Tarrytown then into the hills, up to Croton Dam via scenic backroads, around the reservoir, Seven Bridges and more hills. Home via Grassy Sprain and Webster Ave for a change.

**A19\* 60 miles 9am STS-Audax**

Leaders: Robert Dinkelmann, dinkelmann@att.net, 212-666-0175; Harvey Milesnsky, spokes609@nyc.rr.com, 212-595-9344

From: Central Park West and 100th street

Progressive training series for riders interested in long distance rides. If you are aiming to ride brevets, this is your chance to train with like-minded riders. Paceline skills, adhering to pace and riding etiquette are a must.

**B17 70+/- 9am STS-B17 Ride #6 -- Mystery Ride**

Leaders: Marci Silverman, mhsilv@yahoo.com, 646-408-4565; Cyna Alderman, nycyna@yahoo.com, 917-520-3073

From: To be Announced (check message board)

Another in our progressive series for B-SIG graduates or experienced riders. Bring a positive attitude and all the usual stuff. Email leader for cue sheet if you're not already on the list. We're still deciding on the route, so check the message board or eWeekly for full ride details. Cancellation: See STS B-17 listing for Saturday, April 1.

## Sunday, April 9, 2006

**A18/19 70 miles 9:10am Caumsett State Park**

Leader: Ron Grossberg, argee401@aol.com, 718-369-2413

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

Scenic ride through North Shore of Long Island. We will pick up lunch in Cold Spring Harbor and have a picnic lunch overlooking Long Island Sound in Caumsett State Park. Optional 8:20am start from Grand Army Plaza Brooklyn if there is any interest. Call or e-mail to confirm.

**C14-15 40+ miles 8:30am Nyack Pancake Run**

Leader: Kimberly Savage, kim@urbansavages.org, 917-592-9209

From: George Washington Bridge, NJ side bike path entrance

We will spin through scenic residential areas to Nyack, grab some pancakes and then return via 9W. Expect to be back in NYC no later than 1PM. Please bring \$, tubes, pumps. Hope to see you all! Rain and temps below 40°F (4°C) cancel. Please RSVP by Saturday - 8pm.

**C12 35 miles 10am C-ST5 #4 Eagle Rock**

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

From: World Trade Center PATH station

Meet at the new World Trade Center PATH station (three floors down from ground level) near the BOTTOM of the banks of escalators. Access is from the A,C,E trains and N, R trains. This is the fourth of a series of C rides to help us get back into shape after a winter of relative sloth. We'll take it easy on this short, but challenging ride out to South Orange, Millburn and then through a nice park climbing up to Eagle Rock, a stupendous view of all of Manhattan, Brooklyn and Newark. Bring your camera and hope for clear conditions. If it's warm enough we'll have a picnic there at the WTC memorial at the overlook. If not, we'll eat indoors nearby. Towards the end of the ride, we'll go through Cherry Blossomland and maybe get an early preview of the blossoms. Club riding etiquette will be observed. Bring money for PATH train. Cancellation: See Sunday, April 2's STS-C12 listing.

## Friday, April 14, 2006

**A19 80 miles 9:25am New Hope, PA**

Leader: Ron Grossberg, argee401@aol.com, 718-369-2413

From: New Jersey Transit New Brunswick station

Thanks to John Zenkus for this ride and description. This ride heads to an area not normally ridden by club members. It requires a train from Penn Station to New Brunswick, NJ, bike permits are not required. You will be rewarded with lots of ethetically pleasing country miles. Plenty of flat terrain but also lots of rollers too. I can transport one person and one bike by car. Please call or e-mail by Wednesday April 12 to confirm. Rain date April 21 with April 19 confirmation.

## Saturday, April 15, 2006

**A23 80 miles 7:30am STS-A23: Harriman Hell**

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

From: Grand Central Terminal, Information Booth

This ride in and around Harriman State Park will provide plenty of opportunities to work on climbing skills: Gate Hill Rd, Tiorati Brook Rd, Arden Valley Rd and Bear Mountain are just a few of the climbs we will face. Be forewarned, this is a difficult ride averaging over 100 vertical feet of climbing per mile. The return is from Peekskill. Meet at GCT around 7:30am to catch the 7:51 train. Bring a Metro North bike pass, spare tubes, two full water bottles and plenty of pocket food. Rain cancels. Check message board when in doubt.

Ride listings continue on Page 12







# “I’ve been everywhere man”....

Or so says the Johnny Cash song on that irritating TV commercial for the Choice Hotels chain. Well, our intrepid **Jay Jacobson** may not quite have been everywhere, but he’s sure been around on two-wheels and clocked up thousands upon thousands of miles in the process. Here he describes the planning behind two memorable solo bike trips here in the USA

In recent years I did two self-supported rides of about 1,000 miles each. My daughter’s boyfriend had ridden from Chicago to New York to visit her and I had thought about doing the same thing, but the idea of cycling across Pennsylvania and Ohio never turned me on. One day while looking at a map I realized that by cycling only a few more miles across Southwest Ontario I could bypass those states. This could be done by going from Buffalo to Detroit through Canada (Southwest Ontario) and then crossing Michigan and a corner of Indiana to Chicago.

I would be able to visit my grandfather’s home town near Rochester and college campuses in Ithaca, Geneva, Ann Arbor, South Bend and Chicago. This route seemed to be much more interesting, although the first two days from New York to Ithaca were quite hilly. I began seriously planning the trip.

Some of my non-biking friends thought I was crazy – that I could never cycle from New York to Chicago. Although I was aware that there is some risk to such an endeavor, I was confident because some of my NYCC co-riders had done it. Some, who are no stronger than me, had actually cycled the 3,000+ miles all the way from the Pacific to Atlantic coasts! Several years later I realized that I had cycled in over 35 states and reaching all 50 was possible. A

cycling route more or less along the Mississippi River and its tributaries would give me many of the remaining states. I would be passing through areas to which I have never been. I would go by or through the home towns of Elvis Presley and baseball stars Mickey Mantle and Preacher Roe. Also I would be in Branson, Missouri, Lincoln, Nebraska, college towns in Kansas and Minneapolis, to name a few.

I didn’t camp on these trips, used plastic credit cards to pay for motel rooms and restaurants. However, many of my points will also apply to bikers who are camping. I found that although the AAA is not a bicycle organization in any sense of the word, their maps and travel books are helpful in planning such a trip. After I choosing a destination, I plotted a rough route using AAA maps.

I wanted to ride through medium size cities, such as college towns that would have motels, restaurants and bike shops. The AAA also offers guidebooks to members that describe points of interest as well as motel and restaurant listings and ratings for each town. AAA discounts for just a couple of motels can offset the annual dues. There are also relief maps available for sale or in libraries, which give altitude of climbs. On these two trips I encountered hilly stretches in the Catskills and Ozarks.

Most cross country rides in the US go

from West to East to take advantage of the prevailing winds. However, there are many exceptions, winds can switch direction and I think that this is less of a factor East of Chicago. Specific historical wind data is available on [www5.ncdc.noaa.gov/documentlibrary/pdf/wind1996.pdf](http://www5.ncdc.noaa.gov/documentlibrary/pdf/wind1996.pdf).

I started in Memphis and traveled north towards Minneapolis in late May because it was starting to get hot in the South, and I felt it would be more comfortable pedaling in the Dakotas and Minnesota in June. Incidentally, I generally feel that early June is the best time for such a trip because of the long days and early sunrises. The cyclist can get an early start and if there is a mechanical or weather problem, he or she will still have plenty of time to reach the destination before dusk. In addition since schools are still in session, motels will usually have vacancies. Finally, I personally enjoy biking in warm, as opposed to extremely hot, weather. I always check historical climate for the planned itinerary on in the internet or in the library.

Using the AAA maps and books, I used a small index card for each city along the route. I cut out a strip from the map leading to each city from the previous one. I jotted on the card the mileage between towns and listed the hotels or motels in the towns with their addresses and telephone numbers. Of course I brought my AAA and



other discount and frequent flyer/hotel user cards to use when reserving rooms. I preferred motels with a pool and adjacent restaurants. After cycling 100 miles or so and showering, I usually had no desire to get on my bike again to look for a restaurant. It was easy to take my bike into my room if it had direct access from outside, but many motels allowed me to wheel my bike through the lobby and into elevators. Some didn't but they usually let me leave it in a secure luggage closet off the lobby.

For some time I had a preference for Holiday Inns because they always seemed to be bike-friendly and had pools and decent restaurants. However, due to some problems I encountered with this company in recent years I found other chains that were also acceptable. The Holiday Inn Express usually doesn't have a restaurant for dinner. I never had a problem anywhere with my appearance, arriving sweaty and a little grubby after a long, hot ride.

I used a Cannondale T700 touring bike for these trips. I also used it for a tour of similar length in South Africa, which was supported. This touring bike has somewhat wider tires than a road bike and a rack on the back on which to hang panniers and/or a rectangular canvas case atop. I am technically disadvantaged and I have had good experience over the years with Cannondale products. I once congratulated the company's VP of engineering for creating a product that could take the punishment I gave to it.

I found bike shops in the starting and ending points in AOL yellow pages and had telephone conversations with them to determine which one could unpack and assemble my bike at the starting point and disassemble and pack it at the finish. The selection of the first one in Memphis was important, because I wanted to make sure the bike was ready to go when I arrived – I didn't want to sit around for days waiting for them to get around to it. Therefore, I shipped it via UPS in advance. I had my

bike tuned up by my regular bike shop before the trip.

Because of the inherent uncertainties in such a project, I could not purchase a round-trip air ticket, since the return point and time were not certain. At the time AirTran could sell me a low price one way ticket to Memphis but the return from Minneapolis was more expensive because I wasn't sure of the time and day I would be finished with the bike and be ready to return.

I have also had good experience with flat resistant Armadillo tires. On one of these trips I also used thorn resistant tubes with valves – Schrader as opposed to Presta – which I could inflate at gas stations. On the first trip the only problem I had was one flat in Canada. I attempted to fix it and, within five or 10 minutes, a motorist pulled over and fixed it for me in a few minutes and wouldn't take any money. When I arrived in Michigan, I had a bike shop check it and sell me a new spare tube.

I carried about 14 pounds of luggage.

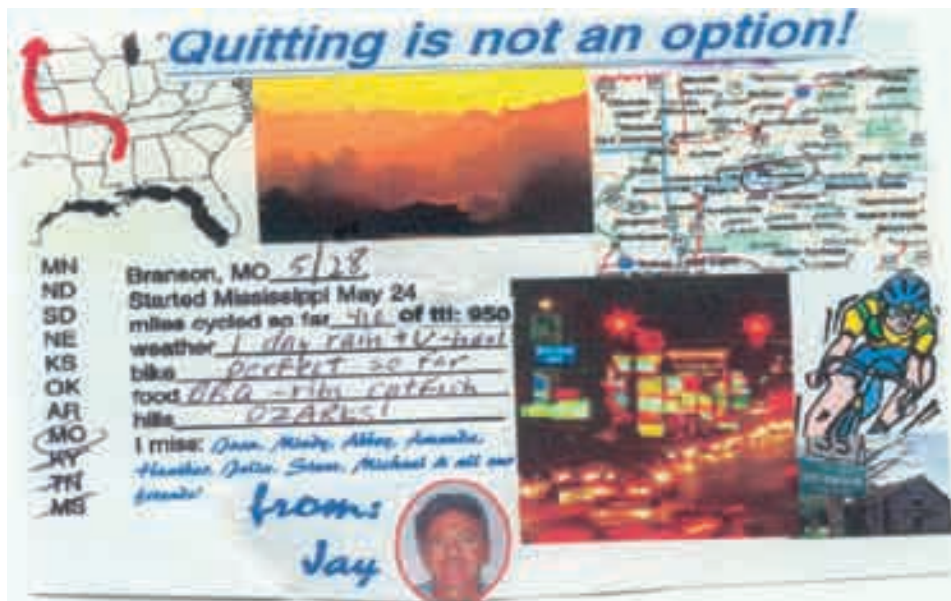
This included lightweight rain gear, a couple of tubes and small plastic tools for tire changing. I also carried a relatively lightweight wire bike lock. Everything else was the bare minimum. The objective was to wash my clothes in my bathroom sink every afternoon when I arrived at my motel room so everything would be dry the next morning. If I arrived in the early afternoon I might hang the wet clothes on a balcony or pop them in the hotel's dryer for 15 or 20 minutes. I used bike shirts and regular shorts that were good enough to walk into a fairly good restaurant for dinner wearing them. Also, there is one type of bike shorts that doubled as a bathing suit.

On my trip from Memphis to Minnesota I did wear the same North Dakota cycling jersey every day so if anyone asked me where I was headed, I just pointed to the shirt! I washed it every night and, as it was fairly dry during most of that trip, it was clean and dry every morning. Polyester clothing seems to dry faster than cotton.

I used travel or sample size toiletries. Motels had free amenities available. I did take a shower daily but since it was a solo trip, didn't really need deodorant or much underwear! I was not paranoid that I had forgotten to bring something.... I was in the US and there was always a local Wal-Mart or chain drug store, which would have anything I needed. Once my daughter FedExed some pills I needed. I carried one disposable camera at a time.

In case of a downpour the canvas panniers don't usually keep their contents dry, so they should be kept in plastic bags. Even better are heavy-duty plastic seal bags used by canoeists, which are inserted into the panniers. If a hotel insists that the bike not be brought up into the room, the cyclist can just lift these bags out of the panniers.

On these trips I averaged about 100 miles daily. In my opinion the key to this was to depart early; dawn was between 5 and 5:30. At an average speed of 12mph,





and with a total of an hour for breaks, I could do the 100 miles by 2:30 PM or so. The early starts mean that if there was an unexpected delay, due to a mechanical or rain shower, you could stop for a few hours and still arrive well before dark. And, if you don't have reservations, the motels are less likely to be fully-booked at 3pm. Moreover, if you arrive at your intended destination earlier than expected and feel up to it, you can always proceed to the next town without having to worry about getting stuck out in the dark. Traffic is invariably lighter at 5 AM than at 5 PM. Finally, there is probably less of a risk of drunk drivers on the road, thunder storms and tornadoes early in the day.

On arrival I would wash my clothes and if the weather was good and there was a pool, I would relax by it. I enjoyed an early dinner at, or within walking distance from, the hotel, made some telephone calls, including reserving rooms for the next day or two and was asleep between 9 and 10 PM. Once I got into the routine, I felt that I could have kept going for weeks. Although I was overall tired at the end of a 100-mile day, I wasn't in any pain and felt a great sense of achievement.

I used a Camelbak water bag for these trips but eventually fell victim to a bacterial infection, which may have been caused by my failure to follow the cleaning regimen for the bag. Now I use insulated water bottles. Frequently, I purchased lunch at a truck stop or convenience store. The deli clerk would make me a hefty sandwich to order with the ingredients I specified. They also had ice and drink dispensers. I do not use energy bars except in emergency nor drinks such as Gatorade.

Of course you should be used to doing this kind of riding. For example if you are planning to do a series of 100+ miles daily, you might do the Montauk Century and ride back to the city the next day with the same bike & weight load you would carry on the longer trip. If you are contemplating a hilly trip, you could do your 'shakedown trip' in the Catskills. If it is too cold for you to simulate the planned tour, or you simply don't have the time during the day for it, you might be able to accomplish this to some extent in the gym..

The route plan was not cast in stone. I was looking forward to taking a small ferry across the Mississippi River from the Kentucky backwater to the Missouri boondocks. However, when I arrived at the small town to catch the ferry I learned that since the river was very high the ferry was not running. I had two options to cross bridges, each over 100 miles north or south of the ferry crossing. I consulted the locals in a luncheonette in Sassafras Ridge, Kentucky regarding my dilemma. Maps were spread over the tables and each resident offered their opinion. One gentleman said he would take me and my bike across in his boat but he had to work that day. Finally, after weighing their advice I rode north to Cairo, Illinois,



Jay with his daughter Abbey in a bike shop in Chicago after Jay had clocked up 959 miles in nine days, averaging a personal high of 140 miles a day

where I crossed a bridge into Missouri and made my daily objective, Sikestown in time.

My original plan had me dropping down from Southwest Missouri into Arkansas and to visit Bentonville, headquarters of Wal-Mart, a round trip of about 100 miles in order to have cycled in Arkansas. However, when I arrived in Memphis a taxi driver told me that I could get to Eastern Arkansas easily by crossing a bridge from Memphis, which I did.

I also decided to cycle through Manhattan, Kansas, home of Kansas State, instead of Lawrence, home of the University of Kansas, because there was probably less traffic and Manhattan was on a direct line with Lincoln, Nebraska, my next destination.

In the second tour – Memphis to Minneapolis – one of my self-imposed rules, made in advance, was that due to weather, mechanicals and distance between towns with motels of over 100 miles I could rent a U-haul truck. U-hauls were widely available in rural areas and they could be easily dropped off at another location. Instead of one of these occurrences slowing me down, they actually speeded me up and saved me money. I still cycled a total of just under 1,000 miles. The road I cycled from south to north in Nebraska was concrete with bumpy asphalt seams every 40 feet or so. After crossing these bumps for a couple of hundred miles, my wheel was out of true and I had to U-haul to the next town with a bike shop.

Of course it would have been more fun to take these trips with one or a few compatible co-rider(s). But I could not find any anyone who wanted to go at that time, so going solo was definitely better than not going at all. Of course, there were numerous encounters and anecdotes en route, which I can save for another article. I think the planning and advanced logistics contributed significantly towards making the trip successful.

Of course there was always the possi-

bility of an accident and I rode carefully in unfamiliar territory, but calculated the risk of an accident or hostile 'action by the natives' to be less than in the New York area, simply because of reduced population and traffic densities. Once I brought an anti-dog spray, which I never had to use. The problems with it were disposing of it before my return air flight, and I discovered that some of these items are prohibited in Canada.

I have never had a close call, either from a safety standpoint or even a minor problem with hostile people on my three major solo trips, including one in South Africa. I don't recall any incident involving truck drivers but on some rural highways there were frequent movements of whole homes, including the house, being carried on trailers. These wide loads overlapped the shoulders and the drivers could not change lanes to avoid me. When I saw their advance vehicle with a 'Wide Load' sign in my rear view mirror, attached to my sunglasses, I promptly got completely off the road and the shoulders,

A helpful book is *The Essential Touring Cyclist* by Richard A Lovett (Ragged Mountain Press). If you are contemplating such a tour, don't put it off to an indefinite 'sometime', make plans to do it this year. With a little planning and conditioning you will successfully meet the challenge and look back on the experience as being highly enjoyable one and one of your life's significant achievements.

**Editor's Note: Have got a favorite cycling adventure you would like to share with the NYCC membership. If so, please e-mail the editor at [bulletineditor@nycc.org](mailto:bulletineditor@nycc.org), including high-resolution pictures. You too can become a published author.**

## Continued from Page 7

**A19 65-75 miles 9am STS-A19 Ride #7: Harriman Hills**

*Leaders: Fred Steinberg, fsteinberg@nyc.rr.com 917-572-8926; Catherine Bent; Ron Roth*

*From: Central Park Boathouse*

Enough of those annoying rollers, time for some long climbs. We'll approach Harriman on 9W, warming up on Mott Farm/Cedar Flat Roads, then tackle four moderate climbs: Gate Hill Rd (Rt106), Tioretti Brook Rd, Long Mountain Parkway and of course Bear Mountain. The latter two are optional.

**A19\* 70 miles 9:00am STS-Audax**

*Leaders: Robert Dinkelmann, dinkelmann@att.net, 212-666-0175; Harvey Minsky, spokes609@nyc.rr.com, 212-595-9344*

*From: Central Park West and 100th street*

Progressive training series for riders interested in long distance rides. If you are aiming to ride brevets, this is your chance to train with like-minded riders. Paceline skills, adhering to pace and riding etiquette are a must.

**B17 75 miles 8:30am STS-B17 Ride #7 -- Cold Springs**

*Leaders: Marci Silverman, mhsilv@yahoo.com, 646-408-4565; Cyna Alderman, nycyna@yahoo.com, 917-520-3073*

*From: Central Park Boathouse*

Another in our progressive series for B-SIG graduates or experienced riders. This week you get the option to climb Bear Mountain -- ready or not?! Bring a positive attitude and all the usual stuff. MetroNorth train pass required -- ride ends at Cold Springs. Cancellation: See STS B-17 listing for Satduay, April 1.

**C13 40 miles 9:05am Scarsdale**

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

*From: Central Park Boathouse*

I'm predicting that it will be warm enough to buy lunch in town and eat it in the nearby park. As with most Westchester rides, this one has lots of bailout points just in case.

## Sunday, April 16, 2006

**A18/19 70 miles 9:10am Caumsett State Park**

*Leader: Ron Grossberg, argee401@aol.com, 718-369-2413*

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

Scenic ride through North Shore of Long Island. We will pick up lunch in Cold Spring Harbor and have a picnic lunch overlooking Long Island Sound in Caumsett State Park. Optional 8 20 start from Grand Army Plaza Brooklyn if there is any interest. Call or e-mail to confirm.

**C12 35-40 miles 9:30am C STS #5 Irv Weisman Annual Cherry Blossom Ride**

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

*From: WTC PATH station*

Meet at the new World Trade Center PATH station (three floors down from ground level) near the BOTTOM of the banks of escalators. This is the fifth of a series of C rides to help us get back into shape after a winter of relative sloth. This scenic highlight of the spring season takes us through Cherry Blossomland outside Newark not once, but twice. This is one of the largest collections of cherry trees in the country. We'll also go through the magnificent estates in the Montclairs and depending on weather and our conditions, we'll lunch in either Upper Montclair or Little Falls depending on our condition / whim. Club riding etiquette will be observed. Bring money for PATH. Cancellation: See Sunday, April 2's STS-C12 listing.

## Saturday, April 22, 2006

**A23 100 miles 7:30am STS-A23: Hudson Valley Highlights**

*Leaders: John Zenkus, jjz2116@aol.com, 917-617-0901; Bill Greene*

*From: Grand Central Terminal, Information Booth*

This excellent mid-series route offers a little of everything. Starting in Garrison, the ride first heads north to cross the Hudson River at Beacon. Once on the west side, the route includes the wonderful Storm King climb on Route 218, followed by an entry into Harriman Park via Routes 293 and 6. From Harriman Park, the route follows familiar roads back to the city. Meet at GCT around 7:30 AM to catch the 7:51 train to Garrison. Please bring a MetroNorth pass, as well as two waters bottles, powers bars or gels (many), money for lunch, a bicycle in good repair, along with the mandatory helmet. Check bulletin board for updates if weather appears unfavorable.

**A19 75 miles 7:30am STS-A19 Ride #8: Storm King/Old Indian**

*Leaders: Fred Steinberg, fsteinberg@nyc.rr.com 917-572-8926; Ron Roth*

*From: Grand Central Station 7:48am train to North White Plains*

A rare GCT departure. No junk miles today in this climbfest on both sides of the Hudson. We'll head northwest via Whippoorwill and Crow Hill rds, along the Croton Reservoir into Peekskill, then across the Bear Mtn Bridge, up Mine Road and Storm King to lunch in Cornwall. The last section is the stunning ride through the orchards and vinyards above Marlboro (Ulster County) to the Old Indian. Hopefully it will be apple blossom time. Rail return from Poughkeepsie. Bring MNRR pass, \$\$ for train fare and low gears.

**A19\* 75 miles 9am STS-Audax**

*Leaders: Robert Dinkelmann, dinkelmann@att.net, 212-666-0175; Harvey Minsky, spokes609@nyc.rr.com, 212-595-9344*

*From: Central Park West and 100th street*

Progressive training series for riders interested in long distance rides. If you are aiming to ride brevets, this is your chance to train with like-minded riders. Paceline skills, adhering to pace and riding etiquette are a must.

**B17 85 miles 8:30am STS-B17 Ride #8 -- South Mountain Road**

*Leaders: Marci Silverman, mhsilv@yahoo.com, 646-408-4565; Cyna Alderman, nycyna@yahoo.com, 917-520-3073*

*From: Central Park Boathouse*

Another in our progressive series for B-SIG graduates or experienced riders. Bring a positive attitude and all the usual stuff. Cancellation: See STS B-17 listing for Satduay, April 1.

**B17 40 miles 9am Blessing of the Bikes**

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

*From: Rambles Shed, Central Park*

This annual event at the Cathedral of St. John the Divine will give us the peace of mind to know that we will be safe from murderous motorists, disinterested cab passengers (the ones who fling open doors w/o looking), disastrous mechanical malfunctions while descending at speeds in excess of 40 mph, and all the other myriad mishaps that can befall us while we are out cycling. The event itself is quite brief, we will have our cycles spritzed with holy water (make mine a double!), and then we'll head up and over the GWB, do River Road, climb up to Alpine, and be back for lunch. Bring a helmet, spare tube and a well-maintained bike and maybe a lock and lunch money as we may hook up w/ Alfredo's C group for a BBQ lunch back in the city. Lousy weather cancels.

**C12 25-30 miles 9am Blessing of the Bikes**

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

*From: Rambles Shed, Central Park*

Cyclists need all the help they can get from uncertainty. Let's go to the Cathedral of St. John The Divine (stjohndivine.org) at 110th St for earnest solace. Let's remember our dearly departed and appreciate our blessings to continue with the present. Afterwards, we'll take a short Jersey excursion to North Hudson Park (some busy traffic and hills), then head back to Manhattan, taking the scenic greenway for lunch at the Dinosaur Bar-B-Que (dinosaurbarbque.com) 131st St., under the Riverside Dr. viaduct. Bring a lock and \$ for meal. Veggies note: Portobello mushroom burgers served. We hope to see Dave's group there.



## Sunday, April 23, 2006

**A23 85 miles 7:30am STS-A23: Putnam Pleasure**

*Leaders: John Zenkus, jiz2116@aol.com, 917-617-0901; Stephen Geist, geist@un.org, 212-963-8700*

*From: Grand Central Terminal, Information Booth*

Starting in Peekskill, we'll take an easy route into Putnam County's heart for backroads tour, stopping for lunch at an orchard with wonderful views of Mount Beacon. The return is rolling and fast back to Peekskill. Meet at GTC around 7:30 AM to catch the 7:51 train. Metro North passes are a must, as well as the usual two waters bottles, powers bars/gels, money for lunch and a bike in good repair along with a mandatory helmet. Check bulletin board for updates if weather appears unfavorable.

**C12 40 miles 10am C STS #6 Orangeburg, Rivervale**

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

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

Meet at the back of the George Washington Bridge Bus station – 178th St and Ft Washington Ave. We'll ride over the bridge and into Bergen and Rockland Counties to reservoir country on one of Irv Weisman's best routes. We'll either have a picnic in Branch Brook Park or eat in a local diner if it's chilly. Terrain is mostly rolling though we climb a steep one before lunch and the Palisades at the end. Club riding etiquette will be observed. Bring money. Cancellation: See Sunday, April 2's STS-C12 listing.

**C14 33/47 miles 8:25am North County Trailway Rail Trail**

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

*From: Grand Central Terminal, Information Booth*

Buy one way Metro North ticket to Croton Falls. After a five mile positioning road ride, we'll spend the next 28 miles on the beautifully-treed, paved North County Trailway, eventually returning from Tarrytown via Metro North. We'll cross the Croton Reservoir on the old rail bridge, and plan an outdoor lunch in Millwood. Optional 14 mile return to NYC via South County Trailway or road. MN bike pass a must.

## Saturday, April 29, 2006

**A23 85 miles 7am STS-A23: Putnam County Ramble**

*Leaders: John Zenkus, jiz2116@aol.com, 917-617-0901; Chris O'Connell, chrisoco@yahoo.com*

*From: Grand Central Terminal, Information Booth*

This is one of the more popular STS rides. Starting in Garrison, we will warm-up on 9W because once we turn on 301, the climbing begins with a long but rewarding climb gaining over 1000 vertical feet. We then continue east for two more long climbs near the Connecticut state line prior to stopping in Pawling. The return is rolling and fast to Cold Spring, with one little surprise near the end. Meet at GTC around 7:30am to catch the 7:51 train. Metro North passes are a must, as well as the usual two waters bottles, powers bars, money for lunch and a bike in good repair along with a mandatory helmet. Check bulletin board for updates if weather appears unfavorable.

**A19+ 88 miles 8am STS-A19 Ride #9: Katonah, Carmel, Cold Spring**

*Leader: Fred Steinberg, fsteinberg@nyc.rr.com 917-572-8926*

*From: Central Park Boathouse*

A big swing through the estates and horse country of north Greenwich and Bedford. Lunch in Katonah, then we'll continue north through reservoir country to Carmel and the long climb and rewarding descent into Cold Spring for MNRR return to NYC. Numerous MNRR bailouts on Harlem Valley line stations. Bring MNRR pass.

**A19\* 85 miles 8:00 am STS-Audax**

*Leaders: Robert Dinkelmann, dinkelmann@att.net, 212-666-0175; Harvey Minsky, spokes609@nyc.rr.com, 212-595-9344*

*From: Central Park West and 100th street*

Progressive training series for riders interested in long distance rides. If you are aiming to ride brevets, this is your chance to train with like-minded riders. Paceline skills, adhering to pace and riding etiquette are a must.

**B17/18 90 miles 8:30 am STS-B17 Ride #9 -- Bedford**

*Leaders: Marci Silverman, mhsilv@yahoo.com, 646-408-4565; Cyna Alderman, nycyna@yahoo.com, 917-520-3073*

*From: Central Park Boathouse*

Another in our progressive series for B-SIG graduates or experienced riders. Bring a positive attitude and all the usual stuff. MetroNorth pass required – this time we approach Cold Springs from the opposite direction. Cancellation: See STS B-17 listing for Satruay, April 1.

## Sunday, April 30, 2006

**C13 45 miles 9:3am C STS #7 Silver Lake**

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

*From: Isham St & B'way, Manhattan (take A train to 207 St)*

We'll ride north, then east and do a large loop through the manicured burbs of lower Westchester, north through the country estates, to near the Ken-sico Reservoir (an extra loop along it if we feel our oats) and back around through White Plains and Scarsdale. unch will be a picnic on a grassy knoll near Silver Lake, and then the lovely Bronx river route back. Club riding etiquette will be observed. Bring your Metro-North pass for emergencies. Cancellation: See Sunday, April 2's STS-C12 listing.

## New club members

The following people joined the NYCC in January 2006:

Elisa Altorfer; William Austin; Wayne Bennett; Brian Bernberg; Piera Bettini; Scott Blau; Karen Bohovich; Glenn Booth; Abe Borenstein; Jessica Bouccher; Neil Brenner; Brosnan Marleise; David Burton; Nick Carreras; Cerfolio Nina, Md; Antoine Cerfon; Puneet Chandhok; Dorcas Christman; Michael Corasaniti; Colleen Cournot; Pierre Cournot; John Cowan; Maureen Cushing; Samantha Daves; Caroline De Oliveira; Adam Dehavenon; John Delamater; Catherine Dentinger; Mariah Ehlert; Jeffrey Fischman; Joseph Fratesi; Eileen Friedberg; Emmanuel Fuentesbella King; Susan Gemberling; Gary Geoghegan; Su Gipson; Doris Giraldo-jurcisin; Juan Gomez; Joel Gordin; Jacqueline Gordon; Justine Gordon; Josh Gosciak; Paul Groncki; Betsy Hafkin; Sara Hemmeter; Nora Hendrycks; Kusandha Hertrich; Miranda Holmes; Steve Horowitz; Karin Jacobson; John Jurcisin; Rob Kahn; Steven Kim; Sarah Kitzes; Terry Klemensen; Bill Laffey; Don Lee; Harmon Lewis; Leslie Major; Jaszick Maldonado; Vince Masi; Robert Mastro; Fursey McCormack; More McCormack; Christy Mckee; Kathy Mcmillan; Larry Mead; Erik Moore; Sylvia Mueller; Peter Newman; Maggie Nguyen; Lindsey Ollman; Christine Pagen; James Parisi; Phil Penman; Rufus Pichler; Althea Pineda; Christopher Pinkham; Richard Previdi; Lucy Prieto; Paul Racine; James Rafferty; Daniel Reiners; Elizabeth Richmond; Daniel Rittenhouse; Eliot Rosenthal; Bob Ross; Alan Rudolph; Michelle Sahli; Stephan Samuel; Valerie Sarris; James Sias; Alexander Sotomayor; Kristoffer Stack; Jeff Stein; Robert Sudol; Katie Sudol; Erik Sulcs; Arabelle Taggart; Todd Tilev; Vasilia Tsismenakis; Alex Viall; Peter Vogelsang; Cynthia Wade; David Walczyk; Rosemary Walker; Sondra Walter; Susan Weigel; Ken Williams; Patrick Williams; Hubi Windegger; Richard Wolf; Bernd Wuebben; Jose Yandun; Stephanie Zandieh; Lara Zanetti Windegger; Valerie Zondorak

# Minutes of the NYCC Board

March 6, 2006

The meeting was called to order at 6:30pm. In attendance were Mark Gelles, Kim Jenkins, Carol Waaser, Scott Wasserman, Timothy McCarthy, Ellen Jaffe.

Financial Report: \$ 7,678.46 in checking account. \$ 25,436.62 in money market account. Total: \$ 33,115.08

Insurance premium of \$ 3,088.40 has been paid. Period covered: 2/1/2006 through 1/31/2007

In order to be covered by insurance SIG scholarship kids will be given club membership. Additionally, all SIG scholarship kids were given club jerseys.

Merchandise: Joanne McCreary needs to provide inventory. An order for 12 dozen pair of club socks was okayed. Garneau has given the club a \$200 retail store gift certificate for Garneau cycling apparel. It will be raffled at the April meeting.

Programs: Annaline will soon post a survey to determine interest in bicycle maintenance workshops.

Club Getaway would like to partner with NYCC in offering weekend packages at their location in Kent, Connecticut. It was agreed that since they offer multi-sport, fitness & adventure activities, this might be an attractive destination for club members with non-cycling partners and children. Carol will pursue this.

Volunteer Calendar:

Month	Event	Leader
May	Berkshire Weekend	
June	Newcomers Ride All Class Ride	
July	West Point Weekend	Basil Ashmore
August	All Class Ride	
September	Ride Noho Weekend?	
October	Catskills Weekend? ENY	Katie ?
December	Connecticut Shoreline Holiday Party	Gary McGrame

Of these events, Ride Noho and the Catskills Weekend are questionable. Carol will contact each event leader to determine their need for volunteers.

Rides: It is still an open question as to whether or not the club will use an incident report.

Website: Tim will post the NYCC roster to the website.

Advocacy: n the works now is the configuration and implementation of the 8th Avenue bike lane, an important issue for the Club and the NYC Bike Coalition.

Archives: Chris Mailing has provided, on loan, NYCC Bulletins from 1973. It was agreed that preserving this history is our obligation.

Discussed at length was a strategy for digitizing and archiving these 3,000 or so pages.

Next Board Meeting: April 4, 2006 at 6:30. 165 west 46th, 16th Floor.

The meeting was adjourned at 8pm

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## Out of Bounds

Saturday April 22, 2006, 9:30am

Event: The Eighth Annual Blessing of the Bikes

Location: Cathedral Church of St. John the Divine, Amsterdam & 113th St.

Bring your bicycle INSIDE the Cathedral Church of St. John the Divine so the Rev. can sprinkle it with holy water. This event is a free, non-denominational

short, and amazing event .

For more information: <http://www.bicycleshows.us/blessing/index.html>

Saturday May 6, 2006

Event: 3-State 3-Mountain Challenge

Location: Chattanooga, Tennessee

One of the southeast's most scenic and challenging centuries. The rigorous 100-mile option will take you through 3 states (Tennessee, Alabama and Georgia) and over 3 mountains (Suck Creek, Sand and Lookout). There is a 62-mile option which climbs one mountain and visits 2 states plus a flatter 25-mile option.

Due to the popularity of the event there will be a strict registration cutoff date of April 24 or a 2000 rider limit, whichever occurs first.

For more detailed information including host hotels reserved for the event visit [www.chattbike.com](http://www.chattbike.com) – Online registration is available from [www.active.com](http://www.active.com).



# C SIG 2006



Saturday, March 11th, saw the first of two self-classification rides for this year's edition of the C SIG, with 48 participants being greeted by a preview of spring, with warm, almost balmy sunshine, with clear, blue skies and no wind.

The ride consists of three non-stop laps of Central Park to determine which group riders are suited to.

The fastest participant, Jose Varela (pictured above with C SIC go captain Jim Janoff with time sheet at the ready), completed his three laps in 66 minutes and seemed very relaxed when he came in. Potential A-Classic material, perhaps. Varela was riding a very nice-looking steel, LeMond L'Alpe D'Huez frame. Second in was Jessica Bosanko with a time of 67 minutes.

More than 60 pre-registered riders were due to participate the following week.

C SIG co-ordinator, Mitch Levine, said this year's participants had been the fastest he had seen in three years of being a C SIG leader.



Main picture: Mitch Levine

# I want YOU



**NYCC**

**At West Point**

**This July 4th Weekend**

**MARK YOUR CALENDARS NOW**

**NYCC**

NYCC July 4th Weekend at West Point

Saturday, July 1 to Tuesday, July 4th, 2006

Details and registration will be available by April 1, 2006



# Berkshires Weekend Memorial Day Weekend May 26-29

It's not too early to think about spring. The NYCC 2005 Berkshires Weekend is only three months away. There's 3-4 days of cycling through beautiful country roads, farmland and of course the Berkshire Mountains. There'll be rides for cyclists at every level. And we're returning to the Egremont Country Club for our windup dinner for only \$30.00 a head! If you have any doubts, ask anyone who was with us in 2005.

It's not too early to reserve a place to stay. Book your favorite B&B now! Please refer to [www.NYCC.org](http://www.NYCC.org) and follow the links to Weekend Events and the Memorial Day weekend. There you will find links to local hostelries as well the Active.com form for registration for the NYCC Sunday night dinner. Since we will again be distributing our information packet by e-mail, registration via Active.com is the easiest way to give us your E-mail address.

New routes and new ride leaders are always welcome. If you are familiar with the Sheffield/Great Barrington area and want to do either, let us know.

For further information, contact [Berkshires@NYCC.org](mailto:Berkshires@NYCC.org) or call Fred Steinberg, 212 787-5204. Up-to-date information will be posted on the [www.NYCC.Org](http://www.NYCC.Org) site and weekly E-mailings.

**NYCC**

# 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](mailto:hschiffman1@nyc.rr.com) and give him plenty of notice.

FROM GCT	ARRIVES	AT/FROM	DEPARTS	ARRIVES GCT
7:35 AM (Hudson Line)	9:49 AM	Poughkeepsie	03:33 PM	05:27 PM
8:53 AM (Hudson Line)	10:46 AM	Poughkeepsie	04:33 PM	06:27 PM
		Poughkeepsie	05:33 PM	07:19 PM
7:48 AM (Harlem Line)	9:20 AM	Brewster North	03:09 PM	05:38 PM
8:48 AM (Harlem Line)	10:20 AM	Brewster North	04:09 PM	06:37 PM
		Brewster North	05:09 PM	07:37 PM
8:07 AM (New Haven Line)	9:52 AM	New Haven	02:59 PM	04:40 PM
9:07 AM (New Haven Line)	10:20 AM	New Haven	03:55 PM	05:40 PM
		New Haven	04:55 PM	06:40 PM

RIDE LEVEL	DESCRIPTION
A	Vigorous riding with advanced bike handling ability, including co-operative paceline skills. Stops every 2 hours or so.
B	Moderate to brisk riding with more attention to scenery. Stops every hour or so.
C	Leisurely to moderate riding, sightseeing and destination oriented. Stops every half-hour or so.
<b>CRUISING</b>	<b>CENTRAL PARK SELF TEST</b>
<b>SPEED</b>	<b>FOUR LAP TIME</b>
22+ MPH	1:10 OR LESS
21	1:10 TO 1:13
20	1:13 TO 1:16
19	1:16 TO 1:20
18	1:20 TO 1:25
17	1:25 TO 1:30
16	1:30 TO 1:38
15	1:38 TO 1:48
14	1:48 TO 2:00
13	2:00 TO 2:14
12	2:14 TO 2:30
11	2:30 TO 2:50

## Classified

If you are a club member and have an item/s to offer for sale, send the details to [bulletineditor@nycc.org](mailto:bulletineditor@nycc.org). Include as much detail as possible and please feel free to supply a digital photograph of the item you want to sell.



# 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



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

**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

**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

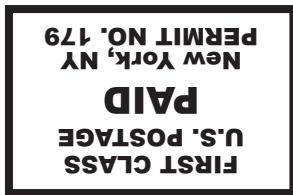
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Make Check payable to 'New York Cycle Club'. Mail to: New York Cycle Club, PO Box 4541, Grand Central Station, New York, NY 10163, USA. **Note: checks take six to eight weeks to process.** You may also renew online through active.com to receive a \$2 discount. Online registration is instantaneous. Visit: [http://www.nycc.org/home\\_join/shtml](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.



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**Tuesday, April 11th, 2006**

**A Tale of Resistance**

**A \$200 Louis Garneau gift certificate will be raffled at this meeting  
(This is the cancelled January 2006 program)**

**C**ycling is about getting from here to there. As you may have noticed, that simple task can take an awful lot of effort. This presentation looks at what gets in the way of that effortless fun we all wish for. We'll explore the phenomena of acceleration, rolling resistance, aerodynamic drag and climbing, learn how friction is both friend and foe, and get a good feel for the effort involved in cycling. We'll de-mystify work and power, watts and friction coefficients, and other terms thrown around in cycling literature. The talk will be in easy-to-understand language with lots of graphics and a minimum of math, so there will be nothing here you can't understand.

**Peter Matusewitch** is a structural engineer, cyclist, and a long-time Club member with a talent for making applied science understandable and accessible. This will be his second talk for the club on the science behind cycling. His first talk, two years ago, was a runaway hit. Can he do it again? Come on out and see.

**Swap table:** Bring bike-related items that you want to swap or sell. Price them, affix your name to them and see them find a new and happy home.

**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.

At the meeting will be Sid's Bike Shop, 235 East 34th Street (between 2nd and 3rd Aves), New York, NY 10016, Tel: 212-213-8360 <http://www.sidsbikes.com>. Sid's staff will be on hand to discuss the latest bike stuff.

**Annie Moore's Pub and Restaurant (Downstairs)**  
**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 wish to dine, payment for dinner is compulsory**