

May 2006

NYCC Bulletin



**SIG Graduation Rides
SIG Ride Listings
Full Ride Listings,
including STS rides
Bicycle Advocacy**

May is cycling month

May is Bike Month. Bike to work; encourage your friends and co-workers to get out on their bikes; make a date to take someone cycling. Also, learn about cycling advocacy. Your individual voice can become part of the collective voice to make cycling better and safer in New York City. NYCC belongs to the New York City Bicycle Coalition, and the Coalition is working with city agencies and key politicians to improve cycling safety and the cycling infrastructure. We'll be calling on you to do some grass roots lobbying. Please respond by taking whatever action we suggest (mostly writing to or e-mailing politicians).

Our May meeting program will be about cycling advocacy. Please join us and learn how easy it is to make a positive impact on cycling in our community. If we're all involved, it will make a difference and conditions will improve. If each of us leaves it to someone else, nothing will change.

Meanwhile, be careful out there. And, oh yeah, obey the traffic laws. Spring is when the traffic cops tend to blossom like flowers and write tickets for running red lights or riding the wrong direction on a one-way street. Cyclists have the same rights as any other vehicle on the road, but we also have the same responsibilities. Please at least yield to pedestrians in the crosswalks. Thanks for helping give cyclists a good reputation.

Carol Waaser

Club Event for May Thursday, May 18th, 2006

Broadway Billiard Cafe
10 East 21st St (Between 5th & B'way)
7-9pm

This month the NYCC is going to shoot some pool at Broadway Billiards, an 'old-school' type of pool hall, the type of place that evokes Jackie Gleason and Paul Newman portraying the hustlers of yesteryear. Slate has 22 tables, a bar offering beer and soft drinks, and even a ping-pong table. The charge is a ridiculously low \$4 per hour per person. In other words, four people (two teams of two shooters) can play a few rounds of 8 Ball for \$16 an hour, or \$4 per person. That's really cheap. Beers are inexpensive, too. Please RSVP to events@nycc.org, or just show up on the 18th at 7pm. Let's Rack 'em Up! The more, the merrier . . .

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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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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Front cover: Class of 2004 B17 SIG group celebrates the end of a successful graduation in a time-honored fashion, with our very own president, Carol Waaser, heartily partaking.

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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 

Recurring rides in May

Sundays in May (From May 21 onwards)

A19 58 miles 9:15 am River Rd-(Sneden/Ash)-Bradley-Tweed-Ike

*Leader: Richard Rosenthal, rr@ro-ads.com, 212-371-4700
From: Central Park Boathouse*

This route is gorgeous, challenging and, maybe best of all, traffic-free. There are lots of uphill. I cannot ride uphill. Result: I involuntarily lead from the rear on all of them. If you have a choice of cogs, know two or three of the climbs are circa 10-12%. While very strong riders are welcomed, be advised the pace is beneath you. I am old, overweight and insist on remaining out of shape, so don't think you can coax me to join you. No lunch stop. Snack at Mile 31.

Tuesdays and Thursdays in May

B17 18-24 5:45 am Morning Laps in Central Park

*Leader: Linda Wintner, 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 e-mail listings and message board in case I need to cancel or change anything at the last minute (which I rarely do). Cancels: precipitation or wet pavement or temperature below 25°F (-4°C) at the start.

Tuesdays in May (7th and 14th only)

B8-10 5-15 miles 7 am Bear Mountain Ramble

*Leader: Stephen Baccarini, stbaccarini@optonline.net, 347-992-0782
From: 125th and First Ave*

Enjoy the alpine scenery as you practice your climbing skills on the Bear Mountain Auto Road. We either drive to BM direct or go to Rockland Lake and do some type of improvised ride to Bear Mt. Transportation provided. Please RSVP offline space limited.

Tuesdays in May (2nd and 23rd only)

B17 35 miles 9:30 am A Quickie!

*Leaders: Margaret Cipolla, cipollam58@yahoo.com, 718-275-6978; Amy Hanowitz-Britt, 212-288-6324
From: Engineer's Gate, 90th St and East Drive*

Join Amy and I for a quick out and back on 501, with a 20 minute stop at the farm. We leave promptly at 9:30 and we don't ride if it's raining or likely to rain.

Wednesdays in May

A18 30 miles 7 pm Urban Adventure

*Leader: John Zenkus, 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 an 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.

Wednesdays in May (Except 31st)

C14 24 miles 7 pm Wednesday Eves in the Park

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

From: Engineer's Gate, 90th St and East Drive
Our mid-week spin in the park is the best way to keep strong in between weekend rides. Siggies take note, you will need to cycle during the week as your rides will be getting longer. Please bring the usual, plus blinking lights (as we may be ending after dusk) and maybe a lock & some money for those who may wish to grab a bite afterwards. Lousy weather, or the threat thereof, cancels.

Wednesdays in May (From 10th onwards)

B16/17 50 miles 9:30 am If It's Wednesday This Must Be River Road

*Leader: Maggie Schwarz, mschwarzny@aol.com, 212-206-7672
From: Eleanor Roosevelt statue, 72nd St and Riverside Drive*

A casual ride up Riverside Drive, over the GWB, and up River Road to either Piermont or Nyack depending on our schedules. We have lunch in the

Piermont gazebo or at the Spoon in Nyack, and are back on the NYC side of the bridge by 2.30 or 3. IMPORTANT: Sign up the day before on the message board, then check back later that evening to see if we're ON.

Last Wednesday of the month

B17 30 miles 7:00 pm Last Wednesdays in Prospect Park

Leader: David Sabbarese, dsabbarese@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 for a change. We'll do several loops stressing safety and good riding techniques. An alternative to our regular Weds nite series in Central Park. Bring the usual, plus blinking lights as we may be heading back to the city after dusk.

SIG rides in May

Saturday, May 6, 2006

A-SIG 95 miles 8 am A-SIG Classic, ride #10: Bedford, Cold Spring

Leaders: Lisa Lurie, 917-749-3065; Jody Sayler, 212-799-8293; Jason Winstanley, 212-928-6209

From: Central Park Boathouse

This ride is bar none the most beautiful ride of the A-SIG. Don't miss it! Now we have it all: skills, teamwork, predictability, endurance and speed. Let's put it all together and see if we can fire on all cylinders. Eat a good breakfast and bring pocket food and two water bottles, because we're not stopping until we hit the 40-mile mark. We'll ride through Southern Westchester and Greenwich CT, past Leona Helmsley's Estate and up hilly roads to the idyllic town of Bedford for a picnic on the town green. The ride then gets even better as we pass on through to Cold Spring for a visit to Christy and Jody's home. It's not long until Graduation Day. You're going to make it! Rain date: Sunday, May 4.

A-19 SIG 72 miles 7:30 am A-19 SIG Ride #10: Darien and Westport, CT

Leaders: Ed Fishkin and the A-19 SIG Leaders, 718-633-3038; Jim Galante, 201-503-9192

From: Grand Central Terminal, Information Booth

Arrive at Grand Central no later than 7:30am and purchase your tickets accordingly (8:07am MetroNorth train to Darien and return in the afternoon from Westport)

How to lead a ride and read a cue sheet

This is one beautiful ride! You will have a phenomenating experience today. The elegance of double rotating pacelines in the pastoral setting of rural Connecticut will combine to present you with a breathtaking tour de force in an incredible ride. This is an all time SIG favorite. You are feeling so strong because your weekend training has reaped benefits for you. You're awesome! We'll be able to pick up the pace a little and really see the energy preserving and aerodynamic advantages of double paceline riding. The ride has plenty of twists and turns and siglets will use this opportunity to learn how to lead a ride and use a cue sheet. You can get a bagel and coffee and bring it on the train. **MAKE CERTAIN YOU HAVE A METRO NORTH PASS WITH YOU; YOU WON'T BE PERMITTED ON THE TRAIN WITHOUT ONE.** You must obtain a pass at Grand Central ahead of time, not on the day of the ride; they are good for life. ****Don't forget to look at the schedule for tomorrow too and sorry for the ridiculously early start time today!**

B16, 17 & 18 70 ± miles 8 am B-SIG Cold Spring via Harriman State Park

Leaders: John Kalish, john@kalish.com 212-477-8661; Reg Johnson, rabjohnson@optonline.net, 718-828-5309

From: 72nd & Riverside (Statue At the entrance to Riverside Park)

Congratulations! It's time for our graduation ride. You deserve this lovely route through Bergen, Rockland, Orange & Putnam counties. We will cycle

through the burbs then it's up Seven Lakes Drive, cross the Hudson at the Bear Mountain Bridge, then it's on to Cold Spring for a celebration at the Depot Café. Bring money and lots of pocket food for this ride has very few food stops. We will ride Metro North home from Cold Spring so bring that train pass. NOTE DIFFERENT START TIME AND LOCATION. Cancels: predicted actual temperature below 25-degrees; raining or snowing; wet or slick roads; or steady winds above 40 mph. Check nycc.org bulletin board or call listed leaders if uncertain. And if weather cancels, we try again on Sunday.

C-SIG 55 miles 9 am C-SIG Ride #7 to Park Ridge

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

From: Central Park Boathouse, parking lot

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.

Sunday, May 7, 2006

A-19 SIG 20-50 miles 9:30 am A-19 SIG Special Session: Maintenance and Bike Handling Skills

Leader: Ed and the A-19 SIG Leaders, 718-633-3038

From: Central Park Boathouse

SKILL: Bicycle Maintenance and 'Special' Skills

Bring your bike. This activity is limited to "A-19 SIG" participants (sorry). We'll ride at recovery pace over the GWB to the boat launch under the GWB on River Road, where we'll split up and half the group will ride with the pros and learn the skills necessary for crisis management on your bike (facing obstacles, riding over gravel, sudden flat tires/blowouts, slippery roads, bumping another rider, cornering techniques, etc.) The other half will learn the essential tips and techniques necessary for you to keep your bike running like new every day (basic maintenance schedule, how to fix a flat, how to clean and lube your chain, adjusting brakes and derailleurs, and other skills too). Then we'll switch groups and repeat the process. Afterwards some may ride on up the Hudson or you can choose to return to the city.

Saturday, May 13, 2006

A-SIG 70-90 miles 8 am A-SIG Classic, ride #11: Participant-led ride

Leaders: Jeff Robins, 212-794-227; Hector Roman, 917-915-8444

From: Central Park Boathouse

This is the day for A-SIG Classic participants to show all they've learned as well as their strength, character and finesse. Today they lead. Who will step forward? Where will we go? This ride requires co-ordination in the weeks prior. E-mail messages and phone calls will fly back and forth thickly as we nail down a plan of action and a challenging route. Our graduation candidates will create maps and a cue sheet. They will sign us in and group us and co-ordinate our day. Gather at 7:30 to create groups and chat before pulling out at 8 sharp! Rain date: Sunday, May 14.

A-19 SIG 80 miles 8:45 am A-19 SIG Ride #11: South Mountain Road

Leaders: Ted Feury, 646-554-3922; Mari Berkley, 646-256-9036; David Estrada, 646-305-5224

From: Central Park Boathouse

Speed & Hills

And you thought last week was tough? More hills today (they don't call it South Mountain Road for nothing). Practice makes perfect. Is it nirvana you're seeing or are you just hallucinating from the oxygen debt? You'll slide back on your saddle, extend those legs and power up the as your group attacks hill climbing again. By the time we finish this ride, you will be repeating the mantra, "I love hills, I love hills... I hate Ed, I hate Ed!" The payoff comes at the finish line. We'll sail back into Central Park and cruise to the hill with the audience standing and screaming at your triumphant arrival. Don't forget your pocket food and drink plenty of water before, during

and after the ride. You won't believe how great you look and feel. Save a few smiles for the post ride social on the grass hill across from the boat-house.

C-SIG ? miles 9:00 am C-SIG Ride #8 Mystery Graduation Ride

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

From: Central Park Boathouse, parking lot

We never tell where in advance, but all 4 groups meet at a picnic location, with some nice surprises from your ride leaders, as thanks for all your hard work. As usual, don't hesitate to contact your ride leader if you haven't received an email re instructions for this ride. Check www.nycc.org Message Board after 7 am for any last-minute changes or postponements.

Saturday, May 20, 2006

A-SIG 105 miles 7:00 am A-SIG Classic, ride #12: Bear Mt, Graduation ride

Leaders: Christy Guzzetta, 212-595-3674; Timothy McCarthy, 718-204-7484

From: Central Park Boathouse

Bring your caps, gowns, cameras and champagne. Today we finish with a blast. Please note that we take off at 7:00! Be at the parking lot, signed in, helmets on ready to ride by 6:45. We'll barrel north along the Hudson, stopping for fuel in Stony Point, NY, then climb up Perkins Drive to the top of Bear Mountain. From this point, we head west along the rolling beauty of Seven Lakes Drive and turn south to drop down Gate Hill Road. We then refuel near Mt Ivy, meander over to Saddle River and from there, shoot back to NYC. The ride ends with a celebratory reunion on the hill across from the Boathouse in Central Park and group dinner that evening! What a fabulous day and a fabulous series! Bring pocket food, sun block and

lots of water. How much will you miss us next week? Rain date: Sunday, May 21.

A-19 SIG 100 miles 7:30 am A-19 SIG Graduation: Bear Mountain Fandango

Leader: Ed Fishkin and the A-19 SIG Leaders, 718-633-3038

From: Central Park Boathouse

THIS IS YOUR GRADUATION RIDE!

It's Graduation Day and you siglets had better not be late! Arrive at 7:30am for an exhilarating day... Congratulations, here is the moment you've all been waiting for. Bring your caps and gowns, your pomp and circumstance, and the champagne. Don't forget the sunscreen and plenty of water too. I hope all of you carbo loaded (or alternatively, cannoli loaded) this week. Today, we'll finish off this puppy with a blast. We'll barrel north forging a new classic route into the mountains, even skirting along the Hudson River at breakneck speed (safely of course), observing all the rules of the road and of good sportsmanship. We'll peline out of Harriman State Park and then climb Perkins Memorial Drive onto Bear Mountain. The ride will have a surprise ending where we be able to reload our stomachs and slake our thirst in the lovely hamlet of Cold Spring. Warm, fuzzy and full (hopefully not too smelly) we'll return back to the city. What a fabulous day is in store for you. Bring your METRO NORTH TRAIN PASS, pocket food, sun block, and lots and lots of water (I know I repeated it, but it's really important today). Remember, we want to let you down easily; no cold turkey without us on Saturday mornings from now on. Ergo, your leaders hope and expect to see you for the Bloomin Metric, the after-SIG rides, and the Club's Sheffield Memorial Day weekend in the Berkshires. Ask us for more details or check the bulletin. Remember to come to the June NYCC club meeting (June 13, 2006) for your commencement ceremony and to receive your ready-to-frame diploma. How much will you miss your leaders from now on?

Regular Rides Listings start on Page 6

Bike Cargo Boxes Available To Rent



NYCC now owns two bike cargo boxes that will allow you to bring your bicycle on an airplane. The boxes measure 30"x47"x10" and come with wheels. They are available for rent by club members for \$25 per week. There is a non-refundable reservation fee of \$25, which will be deducted from the final cost of the rental. A pedal wrench is included as well as instructions on how to pack your bike. To reserve a box please call Joanne McGarry, 212-505-2755, or e-mail:

Joanne.McGarry@mail.co.nassau.ny.us
Checks payable to NYCC

NYCC

Regular Rides in May

Wednesday, May 3, 2006

A19/21 40 miles 6:15 am The Sun Rises Too: River Road Return via 9W

Leader: Kim Jenkins, kimjenkins@aol.com, 917-359-5736

From: NW corner of 40th and 2nd Avenue or we will meet you on way to the GWB

We will head to River Road with a return via 9W. The usual cancels, check the message board for last minute updates. Please RSVP.

B17-18 24+ 10:55 am Car-free late morning laps in Central Park

Leader: Susan Rodetis, srodetis@earthlink.net, 212-288-9663

From: Central Park Boathouse

Let's break during the day and do laps in the park w/o the cars (and when we're fully awake!). Workout will vary. 4+ loops. NOTE: If there's interest in future daytime CPK laps starting later in the morning – please contact me.

Saturday, May 6, 2006

A23 90 miles 7:30 am STS-A23 - Sam's Point

Leaders: John Zenkus, jiz2116@aol.com, 917-617-0901; Hank Schiffman, hschiffman1@nyc.rr.com, 212-529-9082; Stephen Geist, geist@un.org, 212-963-8700

From: Grand Central Terminal, Information Booth

The Shawangunk Mountains is a traditional destination for this series. Starting in Peekskill, this ride ends in Beacon. On route are three major climbs: Route 9W through Storm King, Route 52 and South Gully Road, with 8000 total vertical feet climbed over the route's 90 miles. Meet at GCT around 7:30 AM to catch the 7:51 train to Peekskill. 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+ 65-85 miles 9 am STS A-19 Ride #10: Harriman Hills #2

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

From: Central Park Boathouse

Harriman the hard way: Little Tor / Gate Hill Rd and assorted rollers to get there, and that may be enough. If not there's Arden Valley Rd and of course Bear Mountain. Return via MNRR from Cold Spring, Garrison or Peekskill.

A19* 100 miles 8 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 skill and adhering to pace and riding etiquette are a must.

B17/18 106 miles 8 am STS-B17 The Grand Finale – New Canaan, CT

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

From: Central Park Boathouse

Don't miss it!! The last in our progressive series for B-SIG graduates (or experienced riders.) Bring a positive attitude, your train pass (just in case) and all the usual stuff. Cancels: precipitation, wet roads and temperatures below freezing. If a ride is cancelled, we try again Sunday. Always check the NYCC message board for last-minute ride information.

Sunday, May 7, 2006

A23 85 miles 9 am STS-A23: New Brunswick - Carversville, PA

Leaders: John Zenkus, jiz2116@aol.com, 917-617-0901; Peter O'Reilly,

ptor@prodigy.net

From: Penn Station NY and Penn Station Newark

The STS-A23's final "breakthrough weekend" features a reprise of the popular New Brunswick-Carversville, PA ride. Meet at Penn Station 9:00 for the 9:14 train to New Brunswick. While a bike pass is not required, helmet, ample food and water, spare tubes and a pump are a must. If the weather appears doubtful, check the message board where the ride's status will be posted by 6:30am.

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

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

From: First Avenue and E. 64 St., NW corner

Once again we offer a ride that accommodates different types of riders. We travel as one group to Scarsdale for refueling and then separate into two groups. A faster group heads north to sample some of Westchester's most impressive hills. A slower group has a shorter but equally scenic ride home.

C13 45 miles 9:30 am C STS #8 Greenwich and Stamford

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

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

Let's meet at the benches just above Isham St on Broadway (underneath the Giant Gingko Tree) Leaving from northern Manhattan we spend 15 of the trip miles way out in Connecticut rather than battling Manhattan traffic going out and coming back. Let's venture north again on a very pretty route through the burbs of lower Westchester but this time keep going into Connecticut. The lovely residential roads with immaculate landscaping just get better and the mansions get larger as we go through the backroads of Greenwich. The terrain is a little hillier as we head east. If we're lucky and can get in, we'll do the loop in the Long Island Sound of Old Greenwich Point park, and end up at Stamford train Station. Club riding etiquette will be observed. Cancellation: starting temp below 40°F (4°C), wind chill below 30F (-2°C), icy roads, actual or 50% chance of precipitation. Call Maggie After 7:45 am if in doubt.

Wednesday, May 10, 2006

B16 50-60 9 am Jay's LoHud Series/West Bank Vistas

Leader: Jay Jacobson, joanandjay@aol.com, 845-359-6260

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

Piermont, Nyack and/or Rockland Lake via interesting route(s) such as Rio-Vista/Esplanade, County/Piermont Roads, Tweed, Bradley, Crusher/Christian Herald, River Rd, The Upper Nyack park/Hook Mountain Trail and the newly paved Orangetown Trail. Specific route will be determined by wishes and abilities of group. A brief visit to a mini cycling/touring museum may be included.

C12+ 18 miles 6:45 pm Manhattan Evening Ride

Leader: Trudy Hutter, 212-838-2141, Trudyth@aol.com

From: Plaza Hotel Fountain - 5th Avenue between 58th & 59th Streets

In celebration of Bike Month NYC, join us for the annual fun leisurely evening ride on Manhattan's Greenways/Pathways. We plan to go through Central Park, down the West Side Pathway to Battery Park, through South Street Seaport and up the East side and back to the Plaza. Bring pocket food, water, spare inner tube and lights. Co-listed with The Weekday Cyclists in NYC and the 5BBC. Rain Date: Wednesday, May 17

Friday, May 12, 2006

B17/18 60 miles 9:10 am Nyack

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

From: City Hall Park, Opposite Brooklyn Bridge

Optional meeting point at 72nd St and Riverside Drive approximately 9:35. Scenic route to Nyack with some hills. Call or e-mail to confirm.

Saturday, May 13

A23 115 miles 8:30 am STS-A23 - Greenwood Lake

Leaders: John Zenkus, jjz2116@aol.com, 917-617-0901; Hank Schiffman, hschiffman1@nyc.rr.com, 212-529-9082; Chris O'Connell; Peter O'Reilly, ptor@prodigy.net

From: Central Park Boathouse

While not quite as hilly as some of the previous rides, this route to Greenwood Lake via Skyline Drive pushes the distance in preparation of next week's graduation ride. Return to the city is via Hogback, Route 106 and Saddle River. Please be prepared for a long ride with few stop bringing ample fluids, power bars or gels (many), money for lunch, a bicycle in good repair, along with the mandatory helmet. Check bulletin board for updates.

A19+ 100+ miles 8 am STS A-19 Last Ride #11: Skyline Drive; Greenwood Lake; Sugar Loaf Mountain

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

From: Central Park Boathouse

The last ride of this series takes us into Orange County, over the Skyline Drive into Greenwood Lake for lunch by the lake. Then a pretty ride thru farms and woodlands to Sugar Loaf, Chester, finally over several ridges to Beacon. Once over the Skyline Drive there's no easy bailout, just tough and tougher routes home. Be prepared! Return via MNRR, pass required.

B17/18 55 miles 7:50 am Connecticut & NYS Ramblings

Leader: Susan Rodetis, srodetis@earthlink.net, 212-288-9663

From: Grand Central Terminal, Information Booth

New route! Skim the shoreline, then pass thru quiet residential 'burbs and along pretty secondary roads to tony, historic, and horse-y parts of SW Fairfield & SE Westchester counties. Ward Pound Ridge Reservation is our scenic lunch spot. Varied terrain; some hills/rollers but no nasties. Optional shoreline add-on at end of trip. Metro-North bike pass; 8:07AM GCT bike train. Bring hydration & lunch (can restock en route if needed). Check message board by 6:30AM for updates. Co-listed with the 5BBC.

Sunday, May 14, 2006

B16 35+ miles 8:30 am Quick Spin, back for lunch with Mom

Leaders: Reginald Johnson, rabjohnson@optonline.net, 917-825-0952; Tonya Harroun, bikintonya@yahoo.com, 718-828-5309

From: George Washington Bridge, NY side bike path entrance

Quick spin out to Piermont. Group decides route. Brief stop in Piermont so that we can be back in time for Lunch with Mom (hopefully!). Rain, wet roads at start or high winds cancel. Check message board for updates.

C12-13 50 miles 9:30 am STS C13 #9= Get Back in Shape: Little Falls; Paterson Falls

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

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

We'll go through Cherry Blossomland going and coming and maybe get to see some of the very late blossoms. We will see both Little Falls and the Paterson waterfalls if we're up to it, which some have called New Jersey's answer to Niagara. Alexander Hamilton recognized the value of these falls for energy generation. We'll have a nice picnic there at the falls, then return a slightly different way. Since there were a number of weather-cancelled rides in March and April, the ride may be shortened. Club riding etiquette will be observed. Cancellation: See listing for C12-13 STS, Sunday, May 7, 2006. Call Maggie After 8 am if in doubt because of weather conditions.

Wednesday, May 17, 2006

Rain date for May 10's Manhattan Evening Ride. See above for time meeting place and details.

Thursday, May 18, 2006

B17 42 miles 9:30 am Northvale

Leaders: Margaret Cipolla, cipollam58@yahoo.com, 718-275-6978; Amy Hanowitz-Britt, 212-288-6324

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

Join us for a ride to Northvale for bagels. 505 out, 501 return. We leave promptly at 9:30 and we don't ride if it's raining or likely to rain.

Saturday/Sunday, May 20-21, 2006

A17-22 250 miles 7 am Montauk Twin Century Weekend

Leader: Marty Wolf, 212-935-1460

From: Call Leader

This is a two day ride: Sat May 20 to Montauk/Sun May 21 from Montauk. Call leader for motel cost and meeting place. On Sunday we'll return on some of the same roads used by the one-way century riders. We also tend to break into tiny groups of two or three as we find others who ride our pace, so some riders will go much faster than others. Note, rooms are often limited this early in the season and must be paid in full in advance (cancellation date May 14). Leader will have a few rooms reserved for the earliest callers.

Saturday, May 20, 2006

A23 130 miles 7:30 am STS-A23 - Tour des Catskills

Leaders: John Zenkus, jjz2116@aol.com, 917-617-0901; David Carr, carrdavid@gmail.com, 212-280-1382; Bill Greene; Sal Cenatiempo, spcena@hotmail.com, 917-302-2327

From: Grand Central Terminal, Information Booth

Last rode in 2004, this challenging route nevertheless proved quite popular, with long, flat distances where paceline skills will be vigorously employed during the approaches to the routes three major climbs. This is a very long ride with much climbing. Please be prepared, bringing ample fluids, power bars or gels (many), money for lunch, a bicycle in good repair, along with the mandatory helmet. A MetroNorth pass is required, as this ride starts and ends in Poughkeepsie, taking the 7:51 AM train from GCT. Check bulletin board for updates if weather appears unfavorable.

B15/16 67 miles 9 am May March to the Beach

Leaders: Tonya Harroun, bikintonya@yahoo.com, 718-828-5309; Reginald Johnson, rabjohnson@optonline.net, 917-825-0952; Mystery Leader

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

The SIG and STS programs are complete, so now it's time to show off our great group riding skills. Join us for one of our favorite routes to Oyster Bay. If it's nice, we'll have lunch at the beach. Lousy weather cancels.

Sunday, May 21, 2006

A19 55 miles 9 am A Farewell to Arm Warmers - Pearl River

Leaders: Richard Ramon, ramonr@coned.com, 646-823-6051; Kim Jenkins, kimjenkins@aol.com, 917-359-5736

From: Central Park Boathouse

Yesterday was Armed Forces day and the last day of the 2006 SIG. Hopefully it'll be warm enough to go without arm warmers. We'll cross the G.W. Bridge and head straight (more or less) to Pearl River for lunch. For you former Army Paratroopers and Navy Seals, leave your parachutes and SCU-BA at home. You won't need them on this ride. Bring your helmets, small bills for lunch and all the skills you learned on the SIG. Cancels: The usual.

B13 50+ miles 7:45 am 50 Plus - Age/Miles/Turns/Occasionally Hills

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

From: Grand Central Terminal, Information Booth

Buy one-way ticket for 8:07 to Darien, CT. A winding route to a Ridgefield lunch, probably returning from the Tarrytown area. This touring-paced ride will be best enjoyed by a more-relaxed B rider as well as an experienced C rider.

I want YOU

At West Point

This July 4th Weekend MARK YOUR CALENDARS NOW

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



NYCC

B16 50-60 9 am Jay's LoHud Series/West Bank Vistas

Leader: Jay Jacobson, joanandjay@aol.com, 845-359-6260
From: Eleanor Roosevelt statue, 72nd St and Riverside Drive
 Piermont, Nyack and/or Rockland Lake via interesting route(s) such as Rio-Vista/Esplanade, County/Piermont Roads, Tweed, Bradley, Crusher/Christian Herald, River Rd, The Upper Nyack Park/Hook Mountain Trail and the newly paved Orangetown Trail. Specific route will be determined by wishes and abilities of group. A visit to a mini cycling museum may be included.

Friday, May 26, 2006

A19 65 miles 8:20 am North from Southeast to Sheffield

Leader: Fred Steinberg, fsteinberg@nyc.rr.com, 917-572-8926
From: Grand Central Terminal, Information Booth
 A rolling start to the 2006 Berkshire Weekend. We'll take the 8:50 train to Southeast (formerly Brewster North) and start riding from there. It's the same route as always, which is rolling/hilly through quintessential New England farmland and towns to lunch in Kent, Ct. Fred will take hillier route from Kent following the Housatonic to Cornwall Bridge and up Sharon Mountain. Hopefully another leader will volunteer to lead the flatter route which continues via Amenia and Sharon. The ride will officially end, as always, at the Stagecoach Inn, where we will again hoist a pint or two in memory of fellow wheelman Mark Martinez, who traditionally led this ride, and whose presence will be missed. It's another seven miles to Great Barrington.

Saturday, May 27, 2006

A21 80 miles 9:am Hudson Hootenanny

Leader: Stephen Crowe, crowenyc-bike@yahoo.com, 212-243-0493
From: Central Park Boathouse
 We'll have a rockin' good time on this quick ride up the west side of the Hudson. Quiet roads with lots of hills and river views. One short stop at a Deli around mile 40. Metro North home from Beacon. Bring your MTA bike pass, train fare, lunch money, two water bottles, lots of pocket food and the folk instrument of your choice.

B17 ?? miles 9 am Memorial Day Ride to Nyack

Leader: Sin Nombre, rabjohnson@optonline.net
From: Central Park Boathouse
 Start the summer in the right way. Meet new friends for an easy spin to Nyack and back. Got a better idea? Bring a cue sheet and let the group decide.

C14 55 miles 9 am Oyster Bay

Leader: Scott Wasserman, swrides@earthlink.net, 914-723-6607
From: Statue of Civic Virtue, Queens Blvd & Union Tpk, Queens
 We'll ride to this Long Island north shore town and take lunch to a park on the water, assuming they still don't enforce the resident only rule. There's even a LIRR station ride there just in case.

Sunday, May 28, 2006

B17 ?? miles 9 am Favorite Diner Ride

Leader: You and your new buddies, rabjohnson@optonline.net
From: Central Park Boathouse
 Spring has sprung and you should be riding! Show up at the Boathouse, find a few like-minded cyclists, and head out to a diner of your choice in the Jersey burbs or Westchester. Contact Reginald if you need a cuesheet or route recommendation. Rain or high winds cancel

Monday, May 29, 2006

A18 80 miles 8 am Somerville Criterium

Leader: Marty Wolf, 212-935-1460
From: Call Leader
 We'll take the PATH to/from Newark to this long-time special Somerville day. The races are wonderful as is the town! Last year I got us hopelessly lost on the return due to a new residential development which eliminated a series of roads, not reflected on the replacement county Hagstrom I'd purchased a few days before. Will try to scout the ride before Memorial Day!

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 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 or call Fred Steinberg, 212 787-5204. Up-to-date information will be posted on the 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 a15 mph cruising speed — see charts). Our rides are described by pace and style because it's more fun when the group is of similar ability. We ride for fun, fitness, and food.

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

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

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

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

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

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

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

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

Classified

If you are a club member and have an item/s to offer for sale, send the details to 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



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

Toqa 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 NEGLIGENCE 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.



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Tuesday, May 9th, 2006

Bicycle Advocacy

Come find out more and what you can do to help make cycling better in New York City

Do you sometimes ride your bicycle and are annoyed by the traffic, potholes or other road hazards. At the May meeting, **Naomi Renek** and **Ryan Kuonen** from Times Up's (<http://www.times-up.org>) a not-for-profit direct-action environmental group that uses events and educational programs to promote a more sustainable, less toxic city will be speaking on bicycle advocacy and highlight a few opportunities where you can help improve conditions for cyclists

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 **Piermont Bicycle Connection**, 215 Ash Street, Piermont, (845) 365-0900 <http://www.piermontbike.com>. Piermont's staff will be on hand to discuss the latest bike stuff.

Annie Moore's Pub and Restaurant (Downstairs)
50 East 43rd Sreet

(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