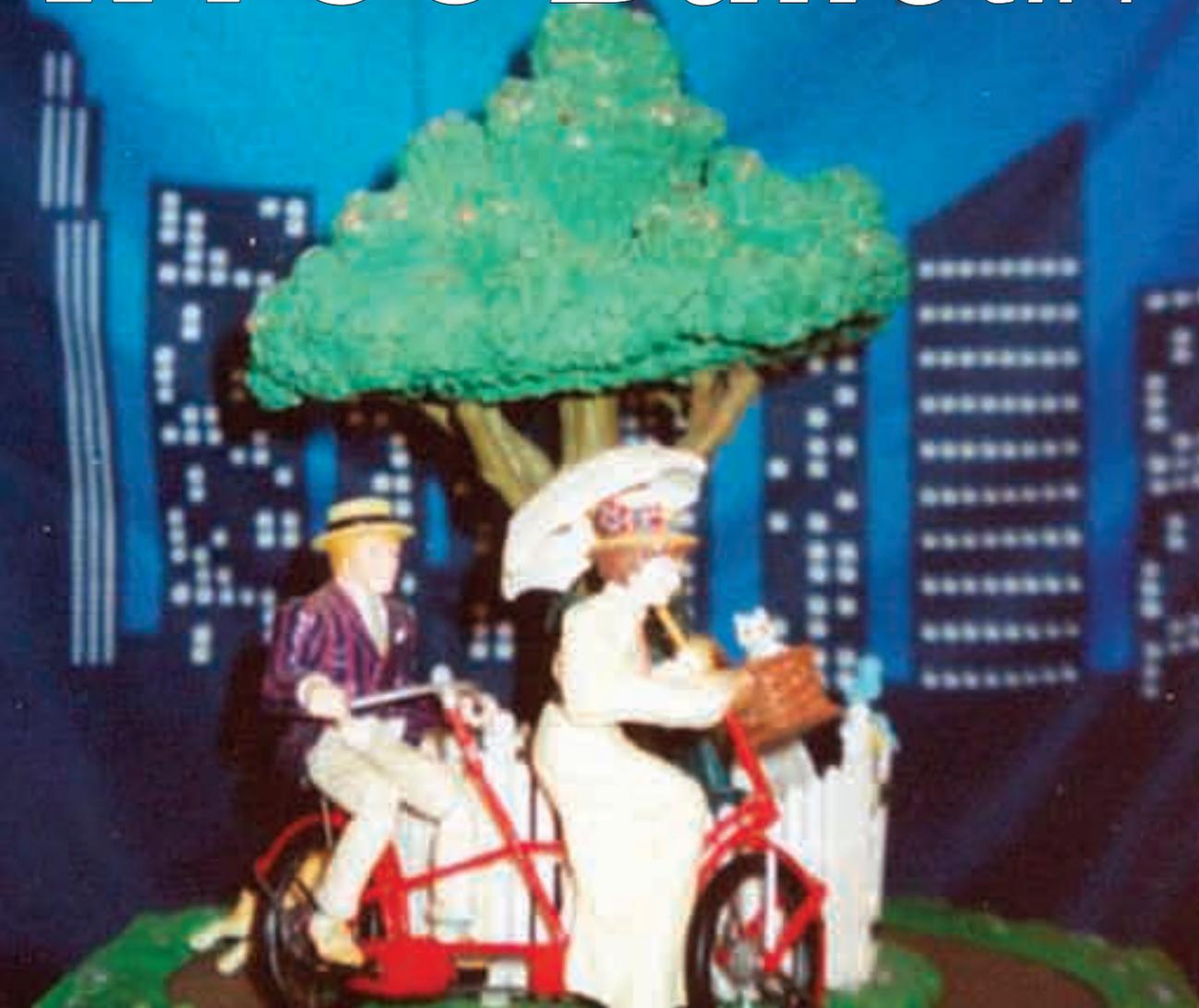


June 2006

NEW YORK CYCLE CLUB

NYCC Bulletin



**The Joy of tandem riding
Adopt a Highway Ride
Busy ride program for June
SIG graduation ceremony**

Letter from the Editor

I am in trouble and I owe an apology to our president Carol Waaser. Who am I to put a letter from the Editor in the place of her presidential message? I have been late in completing this month's bulletin; it is already past the 11th hour – literally and figuratively – and one of the last things I do is place the president's message on the page. Carol filed her copy very early – probably 10 days or more in advance of the deadline – so imagine my horror when I discovered tonight that she had actually sent me May's presidential message in error. But it is 11:42 at night as I write this, and the bulletin has to be printed tomorrow, or the mailout party will have to be cancelled at very short notice, which is unfair on our team of volunteers who turn out month after month to ensure that you receive your printed bulletin on time. Of course I should have checked the file when she sent it, but I did not.



So the least I can do, instead, is draw your attention to the Adopt a Highway Rides that are taking place on Saturday, June 3rd, which are open to riders at all A, B and C levels. Come join a group of intrepid A, B & C NYCC cyclists, as we cycle on familiar roads west of the Hudson. The club adopted a one mile section of 9W and you may have noticed the big blue signs to that effect on the sides of the road. So three times a year, we stop mid-ride for less than an hour to pitch in and clear up the trash that accumulates on the sides of the road.

Over the last two years, it has been great fun to ride, give something back to the NYCC and the community and, hopefully, create some good will with the non-cycling public along the way. Don't worry, we will provide the materials and cleaning equipment you will need. So check out the ride listings on line and in this month's *NYCC Bulletin* and join either the C13 ride with Scott Wasserman (8:30 Central Park's Boathouse) or the B15 ride with Reggie Johnson (8:30 Boathouse) or the A19 ride with Sharon Shachar and Herb Dershowitz (9:30 Boathouse).

Anthony Poole

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

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

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

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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 June

Sundays in June

(Except 18th when ride is held Saturday 17th)

A19 58 mi 8:15am River Rd. (Sneden's? 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, so I involuntarily lead from the rear on all of them. I am old, overweight, and chronically out of shape. It turns out you have to ride your bike to get in shape; I don't, so I'm not. The point is this: while very strong riders are welcome, be advised the pace will be beneath you. If you have a choice of cogs, know two, three, or four of the climbs are circa 10-13%. No lunch stop. Snack at Mile 31. Back around 1:30PM. Rain or drizzle cancels. Please check the Message Board. Tuesdays and Thursdays in June

B17 18-24 miles 5:45am 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 or interval training occasionally 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 listing and message board in case I need to cancel or change anything at the last minute, particularly the last week of June when I may have to travel on business. Cancels: precipitation, imminent threat of precipitation, or wet pavement.

Wednesdays in June

A19 30-35 miles 6:15 am The Sun Also Rises: River Road

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

From: NW corner of 40th and 2nd Avenue - or we will meet you on the way We will head to River Road with a return the same way. The usual cancels, check the message board for last minute updates. Please RSVP.

B16 50 +/- 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 Dr, over the GWB, then up River Road to Piermont or Nyack, depending on our schedules, for lunch. We're back on the NYC side of the GWB by 2.30 or 3. IMPORTANT: Sign up on the Message Board the day before, then check back later that evening to see if we're ON.

Wednesdays in June (14th and 21st)

B17-18 24+ 9:50 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 -- pls. contact me.

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 June (Except 28th)

B17 24 miles 7:00 pm Weds Eves in Central Park

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

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

We know the drill by now. We'll have enough daylight for four quick laps. All spinning, no stopping. Bring a helmet (mandatory), blinking lights (suggested as you may be going home after dusk) and some money and a lock (if you want to grab some dinner afterwards). Lousy weather cancels.

Wednesdays in June (28th only)

B17 38 miles 6:30 pm Weds Eves in the Park - Prospect Park

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

From: City Hall Park, Opposite Brooklyn Bridge

If it's the last Weds of the month, that means we're going to Brooklyn for a

change of pace. We'll pick up people @ City Hall Park (opposite the Brooklyn Bridge entrance) @ 6:30 pm, and be @ the Grand Army Plaza entrance to Prospect Park @ 7pm sharp. Several laps around, and return to the city via the Manhattan Bridge. Bring the usual. Lousy weather cancels.

Thursdays in June (1st and 8th only)

A21++ 52 miles 9:30 am Secret Thursday Ride

Leader: Jeff 'El Jefe' Vogel, jeffvgl@yahoo.com, 718-275-6978
From: Central Park Boathouse

An all-new format for this faster, hillier version of the Wednesday Ride. This is a NON-STOP ride. We'll do a cooperative, quick tempo ride north on Rte 505, climb Bradley and Tweed, and then head straight south on 9W for a fast trip home. We won't go thru Nyack or Piermont and there's no stop in Sparkill. There will be a social stop at the end of the ride for those who have the time. Please note that this ride will leave promptly at 9:30. No maps, no cue sheets, no requirements. No problems.

Thursdays in June (8th and 22nd only)

C12 20 miles 4pm Bike Path Challenge

Leader: Bill Richards, bijunasa@earthlink.net, 212 675 1946
From: The fountain in the Hudson River Park, West Side Highway at Christopher Street

Join me for a leisurely ride on a scenic and popular section of the Bike Path. We will head north to the little Red light house under the George Washington Bridge and turn around and re-trace our path to the Robert Wagner Park, rest a bit, and return to starting point. If the weather is nice expect to ride with joggers, etc – not unlike Central Park – but here you are sharing a path that gets quite narrow with areas of detour. Nonetheless, I do this ride very often. Call or e-mail leader with questions.

Regular Rides in June

Saturday, June 3, 2006

A20 52 miles 9am The Hills of Hunterdon County

Leader: Peter O'Reilly, ptor@prodigy.net
From: School parking lot, Maple St, Lebanon, NJ

As far as cycling goes it does not get much better than this: scenic, tree-lined, low traffic roads, without a major commercial establishment to be seen on the entire route. This area is horse country, nestled with 18th Century architecture. This challenging ride will require equestrian-like skills, and the ability to output some much-needed horsepower. It contains 14 short, steep climbs totaling 6,600 feet of vertical gain. A 39x25 or lower gear equivalent is highly recommended as are two water bottles and extra pocked food. I expect only one country-store stop. If there's group interest, we'll grab lunch at a café immediately after the ride's end. If you intend to do this ride, please RSVP so I know how many people to expect in the parking lot. It's about an hour's drive from the Holland Tunnel. Sorry, there is no weekend train service. If you are interested and without a car, please email me ahead of time and I'll try to some line-up car pooling. For further information, including a map, cue sheets, and driving directions, please check out the following NYCC Ride Library link: http://www.nycc.org/rl_db/ride.aspx?id=142

A19 50 miles 2pm Nyack via Bradley & Tweed

Leaders: Shari Alexander, alexander_shari@yahoo.com, 917-304-3438;
Doug Woodworth, douglaswoodworth@yahoo.com
From: Eleanor Roosevelt statue, 72nd St and Riverside Drive

Have things to do in the morning or want to sleep late? Meet us for an afternoon spin to Nyack. Be prepared for hills and a short stop for refueling/snack in town. Usual cancels.

A19 50 miles 9:30am Nyack via River Road + Doing our part

Leaders: Sharon Shachar, sharon_shachar@hotmail.com, 646-369-6079;
Herb Dershowitz, tispectrum@ltspeed.com
From: Central Park Boathouse

Join us for a quick ride to Nyack with some hills on the way. We'll stop for a few minutes on 9W to help with our contribution to NYCC's Adopt-a-Highway program. Please bring cleat covers if you are wearing road shoes. The usual cancels.

B17-18 67 miles 7:40am Higgies Metric Plus Loop

Leader: Jonathan Friedman, jmfriedman7-AT-hotmail.com, 917-689-3641
From: Grand Central Terminal, Information Booth (10AM, New Haven Union Station)

This hilly ride on scenic inland roads in southern Conn leaves little opportunity to bail. Lunch stop at Higgies or a nearby store. Triangular route from New Haven, through Portland-Middletown and Killingworth. Bring MTA bike pass, plenty of water, \$\$ for round trip train tickets to New Haven and food. Relatively fast pace (16-20mph) but with many 'compression stops'. Terrain is mostly flat but some hilly parts. Co-listed with 5bbc.

B17 50 miles 10am Shopping at Campmor

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

You've seen the catalog, now visit the store! We'll take scenic roads through Bergen County, stop for a diner lunch, and then hit the outdoor shopping superstore Campmor in Paramus. After shopping for about an hour, we'll ride back with our loot. Panniers recommended, though shipping is possible for most items. Preview the goods at www.campmor.com. Route: www.nycc.org/rl_db/ride.aspx?id=151. Lightweight lock recommended.

B16 54 miles 8:15am Climbing to New Caanan

Leaders: Pat Mullen, slipstream1@verizon.net, 718 894-3333 Cell (212) 466-9330; Joe Aguiar

From: Grand Central Terminal/8:37 am Stamford bound train arriving in Greenwich at 9:28. Meet leaders at the Greenwich train station. Very Hilly and challenging terrain with climbing at a moderate pace. We will cycle past miles of estates on scenic secondary roads that are mostly tree shaded and lightly traveled. Lunch in New Cannan. Metro North Bike Pass required. Raindate: Sun. 6/4

B15 50 miles 8:30am Adopt a Highway Green Ride



Leader: Leaderless, Rabjohnson@optonline.net
From: Central Park Boathouse

We will take a scenic route while giving something back to your club. Spin through Jersey burbs, for twenty miles. Then meet up with other rides, where we will all take less than one hour to clean up the shoulder of 9W (we will provide almost everything you need). Continue to Tallman bike path

(hardpack), into Piermont for Lunch at the Gazebo. Home on familiar NYCC roads (501 to Churchill). Official end of ride is the Manhattan side of GWB. Bring cleat covers for road shoes, fluids, pocket food, a few bucks for lunch, & of course a smile. Cancels: wet roads at 7:30am or forecast of steady morning rain; if in doubt, check the message board.

C13 42 miles 8:30am NYCC has adopted a highway

Leader: Scott Wasserman, swrides@earthlink.net, 914-723-6607
From: Central Park Boathouse

We ride for 20 miles and stop at the club's own stretch of 9W to join Bs and As in making the side of the road clean for a while. Gloves and bags provided for the 45-minute effort and then we ride into Piermont for lunch. The ride officially ends at the Manhattan side of the GWB.

Sunday, June 4, 2006

A21 75 miles 8:15am (Not) The Gimbel's Ride

Leader: Steve Weiss, racerxalso@rcn.com, 917-650-7703
From: Central Park Boathouse

Have you heard of the Gimbel's Ride? Do you know what it is but have not done it for fear that it is filled with crazy road racers? This A21 ride will take us on the "long" route with a scenic shortcut. We will travel up through the Bronx to familiar and less-traveled Westchester roads. Unlike the real Gimbel's, this ride will be done at a more modest pace and no one gets dropped. However, we will emulate the Gimbel's point-to-point nature, which means that ride goes straight though from Yonkers to Mamaroneck, a 45 mile distance. There will be a brief stop in Yonkers and a bagel stop in Larchmont. Usual requirements: helmets, bikes in excellent working order, spare tubes, liquids, pocket food. Rain cancels; check message board by 7am.

B17 48 miles 9:30am No Beaches, Bears or Beers

Leaders: Margaret Cipolla, cipollam58@yahoo.com, 718-275-6978; Amy

Hanowitz-Britt, 212-288-6324

From: Central Park Boathouse

... Just Piermont. River Rd out, 501 back, nothing fancy, just a fun ride.

B16/17 50 miles 8:30am New Jersey Waterfront

Leaders: Heather Marcellis, heather.marcellis@ackerjablo.com, 212-865-0034; Adrienne Browning, adrienne.browning@db.com, 646-418-0899

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

View Manhattan from the waterfront! We'll ride over the GWB to New Jersey through Bergen and Hudson counties catching a glimpse of the beautiful Hudson wherever we can. We'll picnic either at Liberty State Park or a deli stop, then head over the Bayonne Bridge to Staten Island. We'll ride home via the Staten Island Ferry to lower Manhattan, then pedal back home. Bring your sailor caps for a great day by the water!

B16 42 miles 9:30am I Brake for Beer

Leader: David Sabbarese, dsabbarese@firstmanhattan.com, 212-756-3209
From: Central Park Boathouse

A leisurely spin to Coney Island via Prospect Park and the bike path by the Belt Parkway before heading back by way of Ocean Parkway. We'll have lunch either at Totunno's famous pizzeria or Nathan's famous red hot stand, depending on group preference. Bring a helmet (mandatory), lock (suggested) and beer money (optional) for those who wish to quaff suds in an East Village German Beer Garden upon completion of the ride. For those wishing to jump on board in Prospect Park, we figure to be by the Picnic House by 11:15 am or so. Lousy weather cancels.

B14-16 55-65 9am Bear With Us

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

From: First Avenue and E. 64 Street

We are going to visit a bear. We ride as one group over the GWB and

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: jmcgarry@nassaucountyny.gov
 Checks payable to NYCC

NYCC

through Bergen and Rockland Counties. After lunch in West Nyack, we split into two contingents. A faster group heads for the bear's nose. A slower group tickles the bear's toes. Return for all by Metro North from Garrison. For people in the slower group this ride provides a rare chance to sample the great scenery of Harriman Park at a pace that is comfortable for you

C12-13 35 miles 9:30am Eagle Rock and the Presby Iris Gardens

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

From: WTC PATH station - 3rd level down at the Ticket machines

We'll go through Newark through the lovely towns of South Orange and Milburn, tarrying at the latter briefly - maybe for ice cream! Then heading up through Brookside Mountain Reservation Park, up, up, up, to the spectacular Eagle Rock. From there we can see all of Manhattan, Newark, Brooklyn and beyond. Bring your cameras! After a nice picnic in the heights we head for the Presby Iris Gardens in Upper Montclair. They should be in bloom at this time. If we're lucky, the rhododendrons in the big estates of lower Montclair will also be in bloom. Club riding etiquette will be observed. Bring money for PATH. Cancels: Precipitation, or 50% chance thereof, high winds or excessive heat index. Call Maggie After 8 am if in doubt. Please check forecast first.

Friday, June 09, 2006

A19 60 miles 9am 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, June 10, 2006

A21 66 miles 9am Nyack, the Hard Way

Leader: Mike Beckerman, mikeb597@aol.com, 917-855-8488

From: Central Park Boathouse

Now that the A-SIG is over, we can get back to the Runcible more often. We'll do it the hard way, climbing up River Rd, Bradley, Tweed, and maybe Eisenhower on the return. Paceline skills required. Rain cancels.

A19 100+/- miles 8am Necking on Long Island

Leaders: Timothy McCarthy, timothymc@earthlink.net, 718-204-7484; Ron Roth, rr7@nyc.rr.com; Ted Shaw, tashawgrp@mac.com

From: Central Park Boathouse

Join us as we meander through scenic Queens out onto Long Island and back. The object is sight seeing over pace busting (though we will motor at times). This is an all day affair. Hills? You betcha (a few)! Helmets, good cheer and paceline skills mandatory.

A19 85+/- miles 8:30 am Ain't No Mountain High Enough-Harriman/Storm King/Cold Spring

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

From: Central Park Boathouse

...or valley low enough on this ride to compare to the mountains that we'll be climbing next month in the French Alps. However, this ride has enough climbing to make you wish you had a triple. Maybe we'll have some French fries for lunch. Meet at 8:15am for prompt 8:30 departure. Bring plenty of pocket food, two water bottles and a bike in good repair. Metro-North train pass required for the ride back. RSVP's appreciated. The usual cancels. Check the message board or call leaders after 7am if in doubt as to ride status.

A19 68 miles 9am Nyack, the Hogwich Way

Leader: Heather Marcellis, heather.marcellis@ackerjablow.com, 212-865-0034

From: Central Park Boathouse

Looks to be a Nyack weekend! More industrious riders will be doing a similar

route at a faster speed today, but if you're looking for a slightly slower pace and scenic route to Nyack - this ride is for you! We'll all start out together in the morning and may even cross paths at the Runcible Spoon. If you're not familiar with the provenance of this ride, it was created by Todd Brilliant and dubbed "Hogwich" for the winter feasting the riders did on sandwiches made of pig products. While we won't be riding in the winter, and hogwich consumption is optional with swimsuit season right around the corner, a bacon-egg-and-cheese on a bagel still sounds good to me! Cancels: Rain. Hope to see you!

B16 47 miles 10am Sunrise Mountain

Leaders: Pat Mullen, slipstream1@verizon.net, 718 894-3333 Cell (212) 466-9330; CL Joe Aguiar

From: Culvers Gap parking lot in Stokes State Forest

Very Hilly and challenging terrain with climbing at a moderate pace. Significant climbs will be rewarded with spectacular views, lookout points, exhilarating downhill and rural scenes. Quiet backcountry roads with very little traffic, including State forest roads. Lunch @ the Layton country store. 3800' vert. elev. gain. RSVP for directions. No public transportation. Leader will try to help with carpooling. Drivers please call or email if you have available space. Start/finish is approx. 64 miles from the GWB. Raindate: Sun. 6/11

Sunday, June 11, 2006

A21 90 miles 8am Bedford-Cold Spring

Leaders: Colleen Conway, conwayco@shu.edu, 212-665-0964; David Carr, carrdavid@gmail.com, 212-280-1382; Stephen Crowe, crowenyc-bike@yahoo.com, 212-243-0493

From: Central Park Boathouse

Join us on this beautiful, hilly route (7000+ ft. of climbing) through S. Westchester, Greenwich, and up to Cold Spring. Woods, reservoirs, streams, vistas—this ride has it all. Lunch on the green in Bedford and then on to the climb up 301 for the spectacular descent to Cold Spring. Meet at 7:45 for prompt 8:00 am departure. Bring plenty of pocket food, 2 water bottles and a bike in good repair. First stop at 40 milesles. Metro North train pass required for the ride back from Cold Spring. RSVP's appreciated.

B16/17 75 miles 9am Climbfest/The Hills of Rockland County

Leaders: Ellen Jaffe, ellen@ellenjaffe.com, 212-966-7206; Kay Gunn, kaygunn@gmail.com, 646-491-0859

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

This challenging, often beautiful route takes us up Rockland County's Little Tor, Gate Hill Road, Seven Lakes Drive and Perkins. Snack stops with a post-ride meal at Cold Spring before train back to Grand Central. No bailouts until Garrison. Required: two water bottles, plenty of pocket food, Metro North bike pass, your good humor. Please note this is a long day's ride with a probable evening return.

Tuesday, June 13, 2006

B17 42 miles 9am 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.

Friday, June 16, 2006

B17/18 60 miles 9:10am Long Beach/Point Lookout

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

From: City Hall Park, Opposite Brooklyn Bridge

Flat ride via Cross Bay Bridge and Atlantic Beach Bridge returning via Marine Parkway Bridge. Picnic lunch on the beach in Point Lookout. Call or e-mail to confirm

Saturday, June 17, 2006

A19/21+ 110 miles 7:35am Poughkeepsie-Hunter Loop

Leaders: Ron Roth, rr7@nyc.rr.com; Timothy McCarthy, timothymc@earthlink.net; Douglas von Bushberger, dvb@nyc.rr.com; Gerald Seppey, gseppey@yahoo.com

From: GCT - Meet 7:35 for 7:51 train to Poughkeepsie

Let's celebrate the weekend abutting the solstice with a jaunt worthy of the extra daylight. The day will have us hustling in pacelines, ascending a 1500 ft. vertical 4.5 mile climb, eating a hearty, healthy lunch, & then descending for nearly 13 miles! Finally, when you thought you'd seen it all, there will be Mohonk. If a consensus is achieved, there will even be a post ride dinner just outside of Poughkeepsie. What a way to spend a (long!) day.

A19 40-50 8:35am Graham Hills Mountain Biking

Leader: Chris OConnell, chrisoco@yahoo.com, 212-517-3599

From: Grand Central Terminal, Information Booth

Meet at Grand Central for the 8:48 train to Pleasantville. We will spin for 2-3 hours on the smooth but challenging trails and should be back on the train around 1 pm. The terrain is aggressive single track for the intermediate to advanced rider. This is a small place and close to the train station for those who want to leave early or stay late. This is listed as A19 since you need to be a somewhat strong rider for the hills. We will not be riding 40 or 50 miles but it will feel like it.

A/B/C 50-60 9:00am Newcomers' Ride



Leader: TBA, newcomers@nycc.org

From: Central Park Boathouse, parking lot

EVERYONE IS WELCOME!!! The Newcomers Ride is not a race and you don't need to be a member or be a newcomer to be welcome. If you have never been on a club ride, haven't been on your bike for a while, or would simply like to enjoy a social group ride, this ride is for YOU! Come join us and have FUN!!! You have a choice of several A, B and C rides to accommodate your level of cycling and may move to a faster or slower group during the ride at one of the connecting points or at lunch. After a morning of beautiful riding, all groups will stop at the bagel shop or deli in Westwood NJ to pick up food and rendezvous at a nearby lake in Pascack Brook Park for a picnic. Free raffle tickets will be given for prizes that include a new NYCC Jersey!!! Please note it is important to show up for the ride prepared with a bike in good running order, properly inflated tires, a spare tube, water, money for lunch and ID. A helmet is required. If the weather is questionable on Saturday morning, check the message board after 7 AM at www.nycc.org to confirm the ride has not been postponed. For more information, contact: newcomers@nycc.org.

B18/16 65/50 miles 9:00am Learning the Good Routes: Nyack

Leaders: Wayne Wright, wwright8@nyc.rr.com, 212-873-7103; Mark Gelles, mgelles@okcom.net; Susan Conova, susanconova@yahoo.com

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

Are you eager to lead an NYCC ride but you don't know a good route to take? Then this ride is for you. It's the first of a set geared toward learning

some standard routes in and out of the city. We'll take a standard route out of the city over the GW Bridge. We'll return to the city from Nyack via a standard route. The only difference is that the B18 ride will take a longer route to Nyack than the B16 ride will take. Participants will be asked to lead at least one ride for the club based on what they learned today. Helmets and smiles please. The usual cancels.

B16 43 mi 8:15 am The Estate tour

Leader: Pat Mullen, slipstream1@verizon.net, H 718 894-3333 Cell (212) 466-9330

From: Grand Central Terminal/8:37 am Stamford bound train arriving in Greenwich at 9:28. Meet leaders at the Greenwich train station.

Very hilly with climbing at a moderate pace. We will cycle past miles of estates on scenic secondary roads that are mostly shaded and lightly traveled. Lunch in Bedford. Bring Metro-North bike pass. Raindate Sun 6/18.

Sunday, June 18, 2006

A21 90 miles 8am Greenwood Lake via Kanawauke Circle

Leaders: Adam Lichtenstein, vaduz@lichtenstein.org; Mitch Rubenstein, mruben999@aol.com; Paul Gerber, paulgerb@gmail.com

From: Central Park Boathouse

Classic, long ride with plenty of hills. The plan is to head out to Greenwood Lake and on to Kanawauke Circle. We then have the option of heading over to Bear Mountain and back via train at Garison or Cold Spring (bring Metro North Train Pass). Alternatively, we can ride back to the city via West Nyack for some extra miles. Please RSVP if you plan on riding.

A19 110 miles 8am Farms and Lakes of Morris County

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

From: Central Park Boathouse

Come for a ride out to the Boonton, Denville, and Kinnelon area in beautiful northern Morris County. We'll pass Pyramid Mountain, Split Rock Reservoir, and Butler Reservoir among other highlights. Watch out for alpacas crossing the road at Four Corners! We'll have a Taste of Reality in Fayson Lakes – seriously, that's the name of the deli we'll stop at. Please bring pocket food – it may be a while between stops. There's a bail-out via NJ Transit from Denville.

A18 30 miles 8am A Sunday Morning Quickie!

Leader: Richard Edmonds, richard.edmonds@ny.stemcor.com, 917-969-7723

From: Soldiers' & Sailors' Monument, 89th Street & Riverside Drive

Kids who need your undivided attention? Your spouse complaining about how long you spend on the bike? Errands to run? How about a quick 30 miles on a Sunday morning? GWB, River Road and back via 9W. No food stops, just a quick bathroom break at the Alpine Police Station if needed. We'll be back by 10:15. Usual cancels.

B17 46 miles 9am Yer Basic Piermont Ride

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

From: Central Park Boathouse

That's what the Q sheet says, so that's what we'll do, go to Piermont via River Road. We'll have a quick lunch on the green or in the gazebo, and be back in the city early. Some opportunities for pacelining, as we'll be on 9W for a stretch. Bring the usual, lousy weather, or the threat thereof, cancels.

Tuesday, June 20, 2006

A20, 22 52 miles 5am First half of the Longest Day of the Year Half Century

Leader: Christy Guzzetta, Christy.Guzzetta@GESServices.com, 212-595-3674

From: Central Park Boathouse

Once again, the first half of the longest day of the year double half century. Meet at 5 AM at the boathouse for a ride to Nyack. Quick cup of coffee at

a 10 minute stop at the Runcible and we head back home. Ride goes up River Road (avoid traffic) to 9W thru Pierpont to Nyack. Return route the same exact way. Hope to be back in NYC by 8:30 AM. In time to be just a little bit late for work. . . .one time, one day of the year, late to work, it's the longest day of the year celebration. Second half of the ride starts at 5:00 PM. See separate listing.

A20, 22 52 miles 5pm Second half of the Longest Day of the Year Half Century

Leader: Christy Guzzetta, Christy.Guzzetta@GESServices.com, 212-595-3674

From: Central Park Boathouse

Once again, the second half of the longest day of the year double half century. Meet at 5 PM at the boathouse for a ride to Nyack. Quick 10 minute stop at the Runcible and we head back home. Ride goes up River Road (avoid traffic) to 9W thru Piermont to Nyack. Return route the same exact way. Hope to be back in NYC by 8:30 PM. Will anyone make both halves of this double century in celebration of the longest day of the year?

Thursday, June 22, 2006

B17-18 24+ 9:50am Car-free late morning laps in Central Park

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

From: Central Park Boathouse

Take a break or early lunch and enjoy laps in Central Park w/o the cars (and when we're fully awake!). Workout varies. 4+ loops. (See also under recurring rides listings for Wednesday 14th and 21st)

Friday, June 23, 2006

A19 80 miles 9am New Hope, Pennsylvania

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

From: New Jersey Transit New Brunswick station

It requires a train from Penn Station to New Brunswick, NJ, bike permits are not required. Scenic ride through central Jersey 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 June 19 to confirm.

Saturday, June 24, 2006

A/B/C 12-22+ 40-80+ miles 9am All Class Ride and Picnic at Kingsland State Park

Leaders: Fred Steinberg, fsteinberg@nyc.rr.com, 917-572-8926; John Kalish; Christy Guzzetta; Steve Chabra; Linda Wintner; Rick Braun

From: Central Park Boathouse

Who says there's no such thing as a free lunch? There certainly is for NYCC members! For the first NYCC all class ride and picnic of 2006 we will return to Kingsland State Park, a beautiful spot on the Hudson. We have a reserved picnic area. Lunch will be on the club. There will be rides of varying paces and distances. Is it most important to sign up for a ride to ensure a free lunch. Pay attention to the weekly NYCC e-mail and message board for alternate start times and locations.

Sunday, June 25, 2006

A20 120+ miles 8am Brutality

Leader: Sal Cenatiempo, spcena@hotmail.com, 917-302-2327

From: Central Park Boathouse

The long days of June gives us an opportunity to pay tribute to gratuitous climbing. The climbs are River Road, Ash, Tweed, Little Tor, Gate Hill Road, Tiorati Brook Road, Arden Valley Road, Perkins, Mine Torne Road, Lake Frederick Road, Storm King (2x), Mountain Road and Anthony's Nose. Be sure to bring the usual (2 water bottles, pocket food, bike in good repair) plus a whole lot of desire, as this ride will have 10,000+ vertical. Ride leaves promptly at 8am.

A19 82 miles 9am South Mountain with Little Tor

Leaders: Shari Alexander, alexander_shari@yahoo.com, 917-304-3438;

Richard Previdi, 352-246-8595

From: Central Park Boathouse

Bring your pacelining skills and a readiness to climb some awesome hills during our ride through South Mountain and Little Tor. Deli stop to refuel at mile 38. Usual cancels.

A19+/- 52 miles 9am Mamaroneck Harbor and the fabled Riccardi Bypass

Leaders: Ed Fishkin, 718-633-3038; Peter Liu, peterliu007@hotmail.com;

Piera Bettini, piera.bettini@gmail.com

From: Central Park Boathouse

We'll get lunch at one of the numerous options in Mamaroneck and carry it a short distance for waterfront picnic-style dining. Pacelining and good spirits required.

B17 50 miles 9am White Plains via the Bronx River Parkway

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

From: Central Park Boathouse

Let's take advantage of 13 miles of car-free riding on the Bronx River Parkway on our way to White Plains. A quick lunch in Scarsdale on the way back to the city. Metro North bailouts are an option, so bring your train pass, just in case. Lousy weather cancels.

Tuesday, June 27, 2006

All A-riders special 6:45pm Bicycling Handling skills redux

Leaders: Jeff Terosky, a-rides@nycc.org, 917-969-8262; with CRCA legend Leon Moser

From: Central Park Boathouse

This is a repeat of some of the key elements of the bicycle handling skills session from the A-19 SIG in 2006. We'll meet at the boathouse, and then go to an open space for some drills. On the table for discussion... braking, cornering, crash avoidance, and random agility drills. We may do a lap or two of the Park during or after. Bring a water bottle and a good spirit! Rain makes the class more interesting - we're on in any case...

Saturday, July 1, 2006

A20-ish 100 miles 7:15am NYC to New Haven century-1st 2006 edition

Leader: Jonathan Friedman, jmfriedman7@hotmail.com

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

This is a weaker 2nd choice for those who cannot make West Point this year. For those who are going to West Point, this ride to New Haven will be offered several times this summer. This hilly ride takes a straight shot up NY-22 to Brewster and then cuts east on US-6 to Danbury and CT-34. Some portions on roads with very heavy traffic. (Single-file may be necessary on sufficiently wide road shoulders.) Fast A pace (18-20mph). Bring MTA bike pass, plenty of water, \$\$ for return train ticket, Metro-North bike pass and pocket food. Terrain is very hilly. We will return to NYC by Metro-North from New Haven. Suggestion: buy return ticket in advance! Co-listed with 5bbc.

Editor's Note: The pictures used in the ride listings this month were: a 2004 Adopt A Highway Ride, with apologies for not naming the photographer, as I don't know who it was and I can only identify, for sure, two people in the picture, Chris Taeger and Stan Oldak, although there is also somebody who bears more than a passing resemblance to Robert Dinkelmann; the second picture was from last year's Newcomers' Ride and was taken by our president, Carol Waaser and shows Gary McGraime chatting with Linda Wintner during the lunch break.

If you want to see your pictures and stories published in the bulletin, send them to bulletineditor@nycc.org



C SIG, Class of 2006: This year's C-SIG, leaders and Siggies, pose by the Gazebo in Piermont on a fine spring day in May, the traditional venue of the C SIG graduation ride. This year, according to the leaders, saw an exceptionally strong group of riders complete this year's SIG, with a few of them going out, just over a week later, to complete their first ever centuries from Babylon, NY out to Montauk, Long Island on this year's 5BBC Montauk Century, which was held on Sunday, May 21st. Congratulations to all.

Out of Bounds

Saturday June 10, 2006

6th Annual By the Sea Bike Trek; Location: Provincetown, MA

A Charity bike ride to benefit Helping Our Women. Choice of 3 loops of increasing distance through Provincetown, Truro and Wellfleet. \$25 registration, minimum of \$100 pledges. All proceeds to fund programs for women with chronic, life threatening or disabling illness on the outer Cape. 508/487-4357 or download form from the Helping Our Women site: www.helpingourwomen.org

Sunday June 24, 2006

Prospect Park Youth Duathlon; Location: Prospect Park, Brooklyn
For More info: www.citytri.com.

Saturday July 15th/Sunday July, 16th, 2006

3rd Annual Vermont Lakes Region Cycling Weekend
Location: Poultney, Vermont

Visit the beautiful Lakes Region of western Vermont up close! The weekend offers a variety of rides for all cycling levels. Rides range from flat to rolling to hilly, and distances range from 12 to 60 miles, your choice! The event will take place rain or shine. Headquarters will be Green Mountain College. All proceeds benefit local community youth and educational projects of the

Poultney Rotary Club. The Vermont Lakes Region Cycling Club & Poultney Rotary Club is the sponsor. More information and registration form at www.cyclingvermont.org or contact info@cyclingvermont.org, (802) 287-9987.

Sunday July, 16th, 2006

The Ride for the Rescue

The Syracuse Rescue Mission starts and ends in beautiful Cazenovia, NY, about 20 mi. SE of Syracuse. 10, 22, 40, 62 and 100 mile loops through the rolling hills and farmland of Madison County in Central New York State - highlighting a windmill farm, Hamilton NY, home of Colgate University, the 'geographic center of NY State', Jackass Hill and more. The century has roughly 6000 ft vertical. The fee is \$100 which can be raised by donations. Info about the ride at www.rmsyr.org, and registration at www.active.com.

Sunday August 6th, 2006

The third annual Tour is a fundraiser for the Center for Cancer Care Fund, a non-profit corporation that provides financial assistance to people battling cancer. Last year's Tour raised more than \$60,000 and had more than 800 participants! There are 12, 30, 50 and 75 mile routes on paved roads that start and end at Coe Park, Route 202, Torrington, CT. All the routes are fully supported with rest stops (water and fruit) and on-the-road support vehicles. For more information, see the web site: www.tourofthelitchfieldhills.

NEW YORK CYCLE CLUB



'You'll look sweet upon the seat of a bicycle made for two'

Harry Dacre, *Daisy, Daisy*, 1892

Some say that riding a tandem can make or break a beautiful relationship. Our own **Jay Jacobson** describes his tandem experiences with his wife Joan over the last 10 years

Are you looking for an activity that you and your spouse or significant other can do together but one of you is a stronger cyclist? Do you enjoy cycling with a friend, spouse or 'SO' but would be interested in activity in which the two, or more, of you could participate more closely as a team? Tandem cycling is not for all twosomes but it might work for you.

During my first 10 years of solo cycling, I occasionally mentioned to Joan that it might be fun for the two of us to ride a tandem and, about 10 years ago, she finally agreed to give it a try. I met a couple with a tandem at a Rockland County bike event and asked them questions about it. By happy coincidence they mentioned that they were thinking of buying a new tandem and might be selling theirs. A few months later we wound up purchasing their *Burley Rock n Roll* with a soft ride beam for the stoker's (the rear rider) seat for a little over \$1,000.

If you are contemplating purchasing a tandem, then buying a used one first is probably a wise decision, because many couples wind up hardly ever using them and there are many almost-new ones available. On the other hand, there is a risk that you will discover that you are not a tandem compatible duo and you will have spent quite bit (\$1,500-5,000 or more) for an unused bike. If you, like many other couples enjoy it and get into it you can then purchase a new model of your choice. You also might be able to experience tandem riding by renting one or joining a bike tour in which the tandem is provided.



Joan and Jay stop for a quick photo opportunity by the Triboro Bridge

There are classified advertisements for used tandems in Doubletalk (Tandem Club of America, c/o Goertz, 2,220 Vanessa Drive, Birmingham AL 35243) and Recumbent and Tandem Rider (Box 337, San Dimas CA 91773) and perhaps newsletters of local bike clubs. And eBay has numerous tandems for sale. Many of these will not be in the local area, but you may be able to narrow the choice by telephone calls, photos, etc and eventually make a trip to take a test ride.

The break-in or orientation period wasn't that difficult for us. Although most of the maneuvers are more complex than riding a single bike, we picked them up. Pedaling is not really synchronized (except for starting and stopping). If the captain is stronger he just exerts more pressure on the pedals and the stoker keeps pedaling at his/her comfortable amount of pressure. If we are cruising on flat terrain, I tell Joan she needs only to exert minimal pressure and to save her energy for hill climbing. The tandem creates less wind resistance than two solo bikes and probably more momentum from the weight of two riders.

At most stops Joan keeps her feet in the pedal straps and I put both of my feet on the ground. Then she starts pedaling while I get my feet back into the clips. Some couples put both of their right or left feet down on the pavement and lift them both up to start, which requires more co-ordination.

Climbing hills is much more difficult than an individual bike, especially if the stoker is not very strong. On the other hand going downhill is easier. Downhill tandem cycling can be dangerous, as speeds can easily approach 60mph if brakes are not applied. We are very careful on downhillsm because, at those speeds, if we come across loose sand or an oil spill by surprise we could lose traction and control. A spill at that speed would probably have meant our kids would have

become instant orphans. The brakes can become hot on downhills. The newer high end bikes have state of the art braking systems.

Other maneuvers are more complicated; the tandem needs a larger area to make a U-turn, for example. The hairpin turn on the South bike path on the George Washington Bridge is almost impossible for a tandem without both riders getting off and walking.

Over the years we have used the tandem on several club rides. One year we did part of Escape New York and I finished it on a solo bike. We have ridden centuries several times. Riding the tandem several times in the annual Five Borough bike tour with over 25,000 other cyclists was harrowing! We did the TA New York Century, which involved carrying the heavy tandem up and down stairways on the Triboro Bridge; carrying it on the North path of GWB stairs would

be a similar task. In urban areas, the youngsters yell out "cool!" And "how much is it?" In some places I have given local children and adults rides

On one Montauk Century (well over 100 miles!!) we had unusually strong tailwinds and we flew by an astounded NYCC A group at a rest stop in Southampton' Joan was the first Jewish grandmother to finish the century that day, but for the next 24 hours, I heard a lot of complaints about her aches and pains.

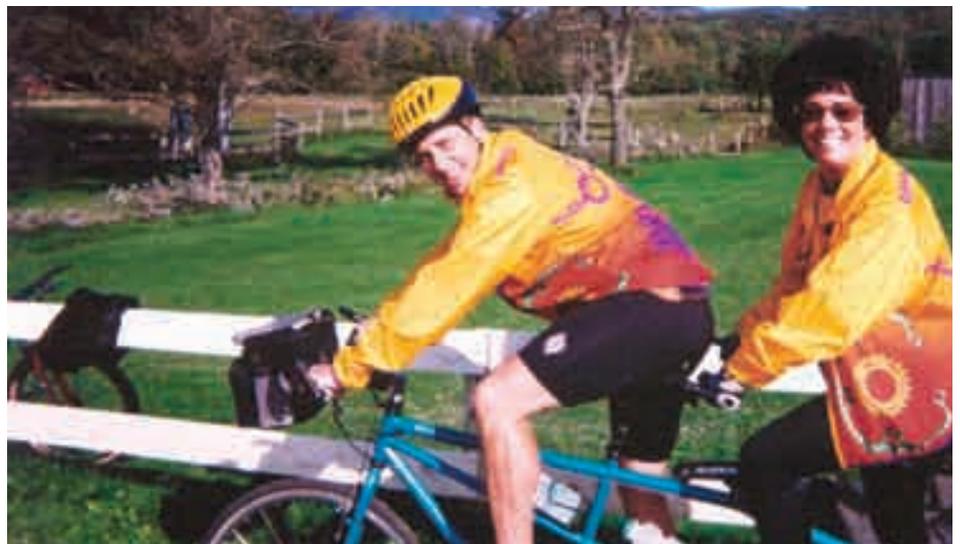
We also did a 100 mile round trip between Orangeburg and Goshen on a ninety degree plus day and we attended a special four day event in Vermont with three times Tour de France winner Greg LeMond. We had a large car then and managed to bring both the tandem and my solo bike. Greg graciously rode with Joan on the tandem and one day they both wore matching NYCC jackets!

We enjoyed three one-week group bike tours in Italy on a tandem provided by Ciclistmo Classico. These were relatively flat areas of Puglia, the Veneto and the Po Valley. We also toured Germany's Romantische Strasse on car-free bike trails with Classic Adventures. That was also enjoyable but we had quite a bit of rain that week.

We can lower the back seats of our Camry and insert out tandem through the back door. If I remove the front wheel, it protrudes only a foot or two. We disconnected the trunk light and lock it with a heavy duty bike lock if we leave the bike and car.

We took the tandem to Canada three times. Once we did a group tour with Classic from Montreal to Quebec. We also brought it to Nova Scotia, Prince Edward Island, Newfoundland and Ottawa. In each case we parked our car in central locations, such as a town, national park or at our hotel and did interesting and scenic daily loops.

At the end of our last tandem excursion to Canada, I was able to say that I had ridden a bike in all of the Canadian provinces.



Joan stoking up the watts for none other than Greg LeMond, three times Tour de France winner and the first American cyclist to win the jewel in cycling's crown



Joan and Jay's tandem exploits have taken them to Veneto, Italy

We also did a group VBT tour on our Burley on North Carolina's Outer Banks. The terrain was somewhat like the roads near Jones Beach – flat and windy and it was hot.

Since I was nearing my goal of cycling in all 50 states at the time, we then drove down to Myrtle Beach, South Carolina for a tandem spin, so I added the state to my list and we knocked-off Delaware on the way home.

On my travels around the world I have marveled at strong couples (mixed gender or same sex) who have conquered major climbing on their tandems in places such as Colorado or the Alps. On a bike trip in China we met a tandem couple. For a week they would consistently pass me on the flat stretches and downhills and I would catch up to them on uphills! I have also been greatly impressed by tandem teams successfully challenging very rough mountain biking trails.

I could envision logistical problems of keeping a tandem in a typical New York apartment. Taking off both wheels and carrying it up and down stairs or in a small elevator would not be my idea of fun. Perhaps it could be stored in an apartment building's bike room, garage or in mini-storage. I don't even want to think of bringing it on a plane or train.

We did have a tandem club in the NY/NJ area and once we hosted a ride near our home for six or seven tandem teams. There is also a national tandem association but, in the final analysis, we can ride with our regular bike clubs – the riding itself isn't that much different. There are also rallies, tandem races and US and overseas tandem clubs and commercial bike tours but, again, we can just as easily ride a tandem on general bike tours. Some of these special tandem tours are organized by leading tandem manufacturer, Santana, Box 206 LaVerne, CA 91750 and Gear-To-Go

Tandems of Elmira, NY – closer to home.

Riding a tandem with a highly compatible teammate can be immensely enjoyable. On the other hand it can exacerbate an already tenuous relationship. The stoker has to cede a great deal of control to the captain and he or she must have a high degree of confidence in the pilot.

We have had our share of disagreements en route! We always wear matching cycling outfits. Once in Italy we had a big argument, which culminated in my asking Joan to get off the bike and walk. The Italian motorists noticed a woman wearing a bike helmet and costume walking along the side of the road. A mile or two ahead they also noticed a stokerless tandem cruising ahead with a captain in a matching costume

Another time I told her that she wasn't exerting enough pressure on uphills and asked her to walk uphills and told her it was easier for me to climb without anyone in the stoker's seat!

By the way, the books and articles all recommend that the stronger and more-experienced cyclist should be the captain.

On the other hand in our (usual) compatible stretches, Joan gives me massages and backscratches from the rear and I offer her icy drinks from my water bottle or Camelbak.

For over a century, tandem riding has had a romantic cachet; *Daisy, Daisy, Give me your Answer Do*, was written by Harry Dacre in 1892. Tandem riders frequently appear in television commercials and print ads – there must be a subliminal relationship between tandem riding, happiness and romance! But the weekly Sunday *Times* .VOWS. column on the society page hasn't yet featured a tandem couple's wedding engagement. If any NYCC couple tying the knot would like to use a tandem for an engagement or wedding photo, they are welcome to borrow ours! Of course there are also gay couples who enjoy tandem riding.

Long time NYCC member Gary McGraine rode a tandem with a blind man. They became an effective team and rode on some very hilly routes. "To be screaming down a hill at 35mph+ without seeing what's ahead takes trust and guts of steel. He earned my deepest respect," said Gary. The stoker eventually moved to California but Gary keeps in touch with him. There are individuals with other disabilities who have also enjoyed tandem riding.

In addition to Burley and Santana, Cannondale and Trek make tandems. Santana also makes bikes from tandems to eight person models (families/children)! There are shops which specialize in tandems, although there is none in the NY area which exclusively sells tandems as far as I know. For some reason, New York seems to have fewer tandem users than in other US locations. Some bike shops have a few tandems in stock and others can order and service them. We haven't had any problem getting repairs on our Burley at our regular bike shops.

Our tandem has lasted much longer than anyone expected. It has required minimal maintenance. The tires are required to carry a heavier load than those on a solo bike (1 tire per rider as opposed to a ratio of 1 to 2) and there are usually more spokes on tandem wheels. We use Armadillo tires on the tandem and they seem to be flat-resistant. Joan's soft ride seat is attached to the end of a beam or spring and it came off a few times while Joan was sitting on it. Once on a NYCC ride, a club rider who was obviously very competent technically – which I am not – used the tools he carried to finally and effectively remedy the problem.

On a recent ride in the Hamptons, the stem which attached the handlebars to the rest of the bike suddenly disintegrated while we were riding in Southampton. We were going about 15mph at the time when the handlebars became detached from the bike. I was still holding onto the bars up in the air and was unable to control the bike except by using my feet to brake and steady it. Miraculously we didn't fall, but we had to rent a car to get ours, which was parked on the North Fork, and then drive back to the South Fork to return the car and get our tandem. Our bike shop was able to obtain a replacement stem at a nominal price in a few days.

Two short paperbacks could give you more insights into tandem riding: they are *The Tandem Scoop* by John Schubert (Burley); and *The Tandem Book* by Angel Rodriguez and Carla Black (InfoNet Pub.) Both are available at Amazon.com.

Although I don't think I have slowed down significantly, or become a weaker cyclist yet on my solo bike, riding the tandem has become somewhat of a strain in recent years. It is the responsibility for the safety of another person, plus the complexity of the maneuvers which can make these rides tiring for me. However, we still enjoy doing somewhat shorter, less demanding rides, perhaps from Piermont to Nyack for lunch, or to our daughter's home in Closter. Joan has promised me that we will try to use it



Despite an occasional disagreement, Jay hasn't resorted to a robot stoker. Picture: Anthony Poole

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/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. Metro-North requires prior notice for large groups (16+) on scheduled Bike Trains and groups of three or more cyclists on a regular train. When submitting a ride involving train travel, please e-mail details to our Metro-North liaison, Hank Schiffman, at hschiffman1@nyc.rr.com and give him plenty of notice.

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

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

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



Bike shops offering discounts to NYCC members

A Bicycle Shop

345 West 14th Street, New York, NY
212-691-6149 or
www.a-bicycleshop.com
e-mail: abikshp@aol.com. 10% off nonsale items (not items already discounted)

Bicycle Habitat

244 Lafayette Street, New York, NY
212-431-3315 or cmcbike@aol.com
15% off parts and accessories. 10% off bikes, no discounts on sale items (no double discounts)

Bicycle Heaven

348 East 62nd Street, New York, NY 10021
212-230-1919
www.bikeheaven.us 8.25% off accessories, repairs & bikes

Bicycle Workshop

175 County Road, Tenafly, NJ 07670
201-568-9372 10% off on part and accessories

Bicycle Renaissance

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

Conrad's Bike Shop

25 Tudor City Place, New York, NY
212-697-6966 or conradbike@aol.com
8.25% off parts, accessories and repairs

Cycle Paths

138 Main Street, New Paltz, NY
845-255-8723 15% off parts/accessories, 10% off bikes



Gotham Bikes

112 West Broadway, New York, NY
212-732-2453 or gotbik@aol.com
10% off parts, accessories and repairs

Larry and Jeff's 2nd Avenue Bicycles Plus

1690 2nd Ave. at 87th St, NY, NY
212-722-2201 15% off parts

Master Bike Shop

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

New Horizons Sports

55 Franklin St., Westfield, MA 01085
413-562-5237
Don@NewHorizonsBikes.com
Certified Serotta Bike Fit Specialist
www.NewHorizonsBikes.com or www.BerkshireBrevets.com

10% off parts and accessories

Piermont Bicycle Connection

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

Free shipping on purchases over \$100

Sid's Bike Shops

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

Toga Bike Shop

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

Turin Bicycle

1027 Davis Street, Evanston, IL 60201
www.turinbicycle.com 847.864.7660 or
mailing@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, June 13th, 2006

SIG Graduation Night

Tuesday, June 13th is SIG Graduation Night! That's right, after months of training and riding, participants in each of the four SIGs completed their graduation rides. Now it's time to congratulate them and celebrate another successful completion of the SIG season. Each of the SIG groups will give a graduation presentation and will share highlights of the series.

The commencement address will be delivered by **Marie De Rosa**, A SIG Classic 2000 graduate. After completing the SIG, Marie went on to win the UCI Master's World Championships in 2005.

Time: Social hour with cash bar: 6 to 7 PM; dinner (\$20 cash, including tax and tip) 6:45 to 8 PM. Club program runs from 8 PM to 9:15 PM.

Annie Moore's Pub and Restaurant (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