Enjoying life in the Berkshires

Learn how to maintain your bike in tip-top condition with the NYCC Bicycle Maintenance Workshop in August

Full Ride Listings
Presidential tour

By the time you read this, your President will be in the midst of a cycling tour from St Petersburg, Russia, to Istanbul, Turkey – six weeks and 2,400 miles. I’ve trained all spring and I think I’m ready both physically and mentally. Doing a long tour takes a different mind-set than doing club rides. Energy conservation is the name of the game so you can get up and do it all over again day after day. No hammering the hills, no fast pacelines, just nice, steady cycling with a good smooth spin. On a long, hilly club ride, low gears and good form will get you home at the end of the day; the same holds true on a long tour – low gears and good form will keep you going day after day.

I’m a great proponent of cycle-touring. It’s a terrific way to see a foreign country, or even your own country. I wish I was suited to camping, since that would open up even more flexibility in my touring, but (sigh) I’m afraid I like my creature comforts – real bed, hot shower, no insects.

I tend to use tour companies in foreign countries where I don’t speak the language, but I’ve done solo light-loaded self-contained tours in the New York-New England area with great success. Whichever way you choose to go, give cycle touring a try – you’ll be well rewarded.

Carol Waaser

Club Event for July
Thursday, July 13th, 2006
Josie Robertson Plaza
Columbus Avenue at 63rd Street
6 until ?

From what I’ve seen at various NYCC functions like the Berkshires Dinner, the July 4th Boat Cruise and the Holiday Party, NYCCers just love to cut the rug. We have some truly fine dancers. You know who you are. And we also have some members who could use a little help! (no one more so than yours truly!) So this month the NYCC is going to Midsummer Night Swing at Lincoln Center and dance under the stars. Here’s how it works: Buy your tickets from 7:30 till 10pm. There will be a group dance lesson from 6:30 to 7:15 pm, and traditional Swing music provided by the Boilermaker Jazz Band from 7:30 till 10pm. Please contact Dave Sabbarese at dsabbarese@firstman.com if you’d like to join us and I’ll have a rendezvous place where we go from 7:30 until 8. Please contact Dave Sabbarese at dsabbarese@firstman.com if you’d like to join us and I’ll have a rendezvous place where we can all meet beforehand.

Midsummer Night Swing advises all that no bags, briefcases, etc may be brought onto the dance floor and strongly suggests that they be left at home. Just bring your dancin’ spirit and your dancin’ shoes!

Apology

I owe an another apology to our president Caro Waaser. Last month I incorrectly stated that she had inadvertently sent me the previous month’s presidential message, but the error was entirely mine: I opened the previous month’s e-mail. So, sorry Carol. Probably just as well I’m not seeking re-election in November!

Anthony Poole

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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 (i.e. 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 July

Saturdays in July
(Except 29th)

A19 58 miles 8:15 am River Rd; Sneden, or Ash; Bradley; Tweed; Ike

Leader: Richard Rosenthal, rr@ro-ads.com, 212-371-4700
From: Central Park Boathouse
The route is gorgeous, challenging and – best of all – traffic-free. Know if you come, you have to wait for me atop several climbs because I cannot ride a bicycle uphill. Bitching at having to wait is not permitted. Trust me, I’ll do it for you. Snack-in-the-grass by the Piermont Canal at Mile 32. Back c. 1:30.

Sundays in July
(30th only)

A19 58 miles 8:15 am River Rd; Sneden, or Ash; Bradley; Tweed; Ike

Leader: Richard Rosenthal, rr@ro-ads.com, 212-371-4700
From: Central Park Boathouse
The route is gorgeous, challenging and – best of all – traffic-free. Know if you come, you have to wait for me atop several climbs because I cannot ride a bicycle uphill. Bitching at having to wait is not permitted. Trust me, I’ll do it for you. Snack-in-the-grass by the Piermont Canal at Mile 32. Back c. 1:30.

Tuesdays and Thursdays in July
(Except 4th)

B17 24 miles 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 or interval training occasionally on Tuesdays. I’ll teach a rotating paceline 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 listing and message board in case I need to cancel or change anything at the last minute. Cancels: precipitation, imminent threat of precipitation, or wet pavement.

Wednesdays in July

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

Leader: Maggie Schwarz, mscarz@aurora.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 usually back on the NYC side of the GWB by 2 or 2:30. IMPORTANT: Sign up the day before on the Message Board, then check back later that evening to see if we’re ON.

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.

B17 24 miles 7pm 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 and no stopping. Bring your helmet (mandatory), blinking lights (suggested as you may be heading home after dusk) and some money and a lock (for those who want to grab a bite afterwards). Lousy weather cancels.

Last Wednesday in July
(27th only)

B17 35 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
As is our custom on the last Wednesday of the month, our Weds eve spin group is heading over the Brooklyn Bridge for laps in Prospect Park. We’ll pick up Manhattan riders at the Tweed Courthouse, opposite the bridge, and be at Grand Army Plaza by 7pm. Return is via the Manhattan Bridge.
Bring a well-maintained bicycle and helmet (mandatory), blinking lights (we may be going home after dusk) and some money and a lock (for those who want to grab a bite afterwards). Lousy weather cancels.

**Regular Rides in July**

**Saturday, July 1, 2006**

**A19-21** 83 +/- miles  8am  West Point Via Greenwood Lake

Leaders: Ron Roth, rr7@nycrr.com; Timothy McCarthy, timothymc@earthlink.net; Ted Shaw, tshawgrp@mac.com; Hank Schifffman, hschiffman1@nycrr.com; Fred Steinberg, fsteinberg@nycrr.com; Peter O'Reilly, ptor@prodigy.net

**A20** 60 miles  8:30am  Pearl River on the July 4

Leaders: Jeff Terosky, a-rides@nycc.org, 917-969-8262; Steve Peters, spsquared@yahoo.com, 917-882-9849

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 Piemont for lunch. The ride officially ends at the Manhattan side of the GWB. Possible rain date Sunday 7/9.

**Adopt-A-Highway Rides**

**Saturday July 8, 2006**

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

Leaders: Sharon Shachar, sharon_shachar@hotmail.com, 646-369-6079; Herb Dershowitz, tisppectrum@ltgspeed.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. Rain date - we meet same place and same time on Sunday (7/9/06).

**B17** 52 miles  9am  Adopt A Highway Green Ride

Leaders: Renee Rubin Ross, rubin52@yahoo.com; More McCormack, moremccormack@hotmail.com; Janette Tilley

From: Central Park Boathouse

We will take a scenic route and do something to help our 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 Piemont for Lunch @ 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. Wet roads at 7:30AM or forecast of steady morning rain will cancel, if in doubt look for message on board. Rain date: July 9.

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

Leaders: Fred Leffel, fleffel@aol.com, 212-982-0253; Martha Leighton, Leighton0421@hotmail.com

From: Central Park Boathouse

Clean n’ Green. We'll take a scenic route while giving something back to the club. Spin through Jersey burbs, for twenty miles. Then meet up with other rides, where we’ll all take less than one hour to clean up the shoulder of 9W. (We’ll provide almost everything you need.) Continue to Tallman bike path (hardpack), into Piemont 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. Wet roads at 7:30AM or forecast of steady morning rain will cancel, if in doubt check the message board in the AM.

**C13** 42 miles  8:15 am  NYCC Has Adopted a Piece of Highway

Leader: Scott Wasserman, swrider@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 Piemont for lunch. The ride officially ends at the Manhattan side of the GWB. Possible rain date Sunday 7/9.

**From: 72nd Street and 5th Ave (drop off luggage for the weekend)**

**A19-21** 83 +/- miles  8am  West Point Via Greenwood Lake

Leaders: Helen Batup, hsb8@aol.com, 646-250-3489; Dirck Hockemeyer, hockemd@mail.rockefeller.edu

From: Central Park Boathouse

Join us for a Thursday night ride out of the city. We will ride across the George Washington Bridge to lovely River road. Ride at your own pace on River road and regroup at the top of the hill for a fast paceline ride back to the bridge via 9W. Return down Riverside Drive and end at the Boat Basin.

**Sunday, July 2, 2006**

**A19** 54 miles  8am  Nyack

Leader: Peter Liu, peterliu007@hotmail.com, 917-538-2631

From: Central Park Boathouse

Quick morning spin to Nyack via 9W and coming back via 501. Coffee & muffin stop at Runcible Spoon and we should be back at around noon. Paceline skill and helmet required. No headphones or aerobars. The usual cancels.

**Monday, July 3, 2006**

**A19** 75 miles  8:30 am  Ain’t No Valley Low Enough

Leader: Sue Foster, suefoster@nycrr.com, 212-874-1388

From: Central Park Boathouse

Join me for a pre-July 4 cruise through the ‘burbs’. Most A rides look for difficult inclines. I’ll be aiming for as many downhill stretches as possible! Alright, there will be some uphills, but you will not know them by name (no ‘Little Tors’ or ‘Whippoorwills’). We’ll head north and touch Rockland county, then go west and spend most of the ride in Bergen. Brief deli stop for lunch. Additional beverage stops if the temperatures are high. Helmet, two water bottles and paceline skills required.

**Tuesday, July 4, 2006**

**A20** 60 miles  8:30am  Pearl River on the July 4

Leaders: Jeff Terosky, a-rides@nycc.org, 917-969-8262; Steve Peters, spsquared@yahoo.com, 917-882-9849

From: Central Park Boathouse

Just because you didn’t go to West Point this weekend doesn’t mean you can’t ride on your day off! We’ll take a quick spin to Pearl River - the Town of Friendly People - and arrive just in time as the locals prep their annual July 4 celebration. After a short refueling stop, we’ll keep our eyes peeled for parades that we can jump into and still make it back to the city in time for your July 4 barbecue. SIG rules apply - ie bring your paceline skills and your willingness to ride co-operatively. If you’re off the front, you’re off the front.

**Thursday, July 6, 2006**

**A19** 35 miles  5:15 pm  Thursday Evening River Road Happy Hour

Leaders: Helen Batup, hsb8@aol.com, 646-250-3489; Dirck Hockemeyer, hockemd@mail.rockefeller.edu

From: Central Park Boathouse

Join us for a Thursday night ride out of the city. We will ride across the George Washington Bridge to lovely River road. Ride at your own pace on River road and regroup at the top of the hill for a fast paceline ride back to the bridge via 9W. Return down Riverside Drive and end at the Boat Basin.
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
B16  50-60 miles  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 Tliead, River Rosd, 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.

Tuesday, July 11, 2006

All A-riders  Special  6:45 pm  New Ride Leader Primer

Leaders: Jeff Terosky, a-rides@nycc.org, 917-969-8262; Timothy McCarthy, timothymc@earthlink.net, 718-204-7484
From: Central Park Boathouse
So you want to lead an NYCC ride but need a little direction? Jeff and Timothy will present a one-hour session covering things such as finding good routes and cue sheets (you don’t have to go to Nyack), advertising your ride (you don’t have to be a webmaster), handling mechanicals (you don’t have to be a bicycle mechanic), leading a safe ride (ok - you DO have to be safe yourself), handling difficult situations (pace-busters, accidents, ill-prepared riders) and more. Bring your bike and we’ll ride a few laps afterwards, or if time is tight feel free to arrive on foot for the presentation near the Boathouse.

Friday, July 14, 2006

B17  50+ miles  9:30 am  Piernont The Hilly Way

Leader: Ellen Jaffe, ellen@ellenjaffe.com, 212-966-7206
From: Eleanor Roosevelt statue, 72nd St and Riverside Drive
River Road out, a climb up Bradley or Clausland so we can coast high above the Hudson, along Piernont’s very own Corniche, Highland Avenue. After lunch in Piernont, an easy River Road return. Let’s play hookey. Check the message board Thursday night for update/confirmation.

Saturday, July 15, 2006

A21  80 miles  8:30 am  Saddle River

Leaders: Jay Handfield, jay.handfield@gmail.com, 917-523-8429; Christy Guzzetta, Christy.Guzzetta@GESServices.com, 212-595-3674
From: Central Park Boathouse
Join a brand new A-SIG graduate and Christy Guzzetta, his famous A-SIG mentor for a long fast ride to Saddle River. The way out is one long gradual climb, but that means the way back is all downhill. We will stop for lunch, but make sure to bring plenty of fluids and pocket food, since this is a long ride.

A19-21+  95+  7:30 am  Tour de Gunks

Leaders: Fred Steinberg, fsteinberg@nyccrr.com, 917-572-8926; Ron Roth; Peter O’Reilly; hank schiffman
From: Grand Central Terminal, Information Booth
Meet at Grand Central Terminal for the 7:05 train to Poughkeepsie. Buy a round trip ticket. The Gunks from end-to-end, tackling the climbs the hard way: Mohonk, Crag-smoor, Minnewaska, plus assorted ridges in between. 7,000’ vertical. This ride will use all the daylight the season provides. Bring climbing gears, pocket food, two large water bottles or hydration pack and $25.50 for a round trip ticket to Poughkeepsie, plus $$$ if you want to join of us for dinner in Poughkeepsie before we train home. Car topers: meet us as we pass through New Paltz. Contact Fred for details. Check the NYCC Message Board the night before and 6AM the morning of for go/no go updates. Weather in the Mid-Hudson Valley (Poughkeepsie) is key.

B18, 16  75/60 miles  9 am  Learning the Good Routes II: Westchester County

Leaders: Wayne Wright, wwright8@nyc.rr.com, 212-873-7103; Mark Gelles, mgelles@okcom.net; Susan Conova, susancona@newyork.com
From: Central Park Boathouse
Are you eager to lead an NYCC ride but don’t know a good route to take? Then this ride is for you. It’s the second in a set geared toward learning some standard routes in and out of the city. We’ll take a standard route through the Bronx into Westchester County. Once there, the B16 ride will do a 60± mile ride, while the B18 ride will do 75± miles. 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.

B17/18  48 miles  9:30 am  Piermont

Leaders: Margaret Cipolla, cipollam58@yahoo.com, 718-275-6978; Amy Hanowitz-Britt, 212-288-6324
From: Central Park Boathouse
Rte 505 out, 501 back. A simple ride, hopefully made more interesting by the company.

B16+  50+ miles  6:40 am  Connecticut Ramblings/Greens Farms-Newtown Loop

Leader: Susan Rotdes, srodetis@earthlink.net, 212-288-9663
From: Grand Central Terminal for 7:07 train OR meet 8:19AM Greens Farm RR Station
Enjoy back roads and shorelines of very pretty, verdant, and certainly “tony”, parts of the Nutmeg State/Fairfield County & Empire State/Westchester County. This is a very pretty, looping route, out of Greens Farm RR station, with return from either GR or Westport RR stations. We’ll ramble along picturesque beaches, then split north from Southport along many shaded quiet roads to scenic backroads and hamlets, reservoirs/streams/waterfalls. Bring your own lunch and hydration, as no deli open on route (not till end of ride). Optional beach dip in quiet, quasi-private beach (Burying Hill Beach, Greens Farms) at end with free shower available – all in all, a wonderful day in the country! Cue sheet provided, ride as a group. Pace will be brisk; 16+ mph on flats/rollers; target 14-16mph overall including hills. 7,500 feet climbing, but no killer hills. Distance may vary, based on temperatures & weather, but expect 45-65 miles. Turnaround/shorter options also available. Bring Metro-North bike pass, hydration/food/snacks (& bathing suit/camp towel, or be in wettable bike clothes for swim option). Meet in GCT for 7:07 train or at 8:19 arrival in Greens Farm RR station. Co-listed with 5BBC. Please pre-register.

B15  52 miles  9 am  CT Gold Coast Ride, Lower Section

Leader: John Zap, zapprpt@aol.com, 203-972-9339
From: Grand Central Terminal, Information Booth
Meet at Grand Central Station for the 9:07 AM New Heaven train to Darien; leader will meet group at Darien Train Station arriving 9:59AM. This is a very scenic ride along Fairfield County’s coastline from Darien to Stratford. This is the first of a series of three rides, lower, upper and entire section of CT’s Gold Coast. We’ll stop at Compo Beach in Westport, (for snacks &water) and then a late lunch at Captain’s Cove or nearby vegetarian restaurant in Bridgeport. Then we will tour Lordship on the way to Stratford Train Station. Return via Metro-North approx. 3:13pm or 4:13pm depending on finish time.

Sunday, July 16, 2006

B17/18  80-85  9:30 am  Green Sergeant’s Covered Bridge

Leaders: Kay Gunn, kgunn@ndci.com, 646-509-5034; Michael Giannella, mgianella@gmail.com, 201-681-4535
From: New Brunswick NJ Transit train station
Join us for a beautiful country ride thru the rolling farmland of central New Jersey. We’ll go thru the Green Sergeant’s Covered Bridge via Frenchtown this time if we have a chance to scout it. Otherwise, it’ll be the same beautiful route we did in May. ake the 8:14 AM NJ Transit Northeast Corridor train, exiting in New Brunswick at 9:07. The ride will start and end at the train sta-
tion. Please RSVP to the leaders if you’d like to attend. We are limiting the ride to 6 plus the co-leaders.

B16/17 60± miles 9:30 am Ride to the Races: North Jersey Cycling Classic

Leaders: Marci Silverman, mhsilv@yahoo.com, 646-408-4565; Peter “banana guy” Kouletsis, pkoule@nyc.rr.com, 917-854-1181
From: Central Park Boathouse
We’re going to watch two races today -- first a ride to Park Ridge for the 20th Annual North Jersey Cycling Classic. Bonus points if you want to enter -- there’s a citizen’s category in which all are welcome. Races start at 2PM; post-race viewing of TdF at a yet to be determined gathering point. Bring a positive attitude and all the usual stuff. Slower & faster riders welcome, we’ll have cue sheets for all. Light rain may not cancel, downpours will. Check the message board if in doubt.

Friday, July 21, 2006

B17/18 65 miles 9:10 am 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, July 22, 2006

A19/20 85 miles 8:15 am Bear Mountain Revisited
Leaders: Steve Peters, spsquared@yahoo.com, 917-882-9849; Terry Hildebrandt, 646-335-5230
From: Central Park Boathouse
Perhaps you missed your SIG graduation ride...Perhaps you completed the SIG and haven’t had much to ride for since...Perhaps work has gotten in the way of your annual pilgrimage to Bear Mtn...Whatever your motivation, join us at the Boat House for a ride up to Bear Mountain via Seven Lakes and then head to Cold Springs for a bite, a beverage and the train back to NYC. Bring 2 water bottles, pocket food, Metro-north bike pass and money for the train ticket home. Usual cancels or contact a leader day of...

A18-19 58 miles 9:30 am Westchester Trailways
Leaders: Natalia Lincoln, natalia@bway.net, 718-972-3451; Justina Pearson, justina.pearson@earthlink.net, 212-945-8575
From: Central Park Boathouse
A beautiful, not particularly hilly ride up Westchester’s South and North County Trailways to Goldens Bridge (Metro-North home from there, so don’t forget your bike pass!). Focus will be on co-operative riding -- we’ll be rotating the lead. Lunch stop about halfway through. Please print out and bring the cue sheet at: http://www.nycc.org/rl_db/ride.aspx?id=134. RSVPs by email Friday night or before are appreciated.

B16 53-58± miles 9:30 am Pasacc / Group Training Ride
Leaders: Linda Wintner, lwintner@metlife.com, 212-876-2788; Rick Braun, 917-232-2776
From: Central Park Boathouse
Missed the B SIG? Took the B SIG and want a refresher? Just want to learn some basic group riding techniques and have a good time? Then this ride is for you. We will introduce some B-SIG group riding concepts before the ride starts. During the ride, you can expect some gentle coaching and, over lunch, we will talk more about some general principles of safe group riding. We will ride a scenic route to a nice park in Pasacc, NJ -- the mileage will depend on how hot it is that day. In case you’re not sure about how comfortable you are with a B-16 pace, please call the leaders to discuss. But, don’t worry about it too much because we will stop for a checkpoint/bailout at the last subway stop before we leave the city if any riders appear to be having problems with the pace. Bring plenty of water and some pocket food as our pit stops out and back have no snacks. Cancels: precipitation, or the serious threat of. If in doubt, call one of the leaders. (Note: Rick and Linda will not have access to emails or the Message Board after 6pm on Friday.)

Sunday, July 23, 2006

A19 70 miles 9 am Nyack the Hilly way
Leader: Jimmy Bennett, jbennett@saturn.med.nyu.edu
From: Central Park Boathouse, parking lot
This is the fourth ride from the A19 SIG series, and only slightly hilly. We’ll depart from the boathouse at 9AM, traveling through West Nyack and up a hill or two, then riding at least one lap around the beautiful Rockland Lake before heading back down to Nyack, with lunch at the Runcible, of course. This is a beautiful route, and one of my favorite rides from the Sig. Of course bring at least two water bottles (or camel-bak equivalent) and food, extra tubes and your bike in good condition. If weather is questionable check the message board the night before.

A19 30+/- miles 9 am Chillin’ Recovery Ride to Breezy Point, Brooklyn
Leaders: Laura Colby, 917-859-9725; Carrie Garza; Justina Pearson, justina.pearson@earthlink.net
From: Prospect Park, Grand Army Plaza entrance
Join us for a post-Saturday recovery ride. Spin your way along the Brooklyn Bike Path, under the great verrazzano, through Coney Island (hot dogs at Nathan’s optional), over the Marine Parkway Bridge and into the private community of Breezy Point. Let your legs relax, take in the spectacular view and enjoy the local sights and sea breezes. Lotsa flats and gentle rises! NO climbing whatsoever - promise! Rain cancels. Two bottles, tubes and the usual a must. Bring your cameras.

B17+ & 19 45 or 58 miles 7:50 am Connecticut Ramblings/Housatonic River Valley & Hills
Leaders: Susan Rodetis, srodetis@earthlink.net, 212-288-9663; George Arcarola, garcarola@nyc.rr.com, 917-837-8010
From: 7:50 GCT for 8:07 bike train OR meet us at 9:55AM Derby/Shelton RR Station, CT
Two groups, B17 & A19, will enjoy this very scenic and definitely hilly loop ride (new route!) from/back to Derby/Shelton CT. Tour the Housatonic River Valley, climbing its hills, skimming the ridgelines, dropping down to its river/lakes/reservoirs. Great back roads, quiet towns, historic districts/homes, neat views. Hard ride; 3300 ft. elevation gain for the ‘Bs” more for the ‘As’, with some serious hills (but all worth it!). Cue sheet provided, ride as a group. Return 3:47PM train out of Derby/Shelton RR Sta. George Arcarola will be leading a faster paced A group over more mileage/hills than Susan’s B17. Local host leader joining us is Gerry C, triathlete. Pls. preregister. Co-listed 5BBc.

B16 50 miles 8:30 am Nyack the Back Way
Leaders: Tonya Harroun, bikintonya@yahoo.com, 718-828-5309; Ean Novelo, ernilo@gmail.com; Reginald Johnson, rabjohnson@optonline.net, 917-825-0952
From: George Washington Bridge, NJ side bike path entrance
Join us for a comfortable and enjoyable ride to Nyack. We’ll enter Nyack the back way by cycling over Bradley Hill. Smiles, helmets, and a positive attitude required. Cancels: rain, wet roads, and/or winds above 20 mph. Check message board for updates.

Friday, July 28, 2006

B17 50+ miles 9:30 am Piemont the Hilly Way
Leader: Ellen Jaffe, ellen@ellenjaffe.com, 212-966-7206
From: Eleanor Roosevelt statue, 72nd St and Riverside Drive
River Road out, a climb up Bradley or Clausland so we can coast high above the Hudson, along Piemont’s very own Corniche – Highland Avenue. After lunch in Piemont, an easy River Road return. Let’s play hookey. Check the message board Thursday night for update/confirmation.
Saturday, July 29, 2006

A21 80 miles 8:30 am The Ride for the Carrot Cake

Leaders: Mike Beckerman, mikeb597@aol.com, 917-855-8488; Lisa Lurie, llurie@nyc.rr.com, 917-749-3065
From: Central Park Boathouse

Challenging route through Westchester with climbs on Whippoorwill, Roaring Brook Rd, and Hardscrabble. On the way back, we'll be rewarded for our efforts with a quick stop for carrot cake in the Bronx. Bring two water bottles, lunch money and an MTA bike pass in case you need to bail. Pace-line skills required.

A19 60 miles 8am Darien-Westport

Leaders: Melissa (MJ) Durkee, melissa.durkee@gmail.com; MB Mulholland, mbmulholland@att.net
From: Grand Central Terminal, Information Booth

Join us for a repeat of one of the most scenic A19 SIG rides--a loop through shady back roads of Connecticut with rolling hills and minimal traffic. Lunch in Bethel at mile 35. We'll ride briskly but co-operatively--pacineline skills required, pacebusting discouraged.

Meet at Grand Central Station for the 8:07 train to Darien -- we'll be in the first train car or wherever the conductors send cyclists. Your ticket should be to Darien, return from Westport. And bring a bike pass. E-mail leaders for details if needed.

A18/19 60+/- miles 8am In Search of the Nude Beach

Leaders: Edward Fishkin, 917-578-1078; Piera Bettini, 917-517-2049; Christy Guzzetta, 917-374-6436; Jimmy Bennett, 917-797-8863
From: Staten Island Ferry, Manhattan Terminal

Hold on to your hats... well maybe it should read hold on to your saddle because where we're going you won't need your hat when you get there! Yep, we've dusted off the classic ride to Sandy Hook, NJ, a visit to the Nude Beach, and a cool ferry ride back to NYC. You'll need $23.00 for the ferry plus some pocket change for food. Meet at the Manhattan (Whitehall) Staten Island Ferry Terminal at 8am to take the 8:30 ferry. In case the urge strikes you too to disrobe, you'd better start those dressings now!!!

B15 50 miles 9am CT Gold Coast Ride, Upper Section

Leader: John Zap, zapprtg@aol.com, 203-972-9339
From: Grand Central Terminal, Information Booth

Meet at Grand Central Station for the 9:07 AM New Heaven train to Fairfield Leader will meet group at Fairfield Train Station arrive 10:19AM. This ride follows the coastline from Fairfield to New Haven. This is the second of a series of three rides, lower, upper and entire section of CT's Gold Coast. Ride travels through Lordship, Milford, Woodmont, East Haven and then up to New Haven. Return from New Haven approx. 3:53pm, 4:53pm, depending on finish time.

Sunday, July 30, 2006th

B17 60+ miles 9:30 am The Knot

Leaders: Ellen Jaffe, ellen@ellenjaffe.com, 212-966-7206; Kay Gunn, kaygunn@gmail.com, 646-509-5034
From: Eleanor Roosevelt statue, 72nd St and Riverside Drive

Only if we approach the intersection of Clausland and Tweed from all directions can we claim to have tied 'The Knot'. So, get your climbing legs on. We're going up Bradley, Tweed, Clausland, and more. Lunch stop at the Blauvelt Diner. Required: two water bottles; pocket food; your good humor. Serious rain cancels. Check the message board.

B17 40+ miles 9am Breezy Point!

Leaders: John Slagle, jslagle@silverrail.com, 646-294-7796; MJ Durkee
From: Prospect Park, Grand Army Plaza entrance

A fun, Brooklyn based ride out to Breezy Point and back. This is a flat ride, but be prepared to ride on anything; city streets, bike paths, maybe even a little sand. Rain cancels.

B16-17 65 miles 8am Need the Ocean?

Leaders: Hal Eskenazi, hal@profilesworldwide.com, 917-822-5401; Marcy Squadron, 917-349-2146
From: Central Boathouse

We're starting at the Boathouse but didn't forget our friends in Queens. We'll pick you guys up at 9:30am at Union Turnpike and Queens Boulevard at Statue (across from the triangle). OK, we're into the summer and you're thinking, "I need the beach". Well, we have a solution. We'll take a ride to Oyster Bay, see the ocean, maybe take a dip, have some lunch, take a pocket full of sand and head back. Join us for a ride through the suburbs of Long Island, among trees, beautiful homes and rolling hills and we'll find the perfect place for lunch on the water. Cancels rain and/or high winds. Check the message board from 7AM onwards.

Out of Bounds

Saturday July 15th & Sunday, 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 6,000 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 of the Litchfield Hill

The third annual Tour of the Litchfield Hill will be held this year on Sunday August 6th. The Tour is a fundraiser for the Center for Cancer Care Fund, Inc, 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. All routes are on paved roads and all routes start and end at Coe Park, Route 202 in downtown Torrington, Connecticut. The ride begins with mass starts. You will ride on some of the most scenic roads in New England. 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.tourofthelitchfield-hills.com. The

Sunday August 20, 2006

Adirondack Bike Tour

Location: North Creek, NY (Exit 23, NY Thruway)
New York Cycle Club  July, 2006

Sponsored by the Resident’s Committee to Protect the Adirondacks. There are 75 mile and 20 options with shuttle to the start/finish point. The ride is all on road, wide shoulders for much of the route. You’ll ride through some of the most beautiful scenery – cutting right through the central Adirondack Mountains, most of which is public Forest Preserve land. $45 per person. More info http://www.ididaride.org/index.html

Sunday August 27, 2006
Fourth Annual North Fork Century ride

Location: Greenport, NY
This beautiful FLAT ride rolls along the north fork of Long Island from beach to beach including a spin out to spectacular Orient Point. The North Fork is what the Hamptons must have been like back in the day -- vineyards, working farms, fruit stands, deserted backroads, quiet beaches. The fantastic ride includes fresh local peaches and roasted corn, wine tastings, ice cream, merry-go-round rides, a post-ride meal, and hot showers at the finish line. Optional transportation available for you and your bike from Manhattan to the Greenport, NY start line, or drive there on your own. www.northforkcentury.com.

Saturday, September 9, 2006
AIDS Ride for Life

Location: Ithaca, NY
Sponsored by the Southern Tier AIDS Program (STAP), the AIDS Ride for

NYCC Bicycle Maintenance Workshop - August

Do you have a deep desire to know how to fully maintain your bicycle? Do you wish to possess knowledge and full confidence to perform roadside emergency bicycle repairs? Do you have a yearning to be a more informed consumer and know whether your local bike shop mechanic has properly fixed your bicycle? If you answer yes to any of these questions, or are somewhere in between, well then, please read on.

The New York Cycle Club presents a road bicycle maintenance and repair workshop series. This four-week series will occur each Sunday afternoon in August. Each week we will work on different parts of the road bicycle. We’ll start with the basics and progressively cover more advanced topics.

You are welcomed to bring your road bicycle to the workshop. This is a hands-on workshop with a hold-your-hand style approach. If your intent is solely to be an informed bicycle shop customer and to just watch and learn – that is all right, too. By the end of the fourth week, you will come away with full confidence and knowledge of how to repair and maintain your bicycle.

Each class will start at 2pm and have an approximate duration of 3 hours. The location is downtown Jersey City, NJ. along the Hudson waterfront (as in directly across from familiar environs of Battery Park City). Traveling from NYC is a quick 5 minutes by ferry or 5 to 15 minutes by PATH train.

You may sign up for one or more classes. The cost per class is $20. At the end of each class someone will go home with some tools used in the class. What could be better? Net proceeds from the workshop series will be donated to Recycle-A-Bicycle. Space is limited. Sign-up now via the Active.com website.

Below is the course outline:

Sunday, 6 August 2006 – Basics and Consumables
• Bicycle cleaning and polishing for city dwellers
• Flat repair
• Gear adjustment
• Replacing chain
• Replacing cassette
• Replacing chain rings

Sunday, 13 August 2006 – Truing, Tuning Cables & Wires
• Replacing brake and gear cables and housing
• Adjust brakes
  • Revisit adjust gearing
  • Wrapping handlebars
  • Truing wheels

Sunday, 20 August 2006 – Getting Greasy
• Saddle adjust
• Seatpost install and repack
• Pedal maintenance
• Hub maintenance
• Headset maintenance
• Stem and fork maintenance
• Handlebars adjustment
• Bottom brackets and cranks

Sunday, 27 August 2006 – Wheel Building
• Wheel building

Travel Directions:
The workshop’s address is: 15 Warren Street, Jersey City, NJ. This address is within a mile south of the Holland Tunnel. You may also take the PATH train from one of its entrances at 6th Avenue and 33rd, 23rd, 14th, 9th or Christopher Streets and exit at the Grove St stop. For down-towners, catch the PATH train at the World Trade Center stop in lower Manhattan and get-off at the Exchange Place. For either stop, Exchange Place or Grove Street, you may also take the PATH train from one of its entrances at 6th Avenue and 33rd, 23rd, 14th, 9th or Christopher Streets and exit at the Grove St stop. For down-towners, catch the PATH train at the World Trade Center stop in lower Manhattan and get-off at the Exchange Place. For either stop, Exchange Place or Grove Street, it is then a short bike ride (0.7 miles to be precise) to 15 Warren Street. See map below. Even better yet, you may catch the Liberty Park Water Taxi (ferry) from nearby the commodities exchange building in Battery Park City. It will literally drop you off right in front of 15 Warren Street, Paulus Hook stop.

Life is a 100-mile bicycle ride (also 50 and 85 mile options) around beautiful Cayuga Lake to raise funds for HIV/AIDS services in the southern tier. First year riders must raise a minimum of $300, returning riders $500. For more information or to register visit our website www.stapinc.org or e-mail: lwest@stapinc.org.

Sunday, September 10, 2006
9th Annual Rock ‘n Road Bike Tour

Location: Sunset Park in Harvey Cedars, Long Beach Island, NJ
Sponsored by the Jersey Coast Chapter of the American Red Cross. There are 10 and 40 mile options. Registration is $10- children/$20-adults, $5/$15 before Sept 10. For more information: http://www.jerseycoast-redcross.org/ProgramsServices/SpecialEvents/tabid/65/Default.aspx

Sunday September 17, 2006
Prospect Park Fall Duathlon

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

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**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.

### CRUISING CENTRAL PARK SELF TEST

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**Please read this before your first club ride**

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

I want YOU
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: abikeshp@aol.com. 10% off non-sale items (not items already discounted)

- **Bicycle Habitat**
  244 Lafayette Street, New York, NY
  212-431-3315 or cmbike@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 parts, accessories and repairs

- **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
  222-697-6966 or conradbike@aol.com
  8.25% off parts, accessories and repairs

2006 Membership Application/Renewal/Change of Address

As a condition of being permitted to participate in any way in New York Cycle Club ("Club") sponsored Bicycling Activities ("Activity") 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 SUIT the Club, the LAB, their respective representatives, directors, agents and employees, other participants, anyone sponsored, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS, AND I FURTHER AGREE THAT IF, DESPITE THE RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, I, or anyone on my behalf, makes a claim against any of the Releases, I WILL INDEMNIFY and HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damages, or cost which may incur as a result of such claim. I HAVE READ 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 and HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damages, or cost which may incur as a result of such claim.

Membership Number (renewals and change of address only)

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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.
Tuesday, July 11th, 2006

Tour de France Stage 9
(Sabbatical from Annie Moore’s)

This July we are focusing on the most important cycling event of the year, the Tour de France. On Monday the riders have a rest day and fly south to Bordeaux. On Tuesday, July 11, they ride Stage 9 http://www.letour.fr/2006/TDF/presentation/us/parcours.html (169km/104.5mi) from Bordeaux to Dax. Join fellow cyclists at Blondies (79th street) to watch this extraordinary event on live TV. The OLN expanded live broadcast starts at 8pm.

Time: 6pm onwards

Blondies http://blondiessports.com
212 W 79th St. (between Broadway and Amsterdam)

Subway: Take 1/C/D to 79th. From 1 subway walk half block east. From C/B subway walk two blocks west.