

July 2006

NYCC Bulletin



**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 (\$15) beforehand online (lincolncenter.org), by phone (212-721-6500) or at the Avery Fisher box office. 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@firstmnhattan.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 another apology to our president Carol 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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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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Front Cover Picture: A group of NYCC members relax after a hard day's riding in the Berkshires, Memorial Day Weekend, 2006. Did you miss the Berkshires this year? If so, mark your calendar for next year's spring NYCC weekend away.

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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 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 mi 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, 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 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.

Wednesdays in July (Except last Wednesday)

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 by 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.

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, 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. 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, rrubin52@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 Piermont 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 7:30 AM 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 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. Wet roads at 7:30 AM 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, 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. Possible rain date Sunday 7/9.

Regular Rides in July

Saturday, July 1, 2006

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

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

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

Drop your bags off, jump on your bike, and let's begin the four-day weekend with a ride through NJ, up the dreaded (especially if it's hot) Skyline Drive, then lunch outdoors in Greenwood Lake. With full bellies, we'll groan our way up Hogback, working our way into Harriman park, then finally, reuniting with our luggage at the Thayer Hotel. This is a great way to get the weekend going, with some solid climbing, significant but not oppressive mileage and inspiring scenery to whet your appetite for the rest of the weekend. Remember to take your water bottles and snacks out of your luggage!

B17 55 miles 8am West Point with River View

Leaders: Wayne Wright, wwright8@nyc.rr.com, 212-873-7103; Hannah Borgeson, hannahb@att.net
From: 72nd Street @ Central Park West

There are plenty of ways to get to West Point without enlisting. We'll head north on back roads and then hug the river beginning at Haverstraw. Join us if you're coming to West Point for the weekend, or to return to the city by train from Garrison. Smiles please; no firecrackers.

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@nyc.rr.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 uphill, but you will not know them by name (no 'Little Tors' or 'Whippoorwhills'). 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 8:30 am 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 Bateup, hsb8@aol.com, 646-250-3489; Dirk 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

on 79th street for beers and burgers. Please bring a light as we will be returning at dusk. Check the message board for changes or cancellations.

Friday, July 7, 2006

B18 70 miles 9am Sagamore Hill (Teddy Roosevelt's House)

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

From: City Hall Park, Opposite Brooklyn Bridge

Ride to north shore of Long Island with picnic lunch at Sagamore Hill. Optional meetup in Queens at Statue of Civic Virtue approximately 9:45. Call or e-mail to confirm. Subway and LIRR return options.

Saturday, July 8, 2006

B18/19 70 miles 9am Oyster Bay

Leaders: George Arcarola, garcarola@nyc.rr.com, 917-837-9010; David Frank, davidfrank@aol.com

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

A scenic ride to Oyster Bay along the North Shore of Long Island. We'll pass through both King's Point and Sands Point. Lunch at the Roslyn Duck Pond, then continue to Oyster Bay, where we can have an ice cream before we head for home. We'll adhere strictly to the posted pace, with minimal stops. Requirements: two water bottles (or hydration system), spare tubes, pocket food and a smile!

B17 50 miles 9:30 am Shopping at Campmor

Leaders: Hannah Borgeson, hannahb@att.net, 212-348-2601; Sylvia Mueller, sylvia.mueller@time4.com; Paul Flindt, paul@flindt.us

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-goods su-

perstore 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 50-60 miles 9:15 am NJ Waterfront, in Reverse

Leader: Kay Gunn, kgunn@ndci.com, 646-509-5034

From: Grove St PATH station, Jersey City

Let's wave to the Statue of Liberty from Liberty State Park, then ride up the Hudson to Piermont or Nyack for a snack. The ride starts from the Grove St PATH station in Jersey City and ends at the GWB, or optionally back at the Grove St PATH for an additional 12 miles. Free sangria (my treat) from the Mexican joint next to the PATH for anyone who rides back with me. You buy your own tacos. PATH train entrance requires either \$1.50 or a pay-per-ride Metrocard. Take one of the following trains: 33rd Street line, 8:45am towards Hoboken/JSQ; arrives 9:08am World Trade Center line, 9am towards Newark; arrives 9:07am Exit at Grove St. We'll meet in the small park just outside the station. We will not stop at the GWB to pick up additional riders.

Sunday, July 9, 2006

A19 80 miles 8:30 am I'd Climb the Highest Mountain-South Mountain/Little Tor

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

From: Central Park Boathouse

We won't be climbing the highest mountain or swimming the deepest sea, but be prepared for 80+ miles and a short but steep climb up Little Tor. The usual cancels. Check the message board or call leaders after 7 am if in doubt as to ride status. Required: helmets, paceline skills.

Bike Cargo Boxes Available To Rent



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

Joanne.McGarry@mail.co.nassau.ny.us

Checks payable to NYCC

NYCC

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 Herald, 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 Piermont 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 Piermont's very own Corniche, Highland Avenue. After lunch in Piermont, 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@nyc.rr.com, 917-572-8926; Ron Roth; Peter O'Reilly; hank schiffman

From: Grand Central Terminal, Information Booth

Meet at GCT, take 7:51 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 toppers: 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, susanconova@yahoo.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-Newton Loop

Leader: Susan Rodetis, 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+mph overall including hills. 1,750 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 9am CT Gold Coast Ride, Lower Section

Leader: John Zap, zapprt@nyc.rr.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 arrive 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, mgiannella@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. Take 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 coleaders.

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-ride 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 cuesheet 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 Pascack / Group Training Ride

Leaders: Linda Wintner, lwintner@metlife.com, 212-876-2798; 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 Pascack, 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, jbenett@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 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 grand Verrazano, 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, 917-837-9010

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. Col-listed 5BBC.

B16 50 miles 8:30 am Nyack the Back Way

Leaders: Tonya Harroun, bikintonya@yahoo.com, 718-828-5309; Ean Novelo, ermilo@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 Piermont 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 Piermont's very own Corniche -- Highland Avenue. After lunch in Piermont, 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 Whipoorwill, 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. Pacing 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—pacing 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, 917-797-8963

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 doing those crunches now!!!

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

Leader: John Zap, zapprt@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 & Poultnery 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 rides begin 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.tourofthelitchfieldhills.com. The

Sunday August 20, 2006

Adirondack Bike Tour

Location: North Creek, NY (Exit 23, NY Thruway)

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

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 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, 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.



Please read this before your first club ride

NYCC RIDES are led by volunteer leaders who plan the route and maintain the listed speed (e.g. B15= B level at a15 mph cruising speed — see charts). Our rides are described by pace and style because it's more fun when the group is of similar ability. We ride for fun, fitness, and food.

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

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

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

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

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

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

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

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

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

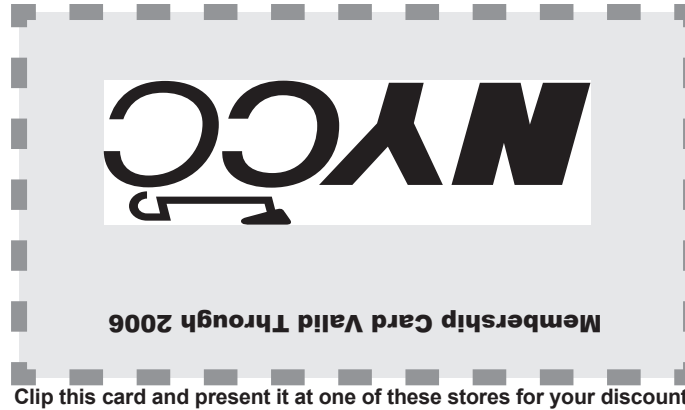
430 Columbus Avenue, New York, NY
212-724-2350. 10% off repairs and accessories

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
cmailing@turinbicycle.com 10% off parts and accessories
Owned by NYCC Life Member, Chris Mailing

2006 Membership Application/Renewal/Change of Address

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



Membership Number (renewals and change of address only) _____

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

Check one: Individual \$24 (bulletin mailed) Couple residing at same address \$30 (bulletin mailed)
 Individual \$19 (bulletin online) Couple residing at same address \$25 (bulletin online)

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

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

Address: _____
Street Apt. City State Zip

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

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

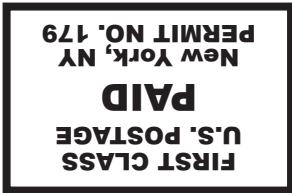
Check (if applicable) Do not print my Address Phone EMail in the NYCC Roster
 Do not print partner's Address Phone EMail in the NYCC Roster

Make Check payable to 'New York Cycle Club'. Mail to: New York Cycle Club, PO Box 4541, Grand Central Station, New York, NY 10163, USA. **Note: checks take six to eight weeks to process.** You may also renew online through active.com to receive a \$2 discount. Online registration is instantaneous. Visit: http://www.nycc.org/home_join/shtml and click onto the active.com link. NOTE: ALL FULL-YEAR NYCC MEMBERSHIPS ARE ON A CALENDAR YEAR BASIS ONLY.



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New York Cycle Club
PO Box 4541,
Grand Central Station,
New York, NY 10163
United States of America



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.