NYCC C12 ride sets off for San Francisco
Future of print bulletin up for discussion
Regular club rides for August
Recurring club rides
As many of you know our fearless president, Carol Waaser has completed what may well have been an epic bike tour in Europe from St Petersburg in Russia to Istanbul in Turkey – from the Baltic Sea to the Black Sea, the Bosporus and the Sea of Mamara. This was a ride of around 2,000 miles, if I remember correctly, and I am sure that Carol has a tale or two to tell.

Carol wrote last month that if any of you were thinking of bike touring for the first time, she could thoroughly recommend it and urged you to give it a try.

My own experiences at bike touring cannot match an adventure from northern Europe to southern Europe, but I did get my first taste of it as a teenager, riding counter-clockwise around England, starting in my native England and riding through Cambridgeshire, Lincolnshire, Yorkshire, Lancashire, Cheshire, Derbyshire, Staffordshire, Leicestershire, Warwickshire, Oxford, Buckinghamshire and back to Oxford. This trip took in the two major university towns of Cambridge and Oxford – a distance of around 700 miles over a leisurely two weeks.

My next experience did not come until I was in my late 30s, when I rode an ‘End-to-End’ – Land’s End to John O’Groats, or the southwestern tip of England to the northeastern tip of Scotland – a distance of 867 miles in just five days, averaging over 170 miles a day. I was a lot fitter and lighter then, although I suffered the worst case of saddle sore of my life on the last day of that ride; it brings tears to my eyes just thinking about it. Who says we forget pain?

A year later, I did a ride from Nice to Paris, over the Alps in seven days and a total distance of 735 miles. With these two trips, we hired a van and had a couple of designated drivers. The van carried all of our luggage, tools, spare wheels, spare bike, a large stock of inner tubes, food, electrolytes etc., whereas with my tour as a teenager, I carried all of my stuff in panniers at both ends of the bike, and it felt like it weighed a ton, especially when riding through the Yorkshire Dales and over the Pennines into Lancashire.

One thing I remember from all of those trips is that your body just gets used to riding all day, every day, day after day and it feels really odd when you stop. The day after we arrived in Paris, we did very little sightseeing and, instead, meandered aimlessly from one café to another, eating in every single one in a subconscious attempt to replace some of the calories we had burned off during the previous week. A fat percentage measuring scale told me that at the start of that ride, I had a body fat of 19.5% and, by the end of it, I had 14.5%; ever since then, I’ve never been able to get under 18%.

Having had a taste of touring, I take my hat off to Carol, eyes green with envy – I wish I had the time to embark on such a venture – and also to NYCC member Maggie Nguyen who, on Saturday July 8, set off with a fully-loaded bike from the Eleanor Roosevelt Statue on Riverside Drive on a 4,000 plus miles ride across the United States, where she hopes to arrive in San Francisco in late October or early November. She is not going a direct route.

In the spring Maggie completed and graduated the NYCC’s C-SIG and decided to quit her job to ride across country. Some details and a few pictures of her ride can be found on Page 9.

It may be too late to plan a tour for this summer, but if this has

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NEW YORK CYCLE CLUB
PO Box 4541,
Grand Central Station,
New York, NY 10163

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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.

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Front Cover Picture: Maggie Nguyen with friend Dave set off from 72nd & Riverside Drive on July 8 on the first leg of their cross-country ride to San Francisco. A group of NYCC members saw them off on their first leg to Cold Spring. Picture by Anthony Poole.

Printing: Boro Park Graphics, 3,400 Hamilton Parkway, Brooklyn, NY 11218. Website: www.bpgrapics.com
Club Rides

IMPORTANT: BEFORE YOU TAKE YOUR FIRST CLUB RIDE, PLEASE READ ABOUT CLUB RIDES ON P14.

PLEASE NOTE: It is now a mandatory requirement to wear helmets on all NYCC rides.

GUIDELINES: With few exceptions, bad weather (ie precipitation in any form, ice, snow and water-covered roads and high winds) and temperatures of freezing and below are generally causes for a ride’s cancellation. Where there is an exception, it is stated with the relevant ride’s description. If the weather looks doubtful when you wake up on ride day, check the NYCC message board (www.nycc.org), 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 August

Saturdays in August

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. What makes it challenging are the hills, some at 14%. One time this month we’ll go up the extremely difficult Old Mountain Road. It can be scary. It’s 18%-19% and some riders have toppled over on it. Me? I master it at 3± mph – mostly minus. If you have a choice of cogs, think large. Also, think patience; you’ll have to wait for your leader atop the hills. Brief picnic snack along the Piermont Canal at Mile 32. Back c. 1:30.

Regular rides in August

Tuesdays and Thursdays in August

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. Cancells: precipitation, imminent threat of precipitation, or wet pavement.

Wednesdays in August

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 jaunt 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 2.30 at the latest. Important ground rules: At least two riders must sign up the day before on the Message Board. Sign up and then check back later in the evening to see if we got two riders, meaning we’re ON.

A18 30 miles 7 pm Urban Adventure
Leader: John Zenkus, jiz2116@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.

B17/18 20+ 7 pm Prospect Park Laps
Leader: More McCormack, moremccormack@hotmail.com, 347-387-3850
From: Prospect Park, Grand Army Plaza entrance
Join me for evening laps around Prospect Park. Let me know ahead of time if you’ll be meeting us and check the message board in case I need to cancel or change anything at the last minute.

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 jaunt 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 2.30 at the latest. Important ground rules: At least two riders must sign up the day before on the Message Board. Sign up and then check back later in the evening to see if we got two riders, meaning we’re ON.

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B17/18 20+ 7 pm Prospect Park Laps
Leader: More McCormack, moremccormack@hotmail.com, 347-387-3850
From: Prospect Park, Grand Army Plaza entrance
Join me for evening laps around Prospect Park. Let me know ahead of time if you’ll be meeting us and check the message board in case I need to cancel or change anything at the last minute.

Regular rides in August

Tuesdays, August 1, 2006

B17/18 56 miles 9:30 am Nyack
Leaders: Margaret Cipolla, cipollam58@yahoo.com, 718-275-6978; Amy Hanowitz-Britt, 212-288-6324
From: Engineer’s Gate, 90th St and East Drive
Rte 505 up, then over Bradley to Nyack; 501 home. Should be back in the park around 2:30pm.

Thursdays, August 3, 2006

B16 50-60 9am 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
Pierrmont, Nyack and/or Rockland Lake via interesting route(s) such as Rio Vista/Esplanade, County/Piermont Roads, Tweed, Bradley, Crusher/Chris- tian Herald, River Rd, The Upper Nyack Park/Hook Mountain Trail and the newly paved Orangetown Trail. Specific route will be determined by wishes and abilities of group. A brief visit to a mini cycling/touring museum may be included.

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### Saturday, August 5, 2006

<table>
<thead>
<tr>
<th>Start Time</th>
<th>Distance</th>
<th>Route Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>8am</td>
<td>100 miles</td>
<td>Warwick-Beacon Loop</td>
</tr>
<tr>
<td>9am</td>
<td>53-58 miles</td>
<td>Pascack/Group Training Ride</td>
</tr>
<tr>
<td>8am</td>
<td>55 miles</td>
<td>Housatonic Pizza Ride</td>
</tr>
</tbody>
</table>

#### Leaders:
- Ron Roth, rt7@nyc.rr.com; Timothy McCarthy, thomymcc@earthlink.net; Peter O’Reilly, ptor@Prodigy.net
- Alfredo Garcia, cyclistxiii@yahoo.com, 646-312-1677; Ed Pino; Liz Baum

#### From:
- Central Park Boathouse
- Columbus Circle Fountain at 59th St. & Columbus Circle

#### Notes:
- 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. If you don’t know what the B-SIG is, don’t worry – we’ll explain. It’s basically about safe group riding. During the ride, you can expect some gentle coaching and over lunch we will talk some more about some general principles of safe group riding. We will ride a scenic route to a wonderful deli where we will pick up lunch and ride a few blocks to a nice park in Pascack, NJ. The mileage will depend on how hot it is that day, and we will try to make sure that the route has lots of shade. Bring plenty of water and also some pocket food as our pit stops out and back have no snacks. Cancels: precipitation or serious threat thereof. If in doubt, call one of the leaders. **Note:** Linda will not have access to e-mails or the Message Board after 6pm on Friday.
- Carol Wood, violetdubois@ mindspring.com, 212-683-0070; Sal Cenatiempo, spcen@hotmail.com, 917-302-2327

### Sunday, August 6, 2006

<table>
<thead>
<tr>
<th>Start Time</th>
<th>Distance</th>
<th>Route Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:40 am</td>
<td>100 miles</td>
<td>A hundred miles, a single gear: Tour des Barrens</td>
</tr>
<tr>
<td>7:30 am</td>
<td>50+</td>
<td>Hudson Valley Raptor Center &amp; Dutchess County</td>
</tr>
</tbody>
</table>

#### Leaders:
- John Kalish, john@kalish.com, 212-477-8661; Linda Wintner, lwintner@metlife.com, 212-876-2798
- John Slagle, jslagle@silverrail.com, 646-294-7796; Melissa (MJ) Durkee, melissa.durkee@gmail.com, 203-605-9392
- Ron Roth, rt7@nyc.rr.com; Melissa (MJ) Durkee, melissa.durkee@gmail.com, 203-605-9392

#### From:
- Grand Central Terminal, Information Booth
- Central Park Boathouse
- Central Park Boathouse
- Central Park Boathouse

#### Notes:
- The usual cancels, check the message board the night before through the following day. Please RSVP Co-leaders welcome! The route (courtesy of John Zenkus) is almost entirely flat, so you won’t miss that derailleur. Bring two water bottles, spare tubes, helmet, pocket food, and cash. Ferry leaves at 8:00am; cost is a $39 (for RT fare + bike charge). Check NYCC message board for updates. **Note:** Last ferry leaves NJ at 7pm.
- Friday Pleasure Cruise
- Friday Pleasure Cruise
- Friday Pleasure Cruise

### Saturday, August 12, 2006

<table>
<thead>
<tr>
<th>Start Time</th>
<th>Distance</th>
<th>Route Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 am</td>
<td>82 miles</td>
<td>River Rd., Little Tor, Spook Rock, Saddle River</td>
</tr>
<tr>
<td>8:30 am</td>
<td>68 miles</td>
<td>Nyack, the Hugowich way</td>
</tr>
</tbody>
</table>

#### Leaders:
- Chris O’Connell, chriscoco@yahoo.com, 212-517-3599
- Patrick Stuard, zahaa@hotmail.com 202-320-8791 cell
- John Slagle, jslagle@silverrail.com, 646-294-7796; Melissa (MJ) Durkee, melissa.durkee@gmail.com, 203-605-9392

#### From:
- Central Park Boathouse
- Prospect Park, Grand Army Plaza entrance

#### Notes:
- The usual cancels, check the message board the night before through morning of for changes. Please RSVP Co-leaders welcome!
- Quality 9W cruising. Bring two bottles, tubes and essential roadside gear. The usual cancels, check the message board the night before through morning of for changes. Please RSVP Co-leaders welcome!
- A fun, Brooklyn based ride out to Breezy Point and back. This is a flat ride,
New York Cycle Club  August, 2006

Bike Cargo Boxes
Available To Rent

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

but be prepared to ride on anything; city streets, bike paths, maybe even a little sand. Rain cancels.

B16  50-60  9am   Jay’s Lohud Series/West Bank Vistas

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

C12  23 miles  10am   Sandy Hook

Leaders: Alfredo Garcia, cyclistxxiii@yahoo.com, 646-312-1677; Phil Goldberg (5BBC Counterpart Leader)
From: Pier 11 (Near Wall St. & South St.)
Let’s take the Seastreak ferry for a nice day of riding and hanging out on the beach. We’ll ride busy/quiet roads, greenways. Bring $ for fare ($37 due to high price of oil), lunch @ Twin Lights and souvenirs. Note: starting one hour early to get 11am tickets. Be there soon. Bring lock, beachwear, camera, water to drink, sunscreen and sunglasses. Check related web link en.wikipedia.org/wiki/Sandy_Hook_(New_Jersey). Co-listed with the 5BBC

Sunday, August 13, 2006

A/B/C10-18+  20-50+  7:25 am  Ride and Picnic with Sound Cyclists

Leader: Fred Steinberg, fsteinberg@nyc.rr.com, 917-572-8926
From: Grand Central Terminal, Information Booth
Once again for 2005 we have been invited to join the Sound Cyclists for rides in the Darien,CT area followed by a relaxing picnic overlooking the water at Weed Beach in Darien. Families are welcome. Bring your bathing suit and beach towel if you’d like to take a swim. We meet at the Noroton Heights MNRR parking lot. The picnic is from 12:00-2:00. To sign up go to www.soundcyclists.com, go to “special events” and you’ll find online sign-up (name, # in party, contact info). If you have trouble accessing this or don’t have internet access, call Donna Sohikian at 203-668-0186. Sign up by 8/10 and the picnic costs $5. After that date or it will cost $10. As a courtesy to our hosts, please sign up. Hot dogs, hamburgers, veggie burgers, salads and dessert will be served. We’ll be taking the 8:07 from GCT to the Noroton Heights, the station prior to Darien. It is scheduled to arrive at 8:58. The directions will take you to Noroton Heights Railroad station where all rides start. Take I-95, Exit 10. If you are coming sout on I-95, at the end of the ramp turn right onto Noroton Avenue. If you are coming north on I-95, at the end of the ramp turn left onto Noroton Avenue, then make a left onto Heights Road and the station is on your left. EAP is the expected average pace. F/R= flat/rolling (may have a couple of short hills). R/H=rolling/hilly (may have some steep hills).

A Ride, EAP 18.5-19 mph, 8:00 /8:15, F/R, 60 miles,
B- Ride, EAP 17 mph, 9:00/9:15, R/H, 42.5 miles,
C+ Ride, EAP 15.5 mph, 9:00/9:15, R/H, 35 miles,
C Ride, EAP 13-14 mph, 9:30/9:45, F/R, 32 miles,
D+ Ride, EAP 12-13 mph, 10:00/10:15, FR 21 miles,
D Ride, EAP 11.0-12.0 mph, 9:45/10:00, F/R, 21 miles,
E Ride, EAP 10-11 mph, 9:45/10:00, F/R, 18 miles,

MNRR will probably split our return into two groups to return, taking the 3:48 and 4:48 trains from Noroton Heights to GCT.
PLEASE CHECK THE NYCC BULLETIN BOARD AND e-Weekly for UPDATES REGARDING THIS EVENT.

A19/20  82.4 miles  9am  South Mount Rd with Little Tor
Wednesday, August 16, 2006

B17/18  48 miles  9:30 am  Almost Park Ridge

Leaders: Margaret Cipolla, cipollam58@yahoo.com, 718-275-6978; Amy Hanowitz-Britt, 212-288-6324
From: Engineer's Gate, 90th St and East Drive
Rte 505 up, then over Bradley to Nyack, 501 home. Should be back in the park around 2:30.

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

Leader: Linda Mintner, 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 email 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.

Friday, August 18, 2006

B17/18  48 miles  9:30 am  Piermont

Leaders: Margaret Cipolla, cipollam58@yahoo.com, 718-275-6978; Amy Hanowitz-Britt, 212-288-6324
From: Engineer's Gate, 90th St and East Drive
Route will be some combination of either 505, 501 or River Rd. We should be back in the park around 1:30 pm.

Saturday, August 19, 2006

A19  55 miles  9am  Nyack via River Road

Leader: John Slagle, jslagle@silvertrail.com, 646-294-7796
From: Central Park Boathouse
Just a quick ride up to Nyack via River Road and back on 501. Rain cancels.

B16  50 miles  8:35 am  Greenwich/New Canaan Ride

Leader: John Zap, ZAPPRTG@aol.com, 203-972-9339
From: Central Park Boathouse
Meet at Grand Central Station for the 8:48 AM Brewster North train to Katonah. Leader will meet group at Train Station arrive 9:54AM. We will travel through the back roads of Bedford and Greenwich down to the coast and enjoy lunch at Cove Island Park Beach in Stamford. We return to Katonah through Darien, New Canaan and Pound Ridge. Return approx. 4:26pm train from Katonah depending on finish time. Listed jointly with WCC.

Sunday, August 20, 2006

B16-17  55 miles  8:30 am  Rockaways Ride-Swim Ride

Leaders: Hal Eskenazi, hal@profiles worldwide.com, 917-822-5401; Joe Aguilar, 817-894-1521
From: 34th St & 2nd Ave-sw corner & Prospect Park
Starting in Midtown we'll head down the bike path along the Wast River to the Brooklyn Bridge, off to Brooklyn and pick the rest of you guys up, 9:30am at the Grand Army Plaza entrance to Prospect Park. In July we visited the ocean. Well, I am collaborating with Apollo in August, for a gorgeous, sunny day, as we head to the beach, so, don't forget to bring your bathing suit, a towel and, of course, suntan lotion. We'll spend around 112-2 hours playing in the water and then back we will go. There are bailouts along the way and opportunities to return by train right from the beach if we should decide to stay longer. There are lots of places for food at the beach. Come, get wet. have fun with your friends and laugh a lot. Remember, you just planned a great weekend. Usual cancels and usual regulations apply. Check message board, 7am, for cancellation.

Friday, August 25, 2006

B17  50 miles  9:30 am  Friday Pleasure Cruise

Leader: Ellen Jaffe, ellen@ellenjaffe.com, 212-966-7206
From: Eleanor Roosevelt statue, 72nd St and Riverside Drive
Destination Nyack. River Road out, Clausland or Bradley before lunch; 9W or River Road back. Serious rain cancels. Check the message board.

Saturday, August 26, 2006

A20  52 miles  9am  The Hills of Hunterdon County

Leader: Peter O'Reilly, ptor@prodigy.net
From: School parking lot, Maple St, Lebanon, NJ
As far as biking goes, it does not get much better than this. Scenic, tree-
lined, low traffic roads without a major commercial establishment to be seen the entire route. This area is horse country. As such, this most challenging ride will require equestrian like skills while outputting some much needed horsepower. This ride contains 14 short, but steep climbs totaling 6,600 feet of vertical gain. A 39x25 or lower gear equivalent is highly recommended for this ride. Additionally, two water bottles and extra pocket food is recommended. I expect only one country-store stop to be made. If there’s group interest, we’ll grab lunch at a cafe immediately after the ride’s end. If you intend to do this ride, please RSVP so I know how many people to expect in the parking lot. It’s about a 75 minute drive from the Holland Tunnel. Sorry, there is no weekend train service. If you are interested and without a car, please email me ahead of time. I’ll try to line-up car pooling arrangements. For more information about this ride including a map, cue sheets, and driving directions, please check out the following NYCC Ride Library link: http://www.nycyc.org/rd_db/ride.aspx?id=142

A19 72 miles  8:30 am Rockland Lake Fandango

Leader: Patrick Stuart, zahaa@hotmail.com, 202.320.8791
From: Central Park Boathouse
Revised. Bring two water bottles and essential roadside gear. The usual cancels. Check the message board the night before through the morning of. RSVP. Co-leaders welcome!

B16 45 miles  8:30 am Your Basic Nyack Ride

Leaders: Reginald Johnson, rabjohnson@optonline.net, 917-825-0952; Tonya Johnson, blinktonya@yahoo.com, 718-828-5309
From: George Washington Bridge, NJ side bike path entrance

Join us for a easy spin to Nyack via 501. We’ll grab a bite to eat and relax near the water. Bring your helmet and a smile (a bike would be good too). Check the message board for cancellation, changes, etc.

Sunday, August 27, 2006

B17 100 miles  9:15 am Frenchtown
Leaders: Kay Gunn, kgunn@ndci.com, 646-509-5034; Michael Giannella, mgiannella@gmail.com, 201-681-4535
From: New Brunswick NJ Transit Train Station
We’ll go through the Green Sergeant’s Covered Bridge via Frenchtown, NJ. Expect beautiful countryside and roughly 6000 ft of climbing. 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 station. Please RSVP to the leaders if you’d like to attend. We are limiting the ride to 6 + the coleaders.

Wednesday, August 30, 2006

B17 30 miles  5:30 pm Last Weds in Prospect Park
Leaders: David Sabbarese, dsabbarese@firstmanhattan.com, 212-756-3209
From: City Hall Park, Opposite Brooklyn Bridge
As is our custom on the last Weds eve of the month, we do laps in Prospect Park for a change. We figure to be by Grand Army Plaza at 7pm. Don’t forget your helmet, lights, and some money as there are lots of cool places in Park Slope to grab a bite afterwards. Lousy weather cancels.

Continued from page 2

I am sorry to say that this is my last edition as Editor of the NYCC Bulletin. I became the Editor at the election at the beginning of 2007. I am not going to abuse my position as editor and use the bulletin to vent my one-sided opinion on this matter. If a thread develops on the message board then I can reserve my views for that.

It seems rather bizarre, if not pathetic, that I should resign as a result of a misapprehension if that, indeed, is what it was. However, my resignation was duly accepted and I have no regrets, because it will mean I can spend more time with my family and even get on my bike more than just occasionally, as well as prepare to move house in the autumn.

I would like to thank our past president Stan Oldak and the board for giving me their support during my time as Editor, despite my recent differences with the board. I would also like to thank my regular proof-readers, especially Allison Amend, Basil Ashmore, Katie Johnson and Alfredo Garcia; Alfredo is now the Editor of the Five Boroughs Bike Club’s monthly bulletin, and I wish him all the best in that role. I would like to thank our copy editor Beth Renaud. I would also like to thank Eva Wirth, who has been organizing and co-ordinating the mailing parties. And I would like to thank the volunteers who do the mail outs, especially Herb Dershowitz and Liane Montessa for making their home available each month for the mail out. It is volunteers like these – as well as those that make the SIGs and Escape New York happen each year – that make the NYCC what it is.

Finally, I would like to thank Jay Jacobson for the many articles he has contributed during the last 20 months, charting his exploits on two wheels over many thousands of miles, across state lines, oceans and continents. I’m sure he has many hundreds of thousands of miles and words in him still. If we ever take full advantage of space tourism, I would put money on Jay being the first man to ride a bike on the moon and write about it.

While I am sorry for letting the membership down by quitting before the end of the year, I have no compunction about this. I need to put my family first.

Enjoy the rest of your summer.

Anthony Poole
New York to San Francisco — FULLY LOADED

They call themselves the Cross Country Mules, as they carry a combined 200 lb from east to west on two wheels.
One advantage of a bulletin being way past deadline is that we can report that as of August 8, NYCC club member and 2006 C SIG graduate Maggie Nguyen and her riding partner Dave (surname not reported) are in the depths of Missouri, having been on the road for 32 days, as we go to press.

Maggie and Dave’s adventure has been largely uneventful, although Dave managed to break a rear derailier by running over the branch of a tree, while Maggie got caught out by a gust of wind, which left her on the deck, gazing up at the blue sky in the middle of corn and soybean country. Some passing motorists were kind enough to call for an ambulance, convinced Maggie had been hit by a car, and two police cars also turned up on the scene. But they were quickly on their way again after Maggie had applied Neosporin and a band aid or two to some grazes.

Some generous hospitality has been encountered en route, thanks to www.warmcyclists.com a website designed for touring cyclists in need of accommodation. It is a list of cyclists who offer hospitality to passing touring cyclists and when the hosts are on the road, they make use of their guests to provide hospitality sometime in the future.

Maggie and Dave both have blogs. Maggie’s can be found on the web at http://crosscountrymules.googlepages.com and Dave’s may be found at http://velowander.blogspot.com

Dave updates his every day using his cell phone. There is limited detail, but it is up-to-date. Maggie updates her’s whenever she can get online. Her’s is more detailed and the pictures have better resolution.

Pictures: Left: Maggie and stead by Eleanor Roosevelt Statue, Top Right: Maggie’s family gather to see her off, Above: some of this year’s C SIG participants before riding with Maggie on the first day (Ed Fishkin rode too, having helped set up Maggie’s bike and gave her some instruction on first aid and bike maintenance), Mid-Right: Dave’s loaded recumbent; Bottom Right: Maggie’s fully-loaded Cannondale Touring. Pictures by Anthony Poole
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 chart). 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 3 mph less than cruising speed. This will vary plus or minus 1 mph, 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 TRAINS**: On Saturdays and Sundays, Metro-North has scheduled specific trains to and from Grand Central Station to accommodate large groups of cyclists. Bike trains are indicated by a bicycle symbol on the printed Metro-North timetables. Schedules change frequently. Visit http://www.mta.nyc.ny.us/mnr for the latest schedule. Metro-North requires prior notice for large groups (16+) on scheduled Bike Trains and groups of three or more cyclists on a regular train. When submitting a ride involving train travel, please e-mail details to our MetroNorth liaison, Hank Schiffman, at hschiffman1@nyc.rr.com and give him plenty of notice.

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<td>10:26 AM</td>
<td>New Haven 05:40 PM</td>
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Classified

Small Woman's Road Bike, $500.00 or best offer

This 2003 Specialized Allez Vita has less than 100 miles on it. Its small frame (44 cm) and full-sized (700 cm, or about 27 inch) tires make it idea for a small woman who is an experienced rider and wants a fast, high quality bike. Email M_Tokarczyk@comcast.net.
Bike shops offering discounts to NYCC members

Gotham Bikes
112 West Broadway, New York, NY
212-732-2453 or gobik@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

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

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") 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. 2. FULY 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 lessees of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENCE RESCUE OPERATIONS, AND FURTHER AGREE THAT IF, DESPITE THE RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT T, 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 [ ] Do not print partner's [ ] 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, August 8th 2006

Ice-cream social in Central Park

August is ice-cream social month. We are meeting in Central Park for socializing, ice-cream and enjoying the outdoors. In case of rain, the event cancels. Check the message board on Tuesday morning for updates.

Time: 6:30 pm onwards

The Café at the Conservatory Waters
(This is the pond with the remote control sailboards, almost opposite the Boathouse)

Central Park
5th Ave and 72th street
Subway: Westside - Take 1/C/B/ to 72nd St. Walk across the park.