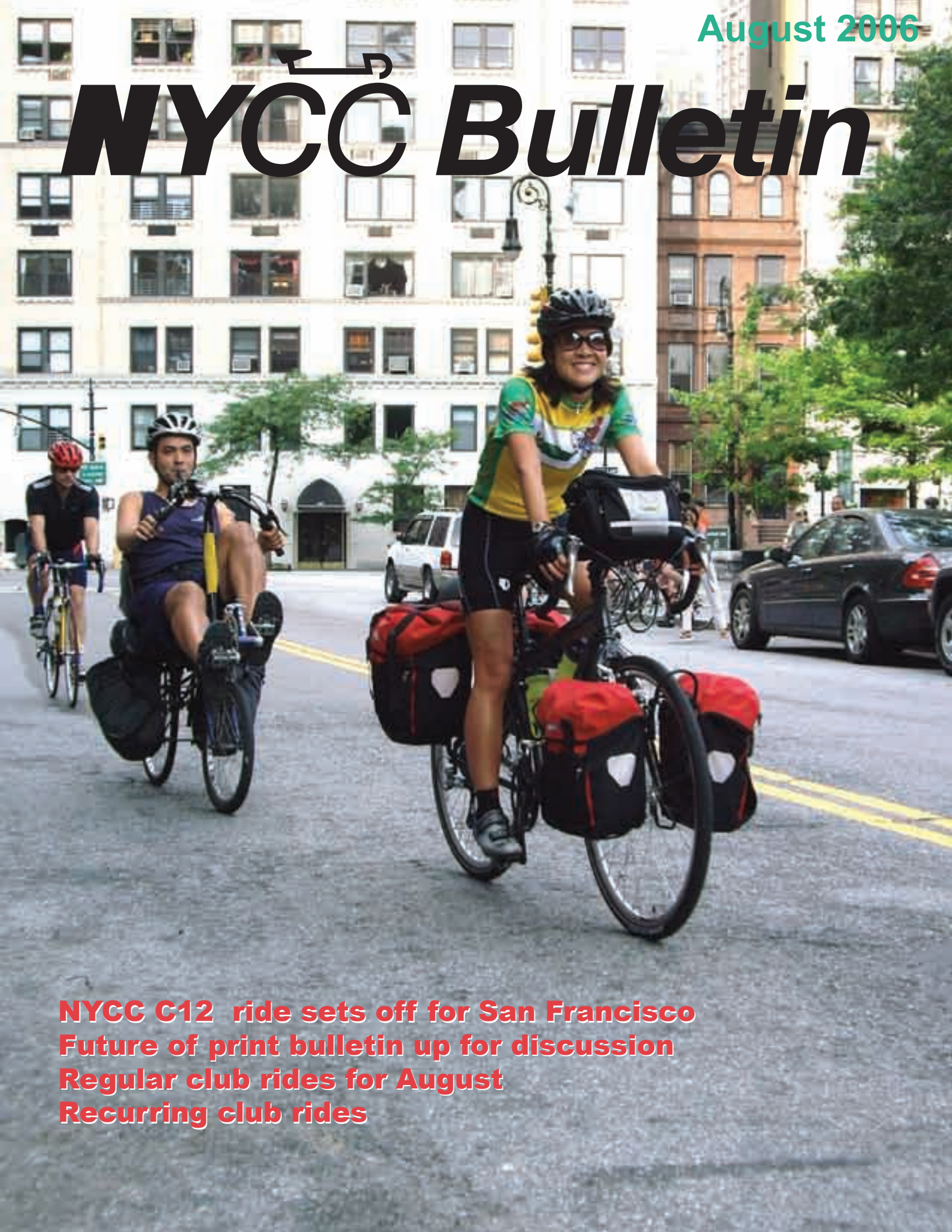


August 2006

NYCC *Bulletin*



NYCC C12 ride sets off for San Francisco
Future of print bulletin up for discussion
Regular club rides for August
Recurring club rides

Letter from the Editor

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

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

Copy editing: Beth Renaud

Proofreading: Allison Amend; Basil Ashmore; Alfredo Garcia; Katie Elise Johnson; Natalia Lincoln; Robert Marcus

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.*

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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 August

Saturdays in August

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

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.

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. Cancels: 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, jjz2116@aol.com, 917-617-0901

From: Central Park Boathouse

Meet 7pm every Wednesday for an ever-changing exploration of New York City and its environs. Depending on time of year, expect a two to three hour non-stop ride. Required will be some sort of fat-tire bike, good handling skills and a helmet. The route may include cobblestone, rough roads and occasional off-road – where we can find it. Lights are also required. While not fast-paced, those participating should be able to maintain an 18mph flat speed riding a fat-tire bicycle. This is an all four-season ride. If weather is doubtful, check the message board. Post ride dinner is always an option.

B17/18 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

Tuesday, 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.

Thursday, 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

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.

Saturday, August 5, 2006

A20 +/- 100 miles 8am Warwick-Beacon Loop

Leaders: Ron Roth, rr7@nyc.rr.com; Timothy McCarthy, Timothymc@earthlink.net; Peter O'Reilly, Ptor@Prodigy.net
From: Central Park Boathouse

Lot's of hills and scenery on this one. Through Saddle River, up Gate Hill into Harriman Park, Hogback, Mount Peter and then lunch after the climbing! A nice meander past Sugarloaf along many verdant ridges will bring us back to Newburgh and Beacon – dinner and beer at the River Terrace in Beacon if the mood is right. Bring fluids, pocket food, your helmet, stamina and a bike in good condition. Lousy weather could scrub this puppy.

B15 53-58 miles 9am Pascack/Group Training Ride

Leaders: John Kalish, john@kalish.com, 212-477-8661; Linda Wintner, lwintner@metlife.com, 212-876-2798

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. (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.

B16 55 miles 8am Housatonic Pizza Ride

Leader: John Zap, ZAPPRTG@aol.com, 203-972-9339

From: Grand Central Terminal, Information Booth

We will take the 8:07am New Haven Train to Darien, Leader will meet train in Darien, due to arrive 09:01 This is a casual rolling ride up through Weston, Easton, and Monroe then across the Dam at Zoar Lake. There are not too many turns, designed to help build base mileage. We'll enjoy a late lunch at Riverside Pizza (yes they have other selections) right on the Housatonic River on our way back to Milford. Return 4:04 PM train depending on finish time. Listed jointly with SSBC.

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 Street)

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 at 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_\(New_Jersey\)](http://en.wikipedia.org/wiki/Sandy_Hook_(New_Jersey)). Co-listed with the 5BBC.

C12 23 miles 9pm Lincoln Tunnel Redux

Leaders: Alfredo Garcia, cyclistxxiii@yahoo.com, 646-312-1677; Ed Pino; Liz Baum

From: Columbus Circle Fountain at 59th St. & Columbus Circle

Annual toll-free bike ride. Pedal through our City of Blinding Lights via Times Square; West Side Greenway, to put flowers on the late Dr Carl Nacht's memorial bicycle; George Washington Bridge before midnight. Be prepared to carry bike on North entrance stairs. Stop at Edgewater, NJ 24 hr supermarket. Make sure your bike is in good working order with steady non-blinking front and rear lights. Bring camera (tripod recommended for night shots.) Important: No backpacks or panniers. Yelling/screaming encouraged in Tunnel. Stay awake. Some hills & busy roads. Optional breakfast at Moonstruck Diner. Co-listed with the 5BBC.

Sunday, August 6, 2006

A19 100 miles 7:40 am A hundred miles, a single gear: Tour des Barrens

Leaders: Carol Wood, violetdubois@mindspring.com, 212-683-0070; Sal Cenatiempo, spcena@hotmail.com, 917-302-2327

From: Seastreak Ferry terminal, E. 34th St. and East River

A century for fixed-gear and single-speed cyclists. If you've never had the pleasure of riding 100 miles without bothering to shift, here's your chance. 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.

B17+ 50+ 7:30 am Hudson Valley Raptor Center & Dutchess County

Leaders: Susan Rodetis, srodetis@earthlink.net, 212-288-9663; Steven Taylor

From: 7:30AM GCT for 7:48 train to Wassaic OR meet in Wassaic RR station at 10:10AM

Very pretty Dutchess County loop ride from Wassaic RR station to visit the very neat Hudson Valley Raptor Center (www.hvraptors.com – \$10 admission/contribution), a wildlife private, non-profit, sanctuary for birds of prey including eagles, hawks & falcons. If we can't soar with the eagles then at least let's watch them rehabbing. Challenging route; B17 or stronger on the flats (OK for lower on the hills), and ability to do hills, including some steeps, is a must. Cue sheet provided; ride as a group. Bring plenty of hydration, bike pass. Return 4:20PM or 6:15 PM from Wassaic RR station. Please pre-register. Co-listed 5BBC.

Friday, August 11, 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 12, 2006

A20+/- 82 miles 8:45 am River Rd., Little Tor, Spook Rock, Saddle River

Leader: Chris O'Connell, chrisoco@yahoo.com, 212-517-3599

From: Central Park Boathouse

A relatively flat, sweet ride, which is why I added River Rd. and Little Tor. Only planned stop is lunch at David's Bagels on Rt. 202 (mile 42 or so). Bring plenty of fluids and whatever else you will need to be self-sufficient (I won't leave you behind unless you can't handle 20 on the flats). Quick water stops are negotiable. If you want to go faster than advertised, be my guest. Please RSVP so I have an idea of turnout. Check message board for possible updates.

A19 68 miles 8:30 am Nyack, the Hogwich way

Leader: Patrick Stuard, zahaa@hotmail.com 202-320-8791 cell

From: Central Park Boathouse

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!

B17 40+ 9am Breezy Point!

Leaders: John Slagle, jslagle@silverrail.com, 646-294-7796; Melissa (MJ) Durkee, melissa.durkee@gmail.com, 203-605-9392

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 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 station 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 south 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

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



Leaders: Richard Previdi, rprev2@bellsouth.net, 786-202-7803; Shari Alexander, alexander_shari@yahoo.com, 917-304-3438

From: Central Park Boathouse

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

B17/18 50+ 7:50 am CT/NY Ramblings/Ward Pond Ridge Park (rescheduled from 5/13)

Leaders: Susan Rodetis, srodetis@earthlink.net, 212-288-9663; Dan Fintonh

From: GCT for the 8:07 bike train to Bridgeport. OR Bridgeport train station at 9:29AM.

Nice loop ride to/from Westport. We'll skim the shoreline, then cut north through quiet residential 'burbs and along pretty secondary roads to tony, historic, and horsey parts of SW Fairfield & SE Westchester counties. Ward Pond Ridge Reservation is our scenic lunch spot. Varied terrain, some hills/rollers but no nasties, general up slope on outbound leg as we climb CT's terminal moraine (but an ego-boosting easier/quicker spin back). Shorter route possible post-lunch, via Katonah RR station. Optional shoreline add-on at end of trip. Pace B17/18, cue sheet, ride as a group. BYO hydration and bike pass; can buy sandwiches at local deli. Please pre-register. Co-listed 5BBC. We are aiming for the express return train out of Bridgeport at 5:15.

C14 47 miles 8:50 am Mamaroneck

Leader: Scott Wasserman, swrides@earthlink.net, 914-723-6607

From: Central Park Boathouse

When I did this ride in June it was quite hot and even though lunch is by the harbor in this Westchester town, I think the heat scared people away. Even if it's hot again there are lots of places to get a train back to the city.

Monday, August 14, 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 2:30.

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

Up 505, west to almost Park Ridge, then south to a bagel stop in Closter. It's about 32 miles until we stop so bring enough water and pocket food. Then it's only 16 miles home. Should be back in the park around 1:30.

Thursday, August 17, 2006

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

Leader: Linda Wintner, lwintner@metlife.com, 212-876-2798

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

Please join me for training laps in the Park. We'll concentrate on building up endurance, form, and good group riding etiquette. Maybe we'll do hill repeats 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@silverrail.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: Grand Central Terminal, Information Booth

Leader: John Zap 203-972-9339

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@profilesworldwide.com, 917-822-5401; joe aguiar, 817-894-1521

From: 34th St & 2nd Ave-sw corner & Prospect Park

Starting in Midtown we'll head down the bike path along the West 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 1 1/2-2 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.nycc.org/rl_db/ride.aspx?id=142

A19 72 miles 8:30 am Rockland Lake Fandango

Leader: Patrick Stuard, zahaa@hotmail.com, 202.320.8791

From: Central Park Boathouse

Revisited. 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, bikintonya@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

Leader: 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

whetted your appetite, then all well and good.

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 end of 2003 and have edited 20 editions of the bulletin. The circumstances of my resignation are a little odd. Part of the reason is that this year I have been neglecting my family and I am exhausted. What is more, I seem to find little time for riding these days. When I became editor, I was working freelance and could fit the bulletin around my work and family commitments with relative ease. But last October, I took a full time job and all that flexibility has gone. It was for this reason that I told the board in June that I would not be running again for the position of Editor at the annual elections in November.

The result of my changed circumstances has, I believe, been a steady decline in the overall quality of the bulletin to way below the standards I desire and have achieved in the past, simply because I have not had the time to do it properly. The last few months I have literally thrown it together the

weekend before the mailing party and relied on the goodwill of our printer to print it the day of the mailing party and, until this month, I have not missed a mail out party deadline. Yet here I am with the last issue, publishing it over a week late. Please accept my apologies.

But the other reason for my resignation was due to the future of the bulletin – at least the printed version – which seems to be in jeopardy. An ambiguously-worded set of minutes from the June board meeting, which I did not attend, was the final straw for me. I understood it to mean that the board had taken the decision to scrap the print bulletin from the end of this year, on the grounds that it costs too much to print. Around 22% of the members that take the print bulletin pay \$5 each premium on their membership to cover the costs. But it costs \$12 a year per member to print.

The board has since assured me that no such decision was taken. The minutes had not been approved when I read them, but it is quite clear to me what the unauthorized minutes say. The intention is that the print bulletin will go by the be-

ginning 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 president Carol Waaser and 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 proofreaders, 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 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 derailleur 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

Please read this before your first club ride

NYCC RIDES are led by volunteer leaders who plan the route and maintain the listed speed (e.g. B15= B level at a 15 mph cruising speed — see charts). Our rides are described by pace and style because it's more fun when the group is of similar ability. We ride for fun, fitness, and food.

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

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

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

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

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

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

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

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

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



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

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 NEGLIGENCE RESCUE OPERATIONS, AND I FURTHER AGREE that if, despite the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as the result of such claim. I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.



Membership Number (renewals and change of address only) _____

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

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

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

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

Address: _____
Street Apt. City State Zip

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

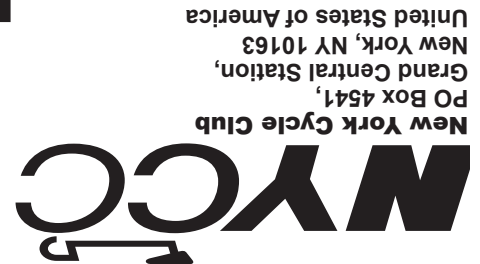
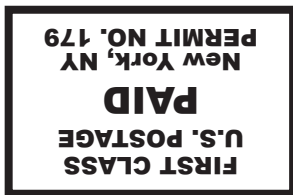
Signature (1) _____ Date of Birth _____ Signature (2) _____ Date of Birth _____

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

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



**First Class Mail
Dated Material!**



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.