



May-June, 2006  
A Mediterranean Bicycling Odyssey

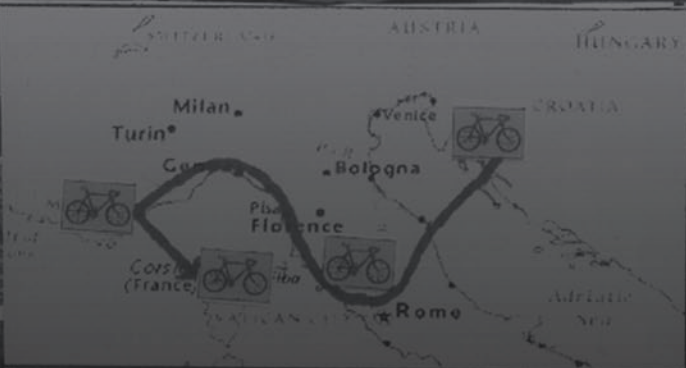
Croatia  
Tuscany Coast  
Cannes  
Corsica

CALVI 3,5

# NYCC Bulletin

SEPTEMBER 2006

- Vela Luka 41 km
- Blato 34 km
- Smokvica 21 km
- Čara 18 km
- Pupnat 8 km





# President's Message

## Advocacy is important

Well, we've temporarily dodged a bullet. Thanks to a great deal of pressure brought by many groups, including the NYCC, the NYPD has withdrawn its original proposal to require parade permits for groups of 20 or more cyclists or 35 or more pedestrians and their proposal that any 2 or more cyclists or pedestrians who violate any traffic regulation be subject to arrest for parading without a permit. But it doesn't end here. The NYPD will be back with a new proposal in September or October. It will revise the "parading without a permit" provision from 2 or more cyclists or pedestrians to 10 or more and it will drop the requirement for groups of 35 or more pedestrians to have a parade permit. However, they intend to keep the provision that 20 or more cyclists will need a parade permit.

Our work is not done. The only way to stop the Police Department from implementing these draconian and unconstitutional rules is for the City Council to stop them by passing its own measure. Transportation Alternatives and the New York Bicycle Coalition (of which NYCC is a member) will be working to ensure that happens. But YOU are an extremely important participant in the process. We need every member who lives within the 5 boroughs to write to your City Council Member and express how extremely important it is to block the NYPD rules. I will be posting sample language and links to the City Council website on our website during September. It's really very easy to email your Council Member and take only a few minutes. When the call goes out, I hope you will all respond. The future of cycling in our great city is at stake

Carol Waaser  
President.

## Interim Editor's note

A big nod of the helmet and thank you to Anthony Poole for his excellent editorship of the NYCC Bulletin over the past 20 months. The bulletin serves as an important voice of the NYCC and we've all benefitted from the passion and dedication that he brought to the job.

We have a new Bulletin Editor, Kevin Ley, who has graciously volunteered to take over starting with the October issue. Thank you, Kevin.

Timothy McCarthy  
Webmaster

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## NYCC Bulletin

The *NYCC Bulletin* is published monthly by the New York Cycle Club. The opinions expressed herein are those of the authors and do not reflect the official position of the NYCC.

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Ad rates: Full page, \$275. Half page, \$150. Quarter page, \$85. Eighth page, \$50. Bottom blurb, \$45. Frequency discounts available.

Submissions: Email your text and/or photos to bulletineditor@nycc.org

Please proof-read your submissions carefully. 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. Publication is determined by available space. We cannot guarantee that all submissions will be published. A full page of text is 750 to 1,090 words. Material may be edited for brevity and clarity.

Deadline: All submissions and advertising are due to the editor by the second Tuesday of each month prior to publication. Sorry. No exceptions.

File format: Only digital files will be accepted. Image files must be TIFF, EPS, or JPG format. Text files can be in text or .txt format. Please do not send huge attachments without contacting the editor first.

**October bulletin deadline**  
All articles, announcements and advertising are due by Tuesday, September 12.

Address all correspondence to:  
bulletineditor@nycc.org

# 12th Annual Century Bike Ride ESCAPE NEW YORK

OCTOBER 14 • 2006

CHOOSE FROM THREE ROUTES:



**7:30 am – Century Challenge**  
A rolling Full Century through scenic Bergen and Rockland Counties.



**8:00 am – Rockland Roll**  
A Metric Century, rambling on lightly trafficked, beautiful roads.



**9:00 am – Piermont Pleasures**  
A Half Century, to the charming village of Piermont on the Hudson.

**START/FINISH:**

Sakura Park, Manhattan.

122 St. & Riverside Drive: across the street from Grant's Tomb.

Subway stop: 1/9 at 116th Street Columbia University.

- Lunch offered on all routes.
- Snacks and water provided along the way.
- All routes clearly marked: ENY, with route sheets.
- Free souvenirs and raffles for great bike stuff.
- Proceeds from this ride go to Recycle-A-Bicycle [www.recycleabicycle.org](http://www.recycleabicycle.org)
- Rain or shine.\*

*\*We make every effort to ride rain or shine. Should extreme weather conditions cause us to cancel the ride, we regret that we can neither reschedule the ride nor provide refunds.*

**Sign up today for early registration fee savings**



HOW TO SIGN UP FOR



- Register online at [www.nycc.org](http://www.nycc.org) through October 9th, or
- Mail in the attached form and a check by September 29th, or
- Register in person on the day of the event.

**Early Registration Fee: \$28**

**Day of the Event Fee: \$35**

Save this page. No confirmation or additional materials will be mailed to you prior to the ride. Route sheets will be available at the start.

*Cut off this panel and send in with payment.*

**Make checks payable to:** New York Cycle Club

**Mail registration and check to:** New York Cycle Club

P.O. Box 4541, Grand Central Station New York, NY 10163.

PLEASE PRINT:

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY / STATE / ZIP \_\_\_\_\_

TELEPHONE \_\_\_\_\_

EMERGENCY PHONE \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

NYCC Member?  Yes  No

Non-refundable Registration Fee:  \$28 before Sept 29th  \$35 day of event

I plan to ride:  Century  Metric-century  Half-century

Check here if you do not wish your name to be released to sponsors.

**WAIVER / SIGNATURE REQUIRED**

**Helmets must be worn while riding in ENY! There is no rain date. Refunds are not available.**

KNOW BEFORE YOU GO: 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 inaction, 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 OPERATION, 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 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.

**Sign below. One person per form. May be duplicated.**

SIGNATURE OF RIDER

SIGNATURE OF GUARDIAN (IF UNDER 18)

# NYCC ride listings guide

**NYCC rides** are led by volunteer leaders. The leaders plan the route and maintain the listed speed. We list rides by level and cruising speed classifications in order to help members find rides in groups of similar ability. The pace and style of the different levels may vary, but rides all share the common objective of riding for fun, fitness and food.

**Ride classifications** All rides are classified according to level and cruising speed. The levels are as follows:

<b>A</b>	Fast, vigorous riding with advanced bike handling and paceline skills required. Stops every 2 hours or so.
<b>B</b>	Moderate to brisk riding with attention to scenery. Stops every hour or so.
<b>C</b>	Leisurely to moderate riding at a gentle pace. Sightseeing and destination oriented (a good introduction to the club). Stops every half-hour or so.

A number following a letter indicates the target cruising speed on flat roads: e.g. **B15** = B level at a 15 mph cruising speed. Cruising speed indicates the ride's speed on flat terrain. Average riding speed over rolling terrain is generally 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 cruising speed by timing yourself on a four-lap ride of the complete oval in Central Park (24.4 miles). Ride at a comfortable, sustainable pace. Fewer than four laps will give a false assessment. Find your time below and note the cruising speed.

Four lap time	Cruising speed
1:10 or less	22+ mph
1:10 to 1:13	21
1:13 to 1:16	20
1:16 to 1:20	19
1:20 to 1:25	18
1:25 to 1:30	17
1:30 to 1:38	16
1:38 to 1:48	15
1:48 to 2:00	14
2:00 to 2:14	13
2:14 to 2:30	12
2:30 to 2:50	11

# 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 or email 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 breakfast consisting of carbohydrates and proteins.

**Bring** a spare tube or two, tire levers, patch kit, pump, water, snacks, money, medical ID, emergency phone numbers and rail pass. We also suggest that you bring a lock. Leaders may specify other items in their ride listings.

## Lead a ride

Pick a date, pick a pace, pick a destination, pick a route, write it all up and submit to the appropriate ride coordinator (listed below) by the second Tuesday of the month before you want to lead your ride.

**A-rides**  
Jeff Terosky  
a-rides@nycc.org

**B-rides**  
Reginald Johnson  
b-rides@nycc.org

**C-rides**  
Scott Wasserman  
c-rides@nycc.org

Lead enough rides during the year and you qualify for a special prize (given out in December):

**3 rides** = NYCC water bottle

**6 or more rides** = NYCC t-shirt

**12 or more rides** (1st time) = NYCC Ride Leader's vest (you can't buy one of these—you have to *earn* them).

**12 or more rides** (2nd time) = any club garment of your choice.

**PLEASE NOTE** Metro-North requires prior notice for large groups (16 or more) on scheduled Bike Trains (Bike Trains are indicated by a bicycle symbol on the printed Metro-North time-tables) and groups of three or more cyclists on a non-bike train. When you submit a ride involving Metro-North to a ride coordinator, at the same time shoot an email off to our trusty Metro-North liaison, Hank Schiffman, at [hshiffman1@nyc.rr.com](mailto:hshiffman1@nyc.rr.com). He will manage all the details but he can not do it on a piecemeal, last minute basis.

# Bikes on trains

**Bike trains** On Saturdays and Sundays, MetroNorth has scheduled specific trains to/from Grand Central Station to accommodate large groups of cyclists. Bike trains are indicated by a bicycle symbol on the printed MetroNorth timetables. Schedules change frequently. There are no Bike Trains on holidays. Refer to the NYCC roster for restrictions which apply at other times.

**Bike passes** are always required. Bike passes are available at Window 27 at Grand Central or by calling (212) 499-4394 or (718) 558-8228 for an application. Also try [www.mta.nyc.ny.us/lirr/pub/bicyclep.htm](http://www.mta.nyc.ny.us/lirr/pub/bicyclep.htm)

**Schedules** Here are some commonly used departure and return times for week-ends as of August, 2006. Contact Metro North for the most current and complete schedules at: [www.mta.nyc.ny.us/mnr](http://www.mta.nyc.ny.us/mnr)

## HUDSON LINE

<i>depart</i>	<i>arrive</i>
<b>GCT/125th</b>	<b>Poughkeepsie</b>
7:51/8:02 am	9:46 am
8:51/9:02 am	10:46 am

<i>depart</i>	<i>arrive</i>
<b>Poughkeepsie</b>	<b>125th/GCT</b>
3:33 pm	5:10/5:21 pm
4:33 pm	6:15/6:26 pm
5:33 pm	7:10/7:21 pm
6:33 pm	8:15/8:26 pm

## HARLEM LINE

<i>depart</i>	<i>arrive</i>
<b>GCT</b>	<b>Brewster</b>
7:48 am	9:10 am
8:48 am	10:10 am

<i>depart</i>	<i>arrive</i>
<b>Brewster</b>	<b>GCT</b>
5:10 pm	6:35 pm
6:10 pm	7:34 pm
7:10 pm	8:34 pm
8:10 pm	9:34 pm

## NEW HAVEN LINE

<i>depart</i>	<i>arrive</i>
<b>GCT</b>	<b>New Haven</b>
8:07am	9:54 am
9:07am	10:52 am

<i>depart</i>	<i>arrive</i>
<b>New Haven</b>	<b>GCT</b>
3:53 pm	5:40 pm
4:53 pm	6:40 pm
5:57 pm	7:40 pm
6:57 pm	8:40 pm

# September ride listings

## Recurring rides

### Every Wednesday

**B16**      **50 mi**      **9:30 pm**

**If It's Weds., This Must Be River Road**  
Sept. 6, 13, 20, 27

Leader: Maggie Schwarz, mschwarzny@aol.com, 212-206-7672

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

A casual ride up Riverside Drive, over the GWB, and up River Road for lunch, usually in Piermont since we're often pressed for time.

We're back on the NYC side of the GWB by about 2:30.

**IMPORTANT GROUND RULES:** Three riders does a ride make, including myself. Please sign up the day before on a post that I place on the Message Board. Then check back later that evening to see if we got two sign-up-ees.

### Every Thursday

**B17**      **45 mi**      **2:00 pm**

**Jamaica Bay**  
Sept. 7, 14, 21 and 28

Leader: Christopher Gianni, cgianni@si.rr.com, 718-795-6079

From: Bayview: North Foot of Cross Bay Bridge (25 Van Brunt Road Far Rockaway)

Depart Bayview north on Cross Bay Bike Lane to the Belt Pkwy Greenway headed west to Floyd Bennett Field for some laps, and return.

Pace is a brisk B, but no one is dropped. Ride goes rain or shine.

<http://tinyurl.com/mbcdh>  
<http://tinyurl.com/mfxpd>  
<http://tinyurl.com/m8sls>  
<http://tinyurl.com/oqhdr>

### Fridays

**B17**      **50+**      **9:30 am**

**Piermont Pleasure Cruise**  
Sept. 1, 15 and 29 (not on 15 and 29)

Leader: Ellen Jaffe, ellen@ellenjaffe.com, 212-966-7206

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

River Road Out.  
Tweed before lunch.  
9W or River Road back.

Serious rain cancels.  
Check the message board.

### Saturdays

**A19**      **58 mi**      **9:00 am**

**River Rd. > Bradley > Tweed > Ike**  
Sept. 2, 9 and 16 (not on 23 or 30)

Leader: Richard Rosenthal, rr@ro-ads.com, 212-371-4700

From: Central Park Boathouse

The route is gorgeous, challenging, and, best of all, very lightly trafficked.

My utter and complete inability to bike uphill remains unchanged after heaving and swaying uphill all season. I state this so you'll find a ride more in keeping with your ability if you don't want to wait...and wait...and wait...for your supposed leader atop three hills.

If balmy, we'll snack by the Piermont canal around mile 31. Back c. 2:15

If it's not balmy, cold weather wuss that I am, the ride will be merely River Road and Ike: c. 40 miles.

## Club rides

### Wednesday, August 30, 2006

**B16-17**      **50 mi**      **9:30 am**

**If It's Weds., This Must Be River Road**

Leader: Maggie Schwarz, mschwarzny@aol.com, 212-206-7672

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

See Recurring Rides for full details.

**B17**      **30 mi**      **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 @ 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.

**B17/18**      **20+**      **7:00 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.

### Thursday, August 31, 2006

**B17**      **18-24**      **5:45 am**

**Morning Laps in Central Park**

Leader: Linda Wintner, lwintner@metliffe.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, September 1, 2006

**B17**      **50+**      **9:30 am**

**Piermont Pleasure Cruise**

Leader: Ellen Jaffe, ellen@ellenjaffe.com, 212-966-7206

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

See Recurring Rides for full details.

### Saturday, September 2, 2006

**A19**      **58 mi**      **9:00 am**

**River Rd... > Bradley > Tweed > Ike**

Leader: Richard Rosenthal, rr@ro-ads.com, 212-371-4700

From: Central Park Boathouse

See Recurring Rides for full details.

**A19-21**      **88 mi**      **7:30 am**

**3 Mtns in CT & MA**

Leaders: Hank Schiffman, hschiffman1@nyc.rr.com, 212-529-9082; Ron Roth; Timothy McCarthy; Fred Steinberg; a player to be named later; Peter O'Reilly, PTOR@prodigy.net

From: Grand Central Terminal, Information Booth

Metro North Harlem Valley Line 7:48 train to Dover Plains, changing at Southeast.

A full day commitment complete with 164 miles on trains with changes in both directions, return trains running 2 hours apart and 3 significant hill climbs with a couple of miles of hardpack. Aside from the need to be physically up to the task, you will need gearing for the ascent of Skiff Mtn (13% in one section of 0.25 mile.) fluids, one Metro North ticket to Dover Plains and one return from Wassaic, a Metro North bike permit, a bike in unquestion-



able condition (meaning tires you don't have to look at twice,) 2 spare tubes and means of inflation, pocket food, and money for food.

The need to make a target return train from Wassic plays into the above equation. Missing that train by 10 minutes leaves you hanging around for one hour 50 minutes for the next train to GCT and possibly a dark ride home. Stops will be short and to the point. Pacerline cooperation on the return from Bash Bish on rolling country roads and the Harlem Valley Rail Trail is essential.

There are a few bailouts to other Harlem Valley Line stations which also run every 2 hours. But the apex of the ride involves a full commitment to finish.

Check out the site on the NYCC Ride Library at: [http://www.nycc.org/rl\\_db/ride.aspx?id=143](http://www.nycc.org/rl_db/ride.aspx?id=143) Download the cue sheet. Look at a map and see the route to appreciate the task.

A one traffic light ride deep in the country. If weather and luck hold, you will be justly rewarded with a fine ride.

**A20-ish 100 +/- 7:15 am**

#### **NYC to New Haven**

Leader: Jonathan Friedman, [jmfriedman7@hotmail.com](mailto:jmfriedman7@hotmail.com), 917-689-3641

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

This hilly ride takes a straight shot up NY-22 to Brewster and then cuts east on US-6 to Danbury and CT-34. Some portions on very heavily trafficked roads. Bring MTA bike pass, plenty of water, \$\$ for return train ticket and pocket food. Terrain is very hilly. We will return to NYC by MetroNorth from New Haven. Suggestion: buy return ticket in advance! Leaders: Jonathan Friedman and others. A joint ride co-listed with 5bbc.

**B16 50-60 9:00 am**

#### **Jay's LoHud Series/West Bank Vistas**

Leader: Jay Jacobson, [joanandjay@aol.com](mailto:joanandjay@aol.com), 845-359-6260

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

Piermont, Nyack and/or Rockland Lake via interesting route(s) such as RioVista/ 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.

**B17 70 mi 9:00 am**

#### **Westchester Climbfest**

Leader: Carol Waaser, [biker-c@rcn.com](mailto:biker-c@rcn.com)

From: Woodlawn, Bronx (Jerome and Bainbridge)

Take the #4 to the end of the line in the Bronx. We'll meet on the Bainbridge Ave.

side at 9:00 and make a quick pit stop at the newly reopened golf course. Then we'll head into Westchester and climb a few hills (Whippoorwill, Old Roaring Brook, Crow Hill, Hardscrabble). Bring pocket food and 2 water bottles - lunch stop is at mile 36...after all the hills. If weather is questionable, check message board after 6:45 a.m. morning of ride.

#### **Sunday, September 3, 2006**

**B14-16 45-60 7:40 am**

#### **Two ways to see the Gunks**

Leaders: Hindy Schachter, [hischachter@cs.com](mailto:hischachter@cs.com), 212-758-5738; Irving Schachter

From: Grand Central Station

If you've always wanted to do an A ride in the Gunks but at a B speed, we have the ride for you. Meet us on the 7:51 train going from Grand Central to Poughkeepsie. We'll cross the Hudson River as a group and ride through country roads to New Paltz. Around New Paltz, we will split into two contingents. A faster group will climb two mountains - fierce Mohonk and Minnewaska - before travelling through farm lanes for a Beacon return. A slower group will eschew peak bagging and will concentrate on the rolling roads of Ulster - going past Red Barn Road, apple orchards, wineries and the Walkill River with a planned return from Beacon. You won't mistake either of these routes for your typical Westchester/Rockland ride. A full day but worth every up and down.

**C14 40 mi 9:30 am**

#### **Northvale Bagel Shop**

Leader: Carol Waaser, [biker-c@rcn.com](mailto:biker-c@rcn.com)

From: George Washington Bridge, NJ side bike path entrance

We'll wander through Bergen County and stop for lunch at one of the best bagel shops around. Then we'll head back to the bridge and tackle the stairs. You're choice of subway or cycle back downtown (leader will cycle). If weather is questionable check message board at 7:00 a.m. day of ride.

#### **Monday, September 4, 2006**

**B17 60 mi 9:00 am**

#### **Little Tor**

Leaders: Kay Gunn, [kgunn@ndci.com](mailto:kgunn@ndci.com), 646-509-5034; Ellen Jaffe, [ellen@ellenjaffe.com](mailto:ellen@ellenjaffe.com), 212-966-7206

From: George Washington Bridge, NJ side bike path entrance

Bring pocket food and climbing gears, we're going to climb some hills. One deli/bagel stop around mile 25, then a water stop around mile 35.

#### **Wednesday, September 6, 2006**

**B16 50 mi 9:30 pm**

#### **If It's Weds., This Must Be River Road**

Leader: Maggie Schwarz, [mschwarzny@aol.com](mailto:mschwarzny@aol.com), 212-206-7672

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

See Recurring Rides for full details.

**B17/18 48 mi 9:30 am**

#### **Piermont**

Leaders: Margaret Cipolla, [cipollam58@yahoo.com](mailto:cipollam58@yahoo.com), 718-275-6978; Amy Hanowitz-Britt, 212-288-6324

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

Rte 501 out and back, with a short stop in Piermont. Back in the park about 1:30. We leave promptly at 9:30.

#### **Thursday, September 7, 2006**

**B17 45 mi 2:00 pm**

#### **Jamaica Bay**

Leader: Christopher Gianni, [cgianni@si.rr.com](mailto:cgianni@si.rr.com), 718-795-6079

From: Bayview: North Foot of Cross Bay Bridge (25 Van Brunt Road Far Rockaway)

See Recurring Rides for full details.

#### **Saturday, September 9, 2006**

**A19 58 mi 9:00 am**

#### **River Rd... > Bradley > Tweed > Ike**

Leader: Richard Rosenthal, [rr@ro-ads.com](mailto:rr@ro-ads.com), 212-371-4700

From: Central Park Boathouse

See Recurring Rides for full details.

**A19-20+ 80-93 7:15 am**

#### **Mohonk Clove Valley Minnewaska Cragmoor**

Leaders: Fred Steinberg, [fsteinberg@nyc.rr.com](mailto:fsteinberg@nyc.rr.com), 917-572-8926; Peter O'Reilly, [ptor@prodigy.net](mailto:ptor@prodigy.net); Timothy McCarthy, [timothymc@earthlink.net](mailto:timothymc@earthlink.net); Ron Roth, [RR7@nyc.rr.com](mailto:RR7@nyc.rr.com)

From: Grand Central Terminal, Information Booth

The annual Labor Day Saturday Gunk Classic, a week late. Meet at GCT at 7:15am, buy round trip ticket to Beacon, 7:51am train. We will be laboring in the Shwangunk mountains for the day.

The 80-miler climbs Minnewaska, the long route climbs Mohonk, Clove Valley / Minnewaska. Gourmet lunch in Kerhonksen. Return via Rt52 with a visit with the hang-gliders; then the rollers home thru the farms and orchards of Ulster County. Lots of climbing, stunning views, little traffic. Bring MNRR pass, carfare (\$23.00), helmet, etc. Weather in Poughkeepsie/Beacon is key. Check NYCC msg board after 6:00 am for updates, etc or call 917-572-8926

**B16 74 mi 8:00 am**

**Entire gold coast ride**

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

From: Grand Central Terminal, Information Booth

Meet at Grand Central Station for the 8:07 AM New Heaven train to Darien, Leader will meet group at Train Station arrive 8:59AM

Set your bike on auto cruise and ride the entire southern coast of CT to New Heaven. Very few stops, leisurely pace, stick together ride. There are lots of beaches, marshes, nice neighborhoods, and a few dingy city blocks thrown in for variety. Towns include: Darien, Norwalk, Westport, Southport, Fairfield, Bridgeport, Lordship, Stratford, Milford, West Heaven and New Heaven. Return from New Heaven approx. 4:53pmtrain depending on finish time.

**Sunday, September 10, 2006**

**B17 35-60 mi 9:00 am**

**The Pastries of Rockland County**

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

From: George Washington Bridge, NJ side bike path entrance

Over the course of several rides, we'll search out the best muffins and bagels as a reward for the hills we're going to climb. Expect a different route and a different pitstop for each ride. I'll post the route and mileage info on the message board the Friday before the ride.

**Tuesday, September 12, 2006**

**B17/18 48 mi 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

Rte 501 out and back, with a short stop in Piermont. Back in the park about 1:30. We leave promptly at 9:30.

**Wednesday, September 13, 2006**

**B16 50 mi 9:30 pm**

**If It's Weds., This Must Be River Road**

Leader: Maggie Schwarz, mschwarzny@aol.com, 212-206-7672

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

See Recurring Rides for full details.

**Thursday, September 14, 2006**

**B17 45 mi 2:00 pm**  
**Jamaica Bay**

Leader: Christopher Gianni, cgianni@si.rr.com, 718-795-6079

From: Bayview: North Foot of Cross Bay Bridge (25 Van Brunt Road Far Rockaway)

See Recurring Rides for full details.

**Friday, September 15, 2006**

**B17 50+ 9:30 am**

**Piermont Pleasure Cruise**

Leader: Ellen Jaffe, ellen@ellenjaffe.com, 212-966-7206

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

See Recurring Rides for full details.

**B17-19 24+ 9:50 am**

**Car-free mid-morning laps in Central Park**

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

From: Central Park Boathouse

Cooler temps can be enjoyed as the day warms and cars get shut out of the park – so let's do some invigorating laps. Workout will vary. 4+ loops and/or hill repeats. RSVPs appreciated if aiming to join.

**Saturday, September 16, 2006**

**A19 58 mi 9:00 am**

**River Rd... > Bradley > Tweed > Ike**

Leader: Richard Rosenthal, rr@ro-ads.com, 212-371-4700

From: Central Park Boathouse

See Recurring Rides for full details.

**A20+ 70+ 9:00 am**

**CONGERS Baby!**

Leaders: Matt Sislowitz, mattcanbereached@gmail.com, 646-245-3636; Harry Zernike, hz@harryzernike.com, 917-324-5040

From: Central Park Boathouse, parking lot

Ride fast AND smell the roses...

You'll wake up in the urban jungle and then magically pedal yourself past farms, stables, woody roads, posh haciendas and causeways with water on both sides. A relatively flat cruise through County Road, Piermont, Nyack, 9W, Rockland Lake, CR80 (Lake Drive), CR23 (Strawtown-Sickeltown) and Rivervale. In addition to lunch in Congers, stop for refreshments and R&R in Sizzler's back yard in Cresskill. Then we'll show you the secret navigation through Alpine/RioVista. Harry will facilitate group hugs as needed. New Jersey-ans feel free to tack on at the GWB. Padeline

skills required. Check message board for last minute weather/Rapture related cancellations.

**B16 50 +/- mi 9:00 am**

**Kensico Dam Delight**

Leaders: Tonya Johnson, bikintonya@yahoo.com, 718-828-5309; Reginald Johnson, rabjohnson@optonline.net, 917-825-0952

From: Woodlawn, Bronx (Jerome and Bainbridge)

Let's avoid the city miles and meet at the end of the end of #4 train (Woodlawn stop) at 9am. From there we'll head through the northern Bronx and lower Westchester. We'll have a picnic at the Kensico Dam, and then head back through Tarrytown. The ride will end at 242nd/Broadway, but a cue sheet will be provided for those who wish to cycle back down to the city. Smiles, helmets, and positive attitudes are required. Rain, wet roads, and winds above 20mph cancel the ride. Check the message board for updates. (Cue sheet compliments of our club President, Carol Waaser. Thanks Carol!)

**Sunday, September 17, 2006**

**A19 75-100 mi 5:30 am**

**Golden Apple for Fixed Gears**

Leader: Carol Wood, violetdubois@mindspring.com, 212-683-0070

From: Grand Central Terminal, Information Booth

You have to be crazy to get up this early to ride a one-speed bike a hundred hilly miles. And I know you people are out there. PLEASE RSVP: If consensus is to do the 75-mile version of this well-supported, fund-raising ride, we may catch the 6:46 train at GCT. Hammerheads can go off the front, as usual. Leader will start with 72 gear inches (52-19) and switch to 65 inches (42-16) after 50 miles. Buy R/T ticket to Goldens Bridge. Preregister for ride (\$28) at <http://www.westchestercycleclub.org/goldenapple/>

**B16-17 55 mi 9:00 am**

**Long Beach-the last harrah!**

Leaders: Hal Eskenazi, hal@profilesworldwide.com, 917-822-5401; Marcy Squadron, marcygt@aol.com, 917-349-2146

From: Central Park Boathouse

Starting in the boathouse we'll head down to the Brooklyn Bridge and off to Bklyn and pick up the rest of you guys, 10:00am at the Grand Army Plaza entrance to Prospect Park. In July, on a gorgeous, sunny day, we swam Oyster Bay; August the Rockaway's. So we will end our "tour de beaches" at Long Beach for our final swim / ride of the year. Hopefully Apollo once again looking after us. The terrain is mostly flat. We'll get lunch a couple of blocks from the beach, spend @1-2 hrs playing in the water / tanning and then head back on the railroad. There are bailouts along the way if necessary. You will obviously have the option of staying longer or riding back from

the beach if you should so desire. remember, you just planned another great weekend ride. come. Get wet. Have fun with your friends. Laugh a lot ride & swim as we waive good bye to the summer. Don't forget to bring a towel and, of course, suntan lotion.

What would make us cancel? Rain, snow, heavy winds (above 20mph), Marcy or I winning the lottery the night before. Check channel 1 or the message board at 7:00am

### Tuesday, September 19, 2006

**B17/18 48 mi 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

Rte 501 out and back, with a short stop in Piermont. Back in the park about 1:30. We leave promptly at 9:30.

### Wednesday, September 20, 2006

**B16 50 mi 9:30 pm**

#### If It's Weds., This Must Be River Road

Leader: Maggie Schwarz, mschwarzny@aol.com, 212-206-7672

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

See Recurring Rides for full details.

### Thursday, September 21, 2006

**B17 45 mi 2:00 pm**

#### Jamaica Bay

Leader: Christopher Gianni, cgianni@si.rr.com, 718-795-6079

From: Bayview: North Foot of Cross Bay Bridge (25 Van Brunt Road Far Rockaway)

See Recurring Rides on page X for full details.

### Saturday, September 23, 2006

**A 20 + - 79 mi 9:00 am**

#### Cold Spring

Leaders: Christy Guzzetta, Christy.Guzzetta@GESServices.com, 212-595-3674; Allison Agliardo, aagli@yahoo.com, 720-530-8302

From: Central Park Boathouse

Saddle River to Sloatsburg and the entire length of 7 Lakes Drive to an outdoor lunch at the Depot Restaurant in Cold Spring. Metro North train back - bring Metro North pass.

**B16 55 mi 8:00 am**

#### Mahopac Lunch Ride

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

From: Grand Central Terminal, Information Booth

Meet at Grand Central Station for the 7:50AM Harlem Line train to Katonah.

Leader will meet group at Train Station arrive 8:53AM

You'll see horse farms, nice roads and green woods. This is very hilly ride up to North Salem, around Titicus Reservoir and over Brewster to Carmel. The bike path now extends to Carmel, so we will ride to Carmel then down to Mahopac for lunch on the lake. Mostly flat to down from lunch, approx 10 miles of bike path and flat 8 miles back to Katonah. Return approx. 4:26pm train from Katonah depending of finish time.

### Sunday, September 24, 2006

**B17 85 mi 9:00 am**

#### Sergeantsville

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

From: New Brunswick NJ Transit train Station

Ride with us past Charles Lindbergh's old estate, an alpaca farm, NJ's only remaining covered bridge, and lots of rolling farmland. We'll have lunch at the historic Sergeantsville General Store.

Take the 8:14 AM NJ Transit Northeast Corridor train, exiting at New Brunswick. The ride will start and end at the train station.

Please RSVP to the leader if you'd like to attend.

### Wednesday, September 27, 2006

**B16 50 mi 9:30 pm**

#### If It's Weds., This Must Be River Road

Leader: Maggie Schwarz, mschwarzny@aol.com, 212-206-7672

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

See Recurring Rides for full details.

### Thursday, September 28, 2006

**B17 45 mi 2:00 pm**

#### Jamaica Bay

Leader: Christopher Gianni, cgianni@si.rr.com, 718-795-6079

From: Bayview: North Foot of Cross Bay Bridge ( 25 Van Brunt Road Far Rockaway )

See Recurring Rides for full details.

### Friday, September 29, 2006

**B17 50+ 9:30 am**  
**Piermont Pleasure Cruise**

Leader: Ellen Jaffe, ellen@ellenjaffe.com, 212-966-7206

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

See Recurring Rides for full details.

### Saturday, September 30, 2006

**A19-20+ 95 mi 8:00 am**

#### Mott Farm/Gate Hill Roads: The Tour de Rockland

Leaders: Fred Steinberg, fsteinberg@nyc.rr.com, 917-572-8926; Ron Roth, rr7@nyc.rr.com; Peter O'Reilly; Timothy McCarthy

From: Central Park Boathouse

A counter clockwise loop around most of Rockland County:

A straight run up 9W, along the Hudson shore, up and inland via Mott Farm and Gate Hill Roads then home thru West Saddle River and Rivervale. The climbing is in the middle with a fast return.

**B16 50-60 9:00 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 RioVista/ 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.

### Sunday, October 01, 2006

**B17 35-60 mi 9:00 am**

#### The Pastries of Rockland County

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

From: George Washington Bridge, NJ side bike path entrance

Over the course of several rides, we'll search out the best muffins and bagels as a reward for the hills we're going to climb. Expect a different route and a different pitstop for each ride. I'll post the route and mileage info on the message board the Friday before the ride.



# Out of Bounds

September 1st - 4th, 2006

## New York Jewish Environmental Bike Ride

Labor Day Weekend, NYCC members are invited to cycle 165 miles, over 2 days, from the beautiful Connecticut Berkshires, through Dutchess County and down through the Hudson Valley to Manhattan to help raise money to support environmental programming and advocacy in the US and Israel. We encourage friends, families, cycling clubs and companies to form teams to participate in the Ride. The NY Ride offers an inclusive, supportive bicycling community – before, during and after the actual event. Riders pay a registration fee and commit to raise a minimum of \$1,000 in sponsorship. Funds raised support organizations that are doing important environmental work. Full details and a registration form are available at [www.hazon.org](http://www.hazon.org). If you are interested in riding or in helping to make this exciting event happen, please check out [www.hazon.org](http://www.hazon.org) or call or email Anna Stevenson, NY Ride Coordinator at 212-644-2332 or [anna@hazon.org](mailto:anna@hazon.org).

Saturday, September 9, 2006

## AIDS Ride for Life

Location: Ithaca, NY

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 \$300.00, returning riders \$500.00. For more information or to register visit our website [www.stapinc.org](http://www.stapinc.org) or email [lwest@stapinc.org](mailto:lwest@stapinc.org).

Sunday, September 10, 2006

## 9th Annual Rock 'n Road Bike Tour

Location: Sunset Park in Harvey Cedars, Long Beach Island, NJ

Jersey Coast Chapter of the American Red Cross

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](http://www.citytri.com)

Sunday, Sept. 17, 2006

## Golden Apple

Northern Westchester and Putnam counties

Westchester Cycle Club

Location: Goldens Bridge train station, in Lewisboro, N.Y., on the Metro-North Harlem line, and easily found off Route 684.

The 25th annual Golden Apple ride, sponsored by the Westchester Cycle Club. Scores of NYCC members traditionally take the train north for one of the daylong event, which includes rides of 25, 50, 75, 100 and 125 miles through northern Westchester and Putnam counties, around the reservoirs and over the hillocks. The roads are well-marked, and there with food stops along the way and sandwiches at the finish. The route is set up as a figure-eight, so it's easy to ramp up your ride if you are feeling good that day. Or you can cut short more ambitious plans and make it back to the station.

\$22 pre-register, \$28 day of the event.

Register on line at:  
<http://westchestercycleclub.org/goldenapple/>

# Classified Ads

## Premier New York Metro Area Bicycle Shop for sale.

Tremendous opportunity to own a profitable business that you will not only earn an excellent living from, but LOVE. Very rare chance to purchase a well established shop with a long history of selling and servicing HIGH END bicycles clothing, accessories and equipment. With room for growth and expansion this business is priced to sell.

Gross Revenue: \$800,000  
Net Earnings: \$140,000  
Price: \$475,000 + Inventory

Please refer to listing 6058 when inquiring about this opportunity. Contact Matthew Bass: [mbass@kensingtoncompany.com](mailto:mbass@kensingtoncompany.com) or 516 626 2211

# September Club Meeting

Tuesday, September 12, 2006

## Track bikes

Why ride a track bike? What to look for when buying a track bike? How to start using a track bike as part of your annual riding program. These and many other questions on track bikes will be answered at the meeting by NYCC track bike aficionados, **Mordecai Silver, Karl Dittebrand and Dave Perry** from BikeWorks, a track bike specialist bike shop.

Bike store at the meeting:

### Bikeworks

106 Ridge Street  
New York, NY 10002  
212-388-1077  
<http://www.bikecult.com/works>

**Place** Annie Moore's Pub and Restaurant (downstairs)

50 E. 43rd St. (west of GCT between Madison and Vanderbilt Aves.)  
Subway: Take 4/5/6/7 to 42nd St./Grand Central.

**Time** Social hour with cash bar starts at 6 PM. Dinner at 6:45 PM. Program runs from 8:00 to 9:15.

# A Mediterranean bicycle odyssey

By Jay Jacobson

One of the memorable ports on a boat cruise we took 20 years ago was Dubrovnik, which was then part of Yugoslavia. Sailing through magnificent inlets and past fairy tale islands was a scenic feast. I have always wanted to return.

Since then a civil war resulted in the dismantling of Yugoslavia and the re-emergence of Croatia as a separate country. Within the past several years, Croatia has become a hot tourist destination.

I am an avid bicyclist who has cycled in 40 countries. I heard that the Backroads company, which claims to be the World's No1 Active Travel Company had launched a bike tour of Croatia's Dalmation Coast. Since my prior 10 Backroads tours were all positive experiences, I decided to enroll in one of their first Dalmation tours.

I also wanted to spend our customary two weeks in the South of France with my wife, Joan. Looking at a map, I noticed that I could easily do both with a week in between in Italy for another bike tour.

In late May, I arrived in Dubrovnik, a picturesque and historic city, encased in ancient ramparts. After a day of wandering and exploring this exquisite place, I met my bike group.

The group of 20 and three well-trained guides came from all over the US and Canada and ranged in age from 20 to 70 (averaging 49). There were five couples: one man brought his father; one woman brought her two sons; and the remainder were solo travelers. One, Allison, a New Yorker, may join our club. A current member of the club who is Croatian wanted me to visit her mom, who still lives there but, as you are about to read, I was just too busy to do it.

The cycling and hotels were on four islands, each with its own look and personality.

We had a chartered 60 foot yacht to bring us from island to island and to and from the mainland.

The idyllic storybook islands are Miljet (historic and a bit wild), Korcula (lush), Hvar (trendy) and Brac (blessed with marble deposits and appealing seaside vistas).

The villages through which we cycled are somewhat equivalent to Piermont, New Jersey in size, quaintness, hills, marinas, art galleries and cafes overlooking the harbors. The resemblance ended with the color, age, materials and architecture of the buildings which are much more European.

The seven-day tour ended at Split (Croatia's second largest city) near two World Heritage sites and with numerous historic edifices. Our tour members gave each other farewell hugs. I then boarded a large overnight trans-Adriatic ferry, which took me to Ancona, on Italy's East coast. I had sleeping facilities similar to a cruise ship's cabin.

From there I took two trains across Italy, changing at Rome to the delightful Tyrrhenian coastal town of Orbetello. It was the perfect place to hang out for two nights and one day and brush up on my Italian while I was waiting to join my second bike tour.

This tour was run by the VBT organization and covered Coastal Tuscany. Like our group in Croatia, the tour members were friendly and interesting but somewhat older. Our two Italian bilingual female guides, who had led this tour many times, were very knowledgeable about the route.

We stayed three nights each at two glorious four star agriturismo hotels. They were located on working farms/vineyards/wineries. Both had inviting pools. The only problem was at one was all communications (telephone, internet and television) were non-existent or difficult.



3 of Jay's favorite things: his bike, a pool and vineyards

The Tuscan cuisine we devoured was extraordinary. Our one non-cycling day was spent on the exquisite island of Giglio, where we toured, lunched, beached and hiked.

The cycling in Croatia was somewhat more difficult than in Tuscany. The terrain was hillier and the rides longer. I cycled 150 miles in six days in Croatia and 122 miles in five days in Tuscany. I would have cycled a bit more in Croatia but we encountered intermittent rain on a couple of days. When it began to rain heavily one day we opted to ride in the minibus support vehicle.

During the first half of the Croatia tour and almost the entire Tuscany tour we had perfect weather – sunny and about 70°F (21°C). We were told that it was slightly cooler than normal this year. Both companies had bikes ready for us with our size and bike preferences and had developed routes along country roads with little traffic. The roads were generally good but in Croatia some ran along the tops of cliffs and lacked rails, which made the cycling a bit harrowing. Sometimes I rode alone or with some of the stronger riders, or else riders of similar ability would ride together in small groups. Weaker riders used the support vans to carry them over the difficult (hilly) stretches.

The support vans also carried water, snacks, tools and spare bike parts. The vans also transported the cyclists' personal luggage to the next hotel, where it awaited our arrival in our room.

The guides made bike repairs and fixed flat tires. Each morning they described the route and distributed maps, with turn directions. Most of the excellent meals, sometimes with wine, were included in the tour's cost.

In addition to its being the peak wildflower season, we were treated to gorgeous scenery including vineyards, farms, animals, sometimes with shepherds, tiny villages and Roman ruins.

We were enjoyed a sensational panorama of the mountains and countryside as a backdrop to our cycling. Visits were arranged to wineries, small museums, an olive press, churches and a synagogue.

The daily mileage was less than what I would ride with the New York Cycle Club but that was OK. This is because we were also spending time on those activities mentioned above, on boats, taking a cooking lesson, leisurely lunches and just laying out at a picture perfect beach or pool.

At the conclusion of the VBT Tuscany bike tour, I traveled by train to Cannes, France.

This journey took eleven hours (four trains). It was a bit of a shlep, but I enjoyed every minute of it. Happily, the Italian trains were running better than in past years. I tried to get a seat on the left side of the train so I could a better view the Ligurian coast and the Italian and French Rivas.

There are no longer any customs or immigration formalities on the French-Italian border and both countries use the Euro. Since I am only a 'beginner plus' Italian student and an intermediate level French student, I felt more at home when I entered France.

I traveled for a month with only one expandable carry-on valise and a fanny pack. I had several changes of clothes and bike outfits, mostly quick-drying polyester. I washed the clothes in my room – an exterior terrace or balcony facilitated quick drying. Most evenings I wore neat Bermuda shorts and sneakers. I didn't bring any shoes, sweaters or jackets except my bike rain jacket.

When I arrived in Cannes, about an hour from the Italian border along the Mediterranean coast, Joan who had just arrived from New York, was waiting for me at our hotel. We spent six nights in Cannes, then took a short flight South to Calvi, Corsica (France). In the past we had taken the ferry between these two points instead of flying. Because a convention began on our seventh day in Cannes, the hotel doubled the rates so we were out of there.

We had visited these two cities many times and know our way around them. Our program for each of these 13 days was basically the same: after a light breakfast, purchased from a local bakery, I cycled for two to three hours while Joan went shopping, strolled around the city or got a head start at the day's pool or world class sandy and immaculate beach with calm salt water.

In Cannes, I rented a fine road bike with the brand name Gitane, the same name as a classic French cigarette. It was brightly painted in red, white and black. When garbage men started admiring it I became concerned it might be stolen and made sure it was always securely locked.

Cycling east from Cannes along the coast I went through such famous Riviera villages as Juan-Les-Pins and Antibes, where F. Scott Fitzgerald and Picasso lived and I cycled past



Jay, making friends everywhere he goes.

the legendary sumptuous Hotel du Cap. Riding along miles of topless beaches, I had difficulty keeping my eyes on the road! The beaches were already in use by 9 AM.

The next day I headed west. After following the coast for several miles, I turned inland and started cycling uphill into the breathtakingly beautiful Esterel Massif. This is a French national park and forest with very little traffic and continual great views of the sea and the Riviera.

The third route was into the hills behind Cannes. The destination was the charming hill town of Mougins, which contains some excellent restaurants and galleries. As I approached the village atop the giant hill in a sea of sweat, a woman ran out from the gourmet shop and pushed me up the last 20 feet to the top! By the time I returned to Cannes the traffic was increasing so I had to ride carefully.

The area around Calvi had less traffic. My favorite road was Galleria par la Mer. It is a 15+ mile series of amazing corniches, curved roads along cliffs overlooking the sea. Some of them are U-shaped so I can see where I would be/was 20 minutes in the past or future. Except for differences in vegetation, due to Corsica's dry climate, this road is somewhat similar to Route 218 between Cornwall and West Point below Storm King in New York.

A second interesting cycling route was up to the ancient mountain villages above Calvi. This is demanding because these hills are relatively steep. Once I came down the hill with a herd of wild boar! A third alternative is to cycle along the north coast behind the beaches towards the next town of L'Île Rousse.

At both Cannes and Calvi concessionaires have established colonies of colorful rental beach chairs, lounges and umbrellas and informal outdoor restaurants. We shared a light salad or sandwich lunch or picnic. After the Italian gastronomic experience it was time to take advantage of the lighter Riviera fare.

While we were resting on beach or pool chair, we spent the afternoon reading, playing scrabble, swimming or looking at and contem-

plating the visible hills that I would be climbing the next day.

Before dinner we took long strolls along the yacht marinas and through Cannes' fashionable shopping streets and its elegant beachfront Boulevard de la Croisette, bordered by palm trees, plant and flower gardens – Cannes probably has more flowers than any city in the world.

In Cannes we stayed at a large American-style hotel, which was about a 20 minutes walk to the beach and a 20-30 minutes walk to splendid outdoor restaurants. It has a gorgeous, large and relaxing pool set in a very spacious and lush garden.

Our Calvi hotel was ultra modern and sleek with beige interiors and exteriors. It appears to be worthy of articles in architectural and travel magazines. From our room and its large wrap around terrace and the pool, we enjoyed a panorama of the town, its massive citadel and old town with the beaches, bay and snow-capped mountains in the background. In addition to yachts of all sizes, once daily a large yellow car ferry arrive and departed, dwarfing the harbor and bay.

The sunlight in both places has an unusual brilliance, in intensity and quality, which attracted artists such as Matisse and Picasso.

The main difference between Cannes and Calvi are that Cannes is larger, more upscale, chic and expensive. Its old city is called Le Suquet, which goes uphill from the port. Along Le Suquet's winding main, but very narrow streets are jewels of tiny restaurants, each with a few outdoor tables on the street. We have a few favorites, which we enjoyed again this year. The street ends at a hilltop churchyard with sweeping views of the city and its beaches and marinas.

We climbed up by foot to Calvi's citadel, which contains its old city and explored its ancient and narrow streets and buildings.

Our dinner strategy was for each of us to order a main course and share an appetizer and dessert or separate prix fixed dinners. Most of the restaurants included additional small complimentary pre and post dinner courses so we never walked away hungry. We also enjoyed excellent house – usually locally produced wines – available in both places.

We did splurge at one outdoor hotel restaurant at each city. Although the rooms at Cannes' Noga Hilton are very expensive, dining at its stunning second floor outdoor terrace overlooking the beach was not costly. The same was true of Calvi's La Villa Hotel, which had an awesome mountainside location with an aerial view of the city, the bay and environs. Calvi claims that Christopher Columbus was born here and La Villa's pool's far end is designed to look like the end of the ocean if the world were flat. For two weeks we dined outdoors every evening!

The French call Corsica – whose culture is a mix of the best parts of France and Italy – L'Île de Beauté – the island of beauty. I am not ready to say it is the most beautiful place on earth but I can't name any places I think are more beautiful. On the last day we had about a half hour of rain. These were the first drops we ever had in eight visits totalling over 60 days in Corsica!

Regardless of the recent weakness of the dollar, the price of restaurants and hotels in Cannes are about equal to New York, while they cost less in Corsica. There was quite a bit of graffiti all over Europe concerning an array of causes. Considering everything that has happened in the past few years, I was surprised to notice only one incident of anti-American graffiti. Although we were obviously American, we encountered absolutely no hostility, not even any rudeness. Europe's motorists seem to have a greater degree of respect for cyclists – they usually gave us a wide berth.

In the month I was in Europe I cycled 500 miles and walked 40 miles. I didn't drive a car at all and didn't miss it. I had not experienced paying \$6 or more per gallon of gasoline plus the hassles of parking, traffic jams and navigating the labyrinth of one way streets in a typical European town. In addition we could enjoy shared bottles of local wines without worrying about driving home. I did take a few taxis only coming to/from airports, train stations or piers with my luggage.

We flew home from Corsica via Nice and London. Although everything on the trip had been near perfect, at the end of the month I was ready to return home to the Lower Hudson Valley. Hopefully, peace, health and money will allow me to take similar trips in the future.



Jay spraying encouragement to NYCC member Amy Blau on a Croation road. Amy took the same Backroads tour a week later.

#### Details

There is a range of costs for these bike tours depending on single or double occupancy. The choice of dates and whether it includes bike rental will also affect the cost. They were both seven days and six nights.

www.backroads.com: The Dalmation Croation bike tour is \$3000-4000 not including airfare

www.vbt.com: The Tuscany Coast bike tour is \$2,000-3,000. A low cost air package is available

Six nights at the Novotel Hotel Cannes (double) was \$1,300. Seven nights at Calvi's Regina Hotel (double) was \$1,250

Of course there are bike tours and hotels both more and less expensive than these.

I flew on a code sharing itinerary with American Airlines and British Airways from New York to Dubrovnik and from Corsica to New York for \$1,174. Joan flew from New York to Nice and back from Corsica and her fare was slightly less.

Contact the author at [joanandjay@aol.com](mailto:joanandjay@aol.com)



# New York Cycle Club

## Board of Directors meeting minutes

**January** The meeting was called to order at 6:30pm, January 3, 2003. In attendance was Stan Oldak, Mark Gelles, Jeff Terosky, Carol Waaser, Ellen Jaffe, Dave Sabbarese, Kim Jenkins, Scott Wasserman, Fred Steinberg, Barbara Spandorf, Timothy McCarthy. Annaline Dinkelmann was conferred in by phone.

**Financial Report** Deborah Bennett will transfer club banking and financial records to Kim Jenkins on January 21.

**Special Events** The volunteer Recognition Party was okayed and set for February 10 at Evergreen Restaurant.

Food cost is approximately \$20 per person, with drinks an additional \$10-15 per person.

The 2005 Club Christmas Party at Gonzalez Y Gonzalez was judged to be a success.

**Programs** Honorariums for special speakers were discussed. While the club will not likely pay air and hotel to secure a speaker, an author on book tour and already in New York City is viable. It was suggested that Scott Coady, author of Tour Baby, and the proposed April speaker could be procured in that way.

A showing of a new 37 minute documentary about the Critical Mass Rides was discussed and rejected as inappropriate for the monthly meeting.

Still open: what can the club do to honor bike month, which is May 2006?

A few shops will be queried to see if they have interest in sponsoring our monthly meetings.

**Membership** 270 members registered to date.

**Bulletin** Roster is in the works.

**Rides** It was agreed that a better method of tallying the year-end rides-led count is necessary. The ride submission program should allow for credit of certain rides to be turned off, for instance SIG rides. With this change a SIG coordinator can supply the total rides-led by each SIG ride leader in their program and we don't have to manually subtract any credits from the system generated tally. The webmaster will pursue this solution.

Weather cancellations should count, as should any good faith effort. Rides that do not leave a City park get no credit.

All club items owed to ride leaders of 2003 and 2004 will have to be picked up either at the February meeting (bottles and socks) or at Herb Dershowitz's apt. (garment) on two dates set for that purpose or they will be forfeited altogether. These ride leaders will be emailed with this information.

For 2005, there were 40 members with 12 or more rides (garment); 45 with between 6 and 11 rides (socks); 44 members with 3-5 rides (water bottle).

Patricia Janof and Mitch Levine are the C-SIG coordinators.

Website links for SIG registration will be unveiled the second week in January.

A calendar will be developed that lists all rides requiring Metro North cooperation.

**West Point** Basil Ashmore will take over the West Point Weekend management responsibilities from Ed White.

**Memorial Weekend** Down payment was authorized to secure the Egremont Inn.

**Website** A revision to the message board moves forward. It will feature a message board administration interface that will allow for a different method of moderating the forum.

**Bulletin archives** Rich Ramon has volunteered to scan and archive past NYCC bulletins. However, the old bulletins have not yet been received. Another phone call will be made to try to secure the bulletins.

**New York Bike Show** No word yet on the date. There's a possibility it may not happen this year.

**By-Laws** Suggested changes were made to page 3. Going forward the secretary will compile a record of club policies separate from the By-Laws.

**Approved** December 2005 minutes.

**Next board meeting** February 7, 2006.

The meeting adjourned at 8:30pm.

**February** The meeting was called to order at 6:30pm, February 7, 2006. In attendance were Mark Gelles, Jeff Terosky, Carol Waaser, Reggie Johnson, Dave Sabbarese, Kim Jenkins, Scott Wasserman, Fred Steinberg, Barbara Spandorf, Annaline Dinkelmann, Timothy McCarthy, Ellen Jaffe.

**Membership** To date over 500 have signed up for NYCC membership on Active.com

The club had 1920 members at year end 2005.

A date needs to be picked to drop old members.

It was suggested that the bulletin password change on April 1.

There is an ongoing problem with ENY and the way Active.com maintains their database. The Club must 'pull over' Active-registered members. Often that does not happen. It was proposed that ENY registrants have the option of NYCC membership for the remainder of the year for a nominal fee. Should ENY participants choose not to become members they will pay the same fee as NYCC members. 'Day-of' non-member ENY registrants will not have the option of a token membership fee.

Membership is required for the SIG. In theory, the club checks siggie membership status after

the third week of SIG.

Membership should be required for West Point weekend.

**Financial Report** \$38,431. in the bank.

\$50 will go towards Valentine's gift for Kyle at Metro North.

Kim will prepare a draft budget.

An effort is being made to assess inventory of club apparel.

**Insurance/Liability** Gary Wendrovsky will look over club insurance policy.

Overview of present coverage: The club, board, ride leaders have liability coverage for official listed club rides. This does not include rides that are open to the general public such as ENY, Berkshires Weekend, etc.

Message board rides are not official rides.

Non-members who come on rides are not covered. Their attendance on rides does not however void the policy for members.

Ride leaders must use the official sign-up sheet.

SIG participants must be members to sign up.

SIG participant membership status will be checked at week three.

SIG scholarship participants must be made members from the start.

It was proposed that the club develop an official accident report system whereby all accidents are reported and compiled.

Cons: all data can be subpoenaed by lawyers.

It was suggested that 48 hours after a ride, leaders receive and fill out a form about the ride on which they report any incident requiring medical assistance.

Mark Gelles will develop a draft form of this kind.

**Special Events** The January event was ice skating at Wollman rink. There were about nine participants.

Forty-eight have so far signed up for February Volunteer Recognition Party event.

March special event: either dance lessons at a dance studio or wine tasting.

**Programs** Annie Moore's no longer permits bicycles inside. Nonetheless, it was decided to keep the monthly meeting there.

Annaline will survey club membership to see the level of interest in bike maintenance classes. Peter O'Reilly has volunteered to teach. A small fee, perhaps \$ 5, will be charged per class. If there is sufficient interest, classes of various skill levels will be offered. It was suggested that local bike shops might be a good resource for teaching more advanced levels of bike maintenance.

**Rides** Carol will come up with list of volunteers necessary for the year's needs.

SIG captains are responsible for entering their rides in the ride submission program.

**Bulletin** Anthony Poole will not seek re-election.

tion. In order to allow time for training, he will start to look for a replacement at least six months before the end of the year.

**Roster** Stan's roster will go up on the website as a pdf.

**Website** Tom Laskey has joined the team in the capacity of "Web Elf." He will help with the weekly preparation of the home page.

**Advocacy** DOT, the NYPD and The New York Bicycle Coalition of which NYCC is a member, are working together on the Bicycle Safety Outreach campaign to address the recent increased rate of NYC bike fatalities.

The Coalition wants better enforcement by motorists. The flip side: cyclists will also have to obey the law, stop at lights, etc.

**Quote of the Day** "We are rolling vermin to motorists"—Fred Steinberg

**Bulletin archive** Chris Mailing is lending his collection of NYCC Bulletins, years 1978–2003, to the NYCC for so we can create a PDF archive from them.

**Minutes** Approved as may be amended.

**By-Laws** Changes made to page 4.

**New business** Basil is organizing West Point. Berkshires: there's a change of caterers but dinner is still \$30.

**New York Cycle Club Youth Program** It is aimed at young adults age 16–22. The committee will meet with kids, interview parents, and have kids do a four-lap central park ride. The Club will provide a new bike if necessary and/or \$300 for accessories.

**Next Board Meeting** March 6, 2006 .

Meeting adjourned at 8:30 p.m.

**March** The meeting was called to order at 6:30, March 6, 2006. In attendance were Mark Gelles, Kim Jenkins, Carol Waaser, Scott Wasserman, Timothy McCarthy, Ellen Jaffe.

#### **Financial Report**

\$ 7,678.46 in checking account.  
\$ 25,436.62 in money market account.  
Total: \$ 33,115.08

Insurance premium of \$ 3,088.40 has been paid. Period covered: 2/1/2006 through 1/31/2007 In order to be covered by insurance SIG scholarship kids will be given club membership. Additionally, all SIG scholarship kids were given club jerseys.

**Merchandise** Joanne McGarry needs to provide an inventory.

An order for 12 dozen pair of club socks was approved.

Garneau has given the club a \$200 retail store gift certificate for Garneau cycling apparel. It will be raffled at the April meeting.

**Programs** Annaline will soon post a survey to determine interest in bicycle maintenance workshops.

Club Getaway would like to partner with

NYCC in offering weekend packages at their location in Kent, CT. It was agreed that since they offer multi-sport, fitness and adventure activities, this might be an attractive destination for club members with non-cycling partners and children. Carol will pursue this.

#### **Volunteer Calendar**

Month	Event	Leader
May	Berkshire Weekend	Fred Steinberg
June	Newcomers Ride All Class Ride	Gary McGraime David Sabbarrese
July	West Point Weekend	Basil Ashmore
August	All Class Ride	David Sabbarrese
Sept.	Ride Noho Weekend?	
October	Catskills Weekend? ENY CT Shoreline	Katie Seyers Gary McGraime
Dec.	Holiday Party	David Sabbarrese

Of these events, Ride Noho and the Catskills Weekend are questionable.

Carol will contact each event leader to determine their need for volunteers.

**Rides** It is still an open question as to whether or not the club will use an incident report.

**Website** Timothy will post the NYCC roster to the website.

**Advocacy** In the works now is the configuration and implementation of the 8th Avenue bike lane, an important issue for the Club and the NYC Bike Coalition.

**Archives** Chris Mailing has provided, on loan, NYCC Bulletins from 1978–2002. It was agreed that preserving this history is our obligation. Discussed at length was a strategy for digitizing and archiving these 3,600 or so pages.

Rich Ramon has offered to scan them on his high-speed scanner and Timothy will talk to him about the format. However, before Rich can do the scanning, we have to photocopy the bulletins onto 8 1/2 x 11 single pages to be run through the scanner. Carol will get a cost on the photocopying.

With photocopying and scanning complete we will need a volunteer to organize the digital files into an easily archive.

**Next board meeting:** Tuesday, April 4, 2006

Meeting was adjourned at 8:00 p.m.

**April** The meeting was called to order at 6:35pm, April 4, 2006. In attendance: Mark Gelles, Carol Waaser, Scott Wasserman, Stan Oldak, Ellen Jaffe, Dave Sabbarrese, Jeff Terosky, Barbara Spandorf, Peter O'Reilly, Kim Jenkins, Reggie Johnson, Timothy McCarthy.

**Membership report** We presently have 1,122 members.

**Financial report** \$ 31,724.77 in combined accounts.

**Insurance** Carol has current policy. Board

and ride leaders are covered for liability.

**Berkshire Weekend dinner** It was decided the club would subsidize the active.com charge of \$3 per person for dinner registration.

#### **West Point Weekend**

Basil's budget for the 4 day weekend covers all expenses and requires no subsidy from the NYCC. The cost will be \$375 per person to stay at Thayer. Basil's budget was approved.

#### **Youth Program Costs:**

Bikes: \$1,425.00  
Food, gear, biking fuel \$957.50

The club will cover costs of dinners for youth participants for both committee and graduation dinners.

Recycle-A-Bicycle and Pedals Pushers should get a thanks when Youth Program is completed.

**Website** Roster is now posted.

**Message Board Administration** Peter O'Reilly has created an interface for administering the forum much more accessible than what we've had. With it we can assign non-IT people to moderate the message board. Timothy will groom and troubleshoot the system.

The board authorized Timothy to put together a Message Board Committee, consisting of a captain and several assistant moderators.

**Special events** The April Event has 12 signed up so far.

May idea: Guggenheim Friday evenings  
June: possibly a Mexican feast-Cinco De Mayo  
July: Tour De France

**Programs** Annaline has 57 responses to her survey. It will remain up for one more week.

**Club Getaway** A Columbus Day weekend is a possibility.

\$ 249 per person based on 4 per cabin.  
\$ 269 per person based on 3 per cabin.  
\$ 279 per person based on 2 per cabin.  
Includes activities & meals, entertainment.  
Extra night/Monday stayover: \$50 per person.

They will provide discount to club members any weekend.

A club volunteer is needed to oversee this.

**Merchandise** Cycling caps were suggested as ENY giveaway.

#### **Volunteer calendar & special ride dates**

June 3 is a 9W cleanup ride with A, B and C groups participating.

Newcomer's ride is June 17. We'll need leaders for A B and C groups.

All class rides: June 25 to Kensico Dam.

August date and destination is up in the air.

**Bulletin** The ride level descriptions on the website should be the same as those listed in the bulletin. We need someone to take over as Bulletin Editor next year.

**Rides** If health professionals or police are called to a ride incident, then an incident report should be submitted. An incident report form that ride leaders can fill out electroni-

cally will be posted to the website.

Ride sign-in sheets should be mailed to the NYCC mailbox after the ride.

**Archives** Carol copied and Rich Ramon scanned all the old bulletins. We now have digitally archived bulletins back to 1978. Timothy will make them accessible in the archive area of the website. The club will give Rich Ramon a club jacket or jersey.

**Approved** March 2006 minutes.

**Next Meeting** Tuesday, May 2, 2006.

Meeting was adjourned at 8:20 p.m.

**May** The meeting was called to order at 6:35, May 2, 2006. In attendance: Mark Gelles, Carol Waaser, Scott Wasserman, Ellen Jaffe, Dave Sabbarese, Jeff Terosky, Barbara Spandorf, Kim Jenkins, Fred Steinberg, Reggie Johnson, Stan Oldak.

**Membership Report** The NYCC presently has 1,294 members. Barbara would like the roster lookup table to be more accessible.

Stan will update roster in June.

**Financial report**

\$ 32,964.68 in combined accounts.

All scholarship program bills, totaling \$2,882.50, have been paid.

Storage bill received for \$ 117.00.

**Special events** Christmas party proposed for Thursday, December 12, 2006 at Gonzalez y Gonzalez.

May event: at Billiards at Broadway Blliard Café. May 18, 7-9PM.

June event: Mets game on June 20th. Mets versus Cincinnati.

July event: New York Philharmonic on the Great Lawn, July 18, 7PM.

**Programs** Annaline's membership survey is complete, results to be compiled.

June 13th club meeting is the SIG graduation.

**Volunteer calendar & special ride dates**

9W Cleanup ride is June 3rd.

Newcomers ride is June 17.

The first All-Class Ride will be June 24 with suggested destinations: Kingsland Park, and Saxon Woods, Mamaroneck.

**Bulletin** There were ride omissions in the May bulletin.

Corrections should be posted on the message board.

**Rides** Incident reports:

Incident report should be offered to ride leaders when they submit rides via the online submission procedure.

**Metro North problems** Lack of communications with Metro North operation results in conductors not having awareness being aware of bike train reservations. Some members have met with resistance and refusal.

Fred will get the name of a 'suit' who has clout within Metro North.

**Club Getaway** Bill Laffy has volunteered to

take charge of Club Getaway weekend.

**By-Laws** Suggested changes made to page 5.

**New Business** In Carol's absence Stan will handle NYCC email sent to info@nycc.org.

Someone is needed to supply information for e-bulletin.

We will not hold a July Board Meeting and instead have an August Board meeting.

**Approved** April 2006 minutes

**Next board meeting** Tuesday, June 6, 2006.

Meeting adjourned at 8:00pm.

**June** The meeting was called to order at 6:35PM, June 6, 2006. In attendance: Mark Gelles, Carol Waaser, Scott Wasserman, Ellen Jaffe, Dave Sabbarese, Jeff Terosky, Barbara Spandorf, Kim Jenkins, Fred Steinberg, Tim McCarthy, Stan Oldak, Katie Sayers.

**Membership Report** As of June 5 we have 1,481 members which is 140 ahead of where we were last year at this time.

Active will send members a reminder email in December about Membership renewal.

**ENY Report** Katie Sayers, co-chair of ENY presented an update.

ENY volunteer Marcella Butler has obtained an underwriting grant of \$5,000; use yet to be determined.

Socks will be the giveaway this year (cost: \$4 per pair).

Entry fee is \$28 until September 29, then \$35.

Brochure and poster layout are finished and ready for printing.

Red Bull may sponsor a tent in Sakura Park.

Active registration is up and running.

It was decided an official pit stop for the metric century before the Rockland Lake lunch stop is unnecessary.

Mr. Softee has been contacted to possibly provide ice cream at rides end.

**Financial report**

\$ 33,692. in combined accounts.

Active owes us \$ 18,884.94 due to mailbox misrouting.

Mark Gelles will get access to the storage facility.

**Special events**

June 20 is Mets game.

Proposed for July: Philharmonic in the Park, free, or Midsummer Night Swing, \$15 (includes group dance lessons).

A van has been rented and permit obtained for All-Class ride on June 24 at Kingsland Park.

We will piggyback the second All-Class with the Sound Cyclists August ride.

Fred will pick a date with Sound Cyclists.

Adopt-A-Hwy makeup cleanup ride will be July 8.

**Programs** Peter O'Reilly has volunteered to hold maintenance workshop in Jersey City and has provided syllabus. He will teach four classes at \$80 for the series or \$20 for one class with a maximum of twenty participants. A budget of \$300 was approved for tools and supplies. Any income over expenses for the Bike Maintenance classes will go to Recycle-a-Bicycle.

NYCC montly meeting attendance has consistently been down, leaving the NYCC regularly absorbing a loss in order to meet the minimum charged by Annie Moore's.

By-Laws must be changed before we can formally change the number of meetings, though it is agreed that monthly meetings need not be at Annie Moore's and can be themed around any variety of ideas.

Starting in 2007, it was suggested that we reduce to 6 meetings a year, including the Christmas party and SIG graduation.

Suggested for July meeting: Tour de France event at an NYC sports bar/restaurant  
Suggested for August meeting: ice cream social/swap meet. Suggested for September meeting: presentation about fixed gear bikes at Annie Moore's.

**Bulletin** Twenty-two percent of membership gets the bulletin. The \$5 they pay does not cover the \$12 per year it costs. 15 members do not have email addresses.

A subcommittee was formed to formulate a complete online information solution. Up for discussion is possible discontinuation of the paper bulletin.

Subcommittee Members: Timothy McCarthy, Fred Steinberg, Mark Gelles, Annaline Dinklemann. The subcommittee will give an preliminary report at the next board meeting.

It is expected that a web-only information solution will allow for shorter ride submission deadlines.

**West Point** We need C-ride leaders.

**Website** Message board administration is coming along.

**Advocacy**

NY Greenways Report

TA hosted Greenways summit in New York.

Coming soon: Williamsburg Bridge area Greenway. Bronx River Greenway, which will eventually link to Manhattan Greenways. There are 283 paved miles of paths in city now.

TA is against mandatory helmet law. The NYCC will not formally endorse this position.

Stan will monitor info@NYCC.org in Carol's absence.

**Approved** April 2006 minutes

**Next meeting** Tuesday, August 1, 2006.

Meeting adjourned at 8:30 PM.



# Bicycle shops that offer discounts for NYCC members:

## A Bicycle Shop

345 West 14th Street, NYC, NY 212-691-6149 or [www.a-bicycleshop.com](http://www.a-bicycleshop.com)  
[abikshp@aol.com](mailto:abikshp@aol.com); 10% off non-sale items (not items already discounted).

## Bicycle Habitat

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

## Bicycle Heaven

348 E. 62 St., New York, NY 10021 212-230-1919  
[www.bikeheaven.us](http://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, NYC, NY 212-724-2350.  
 10% off repairs and accessories (not on sale items and new bikes).

## Conrad's Bike Shop

25 Tudor City Place, NYC, NY 212-697-6966 or [conradbike@aol.com](mailto:conradbike@aol.com)  
 8.25% off parts, accessories and repairs.



## New Horizons Sports

55 Franklin St., Westfield, MA 01085 413-562-5237  
[Don@NewHorizonsBikes.com](mailto:Don@NewHorizonsBikes.com)  
 Certified Serotta Bike Fit Specialist  
[www.NewHorizonsBikes.com](http://www.NewHorizonsBikes.com)  
[www.BerkshireBrevets.com](http://www.BerkshireBrevets.com)  
 10% off parts and accessories

## Piermont Bicycle Connection

215 Ash St., Piermont, NY 10968 845-365-0900  
 4 Washington Street, Tenafly, NJ 07670 201-227-8211  
[www.piermontbike.com](http://www.piermontbike.com)  
 10% off everything, incl. bicycles.  
 Free ship. on purchases over \$100.

## Cycle Paths

138 Main St., New Paltz, NY 845-255-8723  
 15% off parts and accessories. 10% off bikes.  
 No discounts on sale items.

## Gotham Bikes

112 West Broadway, NYC, NY 212-732-2453 or [gotbik@aol.com](mailto:gotbik@aol.com);  
 10% off parts, accessories and repairs.

## Larry and Jeff's 2nd Ave. Bicycles Plus

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

## Master Bike Shop

225 West 77th St., New York, NY 10024 212-580-2355; 10% off parts, access. & bikes

## Sid's Bike Shops

235 East 34th Street, NYC, NY 212-213-8360 or [www.sidsbikes.com](http://www.sidsbikes.com)  
 8% off parts, accessories and clothing.

## Toga Bike Shop

110 West End Avenue, NYC, NY 212-799-9625 or [gotbik@aol.com](mailto:gotbik@aol.com);  
 10% off parts, accessories and repairs.

## Turin Bicycle

1027 Davis Street, Evanston, IL 60201  
[www.turinbicycle.com](http://www.turinbicycle.com) 847-864-7660  
 or [cmailing@turinbicycle.com](mailto:cmailing@turinbicycle.com)  
 10% off parts and accessories. Owned by NYCC Life Member Chris Mailing.

## 2006 renewal/membership application/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.

**Check one:**  Individual, bulletin mailed: \$16  
 Individual, bulletin online: \$12

Couple residing at the same address, bulletin mailed: \$22  
 Couple residing at the same address, bulletin online: \$17

**Check one:**  New  Renew  Address change Date: \_\_\_\_\_ Check Amount: \_\_\_\_\_

**Check one:**  Send me the print bulletin by mail  Save the postage (and other expenses). I'll collect the NYCC Bulletin on line.

**Check (if applicable):**  Do not print my  Address  Phone  Email in the NYCC roster.

Do not print my partner's  Address  Phone  Email in the NYCC roster.

Name: \_\_\_\_\_ Email: \_\_\_\_\_ Signature \_\_\_\_\_

Partner: \_\_\_\_\_ Email: \_\_\_\_\_ Signature \_\_\_\_\_

Address: \_\_\_\_\_ Apt. \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip (required): \_\_\_\_\_

Day tel: \_\_\_\_\_ Night tel: \_\_\_\_\_



New York Cycle Club, P.O. Box 4541  
 Grand Central Station, New York, NY 10163  
 New York, NY 10023

Checks payable to New York Cycle Club (take 6-8 weeks to clear)  
 You may also register on line at [active.com](http://active.com):  
[www.active.com/event\\_detail.cfm?event\\_id=1025985](http://www.active.com/event_detail.cfm?event_id=1025985)

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# Bike cargo boxes available for 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](mailto:jmcgarry@nassaucountyny.gov)

**Checks payable to NYCC**

