

A CYCLING JOURNAL FROM
EASTERN EUROPE (AND ASIA)

From Saint Petersburg to Istanbul
2,500 miles (4,023k) + 60,000' vertical (18,288m)

By Carol Waaser

President's Message

October is a festive month and we have a couple of special rides to celebrate. First up, **on October 14th**, is Escape New York, our annual Century with 3 classic routes: 100 miles, 62 miles and 50 miles. All routes have snack stops and lunch stops as well as before and after festivities at Sakura Park.

For more information or to register for the ride, go to the link on our home page <http://www.nycc.org>.

On Sunday, October 29th, two things happen: the clocks change, gaining us an hour of sleep, and NYCC does its annual Connecticut Shoreline Ride. We take the train to New Haven where A, B and C rides head out east along the shoreline. There's a distance and a speed for everyone and, if the weather cooperates, the fall colors are splendid. Upon returning to New Haven, we board the train again (hopefully in a bar car) and enjoy pizza and birch beer from world-famous Pepe's Pizza.

There's plenty of good riding left this year, and these two rides are particularly special, so come join us and be happy.

Carol Waaser,
President

CLUB EVENT FOR OCTOBER

Zum Schneider - Thursday, October 26th, 2006

107 Avenue C (7th Street) in the East Village
Closest subways are the 6 to Astor Place or the F to Second Ave.

6:30pm - 9:00pm

October usually means crisp cycling weather, spectacular foliage, and... OKTOBERFEST! Join us for camaraderie, the Oompah Band, plenty of sausages, and most importantly, BEER! Don't be put off by the "downtown" (sic) location, the Lower East Side has now been renamed the East Village and is quite safe. Come see why the NYT has credited Zum Schneider as having "accomplished the unlikely feat of making a German place cool."

Please email Dave Sabbarese at dsabbarese@firstmanhattan.com if you'd like to join us, and we'll look out for you. (I shouldn't be too hard to find, I'll be the guy belting out Wagner arias dressed in Brunhilde-esque drag.)

P.S. Please be advised that Zum Schneider does not accept credit cards.

INTERIM EDITOR'S NOTE

I would imagine an editor uses this space to, well, editorialize. Don't have much of an opinion just yet. To Timothy McCarthy: a huge 'thank you,' for making the transition from his hand to mine so silky. —Kevin Ley, *Interim Bulletin Editor*

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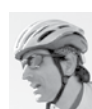
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NYCC Bulletin

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Subscriptions: Free to NYCC members. If you don't receive your bulletin on time, have a change of address, or any other questions about your membership, please contact Barbara Spandorf at membership@nycc.org. Include your name and full address in your message.

Mailing Service: Thanks to our Mailing Party volunteers. Contact Eva Wirth at ewith@yahoo.com to volunteer for the next mailing.

Printing: Boro Park Graphics, Inc., Brooklyn, NY (718) 774-6837.

Ads: Only bicycle related advertising is accepted. Only digital files will be accepted (contact Editor for more information). Page size is 7.5 by 10 inches.

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.

November bulletin deadline

All articles, announcements and advertising are due by Tuesday, October 10.

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
- 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 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:

A	Fast, vigorous riding with advanced bike handling and paceline skills required. Stops every 2 hours or so.
B	Moderate to brisk riding with attention to scenery. Stops every hour or so.
C	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. 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/bicycle.htm

Schedules Here are some commonly used departure and return times for weekends as of August, 2006. Contact Metro North for the most current and complete schedules at: www.mta.nyc.ny.us/mnr

HUDSON LINE

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

<i>depart</i>	<i>arrive</i>
Poughkeepsie	125th/GCT
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>
GCT	Brewster
7:48 am	9:10 am
8:48 am	10:10 am

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

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

October ride listings

Recurring rides

Every Wednesday

B16 50 mi 9:30 pm

If It's Weds., This Must Be River Road
October 4, 11, 18, 25

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 8:30 am

Jamaica Bay Mon!
October 5, 12, 19 and 26

Leader: Christopher Gianni, cgianni@si.rr.com, 347 561-3900

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

Join me on the flatlands of Jamaica Bay for a brisk training run bound for Floyd Bennett Field and some laps. We depart Bayview north on Cross Bay Bike Lane to the Belt Pkwy Greenway headed west, and return.

Check message board for late breaking developments. Hope to see you there!

<http://tinyurl.com/knly6>
<http://tinyurl.com/mbcdh>
<http://tinyurl.com/mfxpd>
<http://tinyurl.com/m8s1s>
<http://tinyurl.com/oqhdr>

Fridays

B17 50+ 9:30 am

Piermont Pleasure Cruise
October 13, and 27 (not 6 and 21)

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

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

River Road Out.
Clausland or Bradley before lunch.
9W or River Road back.

Serious rain cancels. Check the message board.

Club rides

Monday, October 02, 2006

A19 32 mi 6:00 am

A Week of River Road

Leaders:

Kim Jenkins, kimjenkins@aol.com, 917 359-5736
Jeff Terosky, a-rides@nycc.org, 917 969-8262

From: Central Park Boathouse

Are you tired when you go into work in the morning? Ever catch yourself looking for that extra cup of coffee at 10am? Well this week you'll at least have an excuse to be dragging! Come and ride with us to top off your conditioning before the Escape New York weekend and other late-season events... we'll do River Road every day for a week!

Departure from the boathouse promptly at 6:02, through Columbia to Riverside and over the GWB, under the GWB in the early dawn light to the Alpine police station, a quick peline return on 9W to the GWB, and down the west side by 8:15. If all goes well we'll be at work by 9:00, leg muscles bulging.

Occasionally we may switch it up and do River Road both ways. FIVE DAY PARTICIPANTS WILL RECEIVE A SPECIAL PRIZE! Join us!!!

Tuesday, October 03, 2006

A19 32 mi 6:00 am

A Week of River Road (continued)

Leaders:

Jeff Terosky, a-rides@nycc.org, 917 969-8262
Kim Jenkins, kimjenkins@aol.com, 917 359-5736

From: Central Park Boathouse

Please see full ride listing from Monday, October 2. Remember that multiple-day participants will receive a special prize (besides sculpted legs muscles)... Join us!!!

Wednesday, October 04, 2006

A19 32 mi 6:00 am

A Week of River Road (continued)

Leaders:

Jeff Terosky, a-rides@nycc.org, 917 969-8262
Kim Jenkins, kimjenkins@aol.com, 917 359-5736

From: Central Park Boathouse

Please see full ride listing from Monday, October 2. Remember that multiple-day participants will receive a special prize (besides sculpted legs muscles)... Join us!!!

B16 50 mi 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 Riverside Dr, over the GWB, and up River Road (unless fallen leaves prevent it) to Piermont or Nyack, depending on our schedules, for lunch.

IMPORTANT GROUND RULES are that a total of 3, including myself, make the ride a go.

PLEASE sign up the day before in a post on the message board. Then check back at 10 or 10:30 to see if we're ON!

Thursday, October 05, 2006

A19 32 mi 6:00 am

A Week of River Road (continued)

Leaders:

Jeff Terosky, a-rides@nycc.org, 917 969-8262
Kim Jenkins, kimjenkins@aol.com, 917 359-5736

From: Central Park Boathouse

Please see full ride listing from Monday, October 2. Remember that multiple-day participants will receive a special prize (besides sculpted legs muscles)... Join us!!!

B17 45 mi 8:30 am

Jamaica Bay Mon!

Leader: Christopher Gianni, cgianni@si.rr.com, 347 561-3900

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

Join me on the flatlands of Jamaica Bay for a brisk training run bound for Floyd Bennett Field and some laps. We depart Bayview north on Cross Bay Bike Lane to the Belt Pkwy Greenway headed west, and return.

Check message board for late breaking developments. Hope to see you there!

<http://tinyurl.com/knly6>
<http://tinyurl.com/mbcdh>
<http://tinyurl.com/mfxpd>
<http://tinyurl.com/m8s1s>
<http://tinyurl.com/oqhdr>

Friday, October 06, 2006**A19 32 mi 6:00 am****A Week of River Road (continued)**

Leaders:

Jeff Terosky, a-rides@nycc.org, 917 969-8262;
Kim Jenkins, kimjenkins@aol.com, 917 359-5736

From: Central Park Boathouse

Please see full ride listing from Monday, October 2. Remember that multiple-day participants will receive a special prize (besides sculpted legs muscles)... Join us!!!

Saturday, October 07, 2006**A20-ish 100 +/- mi 7:15 am****NYC to New Haven**Leader: Jonathan Friedman,
jmfriedman7-at-gmail-dot-com

From: Central Park Boathouse

This hilly ride takes a straight shot up to Brewster for a brief brunch and then cuts east on US-6 to Danbury and CT-34. (Expected ave rolling speed 16.5 +/- including hills.) Some portions on very heavily trafficked roads. Bring helmet, MTA bike pass, plenty of water, pocket food, and \$\$ for return train ticket & a brunch stop. Please RSVP for MetroNorth pre-planning. We will return to NYC by MetroNorth from New Haven. Let's hope for no rain (or snow) this time. Leaders: Jonathan Friedman and others.

A23/21 85 mi 7:30 am**Putnam Pleasure**Leader: John Zenkus,
jjz2116@aol.com, 917 617-0901

From: Grand Central Terminal, Information Booth

Starting in Peekskill, we will take rolling backroads to Putnam County's heart, stopping for lunch at an orchard with wonderful views of Mount Beacon. The return is rolling and fast back to Peekskill. Meet at GCT around 7:30 AM to catch the 7:51 train. Metro North passes are a must, as well as the usual two waters bottles, powers bars/gels, money for lunch and a bike in good repair along with a mandatory helmet. Check bulletin board for updates if weather appears unfavorable.

A26+ 65/75 mi 8:20 am**Gimbels**Leader: Jeff "El Jefe" Vogel,
jeffvgl@yahoo.com, 718-275-6978From: NW corner of Madison Ave
and 125th Street

Need a fast, hard ride that will keep you in shape all fall and winter? Try Gimbels. It's 10 miles to the start in Yonkers where there will be 5 minutes for a bathroom break before joining the ride for their 10-15 mile warm-up. The group then splits into two with the "short" ride doing about 22 miles at race pace and

the "long" ride doing about 35 miles at race pace on a much hillier loop. We'll regroup at the finish in Mamaroneck for a snack and the 20 mile ride home. The pace isn't 26+ for the whole ride but if you can't do that for short spurts you will get dropped. If you email me ahead of time I'll bring a map of the route.

C12 23 mi 10:00 am**Lamont-Doherty Earth Observatory Open House**Leaders: Alfredo Garcia, cyclistxiii@yahoo.com,
646-312-1677; Stephen Jackel

From: GWB Bus Terminal, 178 St and Ft Wash Av

Join us for this annual Columbia University event (www.ldeo.columbia.edu), along the New Jersey-New York State border. Attend various exhibits, demonstrations and lectures about the earth sciences. Bring a lock and lunch (some food will be served at the institute). Some hills. Possible sidetrip afterwards to nearby Stateline Lookout Park (njpalisades.org/overlooks.htm#State) for spacious views. Co-listed with 5BBC.**Sunday, October 08, 2006****B15-17 TBD 8:30 am****Bike Safe! A Clinic in Defensive Cycling**Leader: Reginald Johnson,
rabjohnson@optonline.net, 917 825-0952

From: Rambles Shed, Central Park

This is the first in what I hope will be a series of classes in Bike Safety. Join me and learn some practical skills in accident avoidance, Road Rules and group riding.

We'll have a lecture followed by a couple of spins around Central Park to practice what we've learned and then head down Riverside and up Fort Washington to the Cloisters and back or maybe to Piermont if the group decides. The emphasis on this ride is "Safety" so expect to be riding a couple miles an hour slower than you would normally.

Unfortunately I'll have to limit the group size to 10. Please email me if you are interested. Registration for this class closes on September 30th.

Monday, October 09, 2006**A20/B18 65 mi 9:00 am****Columbus Was Searching For Long Island**Leaders: Jeff "El Jefe" Vogel, jeffvgl@yahoo.com,
718 275-6978; Margaret Cipolla,
cipollam58@yahoo.com, 718-275-6978From: the Park at Yellowstone and Queens Blvd
(E/F/R/V to 71 Ave/Continental)

Join us as we meander to Bayville. On the way home we'll "discover" a new road or two. There will be one stop only on this ride so please be prepared to ride 35 miles non-stop.

B16 75 mi 9:00 am**The Hills of Rockland County**Leader: Ellen Jaffe,
ellen@ellenjaffe.com, 212-966-7206From: Eleanor Roosevelt statue, 72nd St and
Riverside Drive

This challenging, often beautiful route will take us up Little Tor, Gate Hill Road, Seven Lakes Drive and Perkins Memorial Drive to the top of Bear Mountain. Snack stops with an optional post-ride meal at Cold Spring before the train back to Grand Central.

Knock yourself out on the climbs if you like, but no pace-busting please on the flats. We will stick to the advertised pace.

Required: two water bottles, plenty of pocket food, Metro North bike pass, your good humor.

Please note this is a long day's ride with a probable evening return.

Wednesday, October 11, 2006**B16 50 mi 9:30 am****If It's Wednesday This Must Be River Road**Leader: Maggie Schwarz,
mschwarzny@aol.com, 212 206-7672From: Eleanor Roosevelt statue, 72nd St and
Riverside Drive

A casual jaunt up Riverside Dr, over the GWB, and up River Road (unless fallen leaves prevent it) to Piermont or Nyack, depending on our schedules, for lunch.

IMPORTANT GROUND RULES are that a total of 3, including myself, make the ride a go.

PLEASE sign up the day before in a post on the message board. Then check back at 10 or 10.30 to see if we're ON!

Thursday, October 12, 2006**B17 45 mi 8:30 am****Jamaica Bay Mon!**Leader: Christopher Gianni,
cgianni@si.rr.com, 347 561-3900From: Bayview. North Foot of Cross Bay Bridge
(25 Van Brunt Road Far Rockaway)

Join me on the flatlands of Jamaica Bay for a brisk training run bound for Floyd Bennett Field and some laps. We depart Bayview north on Cross Bay Bike Lane to the Belt Pkwy Greenway headed west, and return.

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

Friday, October 13, 2006**B17 50 mi 9:30 am****Piermont Pleasure Cruise**Leader: Ellen Jaffe,
ellen@ellenjaffe.com, 212 966-7206From: Eleanor Roosevelt statue, 72nd St
and Riverside DriveRiver Road Out.
Clausland or Bradley before lunch.
9W or River Road back.

Serious rain cancels. Check the messageboard.

Saturday, October 14, 2006**A,B,C 100,62,or 50 mi 7:30 am****Escape New York 2006**

Leader: NYCC volunteers, ENYInfo@nycc.org

From: Sakura Park, West 122nd Street and
Riverside DriveAll NYCC rides today are for ENY 2006 - note
that start times vary depending on the route.For more info or to volunteer please visit
http://www.nycc.org/rides_eny.shtml**Escape New York 2006 – Be there!****B15-17 50-100 7:30 am****Escape New York**

Leader: TBD, ENYInfo@nycc.org

From: Sakura Park (opposite the East side of Grant's
Tomb, 125 Street stop on the 1 and 9 subway)Escape the crowds and cycle with us in
our favorite territory: the West Hudson
Highlands. It's time for our 12th Annual
Escape New York Century. Enjoy the sup-
port and camaraderie of The New York Cycle
Club. We have thousands of miles and years
of experience cycling in this area, which we
want to share with you.**Sunday, October 15, 2006****B16 50-60 9:00 am****Jay's LoHud Series/West Bank Vistas**Leader: Jay Jacobson,
joanandjay@aol.com, 845 359-6260From: Eleanor Roosevelt statue, 72nd St and
Riverside DrivePiermont, 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.**Tuesday, October 17, 2006****B17-19 20+ 9:50 am**Car-free mid-AM Central Park laps
(rescheduled from 9/15)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. So may pace a bit if I don't get my bike
shipped back in time, as I'll then be on my
ol' trusty/heavy pink steel bike (but a lovely
"pink" color, plus whatta workout!) 4+ loops
and/or hill repeats. RSVPs appreciated if aiming
to join. Rain/wet pavement cancels, as it did
on 9/15.**Wednesday, October 18, 2006****B16 50 mi 9:30 am****If It's Wednesday This Must Be
River Road**Leader: Maggie Schwarz,
mschwarzny@aol.com, 212 206-7672From: Eleanor Roosevelt statue, 72nd St and
Riverside DriveA casual jaunt up Riverside Dr, over the
GWB, and up River Road (unless fallen
leaves prevent it) to Piermont or Nyack,
depending on our schedules, for lunch.IMPORTANT GROUND RULES are that a
total of 3, including myself, make the ride a go.PLEASE sign up the day before in a post on
the message board. Then check back at 10 or
10.30 to see if we're ON!**Thursday, October 19, 2006****B17 45 mi 8:30 am****Jamaica Bay Mon!**Leader: Christopher Gianni,
cgjanni@si.rr.com, 347 561-3900From: Bayview. North Foot of Cross Bay Bridge
(25 Van Brunt Road Far Rockaway)Join me on the flatlands of Jamaica Bay for
a brisk training run bound for Floyd Bennett
Field and some laps. We depart Bayview
north on Cross Bay Bike Lane to the Belt
Pkwy Greenway headed west, and return.Check message board for late breaking devel-
opments. Hope to see you there!<http://tinyurl.com/knly6>
<http://tinyurl.com/mbcdb>
<http://tinyurl.com/mfxpd>
<http://tinyurl.com/m8sls>
<http://tinyurl.com/oqhdr>**Saturday, October 21, 2006****A19-20+ 55,75, 95 8:00 am****Storm King/Old Indian**Leader: Fred Steinberg,
fsteinberg@nyc.rr.com, 917 572-8926

From: Central Park Boathouse

The Hudson Valley Fall Foliage spectacular.
The route winds through unfamiliar Rockland
County back roads, along the Hudson shore-
line, then up Mine Rd into the highlands
above West Point, over Storm King, eventually
climbing through orchards and vineyards to
the 'Old Indian' in Ulster County. There are
bailout options at the Bear Mountain (55mi)
and Newburgh/Beacon Bridges (75mi). Those
who hang on for the final leg will be rewarded
with stunning views as far as the Berkshires.
Return via FDR Bridge to Poughkeepsie and
Metro North to the city. Lunch in Cornwall;
other stops as necessary. Bring Metro North
pass, \$\$\$ for carfare (\$13.00) plus meals.
Uncertain weather? Call Fred after 6:30 AM or
check NYCC BB.**B15 60 mi 7:30 am****4 Reservoirs and a Lake**Leaders: Wayne Wright, wwright8@nyc.rr.com,
212 873-7103; David Hallerman, cycleman23@
optonline.net

From: Grand Central Terminal, Information Booth

See the B17 listing of this same ride for
description. Catch the 7:48 bike train from
Grand Central to White Plains, where you'll
meet up with your leader, David Hallerman.
Return on the bike train from Brewster North
(aka Southeast). Train passes and smiles
please.**B16 67 mi 8:00 am****Annual Fall Foliage Ride
Poverty Hollow/Housatonic River**Leader: John Zap,
ZAPPRTG@aol.com, 203 972-9339

From: Grand Central Terminal, Information Booth

Meet at Grand Central Terminal, Information
Booth.Take the 8:07am New Haven Train to Darien,
Leader will meet train at Darien at 8:59am
arrival. Ride will travel through Silvermine,
Wilton, Bethel, Poverty Hollow, Zoar Lake
Dam, then along the Housatonic River to
Milford. We'll have an early snack stop
then a late lunch on the Housatonic River at
Riverside Pizza. Return on 5:04 train from
Milford depending on finish time.

Joint SSBC & WCC (Rain Date October 22)

B17 **60 mi** **7:30 am**

4 Reservoirs and a Lake

Leaders:

Wayne Wright, wwright8@nyc.rr.com, 212 873-7103;
Peter Matusewitch, pcmatus@verizon.net;
Susan Conova, susanconova@yahoo.com

From: Grand Central Terminal, Information Booth

We wouldn't ask you take a train on both ends of a ride unless it was really worth it, and this ride is worth it! Expect lots of rolling hills, and several hard-packed, skinny-tire-navigable dirt roads. We'll catch the 7:48 bike train from Grand Central to White Plains, and return on the bike train from Brewster North (aka Southeast). Train passes and smiles please.

B17-18 **103 mi** **8:15 am**

Covered Bridges ride across the Delaware

Leaders: Kay Gunn, kgunn@ndci.com, 646-509-5034; Michael Giannella, mgiannella@gmail.com, 201-681-4535

From: NJ Transit New Brunswick Train Station

We'll ride to Frenchtown, NJ, where we'll have lunch at a cafe on the river. After lunch we'll cross the Delaware River into PA and ride thru 2 covered bridges. Then back to NJ past the Green Sergeant's Covered Bridge. Expect beautiful countryside, traffic free roads, and roughly 6000 ft of climbing.

Take the 7:14 AM NJ Transit Northeast Corridor train, exiting in New Brunswick at 8:07. The ride will start and end at the train station.

Please RSVP to the leaders if you'd like to attend. We're limiting the ride to 6 + the coleaders.

Sunday, October 22, 2006

B14-16 **40-60** **9:30 am**

Choices in Westchester

Leaders: Hindy Schachter, hischachter@cs.com, 212 758-5738; Irving Schachter

From: First Avenue and E. 64 St., NW corner

We ride through the Bronx and lower Westchester to Scarsdale as a group. After refueling our engines in Scarsdale, we break into two contingents. A faster group explores some of Westchester's most impressive hills. A slower group has a shorter but equally interesting route home.

Wednesday, October 25, 2006

B16 **50 mi** **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 Riverside Dr, over the GWB, and up River Road (unless fallen leaves prevent it) to Piermont or Nyack, depending on our schedules, for lunch.

IMPORTANT GROUND RULES are that a total of 3, including myself, make the ride a go.

PLEASE sign up the day before in a post on the message board. Then check back at 10 or 10.30 to see if we're ON!

Thursday, October 26, 2006

B17 **45 mi** **8:30 am**

Jamaica Bay Mon!

Leader: Christopher Gianni, cgianni@si.rr.com, 347 561-3900

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

Join me on the flatlands of Jamaica Bay for a brisk training run bound for Floyd Bennett Field and some laps. We depart Bayview north on Cross Bay Bike Lane to the Belt Pkwy Greenway headed west, and return.

Check message board for late breaking developments. Hope to see you there!

<http://tinyurl.com/knly6>
<http://tinyurl.com/mbedh>
<http://tinyurl.com/mfxpd>
<http://tinyurl.com/m8sls>
<http://tinyurl.com/oqhdr>

Friday, October 27, 2006

B17 **50 mi** **9:30 am**

Piermont Pleasure Cruise

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

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

River Road Out.
Clausland or Bradley before lunch.
9W or River Road back.

Serious rain cancels. Check the messageboard.

Saturday, October 28, 2006

A20 **52 mi** **10:00 am**

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

A20/21/22 **68 mi** **9:00 am**

Traditional Westchester

Leader: Christy Guzzetta, Christy.Guzzetta@GESServices.com, 212 595-3674

From: Central Park Boathouse

Rte 9 north to the Highlands Diner. Round the Croton Reservoir. Up, up, up Seven Bridges. Blast south on Grassy Sprain. Traditional Westchester ride. Roads still nice, foliage still beautiful, Westchester still fun.

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

The Pastries of Rockland County

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

From: Fort Lee News Bar (NJ side of GWB)

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 messageboard the Friday before the ride.

The Fort Lee News Bar is located at 140 Main Street in Fort Lee, NJ. Turn left on Hudson Terrace after exiting the bridge, go thru the light, then take a right at the stop sign onto Main street (where you would otherwise go left down the hill to River Rd). The cafe will be on your left. The leader will probably be there early having a pre-pastry ride pastry.

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

Fall Foliage Ride Series: Bedford/Greenwich

Leaders:

Wayne Wright, wwright8@nyc.rr.com, 212 873-7103;
Peter Matusewitch, pcmatus@verizon.net;
Susan Conova, susanconova@yahoo.com

From: Central Park Boathouse

Another beauty of a route to finish off the foliage ride season. Expect lots of rolling hills, and some short stretches of hard-packed, skinny-tire-navigable dirt roads. Lunch on the green in Bedford Village. Late lunch; bring two water bottles and pocket food. We'll catch the bike train back to the city from Greenwich. Train passes and smiles please.

Sunday, October 29, 2006

ABC 40,50,60 7:30 am

15th Annual Connecticut Shoreline Ride

Leaders:

Fred Steinberg, fsteinberg@nyc.rr.com, 917 572-8926;
Gary McGraime, garynycc@aol.com, 212-877-4257

From: Grand Central Terminal, Information Booth

Join us for one of our most beautiful club rides! We have routes at all levels (40, 55 and 65 miles) that take in the rustic shoreline and rural roads of Connecticut. Don't miss this one! Bring your Metro North Pass (or come early and buy one), money, water bottle, pocket food, appropriate apparel for the weather and a bungee or old tube to secure your bike on the train. Purchase an off peak round trip Metro North ticket to New Haven, breakfast if you like and board the bar car of the 8:07 fifteen minutes early. You will receive maps, cue sheets and ride information on the train. Once we arrive in New Haven, you can join an A, B or C ride or go at your own pace to our usual picnic spot at Guilford Green. Be back at the station by 3:30 PM for the 3:53 train. Money will be collected (approx. \$10.00) for Pepe's famous pizza and beverages, which will be delivered to the station for the train ride back to New York. We expect to arrive in GCT at 5:40 PM and will try to arrange group rides home from the terminal. There is no rain date. We have always gone riding, rain or shine.

Please note: Daylight Savings Time ends!

Contact the ride coordinator, Gary McGraime garynycc@aol.com for more information.

B16 40+/- mi 8:30 am

Nyack the Back Way

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

From: George Washington Bridge, NJ side bike path entrance

Join us for a Sunday stroll to Nyack. We'll cycle over Bradley in hopes of seeing some great fall colors, dine in either Nyack or Piermont, and then head back via 501. Helmets, smiles, and a positive attitude are a must. Rain, wet roads, winds above 20 mph, or temps below 32 degrees at the start will cancel the ride.

Saturday, November 04, 2006

A23/21 90 mi 8:00 am

New Hope, PA

Leaders:

John Zenkus, jjz2116@aol.com, 917 617-0901;
Steve Weiss

From: Penn Station

Follow the Fall by riding south and west of New York City to New Hope, PA (ish) from New Brunswick, NJ on what has become one of the club's more popular routes. While primarily flat to rolling, there is ample opportunity for t'rouleurs"

to stretch their legs on what mostly likely will be the year's last century ride. Those taking public transportation, please meet at Penn Station 8:00 AM for the 8:14 train to New Brunswick. While a bike pass is not required, helmet, water, spare tubes and a pump are a must. If the weather appears doubtful, check the club's message board where the ride's status will be posted by 6:30am.

Sunday, November 05, 2006

C13 23+/- mi 7:30 am

Bike NYC Marathon

Leaders: Peter O'Reilly, ptor@prodigy.net;
Alfredo Garcia, cyclistxxiii@yahoo.com

From: Dunkin Donuts Parking Lot, 95th St & 4th Ave (last stop R train)

Here is your chance to ride the NYC Marathon course just an hour or so before the race starts. While runners start in Staten Island, we forego the Verrazano bridge crossing (sadly not an option) and start in Bay Ridge, Brooklyn. If we are lucky we may finish in Central Park just a few yards from the official race finish. Note the ride officially ends at Columbus Circle, 59th Street in Manhattan.

In addition to checking out the prerace festivities, this is an opportunity to explore many diverse communities within NYC at a time of very little vehicular traffic.

Please try to arrive early and budget enough time for your travel to 95th St (like at least 1hr from Manhattan). There's bathrooms, good coffee and plenty of NYPD and NYCCers to keep you company before the start.

NOTE: the ride will start promptly at 8 am. It is important that we do so to avoid race course closure. It is highly recommended that you arrive at the start about a half hour earlier; there will be plenty of cyclists to keep you company. Each year this ride tends to draw a larger group of riders and it will take some time for sign-ins to be completed, bathroom lines to be cleared and what not.

If you take the subway, your best option is to catch an express or some other faster line and then transfer to the slower R train in Brooklyn. If you are running late, hop off the R train along 4th Avenue in Brooklyn and meet up with the group en route.

Biking to the start is another great option while getting a few extra miles in. Check the club message board for potential pickup rides heading to the start.

Wet or frigid weather cancels. There's plenty of bailouts; bring MetroCard. Check the club message board for updates.

October Club Meeting

Tuesday, October 10, 2006

Do you suffer from a sore back, herniated disk, knee problems or are in chronic pain, that is keeping you off your bike? There is help. Come to the meeting and learn how you can improve these. The speaker, **Basil Butcher**, is a CHEK practitioner -- a trainer who specializes in corrective holistic exercise kinesiology; that is, he designs sports-specific weight-lifting programs that address an individual's muscle imbalances to prevent or correct injuries.

Basil Butcher has been educated in the health and fitness fields by the CHEK Institute, The National Academy of Sports Medicine and International Sports Sciences Association.

EXCITING NEW MENU
NO MORE SHEPHERD'S PIE OR CHICKEN.
DESSERT SURPRISE!!!

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 and dinner 6-8pm.
Program runs from 8:00 to 9:15.

A CYCLING JOURNAL FROM EASTERN EUROPE

From Saint Petersburg to Istanbul
2,500 miles (4,023k) + 60,000' vertical (18,288m)

By Carol Waaser

I stood on the cliff overlooking the Baltic Sea, the sun winking off the water.

I had stopped to photograph a field of yellow flowers. The wind came off the sea and felt refreshing as I stood there. On the bicycle it was anything but! The previous day we had cycled 75 miles into a strong head wind and today a mere 35 miles into that same wind.

Our trip had begun in St. Petersburg with three days of just being tourists, but our goal was to cycle through Eastern Europe to Istanbul. The tour was organized by ExperiencePlus!, a company based in Colorado and Italy that mostly runs 8-14 day cycling tours in western Europe and Central America. Owner Rick Price had always wanted to tour eastern Europe and had decided to enlist some experienced cycle tourists to help "scout" the area. Sixteen of us signed on to do the entire six weeks of cycling, with a few others joining us for shorter segments.

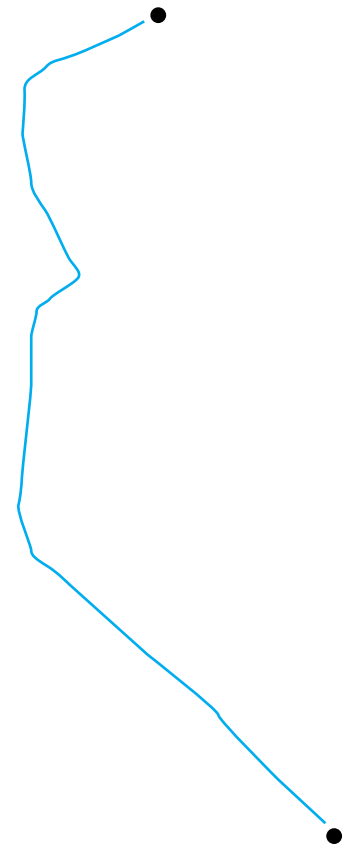
Our time in Russia was a study in contrasts: beautiful 18th century buildings in central St. Petersburg vs. Soviet-style blockhouse apartment buildings on the outskirts; working poor vs. nouveaux riche; our hotel in St. Petersburg, clean and comfy, vs. one in Ivangorod that can only be described as a rat hole. We spent our time in St. Petersburg, touring the city, visiting the Hermitage and going to the ballet. As tourists in the historic part of the city, we encountered little of the Soviet bureaucracy, although the occasional chatty cab driver would give insight into how things had been in the not too distant past. One spoke angrily about Putin because Putin was KGB when this man's father was sent to Siberia. We left St. Petersburg for the suburb of Gatchina where we would begin our cycling.

The scent of pine forest and sea breeze catch my nose as I cycle down the Latvian coast toward Riga. It had been the same along the coast of Estonia. The Baltics are beautiful countries, but very flat, making it a bit monotonous. But the flat terrain is broken by the sight of a moose emerging from the forest or a stork taking flight on enormous wings or swans gliding gracefully in the Baltic Sea.

Practical matters are not always easily solved. Unlike western Europe where the next village is only a few kilometers up the road and every village has a café and bakery, here we can ride for 20 miles without seeing a village with shops, and there seem to be no cafes except in large cities. Finding food, water and bathrooms when needed is not always possible. We quickly learn to make cheese sandwiches at the breakfast buffet to take with us for lunch. And nature calls are just that – ducking behind a bush on the side of the road.

I was choking on dust as the car roared past on the gravel road. I reached for my water and the mouthpiece was covered in dust. My hands, feet and seat were hurting from road vibration. And I was less than 20 miles into a 100 mile day. Sometimes even the paved roads are very rough. The tertiary roads are surfaced in chip seal and even where it's smooth it sets up vibrations. At times it's washboard from tractor treads – this is farm country. The primary roads are generally more smooth, but then we have more traffic and they are not as scenic and don't offer the same opportunity to interact with local residents.

On our day off in Riga, Heather, Helen and I decide to take the train to Drazini to visit the site of the Salaspils concentration camp. It's now a memorial park with nothing left of the actual camp, so instead of being disturbing it's quite moving. There are memorial stele at the sites of various barracks – the site of the children's barracks is particularly moving. A sculpture garden fills a central area, and off to one side is a polished marble slab containing an eternal metronome representing the heartbeat of the souls who perished in the camp. We do not speak Latvian and we are off on our own using public transportation. Fortunately everyone is very friendly and helpful, so after a couple of false starts we eventually get on the right train out, get off at the right station



Top right, **Horse cart and bicycle – 2 most common modes of transportation (Baltics). The groups heads out in Poland, bottom.**





and ultimately find a bus back to Riga because the return train doesn't stop here.

As Ed and I cross the border into Lithuania, the border guard asks where we are going. I say, "Ultimately, Istanbul." He gives me an odd stare, so I say, "Today we go to Aneksčiai," and I point to the hotel on our itinerary. He nods and says, "Ahhh." Then I show him a card with a rough map of our route through ten countries and he shakes his head to say we're nuts. But then he says, "Good luck."

With each border crossing comes the money problem. Each country has its own currency. There isn't always an easy place to change money, so we have to withdraw more from the first ATM we find in the next country in order to have the correct currency to buy water and snacks. If we then exchange the previous left-over currency for the new, we have more than we can use in that country and have to exchange again in the next, losing money with each exchange. It's not easy to guess how much cash we'll need. Food and water seem incredibly cheap here, so we're learning not to withdraw too much when we'll be in a country only a few days.

The bird calls come in stereo from the forest on either side of the road. In the clearings, wild flowers paint hues of rust, gold and violet. Farmland is tilled and harvested by horse-drawn implements or ancient tractors, and women are out milking the family cow. Then seemingly out of nowhere, an American flag flutters in the breeze on a high pole, along with the Lithuanian flag and the banner of the development company: AeroDream.

We were on our own for dinner the second night in Vilnius. I scouted for restaurants during the day while taking in the sites of Old Town and came across an off-the-beaten-track place with an interesting menu. (Going down the wrong street will often lead to important discoveries.) Eight of us dine there, not in the more formal rooms of the main floor, but in the charming arched brick rooms of the beer cellar. The food is exquisite both in its preparation and in its presentation. Between us we share a variety of fish, meat and vegetarian dishes, and each is pronounced the best of the trip so far. The restaurant isn't prepared for eight of us unannounced with no reservation, so each carefully prepared course takes about 40 minutes to arrive at the table. Thus five bottles of a very satisfactory Chilean red wine are consumed. Dessert (I could wax poetic over the baked chocolate cream with white and bitter chocolate sauces) is accompanied by a fine Lithuanian brandy.

It's always the little dogs that chase the hardest and are the most vicious. A black one came barreling out of a driveway in full pursuit just as I started up a hill. I slam the gears up and hammer for all I'm worth, hitting 18 mph going up the grade, but the little runt is still nipping at my rear tire. He finally breaks off in the nick of time as I'm about to have an asthma attack.

I heard my first cuckoo bird while riding through the Polish forest. Though I've never heard one before, I knew immediately what it was. The sound was clear and distinct – and just like a clock! I stopped and listened, but I couldn't see it; the bird was too deep into the forest. Each day brings new delights. This same day we cycled past canals with locks, part of an extensive system connecting rivers and lakes across eastern Europe.

David found a strawberry farm and convinced one of the pickers to sell him a basketful. He was kind enough to share with some of us who came along. Delicious, ripe, juicy, freshly picked... what a treat! We pass fields of corn, beets, cabbage and other vegetables,

also fields of cultivated raspberries and strawberries. But in general the food we've had in Poland is not as good as in the Baltics – it's heavier and fattier. Still, it gets one through a day of cycling.

Marion (aka The Terminator), Canadian Rod and Colorado Bob are the leaders of the pack. They're the A-train. Loren's up there, too, and sometimes Dave if he's not riding with his wife Barbara. Marion's husband, Fred, will join them or not, depending on his mood for the day. Sometimes I can hook onto Howard and Minnesota Bob for an 18-19 mph paceline. They seem happy to trade pulls and do all the work, letting me draft off them – a real blessing in the headwinds. Sometimes I ride with Ed, but he stops often for photo ops. Scott rides with different groups or alone; same with Polo. Helen rides where she feels comfortable on any particular day, and Harold and Caroline bring up the rear. Al and Barbara, Heather, and Jon were with us for the first two weeks, but now are gone. Jody and Robin joined us in Vilnius to do the last four weeks; and Adrienne will join us in Romania for the last two weeks. Rick is with us for the whole trip; his wife Paola comes and goes, as do other ExperiencePlus leaders.

The group ranges in age from 46 to 75. What right do we have to think we can do this crazy stunt – riding 2,500 miles through eastern Europe in six weeks! Still, we're all a little full of ourselves that we're doing it, and with very few aches and pains. What's the old saying? That which does not kill you only makes you stronger. We're all growing stronger and losing weight.

We're finally into the foothills of the Carpathian Alps in southern Poland. What a relief not to have the endless flat, windy terrain. The scenery is beautiful, the air is clear, and the hills are our friends. So far we have not had any particularly steep grades. We're a little more than half-way through our journey and have one casualty: Harold and Caroline crashed on a particularly rough road and Harold has sustained a chipped bone near his elbow. He's in a full arm cast and cannot ride. Caroline soldiers on.

I saw the Giant Hogweed today, so now I know what it looks like and can avoid it. The Poles imported the plant from Kazakhstan as cattle feed, only to discover that in hot weather it becomes virulently poisonous – think poison ivy times five! If it touches your skin, red welts appear, then blisters form on the welts. We know all this because Scott brushed up against one with the back of his thigh. Three hospital visits, much cortisone and other medication, and three days in the van later, he's back on the bike, though still in pain.

We cross into Hungary and enter the Tokaj wine region. We were in Slovakia only for one afternoon and the next morning, having crossed one section of the Carpathian Alps on the Polish side. The actual border is at the top of the pass (a low one at only 2,175 feet), but passport control is at the bottom of a gorgeous descent. We fly down the mountain hitting speeds in excess of 40 mph. Helen has left her passport in her luggage and does not have it with her at the border. Amazingly, she manages to talk her way through anyway!

Two days in Hungary – “Thank you” was the only word I conquered. Fortunately, our local Hungarian guide Denes typed out little slips of paper that say, “water without gas” so we can hand it to the store clerk to get non-carbonated water. (Water with gas turns our water bottles into bombs.) Language is a problem. If you're in one country for 10-12 days, you can learn a number of key phrases and basic counting. But when you go through ten countries, spending only a few days in each, it's difficult to get

even the basics.

We enter Romania and encounter the worst roads of the trip. The country is poor and much of the infrastructure is falling apart. But the people are very friendly and the language is similar to Italian, so it's easier to communicate here. Our local Romanian leader, Aleks, is terrific. He's a professional tour leader and gives excellent service. He's also a cyclist and has scouted our entire route through Romania, so he gives us accurate descriptions of what we can expect each day in terms of mileage and terrain. This hasn't always been the case – on a number of days the mileage estimate was significantly below the actual total, making it difficult to judge whether we needed more water or food late in the ride.

I sit on my helmet under a shady tree between two villages. The air is sultry; thunder rumbles in the distance. Horse-drawn wagons pass almost as often as cars. My asthma is acting up from the dust and exhaust fumes, and I carelessly left my emergency inhaler at the last hotel. Rather than risk a crisis, I've called Michele, the tour leader driving the luggage van, and asked him to come get me when he can. Ed offered to wait with me, but Harold came along, so I sent them off together. Thus I sit alone with my thoughts, listening to thunder and watching horse-drawn wagons.

Cycling into Bucharest needs all my urban cycling skills. A few kilometers out of town we turn onto a limited access highway. There's a wide shoulder, so we're not in danger from the cars and trucks whizzing by, but there's an on/off ramp ahead with a line of cars entering. I take the lead and direct the traffic from my bike. They stop and let us pass. The highway becomes a major boulevard with cross streets, and traffic is chaotic. I make eye contact with drivers and signal them where we're going – they let our group of seven make our way through. A far cry from the forest and farm fields of the north.

By the time we reach Bulgaria, a cumulative fatigue has set in. We are now five weeks into the trip and are in the midst of twelve straight days of cycling with no days off. The two scheduled “half days” to give us a little rest turn out not to be – one is longer than expected, the other is very difficult terrain, including several miles of dirt road uphill. Everyone is tired, everyone has aches, pains and soreness. Some problems are bike fit issues. Small discrepancies from the exact proper fit or cycling position might not cause any problems when you're riding 60-100 miles per week. But when you do 60-100 miles per day for six weeks, everything is magnified. We've had swollen Achilles tendons, numb hands, knee problems and lower back pain in addition to saddle sores. Most problems have been rectified, but some linger on. There have been a few spills, mostly minor but for Harold in his armcast.

Every city has an Old Town – the city center where buildings date from Medieval to Renaissance periods (or even Greek or Roman farther south). We get an occasional day off (five altogether over the six weeks) in such cities and have time to explore and learn some history which, of course, is rife with politics both historic and contemporary. Of all these former eastern block countries, the three Baltic states seem to have progressed the farthest, while Romania and Bulgaria are farthest behind. This is certainly true in terms of the economy and infrastructure.

At last we enter Turkey and are just two days from Istanbul. The border is at the top of a pass 2,200 feet above sea level. It's a

beautiful climb and the wind is at our backs. After the border we continue rolling climbs and descents, but halfway through the day we make a left turn and for the rest of the ride we face a vicious crossing headwind. The grades are steeper in Turkey than they have been anywhere else. We hit a short climb of 13-14% into the wind. There's no reward on the descent – we still have to pedal against the wind. But the reward does come in the town of Vize. Our Turkish guide Alper meets us at the hotel and announces there will be a tour of the Thracian ruins at 5:15. It seems the mayor is so excited to have us that he's provided a bus to take us up into the hills above town to see the ruins. We talk with an archeologist who's excavating an area below a 5th century church. The local newspaper has sent a reporter and photographer to cover this new boom in tourism.

No one has dared mention the weather during the entire trip for fear of jinxing it. It's been unbelievably perfect. In 36 days of cycling we've had a half-day of rain and three overcast days, two of which we were grateful for as they provided relief from a short spell of heat. Every other day we've had clear blue skies, sunshine and occasional fluffy clouds, with only a few days being bothersomely hot. The biggest negative weather factor has been headwind, which on some days was almost more than I could bear. But that's a small quibble for an otherwise perfect tour.

Everyone in Turkey is friendly and helpful except, perhaps, the drivers in Istanbul. The city is chaotic. Everywhere we go we are hustled by merchants and hawkers. And yet if I need help or appear lost, these same people offer genuine assistance. The day after arriving, Alper takes us on a day long tour of the Blue Mosque, Topkapi Palace and the Aya Sofya. He is very knowledgeable so we learn a great deal of history. He takes us into hidden areas we wouldn't have known to visit on our own.

The next day there is no organized group plan, so Adrienne and I visit the Spice Market and the Grand Bazaar. We are enthralled. I leave Adrienne to her shopping and go off to the Mosaic Museum which exhibits, in situ, the restored fragments of a giant floor mosaic from the palace of Justinian that occupied the site prior to the Blue Mosque. The fragments are beautiful and there's a history (in Turkish, German and English) of the site as well as an explanation of the archeological excavation and the rescue and restoration of the mosaic. It's very well laid out and I find it fascinating.

Istanbul is way too big to see in two days, but we've done the highlights. And who else can say they've entered Istanbul by bicycle having cycled all the way from St. Petersburg? Everyone is elated that we've done it, and amazed at the same time. We've cycled over 2,500 miles with almost 60,000 vertical feet of climbing. We've come through in amazingly good condition. Almost everyone has lost weight and gained strength. Several have learned new cycling skills. And we're all sick of doing hand laundry in the hotel sink! The bikes suffered one broken crank, two bent rims, one broken seat post clamp, one broken spoke, two stretched chains, one ruined bottom bracket, at least 25 flat tires and a few other small ailments. But they, too, held up remarkably well given the rough roads, potholes and unpaved sections we rode them over. Our leaders have put up with our occasional grouching and have done a terrific job of getting us here.

Now it's time for "re-entry" – not so bad, perhaps, for the retirees (more than half the group) but more difficult for those of us still working full time. But memories of the trip will remain with us

and provide tales to tell over the water cooler. And in another year or so we will be on to new adventures.

Tour details: Expedition St. Petersburg to Istanbul, June 12 – July 28, 2006, by ExperiencePlus! Specialty Tours, 415 Mason Court, #1, Fort Collins, CO 80524, (800) 685-4565, "http://www.ExperiencePlus.com"

Countries visited: Russia, Estonia, Latvia, Lithuania, Poland, Slovakia, Hungary, Romania, Bulgaria, Turkey.

Recommended restaurants:

Talinn, Estonia: The Admiral, floating restaurant in the harbor near the cruise ship terminal.

Vilnius, Lithuania: Ida Baras, Subaciaus Gatve, in the southeast corner of Old Town.

Lublin, Poland: Magia, on a side alley in Old Town just off the main square.



Above, Carol at the Slovakian border (Poland). « Previous folio, from top: Descent from 6000 foot pass thru Transylvanian Alps (Romania); Locals at the bus top ponder what to make of us; Carol followed by horse-drawn wagon; NYCC members Carol Waaser (middle) and Adrienne Browning (right), in Sighisoara, Romania.

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

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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
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
 15% off parts and accessories. 10% off bikes, no discounts on sale items (no double discounts).

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 212-724-2350.
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 212-697-6966 or conradbike@aol.com
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55 Franklin Street, Westfield, MA
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Sid's Bike Shops

235 East 34th Street, NYC, NY
 212-213-8360 or 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;
 10% off parts, accessories and repairs.

Turin Bicycle

1027 Davis Street, Evanston, IL 60201
www.turinbicycle.com 847-864-7660 or
emailing@turinbicycle.com 10% off parts and accessories. Owned by NYCC Life Member.



Cycle Paths

138 Main St., New Paltz, NY 845-255-8723
 15% off parts and accessories. 10% off bikes.
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112 West Broadway, NYC, NY
 212-732-2453 or gotbik@aol.com;
 10% off parts, accessories and repairs.

Larry and Jeff's 2nd Ave. Bicycles Plus

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Master Bike Shop

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

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

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