

Board Elections
2007... Exercise
Your Right To
Vote!... Vote For
Club Officers and
Member Awards,
plus New By-Laws,
In Person, Online
or By Mail

+ OFF-SEASON
NUTRITION & EXERCISE

Reyna Franco, MS, RD, CDN

PRESIDENT'S MESSAGE

We just finished a fabulous ENY. It was fabulous because of all the work done by the ENY Committee and the volunteers who marked the routes, ran the food stops and cleaned up after us. You think this stuff happens by itself?

We have 1900 members in the New York Cycle Club, yet we can't find 3 more people to run for Board positions in this election. Susi & Katie (co-chairs of the ENY Committee) begged, pleaded and beat the bushes to find enough volunteers to make ENY happen. Other volunteer opportunities come and go during the year and it seems like it's always the same people who step forward to make it happen. We need new faces, new ideas, new energy to help make the Club even better.

If you're interested in volunteering for the Club, please send an email to president@nycc.org. Let us know what your strengths and interests are and we'll match you to a suitable volunteer opportunity.

Thanks.
Carol Waaser, President

BOARD ELECTIONS - 2007

It's that time again. **Vote for club officers and member awards** in person at the November meeting, online, or by mail using the ballot found on pp. 9-10.

NYCC BY-LAWS

Over the last two years the NYCC executive board has worked to revise the by-laws of the club in order to improve them and bring them up to date. Great care was taken to respect the intent of the current by-laws and to "generalize" them so that as certain club operations change, the by-laws will not constantly require amendment. For example, when the current by-laws were written there was no electronic media (email, web sites, etc.). It is important for our club to incorporate these new methods of communication and technology into club operations in a seamless, flexible manner.

Both the current by-laws and the proposed new by-laws can be downloaded for study by the membership. (PLEASE NOTE: Article II, Section 4 and Article VII, Section 3, have been revised, 10/16/06.) The changes in the proposed new by-laws are highlighted in blue. The NYCC executive board recommends that the membership vote to adopt the new by-laws in our upcoming annual election in November. **Electronic voting will be available through our web site beginning late October,** or use the printed ballot found in this bulletin; page 9. *If you find yourself internet challenged both at home and at work, the board encourages you to use your local library to download and review the by-laws.*

NYCC Board of Directors



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NYCC Bulletin

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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.

November bulletin deadline

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

Address all correspondence to: bulletineditor@nycc.org

November Club Meeting

Tuesday
November
14, 2006

St.
Petersburg
to Istanbul
6 weeks,
2500
miles and
60,000ft
of
climbing

Six weeks to spare and nothing to do – why not do a cycling trip from St. Petersburg to Istanbul? You ride 2500 miles, do 60000 ft of climbing and have a fantastic time. During this journey you ride through northern Europe's Baltic Republics, traverse Poland, Slovakia, Hungary, Transylvania, Romania, Bulgaria and end in Istanbul, Turkey.

Come to the November meeting to hear about the adventure as told by NYCC Members Carol Waaser, Adrienne Browning and Heather Marcellis.

NEW MENU THAT DOES NOT INCLUDE SHEPHERD'S PIE OR CHICKEN. DESSERT.

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.

Special Event November

As of October 29th, 2006, the details for the November special event have not been finalized. Specifics to follow soon in the e-Weekly and on the club website by checking http://nycc.org/home_events.shtml.

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.

Bicycles and 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

November ride listings

Recurring rides

To keep abreast of any last minute changes, always check the ride listings on the website at <http://www.nycc.org/ridesub/view/ridelisting.aspx>

A20+ 50+/- 8:30 am

The Ride to Grant's Tomb

November 8, 15, 22, 29

Leader: Colleen Conway
conwayco@shu.edu, 212 665-096

From: Grant's Tomb (122nd & Riverside)

This non-stop regular Wed. ride will begin and end at Grant's Tomb with variations in between, but always over the bridge, and usually including Bradley Tweed.

Club rides

Thursday, November 02, 2006

B17-18 20+ 11:45 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

First let the day warm up a tad; then we'll enjoy our car-free, Central Park laps all the more. 3-4+ loops and/or hill repeats. RSVPs appreciated if aiming to join. Rain/wet pavement cancels; do check msg board or phone if ?s.

Friday, November 03, 2006

B17 45 mi 8:50 am

Staten Island Perimeter

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

From: Staten Island Ferry, Manhattan Terminal

Perimeter of Staten Island with some interior hills. Picnic lunch at Tottenville Conference House overlooking Raritan Bay. Weather permitting. Please call or e-mail to confirm.

Saturday, November 04, 2006

A17 64 mi 8:30 am

Christmas Bazaar at St. Paul's

Leader: Marty Wolf, 212 935-1460

From: Central Park Boathouse

The goal is to reach St. Paul's in New City before the best handmade ornaments and gifts are sold out. Church lunch of soup, sandwiches and home baked desserts (all very inexpensive). Bring a musette bag or small knapsack for your purchases. Note: we leave at 8:45AM sharp.

A19 32-40 9:30 am

Especially for those accompanying marathoners tomorrow

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

From: Central Park Boathouse

Tomorrow some of us are accompanying disabled marathoners. Let's introduce ourselves to one another today; and, if we can find some of those we'll be accompanying tomorrow, let's introduce ourselves to them (since we won't be speaking with them tomorrow). We'll look for them in the (surely crowded) park, then do River Road. Why so short a ride? Answer: I HATE riding in cold.

A20 65 mi 9:00 am

Ain't No Valley Low Enough

Leader: Sue Foster, suefoster@nyc.rr.com

From: Central Park Boathouse

Or could also be called 'Almost No Hills.' Okay, there will be a couple of hills, but nothing to write home about. We'll cruise briskly north to West Nyack, then over for a brief food break in Park Ridge, then home by early afternoon. Check the message board if weather looks questionable.

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 "rou-leurs" 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.

B17 82 mi 8:15 am

Sergeantsville

Leaders: Kay Gunn, kgunn@ndci.com, 646 509-5034; Skip Ralph, skipralph@yahoo.com, 646 486-4422

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 7:14 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. The ride is limited to 6 RSVPs.

C14 50 mi 8:30 am

Parkridge

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

From: Central Park Boathouse

Finally not climbing stairs to get there, we ride to this Bergen county town and eat lunch in one of the more popular diners. The ride ends at the Manhattan side of the GW bridge.

Sunday, November 05, 2006

B15 TBD 9:00 am

Bike Safe! A Clinic in Defensive Cycling

Leader: Reginald Johnson
rabjohnson@optonline.net, 917 825-0952

From: Rambles Shed, Central Park

A class 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.

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 pre-race 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 NYCers 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 are plenty of bailouts; bring MetroCard. Check the club message board for updates.

Wednesday, November 08, 2006

A20+ 50+/- 8:30 am

The Ride to Grant's Tomb

Leader: Colleen Conway
conwayco@shu.edu, 212 665-0964

From: Grant's Tomb (122nd & Riverside)

For full ride description see Recurring rides listing.

B17-18 20+ 11:45 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

First let the day warm up a tad; then we'll enjoy our car-free, Central Park laps all the more. 3-4+ loops and/or hill repeats. RSVPs appreciated if aiming to join. Rain/wet pavement cancels; do check msg board or phone if ?s.

Friday, November 10, 2006

B18/19 70 mi 9:00 am

Sagamore Hill - Teddy Roosevelt's House

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

From: City Hall Park, Opposite Brooklyn Bridge

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

Saturday, November 11, 2006

A19 55+ 9:30 am

Boring ride to nowhere

Leader: Matt Sislowitz
mattcanbereached@gmail.com, 646-245-3636

From: George Washington Bridge, NJ side bike path entrance

We'll go north a bit into Alpine/Closter and then take a straight shot west to Oakland, NJ. Watch yourself slowly fatigue on a barely detectable up hill bias. We'll stop for lunch just shy of Skyline drive. But don't worry, you won't ascend into the glorious and scenic Ramapos. No, we'll turn around and head back along CR502 just before this could get interesting-so predictable you won't even need a cue sheet. At least you'll feel like a champ on the way back as you cruise at 24mph without breaking a sweat. But hey, you'll see some new territory and you won't get lost. Check the message board the night before for weather or apocalypse related cancellations. Pacerline skills recommended.

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 message-board 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 65 mi 7:30 am

Trailway Coasting to NYC

Leaders: Hannah Borgeson, hannahb@att.net, 212 348-2601; Wayne Wright, wwright8@nyc.rr.com, 212 873-7103

From: Grand Central Terminal, Information Booth

Past rides have traveled up Westchester's trails, but this time let's do them downhill! After an early train (buy a one-way ticket to Brewster), we'll have a few miles on the road before reaching the paved, car-free rail trail along the Old Put line, in Putnam and Westchester Counties. We'll ride effortlessly for miles and miles, stopping for lunch, before sloggng through the hills - and cars - of Yonkers and the Bronx. Pace on the roads will be B17; on the trail we may not go quite so quickly, depending on conditions. Bring a train pass, money for lunch, and smiles please.

Sunday, November 12, 2006

A20 82 mi 8:00 am

Off the beaten path in Bergen & Rockland

Leaders: Mordecai Silver, msilver@iso.com, 212 677-3596; Sebastian Maurer, sebastianmaurer@gmail.com, 646 244-3819

From: Central Park Boathouse

Avoiding the obvious well-trodden roads, we'll ride up to northern Rockland County. We'll take some of the area's other lesser-known roads on the return. There will be a few stops for food and water, but no long lunch, in order to get back to the city fairly early. If weather is in doubt, check the message board the night before.

B16 **57 mi** **9:00 am**

White Plains

Leaders: Hal Eskenazi, hal@profilesworldwide.com, 917 822-5401; Marcy Squadron, marcygt@aol.com, 201 699-2429

From: Central Park Boathouse

OK, we're finally into fall and it's time to get some more riding in before winter catches up with us. We'll take a ride to White Plains on a double mission. To ride with some friends and to find a good place to eat since "We ride to eat", according to our socks. If you don't have nyc socks i guess you can't eat! So join us for the fun of it. There are numerous bail-outs via MTA and Metro North just in case. What would make us cancel? Rain, Snow, Heavy Winds above 20mph, temp below 35° or me winning the lottery the night before. Check channel 1 at 7:30am or the message board. Bring RR pass & MTA card, spare tire and fun attitude required.

C12 **25 mi** **10:00 am**

Halo Halo

Leaders: Alfredo Garcia, (646) 312 1677, cyclistxxxiii@yahoo.com; Peter O'Reilly; Liane Montesa

From: Staten Island Ferry, Manhattan Terminal

Cycle for Jersey City Filipino cuisine via 10:30 ferry to Staten Island. Indulge yourself with Ginataang Manok, Pancit Canton, maybe Nilagang Pata for lunch. Veggies note: it's mainly meat, but Halo Halo is a dessert. Then ride to Christine's Bake Shop to buy & take home Filipino pastries like purple Ube rolls and green Pandan cakes. Route includes several greenways and waterfronts to soothe your day. Mountain bikes, wide tire road bikes welcome. Some bumpy roads, hills and rolling terrain. Bring lock and \$ for food, return fare (PATH or NY Waterway).

Wednesday, November 15, 2006

A20+ **50+/-** **8:30 am**

The Ride to Grant's Tomb

Leader: Colleen Conway
conwayco@shu.edu, 212 665-0964

From: Grant's Tomb (122nd & Riverside)

For full ride description see Recurring rides listing.

Saturday, November 18, 2006

A19 **15 mi** **8:30 am**

Mtn. Bike: Blue Mtn (Peekskill)

Leaders: Carl Kulo, ckulo@earthlink.net, 646 644-8477; Herb Dershowitz, tispectrum@ltspeed.com

From: Grand Central Station

Meet 8:30 to take 8:51 train to Cortlandt Station (9:50 arrival for those who want to meet at station by car). Variety of trails available including relatively easy double track, and challenging singletrack with steep climbs. Expect about 2-3 hours of riding.

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, November 19, 2006

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 message-board 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.

Wednesday, November 22, 2006

A20+ **50+/-** **8:30 am**

The Ride to Grant's Tomb

Leader: Colleen Conway
conwayco@shu.edu, 212 665-0964

From: Grant's Tomb (122nd & Riverside)

For full ride description see Recurring rides listing.

Friday, November 24, 2006

A18/19 **50 - 60 mi** **9:30 am**

Day After Thanksgiving Recovery Ride

Leaders: Tom Laskey, tomoboe@mindspring.com, 212 961-1610; Debbie Rothschild, deroth@mindspring.com

From: Central Park Boathouse

After a hiatus of a year or two, we're back leading our post Thanksgiving Pearl River ride. Come and work off that turkey! The pace will be mellow, got that? **MELLOW.** Whether we do the longer or shorter route will be determined by group consensus. Check the message board if weather looks doubtful.

Saturday, November 25, 2006

A17 **50 mi** **9:00 am**

Bike Christmas Shopping in Westbury

Leader: Marty Wolf, 212 935-1460

From: Tramway Plaza NW Corner 2nd Ave./59th St.

Annual sale of new bike stuff - books, posters, Christmas cards, postcards, mugs, ties, desk accessories, bike jewelry, notepads, etc. Bring train pass if you wish to return by the LIRR. Cue sheets provided should you wish to ride faster/ slower than the advertised pace. If it's a rainy day and you have a car and want to drive out or should you wish to take the train to within five blocks of the sale, call leader. Note: B riders welcome, but please call leader and I'll set up a somewhat slower group for you. Also, please note we'll leave on the dot at 9:00am from 2nd and 59th.

B15 **40 mi** **9:00 am**

Nyack!

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

From: George Washington Bridge, NJ side bike path entrance

Easy spin to Nyack and back. Brief lunch stop in Nyack or Piermont depending on groups' desire. Bring you helmet and a positive attitude.

Rain, high winds, wet road conditions, temps below 32 degrees at 8:00am cancels.

Please check message board by 7:00am on the day of the ride for status.

Sunday, November 26, 2006

B16 **70 mi** **9:30 am**

Hill of Rockland

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

From: George Washington Bridge, NJ side bike path entrance

A challenging, beautiful ride with 5000 feet of climbing. On the agenda: Little Tor, Gate Hill Road, Tiorati Brook Road, Perkins Memorial Drive. Snack stops with an optional post-ride meal at Cold Spring before the train back to Grand Central.

Knock yourself out on the climbs, 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, ability to use and read a cue sheet.

Please note this is a long, hilly route with a probable evening return. Check bulletin board for weather-related changes.

Wednesday, November 29, 2006

A20+ **50+/-** **8:30 am**

The Ride to Grant's Tomb

A20+ **50+/-** **8:30 am**

The Ride to Grant's Tomb

Leader: Colleen Conway
conwayco@shu.edu, 212 665-0964

From: Grant's Tomb (122nd & Riverside)

For full ride description see Recurring rides listing.

OFF-SEASON NUTRITION & EXERCISE

**By Reyna Franco, MS, RD, CDN
and NYCC member**

It's getting colder. Daylight starts later and the sun sets earlier. All these seasonal changes put a damper on our cycling. This means less or no cycling during the week, and fewer miles on the weekend. So how does this all impact what we eat? Well, if you were cycling approximately 15 hours a week, and now you ride half that amount you may have reduced your weekly caloric needs by almost 8,000 calories (assuming you weigh 195 pounds and ride 16-19 mph average speed). That is a reduction of 1143 calories per day. Now you know why you might gain weight in the winter.

We are not bears who hibernate and need the extra fat to keep warm. Do not use winter as an excuse to yo-yo your weight. When spring time comes around and we want to ride longer and faster, you will have extra pounds impeding your performance. But the problem now is that we need extra calories to ride strong. It is not a good idea to diet when you are trying to increase endurance and speed. That is why it is important to maintain or lose weight in the winter when we are riding less. So how do you keep from adding those extra pounds? **Here are some helpful hints:**

1. Eat less – This seems obvious, but it is not as easy as it seems. Over the summer when you are riding more, you may have found that you can get away with larger portion sizes and desserts. Now that you are exercising less, you should start thinking about portion size. What is a portion? A portion of meat (steak, chicken, fish, etc.) is the size of a deck of cards. That is equivalent to 3 ounces. A portion of pasta is 1/2 cup and a portion of rice is 1/3 cup. Doesn't sound like much? To make your meals appear and feel bigger, add more vegetables to your plate. Make a pasta primavera or stir-fried rice that is generous on the veggies. It will be colorful and filling.

2. Watch what you drink #1 - If you are used to drinking Gatorade, Cytomax, Accelerade or some other fluid

replacement drink while you ride, only use it if you are riding more than 1 1/2 hours. Otherwise, you are adding unnecessary calories to your daily intake. The exception to this rule is if you are exercising in the morning without eating breakfast first (which is not recommended).

3. Watch what you drink #2 – Alcohol adds calories. You add about 150 calories to your intake if you drink a glass of beer, a full glass of wine or a mixed drink. Not only does it add excess calories, but alcohol increases appetite so you eat more.

4. Strengthen your bones – Start a weight lifting routine. It will shape your body while improving your bone health. Weight bearing exercise strengthens bones by stimulating bone formation. However, the benefits of weight-bearing exercise are site-specific. This means that you strengthen only the bones used directly in the exercise. Therefore, it's a good idea to participate in a variety of weight-bearing exercises. To maintain the bone-building benefits, exercise should be continued on a regular basis. Weight-bearing exercises/activities include baseball, basketball, soccer, tennis, weight-lifting, aerobics, dancing, running and walking. Although swimming is good exercise, it is not a weight-bearing activity.

5. Get indoors – Less cycling is not a bad thing. In fact, this is a great time for cross-training. Start working out at the gym, go to spinning classes, do some weight lifting, try pilates, go swimming, get boxing or dance the night away. Do a combination of activities: some that get your heart rate up and others that incorporate balance, flexibility, stretching and strength. When spring comes around, you will be ready to get rolling on your bike.

6. Get outdoors – Try a new winter sport such as cross-country skiing, snow shoeing or winter hiking. They are high calorie burners and loads of fun.

If you have any questions about how to improve your nutrition or exercise over the winter, send me an email: reyna@reynafranco.com

Board Elections 2007 **NYCC**

Excercise Your Right To Vote!

Vote For Club Officers And Member Awards - In Person, Online Or By Mail

CLUB OFFICERS - 2007

PRESIDENT: **JEFF TEROSKY**

VP RIDES: **REGINALD JOHNSON**

VP PROGRAMS: **DEBBIE ROTHSCHILD**

SPECIAL EVENTS COORDINATOR: **HAL ESKENAZI**

TREASURER: **KIM JENKINS**

SECRETARY: **ELLEN JAFFE**

MEMBERSHIP DIRECTOR: **NEIL BOTWINOFF**

PUBLIC RELATIONS: **CLAUDETTE LAJAM**

BULLETIN EDITOR: **KEVIN LEY**

WEBMASTER: **TIMOTHY MCCARTHY**

A RIDES COORDINATOR: **OPEN**

B RIDES COORDINATOR: **KAY GUNN**

C RIDES COORDINATOR: **SCOTT WASSERMAN**

SHALL THE NYCC ADOPT THE BYLAWS AS
REVISED BY THE EXECUTIVE BOARD?

YEA

NAY

MEMBER AWARDS

Here's the fun part! No doubt, the announcement of the member award winners is one of the true highlights of the NYCC year. Yes, you can vote for yourself. We won't tell.

Best Man in Lycra

Best Woman in Lycra

Most Improved Man

Most Improved Woman

Comeback Rider of the Year

Cycling Couple of the Year

A-Ride Leader of the Year

B-Ride Leader of the Year

C-Ride Leader of the Year Diner/Food

Stop of the Year

Fastest Flat Fixer

Gear Head of the Year

Retrogrouch of the Year

Best Wheel to Follow in Paceline

Best Schwebbers*

Most likely to get lost with a cue sheet

*Schwebbers are the marks cyclists get when their legs brush up against the chain or chainwheel [Also known as a 'chainring tattoo,' or 'rookie mark,' Ed.]

You are encouraged to vote in person at the November club meeting, Tuesday 14 November 2006 at Annie Moore's Bar and Restaurant, 50 East 43rd Street, starting at 6pm, or online at http://www.nycc.org/home_ballot.shtml.

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 Street/Grand Central Terminal. Social hour and dinner 6-8pm. Program runs from 8:00 to 9:15.

If you cannot attend the November meeting and are unable to vote online, you may vote by completing and mailing the ballot printed on this page. Fill in your name, address and signature in the lines provided on the form, detach it, fold it and seal the ballot with tape. **DO NOT USE STAPLES.** You may copy this form for multi-member households, but remember that all ballots must have the voter's name, address and signature in the return address field or they will not be counted. **Please remember to affix a 39¢ stamp.**

The position of A-rides Coordinator is open, as no nominees have accepted to stand for this position as we went to press.

The deadline for submission is 6:00 PM, Monday, November 13.



.....
Signature

.....
Name

.....
Street Address

.....
City, State, Zipcode



NYCC New York Cycle Club
Post Office Box 4541
Grand Central Station
New York, NY 10163

Bicycle shops offering discounts to NYCC members

A Bicycle Shop

163 West 22nd Street, NY, NY
(212) 691-6149, www.a-bicycleshop.com
info@a-bicycleshop.com; *10% off non-sale items (not items already discounted).*

Bicycle Habitat

244 Lafayette Street, NY, NY
212 431-3315, cmcbike@aol.com
15% off parts and accessories only; no discount on sale items (no double discounts).

Bicycle Heaven

348 East 62 Street, NY, NY
212 230-1919
8.25% off accessories, and repairs.

Bicycle Workshop

175 County Road, Tenafly NJ 07670
201 568-9372; *10% off parts and accessories*

Bicycle Renaissance

430 Columbus Avenue, NY, NY
212 724-2350; *10% off repairs and accessories (not on sale items and new bikes)*

Conrad's Bike Shop

25 Tudor City Place, NY, NY
212 697-6966
conrads.bikeshop@verizon.net; *8.25% off parts, accessories and repairs.*

Gotham Bikes

112 West Broadway, NY, NY
212 732-2453, gotbik@aol.com
10% off parts, accessories and repairs.

Larry's 2nd Ave. Bicycles Plus

1690 2nd Ave. at 87th Street, NY, NY
212 722-2201, larrysbicyclesplus.com;
15% off parts & accessories; 5% off bikes.

Master Bike Shop

225 West 77th Street, NY, NY
212 580-2355; *10% off parts, accessories and bicycles.*

Piermont Bicycle Connection

215 Ash Street, Piermont, NY 10968
845 365-0900 and 4 Washington Street,
Tenafly, NJ 07670, 201 227-8211

www.piermontbike.com; *10% off everything including bicycles. Free s&h on purchases over \$100.*

Sid's Bike Shops

235 East 34th Street, NY, NY
212 213-8360 or www.sidsbikes.com
10% off 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
847 864-7660, www.turinbicycle.com
cmailing@turinbicycle.com; *10% off parts and accessories. Owned by NYCC Life Member.*



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: jmccgarry@nassaucountyny.gov

Checks payable to NYCC

NYCC

First Class Mail
DATED MATERIAL

FIRST CLASS
U.S. POSTAGE
PAID
New York, NY
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New York Cycle Club
Post Office Box 4541
Grand Central Station
New York, NY 10163

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