

January 2006

NYCC *Bulletin*



**Life's a beach on two wheels
Renew your membership
NYCC takes to the ice**

Happy New Year

Welcome to the New Year! Of course, as I write this, we're in the midst of the December cold snap and there are icy patches on the roads, making cycling less than comfortable and somewhat hazardous. But in just two months the SIGs will begin, the STS rides will go hammering off, trees will bud, birds will twitter and all our endorphins will surge.

In the meantime, we're all doing our winter cross-training (aren't we?) and we're all planning to attend the mid-winter event David has planned for us. The ice skating was so popular last year that we'll do it again this month, with a hot toddy to warm us up at the end. Details can be found below.

We have lots of other events and rides to look forward to this year: All-Class Rides both on our own and with Sound Cyclists; Newcomers Rides (hope some of you 'oldsters' will volunteer to lead); a four-day Independence Day weekend at West Point; and many other opportunities to share a day or a weekend with friends.

I'd like to take a minute to thank all the volunteers who help make it all happen, and especially the outgoing Board members: **Hal Eskanazi** for his creative programs; **Kathy Jennings**, outgoing Secretary; **Deborah Bennett**, Treasurer; **Robert Gray**, A-Rides Co-ordinator; **Wayne Wright**, B-Rides Coordinator; and, of course, Stan Oldak who has led us with wisdom for the past two years (and will remain on the Board for another year to help me learn the job). It's a privilege to be your President and I look forward to seeing you on the road.

Carol Waaser

Club Event for January

Place: Wollman Rink, Central Park

Date: Friday, January 20th, 2006

Time: 6:30 pm until 9:30 pm

For a lot of us, the thought of jumping on our bikes and doing a quick spin to Nyack is still a few weeks away. But that doesn't mean we have to hang around like a bump on a log, either! So grab your ice skates (of course, there are rentals available for those who do not own their own) and let's meet for a couple of ice-skating sessions in Central Park. Skating in this incomparable New York setting is a relative bargain at \$12 (add \$5 if you rent). Lockers are available, so you might want to bring a combination lock to stash your stuff. Afterwards, we can always go someplace for a hot toddy. And for once, cold weather under 30 degrees, or even snowy conditions, does NOT cancel this event.

The rink is best accessed by entering the park on the 59th Street and 6th Avenue entrance, then stay on the path that leads to where the music is playing from.

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

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

Copy editing: Beth Renaud

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

Front cover: Jay Jacobson's cycling paradise on a beach in Brazil. Picture by an obliging beach bum

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Club Rides

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



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

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

SUGGESTED ITEMS TO BRING: A roadworthy bike in good working order, a pump, tools and tire levers, two spare inner tubes, two full water bottles, a cue sheet holder, pocket food, Metro-North Card, health insurance card, enough cash to get you through the day or to get you home, a small lock, a small first aid kit and a fully-charged cell phone.

RIDE LISTINGS: To lead a NYCC ride next month, use the Ride Submission Program on the club's website, www.nycc.org to submit your ride.

DON'T WEAR 

January Recurring Rides

Wednesdays in January

A18 30± miles 7 pm Urban Adventure

Leaders: John Zenkus, jjz2116@aol.com, 917-617-0901

From: Central Park Boathouse

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

January Rides

Sunday, January 1, 2006

A23 100 miles 7 am Bear Mountain Century

Leader: Todd Brilliant, toddtheracer@yahoo.com, 212-316-9430

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

And you were wondering why we were putting in so many miles up until now? This ride is why. You are invited to join in the Annual CRCA Bear

Mountain Century. If the weather is okay, expect upwards of 25-35 guys/gals for the funfest. Start in CP, do 2 laps in the park, head over the bridge and up 9W all the way to the Bear Mountain Inn, turn around and go back the same way. Beware: this ride is just for the brave or the insane. Check the message board for more details as the ride approaches.



ABC14-18 25-30 miles 11 am 3rd Annual Coney Island Polar Bears All-Class Ride!

Leaders: Marci Silverman, mhsilv@yahoo.com, 646-408-4565; Alfredo Garcia, cyclistxxiii@yahoo.com, 646-312-1677; Peter 'Banana Guy' Kouletsis, pkoule@nyc.rr.com, 917-854-1181

From: City Hall (optional start at Prospect Park, call leader if you plan to join us there)

Happy New Year! Previous rides were such a success it's become an annual event. We're going to the beach; Coney Island, that is, to see Polar Bears! The Polar Bears Swim Club will be meeting on New Year's Day on the beach at Stillwell Ave at 1:00pm for their annual New Year's swim party. We'll watch them make a splash, followed by lunch at Nathan's, Tototonno's, or some other place. Bring towel and swimsuit if so inclined. Sunblock probably not necessary, although you never know – last year we could have used it. Several members took the plunge to ring in 2005 – this year, we're expecting more! At Alfredo's suggestion, triathlon option may be available. Required: helmet, bike, spares, water, food, human warmth. Cancels: wet roads at start, temps below 20°F (-7°C) at 10 am. Plentiful bail-outs via Subway. Check message board to confirm time, or if in doubt.

Saturday, January 7, 2006

B16 50-60 miles 9:30 am West Bank Vistas

Leader: Jay Jacobson, joanandjay@aol.com 845-359-6260

From: Central Park Boathouse

Nyack and/or Piermont via interesting routes such as Rio Vista/Esplanade, County Road, Tweed, Bradley, Crusher/Christian Herald. Specific route will be determined by wishes and ability of group. A brief visit to a mini bike and travel museum might be included. The ride might be shortened if the day is cold and cancelled if it is extremely cold or icy.

Sunday, January 8, 2006

A18-20 50-60 miles 8:30 am Off-Season Hogwich Series

Leader: Todd Brilliant, toddtheracer@yahoo.com, 212-316-9430

From: George Washington Bridge, NJ side bike path entrance

Who am I trying to kid by listing these rides individually every month? Every Sunday Hogwich ride is virtually identical to the next one. We try to ride in co-operative pacelines. We ride fast on the flats, faster on the downhill and slower on the uphill. We don't bunch up at intersections. We don't sprint when the light turns green or through corners. And let's try something new this month: NO long-ass trademark NYCC pulls. Let's practice doing much shorter pulls. It's really more fun that way and it helps keep the group more cohesive. Oh, before I forget, the destination is Nyack. No cue sheets, no maps, no problem.

Saturday, January 14, 2006

B16 40 miles 9:30 am Scarsdale

Leader: Carol Waaser, biker-c@rcn.com, 212-581-0509

From: Central Park Boathouse

Over the River and thru the woods to the Metro Diner we'll go. Let's hope there's no white & drifting snow, but how the wind will blow - it nips the toes and bites the nose as over the ground we'll go. Therefore, layers, layers, layers plus all the usual stuff (\$\$, helmets, MetroNorth pass just in case....) Cancels: temps below 30, winds above 20, wet or white roads.

Sunday, January 15, 2006

A18-20 50-60 miles 8:30 am Off-Season Hogwich Series

Leader: Todd Brilliant, toddtheracer@yahoo.com, 212-316-9430

From: George Washington Bridge, NJ side bike path entrance

Who am I trying to kid by listing these rides individually every month? Every Sunday Hogwich ride is virtually identical to the next one. We try to ride in co-operative pacelines. We ride fast on the flats, faster on the downhill and slower on the uphill. We don't bunch up at intersections. We don't sprint when the light turns green or through corners. And let's try something new this month: NO long-ass trademark NYCC pulls. Let's practice doing much shorter pulls. It's really more fun that way and it helps keep the group more cohesive. Oh, before I forget, the destination is Nyack. No cue sheets, no maps, no problem.

B1.5 5-10 miles 8:30 am All-Class Snowshoe SIG

Leader: Marilyn & Ken Weissman, mollynina@yahoo.com, 212-222-5527

From: 710 West End Avenue (94-95th Streets)

The Snowshoe SIG meets virtually every week through March - conditions permitting - usually on Sunday, but often on a weekday too. This is a high-energy, fun-filled sport that will get you into great condition for 2006 biking. Additionally, you'll get to watch what happens when your friend steps on her/his own snowshoe, sits on a downed tree and falls over backwards or plants one foot in a snow-covered hole. As we'll reach many start points by car, you'll need to sign up for the SIG in advance, then call or e-mail each week to request or offer transport. For details on what is, and where to get appropriate clothing, snowshoes, poles, waterproof boots, gaiters, ice-walking-capable footwear like Stabilicers, Yak Traks, etc e-mail Ken. Don't wait until the last minute to get your gear.

Saturday, January 21, 2006

B15 40± miles 9 am Piermont the easy way - maybe Nyack

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

Tonya Harroun, bikintonya@yahoo.com, 718-828-5309

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

Meet at 72nd street and then an easy spin to Piermont (we'll be on some trafficky roads so group riding skills essential). Depending on how we all feel we may push on to Nyack. Rain, snow, freezing temps cancel ride. Check the message board for updates.

Sunday, January 22, 2006

A18-20 50-60 miles 8:30 am Off-Season Hogwich Series

Leader: Todd Brilliant, toddtheracer@yahoo.com, 212-316-9430

From: George Washington Bridge, NJ side bike path entrance

Who am I trying to kid by listing these rides individually every month? Every Sunday Hogwich ride is virtually identical to the next one. We try to ride in co-operative pacelines. We ride fast on the flats, faster on the downhill and slower on the uphill. We don't bunch up at intersections. We don't sprint when the light turns green or through corners. And let's try something new this month: NO long-ass trademark NYCC pulls. Let's practice doing much shorter pulls. It's really more fun that way and it helps keep the group more cohesive. Oh, before I forget, the destination is Nyack. No cue sheets, no maps, no problem.

C13 42 miles 9 am Norwood

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

From: Central Park Boathouse

We'll eat at a bagel shop in this Bergen county town just south of Northvale. It has more varieties than almost any place I've seen so if you have trouble making up your mind, maybe you can stay when we head back.

Saturday, January 28, 2006

B17 40 or 50 miles 10:00 am Northvale Options

Leader: Wayne Wright, wwright8@nyc.rr.com, 212-873-7103

From: Central Park Boathouse

If it's an especially nice day for January, we'll do a 50 mile route. If it's colder we'll take a more direct path that's around 40 miles. Lunch options include a diner, a pizzeria and a bagel shop. Check the message board around 8:30 for ride status if conditions are iffy.

Sunday, January 29, 2006

A18-20 50-60 miles 8:30 am Off-Season Hogwich Series

Leader: Todd Brilliant, toddtheracer@yahoo.com, 212-316-9430

From: George Washington Bridge, NJ side bike path entrance

Who am I trying to kid by listing these rides individually every month? Every Sunday Hogwich ride is virtually identical to the next one. We try to ride in co-operative pacelines. We ride fast on the flats, faster on the downhill and slower on the uphill. We don't bunch up at intersections. We don't sprint when the light turns green or through corners. And let's try something new this month: NO long-ass trademark NYCC pulls. Let's practice doing much shorter pulls. It's really more fun that way and it helps keep the group more cohesive. Oh, before I forget, the destination is Nyack. No cue sheets, no maps, no problem.

B15 32 miles 10:00 am Manhattan Greenway

Leader: Hannah Borgeson, hannahb@att.net, 212-348-2601

From: Meet at end of East 82nd Street, overlooking East River, on John Finley Walk

Sleep in and stick close to home on this winter day as we explore the "interim greenway" encircling Manhattan Island. The East River Esplanade, Harlem River Speedway, Henry Hudson Path, and Hudson River Greenway are some of the off-street routes we'll follow as we circum-bike Manhattan with brief stops to admire the scenery and faulty retaining walls. Souvenir greenway maps for all! Bring pocket food and drinks; we will not stop for lunch. About a third of the ride is on city streets. Icy conditions cancel--check message board if in doubt.

A word of thanks from former VP of Programs, Hal Eskenazi

I wanted to say thanks for the opportunity to serve the members of NYCC in this position. It has been an exciting, interesting and sometimes challenging experience.

Your continued support, presence and enjoyment is what made it all worthwhile for me.

We tried to create interesting and fun programs to give everyone the opportunity to become more involved. The feedback I received was positive. We had some challenges; even mother nature beat us up in March. However, overall we had outstanding attendance, attributable to great presenters. Therefore, besides a well deserved thanks to all those who gave their time and energy to

create programs for our members, I would also like to thank those behind the scenes.

Dave Sabarrese, besides his other club responsibilities, Dave always gave you a raffle ticket at meetings; Kim Savage, who tirelessly managed as the Bike Shop Liaison; Jim Reavan and Kevin Banks made sure you were able to hear our speakers; Kim Jenkins who electrified the SIG graduation by creating a spectacular party atmosphere for the first time with her outstanding décor; Kathy Jennings, who stepped up to run the meeting in my absence in August; and Timothy McCarthy and Anthony Poole, who reviewed and edited each bulletin and web presentation.

JIM BABBIT

April 27th, 1954 - December 3rd, 2005



Jim Babbitt, 51, a long time member of the New York Cycle Club, died on Saturday, December 3, 2005, after a struggle with lung cancer, *writes Marty Wolff*.

Jim joined the club in July 1988 and was a popular and prolific ride leader, particularly during the early 1990s when he was instrumental in organizing and leading rides, as well as finding other leaders for the then famous series of 'Killer Bs' rides.

But his proudest cycling moment was probably completing the Boston-Montreal-Boston ultramarathon event in 1993. On the wall in his home was his framed B-M-B jersey.

Jim is survived by his wife, Maureen Babbitt. They lived in Plainview, Long Island.

Other members of the club expressed fond memories of Jim on the club's message board.

This from Gary McGraime, entitled 'Jim the Killer Bee': Those who have been NYCC members for a while, all know Jim Babbitt, who was always there when you needed him

Years back, I was sweeping the ENY century and helping a few bonking strays as daylight was beginning to dim when, who drives up with food, water and good cheer? Jim. He was the leader of the 'Killer B' ride series, big and strong with a gentle heart. Those who knew him, loved him. Sleep tight Jim.

From Fred Steinberg: Jim was a mainstay of the B's in the early 90s. He led the rides, drove us to the centuries, sagged ENY; he was all heart. In 1993 without much training, he finished Boston-Montreal-Boston, patching a flat in an horrendous downpour and making the 90 hour cut by a second or two (so the legend goes). The NYCC and the World needs more people like Jim. Rest in Peace.

From Christy Guzzetta, entitled: 'A NYCC Hero': I have met many NYCC heroes along the way; great people, great cyclists, great souls, and none more so than Jim Babbitt.

I remember many years ago wanting to lead a C ride. I had never led a C ride before

and sought a co-leader. I stood before the membership of the Club at a monthly meeting and asked for a volunteer. The only requirement being that the volunteer had never led a C ride before. I thought it would be fun to share the experience. It was many years ago. Jim Babbitt raised his hand and we led a C ride that year.

The next year, I wanted to lead a B ride. Again, I stood before the membership, seeking a volunteer to co-lead a B ride with me. Once again, the only requirement was that this volunteer had never led a B ride before. Jim Babbitt raised his hand again. He and I led a B ride together that year.

Then, the very next year, the first ride of what is now the A Classic SIG, there was Jim Babbitt, who had never ridden on A rides before. He and I rode the entire A SIG series together that year. And there he was, at the top of Bear Mountain, on Graduation Day – my hero. I spoke with Jim during his illness and what do you know? He continued to

be the hero he always was. We will miss you, Jim.

From Steven Britt: I have very fond memories of Jim. I remember showing up for my first ride with the NYCC, meeting Jim at the Statue of Civic Virtue in Queens. He proceeded to give me a tour of his infamous 'Seven Hills' on the North Shore of Long Island. He loved to ride and, even more, treasured that experience with others. I recall his remedy for UBTLs (Ugly Biker Tan Lines). He'd lead a group out to Oyster Bay to grab fuel and refreshment and head either to the park or the beach outside of town. There he'd sit and relax and roll up jersey sleeves and shorts. I also recall ending those Long Island rides with the faithful 'B' riders in Queens and purchasing a beer for a celebratory toast. He was equally laid back whether on or off the bike. Jim, you touched many and led by example. You taught me much about what a leader should be. I'll miss you in body but treasure the spirit that will always remain. Peace be with you.

From Tom Laskey: I remember Jim fondly from my earliest days as an NYCC member. In many ways, he was the template for the perfect ride leader: reliable, affable and knowledgeable. As a volunteer he was all those things and more. I remember him handing out food at Bear Mountain at the very first ENY and – several years later – when I chaired the organizing committee, he continued to step up. Sagging the route and providing much needed food and encouragement to the less experienced participants. I'm sorry it took his passing to get him the recognition he deserved, but at least he finally is getting that recognition. Those who knew him will miss him, but his spirit and his example will continue to inspire us.

Picture by Bob Moulder, dating from the late 1990s. Jim was a regular participant in a series known as 'Mountaineering for Cyclists, organized by John Waffenschmidt.

Highlights of 2005

As I prepare the January 2006 edition of the *NYCC Bulletin* in the last week before Christmas and Hanukkah, I find it hard not to look back at the pictures from this year – many of which we have published – and pick out a few favorites to share with you. I apologize if a few of the photographs I have chosen are my own. The aim was not to publish mine for the glory, but to share with you a few of the highlights from 2005. Of course, if you would like to see more of your pictures in print, I am always pleased to receive them at bulletineditor@yahoo.com

The Editor





LEFTHAND PAGE, clockwise from top left: Jack Lenhart glad of his robe after a dip in the briny on the New Year's Day Polar Bear Ride (picture by Carol Waaser); Polar Bear riders eat at Tony Mantione's home after the ride and swim (Carol Waaser); Our webmaster, Timothy McCarthy arrives in Central Park on a freezing cold morning to enjoy 'The Gates'; one of the editor's favorite pictures of 'The Gates', and he has seen thousands as well as taken a few hundred of his own (picture by Barbara Spandorf); RIGHTHAND PAGE, top left: wax workers putting the final touches on the Madame Tussauds' Lance Armstrong exhibit in May (Picture by Anthony Poole and first published in the *Tour 2005: The Only Official Guide*, from the publisher of *ProCycling*); Top right: Timoghy McCarthy leads out an A-Classic SIG ride in March; Mid Left: C Siglets Carla Sperling and Andrew Wylie complete a self classification ride in February; Mid Right a floral tribute to three fallen riders at a demonstration at City Hall, including NYCC's Jerome Allen; Bottom Right: lunch at Oyster Bay on a spectacular B17 ride led by Marcia Silverman and Peter 'Banan Guy' Kouletsis on a hot, steamy Saturday in June

January 2006

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TOTALS**2006 Mile**

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TOTALS



R. DE JANEIRO →

← ãO PAULO

This way to Rio?

As the mercury in the thermometres heads south, who can resist the charms of South America? Not Jay Jacobson

Imagine a four week, whirlwind tour of the US and Canada which included stops in New York, Niagara Falls, Washington, Miami, Los Angeles, San Francisco, Toronto and Québec with 15 cycling days. Now imagine doing that in Brazil, which is about the same size as Continental US. I was down there from October 14 to November 10 on just such a whirlwind tour, and it was one of the best trips I have ever taken. The highlight, of course, was a spectacular, luxury 10 day bike tour, organized and operated by Butterfield and Robinson of Toronto. It covered four areas and required air flights between three of them, as they were hundreds of miles apart. This sensational bike tour was first class all the way – the best hotels and restaurants available, excellent multi-lingual experienced guides, plus a large well-equipped support staff. The weather was near perfect; it never rained during a ride and the temperatures were always in the 70s and 80s.

On the B&R tour we rode on eight days and only averaged about 20 miles daily. Most of these miles was on relatively flat, unpaved roads, so we used Brazilian-made good quality Caloi mountain bikes. The mileage may seem low, but this type of riding takes time and there were other things to do, such as laying out in a hammock on stunning beaches – often totally deserted – or by magnificent pools surrounded by palm trees, lingering over gourmet restaurant or picnic lunches, taking a half day schooner cruise and walking and boating through historic towns.

We also cycled by and walked and rafted around and under a mammoth group of waterfalls – Iguacu, set in a non-commercialized national park – higher than Niagara, wider than Victoria and more beautiful than either! Three countries – Brazil, Argentina and Paraguay – bordered on the falls. Our hotel rooms had fantastic views of the falls.

For the final three days of the bike tour we stayed at one of the most beautiful hotels I've ever seen, arguably Brazil's best – Bahia's Txai Resort. It is the epitome of a very lush tropical paradise. The rooms had decorative mosquito netting over the

beds and semi-outdoor showers adjoining the bathrooms. The public areas of the hotel are certainly worthy of architectural awards.

The ages of the friendly and interesting group members ranged from the 30s to the 70s and were from all over the US and Canada. I was the only solo male and there were three solo women. One of them, a young woman from Hong Kong, turned out to be my riding partner for four or five days. In the Brazilian countryside it is unusual to see a female in spandex, let alone an Asian one, so the passing truck drivers frequently gave us a series of approving short horn toots. One of the other solo women, Stephanie, is a New Yorker and I hope she decides to join our club.

The B&R tour convened in Rio de Janeiro and, since I had arrived a day early, I had an opportunity to experience upscale Ipanema Beach on a sunny Sunday afternoon. There were wall-to-wall people on the beach, thousands of females clad in 'dental floss' bikinis and hawkers selling everything, and some even carrying around ovens with hot corn.

Using the hotel's one speed wide tire bike, I cycled just behind and along the beaches on a dedicated, paved bike path. On Sundays, half the width of the broad beachside avenue is closed to cars so there are also thousands of strollers out there. I also did a few spins (7.2 k each) around a large lake behind Ipanema (Lagoa Rodrigo de Freitas). At a bike shop I purchased a cycling jersey with pictures of famous Brazilian sights such as Corcovado and a toucan. Maybe you'll see me wearing it on a club ride when the weather gets warmer.

The meals provided by B&R on the bike tour were sumptuous. We enjoyed the local cuisines of each area, some based on African dishes, dating back to slavery. Tropical fruits (coconuts, mango, papaya, guava, etc) grilled meats (churrasco), fish and seafood, rice and beans and root plants. I also had duck and lobster. There were exotic fruit drinks using coconuts as glasses as well as local beers and excellent South American wines and of course: COFFEE! Yes, there is a lot of coffee in Brazil.

On two evenings our group had a private outdoor barbecue dinner on the grounds of our hotel. At one, we cyclists had our own Brazilian band and a local woman came over to dance with me. In general the cuisine far exceeded my expectations.

We flew north from Rio to the large inland city, Belo Horizonte. We were driven in two air-conditioned minibuses through the historic gold mining area in the state of Minas Gerais and had a guided walk out of an important town. We cycled on unpaved roads and some cobblestone stretches towards the Atlantic Coast from the city of Tiradentes. At the charming colonial coastal city of Paraty, we cycled to a port for a chartered schooner cruise and an excellent seafood lunch at an isolated island restaurant. Back in town that evening, the Brazilian music I love could be heard coming from numerous restaurants and bars we passed while strolling on the cobbles.

Our bikes were then trucked north about 800 miles to our final destination, while we flew west 700 miles to Foz do Iguacu where we had a different set of bikes and met our new local support staff. After some spectacular walking, rafting and biking, on paved roads or trails, we flew northeast about 1,500 miles (three stops/two planes) and we were reunited with our original bikes at the lush, five-star resort in Bahia state, south of Salvador.

We did some biking on roads along the Cacao Coast in Bahia and two 20 mile rides on beaches over sand freshly packed down by the morning's high tide. The surface had dried, but it was very easy to cycle on the packed sand. We cycled into the surf a little and through some drainage channels, a foot or so deep. In the 20 beach miles, we might have encountered about a dozen beachgoers and a few fishermen who were using primitive, unmotorized boats. Behind the beach were thousands of palm trees and a few shacks.

The state of Bahia was the heart of colonial Brazil and is also known as 'Africa in Exile' since most of the slaves arrived there with their culture and cuisine. The population is still about 80% black. As we were cycling along the roads we came



across women carrying heavy loads atop their heads, a typical African scene. It is also the source of my favorite Brazilian music and the home of many of its great musicians.

The bike tour was very expensive at \$8,000, including single room supplement – increasing in 2006 to \$9,500 including single room supplement, but I decided to splurge because I couldn't find any other bike tour in Brazil, and many items were included, such as all but one of the excellent meals, with all the wine I could drink, the internal flights, the bikes we used and even the laundry was included at the deluxe hotel we stayed in for the final three days.

Unlike most other bike tours, both the B&R guides rode with us each day. They rarely had to handle luggage or the bikes and they never had to drive any of the several support vehicles that accompanied the cycling group. They had a large support staff who provided all of these services. If a cyclist requested extra miles the guides could arrange for additional loops with support.

There were always plenty of snacks and cold drinks. While we were riding on the beach on a warm day, every couple of miles, a support person would emerge from the palms, handing us frosty bottles of water as we passed.

I was able to use my frequent flier miles for free flights on Varig and United Airlines

to and from South America. After the B&R trip, I remained in South America for an additional two weeks and visited six additional places in Brazil and Uruguay.

The B&R trip obviously had caused some budgetary pressure so once on my own, I stayed in very comfortable hotels a notch or two below those we used on the bike tour for under \$100 a night. When the bike tour ended I flew from Ilheus to Salvador, the colorful capital of Bahia state, where I looked at this city of old and new contrasts. Then I took a car an hour or two north to the Atlantic beach resort of Costa Do Sauipe. I cycled around the complex and along the adequate shoulders of the main road on the *Linha Verde*, the green route through an ecological preserve.

Next on my personal itinerary was a flight to the capital city of Brasilia – a non cycling stop for me – which was built from scratch in the middle of the jungle and only about 45 years ago. This was the only non-sunny day on the whole trip, but the light rain didn't affect my inspection of the stunning architecture, art and historical features of this unusual city. I toured the marvelous Ministry of External Affairs a day before President Bush's visit there on his infamous South American trip, and the locals had many questions for me about US politics.

The last Brazilian venue was its Southern Island – Santa Catarina – a plethora of exquisite beaches. I faced a difficult de-

cision: how to spend my only day in this splendid area. The choices were a full day tour to see at least a dozen glorious beaches and cities – impossible in a day by bike – or to bike a small part of it. I resolved the dilemma by enrolling for the day tour, which began at 9AM, but I took the hotel's bike out at 6 AM (before dawn) for 20 miles along the well-lit and paved coast road.

Compared with my previous excursions to Brazil in the 1970s and 1990s, people seem to be happier. None of us saw evidence of a major crime problem. But poverty is a reality. Many eke out a living on \$150-200 a month. There didn't appear to be any hunger and the level of begging activity seemed to be no worse than you would find in New York City.

At a distance, the fading pastel colored *favelas* (mountainside shanty slums) held some charm. But I could not help thinking that they would lose their appeal quite rapidly had we neared them. Perhaps the poverty and crime which does exist is indirectly or directly a result of the government's inability to control corruption and inflation.

Although it wasn't very far, to get to Puente del Este, Uruguay from Florianopolis, the airport of Santa Catarina, it took three flights plus a 90 minute taxi ride. Most flights in/out and many through Brazil have to go through São Paulo. Pluna, the Uruguayan airline, flight was also an hour late. However, when I finally arrived, I



quickly decided it was worth it. Puenta del Este is the major resort city of lower South America, most frequented by Argentinians and it is an excellent biking city.

This lovely town is at the end of a pointy, flat peninsula with a long river mouth at one side and the South Atlantic on the other and plenty of biking along the beaches, which run along both coasts. It was equivalent to a nice May day at the Jersey Shore before the hordes of tourists arrive – since the auto traffic hadn't yet materialized all of the traffic lights were switched off. The temperature was in the low 70s and it was sunny. I spent most of the day checking out and laying on the many beaches and enjoyed a salad lunch and glass of wine at an outdoors beachfront restaurant.

About 70 or 80 miles further west, in the mouth of the Rio de la Plata is the capital, Montevideo, where half of Uruguay's 3,000,000 people live. The city has a long waterfront along the river mouth – the width of the river makes it impossible to see anything across it. Just as in most of the South American cities I visited, there is an extensive paved trail along the coast for cycling, walking and running. Across the *Ramblas* (wide avenue) are miles of fashionable high rise apartments.

Flat Uruguay seems to be a hotbed of cycling. In the relatively small city of Puenta del Este, there were about 75 cycle club members (no women – ugh?) doing their Sunday morning ride with a motorcycle and

sag wagon escort. In Montevideo the prominent velodrome seemed to have equal standing with the *futbal* (soccer) stadium.

Incidentally, of all my bike trips, this one had fewer concerns with auto traffic safety factors, because both on the B&R tour and on my own I cycled on mostly dedicated auto-free paths and B&R's routes were on very quiet roads with extremely light traf-

At the conclusion of this grueling trip I added up the flights (20 with 25 landings/takeoffs) and eleven hotels (all with pools). This schedule would challenge the itiner-

aries of many business road warriors!

I needed a few shots for the trip. Anyone headed for such a tropical destination should consult Travelers' Health Services (212-230-1020). There were a few insects in one or two places and a couple of the group members had minor stomach discomfort for a day or so. Precautions should be taken, regarding drinking water and food – a minor concern. When planning any trip I consult historical climate data on the internet or at the library. Lastly I check seasonal hotel rate fluctuations based on school vacation schedules and climate factors.



Minutes of the Board of Directors

September 6th, 2005: The meeting was called to order at 7:05 p.m. In attendance were Stan Oldak, Robert Gray, Scott Wasserman, Dave Sabbarese, Hal Eskenazi, Anthony Poole, Deborah Bennett, Mark Gelles and Kathy Jennings.

Minutes of Board Meeting: The Board discussed an email from Geo Carl Kaplan questioning why minutes of several Board meetings had not yet been published in the Bulletin. Kathy Jennings apologized for her delay in preparing the minutes for publication. The Board will be publishing the missing minutes as soon as possible in the upcoming issues of the Bulletin. The Board also agreed that the Secretary will be required to read the prior meeting's minutes into the record at the start of each Board meeting as an additional means of ensuring that the minutes are completed and published in a timely manner.

Nominations for Board Positions: The following Board members have indicated that, at this time, they do not intend to run for another term: Stan Oldak, President; Deborah Bennett, Treasurer; Fred Steinberg, VP of Rides; Wayne Wright, B Rides Coordinator; Kathy Jennings, Secretary. Nominations for the upcoming Board elections will begin at the September Club meeting.

Membership: As of the end of August, the Club had 1734 members, which represents an increase of two members since August 2004. The Club instituted its yearly reduction of membership fees in mid-August. Active.com will remain open through October for membership registration and will resume in December for 2006 member registration.

NYCC Post Office Box: We are in the process of moving the NYCC post office box from Columbus Circle to the Grand Central Station Post Office to make it more convenient for the Club's mail to be retrieved.

Treasurer's Report: Deborah Bennett reported that based on current receipts and expenses for calendar year 2005, it appears that the Club will end the year with a small net increase in funds. It was noted that the 2005 budgeted amounts for ride leader coaching and paid speakers for Club meetings have not yet been spent. The Board agreed to continue discussion as to whether to spend funds on these items during 2005.

Special Events: The September special event will be attending a Mets' game on September 15. In October, the special event will be an Oktoberfest celebration at the Bohemian Hall & Beer Garden in Queens. The Board is looking into a new band for the annual Holiday Party, which will be held at Gonzales y Gonzales.

Roster: Anthony Poole reported that he has been working on converting the electronic roster data into a useable format for the Bulletin and website. We are hopeful that the roster will be available in both formats in October.

Triathlon Association of America: The Triathlon Association of America has indicated that it would like to get involved with the NYCC Club. Hal Eskenazi will contact them about the possibility of their doing a presentation at a Club meeting. We will also explore with them their offer to provide triathlon training sessions to NYCC members and their proposal that NYCC ride leaders help out with some of their training rides.

Bike Shop Discount List: The Board agreed that two new bike shops – Master Bike Shop and a folding bike shop – will be added to the list of shops that give discounts to Club members.

Club Insurance: We have obtained information from a variety of sources regarding the types of insurance coverage the Club and Board members should have, including liability insurance and directors and officers insurance. We will continue to collect information before making a final selection of carriers and types of coverage.

Club Jerseys: The new Club jerseys and jackets are expected to be delivered in late September. The Board agreed that both will be sold on active.com only for \$55.00 (jerseys) and \$68.00 (jackets). The Board decided that it was not cost effective to sell individual pairs of Club socks on active.com and will continue to sell socks at Club meetings. However, members who purchase a Club jersey or jacket on active.com will also be able to purchase Club socks with their jersey/jacket.

Escape New York: It was reported that 63 people had already pre-registered for ENY, which will take place on September 17, 2005. This is comparable to the ENY pre-registration numbers last year at this time.

New York City Bike Safety Action Plan: We have been

added to the list of sponsors of this plan, which was drafted by Transportation Alternatives and has been endorsed by numerous area bike clubs.

The meeting was adjourned at 8:25 pm.

The next meeting will take place on Tuesday, October 4, 2005.

October 4, 2005: The meeting was called to order at 7:05 p.m. In attendance were Stan Oldak, Wayne Wright, Deborah Bennett, Barbara Spandorf, David Sabbarese, Mark Gelles, Timothy McCarthy, Fred Steinberg, Anthony Poole, Hal Eskenazi and Kathy Jennings.

Minutes of September 2005 Board Meeting: The minutes of the September Board meeting were approved for publication.

Membership: We currently have 1854 members. As in previous years, membership registration through active.com will be closed for the month of November and will reopen in December for the 2006 calendar year. Membership dues will remain the same as for the current year.

Special Events: The October event will be an Oktoberfest celebration at the Bohemian Beer Garden in Queens. The November event will be a dinner at Le Souk, a Moroccan restaurant on the Lower East Side. The 2005 Holiday Party will take place on Tuesday, December 13 at Gonzales y Gonzales. The Club will charge \$44.00 for early registration through active.com and \$49.00 at the door. The cut-off date for early registration will be Friday, December 9.

Board Nominations and Elections: We do not yet have candidates for the following Board offices: VP Programs, VP Rides, A-Rides Coordinator and B-Rides Coordinator. Hal Eskenazi informed us that he is withdrawing his candidacy for President due to increased work obligations in the coming year but will likely run for B-Rides Coordinator instead. Members will be able to vote in the election by paper ballot, on the NYCC website and at the November Club meeting. We will organize a committee of disinterested members to count the ballots at the November meeting.

Programs: Hal Eskenazi will take responsibility for the program at the January 2006 Club meeting since the incoming VP of Programs will not have time to get up to

speed by then. The Board agreed that this will be standard practice going forward for outgoing VPs of Programs.

Club Bylaws: The Board will begin updating the Club Bylaws, which were drafted in 1981, to reflect propositions voted on and approved by the Club membership over the past several years.

NYCC Lifetime Members: The Board voted to confer lifetime membership on a long-standing, dedicated member. The member's name will be announced at the 2005 Holiday Party.

George Washington Bridge Pathway Closures: Stan Oldak recently attended a Port Authority meeting regarding the closures of the north and south pathways on the GWB. The Port Authority stated that their construction project is designed to improve safety and security and is expected to last through June 2006. During this time, the pathways will remain closed at night, but the Port Authority assured us that at least one pathway (either the north or the south) will remain open at all times during the day.

Past Jersey Gallery: Christy Guzetta is gathering photos of and information regarding past NYCC jerseys for a retrospective photo gallery on the NYCC website.

Club Garments and Water Bottles: We already have received more than 50 orders for the new Club jersey and have sold significant numbers of the Club socks. We will place an order for more jerseys and socks and for water bottles with the new design.

Escape New York: We are continuing to tally the proceeds from the 2006 ENY Ride, in which over 240 riders participated. In order to ensure that expenses for the ride are reasonable, the Board agreed that future ENY Committees will be required to submit periodic budgets to the Board for approval. We are hoping to schedule the 2006 ENY Ride for either September 17, 2006 or September 30, 2006.

The next meeting will take place on November 7, 2005.

The meeting was adjourned at 8:25 pm.

Respectfully submitted,
Kathleen Jennings
Secretary

Classified For Sale

Wind Trainer, two to three years old (Photographed). The attached cable is used to change gears. Asking \$100-125. Contact David Goldkrand at drgatfenway@aol.com or at home at 212-828-6403



Classified

FOR SALE. Beginner Cross-Country Ski package. The Karhu skis are waxless, 210cm (good for someone 5'6 to 6'). I'm 5'6"; they served me well, were used infrequently, but I've traded up and shorter skis are used now. Bindings and boots are Solomon, in great shape, vintage about 10 years ago. Boots are SNS Heierling, size mens 8 or 8.5; womens 10). Poles - matched in height, from 2 pairs. Price: \$95. Maggie Clarke, 212-567-8272; mclarke@hunter.cuny.edu.



Bike shops offering discounts to NYCC members

A Bicycle Shop

345 West 14th Street, New York, NY
212-691-6149 or
www.a-bicycleshop.com
e-mail: abikshp@aol.com. 10% off nonsale items (not items already discounted)

Bicycle Habitat

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

Bicycle Heaven

348 East 62nd Street, New York, NY 10021
212-230-1919
www.bikeheaven.us 8.25% off accessories, repairs & bikes

Bicycle Workshop

175 County Road, Tenafly, NJ 07670
201-568-9372 10% off on part and accessories

Bicycle Renaissance

430 Columbus Avenue, New York, NY
212-724-2350. 10% off repairs and accessories

Conrad's Bike Shop

25 Tudor City Place, New York, NY
212-697-6966 or conradbike@aol.com
8.25% off parts, accessories and repairs

Cycle Paths

138 Main Street, New Paltz, NY
845-255-8723 15% off parts/accessories, 10% off bikes



Gotham Bikes

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

Larry and Jeff's 2nd Avenue Bicycles Plus

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

Master Bike Shop

225 West 77th Street, New York, NY 10024
(212)-580-2355; 10% of parts, accessories and bikes

New Horizons Sports

55 Franklin St., Westfield, MA 01085
413-562-5237

Don@NewHorizonsBikes.com

Certified Serotta Bike Fit Specialist

www.NewHorizonsBikes.com or www.BerkshireBrevets.com

10% off parts and accessories

Piermont Bicycle Connection

215 Ash Street, Piermont, NY 10968
845-365-0900
4 Washington Street, Tenafly, NJ 07670
201-227-8211 www.piermontbike.com
10% off parts and accessories

Free shipping on purchases over \$100

Sid's Bike Shops

235 East 34th Street, New York, NY
212-213-8360 or www.sidsbikes.com
8% off parts, accessories and clothing

Toga Bike Shop

110 West End Avenue, New York, NY
212-799-9625 or gotbik@aol.com

10% off parts, accessories and repairs

Turin Bicycle

1027 Davis Street, Evanston, IL 60201
www.turinbicycle.com 847.864.7660 or
cmailing@turinbicycle.com 10% off parts and accessories
Owned by NYCC Life Member, Chris Mailing

2006 Membership Application/Renewal/Change of Address

In consideration of being permitted to participate in any way in New York Cycle Club ("Club") sponsored Bicycling Activities ("Activity") I for myself, my personal representatives, assigns, heirs, and next of kin: 1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately cease further participation in the Activity. 2. FULLY UNDERSTAND that (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these risks and dangers may be caused by my own actions, or inactions, the action or inaction of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time, and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS AND DAMAGES I incur as a result of my participation in the Activity. 3. HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE the Club, the LAB, their respective administrators, directors, agents and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING 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.



Membership Number (renewals and change of address only) _____

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

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

☐ Individual \$19 (bulletin online) ☐ Couple residing at same address \$25 (bulletin online)

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

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

Address: _____ Street Apt. City State Zip

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

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

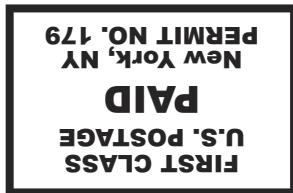
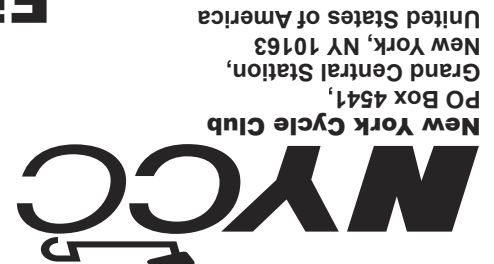
Check (if applicable) ☐ Do not print my ☐ Address ☐ Phone ☐ EMail in the NYCC Roster

☐ Do not print partner's ☐ Address ☐ Phone ☐ EMail in the NYCC Roster

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



First Class Mail
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Tuesday, January 10th, 2006

A Tale of Resistance

Cycling is about getting from here to there. As you may have noticed, that simple task can take an awful lot of effort. This presentation looks at what gets in the way of that effortless fun we all wish for. We'll explore the phenomena of acceleration, rolling resistance, aerodynamic drag and climbing, learn how friction is both friend and foe, and get a good feel for the effort involved in cycling. We'll de-mystify work and power, watts and friction coefficients, and other terms thrown around in cycling literature. The talk will be in easy-to-understand language with lots of graphics and a minimum of math, so there will be nothing here you can't understand.

Peter Matusewitch is a structural engineer, cyclist, and a long-time Club member with a talent for making applied science understandable and accessible. This will be his second talk for the club on the science behind cycling. His first talk, two years ago, was a runaway hit. Can he do it again? Come on out and see.

Swap table: Bring bike-related items that you want to swap or sell. Price them, affix your name to them and see them on the road with somebody else.

Time: Social hour with cash bar: 6 to 7 PM; dinner (\$20 cash, including tax and tip) 6:45 to 8 PM. Club program runs from 8 PM to 9:15 PM.

Annie Moore's Pub and Restaurant
50 East 43rd Street

(West of Grand Central Terminal between Madison & Vanderbilt Avenues)

Subway: take the 4/5/6/7/S to Grand Central/42nd St

Healthy buffet dinner, including grilled chicken, rice, vegetable lasagna, vegetables, shepherd's pie and green salad. Coffee/tea. Dinner is \$20, including tax /tip (cash only)

If you choose to dine, payment for dinner is compulsory