

February 2006

# NYCC *Bulletin*



**SIGs are 20 years old in 2006**  
**STS program for As, Bs and Cs**  
**Renew your NYCC membership**  
**NYCC Volunteer Party**



# What happened to winter?

As I write this, it's unseasonably warm for January. Cyclists are out there every weekend and not even suffering! How long will it last? Will we pay for a warm January with a frigid March? Well, no matter what the weather (oh, alright, there might be some exceptions) the SIGs begin on March 4th; the C-SIG starts a week or two later. By now, you've read the info on the website and have pre-registered for the SIG of your choice.

Now's the time to do annual maintenance so your bike is in tip-top shape for the start of the season. Check your tires for wear and don't forget to check the sidewalls; clean the drivetrain thoroughly and check that your chain and gears are meshing properly for smooth shifting; check the brakepads for wear... Oh, heck, just take the bike to your local bike shop and ask them to give it a thorough going over.

And as long as your bike is going to be so spiffy, you should order the new Club jersey so you can be just as stylish. You can only order through Active.com, but you'll find the link on our website under NYCC Stuff. I know some of you don't want to have to order through Active, but this is a volunteer Club and there's only so much the volunteers can do; Active allows us to automate a lot of things and saves literally hours of volunteer time each week. And speaking of volunteers...

Are you a Club volunteer? If not, there's plenty of opportunity to become one. If you already volunteer, then come to the Annual Volunteer Party (see details below). It's your chance to get a pat on the back, have a delicious Chinese dinner and enjoy a social evening with friends.

Ride safe!

Carol Waaser

## NYCC Volunteer Recognition Party Friday, February 10th, 2006 Evergreen Shanghai Restaurant 10 East 38th St

Time: 6 pm until 10 pm

As we all know, the NYCC is a volunteer organization that needs the support in the form of precious time and energy of so many individuals in order to function. Sure we are about rides, but there is also a bulletin to get out each month, a web page to maintain, special events to be planned, our annual signature event, The Escape New York committee to be formed. Well, you get the message. That is why the club would like to honor our selfless members with a Volunteer Recognition Party. The club has selected a convenient midtown venue, and there will be a Chinese buffet. Beer and wine will be served. You are invited if you volunteered in any capacity in 2005. Did you lead a ride last year? Perhaps you helped out on ENY? Or maybe you were part of the Berkshire Weekend planning committee? You know who you are! Oh, and the cost for such a splendiferous bash? This party will cost you nothing. It's our way of thanking ourselves for volunteering, and to encourage future volunteerism. Please RSVP to [events@nycc.org](mailto:events@nycc.org) by February 7th to reserve your space. (You must RSVP to attend, as we will be unable to accommodate "walk-ups" the day of the party.) Hope to see you there!

### Contents

Cover Story: 2006 SIGs and STS programs  
Ride Listings  
July 4th Weekend Details  
Memorial Day Weekend Details  
Board Minutes  
2006 Membership Renewal Form  
February Club Meeting Details

P8, 13  
P3  
P6  
P12  
P13  
P15  
P16



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

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**Submissions by e-mail to:** [bulletineditor@nycc.org](mailto: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:** An STS A-23 group rolls out of The Boathouse parking lot, Central Park, March, 2005. *Picture by Anthony Poole*

**Printing:** Boro Park Graphics, 3,400 Hamilton Parkway, Brooklyn, NY 11218. Website: [www.bparkgraphics.com](http://www.bparkgraphics.com)

# 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](http://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](http://www.nycc.org) to submit your ride.

**DON'T WEAR** 

## February Recurring Rides

### Wednesdays in February

**A18      30± miles      7pm      Urban Adventure**

*Leaders: John Zenkus, [jjz2116@aol.com](mailto:jjz2116@aol.com), 917-617-0901*

*From: Central Park Boathouse*

Meet 7pm every Wednesday for an ever-changing exploration of New York City and its environs. Depending on time of year, expect a two to three hour non-stop ride. Required will be some sort of fat-tire bike, good handling skills and a helmet. The route may include cobblestone, rough roads and occasional off-road – where we can find it. Lights are also required. While not fast-paced, those participating should be able to maintain 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.

## February Rides

### Saturday, February 4, 2006

**A19      55 miles      8:30 am      Park Ridge**

*Leader: Sue Foster, [suefoster@nyc.rr.com](mailto:suefoster@nyc.rr.com)*

*From: Central Park Boathouse*

Nice spin on rolling terrain, pleasant Jersey 'burbs, a variation on the Nyack theme. Generally speaking, temps below freezing or wet slushy roads can-

cel, but check the message board the morning of for confirmation.

**B16      47 miles      9:30 am      Seville Diner**

*Leader: Carol Waaser, [biker-c@rcn.com](mailto:biker-c@rcn.com), 212-581-0509*

*From: Central Park Boathouse*

They say the South path of the Bridge will be open. Let's hope so - NO MORE STAIRS! So we'll meander through Bergen to a nice warm diner for pancakes or french toast. Cancels: temps below 30°F (-1°C), winds above 20mph, wet or white roads. Check message board by 7:30 that morning if in doubt.

### Sunday, February 5, 2006

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

*Leader: Todd Brilliant, [toddtheracer@yahoo.com](mailto: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 Hogwisch ride is virtually identical to the next one. We try to ride in cooperative pacelines. We ride fast on the flats, faster on the downhills and slower on the uphills. We don't bunch up at interscations. 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.

**C14      40 miles      9:20 am      Scarsdale**

*Leader: Scott Wasserman, [swrides@earthlink.net](mailto:swrides@earthlink.net), 914-723-6607*

*From: Central Park Boathouse*

Last time I led this ride there was too long a wait to eat at the diner so I'll try again. The warm winter will probably continue but just in case there's one of those sudden snow showers there are plenty of bailout points.

### Saturday, February 11, 2006

**A19      50-70 miles      10:00 am      South Mountain Road**

*Leader: Catherine Bent, [cbent@mindspring.com](mailto:cbent@mindspring.com)*

*From: NJ side of George Washington Bridge*

Fill your bottles with that kool-aid and fill your early-season prescription for long, slow distance. Well, not all that long, but if the weather is nice we will add a few (dozen) miles. We'll head out to West Nyack via Old Tappan, and if we're all still on the way up, follow Strawtown to South Mountain Rd. Perhaps a nice Mesculun salad at the Orchards. Leader reserves the right to follow the voices in her head. Rain or icy conditions cancel.

**A18-20      40-50 miles      9:00 am      Over the GWB and beyond**

*Leader: You and your riding buddies, Please check the message board*

*From: Central Park Boathouse*

Have you been taking spin classes while your bike has been collecting dust? Do you need to get in shape? Are you in shape already and want to show off those lycra-clad legs? Plenty of SIG, STS, and club rides are looming in March, so get out and ride! Look, you are going to ride anyway if the weather lets up even a bit, so why not ride WITH someone? Come to the boathouse and be prepared to make some new friends. Depending on the weather and the group, the route, pace, and distance may vary. Please check the NYCC message board before for updates.

**B16      50± miles      9:30 am      Scarsdale: B-SIG Preview Ride**

*Leaders: Steve Chabra, [s.chabra@att.net](mailto:s.chabra@att.net), 212-677-1090; Linda Wintner, [lwintner@metlife.com](mailto:lwintner@metlife.com), 212-876-2798; Rick Braun, [rbraun@courts.state.ny.us](mailto:rbraun@courts.state.ny.us), 212-477-2575*

*From: Central Park Boathouse*

This ride is for those who have signed up for the B-SIG this spring and want a preview. Those interested in learning good group riding techniques but not able to commit to the B-SIG are also welcome. Your leaders will be leading a B-17 SIG group this spring and we will introduce some B-SIG group riding concepts before today's ride starts. Today, you can expect some gentle coaching and we can talk about the goals of the B-SIG, the rides and the

skills training the B SIG includes, as well as some general principles of safe group riding. There are plenty of bail-outs today, so bring your Metro-North bike pass. If you are not sure about the pace, call the leaders to discuss. There will be a checkpoint at the last Subway stop before leaving the city for anyone having problems with the pace. Bring plenty of water and some pocket food as our pit stops out and back have no water or snacks. Cancels: precipitation or serious threat of it; wet or icy roads; forecast highs below 35°F (2°C). If in doubt, check the message board an hour before departure time or call a leader. Note that Linda and Rick will not have e-mail access after 6pm on Friday.

**C14 37 miles 9:30 am A Winter Wander Redux**

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

*From: Central Park Boathouse*

This ride was canceled in December. Let's try again. It's a short but pleasant route with just a snack stop at Dunkin' Donuts. Should be home by 1:00. Cancels: temps below 30°F (-1°C), high winds, wet or white roads. If in doubt, check message board at 7:30 on morning of ride.

## Sunday, February 12, 2006

**A19 65 miles 8:30 am Westwood, Spring Valley, Rockland Lake**

*Leader: Mordecai Silver, msilver@iso.com, 212-677-3596*

*From: Central Park Boathouse*

I listed this ride for the day after Thanksgiving, and it was so cold (22°F 9:00AM) that no one showed up. Will the weather be as frigid on this mid-winter day, or will it feel more like early spring? Who knows? We'll see some Bergen and Rockland roads less-traveled by NYCC rides. After a stop in Westwood for a bite, we continue north through Montvale and Spring Valley, along streams and past old houses, as far as South Mountain Rd. Then we turn southeast to Rockland Lake. Lunch in Nyack, and back to the bridge via Rte 501. Terrain is rolling.

**C12 20 miles 10:00 am Coney Island Dreamin' (On Such A Winter's Day)**

*Leaders: Alfredo Garcia, cyclistxxiii@yahoo.com, 646-312-1677; Ed De-Freitas (5BBC Counterpart Leader)*

*From: City Hall*

A day in Brooklyn. Begin with a renowned bridge, a stretch to Prospect Park, a venture to the Bay Shore Parkway, a touch of the Verrazano and into Coney Island. Have lunch at the original Totunno's, since 1924. Zagat proclaims: "Only God makes better pizza." Enjoy brick oven slices served by 3rd and 4th generation pizzaiolas. Continue on the streets of Brooklyn for a hearty return. Bring a lock & \$ for food. Co-listed with the 5BBC.

## Tuesday, February 14, 2006

**A21 91 km 9:00 am The Samoeng Loop**

*Leader: Jeff 'El Jefe' Vogel, jeffvgl@yahoo.com (please email if you plan to join)*

*From: Tha Pae Gate, Chiang Mai, Thailand*

Come celebrate Valentine's Day with 91 kilometers of smooth roads and 1,400 vertical meters of climbing... a perfect ride with a long flat warm-up and cool-down, plenty of traffic free descending (and climbing), and guaranteed perfect weather. Please note this ride will take place in THAILAND and that the start time is in local time (UTC +7),

## Saturday, February 18, 2006

**A19 50-70 miles 10:00 am South Mountain Road**

*Leader: Catherine Bent, cbent@mindspring.com*

*From: NJ side of George Washington Bridge*

Fill your bottles with that kool-aid and fill your early-season prescription for long, slow distance. Well, not all that long, but if the weather is nice we will add a few (dozen) miles. We'll head out to West Nyack via Old Tappan, and if we're all still on the way up, follow Strawtown to South Mountain Rd. Perhaps a nice Mescalun salad at the Orchards. Leader reserves the right to follow the voices in her head. Rain or icy conditions cancel.

**A18-20 40-50 miles 9:00 am Over the GWB and beyond**

*Leader: You and your new riding buddies, Please check the message board*

*From: Central Park Boathouse*

Have you been taking spin classes while your bike has been collecting dust? Do you need to get in shape? Are you in shape already and want to show off those lycra-clad legs? Plenty of SIG, STS, and club rides are looming in March, so get out and ride! Look, you are going to ride anyway if the weather lets up even a bit, so why not ride WITH someone? Come to the boathouse and be prepared to make some new friends. Depending on the weather and the group, the route, pace, and distance may vary. Please check the NYCC message board before for updates.

**B15 35+/- miles 9:00 am Saturday Mornin' Spin**

*Leaders: Tonya Harroun, bikintonya@yahoo.com, 718-828-5309; reginald johnson, rabjohnson@optonline.net*

*From: George Washington Bridge, NJ side bike path entrance*

It's February, it's cold, but we can still go for a little spin thru New Jersey. We'll head to Northvale, Piermont, or Nyack depending on the road conditions and the groups desires. Temperatures below 33°F (1°C) cancel the ride, as does precipitation, wet or icy roads, or high winds

**C12/13 30 miles 10:00 am Around the world to Fillmore's**

*Leader: Ed Pino, 212-665-4053, edpino@mac.com*

*From: At 103rd Street and Amsterdam Avenue - American Youth Hostel*

Join Ed & Liz on our Ride to Fillmore's for lunch. This will be an easy flat ride of 30 miles through the borough of Queens. We will circle the globe and eat in a pub like atmosphere. Join us on this warm winter journey for a trip around the world and a great lunch. Bring \$10.00, for a real lunch-Bring bike lock, restaurant is bike friendly, and a good attitude. Co-listed with 5BBC.

## Sunday, February 19, 2006

**A18-20 40-50 9:00 am Over the GWB and beyond**

*Leader: You and your riding buddies, Please check the message board*

*From: Central Park Boathouse* Have you been taking spin classes while your bike has been collecting dust? Do you need to get in shape? Are you in shape already and want to show off those lycra-clad legs?

Plenty of SIG, STS, and club rides are looming in March, so get out and ride! Look, you are going to ride anyway if the weather lets up even a bit, so why not ride WITH someone? Come to the boathouse and be prepared to make some new friends. Depending on the weather and the group, the route, pace, and distance may vary. Please check the NYCC message board before for updates.

## Saturday, February 25, 2006

**A19+/- 50+/- 9:00 am Spring Training Series Prequel**

*Leader: Fred Steinberg, 917 572-8926*

*From: Central Park Boathouse*

Next week is the official start of the A-level Spring Training Series (STS), a series of rides which will be progressively longer and more difficult and will get you in shape for the warm weather riding season. The series is for any experienced A-rider (i.e. familiar with the NYCC paceline protocol) looking for a ride. We'll head for a warm diner on whichever side of the river the weather gods deem preferable. Check the NYCC message board for updates.

## Sunday, February 26, 2006

**A18-20 40-50 miles 9:00 am Over the GWB and beyond**

*Leader: You and your riding buddies, Please check the message board*

*From: Central Park Boathouse*

Have you been taking spin classes while your bike has been collecting



dust? Do you need to get in shape? Are you in shape already and want to show off those lycra-clad legs? Plenty of SIG, STS, and club rides are looming in March, so get out and ride! Look, you are going to ride anyway if the weather lets up even a bit, so why not ride WITH someone? Come to the boathouse and be prepared to make some new friends. Depending on the weather and the group, the route, pace, and distance may vary. Please check the NYCC message board before for updates.

**B17ish 40± miles 9:00 am Winter Warm-up: (Hot) Chocolate Chaser**

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

*From: City Bakery, 18th Street between 5th and 6th, Manhattan*

You may want to have a very small breakfast this morning... We meet at City Bakery, noted as one of the best places for hot chocolate in NYC, where they will be celebrating the final days of hot chocolate month with a special flavor each day. We'll then try to get ourselves a good workout before a surprise ending with what is arguably the best hot chocolate anywhere. My pick for sure, as well as those on the ride last year! No real lunch stop, although we will take a quick break mid-ride to fuel up and warm up. Helmet required, subway pass suggested. Cancels: rain, snow, wet roads, or (possibly) temperature below 30° (-2°C) at 8:30AM. Check message board if in doubt.

**C12 25 miles 9:45 am World's Greatest Pancakes**

*Leaders: Alfredo Garcia, cyclistxiii@yahoo.com, 646-312-1677; Ed DeFreitas (5BBC Counterpart Leader)*

*From: City Hall*

Snowed/frosted out in December? Let's thaw out and begin anew. We'll take the Staten Island Ferry, get on Richmond Terrace and pedal over the Bayonne Bridge. Broadway Diner lunch. You'll savor those pancakes. Ride it off to Liberty State Park, the Colgate Clock and the Hudson River Walkway waterfront with a breath of fresh air & the New York skyline. Return choices from Hoboken via PATH train or NY Waterway ferry. Bring lock & lunch/return trip \$. Co-listed with the 5BBC.



Top: a bike messenger weaves his way through buses and pedestrians on London's Oxford Street in November 2005 and below: a Routemaster bus – a bedrock of London's bus system for five decades – seen just a few weeks before being retired from service. On Saturday, July 7th, 2007, the buses, pedestrians and bike couriers will yield the streets of Central London to the Prologue of the Tour de France

# Bike Cargo Boxes Available To Rent



NYCC now owns two bike cargo boxes that will allow you to bring your bicycle on an airplane. The boxes measure 30"x47"x10" and come with wheels. They are available for rent by club members for \$25 per week. There is a non-refundable reservation fee of \$25, which will be deducted from the final cost of the rental. A pedal wrench is included as well as instructions on how to pack your bike. To reserve a box please call Joanne McGarry, 212-505-2755, or e-mail:

Joanne.McGarry@mail.co.nassau.ny.us  
Checks payable to NYCC

**NYCC**

# I want YOU

**NYCC****At West Point****This July 4th Weekend****MARK YOUR CALENDARS NOW****NYCC****NYCC July 4th Weekend at West Point****Saturday July 1 to Tuesday July 4th, 2006****Details and registration will be available by April 1, 2006**



**AMERICAN FRIENDS OF RABIN MEDICAL CENTER  
INVITES YOU TO RESERVE YOUR SEAT NOW  
The Israel Bike-A-Thon to Beat Cancer  
4 Days / April 21-24, 2006**



Join Israeli Olympians and star athletes.

Travel together the byroads of Israel in Spring 2006 from the Metulah / Golan Heights ending in Jerusalem at the Western Wall meeting the Mayor of Jerusalem on April 24th. The itinerary takes riders past important sites from the Zionist and pioneering history of Israel.

Choice of short and long distance routes for all levels of riders.

Donations to benefit the Davidoff Cancer Center at Rabin Medical Center, Israel's premier medical facility in Petah Tikvah.

**If you cannot be with us, sponsor a rider by pledging dollars for miles.**

**Early registration required. 100 spaces available.**

**Contact: AFRMC 212.279.2522 or [www.afrmc.org/bikeathon](http://www.afrmc.org/bikeathon)**

Minimum trip sponsorship is \$3600 plus registration fee.

Price includes all air, food and accomdatations for bike ride

Sponsored donations are tax deductible. Bring your own bike or rental bikes available in Israel.

Approximate departure April 19 and return April 24. Trip extensions possible.

**AMERICAN FRIENDS OF RABIN MEDICAL CENTER  
220 Fifth Avenue Suite 1301 NY, NY 10001**



# 20th Anniversary



Class of 2005: the A-Classic SIG poses for its graduation picture on its ultimate ride to the top of Bear Mountain and back

## A-Classic

This year the A-SIG celebrates its 20th Anniversary. Christy Guzzetta, the man who started it all those many years ago, will captain the program with the determination to make this year's A-Classic SIG one of the best ever! Joining him is a select group of equally enthusiastic and experienced leaders.

The program features a series of 12 rides, each gradually building in distance and speed from the previous, leading up to a final 108 mile graduation ride to Bear Mountain and back. The leaders teach skills, focusing primarily on how to ride in groups (pacelines) with the aim of creating confident, skilled and responsible cyclists. This serious training program requires an equally serious commitment of time and effort from each participant, yet those who complete it come away with many enriching experiences and new friends.

The A-SIG Classic takes place every Saturday from March 4 through May 20. Rain dates are Sundays. If rain seems a threat to any ride, check the NYCC Message Board for updates, or call the designated ride leaders for that week as published in the NYCC bulletin.

Rides in the early part of the series start at 9:00 AM. Be prepared to spend your entire day doing the SIG rides. Some days you will get home at 2:00. Other days, due to an abundance of flat tires, mechanicals, refueling stops, or as the rides get longer, you may not get home until 5:00 or beyond. As the distances increase and the weather gets warmer, the rides will start earlier. We will

remind you of earlier start times the week before each ride and each ride is listed in the NYCC Bulletin and online ride listings.

Each ride is broken up by a breakfast or lunch stop at a diner or deli. The point of the stop is to get acquainted with your fellow SIG mates and the leaders and to talk about training and biking or the latest great movie you just saw. Believe us, when we get into the longer rides, you'll be praying for those diner stops. Throughout the series your ride leaders will instruct you about bike fit, handling, safety and organizing and leading rides. The A-SIG is meant to be FUN and social, as well as instructive.

Participants must accept coaching and criticism from the leaders about their rid-

ing. We focus on skill, safety and building confidence in group riding. You may be in great shape, but can you ride predictably, smoothly and co-operatively? Speed and endurance will follow as you train and master group riding skills.

The success of the A-SIG program stems from the commitment made by each of the participants. Commitment fosters consistency, which builds strength, skill and confidence, ultimately leading to groups of confident, skilled riders who navigate the challenges the road coughs up predictably and safely. Everyone needs to remain on the same page in training and skills in order to ensure the progress and safety of the group. Participants are expected to attend all sessions. No one with more than two unexcused absences will be permitted to continue. The A-SIG Classic does not accept new participants after the third week of the program. Graduates of the A-SIG Classic are expected to complete the graduation ride on May 20 (Rain date: May 21).

By the third week of the series, all participants must be members of the New York Cycle Club.

If you want to participate in the 2006 A-SIG Classic please pre-register on-line at [www.nycc.org](http://www.nycc.org). Actual registration takes place on March 4, however those who pre-register will not have to fill out lengthy forms on that day which will help the orientation to zip along. Pre-registration also helps us plan ahead.

The A-SIG Classic and A-19 SIG will hold a joint registration, orientation and first ride (different destinations) on Saturday, March 4, meeting at the Blessed Sacrament School cafeteria, on the north side of West 70th Street, between Broadway and Columbus Avenue. Registration starts at 8:30 am and Orientation begins promptly at 9:00 am.



The gathering of the SIG: A-19 Siglets gather in the Parking Lot of Central Park in mid-March, 2005. There is often time for a chat before the serious business of riding and learning the art of single and double rotating pacelines begins. Picture by Anthony Poole



# y edition of SIGs



Class of 2005: A-19 SIG graduates and captains and leaders pose for the cameras at the graduation ceremony, June, 2005

Bring your bicycle and be prepared to ride. The A-SIG will allow for new participants in the first couple weeks. Contact the A-SIG Classic captain, Christy Guzzetta, for details.

## A-19

Hold onto your helmets! Grab your water bottle! Are you ready to blast off into 2006 with what promises to be one of the most thrilling experiences of your life?

Do you want to feel exhilarated every Saturday afternoon? Are you prepared to embark upon a three-month journey that will challenge you physically and mentally? Are you ready for an intense camaraderie, born of the extremes of physical endurance matched to weather, unexplored terrain, the privation of Saturday-morning luxuries, and the shared objectives

of ending up as an improved and confident cyclist? If so, maybe you're the type of person we need to kick-off the sixth running of the A-19 SIG.

This program was carefully designed for serious riders interested in improving their cycling skills and physical capabilities. Each week, under the careful tutelage of our fantastic team of leaders, you'll ride a little further, a little faster, and a lot more confidently, because you'll be learning all the skills used regularly by A riders. You'll also look incredibly on your two-wheeled weapon of choice.

Rider and group safety are the focal points of this program at all times. You'll become comfortable and expert at riding in single and double rotating pacelines, hill climbing, shifting, braking, and communicating while riding. You'll learn how to train, eat, dress, and prepare for cycling success. You'll become familiar with the essentials of bike maintenance and what to do in case of a crash or injury on the road. Your leaders will make you ready to enter the cycling season as a capable cyclist, ride leader, and an enthusiastic supporter of the NYCC.

Sounds a lot like the A-Classic SIG? Well it should. The leaders of the A-19 Sig are either seasoned A-Classic SIG leaders or graduates of one of the A Sig programs. Both A Sigs are co-ordinated and there is an opportunity



Co C-SIG captain/co-ordinator Jim Janof records the time of a C-Siglet on her self-test in Central Park, March, 2005

to change groups during the first few weeks if you feel you made the wrong choice at the outset.

The main difference between the two programs is the target cruising speed. For the A-19 SIG, we aim to achieve a target flat-terrain cruising speed of 19 mph during the last few weeks of the program. Graduates of the venerable A-Classic SIG are expected to cruise at faster speeds.

What do you have to do to participate and graduate? There still is no such thing as a free lunch. We expect all participants to take this program very seriously. From the first ride on March 5 to the graduation ride 11



A-19 SIG co-captain Ed Fishkin briefs Siglets on pedal cadences in the Boathouse parking lot in March, 2005.



A-Classic SIG co-captain Timothy McCarthy briefs siglets in Central Park, March, 2005





C-SIG captain Patricia Janof trains for the forthcoming SIG series in February 2005, midway through *The Gates* exhibition. Picture by Anthony Poole

weeks later, we own your Saturdays. You should attend all sessions. We expect you to be self-motivated and to train several times a week on your own or in small groups.

No one with more than two unexcused absences will be permitted to continue. Here's the deal: everyone must become a member of the NYCC by the third week, sign up with us to lead two non-Sig rides, participate in the leadership seminar we offer and take our First Aid course. You are expected to be punctual, with your road bike ready to go. Mountain bikes are not encouraged; bikes with aero/tri bars and riders without helmets will not be permitted.

There will be a leisurely 30 miles 'meet the leaders ride' on a Saturday in February. You can shake the winter cobwebs from your knees and take the opportunity to ask your leaders about the program. Check the website for further details.

We will nurture you while beating you into shape. Some of you will love us; others will hate us, but all of you will thank us for the great experience that will be the A-19 SIG.

If you have any questions, please contact one of the A-19 Sig Ocaptains: Ed Fishkin at (917) 578-1078 or Jim Galante at (201) 503-9192. We look forward to seeing you.

## B-SIG

Do you want to jump-start your season? Want to learn good bike handling skills? Improve your stamina, strength, and speed? Get to know some of the great NYCC routes? Learn how to ride safely in a group. Work together with other riders to make any ride easier and more enjoyable? Then take a look at our 2006 B SIG Riders' Guide (in the Rides/SIG/B-SIG section of club's website [nyccl.org](http://nyccl.org)) and decide if you want to sign up

for our 10-week progressive training & cycling skills series.

The B- SIG will consist of three speed categories:

- **B16:** will progress from a 14-mph pace and a 30-mile distance on the first day to a 16-mph pace and 70 miles by early May.

- **B17:** group will start at a 15-mph pace and 30 miles and work up to a 17-mph pace and 90-miles by early May, with the option of doing a century on our penultimate ride.

- **B18:** group will advance from a 16-mph pace and a 30-mile ride up to an 18-mph pace and 90 miles by early May with the option of doing a century on our penultimate ride.

Note that any NYCC ride's average speed is typically 3-mph less than the indicated pace.)

Plus the B- SIG's dirty little secret is that we also put extra emphasis on making friends and eating great food.

That's it in a nutshell. If you want to participate after reading the 2006 B SIG Riders' Guide follow the sign up instructions on page 4. Space may have to be limited, as last year we started

The art of the rotating double paceline: An A-19 group barrels south on 9W after a ride into Rockland County, April, 2004



Don't procrastinate, pre-register early. We will get back to you before it all starts on:

Saturday, March 4th. Meet at 9:20 AM at the north end of the boathouse parking lot. You will time yourself for four laps around the park, followed by an indoor orientation meeting at Blessed Sacrament School Cafeteria, on the north side of West 70th Street, between Broadway & Columbus Ave. Pizza will be served during the meeting, so please bring \$ to cover cost of the lunch. In the event of rain on Saturday, we will hold our meeting at the School Cafeteria (1 PM) and try to ride on Sunday 9:20 AM.

## C-SIG

**Saturdays: mid-March to May 13**

**For beginners and uncertain intermediates who want to have fun**  
Maybe you haven't been on a bicycle much since you were a kid. Or you'd like to do more than circle the park, but don't know what to do about it.

Join a group of fun-loving riders for bicycle day trips that start small, but will eventually have you confidently doing 50 miles or more into the countryside and back in a day.

Yes, that's you we're talking to — and you can so do it. Just wait until you actually manage your 65-mile graduation ride in May!

Join the C-SIG and learn:

- How to be a safer, stronger, more competent cyclist
- How to ride 'street smart' with a group or alone
- How to get up hills (even steep ones) without frying your lungs, busting your knees or tying your muscles into burning knots
- How to buy the right kind of bike for the riding you do and also make sure it fits you — and then learn how to maintain it





Class of 2005: B-SIG group being lead by Wayne Wright

in peak condition once you own it

- Clever techniques for going faster and farther with less effort
- Routes, maps, cue sheets and how to get the most out of them
- What to wear to keep you warm when it's cold and comfortable when it's hot and how to look remarkably cool in the process.
- Stretches and strength-training techniques to keep your cycling muscles flexible and strong
- Nutrition secrets of the bicycling pros.

This is the SIG that's been called, "A college education in cycling." And it's completely, totally, blessedly FREE with NYCC membership.

All we ask is that you make a commitment to attend each week and be willing to learn from our instructors. You must also join the NYCC before the SIG series starts in mid-March.

We start March 11th or March 18th (you choose the day) at 9:30 AM with a mandatory 18-mile Self-Classification ride – three times around the park – that helps us place you in the right group so you can get the most out of the SIG. Then SIG training rides begin March 25 for 8 Saturdays, from

about 9 am-5 pm (well, we eat lunch, too!). If bad weather cancels a Saturday ride, we ride on Sunday.

Pre-registration on the NYCC C-SIG web page is required (<http://www.nycc.org>). It gives us a head start on enrollment forms and lets us plan for the number of riders who will show up. The web page and this bulletin also have information about how to join the NYCC.

You are required to wear a bike helmet and bring a bike in good repair, with recently inflated tires, a spare tube that fits your tire and a water bottle. It's cold in March! Wear gloves and layered clothing, topped by a windbreaker. Your knees should be covered. If it's windy, wear a thin head warmer or ear warmer. Rain, wet roadways, or temperature below 35 degrees postpones.

It's not too soon to start preparing for the SIG. The best way to practice riding is to ride! Just be sure to dress warm and wear a helmet (see above).

If you don't know much about using your gears, start with your front and back gears in the middle positions. Practice shifting your back gears up and down and get used to how the pedals feel easier or harder to push as you change gears.

Practice hill climbs by climbing hills! Get into your easier gears (less resistance on the pedals) when climbing and shift into higher gears (more resistance) when going down hills.

Use both brakes to slow and stop. On downhills, practice 'feathering' the brakes – gently squeezing, then releasing – so that you feel in control.

Indoors, you can build up your cycling muscles, too. At the gym, use the leg press, leg raise and hamstring curl machines. No gym? Try lunges and squats. Besides leg muscles, try pushups for shoulder and arm strength.

Lots of crunches or Pilates workouts will strengthen your abs and help prevent lower back pain. And while your muscles are warm, don't forget to gently stretch them.

Be sure to read the Frequently Asked Questions link on the C-SIG web page, and look for more information in the March Bulletin.

**Feel free to contact Patricia Janof (212) 737-1668 ([patricia.janof@verizon.net](mailto:patricia.janof@verizon.net)) or Gary McGraine (212) 877 4257 ([garynycc@aol.com](mailto:garynycc@aol.com)) if you need further help.**



# Berkshires Weekend Memorial Day Weekend May 26-29

It's not too early to think about spring. The NYCC 2005 Berkshires Weekend is only 4 months away. There's 3-4 days of cycling through the beautiful country roads, farmland and of course the Berkshire Mountains. There'll be rides for cyclists at every level. And we're returning to the Egremont CC for our windup dinner for only \$30.00 a head! If you have any doubts, ask anyone who was with us in 2005.

It's not too early to reserve a place to stay. Book your favorite B&B now! Please refer to [NYCC.org](http://NYCC.org) and follow the links to Weekend Events and the Memorial Day weekend. There you will find links to local hostelries as well the Active.com form for registration for the NYCC Sunday night dinner. Since we will again be distributing our information packet by e-mail, registration via Active.com is the easiest way to give us your E-mail address.

New routes and new ride leaders are always welcome. If you are familiar with the Sheffield/Great Barrington area and want to do either, let us know.

For further information, contact [Berkshires@NYCC.org](mailto:Berkshires@NYCC.org) or call Fred Steinberg (212 787-5204). Up to date information will be posted on the club's website ([www.nycc.org](http://www.nycc.org)) and weekly E-mailings.

The logo for the New York Cycling Club (NYCC) is displayed in a large, bold, white serif font. The letters 'N', 'Y', and 'C' are connected, and the second 'C' is also connected to the final 'C'. The logo is set against a background of green foliage and a rainbow in the sky.

**NYCC**



# NYCC Board Minutes

**November 7, 2005:** The meeting was called to order @ 7:05 pm. In attendance were Deborah Bennett, Hal Eskenazi, Mark Gelles, Timothy McCarthy, Stan Oldak, David Sabbarese, Barbara Spandorf, Fred Steinberg, Wayne Wright & Scott Wasserman.

**Board Announcement:** We would like to announce that our fellow board member, A STS Co-ordinator, Ride Leader Extraordinaire and all around Good Guy Robert Gray has moved down South, to Mississippi, where his services as an architect are sorely needed. Robert, "Good Luck, we're sure gonna miss you!"

**Special Events:** The November Special Event (dinner and belly dancing at a Moroccan restaurant) is in place and is drawing a large response. The menu for the holiday party has been chosen, and the band has been given a down payment.

**NYCC Elections:** There is a small portion of our membership (14 individuals were identified) that may find it impossible to cast their ballots by the deadline of the monthly meeting on November 8th. These are our members who do not receive electronic delivery of the bulletin, and since the November bulletin was unlikely to reach them in time for them to cast their ballots it was suggested that in the future these people may have to be reminded by telephone.

**Webmaster's Report:** We have discussed and will be addressing improvements in our website security.

**Lifetime Membership:** The Board of Directors has decided to confer a second Lifetime Membership award this year to a long-standing and much-valued member whose name will be announced at the Holiday Party.

**Escape New York:** In spite of ever increasing expenses our annual event managed to eke out a small surplus. We will be able to make good on our pledge to Recycle-a-Bicycle in the sum of \$1000.

**October's Minutes:** Last month's minutes have been approved with minor corrections.

**NYCC By-Laws:** The Board has undertaken a section-by-section and article-by-article re-reading and, if deemed appropriate, re-wording of our By-Laws, which have not undergone significant alteration since 1981. The revised By-Laws will be voted on by the general membership in November of 2006. Art II, Sec II shall now include "All junior members must be accompanied by a parent or legal guardian, or have written authorization from a parent or legal guardian, on all club rides, or to participate in any club activities." Art II, Sec III the first sentence shall now be "Annual membership dues shall be set by the Executive Board with membership approval payable to the Member-

ship Director on or after January 1st of each year." Art II Sec IV shall now read "Expulsion of membership status shall be subject to 34 (75%) of those present at the Executive Board meeting in attendance."

**SIG Scholarships:** The Board is considering a new initiative in which the club would partner with young adults by offering SIG Scholarships as a way of encouraging cycling. Details will need to be worked out.

**Open Board Member Positions and Ride Leader Incentives:** Open Board member positions, and to a lesser extent, un-opposed elections, and a paucity of Ride leaders are a source of concern. The Board will welcome any and all ideas and suggestions that will result in more participation among our membership that will help to fill these voids.

**Miscellaneous:** The Board has authorized the A & B SIG leaders to proceed and rent the same space as previous years to conduct their orientation meetings. It was resolved to offer holiday gratuities to the staff at Annie Moore's at the same level as last year in recognition of their service extended to us during our monthly meetings.

Respectfully submitted by Dave Sabbarese

For Kathleen Jennings, Secretary

**December 6, 2005:** The meeting was called to order at 7:15PM. In attendance were Stan Oldak, Mark Gelles, Jeff Terosky, Annaline Dinkelmann, Carol Waaser, Ellen Jaffe, Hal Eskenazi, Dave Sabbarese, Kim Jenkins, Scott Wasserman, Reginald Johnson, Barbara Spandorf, Timothy McCarthy.

The November 2005 minutes were approved.

**Member News:** It was noted with regret that NYCC member Jim Babbitt has passed away. An announcement to that effect will go into the newsletter.

**West Point:** Ed White, NYCC's West Point Weekend Organizer Extraordinaire, is moving to Denver. As of now there is no designated successor. However, true to form, Ed has a jump on West Point 2006, having already set up the Active website, reserved the Thayer, the boat and caterer. No band has yet been secured.

**Membership Registration 2006:** 2006 NYCC membership registration becomes available on Active.com as of December 12, 2005. New NYCC Active account manager, Matt Clymer, will work to keep things in order and reconcile any membership mix ups related to ENY registration. There are approximately 1900 registered NYCC members in 2005.

**Special Events:** Le Souk was a somewhat disappointing venue for the November event.....overcharging for 25

when only 21 attended, and over promising (no dessert was served). Christmas Party 2005 at Gonzalez Y Gonzalez 49 registered to date.

**January Event:** A skating event at Wollman Rink was suggested as the January club event.

**Spring 2006 volunteer recognition party:** Last year's church party room cost no more than \$100. Food & drink was about \$1,100. It was suggested that the venue was rather grim. Alternative venues for the spring 2006 volunteer recognition party will be investigated. Suggested dates: February 6-10, 2006.

**Webmaster's Report:** Tom Laskey has volunteered to help out with the website in a position we will call 'web elf.' A message board administration program is in the works. It will provide an easier method of administering the message board and will allow for more people to share that responsibility. All official NYCC email addresses have been migrated to a new mail server. This will allow for much better administration of email accounts.

**Business cards:** It is agreed that simple NYCC business cards should be printed for general distribution by ride leaders and for the purpose of general PR at club and other cycling related events. The cards will display the NYCC logo, NYCC phone number, NYCC PO Box mailing address, and the NYCC website.

**NYCC Telephone Number:** The cost saving possibility of switching the club phone account to Vonnage will be investigated.

**Water Bottles:** One hundred and fifty new club water bottles will be ordered; the blue transparent 2-color model with Vivian's design.

**Escape New Year:** October 14 is the designated date for ENY 2006.

**NYC Bike Safety Action Plan:** The board agreed to sign onto a letter to Mayor Bloomberg supporting a New York City Bike Safety Action Plan.

**SIG Scholarship:** The club needs a SIG scholarship coordinator.

**Insurance:** The club lacks BOD insurance.

**By-Laws:** Changes were proposed for page 2 of the NYCC By-Laws.

**Noted:** The board would like noted its great appreciation for the time, effort and creativity of retiring board members Wayne Wright, Robert Gray, Hal Eskenazi, and Kathy Jennings.

**Next Board Meeting:** The next board meeting will be on January 3, 2006 at Kim Jenkins office, 52 Vanderbilt Avenue.

Respectfully submitted, Ellen Jaffe, Secretary

## Spring Training Series 2006



The Spring Training Series (STS) are early-season rides for experienced cyclists who want to enhance their riding skills and improve their strength and endurance through a graduated training program. STS rides offer no instruction. They are simply rides that offer the camaraderie and friendly support of like-minded riders in a series of organized group rides. This year the NYCC offers Spring Training Series at the following levels: A23, A19, B17, C12 as well as a long-distance training Audax series.

To participate, you don't need to sign-up in any way or show up for every ride. In addition, you need not have completed a SIG program, though it is highly recommended. Leaders of STS series may turn away riders that they find lack skills and/or pose a threat to the safety of the group.

An STS A23 group heads out of the boathouse in Central Park on March 5th, 2005. Picture by Anthony Poole

# Please read this before your first club ride

**NYCC RIDES** are led by volunteer leaders who plan the route and maintain the listed speed (e.g. B15= B level at a15 mph cruising speed — see charts). Our rides are described by pace and style because it's more fun when the group is of similar ability. We ride for fun, fitness, and food.

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

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

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

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

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

**BIKE TRAINS:** On Saturdays and Sundays, Metro-North has scheduled specific trains to and from Grand Central Station to accommodate large groups of cyclists. Bike trains are indicated by a bicycle symbol on the printed Metro-North timetables. Schedules change frequently. Visit <http://www.mta.nyc.ny.us/mnr> for the latest schedule. MetroNorth requires prior notice for large groups (16+) on scheduled Bike Trains and groups of three or more cyclists on a regular train. When submitting a ride involving train travel, please e-mail details to our MetroNorth liaison, Hank Schiffman, at [hschiffman1@nyc.rr.com](mailto:hschiffman1@nyc.rr.com) and give him plenty of notice.

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

RIDE LEVEL	DESCRIPTION
A	Vigorous riding with advanced bike handling ability, including co-operative paceline skills. Stops every 2 hours or so.
B	Moderate to brisk riding with more attention to scenery. Stops every hour or so.
C	Leisurely to moderate riding, sightseeing and destination oriented. Stops every half-hour or so.

CRUISING	CENTRAL PARK SELF TEST
SPEED	FOUR LAP TIME
22+ MPH	1:10 OR LESS
21	1:10 TO 1:13
20	1:13 TO 1:16
19	1:16 TO 1:20
18	1:20 TO 1:25
17	1:25 TO 1:30
16	1:30 TO 1:38
15	1:38 TO 1:48
14	1:48 TO 2:00
13	2:00 TO 2:14
12	2:14 TO 2:30
11	2:30 TO 2:50

## Classified

If you are a club member and have an item/s to offer for sale, send the details to [bulletineditor@nycc.org](mailto:bulletineditor@nycc.org). Include as much detail as possible and please feel free to supply a digital photograph of the item you want to sell.

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](mailto: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 \_\_\_\_\_

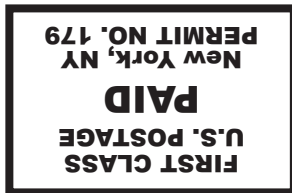
Check (if applicable) ☐ Do not print my ☐ Address ☐ Phone ☐ EMail in the NYCC Roster

☐ 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](http://www.nycc.org/home_join/shtml) and click onto the active.com link. NOTE: ALL FULL-YEAR NYCC MEMBERSHIPS ARE ON A CALENDAR YEAR BASIS ONLY.



**First Class Mail**  
**Dated Material!**



## **Tuesday, February 14th, 2006**

### **Triatlhons demystified on Valentine's Day**

**(Bring your valentine for a special Valentine's Day surprise)**

**E**ver thought about trying a tri but thought it would be too trying? It might be just the challenge you're looking for. You don't need to complete a full-blown Ironman to be a triathlete, any more than you have to do the Tour de France to call yourself a cyclist. At the February meeting, Ironman veteran Robert Pennino, founder and head coach of TerrierTri (<http://www.terriertri.com>) will give tips on how to swim/bike/run smarter and longer and **have fun** doing it. Robert will tell us how to set and meet achievable triathlon goals, how to manage a three-sport workout schedule, and how and where to compete. He will be joined by seasoned and newbie NYCC triathletes to discuss how a cyclist can blossom into a triathlete.

Before the program, NYCC president Carol Waaser will be presenting an ENY donation to Recycle-a-Bicycle (<http://www.recycleabicycle.org>). Any NYCC member who would like to donate something to RAB. can bring it to the meeting.

**Swap table:** Bring bike-related items that you want to swap or sell. Price them, affix your name to them and see them find a new and happy home.

**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.

At the meeting will be Bicycle Renaissance, 430 Columbus Avenue (at 81st Street), New York, NY 10024. Tel: (212) 724-2350 <http://bicyclerenaisance.com/site/index.cfm>. Bicycle Renaissance staff will be on hand to discuss the latest and greatest bike stuff.

**Annie Moore's Pub and Restaurant (Downstairs)**  
**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**