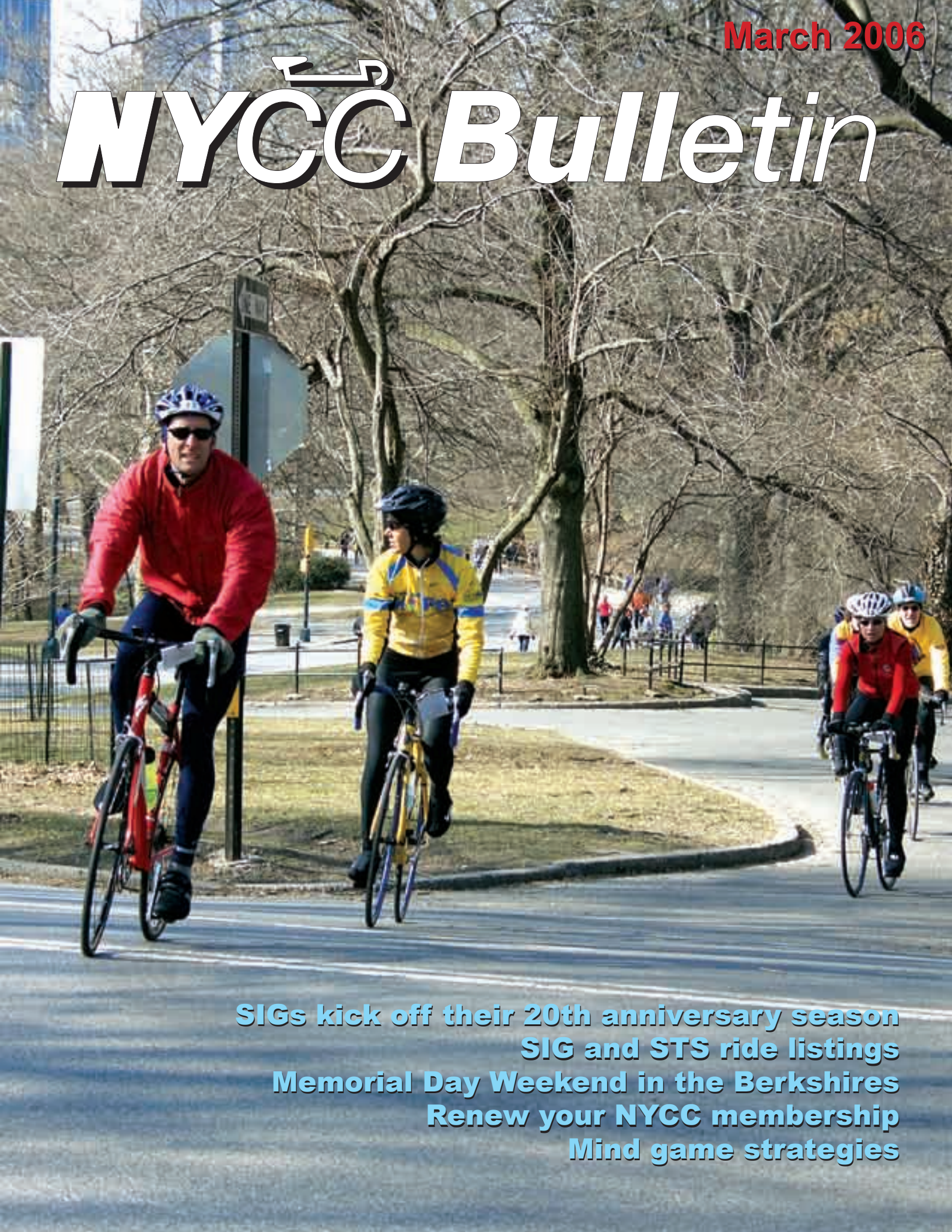


March 2006

NYCC *Bulletin*



SIGs kick off their 20th anniversary season
SIG and STS ride listings
Memorial Day Weekend in the Berkshires
Renew your NYCC membership
Mind game strategies

All in great shape, right?

I am writing this in the midst of our first winter storm – mid-February! But even with 12-14 inches of snow expected, it may be gone by next weekend, since temperatures are predicted to go into the upper 40's or low 50's later in the week; quite a change from last year when weeks went by without being able to get out on the bikes.

Since you've been riding every weekend this winter, you're all in great shape to start the SIGs and STS rides, right? By the time you read this, the season will be upon us. And what a great season it's going to be. We have the usual lineup of special weekends away, we'll have All-Class rides and picnics, Newcomers rides, rides with other clubs, and of course, there'll be a fabulous Escape New York Century in the fall. And that's just the special stuff. We'll continue to have regular club rides, but only if you volunteer to lead one. If you want to become a leader, but don't know how to start, contact the Ride Co-ordinator for your level (see list on this page). He'll put you in touch with an experienced ride leader so you can co-lead a ride or two and learn the ropes.

This year the Club is proud to sponsor a new SIG Scholarship Program for New York City young riders. We are accepting several young people, ages 16-22, into our C, B and A-19 SIGs. The Club will provide them each with a full kit (shorts, jersey, gloves, helmet, pump, water bottles), and each can earn a new bicycle by completing the SIG. We'll be getting the bikes at cost from Fuji, and Recycle-a-Bicycle will assemble them. Congratulations and thanks to the SIG Scholarship committee for putting this together.

See you on the road.

Carol Waaser

Letter from the Editor

On pages 10, 11, 12 and 13 of this month's NYCC Bulletin, you will find a reprint of the article on this year's SIG program as it should have appeared in the hard copy of the February edition. Last month's hard copy contained a pagination error, which meant that the first two pages of the article were not printed and, instead, two other pages were duplicated. I will spare you the details of how this happened, other than to say the error was mine. It was a victim of being worked on late at night and not being double-checked the following morning after the benefit of a night's sleep. I apologise to those who took the time to write and submit the copy.

While we are on the subject of apologies, I also owe two apologies to ride leader Catherine Bent for screwing up her ride listings last month. I was guilty of two misdemeanors here: I changed the name of her ride because I didn't understand it and did so without reference to Catherine; second, I listed a second ride for her on February 18th, even though Catherine indicated to me it was highly unlikely she would be able to commit to leading that ride. I could talk about tight deadlines and being up against it, but they do not excuse the fact I should have consulted her and respected her wishes with regard to the second ride. I am a great believer in admitting the errors of my ways, even though I would wish to lead a less erroneous life. Catherine is one of our highly-valued, volunteer ride leaders and without people like her there would be no NYCC. So Catherine, I'm sorry I screwed up. And I apologise to anyone who braved some chilly temperatures and turned up for the second ride.

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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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Subscriptions: Free to NYCC members. If you don't receive your Bulletin on time, want to change your address, or have any other questions about your membership, **EMAIL** Barbara Spandorf at membership@nycc.org. Please include your name and full address in your message. **Mailing Services:** Thanks to our Mailing Party volunteers. EMAIL Eva Wirth at ewirth@yahoo.com to volunteer for the next mailing.

Display Advertising: Only bicycle-related advertising is accepted. Page size is 7.5" by 10". Rates for camera-ready copy: Full page, \$275; Half page, \$150; Quarter page, \$85; Eighth page, \$50; Bottom blurb, \$45. Frequency discounts available.

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: An A Classic SIG ride 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

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 

SIG Rides in March

Saturday, March 4, 2006

A-SIG 35± miles 8:30 am A-SIG Classic/A-19 SIG joint orientation and Ride #1

Leaders: Christy Guzzetta, 212-595-3674, asig.captain@nycc.org; Ed Fishkin, Edward.Fishkin@woodhullhc.nychhc.org, 917-578-1078; Jim Galante, jim@jimgalante.com, 201-503-9192

From: Blessed Sacrament School, West 70th Street (north side), between Broadway and Columbus Avenue

8:30 AM Registration, 9:00 AM Orientation, 10:15 AM Ride

The A-SIG Classic and the A-19 SIG will hold a joint orientation where the leaders will present their programs co-operatively and answer all questions. The two A-SIG groups will then separate and head out to the destinations of their respective first rides. Each group will stop for a late breakfast at a diner and participants will have more opportunity to talk with the leaders and get to know each other. The Saturday orientation will take place regardless of weather. Temperature below 32°F, (0°C), icy conditions and precipitation postpones riding until Sunday. If we ride Sunday, the meeting place and time will be given at the Saturday orientation and posted on the NYCC website Message Board. Helmets mandatory. Aerobars are not permitted under any circumstances. The A-Classic permits road bikes only. Not sure which program suits you? Riders who can comfortably complete four consecutive laps of Central Park in 1:50:00 or better have enough fitness for the A-19 SIG. Riders who can comfortably complete four consecutive laps in 1:35:00

or better have enough fitness for the A-SIG Classic. If you're still unsure of which A-SIG is right for you please consult with a leader. The Classic and A-19 programs will work co-operatively in the first weeks and switch riders up or down to ensure the fit is right. For more information, or to pre-register for either program, visit the NYCC web site (www.nycc.org) for pages dedicated to each.

B16, 17 & 18 30± miles 9:30 am B-SIG Classification Ride & Orientation

Leaders: Mark Gelles, mgelles@okcom.net, 212-689-1375; Wayne Wright, wwright8@nyc.rr.com, 212-873-7103

From: North end of the Central Park Boathouse parking lot

We'll do four laps of Central Park. You will time yourself for the four laps so we can determine which B-SIG group you will start in. Bring your B SIG registration number and a few bucks for Pizza. After the laps, we'll ride to Blessed Sacrament School Cafeteria (north side of West 70th Street, between Broadway & Columbus Avenue). We will dine and then go over some basic information. This orientation will enable us to start out safely while working together to improve our skills and fitness. Cancels: predicted/actual temperature below 25°F (-4°C); precipitation; wet/slick roads; or high winds. Check nycc.org bulletin board or call listed leaders if uncertain. If weather cancels ride we will have meeting at 1 PM, and try to ride on Sunday.

Saturday, March 11, 2006

A-SIG 50 miles 9am A-SIG Classic Ride #2: Park Ridge

Leaders: Timothy McCarthy, 718-204-78484; Reyna Franco, 212-580-5695

From: Central Park Boathouse, parking lot

Introduction to co-operative group riding

Get to the Boathouse parking lot 20 minutes early in order to sign in and divide into groups. Place your name on the front and back of your helmet (we need to know who you are coming and going!). The purpose of today's ride is to get some base mileage in, get to know each other and get comfortable riding as a group. We will also introduce the idea of pace lines and getting comfortable riding on each other's wheels. Your fearless leaders will give you guidance on everything from road etiquette (for your fellow cyclists as well as motorists who share the roads) to proper bike fit. We'll cruise to the Montvale Diner in Park Ridge via 505 in small single-line groups, eat breakfast, and return to NYC on 501. Only one hill – leader's choice: Churchill? Booth? Walnut? Please bring two full water bottles and some smiles. Helmets required. No aerobars. Rain date: Sunday, March 12.

A-19 SIG 42 miles 9:15 am A-19 SIG Ride #2: Northvale

Leaders: Bessie Oster, 917-806-6906; Laura Colby, 917-859-9725

From: Central Park Boathouse, parking lot

Group Riding

Don't take the tape off your helmet! Who let the dogs out? This week, all of us should be NYCC members. If not, you can use an application blank from the bulletin or sign up on line when you return from today's ride. Now that we've all been training diligently, the differences between our performances are starting to diminish. We'll pick up the pace just a smidgeon and cruise one of the classic routes to the fabled Northvale Diner as we hone the essentials of group riding. The speed will be just right to focus on safety, communication and basic bike handling skills. This is called, 'Holding the juices in.' No one will be dropped today. If you keep improving as much as you did last week, we may even try a non-rotating paceline today.

B16, 17 & 18 43/46 ± miles 9:30 am B-SIG Westwood, NJ

Leaders: David Hallerman, cyclemant23@earthlink.net, 718-499-8171; Tonya Harroun, tharroun@aecom.yu.edu, 718-828-5309

From: Rambles Shed, Central Park

Class this morning is about bike handling skills: cornering, braking, & holding a line. After class we will do our first full ride, taking it easy as we journey to the diners of Westwood. We'll practice the communication and bike handling skills we've learned over the last two weeks. Only one real hill – the infamous Churchill or Walnut – to get us back up the Palisades. Cancels: predicted/actual temperature below 25°F (-4°C); precipitation; wet/slick

roads; or high winds. Check nycc.org bulletin board or call listed leaders if uncertain. If weather cancels ride we ride on Sunday.

C—various 18.3 miles 9:30 am C-SIG Self-Classification Ride

Leaders: Patricia Janof, patricia.janof@verizon.net, 212-737-1668; Gary McGraime, garynycc@aol.com, 212-877-4257

From: East 72nd St and Fifth Ave, just inside Central Park entrance

Pre-registration is required. Three laps around the Park, at a steady, even pace to determine your strength and skill levels. Bring helmet, spare tube for tire, water bottle. You don't need to bring a lock. Wear layered clothing, topped by a windbreaker. Cover your hands, ears & knees against the cold. Your bike must be in good working condition, with tires pumped within the last two days to recommended pressure. We'll provide the help and the cheering section! Rain, wet roadway or temp. below 35°F (2°C) degrees postpones. Check the NYCC Message Board after 7:00 AM or call by 8:30 AM if in doubt.

Saturday, March 18, 2006

A-SIG 60 miles 9am A-SIG Classic Ride #3: White Plains

Leaders: Jason Winstanley, 212-928-6209; Jody Saylor, 212-799-8293; Marni Aaron, 917-613-8678

From: Central Park Boathouse, parking lot

Introduction to single, non-rotating paceline

Today we begin to build a beautiful working knowledge of Westchester – a favorite stomping ground of the A-SIG. We will head out through the Bronx on the Grand Concourse. Did you train during the week? If you didn't, don't bother coming out. Training during the week is critical to keeping up – and everyone will keep up. We will do more miles today. In addition, we will focus on riding in a single paceline, getting a taste of how cool it is to ride on someone's wheel, pulled along in a draft. Arrive at the boathouse 20 minutes early so we can get signed up and on the road promptly by 9:00 AM. Helmets with names on front and back are required. No aerobars. Rain date: Sunday March 19. DEADLINE: all registered A-SIG participants must be members of the NYCC. LAST CHANCE FOR NEW PARTICIPANTS TO JOIN THE A-SIG CLASSIC.

A-19 SIG 55± miles 9:15 am A-19 SIG Ride #3: Mamaroneck

Leaders: Ed Fishkin, 917-578-1078; Richard Edmonds, 212-563-0405

From: Central Park Boathouse, parking lot

Single, non-Rotating Paceline

NO NEW RIDERS MAY JOIN THE SIG TODAY. You are looking so fine! You all did so well last week, your leaders decided to try to advance the syllabus and rotate your pacelining a bit. What you learned last week will evolve into a thing of elegance and beauty today. Advancing to rotating the paceline helps take advantage of the wind breaking effect of the front riders. This will enable us to keep the speed up and preserve our energy. You'll make short work of the well-paved road shoulders on a beautiful and elegant route scoped out by historic master ride leaders. On this ride, stragglers will have to learn to use their cue sheets, the 'no drop' policy will expire in two weeks. Leaders will also decide recommendations for reassignment to the A-Classic SIG or the B-SIG. The usual cancels.

B16, 17 & 18 47/57 ± 9:30 am B-SIG Scarsdale NY or Hartsdale

Leaders: Hannah Borgeson, hannahb@att.net, 212-348-2601; Cathy Martone, cmartone@hallarchitect.com, 718-499-8171

From: Rambles Shed, Central Park

We'll start with a class in spinning – an all-important skill that will save your knees as the years go by, and help you go faster now. We will then head up into Westchester; the B16s to Scarsdale, the B17s & B18s to Hartsdale. There will be a few hills – not too daunting – to practice your spinning. Cancels: predicted/actual temperature below 25°F (-4°C); precipitation; wet/slick roads; or high winds. Check nycc.org bulletin board or call listed leaders if uncertain. If weather cancels ride we ride on Sunday.

C—various 18.3 miles 9:30 am C-SIG Self Classification Ride

Leaders: Patricia Janof, (212) 737-1668, patricia.janof@verizon.net; Gary McGraime, garynycc@aol.com, 212-877-4257

From: East 72 Sreet. & Fifth Avenue, just inside Central Park entrance
See C-Sig March 11 for contact information and other details. Today is the last chance to do the self-classification ride to qualify for the C-Sig.

Saturday, March 25th, 2006

A-SIG 54 miles 9am A-SIG Classic Ride #4: Nyack

Leaders: Marci Bloomstein, 917-570-7005; Mark Loftis, 212-866-5824

From: Central Park Boathouse, parking lot

Introduction to single, rotating pace lines

OK, yeah, you've been to Nyack — or have you? Have you been there in style? Have you shown up as a straggling, wobbly single rider or in tight, smoothly functioning group formation? And who can resist a latte at the Runcible? We've already had a taste of pace line riding from last week. This week, we do more of the same, getting comfortable with it, however today we start rotating the lead. You are now getting to be a steady, smooth, predictable rider. We will ride out to Nyack on Rt 505 and eat breakfast at the Runcible or the Diner. We will return on 9W and really let the pace line rip. Get to the Boathouse parking lot by 8:30 to sign in, separate into groups and talk with your group leaders. Helmets required. Aero bars? Never heard of such things. Rain Date Sunday, March 26. Absolutely no new riders accepted today.

A-19 SIG 50 miles 9:15 am A-19 SIG Ride #4: Nyack

Leaders: Rich Ramon, 646-823-6051; Sharon Shachar, 646-369-6079

From: Central Park Boathouse, parking lot

Single, Rotating Paceline

DEADLINE FOR NYCC MEMBERSHIP TODAY: Payoff begins. You're feeling stronger, muscles ripple a little. Heartbreak Hill will seem a little easier this time. Today, there's only a small change in velocity, but we'll practice and perfect the beauty and elegance of single non-rotating pacelines. Only a double rotating paceline is a more beautiful thing to behold (be patient!). We'll cruise out along scenic bikeways in pastoral Northern New Jersey. This is the classic route to the Mecca of cycling: Nyack. On the way back we'll cruise along perfecting the paceline as a critical 'A' riding skill. We're nearing the last week of our "no drop" policy. Train Harder!! The usual cancels, bring lots of water; go for the gold as well as total clarity!

B16, 17 & 18 53 & 58 +/- miles 9am B-SIG Ridgewood, NJ

Leaders: Neil Botwinoff, botwinoff@tanhelp.com, 212-535-7951; Fred Leffel, fleffel@aol.com, 212-982-0253

From: Rambles Shed, Central Park

All the cobwebs are gone from our winter hibernation, so we're picking up the pace by 1 mph. Class today will be about shifting and gearing, and you'll need most of your gears on this pretty, but somewhat hilly ride west into New Jersey. The B16s will have a late lunch in Westwood after the climbs so bring pocket food. The B17s & B18s are duly warned that most of the hills are after lunch and one of our restaurant choices is considered the best pancake house in the tri-state area. NOTE THE EARLIER START TIME. You'll get the chance to lead part of the ride, too. Cancels: predicted/actual temperature below 25°F (-4°C); precipitation; wet/slick roads; or high winds. Check nycc.org bulletin board or call listed leaders if uncertain. If weather cancels ride we ride on Sunday.

C--various TBA 9:30 am C-SIG , Ride #1

Leaders: Patricia Janof, patricia.janof@verizon.net, 212-737-1668; Christina Bernstein, cbernstein1@nyc.rr.com, 212-243-5182; Gary McGraime, garynycc@aol.com, 212-877-4257; Paul Hofherr, bikeman999@aol.com, 212-737-1553

From: Central Park Boathouse

Our first group ride. You should have been contacted prior to today with the results of your self-classification ride and what group you are in. Your ride leader will let you know starting place and time, what to bring and wear. Check NYCC Message Board after 7 AM if postponed until tomorrow because of weather. For the next eight weeks, we will ride all day, with stops for training and food. The C-SIG ride leaders have planned a great SIG for you!

Saturday, April 1, 2006

B16, 17 & 18 55 & 60 ± miles 9am B-SIG Mamaroneck

Leaders: Rick Braun, rbraun@courts.state.ny.us, 212-477-2575; Marjorie Shaffer, marjorie.shaffer@nyumc.org, 212-387-8347

From: Rambles Shed, Central Park

Our class will be about riding in traffic – skills we all need just to get to the start of our rides each week. And we'll practice those skills as a group quite a bit today, especially on Route 1. But this is a pretty ride and, if the weather's nice, we can picnic by the beach. (If not, we have a few indoor choices.) Cancels: predicted actual temperature below 25-degrees; raining or snowing; wet or slick roads; or steady winds above 40 mph. Check nycc.org bulletin board or call listed leaders if uncertain. And if weather cancels, we try again on Sunday.

Saturday, April 8, 2006

B16, 17 & 18 65 ± miles 9am B-SIG Oyster Bay NY

Leaders: Linda Wintner, lwintner@metlife.com, 212-876-2798; Sandy Watanabe, san@inch.com, 212-995-2915

From: Queens, Statue Civic Virtue (E or F Subway, Union Turnpike/Kew Gardens stop)

Today we will learn the basics of paceline riding; our class will be at our early pit stop (6 miles). We'll practice on the long, straight LIE Service Road both going out and coming back. This is a pretty ride through L.I.'s North Shore horse country. Bring your Metro Card, Train pass and pocket food, as it's a long way to our lunch stop. If weather's nice we can picnic by the Long Island Sound. Return via F train from 169th St. & Hillside Ave. NOTE QUEENS STARTING/ENDING LOCATIONS. Cancels: predicted actual temperature below 25-degrees; raining or snowing; wet or slick roads; or steady winds above 40 mph. Check nycc.org bulletin board or call listed leaders if uncertain. And if weather cancels, we try again on Sunday.

Recurring rides in March

Wednesdays in March

A18 30± miles 7pm Urban Adventure

Leaders: John Zenkus, 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.

Tuesdays and Thursdays in March
(from 14th onwards)

B17 18-24 mi 6:15 am Morning laps in Central Park

Leader: Linda Wintner, lwintner@metlife.com, 212-876-2798

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

Please join me for training laps in the Park. We'll concentrate on building up endurance, form, and good group riding etiquette. Maybe we'll do hill repeats on Tuesdays. I'll teach pacelining for people who don't know how to do it. I've done these rides for several years and they've always been fun. Please check the weekly email listings and message board in case I need to cancel or change anything at the last minute (which I rarely do). I will change the start time to 5:45am in April. Cancels: precipitation or wet pavement or temperature below 25 at the start

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

Regular rides in March

Saturday, March 4, 2006

A23 70 miles 9am STS-A23: NYC-Cold Spring

*Leaders: John Zenkus, jjz2116@aol.com, 917-617-0901; Steve Weiss
From: Central Park Boathouse*

The A23 Spring Training Series first ride is a one-way ride from the Central Park Boathouse to Cold Spring for a return to the city via Metro North, with one stop scheduled around mile 40. This ride's relatively flat profile offers ample opportunity to practice group riding skills. Please bring a Metro-North bike pass, as well as two waters bottles, power bars or gels, money for lunch, a bicycle in good repair, along with the mandatory helmet. Check bulletin board for updates if weather appears unfavorable.

A19 55 miles 9am STS-A19 Ride #1: Pearl River

*Leader: Fred Steinberg, fsteinberg@nyc.rr.com, 917-572-8926
From: Central Park Boathouse*

For our initial ride we'll climb up to Pearl River for brunch at the Muddy Brook cafe and return via Rivervale.

Note: this series is for experienced A riders with paceline skills, A SIG graduates or equivalent. Sorry, no mountain bikes or aero bars. Check NYCC Msg board or call Fred after 7:30am for ride status or route change.

A18* 30± miles 10am STS-Audax

*Leaders: Robert Dinkelmann, Dinkelmann@att.net, 201-666-0175; Harvey Minsky, spokes609@nyc.rr.com
From: Tavern on the Green, West Drive at 67th Street*

Please note this is a progressive training series. Paceline skills are a must and adhering to pace and riding etiquette is a must. If you are aiming to ride brevets, this is your chance to train with like-minded riders. On March 4, we will meet in front of Tavern on the Green (Park West Drive@67th) and then do four laps of Central Park while reviewing our Audax skills.

B15/16 42 miles 9:30 am STS-B17 Ride #1 – Northvale

Leaders: Marci Silverman, mhsilv@yahoo.com, 646-408-4565; Cyna Alderman, nycyna@yahoo.com, 917-520-3073

From: Central Park Boathouse

For B-SIG graduates (or experienced riders) looking to get back in shape with a group this spring, we welcome you to join us for the STS-B17. What better way to start the season? Improve your strength and endurance, have fun and see friends old and new. For further information about the STS-B17, or to get on the email list for cue sheets and details, contact the ride leaders. Bring a positive attitude and all the usual stuff. Cancels: precipitation, wet roads, or temperature below 30°F (-1°C) at 8:30am. Check NYCC message board. If we cancel, we ride Sunday.

C12 30 miles 9am Bike Shop Ride

Leader: Alfredo Garcia, cyclistxxiii@yahoo.com, 646-312-1677

From: George Washington Bridge Bus Station, 178th St. & Ft. Washington Ave. (northeast corner)

Want that new bicycle or gear? Let's go over the GWB and look. Shop itinerary: Piermont, Tenefly, Englewood, Ft. Lee and back to NYC. No lunch – pack pocket food and water. Bring a pannier/bag plus current TA, 5BBC, NYCC, or Rockland Bicycle Club membership card for discounts as well as a credit card to test ride new bikes. Co-listed with 5BBC. Terrain includes long rolling stretches, some busy roads and hilly climbs.

Sunday, March 5, 2006

A19 55 miles 9am Nyack the hilly way

Leaders: Basil Ashmore, Basil@BasilAshmore.com, 917-325-4194; Sienna Parete, sienna_parete@yahoo.com, 646-496-8322

From: Central Park Boathouse

No doubt it's too early in the season for Richard but we'll attempt to substan-

tially follow his route via River Road (now passable?), Bradley and Tweed - but ending up in Nyack for a scone and something hot before returning home via 9W. This will probably be the first ride of the year for some of us so a steady, sensible pace will be the order of the day.

B16 30+ miles 9am Leaderless Ride to Piermont

Leader: Reginald Johnson, rabjohnson@optonline.net

From: Central Park Boathouse, parking lot

Want to ride and not doing the SIG or STS? Meet your new friends on a ride to Piermont or maybe Nyack if you're feeling it. No leader, all are welcome for a nice easy spin down 9W. As always the weather dictates. sub 25 degree temps, rain or icy road conditions cancels.

Saturday, March 11, 2006

A23 75 miles 9am STS-A23: NYC – Brewster

Leaders: John Zenkus, jjz2116@aol.com, 917-617-0901; Peter O'Reilly, ptor@prodigy.net, 201-309-0664; Hank Schifffman, hschifffman1@nyc.rr.com, 212-529-9082; Matthias Stadfeld

From: Central Park Boathouse

The A23 Spring Training Series continues with another a one-way ride from the Central Park Boathouse, this time to Brewster for a return to the city via Metro North, with one stop scheduled around mile 40. Another relatively flat profile will offer time to practice group riding skills. Please bring a Metro-North pass, as well as two waters bottles, power bars or gels, money for lunch, a bicycle in good repair, along with the mandatory helmet. Check the bulletin board for updates if weather appears unfavorable

A19 55+ miles 9am STS-A19 Ride #2: North White Plains-Kensico Loop

Leader: Fred Steinberg, fsteinberg@nyc.rr.com, 212-787-5204

From: Central Park Boathouse

We'll ride to the North Castle Diner for brunch, then either ride home or continue north to loop the Kensico Reservoir and depending on group consensus climb a few hills. Bring Metro-North bike permit. Check NYCC message board for ride status or call Fred after 7:30am. Note: this series is for experienced A riders with paceline skills, A SIG graduates or equivalent. Sorry, no mountain bikes or aero bars.

A18* 30± miles 10am STS-Audax

Leaders: Robert Dinkelmann, Dinkelmann@att.net, 201-666-0175; Harvey Minsky, spokes609@nyc.rr.com

From: Central Park West and West 100th Street

Please note this is a progressive training series. Pace line skills are a must and adhering to pace and riding etiquette is a must. If you are aiming to ride brevets, this is your chance to train with like-minded riders. From the second week on we will meet at Central Park West and West 100th Street to begin our rides to the West side of the GWB.

B16 50 miles 9:30 am STS-B17 Ride #2 -- Seville Diner

Leaders: Marci Silverman, mhsilv@yahoo.com, 646-408-4565; Cyna Alderman, nycyna@yahoo.com

From: Central Park Boathouse

For B-SIG graduates (or experienced riders) looking to get back in shape with a group this spring, we welcome you to join us for the STS-B17. What better way to start the season? Improve your strength and endurance, have fun and see friends old and new. For further information about the STS-B17, or to get on the email list for cue sheets and details, contact the ride leaders. Bring a positive attitude and all the usual stuff. Cancels: precipitation, wet roads, or temperature below 30°F (-1°C) at 8:30am. Check NYCC message board. If we cancel, we ride Sunday.

C12 35 miles 9:30 am NJ Waterfront

Leader: Isaac Brumer, 212-734-6039

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

Shed the 'junk miles' and come on up to Washington Heights for the late start. A fun ride down the NJ side of the Hudson, over to Staten Island

where the ride ends and a return via ferry. Lunch stop and optional PATH bailout in Hoboken or Jersey City. If it's warm, we'll picnic on a pier with stunning city views. Note: Please be ready for a ride that's hilly in places and offers some traffic challenges. Bring a light lock, if possible. Cancels: Precip, wet/icy roads, snow on ground or temp 35°F (2°C) or under at 8. Check message board for announcement.

Sunday, March 12, 2006

A19 50± miles 9:15 am Recovery and Reinforcement

Leader: Jeff Terosky, a-rides@nycc.org, 917-969-8262

From: Central Park Boathouse

Taking the A-19 SIG or A-SIG Classic and need to spin your legs out the day after? Perhaps you want to brush up on your skills and get some extra miles in? We'll further emphasize the skills of the SIGs and smooth riding skills as we travel into New Jersey. The usual cancels, and cancellation of the A-19 SIG the day before cancels also (to accommodate our rain date.)

B16 50-60 miles 9:30 am Jay's LoHud Series/West Bank Vistas

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

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

Piermont, Nyack and/or Rockland Lake via interesting routes such as Rio-Vista/Esplanade, County/Piermont Roads, Tweed, Bradley, Crusher/Christian Herald, River Rd, The Upper Nyack park/Hook Mountain Trail and the newly paved Orangetown Trail. Specific route will be determined by wishes and abilities of group. A brief visit to a mini cycling/touring museum may be included.

Saturday, March 18, 2006

A23 80 miles 9:00 am STS-A23: NYC - South Mountain Road - NYC

Leaders: John Zenkus, jjz2116@aol.com, 917-617-0901; Stephan Geist, geist@un.org; Sal Cenatiempo, spcena@hotmail.com, 917-302-2327

From: Central Park Boathouse

This is a simple out-and-back ride from the Central Park Boathouse over familiar roads with one scheduled stop around mile 45. Please bring two waters bottles, power bars or gels, money for lunch, a bicycle in good repair, along with the mandatory helmet. Check the bulletin board for updates if weather appears unfavorable.

A19 65+ miles 9am STS-A19 Ride #3: New City

Leader: Fred Steinberg, fsteinberg@nyc.rr.com, 917-572-8926

From: Central Park Boathouse

A pretty run up Rt23 to the Rockland Diner in New City, then a return via Lake Tappan, or perhaps a loop of Rockland Lake for some extra miles. Check NYCC message board for cancellation conditions or call Fred after 7:30am. Note: this series is for experienced A riders with paceline skills, A SIG graduates or equivalent. Sorry, no mountain bikes or aero bars.

A18* 40± miles 10am STS-Audax

Leaders: Harvey Minsky, spokes609@nyc.rr.com; Robert Dinkelmann, Dinkelmann@att.net, 201-666-0175

From: Central Park West and West 100th Street

Please note this is a progressive training series. Pace line skills are a must and adhering to pace and riding etiquette is a must. If you are aiming to ride brevets, this is your chance to train with like-minded riders.

B16 55 miles 9:30 am STS-B17 Ride #3: Park Ridge

Leaders: Marci Silverman, mhsilv@yahoo.com, 646-408-4565; Cyna Alderman, nycyna@yahoo.com, 917-520-3073

From: Central Park Boathouse

For B-SIG graduates (or experienced riders) looking to get back in shape with a group this spring, we welcome you to join us for the STS-B17. What better way to start the season? Improve your strength and endurance, have fun and see friends old and new. For further information about the STS-B17, or to get on the email list for cue sheets and details, contact the ride leaders.

Bring a positive attitude and all the usual stuff. Cancels: precipitation, wet roads, or temperature below 30°F (-1°C) at 8:30am. Check NYCC message board. If we cancel, we ride Sunday.
Sunday, March 19, 2006

A19 50± miles 9:15 am Recovery and Reinforcement

Leaders: Jeff Terosky, a-rides@nycc.org, 917-969-8262; Corinne Karmiel, Corinne.Karmiel@som.com

From: Central Park Boathouse

Taking the A-19 SIG or A-SIG Classic and need to spin your legs out the day after? Perhaps you want to brush up on your skills and get some extra miles in? We'll further emphasize the skills of the SIGs and smooth riding skills as we travel into New Jersey. The usual cancels, and cancellation of the A-19 SIG the day before cancels also (to accommodate our rain date.)

B16 30+ miles 9:am Leaderless Ride to Piermont

Leader: Reginald Johnson, rabjohnson@optonline.net

From: Central Park Boathouse, parking lot

Piermont maybe Nyack? Want to ride and not doing the SIG or STS? Meet your new friends on a ride to Piermont or maybe Nyack if you're feeling it. No leader, all are welcome for a nice easy spin down 9W. As always the weather dictates. Cancels: sub 25°F (-4°C) temps, rain or icy roads.

C14 45 miles 9:20 am Park Ridge

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

From: Central Park Boathouse

It'll almost be spring, we get to ride on the south path of the GWB, we eat lunch at one of our favorite NJ diners, what more could you ask? The ride ends at the NY side of the bridge.

C11-12 25 miles 10am C STS Get Back in Shape #1: Scarsdale

Leader: Maggie Clarke, mclarke@hunter.cuny.edu, 212-567-8272

From: Isham St & B'way, Manhattan (take A train to 207 St)

Meet at the Isham Park benches on Broadway in upper Manhattan; Take A train to 207th St, exit at rear of train (elevators available), then walk forward (north) 1.5 blocks on left (Park) side of Broadway. This is the first of a series of C rides to help us get back into shape after a winter of relative sloth. Let's follow the Bronx River bike path, enjoy the geese, ducks and swans and peaceful babbling brook on our first outing. Lunch will be indoors in Scarsdale. Helmets are required; club riding etiquette will be observed. Bring your Metro-North train pass for emergencies. Cancellation: starting temp below 40°F (4°C), wind chill below 30°F (-1°C), icy roads, or 50% chance of precipitation. Call Maggie After 8 am if in doubt.

Saturday, March 25, 2006

A23 85 miles 8am STS-A23: New Brunswick - Carversville, PA

Leaders: John Zenkus, jjz2116@aol.com, 917-617-0901; Peter O'Reilly, ptor@prodigy.net, 201-309-0664; Jeff Wilson

From: Penn Station NY and Penn Station Newark

The STS-A23's final flat ride will allow "rouleurs" to stretch their legs, with the reward being a rare "sit-down" lunch at the Carversville Inn. Meet at Penn Station 8:00 for the 8:14 train to New Brunswick. While a bike pass is not required, helmet, ample food and water, spare tubes and a pump are a must. If the weather appears doubtful, check the message board where the ride's status will be posted by 6:30am.

A19 67 miles 9am STS-A19 Ride #4: Byram Lake Mt Kisco Tarrytown

Leader: Fred Steinberg, fsteinberg@nyc.rr.com, 917 572-8926

From: Central Park Boathouse

The fast, flat shore route out, then into the hills, around Byram Lake to lunch in Mt Kisco. Then we'll ride through the woods to Croton Reservoir, turn south for the long climb up Pine Bridge Rd through Briarcliff Manor and the Pocantico Hills to Tarrytown. Metro-North Bike pass required. Check Message Board after 7:30am or call Fred for cancellation conditions.

A18* 50± miles 10am STS-Audax

Leaders: Robert Dinkelmann, Dinkelmann@att.net, 201-666-0175; Harvey Minskey, spokes609@nyc.rr.com

From: Central Park West and West 100th Street

Please note this is a progressive training series. Pace line skills are a must and adhering to pace and riding etiquette is a must. If you are aiming to ride brevets, this is your chance to train with like-minded riders.

B16+ 60 miles 9:00 am STS-B17 Ride #4 -- West Nyack "Pizzerina Ride"

Leaders: Marci Silverman, mhsilv@yahoo.com, 646-408-4565; Cyna Alderman, nycyna@yahoo.com

From: Central Park Boathouse

For B-SIG graduates (or experienced riders) looking to get back in shape with a group this spring, we welcome you to join us for the STS-B17. What better way to start the season? Improve your strength and endurance, have fun and see friends old and new. For further information about the STS-B17, or to get on the email list for cue sheets and details, contact the ride leaders. Bring a positive attitude and all the usual stuff. Cancels: precipitation, wet roads, or temperature below 30°F (-1°C) at 8:30am. Check the NYCC message board. If we cancel, we ride Sunday.

Sunday, March 26, 2006

A23 80 miles 10:00 am STS-A23: NYC - South Mountain Road - NYC

Leaders: John Zenkus, jjz2116@aol.com, 917-617-0901; Stephan Geist, geist@un.org

From: Central Park Boathouse

Once a month, the STS-A23 offers two rides in a weekend. This repeat of a previous ride is a simple out-and-back ride from the Central Park Boathouse over familiar roads with one scheduled stop around mile 45. Please bring two waters bottles, power bars or gels, money for lunch, a bicycle in good repair, along with the mandatory helmet. Check the bulletin board for updates if weather appears unfavorable.

B14-16 40-60 miles 9:30 am Choices in Westchester

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

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

We all ride together through the Bronx and lower Westchester to Scarsdale. After refueling our engines, we split into two groups: a faster group heads north to sample some of Westchester's most impressive hills; while a slower group has a shorter, but also quite scenic, route home. Weather and group spirits help determine exact routes. Let's hope for sun and a great day.

C11-12 25 miles 10:00 am C STS = Get Back in Shape 2: Closter

Leader: Maggie Clarke, mclarke@hunter.cuny.edu, 212-567-8272

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

This is the second of a series of C rides to help us get back into shape after a winter of relative sloth. Let's venture into NJ on Irv's very pretty route through the burbs of Bergen to the Closter Diner for lunch. Club riding etiquette will be observed. Cancellation: starting temp below 40°F (4°C), wind chill below 30°F (-1°C), icy roads, or 50% chance of precipitation. Call Maggie After 8 am if in doubt.

Sunday, April 2, 2006

C12 32 miles 10:00 am STS-C13 Get Back in Shape 3: White Plains

Leader: Maggie Clarke, mclarke@hunter.cuny.edu, 212-567-8272

From: Isham St & B'way, Manhattan (take A train to 207 St)

Meet at benches just above Isham St on Broadway (underneath the Giant Ginkgo Tree); Take A train to 207th St, take elevator or stairs out at south end of station and go north 1.5 blocks from 207th St. This is the third of a series of C rides to help us get back into shape after a winter of relative sloth. Let's venture north a little further on a very pretty route through the burbs of lower Westchester to a diner in White Plains for lunch. Club riding

etiquette observed. Bring your Metro-North pass for emergencies. Cancellation: starting temp below 40°F (4°C), wind chill below 30°F (-1°C), icy roads, or 50% chance of precipitation. Call Maggie After 8 am if in doubt.

Get back in shape! C spring training series for 2006

By Maggie Clarke



For those of you who, like me, have been hibernating for these many months, I offer a regular series of training rides to get ourselves back into shape this spring. Starting on Sunday, March 19, weather permitting, you can start getting back your former, glorious condition with a 20-25 mile ride in Westchester, gaining in distance and speed each week until we go on one of the Bloomin' Metric rides in the beautiful Connecticut countryside and seaside the Sunday before Memorial Day weekend. My goal is at least 50 miles and at least 13 mph, so we can go touring in the summer and fall with ease.

The series is intended for those who have already graduated from a SIG or riders who are experienced at club riding, so road etiquette will be observed and we will practice riding skills appropriate for C rides – riding straight lines, single file, signaling, spacing, smart use of gears, no pacelines, no jockeying. You don't need to sign up in advance, but riders are expected to be prepared to do the rides as listed (ie pace and distance) and have a properly functioning bike.

The series is modeled after the training series that Irv Weisman and I led for many years prior to the creation of the C SIG in the early 1990s. Therefore, and to maximize our enjoyment of the trees, flowers, lakes and streams, our routes will be inspired by Irv, on less traveled roads where possible. We'll ride in Westchester and Connecticut, Bergen and Rockland, and Essex – the Great Annual Cherry Blossom Ride in April. To maximize the pretty scenery and minimize the drudgery of Manhattan riding, the rides will begin at the subway-accessible GW Bridge or Inwood in upper Manhattan, or the PATH. For further information, email: mclarke@hunter.cuny.edu and watch the bulletin for the rides.

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 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 or call Fred Steinberg (212 787-5204). Up to date information will be posted on the club's website (www.nycc.org) and weekly E-mailings.

NYCC

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 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 9am. Be prepared to spend your entire day doing the SIG rides. Some days you will get home at 2pm. 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, apart from refuelling, 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 riding. 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. Actual registration takes place on March 4. Pre-registering will help you avoid filling out lengthy forms on that day, and it 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. Bring your bicycle and be



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

ny edition of SIGs



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

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 im-



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

proved 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 incredible 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-



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

ordinated and there is an opportunity 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



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

the first ride on March 5 to the graduation ride 11 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 allowed to continue. Here's the deal: everyone must become a member of the NYCC by the third week, sign up 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 is 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 nycc.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 with over 100 folks. Don't procrastinate,

preregister early. We will get back to you before it all starts on Saturday, March 4th. On that day 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



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



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

you – and then learn how to maintain it in peak condition once you own it

- Clever techniques for riding 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 °F (2°C) 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.

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) or Gary McGraine (212) 877 4257 (garynycc@aol.com) if you need further help.

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 a 15 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/bicyclep.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 and give him plenty of notice.

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 SPEED	CENTRAL PARK SELF TEST 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

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

Classified

If you are a club member and have an item/s to offer for sale, send the details to 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.

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



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

Toqa 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

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

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



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.



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Tuesday, March 14th, 2006

Mind Game Strategies

Keys To The competitive Edge

Are you struggling to get up hills, keep up with a group or build you confidence after you crashed? Learn Mind Game Strategies to identify and overcome your obstacles and improve your competitive edge. You can also use Mind Game Strategies to enhance energy management, increase mental toughness, concentration and focus. At the March meeting, **Dr Dan Schaefer**, consultant to sports agents, GM's, coaches and founder of Peak Performance Strategies (<http://www.danschaeferphd.com>) will discuss the secrets used by top performers in professional sports: NFL, NHL/CHL Goaltenders, Major League Soccer, boxing, ultra & extreme runners, golf, tennis, skiing and amateur athletes.

Come and learn how to control negative self-talk, improve your performance zone and prepare for competition. Discover what your competition does that they don't talk about.

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 Workshop, 175 County Road, Tenafly, NJ 07670 Tel: 201.568.9372 <http://www.bicycleworkshop.com>. Bicycle Workshop 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