



**NYCC** *Bulletin*

January 2007

**Renew your NYCC 2007 membership! · 2006 Member Awards - The Results Are In · January Ride Listings**

# PRESIDENT'S MESSAGE

**Greetings and happy new year! My name is Jeff Terosky and it is my pleasure to write to you here for the first time as the NYCC President.** I thought I'd start with a brief introduction of me, and then in February I'll introduce some of the goals that the board and I have set for the upcoming year.

I started riding with the Club shortly after moving to New York City in September of 2000. My first exposure to the NYCC was the spring 2001 A-19 SIG. I showed up for the SIG wearing sneakers and sweat pants on my ten year old mountain bike with fat tires and front suspension. After a fantastic experience with the SIG, a new found appreciation for spandex and narrow tires, and the mentorship of SIG and NYCC leaders like Ed Fishkin, Jim Galante, Herb Dershowitz, Mike Samuel, and Ray Thomas, I decided to get more involved with the NYCC. It is true, cycling is addictive and I wanted to share my new addiction with others. Since Spring 2001, I have regularly led the A-19 SIG, traveled to the Alps and Provence with NYCC members to catch a glimpse of the Tour de France, participated in countless rides sponsored by the NYCC, completed the Tour of the California Alps (aka the "Death Ride"), served the NYCC as A-Rides Coordinator in 2006, and taken a special interest in teaching bicycle handling skills to anyone who will listen!

In addition to my NYCC involvement, I also participated in racing for the CRCA for two years and was a founding member of the sub-team formerly known as Run Media. Recently, I started experimenting with triathloning and completed my first olympic distance triathlon last summer in New York City as a member of the Terrier Tri team. I plan to do my first half-ironman distance triathlon this summer at Lake Winnepesaukee, NH – I hear the swim section of this triathlon is a bit more pleasant than the swim in the Hudson! As you can see, I have come a long way in the cycling world from the inexperienced guy in sweatpants on my mountain bike who started the SIG and I truly credit my involvement in the NYCC for my athletic successes.

I am looking forward to working with our fantastic volunteers this year, and I hope to see all of you at Club events or out on the road sometime soon!

Regards, Jeff

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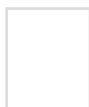
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## NYCC Bulletin

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Submissions: Email your text and/or photos to bulletineditor@nycc.org

Please proof-read your submissions carefully. Submission is contributor's warranty to the NYCC that material is in no way an infringement on the rights of another and may be published without additional approval. Publication is determined by available space. We cannot guarantee that all submissions will be published. A full page of text is 750 to 1,090 words. Material may be edited for brevity and clarity.

Deadline: All submissions and advertising are due to the editor by the second Tuesday of each month prior to publication. Sorry. No exceptions.

File format: Only digital files will be accepted. Image files must be TIFF, EPS, or JPG format. Text files can be in text or .txt format. Please do not send huge attachments without contacting the editor first.

**February bulletin deadline:** All articles, announcements and advertising are due by Tuesday, February 6th.

Address all correspondence to: bulletineditor@nycc.org

# January '07 Club Meeting

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## Tuesday January 9, 2007 Emergency Roadside Repairs

Do you sometimes wish you had knowledge and confidence to perform roadside emergency bicycle repairs? At the January meeting our own Peter O'Reilly will be discussing what to do in case of a roadside emergency, what to have in your bike bag and how to use the tools. And the best part – you have all winter to practice these new skills in your living room while watching TV.

Peter O'Reilly is an accomplished NYCC cyclist and a bike "mechanic" par excellence. Over the past summer he successfully led a series of bike maintenance workshops.

New Menu that **DOES NOT** include Shipyard's pie or chicken. Dessert.

**Place:**

**Annie Moore's Pub and Restaurant**  
(downstairs) 50 E. 43rd St. (west of GCT  
between Madison and Vanderbilt Aves.)  
Subway: 4/5/6/7 to 42nd St./GCT)

**Social hour and dinner 6–8pm**

*Program runs from 8:00 to 9:15.*

## NYCC Youth Program (STILL) NEEDS YOUR SUPPORT!

In addition to the very generous support from our own club, **the NYCC Youth Program is asking for help to bring more young people into the sport of cycling.** We are calling on you to support us financially so that we can continue this program for 2007 and for subsequent years.

Our mission is to help interested young people from the five boroughs of NYC enjoy the sport of cycling, and to create a foundation for their lifetime involvement in the sport. Your donation will help us provide each participant with a package of new bike clothing and gear, as well as the use of a new "entry level" road bike during the program. Completion of the training program allows each of the young participants the privilege of keeping the bike as their own. Cycling has had a positive impact on many of our lives; why not share this with a young person?

Some employers offer matching funds for causes their employees support; so, we encourage you to inquire about this at work.

**To donate funds, please make your check payable to:** "NYCC Youth Program" and mail to: New York Cycle Club, PO Box 4541, Grand Central Station, New York, NY 10163.

For more information contact us by email:  
jenniferthom70@hotmail.com and lynn.baruh@jwt.com

We will list the names of all donors who give \$5 or more – unless asked not to – on the NYCC Youth Program section of the club website. Thanks for your support and we look forward to updating you on our – and especially the young men and women's – progress!!

*\* Please note that as we await a ruling on the non-profit status of this program we suggest at this time that you consider your donation as not tax-deductible.*

**Thank You.**

# NYCC ride listings guide

**NYCC rides** are led by volunteer leaders. The leaders plan the route and maintain the listed speed. We list rides by level and cruising speed classifications in order to help members find rides in groups of similar ability. The pace and style of the different levels may vary, but rides all share the common objective of riding for fun, fitness and food.

**Ride classifications** All rides are classified according to level and cruising speed. The levels are as follows:

<b>A</b>	Fast, vigorous riding with advanced bike handling and paceline skills required. Stops every 2 hours or so.
<b>B</b>	Moderate to brisk riding with attention to scenery. Stops every hour or so.
<b>C</b>	Leisurely to moderate riding at a gentle pace. Sightseeing and destination oriented (a good introduction to the club). Stops every half-hour or so.

A number following a letter indicates the target cruising speed on flat roads: e.g. **B15** = B level at a 15 mph cruising speed. Cruising speed indicates the ride's speed on flat terrain. Average riding speed over rolling terrain is generally 3 mph less than cruising speed. This will vary plus or minus 1 mph, according to terrain. Overall speed, including all rest and food stops, is about 3 mph less than average riding speed.

**Self-test** Assess your cruising speed by timing yourself on a four-lap ride of the complete oval in Central Park (24.4 miles). Ride at a comfortable, sustainable pace. Fewer than four laps will give a false assessment. Find your time below and note the cruising speed.

Four lap time	Cruising speed
1:10 or less	22+ mph
1:10 to 1:13	21
1:13 to 1:16	20
1:16 to 1:20	19
1:20 to 1:25	18
1:25 to 1:30	17
1:30 to 1:38	16
1:38 to 1:48	15
1:48 to 2:00	14
2:00 to 2:14	13
2:14 to 2:30	12
2:30 to 2:50	11

# Your first NYCC ride

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

**Before any ride** Check that your bike is in good riding condition: brakes and derailleurs working well, tires pumped to the pressure specified on the sidewall. Eat a breakfast consisting of carbohydrates and proteins.

**Bring** a spare tube or two, tire levers, patch kit, pump, water, snacks, money, medical ID, emergency phone numbers and rail pass. We also suggest that you bring a lock. Leaders may specify other items in their ride listings.

# Lead a ride

Pick a date, pick a pace, pick a destination, pick a route, write it all up and submit to the appropriate ride coordinator (listed below) by the second Tuesday of the month before you want to lead your ride.

**A-rides**  
Terry Hildebrandt  
a-rides@nycc.org

**B-rides**  
Kay Gunn  
b-rides@nycc.org

**C-rides**  
Scott Wasserman  
c-rides@nycc.org

Lead enough rides during the year and you qualify for a special prize (given out in December):

**3 rides** = NYCC water bottle

**6 or more rides** = NYCC t-shirt

**12 or more rides** (1st time) = NYCC Ride Leader's vest (you can't buy one of these—you have to *earn* them).

**12 or more rides** (2nd time) = any club garment of your choice.

**PLEASE NOTE** Metro-North requires prior notice for large groups (16 or more) on scheduled Bike Trains (Bike Trains are indicated by a bicycle symbol on the printed Metro-North time-tables) and groups of three or more cyclists on a non-bike train. When you submit a ride involving Metro-North to a ride coordinator, at the same time shoot an email off to our trusty Metro-North liaison, Hank Schiffman, at hshiffman1@nyc.rr.com. He will manage all the details but he can not do it on a piecemeal, last minute basis.

# Bicycles and trains

**Bike trains** On Saturdays and Sundays, MetroNorth has scheduled specific trains to/from Grand Central Station to accommodate large groups of cyclists. Bike trains are indicated by a bicycle symbol on the printed MetroNorth timetables. Schedules change frequently. There are no Bike Trains on holidays. Refer to the NYCC roster for restrictions which apply at other times.

**Bike passes** are always required. Bike passes are available at Window 27 at Grand Central or by calling (212) 499-4394 or (718) 558-8228 for an application. Also try [www.mta.nyc.ny.us/lirr/pub/bicycle.htm](http://www.mta.nyc.ny.us/lirr/pub/bicycle.htm)

**Schedules** Here are some commonly used departure and return times for weekends effective 1 October 2006 through 31 March 2007. Contact Metro North for the most current and complete schedules at: [www.mta.nyc.ny.us/mnr](http://www.mta.nyc.ny.us/mnr)

## HUDSON LINE

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

<i>depart</i>	<i>arrive</i>
<b>Poughkeepsie</b>	<b>125th/GCT</b>
3:33 pm	5:10/5:21 pm
4:33 pm	6:15/6:26 pm
5:33 pm	7:10/7:21 pm
6:33 pm	8:15/8:26 pm

## HARLEM LINE

<i>depart</i>	<i>arrive</i>
<b>GCT</b>	<b>Brewster</b>
7:48 am	9:10 am
8:48 am	10:11 am

<i>depart</i>	<i>arrive</i>
<b>Brewster</b>	<b>GCT</b>
5:10 pm	6:35 pm
6:10 pm	7:34 pm
7:10 pm	8:34 pm
8:10 pm	9:34 pm

## NEW HAVEN LINE

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

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

# January ride listings

## Recurring rides

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

### Wednesdays

**A20+ 45-50 9:00 am**

#### The Ride to Grant's Tomb

January 3, 10, 17, 24, and 31

Leaders: Colleen Conway [conwayco@shu.edu](mailto:conwayco@shu.edu), 212 665-096; and David Carr, [carrdavid@gmail.com](mailto:carrdavid@gmail.com)

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

This non-stop regular Wed. ride continues through January. Hopefully, so does the mild weather. We'll go over the bridge, over some hills, back on 9W. Please be sure your bike is in good repair, especially with good tires for the increasingly debris-filled roads.

### Saturdays

**A18-19 35-40 mi 10:00 am**

#### Brevet Training Rides

January 6, 13, 20, 27

Leader: Karl Dittebrandt, [kdittebrandt@nyc.rr.com](mailto:kdittebrandt@nyc.rr.com)

From: George Washington Bridge, NJ side bike path entrance

The goal of these weekly rides, which will continue to the end of February, is to get ready for the brevets of early spring, especially for those hoping to qualify for the Paris-Brest-Paris (PBP) event in August. For information on the PBP, see <http://www.rusa.org/pbp.html>.

We will work on: group riding skills, speed intervals, time trials, brevet riding tactics, and practical matters; e.g. bringing your bike and other equipment.

We won't be riding over 50 miles or over lots of hills because you can do these on your own. These are non-stop rides - no unnecessary stops. We'll ride as a group at a single pace, and not at the individual's own pace.

Temps below 32° F and precipitation cancel.

### Sundays

**A20+ 50-60 mi 8:30 am**

#### Hogwich Series

January 7, 14, 21, 28

Leader: Todd Brilliant, 646 651-9760

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

Fast training ride through Bergen and Rockland Counties with minimal stops and tight pacelines. Most of you know the drill by now.

I'll probably be looking for more hills this month, so please be aware that if you are fast on the flats but lag behind on the rollers and inclines, this ride series may not be for you. Stops are for the pee break and mechanicals only. Temps below 23° F or precip cancels.

**C/B/A 5-10 mi 8:45 am**

#### Snowshoe SIG

January 7, 14, 28

Leader: Marilyn & Ken Weissman, [mollynina@yahoo.com](mailto:mollynina@yahoo.com), 212 222-5527

From: See below

Too cold to bike? Too windy? Hate riding when there may be ice? Don't know what to do now that Sunday football is over? Join the NYCC Snowshoe SIG!

As you may have heard, snowshoeing is one of the fastest growing winter sports. It can be enjoyed at almost any level of fitness. Marilyn and I find snowshoeing to be a high-energy, aerobic sport, enjoyed in beautifully wooded, rolling-to-hilly terrain. And unlike cross-country or downhill skiing—or ice skating for that matter—you don't need multi-hour car rides, groomed trails, lift tickets or skating rinks; if there's snow, you can snowshoe virtually anywhere.

Here's how the SIG works. To join, send an e-mail to [nyccsnowshoe@att.net](mailto:nyccsnowshoe@att.net). Include your address and phone number. Each Thursday, you'll receive an e-mail with the route, meeting place and time. To participate that week, simply e-mail back by Friday evening, indicating you need a ride or can volunteer to carry other participants. More vehicles mean we can use linear as well as circular routes. Seat assignments are on a first come, first served basis, and sharing riders are expected to pay the driver's gas, tolls, etc. Most outings will leave at 8:45 AM, and return to NYC around dusk.

What equipment will you need? That depends on your physical condition, how often you'll be snowshoeing, and weather and snow conditions. We'll send you a list of what we use under various conditions in response to your e-mail.

## Club rides

### Wednesday, January 03, 2007

**A20 45-50 mi 9:00 am**

#### Ride to Grant's Tomb

See description in the recurring rides section above.

### Saturday, January 06, 2007

**A18-19 35-40 mi 10:00 am**

#### Brevet Training Rides

Leader: Karl Dittebrandt, [kdittebrandt@nyc.rr.com](mailto:kdittebrandt@nyc.rr.com)

From: George Washington Bridge, NJ side bike path entrance

See description in the recurring rides section above.

### Sunday, January 07, 2007

**A19-21 50-60 mi 8:30 am**

#### Hogwich Series in January

Leader: Todd Brilliant, 646 651-9760

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

See description in the recurring rides section above.

**B18 65 mi 10:00 am**

#### Sunday Pigskin Ride - Nyack and the Lakes

Leaders: Joe Stephen, [jvstephen@gmail.com](mailto:jvstephen@gmail.com); Ron Gentile, [gentilero@sullcrom.com](mailto:gentilero@sullcrom.com), 718-846-0165

From: Central Park Boathouse

This week, we'll head up to Nyack via a route that passes a few (hopefully not frozen) bodies of water. If you care, you should be home in time to catch at least the 4th quarter of the 1pm wild-card game.

This is a cooperative ride (but don't worry, you can unleash on the bigger climbs), so if you're not feeling cooperative, organize your own race . . . errr . . . I mean, ride. Be comfortable with rotating pacelines - since many of us will not have ridden together in the past, it won't be particularly tight, but that's fine. Here's some good info on pacelines: [http://www.sceniccityvelo.com/content.php?id=Training\\_paceline\\_riding&format=1111](http://www.sceniccityvelo.com/content.php?id=Training_paceline_riding&format=1111)

There are no maps, so make sure you can

maintain the listed pace or have knowledge of the area. We'll have a few cue sheets available at the start point. You should also have a spare tube and pump/CO<sub>2</sub>. Rain, wet roads or temps mid-30s or below cancel.

Keep an eye on the message board as the ride date approaches for updates.

**C/B/A 5-10 mi 8:45 am**

**Snowshoe SIG**

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

See description in the recurring rides section above.

**Wednesday, January 10, 2007**

**A20 45-50 mi 9:00 am**

**Ride to Grant's Tomb**

Leaders: Colleen Conway, conwayco@shu.edu, 212 665-0964; David Carr, carrdavid@gmail.com

From: Grant's Tomb - 122nd and Riverside

See description in the recurring rides section above.

**Saturday, January 13, 2007**

**A18-19 35-40 mi 10:00 am**

**Brevet Training Rides**

Leader: Karl Dittebrandt, kdittebrandt@nyc.rr.com

From: George Washington Bridge, NJ side bike path entrance

See description in the recurring rides section above.

**B15 50+/- 9:30 am**

**B-SIG Preview/Group Training Ride**

Leaders: Linda Wintner, lwintner@metlife.com, 212-876-2798; Paul Hoffher, bikeman999@aol.com; Steve Chabra, s.chabra@verizon.net, 212-677-1090

From: Central Park Boathouse

If you're thinking about joining the B-SIG this spring, or just want to learn about group riding techniques, or want get some group riding practice, join us. (This ride is not mandatory for the B-SIG.)

The leaders will introduce some group riding concepts before the ride starts. As we ride, you can expect some gentle coaching, and over lunch we can talk about the B-SIG's goals, the skills training included, and the rides you'll do, as well as general principles of safe group riding.

There are plenty of bail-outs on the way if the weather turns nasty (bring your Metro North train pass and a MetroCard).

Feel free to call or email the leaders with questions about the ride. We'll stop for a checkpoint/bailout at the last subway stop before we leave the city if anyone appears to be 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.

By the end of the day, we'll be an impressive sight, riding together in a straight line, working together to navigate the road and the route.

Cancels: (1) precipitation or serious threat of precipitation, (2) wet or icy roads, or (3) high temperature forecast for the day below 35 degrees. If in doubt, check the Message Board one hour before the start or call one of the leaders. (Note: Linda won't have access to emails or the Message Board after 6pm on Friday.)

Rain date: 1/20/07

**Sunday, January 14, 2007**

**A19-21 50-60 mi 8:30 am**

**Hogwich Series in January**

Leader: Todd Brilliant, 646 651-9760

From: George Washington Bridge, NJ side bike path entrance

See description in the recurring rides section above.

**B16 40-60 9:30 am**

**Jay's LoHud Series/West Bank Vistas**

Leader: Jay Jacobson, joanandjay@aol.com

From: Central Park Boathouse

Piermont, Nyack and/or Rockland Lake via interesting routes such as Rio Vista/Esplanade, County/Piermont Roads, Tweed, Bradley, Crusher/Christian Herald Rd, Upper Nyack/Hook Mtn Trail and the newly paved (& bridged) 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.

**C/B/A 5-10 mi 8:45 am**

**Snowshoe SIG**

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

See description in the recurring rides section above.

**Monday, January 15, 2007**

**A20 20 mi 8:30 am**

**Mtn Bike: Huber/Hartshorne**

Leader: Carl Kulo, ckulo@earthlink.net, 646 644-8477

From: Penn Station

Intermediate Level Mtn bike ride at Huber and Hartshorne Woods in Neversink Highlands of NJ. (Weather permitting / no snow pack).

We'll take 8:39am train to Middletown, NJ. Post-ride options include lunch and possible visit to Sandy Hook N.P. bike path and beaches. Will return on Seastreak ferry to NYC. Expect a full day.

Must have good fitness level, mtn bike with knobby tires and suspension, and basic comfort with off-road singletrack trails. (Speed noted is on the access roads: trail riding is, of course, much slower)

**Wednesday, January 17, 2007**

**A20 45-50 mi 9:00 am**

**Ride to Grant's Tomb**

Leaders: Colleen Conway, conwayco@shu.edu, 212-665-0964; David Carr, carrdavid@gmail.com

From: Grant's Tomb - 122nd and Riverside

See description in the recurring rides section above.

**Saturday, January 20, 2007**

**A18-19 35-40 mi 10:00 am**

**Brevet Training Rides**

Leader: Karl Dittebrandt, kdittebrandt@nyc.rr.com

From: George Washington Bridge, NJ side bike path entrance

See description in the recurring rides section above.

**B17 90-95 mi 7:00 am**

**Century-A-Month Club : January**

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

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

Join us every month for a 90-125 mile ride. Completing these rides will qualify you for the UMCA's Year-Rounder Challenge Larry Schwartz award: <http://www.ultracycling.com/standings/umc.html>

This month we'll ramble over the GWB through Bergen and Rockland counties. Route and starting location will depend on weather conditions, so please check the message board the day before for

more information.

RSVP is requested, and a simple headlight and taillight for each rider is required.

**C12 30 mi 9:00 am**

#### Carrot Cake Cycle

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

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

Life can be sweet in the Bronx. We'll head to Lloyd's for the best carrot cake in our city. Ride leaves 9:23am sharp. Come prepared and be prepared to ride on some busy roads, hills and greenways — you'll be rewarded with a great time. No lunch & no pacebusting. Ride ends at Manhattan's Clinton Cove Park. Co-listed with 5BBC.

#### Sunday, January 21, 2007

**A19-21 50-60 mi 8:30 am**

#### Hogwisch Series in January

Leader: Todd Brilliant, 646 651-9760

From: George Washington Bridge, NJ side bike path entrance

See description in the recurring rides section above.

**B15/16 40 mi 9:00 am**

#### Short Scarsdale Warmup

Leader: Fred Leffel, fleffel@aol.com, 212-982-0253

From: Central Park Boathouse

Spring is just around the corner (!??), so let's do a short, easy ride up to Scarsdale. Emphasis on easy. Lunch in town at a deli. Plenty of bailouts if the weather's too much.

Temps below 40° or precipitation will cause us to sleep in instead. (Check the message board in the AM.)

**C13/14 33 mi 9:00 am**

#### Pre pre-SIG ride

Leader: Gary McGraime, garynycc@aol.com, 212-877-4357

From: Central Park Boathouse

Join us for a scenic, easy paced ride to Closter (aka Closer), New Jersey. Our destination will be Cafe Amore for warmth, great sandwiches and the Best coffee and pastries. Feel free to ask any questions you may have on winter riding or preparing for the upcoming SIG season. Please check the message board the day of ride @ 7:00 AM to confirm the ride is not cancelled due to uncomfortable or hazardous weather conditions. Reminder: helmet required.

#### Wednesday, January 24, 2007

**A20 45-50 mi 9:00 am**

#### Ride to Grant's Tomb

Leaders: Colleen Conway, conwayco@shu.edu, 212-665-0964; David Carr, carrdavid@gmail.com

From: Grant's Tomb - 122nd and Riverside

See description in the recurring rides section above.

#### Friday, January 26, 2007

**C12 20 mi 7:00 pm**

#### Freedom Ride

Leaders: Josh Gosciak, joshgo@awild.com; Alfredo Garcia, cyclistxxiii@yahoo.com

From: Gandhi statue, Union Square (@ 15 Street, west side of park)

Pull out your parade permits, and hold onto your helmets, because we're heading up to Harlem! What better way to celebrate MLK, whose birthday is January 15, then by meeting up in the park made famous by Critical Mass. We'll kick off way before their ride begins, though, and head out on the Greenway for our own little Freedom Ride to Harlem: we loop around Sugar Hill (150 & Edgecomb), and head back downtown via Striver's Row (138/139). We dine a la soul food, at Mamie's Spoonbread Too (110 & Columbus). Predictably, this ride is recommended for the brave, hungry, and stout hearted only (a Guinness for all, at the end of the ride, at the Brewery at Union Sq.). Bring front and back lights, a horn or bell if you've got one, and an appetite.

#### Saturday, January 27, 2007

**A18-19 35-40 mi 10:00 am**

#### Brevet Training Rides

Leader: Karl Dittebrandt, kdittebrandt@nyc.rr.com

From: George Washington Bridge, NJ side bike path entrance

See description in the recurring rides section above.

**C14 40 mi 8:50 am**

#### Bagels in Bergen

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

From: Central Park Boathouse

We'll ride to the town of Norwood and eat lunch at my second favorite bagel place. Having just returned from 10 days suffering in the heat of south Florida, this should be refreshing for me.

#### Sunday, January 28, 2007

**A19-21 50-60 mi 8:30 am**

#### Hogwisch Series in January

Leader: Todd Brilliant, 646-651-9760

From: George Washington Bridge, NJ side bike path entrance

See description in the recurring rides section above.

**C/B/A 5-10 mi 8:45 am**

#### Snowshoe SIG

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

See description in the recurring rides section above.

#### Wednesday, January 31, 2007

**A20 45-50 mi 9:00 am**

#### Ride to Grant's Tomb

Leaders: Colleen Conway, conwayco@shu.edu, 212-665-0964; David Carr, carrdavid@gmail.com

From: Grant's Tomb - 122nd and Riverside

See description in the recurring rides section above.

#### Sunday, February 04, 2007

**C/B/A 5-10 mi 8:45 am**

#### Snowshoe SIG

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

See description in the recurring rides section above.



# January Club Event

---

Saturday  
27 Jan.  
6:30-9pm

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Leisure  
Time  
Bowling,  
at Port  
Authority  
625  
8th Ave.  
South  
Wing,  
2nd Flr.



## \$22 pp. includes shoes.

It's Saturday night and still Jannnuuary. Buuurrrrr. Haven't done much riding lately. But I don't care how cold it is, I need to get some exercise and spend some time with friends. Here's an idea, spend some time BOWLING with your friends, and future friends of nycc.

That means even if you're new to the club and don't know anyone you will by the end of the evening. You don't have to be a great bowler or even a good one. You just need to "wanna have FUN".

We've reserved lanes at: **Leisure Time Bowling / Port Authority Bowling**  
625 8th Avenue South Wing, 2nd floor.

**<http://www.leisuretimebowl.com>**  
**(212) 268-6909.**

For those who haven't been, it's an oasis in the middle of "metropolis" packed with action and life even in the winter.

Food & drinks are available. And yes, it's cheap, at \$22 per person including shoes. Yes, you may bring a friend if you'd like. After all it's a "Hal party" [short for nycc special event].

Come out. Have fun. Don't be a stick in the mud or couch potato for the winter.

Questions: email [events@nycc.org](mailto:events@nycc.org)

**It's your club...participate**



# 2007 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.

**Check one:**  Individual, bulletin mailed: \$24  Couple residing at the same address, bulletin mailed: \$30  
 Individual, bulletin online: \$19  Couple residing at the same address, bulletin online: \$25

**Check one:**  New  Renew  Address change Date: \_\_\_\_\_ Check Amount: \_\_\_\_\_

**Check one:**  Send me the print bulletin by mail  Save the postage (and other expenses). I'll collect the NYCC Bulletin on line.

**Check (if applicable):**  Do not print my  Address  Phone  Email in the NYCC roster.  
 Do not print my partner's  Address  Phone  Email in the NYCC roster.

Name: \_\_\_\_\_ Email: \_\_\_\_\_ Signature \_\_\_\_\_

Partner: \_\_\_\_\_ Email: \_\_\_\_\_ Signature \_\_\_\_\_

Address: \_\_\_\_\_ Apt. \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip (required): \_\_\_\_\_

Day tel: \_\_\_\_\_ Night tel: \_\_\_\_\_



New York Cycle Club, P.O. Box 4541  
 Grand Central Station  
 New York, NY 100163

Checks payable to New York Cycle Club (take 6-8 weeks to clear)  
 You may also register on line at [active.com](http://active.com):  
[www.active.com/event\\_detail.cfm?event\\_id=1025985](http://www.active.com/event_detail.cfm?event_id=1025985)

## Bike cargo boxes available for rent

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

To reserve a box please call **Joanne McGarry, 212 505-2755**, or e-mail: [jmcgarry@nassaucountyny.gov](mailto:jmcgarry@nassaucountyny.gov).

Checks payable to NYCC



## Do Switzerland... with the Swiss.



### The trip includes:

- ◆ All meals (big breakfasts, catered picnics, cocktail hours and gourmet suppers with wine)
- ◆ 10 nights of first-class lodging
- ◆ Support, pick-ups, train travel, guides, cellphones, GPS
- ◆ Swiss made bicycles
- ◆ UN Supper, wine-tasting, farm visits (and more!)
- ◆ Train itinerary across country for non-riding spouses

Departs July, Aug & Sept 2007



*For us, cycling is nature, authenticity and friendship. You'll discover what we mean when you coast over mountain passes, taste aged gruyere cheese and sip local wine. We bike these paths every day, so you'll see it all. We know where to go, where to stay and what you'll enjoy. Come with us!*

**Cross the country in 7 Days**

**Two levels of difficulty**

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100% Swiss made

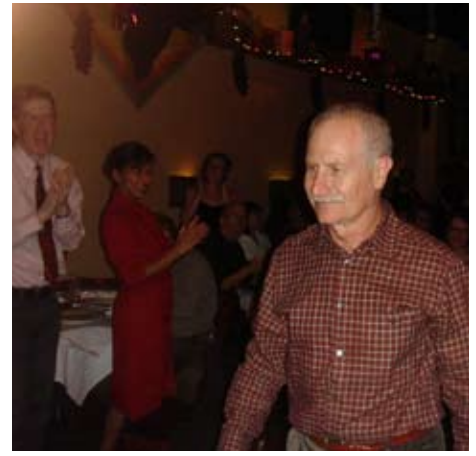
# 2006 NYCC Member Awards

Announced December 12 at the NYCC Holiday Party - We told you we wouldn't squeal if you voted for yourself, and we won't!

Best Man in Lycra / **Christy Guzzetta**  
Best Woman in Lycra / **Kim Jenkins**  
Most Improved Man / **Jonathan Friedman**  
Most Improved Woman / **tie Kim Jenkins  
& Claudette Lajam**  
Comeback Rider of the Year / **Stephen Geist**  
Cycling Couple of the Year / **Bob Ross / Betsy  
Hafkin**  
A-Ride Leader of the Year / **Fred Steinberg**  
B-Ride Leader of the Year / **tie Kay Gunn and  
Linda Wintner**  
C-Ride Leader of the Year / **Gary McGraime**  
Food Stop of the Year / **Runcible Spoon**  
Fastest Flat Fixer / **Timothy McCarthy**  
Gear Head of the Year / **3-way tie Evan Marks,  
Rich Ramon and Peter O'Reilly**  
Retrogrouch of the Year / **tie Evan Marks  
& Richard Rosenthal**  
Best Wheel to Follow in a Paceline / **John  
Zenkus**  
Best Schwebbers of the Year – **Debbie  
Rothschild**

Christy Guzzetta awarded **Herb Dershowitz** with a very well deserved **NYCC Lifetime Membership**. Active in the club for decades, volunteering right and left, A-SIG leader — Herb doesn't know where to lay off. The NYCC has told him to put the check book away from here on out.

**Peter O'Reilly** was presented with a **Volunteer of the Year** award in appreciation of his many years of outstanding work for the club working on the website, leading rides and the myriad other things he attends to behind the scenes.



# Bicycle shops offering discounts to NYCC members

## **A Bicycle Shop**

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

## **Bicycle Habitat**

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

## **Bicycle Heaven**

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

## **Bicycle Workshop**

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

## **Bicycle Renaissance**

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

## **Conrad's Bike Shop**

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

## **Gotham Bikes**

112 West Broadway, NY, NY  
212 732-2453, [gotbik@aol.com](mailto:gotbik@aol.com)  
*10% off parts, accessories and repairs.*

## **Larry's 2nd Ave. Bicycles Plus**

1690 2nd Ave. at 87th Street, NY, NY  
212 722-2201, [larrysbicyclesplus.com](http://larrysbicyclesplus.com);  
*15% off parts & accessories; 5% off bikes.*

## **Master Bike Shop**

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

## **Piermont Bicycle Connection**

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

[www.piermontbike.com](http://www.piermontbike.com); *10% off everything including bicycles. Free s&h on purchases over \$100.*

## **Sid's Bike Shops**

235 East 34th Street, NY, NY  
212 213-8360 or [www.sidsbikes.com](http://www.sidsbikes.com)  
*10% off accessories and clothing.*

## **Toga Bike Shop**

110 West End Avenue, NYC, NY  
212 799-9625 or [gotbik@aol.com](mailto:gotbik@aol.com);  
*10% off parts, accessories and repairs.*

## **Turin Bicycle**

1027 Davis Street, Evanston, IL 60201  
847 864-7660, [www.turinbicycle.com](http://www.turinbicycle.com)  
[cmailing@turinbicycle.com](mailto:cmailing@turinbicycle.com); *10% off parts and accessories. Owned by NYCC Life Member.*



REMINDER: Renew your membership; memberships expired at year end. \*See inside for details, or visit the club website.

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