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SEASON / IS /
UPON / US +
THE / SIGS /
ARE COMING!

3rd Annual Volunteers Recognition Dinner • Renew your NYCC 2007 membership! • 2007 SIGs, an introduction • And, rides!

PRESIDENT'S MESSAGE

I am still a believer in the global warming trend that scientists have been warning us about for years, but it appears that winter has finally arrived in New York City after all! If you are tracking your buzz words, one that everyone should know is "season creep" (ok – two words) which helps explain why our cold weather did not arrive until mid-January this year, and perhaps why spring might be coming early – right around the time our SIGs and STS rides set out on the roads in March. Or if you are like my dad, you'll just say that this is all cyclical and you distinctly remember a winter *approximately* 12 years ago that was warm until February and then dumped snow on us until late-April! Well whichever camp you are in, the only thing that is certain is that if you are out on your bike this time of year, you'd better bundle up!

This has been the perfect time for the board and me to take our riding indoors for awhile and put our heads together about the direction in which we'd like to take the NYCC in 2007. Our club has a fantastic history, due mostly to our faithful volunteers and to our active members, and it is certainly our mission to continue in this tradition while at the same time looking forward so that we can make things even better in the future. *As promised, here are a few of our top priorities for 2007 with more being added to the list all of the time.*

Increase member participation in club rides

Are there less official rides and regular than there used to be? If you think the answer to this question is yes, should we stand by and allow this trend to continue? Either way, we should strive to have more ride options for our members led by qualified ride leaders. I am not willing to succumb to the doubters out there who say, "This is the internet and cell phone era; people don't want to schedule rides, they just email or call their buddies at the last minute and ride in their little cliques." Well, our VP of Rides Reginald Johnson and our team of A, B, and C ride coordinators are aiming to change this viewpoint. Our ideas include: better preparation for ride leaders and more active encouragement to lead rides, asking the SIG and STS leaders to keep the ball rolling by continuing to lead rides later in the season while grooming qualified SIG and STS participants to do the same, encouraging access to our rides online so that members can easily see the rides calendar, and the introduction of the regular meeting time and destination ride; for example a Friday 10:00am ride to Nyack, a Sunday morning quick spin to Piermont, etc.

Increase member participation meetings and events

Has attendance dropped at club monthly meetings and events in recent years? Why? We don't fully know the answer to this question, but we are going to start by not taking it personally, but by improving our meetings and events. We've already made some changes to the monthly meeting format to make this a more social occasion – nametags, larger tables, encouraging more people to attend, switching up the menu, offering more door prizes, free giveaways, and more! – and our VP of programs Debbie Rothschild is busy creating a calendar of programs that will have a wide appeal. Let's face it, these are not business meetings, they should be fun! Come on out and meet some of your riding friends mid-week to see what they look like in "normal clothes." Bring a non-member guest with you and receive an incentive award! (at least a 'thank you.') You cannot get a much more central location than next door to Grand Central Station, and where else can you have dinner, coffee, dessert, a live program, and the opportunity to win a cool prize for 20 bucks? (ok it's not exactly pocket change, but it's a pretty good deal – especially by NYC standards!) As for social outings and club events like the all-class rides and getaway weekends, we are doing more to appeal to a wide range of our members, too. Look for some new ideas this year including some mixers with other clubs, and an event to which you can (and will want

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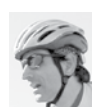
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NYCC Bulletin

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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

to) bring your family, significant other, or friends to meet your cycling buddies.

Increase the club's efficiency and streamline our processes for our volunteers

Ok, full disclosure, I have an illness that requires me to be surrounded by order. My profession is that of a problem solver – if someone has a process in our company that is broken, they bring it to me and I help them fix it, while involving as many other people as we need until we are satisfied. The good news is that our board and our club are by no means broken, but there are of course improvements that can be made. The key point that I try to remember is that the NYCC is group of volunteers; so many people contribute their time to make it all work, and we should do whatever is possible to make our volunteers as efficient as possible so they can, like the rest of us, enjoy why we are in the club – to ride, to meet others who ride, and to have fun! (There will be more to come on why we join the club in a future president's letter). For example, in addition to leading rides Hank Schiffman is our ride librarian as well as our single point of contact with the Metro-North Railroad. Hank is not paid for this, but in giving his time so selflessly deserves to have the best tools available to him so that he can do these jobs well and easily. Our web team and ride coordinators are currently working with Hank to make everything as streamlined as possible. We have so many volunteers and so many processes though, that our goal has to be to do the right thing for as many as possible by providing help where appropriate.

I could go on and on about our goals regarding improving communication via the bulletin and website, advocacy, Escape New York, accounting of our funds, public relations, providing more benefits to our members, increasing volunteerism, and establishing ways for our members to help give back to our community, but the best thing would be for me to summarize and tell you that we are looking to improve, and we'd appreciate your patience and help to do it! As always, if you have any ideas for the club and are willing to help make them happen, you can contact me anytime at president@nycc.org. In the meantime, be careful as you ride outside, don't suffer too much in your spin classes, and I look forward to seeing you out on the road soon.

Regards, Jeff

The NYCC Youth Program 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.



Saturday, March 4, 2006, following the B-SIG Orientation meeting.

NYCC ride listings guide

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

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

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

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

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

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

Your first NYCC ride

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

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

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

Lead a ride

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

A-rides
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

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

HUDSON LINE

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

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

HARLEM LINE

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

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

NEW HAVEN LINE

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

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

February 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>

Thursdays

A20+ 45-50 9:00 am

The Tomb Ride

February 8, 15, and 22

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

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

This non-stop regular midweek ride continues through February. We'll go over the bridge, ride on some nice roads in a group, and come back to the tomb. 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

February 3, 10, 17, and 24

Leader: Karl Dittebrandt, 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 prepare for the brevets of early spring. It is intended 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 eg bringing your bike and other equipment.

We won't ride over 50 miles or over lots of hills because you can do these on your own. There'll be no unnecessary stops. We will ride as a group at a single pace and not at the individual's own pace.

Temps below 32° F and precipitation cancel.

Sundays

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

Snowshoe SIG

February 4, 18, and 25, March 4

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

From: See below

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. 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

Saturday, February 03, 2007

A18-19 35-40 mi 10:00 am

Brevet Training Rides

See recurring rides listing for details.

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. (Lunch will be at a bagel shop.)

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° F. 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: 2/4/07

C15 31 mi 8:30 am

Ride around manhattan

Leaders: Adrienne Browning, 646 418 0899; Bill Laffey, 201-835-7693

From: Riverside Drive and 97th Street, on the park side

Ride around Manhattan, a 31 mile loop, starting at 97th Street and Riverside, at 8:30 a.m., navigating the paths and roads around Manhattan. We'll take the westside bike path up to the bridge, up to westside Hwy, across Dykman and down the east side, around Battery Park, and back up the westside. Breakfast along the way at a diner, or other place to be agreed. Dress warmly, winds can come off the river. Wet roads or temperatures below 38F cancel at 7:00 a.m. Check message board to be certain. Bring \$\$ for breakfast.

Sunday, February 04, 2007

B16 40-45 10:00 am

West Nyack Bagels

Leader: Kay Gunn, kgunn@ndci.com, 646-509-5034

From: Fort Lee News Bar (NJ side of GWB)

We'll head to West Nyack for some bagels, then we'll climb Bradley and Tweed before heading home.

The Fort Lee News Bar is located at 140 Main Street in Fort Lee, NJ. Turn left on Hudson Terrace after exiting the bridge, go thru the light, then take a right at the yield sign onto Main street (where you would otherwise go left down the hill to River Rd). The cafe will be on your left. Show up for coffee and a bathroom break early, then be ready to ride at 10 sharp.

Please check the messageboard for weather related cancellations. Cold weather won't cancel - ice or snow will.

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

Snowshoe SIG

See recurring rides listing for details.

Thursday, February 08, 2007

A20+ 45-50 9:00 am

The Tomb Ride

Leaders: David Carr, carrdavid@gmail.com, 212-280-1382; Colleen Conway, conwayco@shu.edu, 212-665-0964

From: Grant's Tomb at 122nd and Riverside

See recurring rides listing for details.

Saturday, February 10, 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 recurring rides listing for details.

B16-17 35-50 9:00 am

New Jersey Improv Ride

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

From: Central Park Boathouse

This ride will be dictated by the weather. If it's warm (above 40 degrees) we'll do 45-50 miles at an easy 17 pace. If it's cold the ride will shorter and a little slower. We'll have a quick snack & pit stop (maybe at my favorite - Ronnie's Bagels) halfway through. Cancells: wet or slick roads, precip, temps below 28 at 8:00 a.m., winds above 20 m.p.h.

Sunday, February 11, 2007

B16 44 mi 9:30 am

Mid-Hibernation Jersey Jaunt

Leader: Fred Leffel, fleffel@aol.com

From: Central Park Boathouse

Nudge yourself out of your warm cave, slip out of your cozy woolen jammies and into your clammy iridescent lycra, and join us for a low key pedal out to the Westwood Diner. Keep an eye on the message board, however. If it's icy or windy, or if precipitation is predicted or is occurring, or if the predicted high temperature is below 35, we'll just sleep in. I'll make the call by 8 AM.

Thursday, February 15, 2007

A20+ 45-50 9:00 am

The Tomb Ride

Leaders: David Carr, carrdavid@gmail.com, 212-280-1382; Colleen Conway, conwayco@shu.edu, 212-665-0964

From: Grant's Tomb at 122nd and Riverside

See recurring rides listing for details.

Saturday, February 17, 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 recurring rides listing for details.

B16ish 40+/- 9:00 am

Winter Warm-up: (Hot) Chocolate Chaser

Leaders: Marci Silverman, mhsilv@yahoo.com, 646-408-4565; Peter "banana guy" Kouletsis, pkoule@nyc.rr.com, 917-854-1181

From: City Bakery, 18th Street btwn 5th and 6th

You may want to have a very small breakfast this morning... we meet at City Bakery, noted as one of the best places for hot chocolate in NYC, where they will be celebrating the final days of hot chocolate month with a special flavor each day. We leave the bakery at 9:20 SHARP, so drink up. We'll then try to get ourselves a good workout before a surprise ending with what is arguably the best hot chocolate anywhere. No real lunch stop, although we may take a quick break mid-ride to fuel up and warm up. Helmet required, subway pass suggested. Cancells: rain, snow, wet roads, or (possibly) temperature below 30° at 8:30 am (1010 WINS or NY1). Check message board if in doubt. If the ride is cancelled Saturday, we try again Sunday.

Sunday, February 18, 2007

B10 10 mi 9:00 am

Mountain Bike Ride

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

From: Penn Station

If you are new to mountain biking, or just want a nice easy ride in the woods, this is the trip for you. More experienced riders are also welcome to share their skills, and perhaps do their own "hammer ride".

A mtn bike in good working order, preferably with shocks, is recommended.

I'm tentatively scheduling the ride for Bethpage S.P. on L.I. which is relatively flat and non-technical.

This ride will be held weather permitting and only if there is no snow pack. I will put an announcement in the message board the week before the ride to finalize time and place.

B17 90-95 mi 7:30 am

Century-Of-The-Month Club

Leaders: Ellen Jaffe, ellen@ellenjaffe.com, 212-966-7206; kay gunn, kaygunn@gmail.com; nathalia lincoln, natalia@bway.net

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

A ramble through Bergen and Rockland counties towards Tiorati Circle then back via 9W.

Weather will dictate precise route. Plenty of pocket food, a modicum of self-reliance & your good cheer a must. Check the message board for weather-related changes.

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

Snowshoe SIG

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

See recurring rides listing for details.

Thursday, February 22, 2007

A20+ 45-50 9:00 am

The Tomb Ride

Leaders: David Carr, carrdavid@gmail.com, 212-280-1382; Colleen Conway, conwayco@shu.edu, 212-665-0964

From: Grant's Tomb at 122nd and Riverside

See recurring rides listing for details.

Saturday, February 24, 2007**A16 40+/- 10:00 am****Trying the A-19 SIG this year?**

Leaders: Jim Galante, jim.galante@americancolor.com 212-529-4300; Edward Fishkin, Edward.Fishkin@woodhullhc.nychhc.org, 718-633-3038

From: Central Park Boathouse

Thinking of trying the A-19 SIG this year? Join the leaders of the 2007 A19 SIG for a leisurely, easy paced ride to one of our favorite eateries.

On the way, you'll have the opportunity to meet the leaders, hear about the program and have your questions answered. We're looking forward to meeting you! Temps less than 32F, icy conditions or chance of precipitation cancels. Helmets and water mandatory, no aero bars allowed.

Rain date will be Sunday same time and place.

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 recurring rides listing for details.

Sunday, February 25, 2007**B14-16 40-60 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 go through the Bronx and lower Westchester as a group. After refueling in Scarsdale, we split into two contingents. A faster group heads north to sample some of Westchester's most impressive rises. A slower group has a shorter but equally interesting ride home. Let's hope the weather continues warm and sunny because temps below 40 at the start cancel the expedition.

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

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

See recurring rides listing for details.

C14 35-40 9:30 am**The Bergen County Shiver**

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

From: Central Park Boathouse

Over the River and thru the 'burbs.

We'll find a way to stay warm in the middle of winter with a stop for bagels and hot chocolate. Wear wool so you won't feel cold after the stop! Cancels: wet or slick roads, precip, temps below 28 at 8:00 a.m., winds above 20 m.p.h.

Saturday, March 03, 2007**A 20+ - 52 mi 9:00 am****Official Start of the 2007 Cycling season**

Leader: Christy Guzzetta, Christy.Guzzetta@GESServices.com, 212-595-3674

From: Central Park Boathouse

It's the first Saturday in March, the official start of the 2007 cycling season. And where else could we go to start this new season other than Nyack? 505 up, 501 back. No maps. There will be sign-up sheets. Welcome 2007! Temps below 35, rain, sleet, bad weather postpones the ride till the first Saturday in March, 2008.

B16,17, & 18 30 +/- MI 9:20 am**B- SIG Classification Ride & Orientation**

Leaders: Mark Gelles, mgelles@okcom.net; Tonya Johnson, tjohanson@aecom.yu.edu

From: North end of the Boathouse parking lot

We'll do 4 laps of Central Park. You will time yourself for the 4 laps so we can determine which B- SIG group you will start in. Bring your B SIG registration number & six bucks for Pizza. After the laps, we'll ride to Blessed Sacrament School Cafeteria (north side of West 70th Street, between Broadway & Columbus Ave.). 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-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. If weather cancels ride, we will have meeting at Noon (on Saturday), and try to cycle the 4 laps on Sunday.

Sunday, March 04, 2007**C/B/A 5-10 8:45 am****Snowshoe SIG**

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

See recurring rides listing for details.

February '07 Club Meeting

6-9:15pm
Tuesday
Feb. 13,
'07 Season

Kick-off Event'

Calling all new members, old members, SIG graduates, and especially 2007 SIG and STS participants: Come learn about the NYCC and what we have planned for 2007. Meet SIG leaders and graduates and ask them all your questions before the SIG begins. Special Reunion for SIG classes of 2006.

Featured Speakers:

Jeff Terosky, NYCC President and A 19 SIG leader • **Carol Waaser**, Immediate Past President and B SIG leader • **Christy Guzzetta**, Former NYCC president, lifetime member and founder of the NYCC SIG program • **Gary McGraime**, A, B and C ride leader, C SIG leader, former board member, volunteer of the year, and lifetime member.

Place:

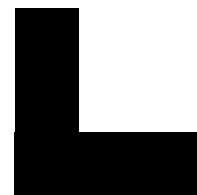
Annie Moore's Pub and Restaurant (downstairs) 50 E. 43rd St. (west of GCT between Madison and Vanderbilt) Subway: 4/5/6/7 to 42nd St./GCT)

Includes social hour, dinner, program and dessert social. Program begins at 8:00 pm.

Main Entry / **SIG**

Function: *abbreviation*

“special interest group”



Each spring the NYCC offers SIGs at A, B and C levels. Each is a series of progressive training rides with coaching and instruction in order to teach riders to ride in groups well. The rides get longer and more arduous as the series progresses and offer cyclists an ideal way to jump start their season. Best of all the SIGs are free! Well, you have to be a club member, but that's a small price to pay for the wealth of knowledge and experience that the volunteer leaders impart. Participants are expected to attend all sessions. The story of the SIGs started with Christy Guzzetta 21 years ago. The A-SIG he created blossomed over the years and inspired a similar B-SIG, C-SIG and eventually a second A-SIG, the A-19 SIG (featuring shorter distances and a more moderate pace than the A-SIG Classic).

The A-SIG is born... and it's truly a labor of, um, love.
by Christy Guzzetta

Once upon a time, “A” rides were fast and furious. Guys (no girls back then) with shaved legs, tight wool shorts, 10-speeds and shoes with cleats nailed to the bottoms would blast off from Central Park, and a small percentage of them would return. What happened to the rest was anyone's guess. The A-ride philosophy was that people who showed up for A rides were adults. If they could keep up, fine. If not, well... If someone didn't have his cleats nailed on just right, he was clearly a nerd. If his frame wasn't Reynolds 531 or Columbus tubing, he was likewise a nerd. If he wasn't using Campy Nuovo Record or Campy Super Record, he must be from Nerdsville, U.S.A. If you were a nerd, you had two options: keep up or get dropped. And A riders didn't care which you chose. As I said, those rides were fast and furious. Rarely could the uninitiated stay with the pack. There were probably eight A riders in all of New York City. And if you thought you could be number nine? Well... (Heeee, heeee, heeee.)

It was intimidating, scary, disheartening. The A riders took pride in the difficulty of their rides. They enjoyed counting the numbers of those who didn't return. After all, you can't just wake up one day and be an A rider. It takes practice, skill, knowing how. Some people would try to keep up for a ride or two, get dropped (“Where am I?” “How do I get home?” “Is everyone laughing at me?”), then take up ballroom dancing. Others would become B riders and hold a grudge against the A's for the rest of their natural-born lives. The A riders were mean, tough, indifferent.

Time passed. Lycra was invented. As was carbon fiber, titanium, 18-speeds. More time passed. Girls started showing up for rides. Skills improved, training improved. Soon it seemed that A riders were not so scary after all! Why? Because along came Christy Guzzetta. (Yeah!) Christy was already an A rider, arguably the fastest bike in all of New York City. Christy was also single and trying to score some points with that pretty girl over there riding the chromed Cuevas. Jody Sayler was her name. Poor Jody: the year before she crashed and blew out her knee. But, wait, Christy had an idea. (Heeee, heeee, heeee.) “We can ride together, Jody,” he said. “I'll help you.” (Heeee, heeee, heeee.) “We'll start off slow, do a short ride. Next week we'll add a couple of miles, pick up the speed by half a mile an hour. And we'll do it again the week after that, and the week after that, and the week after that and the...” (Heeee, heeee, heeee.) Boy, did this guy Christy have a plan!

So Christy laid out the whole thing—17 rides, starting the first weekend in March. “By July 4, Jody, it'll be like you never had a knee problem in your life,” he assured her from the vantage point of his unqualified expertise. “And you'll be riding centuries, and you'll be riding fast.” And, he might have added, “you'll be riding with me, Jody.” (Heeee, heeee, heeee.)

March 1, 1986: The A riders are already hammering. Christy is planning to toodle 25 miles with Jody. But, he thinks, can Jody put up with my stupid mouse and

tongue and teeth tricks for 17 weeks? Uh, oh. I'd better get some people to come along, to give the poor girl a break, he decides. So he invites some strong B riders to join them, B riders who always wanted to be A riders but didn't know where to start. Christy puts a notice in the New York Cycle Club Bulletin. Calls his program the “SIG” (for special interest group). Because “we were indeed special.” And because they had a special interest. Forty not-A riders showed up that first Saturday. Seventeen weeks later, there were eight new paceline-riding, butt-kicking, hooting-and-hollering A riders. Eight great new friends. And... Jody and Christy had fallen in love.

And today, 20 SIG's later, literally hundreds of new A riders, a number of marriages (including mine to Jody), several divorces and many, many new friends have sprung from what started as a scheme to meet a gal. The SIG series has been honed into 12 rides. Lots of girls (it's PC now to say “women,” but no one's ever accused me of being PC) show up. There is no Campy Nuovo Record, no Reynolds 531, and you couldn't get a nail in the bottom of a pair of cleats with an air hammer. People have graduated from the SIG and become spirited leaders of club rides, enthusiastic officers of NYCC. Many uncovered a talent and bug for racing and became champions at the local CRCA level and on the professional racing circuit—truly around the world. The A-SIG has indeed produced many great riders. But, more exciting than that, it has produced even more great friends. ■

Getting in Shape for the March SIGs

by Patricia Janof

In the middle of winter, the last thing most recreational cyclists want to think about is getting on their bikes. Winter is why God invented gyms! So we can work out indoors, in comfort. But the SIGs are really just around the calendar corner. And if you want to give it a try this year, pre-register now for your SIG of choice on our web site, then start getting your bike muscles in shape.

If you can, try to get out and ride as much as possible. There's nothing better than riding to train for riding! Just dress warmly in layers, with a windbreaker jacket on top. Dress in layers for cold weather: covered knees (tights plus windbreaker pants are good if it's in the 30s), layered tops with a windbreaker as the outer layer, gloves, something to cover your ears that fits under your helmet, two layers of socks and winter cycling boots or booties to cover your shoes. Many of you won't have cycling boots or booties, so try putting plastic bags over your socks inside your shoes or buy Grabber 'Toe Warmers,' found at most sporting good stores. I also like a balaclava to pull over my mouth and nose to prevent cold air from entering the lungs. Keep in mind that even at, say, 40 degrees, with a combined 20 miles of wind and bike speed, your body perceives a wind chill temperature of 13 degrees!

The five major muscles used in cycling are the quads, hamstrings, calves, hip flexors and gluteus (ok, buttocks). If you have access to a gym, the leg press, leg lift and hamstring curl machines are great for building leg muscles. Aerobic exercise on the treadmill or elliptical fitness cross-trainer will build lung capacity. At home, you don't need special equipment to do squats, lunges, calf raises, pushups and crunches to strengthen your legs, arms and lower back muscles. Pilates and yoga can strengthen your abs, keep you flexible and improve your balance.

After your muscles are warmed up, don't forget to gently stretch. If you are on your bike or doing another form of aerobic exercise and take a short breather, stretch before resuming. And stretch when you finish exercising, whether it's aerobic or strength training. To me, the most important muscles to stretch are the hamstrings, which attach from the knee to the buttocks. These muscles get more of a workout in cycling than in almost any other sport. And tight hamstrings are a common source of lower back pain. But each body is different. Try to stretch all the major muscles, but give particular attention to any that seem tight. I can promise you that any effort you consistently put in starting now will be well rewarded when the SIGs start. ■



The B-Siglettes practice their climbing.

B-SIG 2007 Starts March 3rd

by Mark Gelles, B-SIG Coordinator

Do you want to: Jump-start your season? 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 2007 B SIG Riders Guide (in the Rides/SIG/B-SIG section of club's website <http://www.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:

1. The B16 group 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.
2. The B17 group will start at a 15-mph pace and a 30 mile ride and work up to a 17-mph pace & 90-miles, with the option of doing a century on our penultimate ride.
3. The B18 group will advance from a 16-mph pace and a 30-mile ride up to an 18-mph pace and 90 miles, with the option of doing a century on our penultimate ride.

Note that all N.Y.C.C. 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, eating great food, and having a good time (picture shows some of last year's Siggies enjoying one of their rides).

That's it in a nutshell. If you want to participate after reading the 2007 B SIG Riders Guide follow the sign up instructions on page 5. Space may have to be limited, as last year we started with over 100 folks. Don't procrastinate pre-register early. We will get back to you before it all starts on:

Saturday, March 3rd. 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 (@ Noon) and try to ride on Sunday 9:20 AM.

New York Cycle Club Board Meeting Minutes

August 2006

The meeting was called to order at 6:40PM. In attendance were Mark Gelles, Carol Waaser, Ellen Jaffe, Dave Sabbarese, Barbara Spandorf, Kim Jenkins, Timothy McCarthy, Stan Oldak, Scott Wasserman, Fred Steinberg.

ENY Report

Sock design has been finalized. Brochures have been printed. Sponsorship is moving along. Food planning is progressing. NY Parks Dept wants \$200 event deposit for cleanup.

Membership Report

As of August we have 1,715 members. As of August membership rates are reduced as follows: \$12 individual online bulletin; \$16 individual by mail; \$17 couple online bulletin; \$22 couple bulletin by mail. One NYCC member was voted lifetime membership. One NYCC member was nominated as League Of American Bicyclist Volunteer of the Year. The Awards will be presented at the December Holiday Party.

Financial Report

Active has been sending checks to old PO box. That amounts to \$18,871.45 in missing checks. Our present bank balance is \$19,322.92. With the forthcoming \$ 18,871.45 from Active we'll have balance of \$38,194.37. A surplus of \$2,175.30 was realized for West Point, offsetting the loss from the Memorial Day weekend.

Special Events

7 to 9 attended Midsummer Night Swing. There will be no August special event. September event may be dinner at an ethnic restaurant. All-Class picnic that was rained out on June 24 cost us \$900. Joint NYCC/Sound Cyclist All-Class ride is August 13. Columbus Weekend at Club Getaway: \$249 per person for 4 in a cabin for 2 nights includes meals. \$269 per person for 3 in a cabin for 2 nights includes meals. Additional \$ 50 per person for one additional night plus 17.5% tax. Problem is getting bikes up there. The weekend may not work out.

Business Cards

Printed and on the way

Programs

Maintenance clinics are set and registration is underway. Next Tuesday's meeting is an Ice Cream Social in Central Park at the Café at the Conservatory Pond, Fifth Ave at 72nd Street at 6:30-9PM.

Rides

There will be more clean-up rides in the fall. SIG Youths graduates who are minors must check with ride leaders first and bring parental consent form to be permitted on rides. Fred will be the custodian of accident reports that should be filled out after incidents. Fred wants to better coordinate rides that use Metro North to avoid over burdening the system.

Message Board Administration

Timothy is looking for a moderator plus a couple

of assistants. The moderator should have a diplomatic nature.

Bulletin

Anthony Poole resigned as editor.

The question arose whether there are any paid ads we need to put in. Mark will send Anthony a letter thanking him for his efforts on behalf of the board

Next Board Meeting:

Wednesday, September 6, 2006 at 6:30.
165 West 46th, 16th Floor.

The meeting was adjourned at 8:30 PM.

September 2006

The meeting was called to order at 6:40PM. In attendance were Mark Gelles, Carol Waaser, Timothy McCarthy, Ellen Jaffe, Kim Jenkins, Stan Oldak, Scott Wasserman, Reggie Johnson, Dave Sabbarese, Annaline Dinkleman, Barbara Spandorf, Kevin Ley, Jeff Terosky.

Don Montalvo presented his reasons for wanting a full refund for West Point weekend. He registered June 27, then found out a New York State ID was required, which he did not have. He was unable to obtain one and so could not make the weekend trip. He was refunded \$150.30 for himself and his companion who paid for but decided not to participate in the weekend. He asked that his own balance of \$300 be refunded. It was decided to refund Don the amount of \$224.70. That represents \$375 minus the \$150.30 he had already been refunded.

ENY Report

To date there have been 36 online registrations and 3 paper registrations. \$5,000 has been contributed by Fidelity. It is earmarked strictly to sponsor ENY. Any leftover funds go to Recycle-A-Bicycle. Also discussed were other cycling-related organizations that might receive club donations. Suggested were the Police Benevolent Association of Nyack, the Alpine Police facility. This remains under consideration.

Membership Report

To date there are 1,818 paid 2006 NYCC members. That is 30 behind last year's total at this time. On Active.com NYCC membership is \$10 for the remainder of the year.

Financial Report

As of today we have \$22,766.52 in the bank. Active.com owes us \$18,871.45 Altogether, NYCC funds total \$41,637.97.

Bike Maintenance

\$1020 was collected for classes. \$307 of that was expenses. \$713 will go to Recycle-A-Bicycle. Peter Morales did our tax return for \$100. That represents less than his out-of-pocket expenses.

Special Events

September 28 – dinner at a Colombian restaurant. October – Oktoberfest. November – Bowling at Chelsea Piers. December 12th – Christmas Party

Youth Committee

The program may be expanded to as many as 15 youths. Outreach will be done for B & C level riders, both male and female. Up for discussion and unresolved was whether participants should keep the bicycles they are given for the duration of the program. The committee would like to put

together a grant request; dependant on the club becoming a 501(c)3. Kim will explore eligibility rules for 501(c)3 and whether this program can qualify the club. The committee will find out some costs before coming up with a more specific proposal for the 2007 Youth Program. Last year each youth cost the club \$500.

Programs

Cycle Clinics Wrap-up. They were over-subscribed. \$1020 is the workshop income from Active.com.

Future Meeting Schedule

Leaving Annie Moore's requires us moving & storing sound equipment. Annaline's research revealed similar midtown spaces at greater expense. Annaline will investigate some menu variation at Annie Moore's. It was suggested we combine social events with meetings. Future speakers: October - Healing your injuries and getting back on the bike. November – Carol Waaser talking about her trip from St. Petersburg to Istanbul.

Bulletin

Kevin Ley, the new bulletin editor was introduced. Timothy is showing Kevin the ropes. Timothy made the point that the editorial voice must be maintained whether in paper bulletin or pdf format.

Rides

Fred suggested we don't have enough rides for September. There have been too few C rides, though Kim mentioned a growing interest among C SIG graduates to lead C groups. The question arose: should we be offering anything slower than C14 rides? The consensus was if people want to ride slower than C14 they should volunteer to lead. It was recognized that many C riders are capable of C14.

Safe Ride Program

Reggie suggested a 3-ride program that teaches the club ride basics to those who have not done the SIG. It was suggested this series come before the Newcomer's Ride. Annaline called The Central Park Conservancy and was told they are enforcing bike rules more strictly.

Website - Message Board Administration

A team of people will be recruited to moderate the message board. Responsibilities will be monitoring board daily and applying the message board rules.

Columbus Day Club Getaway

Carol told Club Getaway that without a transport solution the weekend will not work for the club.

2007 Board Positions

Board nominations for 2007 will be opened at next Tuesday's Club meeting. Of current board members the following will step down: Mark Gelles, Dave Sabbarese, Fred Steinberg, Barbara Spandorf, Carol Waaser. The following are undecided: Timothy McCarthy. The following will run again: Reggie Johnson, Scott Wasserman, Ellen Jaffe, Kevin Ley, Kim Jenkins, Jeff Terosky, Annaline Dinkleman.

Advocacy

The first proposed NYPD parade permit regulations have been withdrawn. An alternative proposal is in the works. The board will be counted

on to email city councilpersons and alert others to do so.

Alpine Police Station: Carol will meet with Linn Pierson, Supervisor of Operations of the Palisades Interstate Park Commission in an effort to establish a cooperative relationship with the commission, park police officers, and the frequently used park facility at Alpine.

Approval of Minutes August 2006: Approved as may be amended. By-Laws: Suggested changes were completed. They will be posted on web site.

New Business

NYCC is renewing its membership in the East Coast Greenway Alliance at the \$100 Pathfinder level.

Next Board Meeting:

Tuesday, October 3, 2006 at 6:30.
165 West 46th, 16th Floor.

The meeting was adjourned at 8:45PM.

October 2006

The meeting was called to order at 6:40PM. In attendance were Mark Gelles, Carol Waaser, Timothy McCarthy, Scott Wasserman, Ellen Jaffe, Reggie Johnson, Annaline Dinkelman, Barbara Spandorf, Kevin Ley, Jeff Terosky, Fred Steinberg.

Membership Report

To date there are 1,898 paid 2006 NYCC members. This includes ENY entrants. Membership closed down for 2006 on October 31. During the second week of December the Active.com membership site for 2007 will go up. Reminder emails will go out to current members.

Financial Report

We have \$15,242.12 in our checking account and \$30,398.92 in our money market account for a total of \$45,751.04. This includes \$9,750 in ENY receipts.

Special Events

It was reported that the September Special Event at a Colombian restaurant was great fun. Nine members attended. The Special Event for October is a German Biergarten Social at Zum Schneider in the East Village, set for October 26th. It will be publicized in the e-weekly, on the message board, and in the October bulletin. The Special Event for November will be bowling at the Bowlmor Lanes on University Place in the Village. The Special Event for December is the Holiday Party on Tuesday Dec 12th at Gonzalez y Gonzalez.

Programs

At the upcoming meeting Karen Overton from Recycle-A-Bike will receive a check from the after-expenses receipts from the Maintenance Clinic. Annie Moore's will upgrade our meeting menu for an additional \$5. That will include better entrees and dessert. A discussion ensued as to whether it might be beneficial to combine club meetings and special events. It was decided not to go that route at this point. Mark offered a suggested communication to go out to members to introduce the amended By-laws.

Bulletin

The November bulletin will have a ballot for both the board elections and for the By-Laws. The October bulletin was printed last Friday,

September 29 and mailed Saturday, September 30.

Rides

Reggie has posted a Safe-Ride Program. The ride will include two loops of Central Park and a run either up the Palisades or to The Cloisters. Topics covered will be: A safe bike. Hands signals. How to ride in traffic. Group riding practice. Group riding in traffic. Recruiting C-Ride Leaders: There is a group of C SIG graduates interested in leading C rides. Scott will coordinate with them. Fred is double checking that Metro North will be prepared for us on the Connecticut ride, October 29. Ride leaders are needed for the Connecticut ride.

Website - Message Board Administration

Fred reported a problem on his computer with the revamped message board. A new program allows proper and easier message board administration. The message board moderator team will brainstorm guidelines.

2007 Board Positions & Election

Nominees to date: President, VP Programs, VP Rides. Secretary - Ellen Jaffe. Treasurer - Kim Jenkins. PR Director - Claudette Lajam. Bulletin Editor - Kevin Ley. Membership - ?. Special Events - Hal Eskanazi. A Rides Coordinator - Jeff Terosky. B Rides Coordinator - Reggie Johnson. C Rides Coordinator - Scott Wasserman. Webmaster - Timothy McCarthy. Fred suggested that there be job sharing for certain positions, particularly the presidency. For instance, the areas of advocacy and email response could be split.

Advocacy

Ellen will check with Bicycle Habitat to confirm what discount they offer members. Carol attended a Bicycle Coalition meeting. Discussed were the bike friendly changes to be implemented Bloomberg Administration. There will only be an unbuffered bike lane on Houston Street. A check for \$ 1,000 was sent to The Palisades Park Commission for a bike rack for The Alpine Police Station.

Approval of Minutes September 2006

Approved

By-Laws

Ellen will prepare final version
Timothy will post the approved final version.

New Business

Further discussion ensued on whether or not the club will maintain a paper bulletin. There is no decision yet to eliminate the paper bulletin. Also discussed was whether to include ride listings in the bulletin. Carol suggested that the bulletin include a reminder to look at the web site ride listings which are more current.

Next Board Meeting:

Tuesday, November 7, 2006 at 6:30.
165 West 46th, 16th Floor.

The meeting was adjourned at 8:15PM.

November 2006

The meeting was called to order at 6:40PM. In attendance were Mark Gelles, Carol Waaser, Scott Wasserman, Ellen Jaffe, Stan Oldak, Timothy McCarthy, Barbara Spandorf, David Sabbarese, Reggie Johnson, Fred Steinberg, Kim Jenkins, Annaline Dinkelman, Kevin Ley.

Membership Report

There are presently 2,008 registered NYCC members for 2006. 117 of those 2008 registered via ENY. 2007 NYCC registration will open on December 1, 2006. There will be a \$10 discount for the Montauk Century to 2007 NYCC members. An email will soon go out reminding NYCCers that membership will expire as of January 1, 2007.

Financial Report

ENY Final Tally: Income \$18,357.00. Expenses \$12,701.11. Net Proceeds \$5,655.89 which goes to Recycle-A-Bicycle. Presently we have \$42,826.61 in the bank. That includes the net proceeds from ENY.

Stan explored various non-profit options for the club: 1. We are a 501(c)(7), that is, a 'social & recreational club'. Any contributions to the club are not tax deductible. Also, we are not taxed on any money we take in. 2. 501(c)(3). 3. 501(c)(4). Stan and Peter Morales discussed the above options and determined that the club is best off with the present 501(c)(7) status. They also determined that, as a 501(c)(7), we can establish a separate fund for which contributions might be deemed tax-deductible. For this separate fund to be so designated, we must file a letter of determination via form 1023 with the IRS. Stan suggested this kind of separate fund, would be particularly advantageous for the Youth Program and that tax deductible contributions are necessary to attract funding for youth program. Carol suggested we might set up a foundation.

The Palisades Interstate Commission sent the club a letter of thanks for the \$1,000 donation for the new bike rack at Alpine Station.

Special Events

The Holiday Party will be December 12, 2006 at Gonzalez y Gonzalez. Cost will be \$45 on Active.com. Walk-up registration will be \$50. There will be a different band this year at a cost of \$1,500.

Programs

The November program will be Carol Waaser, Heather Marcellis and Adrienne Browning describing their trip from St. Petersburg to Istanbul.

Youth Programs Report

There was a decision to go back to the earn-a-bike program to get the kids out when the weather is cold. The youth program will set up a separate bank account for direct receipt of funds. The NYCC treasurer will be a signer, as will the NYCC president. The board voted \$1,000 for the program to get started for this coming year, 2007. Budget: The program spent \$510 per candidate last year. Since there were too many complaints about Fujis last year, Treks are being considered for this year. Bicycle Habitat will provide Treks for \$500 per bicycle. The program will, if possible, enlarge to 10 youths in 2007. Proposed budget for 2007: \$ 7,500. This will be voted in 2007. Stan suggested that there be a blurb in the bulletin for a youth program donation of \$2. This money must be kept separate from membership fees. The Youth Program also will pursue other donations.

Bulletin

It was agreed that the bulletin looks great. Kevin wants to solicit more editorial content

3rd Annual Volunteers Recognition Dinner

Thursday
22 Feb.
6:30-9:30

Woolworth Tower Kitchen

A Special Event for very Special People

This will be an excellent dinner and plenty of time to socialize, dine, & talk. An NYCC staple.

Are you among the invited? In 2006 did you volunteer for any function, job or assignment be it a ride leader, event coordinator, SIG leader, any job, even a board member? *If so, you're invited to spend a special, fun evening, with us.*

If you hadn't volunteered in '06 continue reading anyway and maybe you'll join the fun, and the party, for '07.

Volunteer Recognition Program [VRP] – that's NYCC's way of saying "Thank You" to all those who volunteered and gave unselfishly of their time, energy, expertise, and knowledge expecting nothing other than the personal satisfaction, fun, friendships and learning experiences that came with participation. Well, all the members of NYCC would like to say thank you by inviting you to a special dinner party.

Volunteerism – the act, where desire meets effort, to help, participate, be involved unselfishly and without any expectation of compensation. But is there really no compensation? Ask anyone who volunteers as a member of NYCC. They all realize the anyone can put down a few dollars to be a member but that doesn't build a club. Each volunteer has their own "busyness" in this insane town but never uses the "excuse", I'm too busy. They participate. They make friends. They have fun. They gain new skills. They expect nothing, but the rewards are tremendous. They volunteer.

Be part of this team next year. It's rewarding. It's fulfilling. Did I say no compensation? Reread the benefits above. Maybe I need to rethink that statement.

Simply reply to: events@nycc.org and mention your act of "volunteerism." Please respond no later than Feb 16, 2006. *Thank you.*

Woolworth Tower Kitchen, at the Woolworth Building

233 Broadway, corner of Barclay
Entrance on Barclay
Tel. (212) 571-2930.

Easily accessible by all public transportation – 1 block west of City Hall.

If you can't find the Woolworth building it's time you move out of town. This year, VOLUNTEER, and leave the excuses to someone else. Help build a strong community. Make the time. Join the fun. You can do. We can help. It's your club... participate.

from members; essays, articles on cycling-related themes. Board members suggested website links to timely, cycling-related articles and news.

Rides

Reggie will attend the annual bike summit meeting. The biggest issue will be getting a date for ENY amidst the larger rides, although this year's October date turned out wonderfully.

Website

Message board administration is in place. Moderators are doing their job. Annaline suggested a website tab for volunteerism that describes club activities, volunteer positions. Annaline will send Timothy specific content and together they will refine this new website area. Peter O'Reilly has changed the way 'contact us' links are scripted to reduce spam. Fred addressed the issue of headline placement on the home page; that getting upcoming ride & event information to Timothy is important in order that it be properly prioritized on the home page.

2007 Board Positions & Election

Thanks to Annaline for working so hard on recruitment. Mark suggested that those board members stepping down meet with those filling the positions in 2007. Bike shop discounts new list: Thanks to Mark the list has been updated. Carol suggested we assemble a list of bike shops in the areas we cycle. Fred suggested we collect phones numbers of taxi companies in areas we cycle.

Volunteer recruitment

Annaline suggests: we work out recognition system for volunteers; we work out a volunteer calendar listing club needs; we need to list each volunteer and every position and its specific responsibilities; we add a 'Volunteer' tab on the website that includes all of this information and allows for sign-up; we add an 'About' tab on the website describing club activities. Mark suggested we 'think bigger', that the board, and others delegate more of their responsibilities. Barbara suggested more transparency regarding ride leading and ENY.

Advocacy

The Bicycle Coalition will send a letter to the mayor regarding fatalities of bicyclists in New York. NYCC will sign it as part of the coalition. At the club meeting on November 14, Kim will have postcards for members to send regarding the revised parade permit rules.

Approval of Minutes

October minutes approved

The next board meeting will be a double meeting December 5, 6:30 PM, 165 West 46th, 16th Floor.

The meeting was adjourned at 8:25PM.

December 2006

The meeting was called to order at 6:40PM. In attendance were Mark Gelles, Carol Waaser, Scott Wasserman, Ellen Jaffe, Timothy McCarthy, Barbara Spandorf, Jeff Terosky, David Sabbarese, Reggie Johnson, Kim Jenkins, Annaline Dinklemann, Kevin Ley, Kay Gunn, Debbie Rothschild, Claudette Lajam, Hal Eskenazi, Neil Botwinoff, Terry Hildebrandt.

Welcome New Board:

Jeff Terosky – President • Debbie Rothschild – VP Programs • Reginald Johnson – VP Rides • Ellen Jaffe – Secretary • Kim Jenkins – Treasurer • Claudette Lajam – Public Relations • Hal Eskenazi – Special Events • Neil Botwinoff – Membership Director • Kay Gunn – B-Rides Coordinator • Scott Wasserman – C-Rides Coordinator • Kevin Ley – Bulletin Editor • Timothy McCarthy – Webmaster • Terry Hildebrandt – A-Rides Coordinator • Carol Waaser – Immediate Past President.

Membership Report

Registration for 2006 closed with 2,008 registered NYCC members. 2007 NYCC registration opened on December 1, 2006. There are 37 registrations to date for 2007. There will be a \$10 discount for the Montauk Ride for 2007 NYCC members. Barbara and Stan will work out a way for members to make a donation to the youth program.

Financial Report

Presently we have \$38,791.05 in the bank. Money Market: \$30,514.27. Checking: 8,276.78

Non-profit status:

In order for the Youth Program to become a separate tax-exempt organization papers must be filed for which there is a \$750 fee. The Youth Program was described for the new board members. The intention is to expand to 10 participants this year. The first 2007 SIG meeting with end at The Blessed Sacrament School, West 70th Street. Cost will be \$450 plus \$60 for a security guard.

ENY Final Tally:

Susie Pitchler presented the ENY wrap: There was a total of 343 paid riders plus 12 kids from Recycle-A-Bicycle. More than \$4,000 was donated to Recycle-A-Bicycle. Sponsorship money allowed for the catered lunch at the end of the ride. Susie suggested that the board needs to more clearly define the purpose of ENY. Is it a fun ride, a fund-raiser? This should be decided by March 2007. Fidelity donated: \$5,000. Two other anonymous donors contributed: \$4,000. Total ENY cost: \$13,017. Income: \$18,392. Expenses: \$13,017. Net Proceeds: \$5,375.

Special Events

The Holiday Party will be December 12, 2006 at Gonzalez y Gonzalez. Cost is \$45 on Active.com. Walk-up registration will be \$50. So far there are 40 registrants. We need certificates for the annual awards. It was suggested that Christy present the lifetime membership award to Herb Dershowitz. Carol and Jeff will present the other awards.

Programs

Bulletin

The December Bulletin is out and all agree it looks great. Kevin will make corrections including new headshots of new board members and will send corrected bulletin. A New York Times article about the New York Marathon hand-cycle riders was attributed but ran without permission. The New York Times was fully informed and Kevin awaits their reply. Barbara suggested that in the coming year The Board discuss the possibility that members who receive the bulletin by mail should pay more for it.

22% of the club receives the bulletin by mail.

Rides

Reggie will attend the Annual Bike Summit Meeting and assess what dates are available for ENY 2007. A late September Saturday, or October 13 or 20 for ENY would work, if available. Getting rides listed in New York Metro, Time Out and other NYC publications was discussed.

Website

Annaline sent Timothy the 'About' document

Correction of By-Laws

Timothy will incorporate Peter's grammatical corrections and post on the website. It was suggested that a committee be formed to fix the few inconsistencies in the By-Laws. Of over 2000 members, only 57 people voted in the elections. Carol suggested a nominating committee be formed in the spring so that we can have contested elections.

Volunteer Recruitment

Annaline is documenting all the volunteer positions in the club including what specifically is involved in each. She is also interested in developing a method to retain volunteers and stay in touch with them. A volunteer spotlight in the bulletin was suggested, as was a volunteer recognition night that showcases volunteer opportunities. Interviews with unsung volunteers in the monthly bulletin was suggested.

Programs

Annie Moore's charges for a minimum of 40 people at \$20 per person at our monthly meetings. The club subsidizes the extra \$5 that Annie Moore's now charges for better food. The SIG graduation meeting is the only one well enough attended to avoid club subsidy. This costs the club several thousand dollars a year. We must decide how often we will meet and what those meetings will be. Annaline proposes fewer meetings and a variety of venues. The question was raised: do we want to offer an honorarium to potential speakers? The option was left open. The club has a substantial treasury and should consider ways to benefit the club with those funds. Annaline pointed out that no direct advertising by speakers is permissible. However, speakers who share information and skills are welcome. Debbie is unable to make the monthly meetings in time to collect money. Dave will continue to do that.

Approval of Minutes – November 2006

November 2006 minutes approved

New Business

The next board meeting will be January 2, 2007, 7PM. Location will be at Kim Jenkins office, 52 Vanderbilt Avenue, Thirteenth Floor.

The meeting was adjourned at 8:15PM.

NYCC 2007 Mileage Chart

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Week	Cum
1	1	2	3	4	5	6	7		
J 2	8	9	10	11	12	13	14		
A 3	15	16	17	18	19	20	21		
N 4	22	23	24	25	26	27	28		
5	29	30	31	1	2	3	4		
F 6	5	6	7	8	9	10	11		
E 7	12	13	14	15	16	17	18		
B 8	19	20	21	22	23	24	25		
9	26	27	28	1	2	3	4		
M 10	5	6	7	8	9	10	11		
A 11	12	13	14	15	16	17	18		
R 12	19	20	21	22	23	24	25		
13	26	27	28	29	30	31	1		
A 14	2	3	4	5	6	7	8		
P 15	9	10	11	12	13	14	15		
R 16	16	17	18	19	20	21	22		
17	23	24	25	26	27	28	29		
18	30	1	2	3	4	5	6		
M 19	7	6	9	10	11	12	13		
A 20	14	15	16	17	18	19	20		
Y 21	21	22	23	24	25	26	27		
22	28	29	30	31	1	2	3		
J 23	4	5	6	7	8	9	10		
U 24	11	12	13	14	15	16	17		
N 25	18	19	20	21	22	23	24		
26	25	26	27	28	29	30	1		

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Week	Cum
J 27	2	3	4	5	6	7	8		
U 28	9	10	11	12	13	14	15		
L 29	16	17	18	19	20	21	22		
30	23	24	25	26	27	28	29		
31	30	31	1	2	3	4	5		
A 32	6	7	8	9	10	11	12		
U 33	13	14	15	16	17	18	19		
G 34	20	21	22	23	24	25	26		
35	27	28	29	30	31	1	2		
S 36	3	4	5	6	7	8	9		
E 37	10	11	12	13	14	15	16		
P 38	17	18	19	20	21	22	23		
39	24	25	26	27	28	29	30		
40	1	2	3	4	5	6	7		
O 41	8	9	10	11	12	13	14		
C 42	15	16	17	18	19	20	21		
T 43	22	23	24	25	26	27	28		
44	29	30	31	1	2	3	4		
N 45	5	6	7	8	9	10	11		
O 46	12	13	14	15	16	17	18		
V 47	19	20	21	22	23	24	25		
48	26	27	28	29	30	1	2		
D 49	3	4	5	6	7	8	9		
E 50	10	11	12	13	14	15	16		
C 51	17	18	19	20	21	22	23		
52	24	25	26	27	28	29	30		
53	31	1	2	3	4	5	6		

NYCC 2007 Mileage Chart

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Week	Cum
1	1	2	3	4	5	6	7		
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F 6	5	6	7	8	9	10	11		
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9	26	27	28	1	2	3	4		
M 10	5	6	7	8	9	10	11		
A 11	12	13	14	15	16	17	18		
R 12	19	20	21	22	23	24	25		
13	26	27	28	29	30	31	1		
A 14	2	3	4	5	6	7	8		
P 15	9	10	11	12	13	14	15		
R 16	16	17	18	19	20	21	22		
17	23	24	25	26	27	28	29		
18	30	1	2	3	4	5	6		
M 19	7	6	9	10	11	12	13		
A 20	14	15	16	17	18	19	20		
Y 21	21	22	23	24	25	26	27		
22	28	29	30	31	1	2	3		
J 23	4	5	6	7	8	9	10		
U 24	11	12	13	14	15	16	17		
N 25	18	19	20	21	22	23	24		
26	25	26	27	28	29	30	1		

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Week	Cum
J 27	2	3	4	5	6	7	8		
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L 29	16	17	18	19	20	21	22		
30	23	24	25	26	27	28	29		
31	30	31	1	2	3	4	5		
A 32	6	7	8	9	10	11	12		
U 33	13	14	15	16	17	18	19		
G 34	20	21	22	23	24	25	26		
35	27	28	29	30	31	1	2		
S 36	3	4	5	6	7	8	9		
E 37	10	11	12	13	14	15	16		
P 38	17	18	19	20	21	22	23		
39	24	25	26	27	28	29	30		
40	1	2	3	4	5	6	7		
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T 43	22	23	24	25	26	27	28		
44	29	30	31	1	2	3	4		
N 45	5	6	7	8	9	10	11		
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V 47	19	20	21	22	23	24	25		
48	26	27	28	29	30	1	2		
D 49	3	4	5	6	7	8	9		
E 50	10	11	12	13	14	15	16		
C 51	17	18	19	20	21	22	23		
52	24	25	26	27	28	29	30		
53	31	1	2	3	4	5	6		

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
☐ Individual, bulletin online: \$19

☐ Couple residing at the same address, bulletin mailed: \$30
☐ 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:
www.active.com/event_detail.cfm?event_id=1025985**

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

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

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100% Swiss made

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.

Checks payable to NYCC



JOIN AMERICAN FRIENDS OF RABIN MEDICAL CENTER IN ISRAEL AND BIKE RIDE FOR BREAST CANCER CARE

RESERVE YOUR SEAT NOW
5 Days / April 26-May 4, 2007



Join Israeli Olympians and star athletes.

Bike and tour together on the byroads of Israel starting in northern Israel through the Golan Heights down Israel's coast ending at Rabin Medical Center in Petah Tikva.

The 5-day, 160 mile luxury bike trip and sightseeing tour, will begin in northern Israel at Safed and end in Petah Tikva with the majesty of the scenic Galilee and all the action and vibrancy of Tel Aviv. Additional afternoon ride offered daily.

Donations benefit the new Rabin Medical Center Breast Care Center to equip it with advanced imaging technology for accurate screening and precise diagnosis.

If you cannot join us, sponsor a rider.

Early registration required. Minimum spaces available.

Contact: AFRMC 212.279.2522 or www.afrmc.org/bikeathon

Cost of the trip is \$3,875 plus registration fee and minimum tax-deductible contribution of \$2,500 for breast cancer care at Rabin Medical Center.

Price includes air, food and luxury accommodations for bike ride.

Bring your own bike or rental bikes available in Israel.

(Rates are based on current tariffs and are subject to change.)

AMERICAN FRIENDS OF RABIN MEDICAL CENTER

220 Fifth Avenue Suite 1301 NY, NY 10001

email afrmc@afrmc.org www.afrmc.org

Please Welcome Our New Members...

December 2006

Alicia Abel • Jonathan Brandt • James Cain • Andrew Finkelstein • Brian Gatens • Christina Hong • Diana Howansky • Tim Hynes • Philip Ing • Michael Keating • John Kennedy • Sanjay Khurana • Dara Kiese • Alan Meltzer • Eric Rayvid • Paul Secor • Scott Smith • Bill Wolf • Peter Wollmeringer • Stacy Young.

January 2007

Brooke Baker • Aaron Cook • Alix Ford • Marten Hoekstra • Karen La Rosa • Lynda Logan • Giuliana Lonigro • Jessie Ng • Mae Pan • Jodi Sholinsky • Steve Weiss • Robn Stoller • Luke Tani • Jonathon Wright.

Bicycle shops offering discounts to NYCC members

A Bicycle Shop

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

Bicycle Habitat

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

Bicycle Heaven

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

Bicycle Workshop

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

Bicycle Renaissance

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

Conrad's Bike Shop

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

Gotham Bikes

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

Larry's 2nd Ave. Bicycles Plus

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

Master Bike Shop

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

Piermont Bicycle Connection

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

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

Sid's Bike Shops

235 East 34th Street, NY, NY
212 213-8360 or www.sidsbikes.com
10% off accessories and clothing.

Toga Bike Shop

110 West End Avenue, NYC, NY
212 799-9625 or gotbik@aol.com;
10% off parts, accessories and repairs.

Turin Bicycle

1027 Davis Street, Evanston, IL 60201
847 864-7660, www.turinbicycle.com
cmailing@turinbicycle.com; 10% off parts and accessories. Owned by NYCC Life Member.



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

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