

NYCC Bulletin

March 2007

OK: ONE DAY YOU GET ALL OF THIS FANTASTIC NYCC NEWS VIA THE EWEKLY, AND THE NEXT WEEK... POOF! NOTHING! YOU HAVE BEEN CUT OFF! THE NYCC IS MOVING AND SHAKING AND WE NEED YOUR HELP TO MAKE 2007 OUR BEST YEAR - YET. 2007 MEMBER REGISTRATION IS STILL OPEN ON ACTIVE.COM. IF YOU HAVE NOT ALREADY RENEWED, PLEASE NAVIGATE ON OVER TO [HTTP://WWW.NYCC.ORG/HOME_JOIN.SHTML](http://www.nycc.org/home_join.shtml) AND SIGN UP. FOR \$17 PER YEAR IT IS THE BEST BARGAIN IN NEW YORK (EXCEPT OF COURSE FOR OUR \$20 CLUB MEETING DINNERS, BUT THAT IS ANOTHER STORY.) PLEASE REMEMBER, YOU MUST RENEW YOUR MEMBERSHIP IN ORDER TO CONTINUE TO RECEIVE THE EWEKLY AND THE PASSWORD (WHICH WILL CHANGE SOON) FOR THE BULLETIN AND ONLINE RIDES LISTINGS. YES, WE WILL AS ALWAYS HAVE A GRACE PERIOD UNTIL AT LEAST MARCH 1, BUT THAT IS THIS WEEK, SO RENEW NOW SO YOU DO NOT HAVE TO WORRY ABOUT IT!

PRESIDENT'S MESSAGE

March is here and the NYCC spring programs are upon us!

For all those who have spent the winter hibernating, the time has finally come to switch off Grey's Anatomy, get off the sofa, and head outdoors on the bike. It is the beginning of our season and you should think of it like New Year's two months later, a chance to start all over again. Even if you already tried two months ago to work out more and to eat less pizza, you get to try again, only this time with the added incentive of not wanting to be seen in only a thin layer of spandex as the weather warms if you don't actually carry through with your resolutions!

The spring is also the time when I look to get the most from the NYCC... new energy, new rides, new friends, and new accomplishments. Every time I have set out in the spring with the NYCC I have not been disappointed. Even though I have ridden the A-19 SIG routes dozens of times, every year the rides are different. I look forward to meeting SIG participants every year; I like listening to their stories and adding a few more to their repertoires whenever possible. There is nothing more rewarding to me than bearing witness to the first time our SIGlets put it all together... zipping along in a tight pace-line at 19-20 mph, constantly rotating the lead, and somehow arriving at our destination faster but still fresher than they ever have before. Invariably someone proclaims as we pull in to our rest stop 30+ miles from the city, "We're here ALREADY!?" That's when I know that they've got it, and that they are now hooked like me!

As for the NYCC board, we are moving along too. We spent some time last month discussing our goals for the Club and for our individual positions, as well as the current NYCC youth program. Next order of business is getting the Berkshire Memorial Day weekend going and the 2007 Escape New York committee off of the ground. All along we are cognizant of the reason most people join the NYCC – for the rides.

We want to encourage people to participate and to lead NYCC rides. We were thrilled to attend the February club meeting as we quickly realized that it would be standing room only and jam-packed with enthusiasm. We hope to see the rides calendar echo that enthusiasm.

I want to wish everyone a fantastic 2007 cycling season. I hope that you take this opportunity to make some goals for this season. Whether it be finishing the ENY century or metric century option, riding three times a week, following the Giro and climbing in the Dolomites in Italy, or leading your first NYCC ride. In the words of Patricia Moreno, one of my favorite fitness instructors, let's make 2007 our best year – yet.

Hope to see you out on the road! Jeff

NYCC Board of Directors



President
Jeff Terosky
president@nycc.org



VP Programs
Debbie Rothschild
deroth@mindspring.com



VP Rides
Reginald Johnson
rabjohnson@optonline.net



Secretary
Ellen Jaffe
ellen@ellenjaffe.com



Treasurer
Kim Jenkins
KimJenkins@aol.com



Public Relations
Claudette Lajam
claudie123@aol.com



Special Events
Hal Eskenazi
events@nycc.org



Membership
Neil Botwinoff
membership@nycc.org



A-Rides Co-ordinator
Terry Hildebrandt
a-rides@nycc.org



B-Rides Co-ordinator
Kay Gunn
b-rides@nycc.org



C-Rides Co-ordinator
Scott Wasserman
swrides@earthlink.net



Bulletin Editor
Kevin Ley
bulletineditor@nycc.org



Webmaster
Timothy McCarthy
webmaster@nycc.org



Past President
Carol Waaser
biker-c@rcn.com

NYCC Bulletin

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Mailing Service: Thanks to our Mailing Party volunteers. Contact Eva Wirth at ewith@yahoo.com to volunteer for the next mailing.

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Ads: Only bicycle related advertising is accepted. Only digital files will be accepted (contact Editor for more information). Page size is 7.5 by 10 inches.

Ad rates: Full page, \$275. Half page, \$150. Quarter page, \$85. Eighth page, \$50. Bottom blurb, \$45. Frequency discounts available.

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.

April bulletin deadline:

All articles, announcements and advertising are due by Tuesday, March 10th.

Address all correspondence to: bulletineditor@nycc.org

6-9:15pm
Tuesday
March 13th
Get
M.E.L.T.ed!

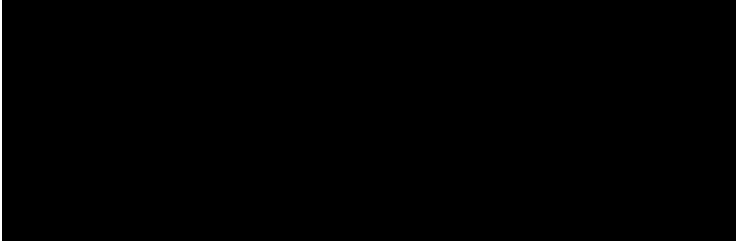
Would you like to improve your speed and performance? Do you worry that injuries may interfere with your cycling? Sue Hitzmann, somatic-movement educator and manual therapist will show us how to reduce the negative effects of cycling while improving our ability to cycle and potential to do it for a lifetime.

Sue designed the cutting-edge M.E.L.T. method™ to introduce innovative manual therapy techniques and longevity fitness™ concepts into traditional exercise. She will discuss body issues cyclist commonly face and how to reduce recovery time, injury potential and chronic pain. The MELT techniques improve muscle balance and tone, posture and alignment, flexibility and range of motion... all critical elements of maintaining an active lifestyle, especially for anyone who cycles two times a week or more. The MELT method will not only help keep you healthy and injury-free but will teach you how to use your muscles more efficiently to improve your cycling potential. Join Sue and our very own Karin Fantus, NYCC member, MELT certified practitioner and Pilates instructor and learn how to "get MELTed"!

Sue Hitzmann, M.S. is the founder of Body Language, NYC and creator of the M.E.L.T. Method. She is a recognized leader in the fitness industry as a manual therapist, movement instructor, presenter and writer. In addition, Sue was a CAT IV racer in college and currently teaches spinning as well as classes in strength and coordination techniques.

Annie Moore's Pub and Restaurant
50 E. 43rd St. (west of GCT between Madison and Vanderbilt)
Subway: 4/5/6/7 to 42nd St./GCT)
Social hour with cash bar starts at 6 PM.
Dinner at 6:45 PM. Program runs from 8:00 to 9:15. Admission: \$20 for program and dinner.

Join. Renew. 2007
MEMBERSHIP!



Now that we're heading into SIG, STS and spring riding generally, please remember to renew your membership in the Club for calendar year 2007. Your 2006 membership will expire in March. If you're not yet a member, this message applies equally to new members. Please support the Club by renewing or joining now. It's easy to do via the Club website. Just click on "Join the Club" and follow the active.com link for online registration. Membership fees are reasonable considering the many benefits which include taking advantage of our wonderful and diverse program of rides and training programs, receiving the Club bulletin, attending Club events and monthly meetings and benefitting from discounts offered by bike shops around the City. Please support the Club by renewing your membership or joining now. Please remember, you must renew your membership in order to continue to receive the eWeekly and the password (which will change soon) for the Bulletin and Online Rides listings. Yes, we will as always have a grace period until at least March 1, but that is this week, so renew now so you don't have to worry about it!

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

March ride listings



Denotes rides exclusive to SIG participants.

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>

Sundays

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

Snowshoe SIG - March 04, 11, 18

Leader: Marilyn & Ken Weissman, 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. 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.

Tuesdays and Thursdays

B17 18-24 6:15 am

Morning Laps in Central Park

March 06, 08, 13, 15, 20, 22, 27, 29

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

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

Please join me for training laps in the Park. We'll concentrate on building up endurance, form, and good group riding etiquette. Maybe we'll do hill repeats or interval training occasionally on Tuesdays. In the middle of the month, I'll teach a rotating paceline for people who don't know how to do it. (Please note that these rides will start at 5:45am in April.) I've done these rides for several years and they've always been fun. Please check the weekly email listing and message board in case I need to cancel or change anything at the last minute. *Cancels: precipitation, imminent threat of precipitation, wet pavement, or temperature below 30° F at the start.*

Wednesdays

A18 30-35 mi 6:15 am

The Sun Also Rises: River Road

March 21, 28

Leader: Kim Jenkins, kimjenkins@aol.com, 917 359-5736

From: NW corner of 40th and 2nd Avenue - or we will meet you on the way

We will make our way through Central Park to meet others and then head to River Road with a return the same way. We usually get to the NY side of the GWB at 7am and arrive at the NJ side around 8:30.

This ride is to motivate me and others to get on the road. Once we start rolling, we regroup at the Alpine police station and again at the NJ side of the GWB. *Wet roads or temps below 32 cancel. Check the message board for last minute updates. Please RSVP.*

Sundays

B17 95-100 7:30 am

Century-A-Month Club

March 18, 25

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>

Please RSVP to Kay. A simple headlight and taillight for each rider is required. Check the messageboard the day before the ride for route information and possible weather related changes. Both leaders are involved in a SIG, so if Sat SIG rides are moved to Sunday, this ride will be cancelled.

Club rides

Sunday, March 04, 2007

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

Snowshoe SIG - March 04, 11, 18

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

From: See below

See description in Recurring Rides.

Tuesday, March 06, 2007

B17 18-24 6:15 am

Morning Laps in Central Park

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

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

See description in Recurring Rides.

Thursday, March 08, 2007

B17 18-24 6:15 am

Morning Laps in Central Park

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

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

See description in Recurring Rides.

A19 55+ 9:30 am

STS-A19 Ride #2: North White Plains - Kensico Loop

Leaders: Fred Steinberg, fsteinberg@nyc.rr.com, 212 787-5204; Ron Roth; Gerald Seppey; Catherine Bent

From: Central Park Boathouse

We'll ride to the North Castle Diner for brunch, then either ride home or continue north to loop the Kensico Reservoir and depending on group consensus climb a few hills. Bring MNRR pass.

Check NYCC msg Bd for ride status or call Fred after 7:30am.

Note: this series is for experienced A riders with paceline skills, A SIG graduates or equivalent. Sorry, no mountain bikes or aero bars.

A19 SIG 45+/- mi 9:00 am

A-19 SIG Ride #2: Northvale 

Leaders: A-19 SIG Leaders, ~; Bob Mirell, bobnycc@aol.com, 917-868-7945; Laura Colby, laurac@elsiemann.org, 917-859-9725

From: Central Park Boathouse

Skill: Group Riding

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

A23 70 mi 9:00 am

STS A23 "The Knot" /w Ash

Leaders: Hank Schiffman, hschiffman1@nyc.rr.com, 212-529-9082; Peter O'Reilly, PTOR@prodigy.net

From: Central Park Boathouse

Timothy McCarthy's climbing puzzle of Rockland County.

Although the STS A23 series is designed as a training vehicle for strong cyclists with paceline skills who ride it each Saturday, these rides are open to all comers who have the ability and skill to contribute to this group effort. Helmets are required. Please be sure you bike is mechanically sound and your tires are not an embarrassment. Carry fluids, pocket nutrition, cash and a means to inflate flat tires. If you ride with a cell phone, enter in the ride leaders' cell #s listed on the cue sheets at The Boathouse. Please follow the NYCC Message Board prior to this ride as well as the morning of if uncertain about ride status due to weather.

A-SIG 50 mi 9:00 am

A-SIG Classic Ride #2: Park Ridge 

Leaders: Mark Loftis, mark646@yahoo.com, 212-866-5824; Sarah Tombaugh, sarahtombaugh@

hotmail.com, 646-642-4244

From: Central Park Boathouse, parking lot

Introduction to cooperative group riding.

Get to the Boathouse parking lot 20 minutes early in order to sign in and divide into groups. Place your name on the front and back of your helmet (we need to know who you are coming and going!). The purpose of today's ride is to get some base mileage in, to get to know each other and to get comfortable riding as a group. We will also introduce the idea of pace lines and getting comfortable riding on each other's wheels. Your fearless leaders will give you guidance on everything from road etiquette (for your fellow cyclists as well as motorists who share the roads) to proper bike fit. We'll cruise to the Montvale Diner in Park Ridge via 505 in small single-line groups, eat breakfast, and return to NYC on 501. Only one hill—leader's choice: Churchill? Booth? Walnut? Please bring two full water bottles and some smiles. Helmets required. No aerobars. Rain date: Sunday, March 11.

B15/16 40+/- 9:30 am

B-STs Ride #1 - River Road x2

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

From: Central Park Boathouse

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

Bring a positive attitude and all the usual stuff. Cancels: rain, snow, wet roads, or temperature below 30° at 8:30 am (1010 WINS or NY1). If a ride is cancelled, we try again Sunday. Always check the NYCC message board for last-minute ride information.

Please note: The STS will close to new participants after the 3rd ride.

B16,17 & 18 43/46 +/- mi 9:30 am

B-SIG Westwood, NJ 

Leaders: George Arcarola, garcarola@nyc.rr.com; John Kalish, john@kalish.com

From: Ramble Shed (north of Boathouse on East Drive)

Class this morning is about bike handling skills: cornering, braking, & holding a line. After class we will do our first full ride, taking it easy as we journey to the diners of Westwood. We'll practice

the communication and bike handling skills we've learned over the last two weeks. Only one real hill—the infamous Churchill or Walnut—to get us back up the Palisades. Cancels: predicted actual temperature below 25-degrees; raining or snowing; wet or slick roads; or steady winds above 40 mph. Check nycc.org bulletin board or call listed leaders if uncertain. And if weather cancels, we try again on Sunday.

C14 48 mi 9:25 am

Parkridge

Leader: Scott Wasserman, swrides@earthlink.net, 914-723-6607
From: Central Park Boathouse
We'll ride to a popular Bergen county diner on what I hope will be ice/snow free roads. We should be back easily before dark despite missing the clock change by a day. The ride officially ends at the Manhattan side of the GWB.

Sunday, March 11, 2007

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

Snowshoe SIG

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

From: See below

See description in March 4th listing.

Tuesday, March 13, 2007

B17 18-24 6:15 am

Morning laps in Central Park

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

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

See description in Recurring Rides.

Thursday, March 15, 2007

B17 18-24 6:15 am

Morning laps in Central Park

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

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

See description in Recurring Rides.

Saturday, March 17, 2007

A19 65+ mi 9:00 am

STS-A19 Ride #3: New City

Leaders: Fred Steinberg, fsteinberg@nyc.rr.com, 917-572-8926; catherine Bent; Ron Roth; Gerald Seppey; Reyna Franco

From: Central Park Boathouse

A pretty run up Rt23 to the Rockland Diner in New City. Then a return via Lake Tappan or perhaps a loop of Rockland Lake for some extra miles. Check NYCC msg board for cancel conditions or call Fred after 7:30am.

Note: this series is for experienced A riders with paceline skills, A SIG graduates or equivalent. Sorry, no mountain bikes or aero bars.

A19 SIG 55+/- mi 9:00 am

A-19 SIG Ride #3: Mamaroneck

Leaders: A-19 SIG Leaders; Edward Fishkin, Edward.Fishkin@woodhullhc.nychhc.org, 917 578-1078; Richard Edmonds, richard.edmonds@ny.stemcor.com, 917 969-7723

From: Central Park Boathouse

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

A23 75 mi 9:00 am

STS-A23: NYC - Brewster

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

From: Central Park Boathouse

The A23 Spring Training Series continues with a one-way ride from the Central Park Boathouse to Brewster for a return to the city via Metro North, with one stop scheduled around mile 40.

Please bring a MetroNorth pass, as well as two waters bottles, power bars or gels, money for lunch, a bicycle in good repair, along with the mandatory helmet. Check the bulletin board for updates if weather appears unfavorable.

A-SIG 60 mi 9:00 am 

A-SIG Classic Ride #3: White Plains

Leaders: Adam Lichtenstein, adam@lichtenstein.org, 917-678-0022; Hector Roman, HRoman@

romanandsingh.com, 912-915-8444

From: Central Park Boathouse, parking lot

Introduction to single, non-rotating paceline

Today we begin to build a beautiful working knowledge of Westchester—a favorite stomping ground of the A-SIG. We will head out through the Bronx on the Grand Concourse. Did you train during the week? If you didn't, don't bother coming out. Training during the week is critical to keeping up—and everyone will keep up. We will do more miles today. In addition, we will focus on riding in a single paceline, getting a taste of how cool it is to ride on someone's wheel, pulled along in a draft. Arrive at the boathouse 20 minutes early so we can get signed up and on the road promptly by 9:00 AM. Helmets with names on front and back are required. No aerobars. Rain date: Sunday March 18. **DEADLINE: all registered A-SIG participants must be members of the NYCC. LAST CHANCE FOR NEW PARTICIPANTS TO JOIN THE A-SIG CLASSIC.**

B16 50+/- 9:30 am

B-STS Ride #2 - Seville Diner

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

From: Central Park Boathouse

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

Bring a positive attitude and all the usual stuff. Cancels: rain, snow, wet roads, or temperature below 30° at 8:30 am (1010 WINS or NY1). If a ride is cancelled, we try again Sunday. Always check the NYCC message board for last-minute ride information.

Please note: The STS will close to new participants after the 3rd ride.

B16, 17 & 18 47/57 +/- mi 9:30 am

B-SIG Scarsdale or Hartsdale NY 

Leaders: Donald Bear, donaldbear@mac.com; Kevin Broomell, kbroomell@nyc.rr.com

From: Ramble Shed (north of Boathouse on East Drive)

We'll start with a class in spinning – an all-important skill that will save your knees as the years go by, and help you go faster now. Then head up into Westchester; the B16s to Scarsdale, the B17s & B18s to Hartsdale. There will be

a few hills (not too daunting) to practice your spinning. Cancels: predicted actual temperature below 25-degrees; raining or snowing; wet or slick roads; or steady winds above 40 mph. Check nycc.org bulletin board or call listed leaders if uncertain. And if weather cancels, we try again on Sunday.

C13 25-30 10:00 am

Mediocre President's Day Weekend Ride

Leaders: Ed Pino, epino@mac.com; Liz Baum

From: Statue of Civic Virtue, Queens Blvd & Union Tpke, Queens. Take the E or F train to the Union Tpke stop.

Join Ed and Liz for our ride to Fillmore's for lunch. This will be an easy and flat ride of 25-30 miles through the borough of Queens. We will circle the globe and have lunch at a place with a pub-like atmosphere. Join us on this warm winter journey, for a trip and a great lunch at the end of the ride. Bring \$ for a real lunch, and a bike lock. The restaurant is bike friendly with a great attitude. Co-listed with 5BBC.

C-min.11 18.3 mi 9:30 am

C-SIG Self-Classification Ride 

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

From: Central Park at E. 72nd St. and Fifth Ave.

Pre-registration is required.

You choose either date to ride. Three laps around the Park, at a steady, even pace to determine your strength and skill levels. Bring helmet, spare tube for tire, water bottle. You don't need to bring a lock. Wear layered clothing, topped by a windbreaker. Cover your hands, ears & knees against the cold. Your bike must be in good working condition, with tires pumped within the last 2 days to recommended pressure. We'll provide the help and the cheering section!

Rain, wet roadway or temp. below 35 degrees postpones. Check the NYCC Message Board after 7:00 AM or call by 8:30 AM if in doubt.

Sunday, March 18, 2007

A20 63 mi 9:00 am

Shore Road

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

From: Central Park Boathouse

Early season miles. Thru the Bronx, Pelham, traffic lights, bumpy roads, to smooth wide open stretches along the

Kensico Reservoir. Bkfst at the Thornwood Diner. Then home along Grassy Sprain. The leader will not exceed the speed listed. Well, maybe a little. But only "maybe" and only "a little."

B17 95-100 7:30 am

Century-A-Month Club : March

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

See description in Recurring Rides.

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

Snowshoe SIG

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

From: See below

See description in Recurring Rides.

Tuesday, March 20, 2007

B17 18-24 6:15 am

Morning laps in Central Park

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

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

See description in Recurring Rides.

Wednesday, March 21, 2007

A18 30-35 mi 6:15 am

The Sun Also Rises: River Road

Leader: Kim Jenkins, kimjenkins@aol.com, 917-359-5736

From: NW corner of 40th and 2nd Avenue - or we will meet you on the way

See description in Recurring Rides.

Thursday, March 22, 2007

B16 50-60 mi 9:30 am

Jay's LoHud Series/West Bank Vistas

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

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

Specific destination will be determined by abilities and wishes of riders but will be in the general direction of quaint rivertowns of Piermont/Nyack. Routes may include Esplanade/Rio Vista, River Road, Clausland & Tallman Mountains, Bradley, Tweed, Christian Herald/Storms and/or the newly paved \$multi-million Orangetown railtrail. Some hills,

but we will patiently wait for slower riders. Stunning scenery and riv vus guaranteed. A brief stop at a mini bike/touring museum may be included.

B17 18-24 6:15 am

Morning laps in Central Park

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

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

See description in Recurring Rides.

Saturday, March 24, 2007

A19 70+/- 9:00 am

A19 STS Ride #4 Sleepy Hollow Armonk

Leaders: Fred Steinberg, fsteinberg@nyc.rr.com, 917-572-8926; Reyna Franco; Catherine Bent; Ron Roth; Gerald Seppey

From: Central Park Boathouse

We'll ride to Tarrytown then over the ridges (Sleepy Hollow, Bear Ridge and Whippoorwill) to Armonk. The its either return via Rt22 to the city with an option to head north thru Mt Kisco to Peekskill and Cold Spring. Bring MNRRA rail pass for return options.

A19 SIG 55+/- mi 9:00 am

A-19 SIG Ride #4: Park Ridge

Leaders: A-19 SIG Leaders; Devraj Roy, deroy@bear.com, 646-530-1881; Steve Peters, spsquared@yahoo.com, 917-882-9849

From: Central Park Boathouse

Skill: Single, Rotating Paceline
MUST BE A MEMBER OF THE NYCC TO RIDE TODAY: Payoff begins. You're feeling stronger, muscles ripple a little. Heartbreak Hill will seem a little easier this time. Today, there's only a small change in velocity, but we'll practice and perfect the beauty and elegance of single non-rotating pacelines. Only a double rotating paceline is a more beautiful thing to behold (be patient!). We'll head over the GWB to Park Ridge, and on the way back we'll work on perfecting the paceline as a critical "A" riding skill. We're nearing the last week of our "no drop" policy. Train Harder during the week!! The usual cancels, bring lots of water; go for the gold and as well as total clarity!

A23 85 mi 8:00 am

STS-A23: New Brunswick, NJ - Carversville, PA

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

From: Penn Station NY and Penn Station Newark

This ride and variations are club favorites. Meet at Penn Station 8:00 for the

8:14 train to New Brunswick, NJ. There will be one stop in Carversville.

While a bike pass is not required, helmet, ample food and water, spare tubes and a pump are a must. If the weather appears doubtful, check the message board where the ride's status will be posted by 6:30am.

A-SIG 54 mi 9:00 am

A-SIG Classic Ride #4: Nyack



Leaders: Catherine Gibbons, cath.gibbons@verizon.net, 917-589-6001; Harry Zernike, hz@harryzernike.com, 917-324-5040

From: Central Park Boathouse, parking lot

Introduction to single, rotating pace lines

OK, yeah, you've been to Nyack—or have you? Have you been there in style? Have you shown up as a straggling, wobbly single rider or in tight, smoothly functioning group formation? And who can resist a latte at the Runcible? We've already had a taste of pace line riding from last week. This week, we do more of the same, getting comfortable with it, however today we start rotating the lead. You are now getting to be a steady, smooth, predictable rider. We will ride out to Nyack on Rt 505 and eat breakfast at the Runcible or the Diner. We will return on 9W and really let the pace line rip. Get to the Boathouse parking lot by 8:30 to sign in, separate into groups and talk with your group leaders. Helmets required. Aero bars? Never heard of such things. Rain Date Sunday, March 25. Absolutely no new riders accepted today.

B16 55 mi 9:30 am

B-SIG Ride #3 - TBD - Park Ridge or Mamaroneck

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

From: Central Park Boathouse

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

Please note: The STS will close to new participants after this week. Bring a positive attitude and all the usual stuff. Cancels: rain, snow, wet roads, or temperature below 30° at 8:30 am (1010 WINS or NY1). If a ride is cancelled, we try again Sunday. Always check the NYCC message board for last-minute ride information.

B16,17 & 18 53/58 +/- mi 9:00 am

B- SIG Ridgewood, NJ



Leaders: Neil Botwinoff, (212) 535 7951, botwinoff@tanhelp.com; Marjorie Shaffer, marjorie.shaffer@nyumc.org

From: Ramble Shed
North of Boathouse on East Drive

All the cobwebs are gone from our winter hibernation, so we're picking up the pace by one MPH. Class today will be about shifting and gearing, and you'll need most of your gears on this pretty, but somewhat hilly ride west into New Jersey. The B16s will have a late lunch in Westwood after the climbs so bring pocket food. The B17s & B18s are duly warned that most of the hills are after lunch and one of our restaurant choices is considered the best pancake house in the tri-state area. **NOTE THE EARLIER START TIME.** (Plus, you'll get the chance to lead part of the ride, too.) Cancells: predicted actual temperature below 25-degrees; raining or snowing; wet or slick roads; or steady winds above 40 mph. Check nyc.org bulletin board or call listed leaders if uncertain. And if weather cancels, we try again on Sunday.

C-min.11 18.3 mi 9:30 am

C-SIG Self-Classification Ride



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

From: Central Park at E. 72nd St. and Fifth Ave.

Pre-registration is required.

You choose either date to ride. Three laps around the Park, at a steady, even pace to determine your strength and skill levels. Bring helmet, spare tube for tire, water bottle. You don't need to bring a lock. Wear layered clothing, topped by a windbreaker. Cover your hands, ears & knees against the cold. Your bike must be in good working condition, with tires pumped within the last 2 days to recommended pressure. We'll provide the help and the cheering section!

Rain, wet roadway or temp. below 35 degrees postpones. Check the NYCC Message Board after 7:00 AM or call by 8:30 AM if in doubt.

Sunday, March 25, 2007

A19 15 mi 8:30 am

Mtn. Bike: Blue Mtn (Peekskill)

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

From: Grand Central Station

Meet 8:30 to take 8:51 train to Cortlandt Station (9:50 arrival for those who want to meet at station by car). Variety of trails

available including relatively easy double track, and challenging singletrack with steep climbs. Expect about 2-3 hours of riding.

A23 80 mi 9:00 am

STS-A23: NYC - South Mountain Road - NYC

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

From: Central Park Boathouse

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

B16 50-60 mi 9:30 am

Jay's LoHud Series/West Bank Vistas

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

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

Specific destination will be determined by abilities and wishes of riders but will be in the general direction of quaint rivertowns of Piermont/Nyack. Routes may include Esplanade/Rio Vista, River Road, Clausland & Tallman Mountains, Bradley, Tweed, Christian Herald/Storms and/or the newly paved \$multi-million Orangetown railtrail. Some hills, but we will patiently wait for slower riders. Stunning scenery and rivus guaranteed. A brief stop at a mini bike/touring museum may be included.

B17 95-105 8:00 am

Century-A-Month Club: Sergeantsville

Leaders: Kay Gunn, kgunn@ndci.com, 646-509-5034; Natalia Lincoln, natalia@bway.net, 718-972-3451

From: Newark, NJ PATH station

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>

Please RSVP to Kay to receive specific train/meeting information. We will be riding NJ Transit home, so we'll need to limit participation to 8 riders.

A simple headlight and taillight for each rider is required. Check the messageboard the day before the ride for possible weather related changes. The leaders are involved in a SIG, so if Sat SIG rides are moved to Sunday, this ride will be cancelled.

C11-12 25 mi 10:00 am

C STS = Get Back in Shape 1: Scarsdale

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

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

Meet at the Isham Park benches Take "A" train to 207th St.; exit at rear of train (elevators available); then walk forward (north) 1.5 blocks on Broadway.

This is the first of a series of C rides to help us get back into shape after a winter of relative sloth. Let's follow the Bronx River bike path, enjoy the geese, ducks and swans and peaceful babbling brook on our first outing. Lunch will be indoors in Scarsdale. Helmets are required. We will observe Club riding etiquette. Bring your Metro-North pass for emergencies. Cancellation: starting temp below 40F, wind chill below 25F, icy roads, or 50% chance of precipitation. After you've checked the weather channel or 1010WINS, call Maggie After 8 am if still in doubt about weather conditions.

C12 40 mi 9:15 am

Rossville, Staten Island

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

From: Donut Plant (Essex & Grand); South Ferry terminal, 10 am boat

Ride to the dead pool, one of the eeriest places in the five boroughs, according to some. Our destination is Rossville, Staten Island, home to the Sleigh family cemetery, Rossville African Methodist Church, Clay Pit Ponds State Park, and of course the dead pool. We'll keep a brisk pace out and back, taking the more scenic, less traveled routes, that will give us time to explore the many wonders of this forgotten community at the far tip of Staten Island. This ride is co-listed with 5BBC.

Tuesday, March 27, 2007

B17 18-24 6:15 am

Morning laps in Central Park

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

See description in Recurring Rides.

Wednesday, March 28, 2007

A18 30-35 mi 6:15 am

The Sun Also Rises: River Road

Leader: Kim Jenkins, kimjenkins@aol.com, 917-359-5736

From: NW corner of 40th and 2nd Avenue - or we will meet you on the way

We will make our way through Central

Park to meet others and then head to River Road with a return the same way. We usually get to the NY side of the GWB at 7am and arrive at the NJ side around 8:30.

This ride is to motivate me and others to get on the road. Once we start rolling, we regroup at the Alpine police station and again at the NJ side of the GWB. *Wet roads or temps below 32 cancel. Check the message board for last minute updates. Please RSVP.*

Thursday, March 29, 2007

B17 18-24 6:15 am

Morning laps in Central Park

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

See description in Recurring Rides.

Saturday, March 31, 2007

A19 65-88 9:00 am

STS-A19 Ride #5: Byram Lake Armonk

Leaders: Fred Steinberg, fsteinberg@nyc.rr.com, 917 572-8926; Ron Roth; Gerald Seppy; Rayna Franco; Catherine Bent

From: Central Park Boathouse

The fast, flat shore route out, then into the hills and estates of NW Greenwich and Bedford, around Byram Lake to lunch in Armonk. Return to city via Grassy Sprain or MNRR from White Plains or Tarrytown.

Metro North Bike pass required for rail return.

Check Msg Board after 7:30am or call Fred for cancel conditions.

A19 SIG 55+/- mi 9:00 am

A-19 SIG Ride #5: Hartsdale

Leaders: A-19 SIG Leaders; Ted Feury, ted_feury@hotmail.com, 646 554-3922; Kim Jenkins, kim.jenkins@pfizer.com, 917 359-5736

From: Central Park Boathouse

SKILL: Single-rotating Paceline
Who let the dogs out? You are all looking so fine. The pacelining we learned over the last few weeks will evolve into a thing of beauty today. We'll advance to rotating paceline riding to take advantage of the wind breaking effect of the front riders. This will enable us to keep the speed up and preserve our energy. You won't believe how your training pays off. If you continue on the steep learning curve you've demonstrated thus far, we may even try to rotate a few double pacelines today. This is the last week of our "no drop" policy and don't even think about taking the tape off your helmet! If it fell off already, make a new one!

A23 80 mi 7:30 am

STS A23 Whippoorwill, Roaring Brook, Hardscrabble

Leaders: Hank Schiffman, hschiffman1@nyc.rr.com, 212-529-9082; John Zenkus, Jjz2116@aol.com

From: Grand Central Terminal, Information Booth

The roads of Westchester open up to cycling north of White Plains. And that is where we are going. After the featured climbs we will do a counterclockwise loop of the Croton Reservoir, returning via 448/ 9 & Warburton.

We are taking the 7:48 train on the Harlem line. Buy a one way ticket to North White Plains.

Although the STS A23 series is designed as a training vehicle for strong cyclists with paceline skills who ride it each Saturday, these rides are open to all comers who have the ability and skill to contribute to this group effort. Helmets are required. Please be sure you bike is mechanically sound and your tires are not an embarrassment. Carry fluids, pocket nutrition, cash, a means to inflate flat tires and a Metro North Bike Pass. If you ride with a cell phone, enter in the ride leaders' cell #s listed on the cue sheets while on the train. Please follow the NYCC Message Board prior to this ride as well as the morning of if uncertain about ride status due to weather.

A-SIG 55 mi 9:00 am

A-SIG Classic, ride #5: Pleasantville

Leaders: Marcy Bloomstein, marcy.bloomstein@djkresidential.com, 917-570-7005; David Estrada, david_estrada@lhh.com, 646-305-5224

From: Central Park Boathouse, parking lot

More single, rotating paceline and introduction to double paceline

This ride is hilly! Did you train during the week? Maybe even do some hill repeats? You'll be glad if you did! Phew! By now you're comfortable riding in a single paceline. We will ride up to Tarrytown on Route 9—a great place to practice rotating the lead. We will then climb over a hill to the Thornwood Diner for lunch and then return via Grassy Sprain. On the way home, if you're good (and we know you will be), we'll introduce you to a double paceline (non-rotating), so you'll be ahead of the game next week. You know the drill by now: Arrive early with name on helmet to get signed in and into your group. We leave at 9:00 on the dot. You're getting to be a real A-rider now. Rain date: Sunday, April 1.

B16,17, & 18 55/60 +/- mi 9:00 am

B-SIG Mamaroneck Harbor NY

Leaders: Michael Casey, michael.e.casey@earthlink.net; Hannah Borgeson, hannahb@att.net, 212-348-2601

From: Ramble Shed (north of Boathouse on East Drive)

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

B16+ 60 mi 9:00 am

B-STs Ride #4 West Nyack "Pizzerina Ride"

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

From: tbd

Ride details will be emailed to all STS participants.

C11-14 25 mi 9:30 am

C-SIG Ride #1

Leaders: Patricia Janof, patricia.janof@verizon.net, 212-737-1668; Mitchell Fink, mfink@mfink.com, 212-945-3150; Jim Reaven, jim555@rcn.com, 917-232-2875; Gary McGraime, garynycc@aol.com, 212-877-4257

From: Central Park Boathouse, parking lot

Our first group ride.

You should have been contacted prior to today with the results of your self-classification ride and what group you are in. Your ride leader will let you know starting place and time, what to bring and wear. Check NYCC Message Board after 7 AM if postponed until tomorrow because of weather. For the next 8 weeks, we will ride all day, with stops for training and food. The C-Sig ride leaders have planned a great Sig for you!

Sunday, April 01, 2007

A20 50 mi 9:00 am

A Month of Sundays (almost), Part 1: Park Ridge

Leader: Sue Foster, suefoster@nyc.rr.com

From: Central Park Boathouse

I know all the excitement in the spring is on Saturdays with the SIGs and STS's, but Sundays can be fun too! If you a) can't

ride on Saturdays, b) prefer to ride on Sundays, or c) are crazy enough to want to ride on both days, join me for this mini-series of rides in April. We'll start out flat and easy with this 50-miler to Park Ridge. No major climbing, no problem.

Brief deli breaks, no diners. Requirements: bike in good working order, must be pace-line savvy and self sufficient (can change a flat and read a cue sheet).

Temps. below 25 (God help us, that can't possibly happen) and any form of precipitation cancels. Ride status will be posted by 7:30 am on message board.

C11-12 25 mi 10:00 am

C STS = Get Back in Shape 2: Closter

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

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

Meet at 178th St and Ft. Washington Ave (rear of GW Bus Terminal); Take "A" train to 175th St; take elevator out and walk north to 178th St.

This is the second of a series of C rides to help us get back into shape after a winter of relative sloth. Let's venture into NJ on Irv's very pretty route through the burbs of Bergen to the Closter Diner for lunch. Helmets are required. We will observe Club riding etiquette. Cancellation: starting temp below 40F, wind chill below 25F, icy roads, or 50% chance of precipitation. After you've checked the weather channel or 1010WINS, call Maggie After 8 am if still in doubt about weather conditions.

Wednesday, April 04, 2007

A18 30-35 mi 6:15 am

The Sun Also Rises: River Road

Leader: Kim Jenkins, kimjenkins@aol.com, 917-359-5736

From: NW corner of 40th and 2nd Avenue - or we will meet you on the way

We will make our way through Central Park to meet others and then head to River Road with a return the same way. We usually get to the NY side of the GWB at 7am and arrive at the NJ side around 8:30.

This ride is to motivate me and others to get on the road. Once we start rolling, we regroup at the Alpine police station and again at the NJ side of the GWB.

Wet roads or temps below 32 cancel. Check the message board for last minute updates. Please RSVP.

DREAMING HANNAH

I dreamed of you last night

Driving, you in the back seat

Pointing go here, this way, that

Over a green meadow, hillocks

Trying to find

The right...

Is it too late

Are you already gone

No, you open your eyes in hollow

Cheeked face

Shiny

You are still here

You look at me, accusingly, laugh

How could I let you go out in jade green bell bottoms

We can go back, get your jeans

A smile, it's okay

Then we are there

Jeff, others are here

Reaching for you

To say

Goodbye.

— Joanna Omi, 2007

After a heroic battle with ovarian cancer, our beautiful, courageous, spicy, long-limbed Hannah Wittich, girl's girl and lone cyclist extraordinaire, passed on Saturday, February 10, surrounded by love. She is in our hearts now and forever.

People interested in sharing in celebrations of her life, for it is far too difficult to know yet what to do, should contact Joanna Omi at omijo@nyc.rr.com.

Tuesday
March 21st
6:30pm
Gandhi
Indian
Restaurant

Gandhi Indian Restaurant - East Village
345 East 6th Street (1st Ave)
212-255-7193 *RSVP by March, 19. BYOB

Shatter your conception on **Indian Cuisine**. For some reason when Indian food is paired with the proper wine it truly changes one's conception of the cuisine. We will start with an assortment of appetizers, 2 sweet entrees, 2 curry entrees, then end with 2 spicy entrees.

Our resident food and wine expert **Johnny Tastebuds** recommends the following for your BYOB selections:

Appetizers – Pinot Gris, White Rioja or Sauvignon Blanc. **Sweet course** – Prosecco or Moscato D'Asti; **Last 2 courses** – Côtes du Rhône, Barbera, or Pinot Noir.

If you've been to some of his events I need say no more. Just show up, eat, drink, talk, laugh and have fun. The wait staff is very friendly and accommodating and Gandhi Restaurant will make us all feel like royalty. One of the beautiful things about Gandhi is Johnny Tastebuds has arranged BYOB status for our group. If each person brings a bottle they'll be plenty to share and plenty to enjoy. **And the cost for this wonderful, 4 course, dinner? \$20.** The joy of spending and evening with your friends over good conversation, bottles of wine and some chutney, priceless. For everyone else there's TV. So mark your calendar, come and enjoy. Respond to: events@nycc.org
Hal Eskenazi- Director of Special Events
It's your club...participate.

**The reason for the RSVP is simple. We need to know what part of the restaurant to reserve, as we will limit to 30 people, & the chef needs to have enough fresh ingredients. We get special pricing because of "who we are" and they want us to come back.*



New York Cycle Club Board Meeting Minutes

January 2007

The meeting was called to order at 7. Board members in attendance were Jeff Terosky, Debbie Rothschild, Reggie Johnson, Ellen Jaffe, Kim Jenkins, Claudette Lajam, Neil Botwinoff, Kevin Ley, Kay Gunn, Terry Hildebrandt, Carol Waaser. Also attending: Annaline Dinkelmann representing our ad-hoc Advocacy Committee, Stan Oldak and Lynn Baruh from the Youth Program.

PRESIDENT'S REPORT

Jeff requested that each board member in future submit an initial report prior to each board meeting. A motion was passed that the President or, in his absence, both the Vice President of Rides and the Vice President of Programs be able to authorize expenditures of up to \$100 that cannot wait for board approval. NYCC has effectively disassociated itself from Glen Goldstein's Montauk ride. A notice to that effect will be inserted in the e-weekly. Peter O'Reilly, recipient of the Volunteer-of-the-Year award, sent a note of thanks to the board. Jeff is looking for input, soliciting ideas as to exactly what the club should be doing. This includes both baseline club activities such as weekly rides and club weekends, as well as new and refined thinking about club activities. For instance, should ENY be a charity event or simply a well-supported club event?

SECRETARY'S REPORT

December 2006 minutes approved as may be amended.

FINANCIAL REPORT

\$1,000 in youth program account Presently we have: Money Market: \$30,523.05. Checking: \$6,007.30. Total: \$37,530.35. Jeff is a signer on all accounts. Kim will look into wire transfer of funds from active.com. Kim needs an inventory of club jerseys, bottles, etc. Stan mentioned the club jersey archive that rests with Timothy for future inclusion on the website.

MEMBERSHIP REPORT

Active.com indicates there are currently 1871 active members. Since there were 2008 members at the end of 2006 and membership does not expire until March of 2007, the 1871 number is incorrect. Neil will look into it. Jeff suggests an FAQ page on the website to ease the burden of repetitive emails. New members will be listed in each bulletin starting in February.

IMMEDIATE PAST PRESIDENT

The board agreed there is not enough appeal to pursue a club weekend with Club Getaway.

VP OF PROGRAMS

The February 13 meeting will generally address all club activities and ways to be involved with the club. The SIG and STS programs will be highlighted. Carol will provide an overview followed by short SIG leader presentations. Question and answer will be handled via small-break-out groups.

Claudette will investigate posting meeting announcements on Craig's list and other such sites. Annaline made a point about narrow subjects drawing only a limited number of people. The club is carrying the extra \$5 dinner surcharge for the better menu. The need for more program structure was discussed so that individual speakers do not ramble. Jeff suggested we change the table configuration, make bigger tables. The SIG graduation will likely be spilt over at least two meetings.

SPECIAL EVENTS

Bowling night is on January 27. It was agreed that the Woolworth Tower seems an excellent venue for the Volunteer Recognition Party.

YOUTH PROGRAM

Lynn gave a history of the program. Initially the idea was to enroll kids who already bike. The initial group of five were enthusiasts and found mostly through recycle-a-bicycle. Bikes and outfits were provided at a cost of \$510 per candidate. Thought it was judged a success, the kids themselves said they would have preferred to ride with participants their own age. In 2007 the program hopes to include ten kids from a wider outreach. Some of last year's participants will help out this year. The program is looking to improve the bikes at an additional cost of \$200 per bike. It is hoped that the program can obtain 501(c)(3) tax status, allowing tax deductible donations. Stan estimates the 501(c)(3) papers will be submitted in March. The NYCC membership registration page on active.com offers the option of making a donation to the youth program at a minimum of a two dollar contribution. At this point donors should consider their contribution not to be tax deductible. The youth committee estimates a total of \$7,100 will adequately fund this year's youth program. This includes 10 better quality bicycles than last year's. \$5,000 was requested from the club (\$4,000 after the \$1,000 already given). The remainder of \$2,100 will be made up by donations. A motion was passed to give \$3,000 of a possible total of \$4,000 to the program for this year. It is hoped that donations, foundations, sponsors will, over time, provide serious funding. Eventual program goal: to look for the kind of kids who do need the bikes, to make the program more needs-based.

RIDE REPORT

Reggie wants to develop a calendar of rides for the year. A perennial challenge of the club: how do we get more ride leaders? Kay suggested that we have a more formal ride leader program, that we develop a group of mentors. Carol suggested we develop a group of leaders in training who act as co-leaders. Reggie suggested some kind of reward for first time leaders; a pin or shout-out in the bulletin. Kay is working with the Ultra-Marathon Association. They will recognize the NYCC officially as a source of marathon rides as Kay is starting a Century-Of-The-Month ride with the help of Ellen and others.

PUBLIC RELATIONS REPORT

Claudette posed the question: what can we do to improve our relationship with such organiza-

tions as the Police Department, Central Park Conservancy, etc. Who do we know in these organizations that we can contact?

BULLETIN REPORT

Kevin has not heard back from the New York Times. New members will be listed in February bulletin. An illustrator has offered her work for the bulletin and website. We are looking into it further regarding the details.

ADVOCACY

The NYCC is involved with advocacy through New York Bicycle Coalition. Time's Up, a New York Bicycle Coalition member, will stage the 2006 Bicyclist Memorial Ride on Sunday January 7th, 2007. The ride honors cyclists who were killed on New York City streets in 2006. NYCC will maintain the Reginald Chan site at 3rd Ave and 17th Street. Sunday, Annaline and Reggie will place flowers at the site on the January 7 Memorial Ride.

The next board meeting will be February 6, 2007, 7PM. Location will be at Kim Jenkins office, 52 Vanderbilt Avenue, Thirteenth Floor.

The meeting was adjourned at 9:30PM.

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, contact **Joanne McGarry, 212 505-2755** or jmccgarry@nassaucountynyny.gov.

Checks payable to NYCC



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:
www.active.com/event_detail.cfm?event_id=1025985

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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