



### PRESIDENT'S MESSAGE

Why do you ride? Some people ride simply for transportation, to get from point A to point B. I'd be willing to bet that although most members of the NYCC may do that on occasion, transportation is not the only reason that they ride. Some ride for the exercise, because they like the way it makes them feel on the inside and they like the way it makes them look on the outside. Some ride for companionship, to meet people, and to be social. Some ride because they enjoy the competition, whether it's in a CRCA race, getting to the top of a hill quicker, crossing the state line faster, or logging 2500 miles for the season sooner. Some ride for the thrill of accomplishment, finishing a century ride, climbing a mountain that even riders in the professional peloton dread, or for the satisfaction of finishing the ride that they started. Me? I suppose all of these reasons contribute to why I ride, but a large part of why I ride is for the simple pleasures that I get to experience while riding that I just would not experience otherwise; let me provide some examples.

Have you ever been to the pier in Piermont? I am not talking about the 'pier' that most people think of where the gazebo and bike shop are, but rather the pier that juts nearly one mile from the gazebo in Piermont into the Hudson River. Built in the 1800s as the eastern terminus of the Erie Railroad, the Erie Pier has virtually no traffic (in fact you need a permit to drive a car on it), is a great side trip from Piermont, and is one if my favorite cycling destinations. Once you pass the marsh and the Little League field, the pier opens up with fantastic breezes and views across the water that make you feel like you are on an island in the middle of a huge body of water (ok, the lower Hudson IS a huge body of water, but when you are on the pier it feels even bigger!) I often go and sit near the flagpole at the end to take a quick breather while enjoying the breeze, the sound of the water lapping against the shore, and watching people fish for awhile (if you are into fishing you probably already know that the pier is one of the best places on the east coast to catch the spring striper run.) The one mile road returning from the pier is smooth and flat (obviously) and when I arrive back in Piermont I feel like a little kid again who has just reappeared from a top-secret hiding spot!

As long as I am mentioning Piermont, there are all sorts of other simple pleasures to enjoy there. Among my favorite are collapsing into a high-armed leather chair to sip an espresso at the Bunberry Café, washing up with the Orange hand cleaner in the restroom of one of the friendliest and one of my favorite local bike shops – the Piermont Bicycle Connection – circumventing the Tallman hill climb with a detour onto the cinder trail near the river, challenging the fast-twitch muscles of my climbing legs with the Ash Street climb from the village of Piermont back to 9W, and of course snacking on a sandwich from the Country Market while relaxing in the gazebo near the water and describing to amazed tourists just how I cycled ALL THE WAY to Piermont from Central Park in New York City.

Another place to enjoy cycling's special moments is one of my favorite cycling spots, River Road (officially Henry Hudson Drive). Here is another place that I can escape to and feel like I am miles and miles away from the hustle and bustle of New York City. My favorite part of riding River Road is to notice all of the subtle factors that make this same seven mile stretch of road different each time I ride it. Last year I led a ride series in the fall named 'A week of River Road' and every day it was different. The sun rose over the cloisters in a different way and with a different blend of colors each morning, and the temperature and feel of the air was different. The riders each day were different (except for Terry Hildebrandt and Ron Thomson, who managed to survive the entire week, but at least they wore different clothing each day, I guess.) And although I tried to use the speed that I 'collected' on each of the downhills to get me started on the uphills, unfortunately my ascent to the top of the final Alpine climb was the **same** every day - arduous. Still, riding River Road ranks high on my list as being special. Whether it be the animals I see on the way or the way it feels to have the wind

#### **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**claudie 123@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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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.

#### May bulletin deadline:

All articles, announcements and advertising are due by Friday, April 13th.

Address all correspondence to: bulletineditor@nycc.org.

Thanks! KML, Editor

**April '07 Club Meeting** 

# 6-9:15pm Tuesday April 10th 'Run Your Own Cycling Business'

'How to Run Your Own Cycling Business and Find Bike Routes Across the USA'

#### **Nancy Maier and Pedaling.Com**

Come hear Nancy Maier, NYCC member and C SIG graduate, talk about how she started her website, Pedaling.com, which provides a data base of bike routes throughout the United States. Not only will Nancy tell us how she created the bike routes and the business, but she will fill us in on all the ins and outs, ups and downs of working in the cycling industry today.

Nancy went live with Pedaling.com in 2000. By 2002, she was selling advertising to bike tour and gear companies and in 2006 she began selling content to bicycle manufacturers. Nancy is an avid cyclist who rides in the New York area and in Mssachussetts and Vermont whenever possible. Last Summer she biked from Jerusalem to Eilat.

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. *President's Message, cont'd* — flying through the vents on my helmet on the downhills, it is a special experience each time and it is one of the reasons that I ride.

I could go on and on about other things, the little things, that I enjoy while cycling. Also on my list that I don't have the time to elaborate on: 'finding' a misplaced crinkled ten dollar bill in the pocket of a jersey I have not worn for awhile (I reserve all 'found' money for drinks or coffee with friends), being passed by an unknown cyclist on Harlem Hill only to keep them in my sights and overtake them again on the west side rollers, the chipped ice in the men's room toilet of the Northvale Diner, seeing wild turkeys or deer while summiting the hills of Bradley and Tweed (I like to think that it means I am not breathing so heavily that they ran away long before I approached,) spinning with friends on a Sunday morning and chatting about just about anything, the looks of accomplishment on the SIG graduates' faces at their graduation dinner, the feeling while I am out riding that there is nothing I'd rather be doing and no place I'd rather be than on my bicycle at that moment. Why do YOU ride?

See you out on the road, Jeff, President, NYCC

PS— Write to Jeff at <u>president@nycc.org</u> with the reasons why you ride and we'll feature your responses in our new 'Letters to the NYCC' section of the bulletin next month.

#### EDITOR'S NOTE

**Errata:** My apologies for omitting the names of 2 new members in the February 2007 issue: **Allen Wong** and **Thomas Lowenthal.** Welcome. –Ed.

# NYCC BerkshiresWeekend Memorial Day Weekend May 25-28 2007

Spring time is finally here and the NYCC 2007 Berkshires Weekend is only 2 months away. There's 3-4 days of cycling through the beautiful country roads, farmland and of course the Berkshire Mountains. There are rides for cyclists at every level. And we're returning to the Egremont Country Club on Sunday, May 27th for our windup dinner for only \$40.00! If you have any doubts, ask anyone who was with us in 2006.

It's not too late to reserve a place to stay. Book your favorite B&B now! Please refer to www.NYCC.org and follow the links to Rides, then Club Weekends and finally the Memorial Day weekend. There you will find links to local lodging and information to register for the NYCC Sunday night dinner. The deadline for the dinner registration is May 18th. Don't miss the deadline!

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

For further information, contact Berkshires@NYCC.org

# 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.
В	Moderate to brisk riding with attention to scenery. Stops every hour or so.
С	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 theseyou have to earn them).

12 or more rides (2nd time) = any clubgarment 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/bicyclep.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**

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

depart	arrive
GĈT	Brewster
7:48 am	9:10 am
8:48 am	10:11 am
depart	arrive
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**

depart	arrive
GCT	New Haven
8:07 am	9:54 am
9:07 am	10:52 am
depart	arrive
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

# April 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

#### **Tuesdays and Thursdays**

18-24

#### **Morning Laps in Central Park**

April 05, 10, 12, 17, 19, 24, 26

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 on Tuesdays. I'll teach a rotating paceline for people who don't know how to do it. I've done these rides for several years and they've always been fun. Please check the weekly email 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 at the start.

#### Wednesdays

A18

30-35 mi

6:15 am

#### The Sun Also Rises: River Road

April 11, 18 and May 02

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.

## Club rides

#### **Saturdays**

A19

57 mi

9:30 am

#### River Rd.-Bradley-Tweed-Tallman-Ike

March 31, April 07, 14, 21

Leader: Richard Rosenthal, rr@ro-ads.com, 212-371-4700

From: Central Park Boathouse

The route is pretty, challenging, and largely untrafficked.

The leader is old and chronically out of shape. He cannot ride a bike uphill. That's too bad because the route has a number of hills. You will have to wait for him atop three of them—five when Ash and Sneden's Landing are added to the route. Please wait with grace, patience, understanding, and, if you're smart, a long novel.

#### Saturday, March 31, 2007

A19

57 mi

9:30 am

#### River Rd.-Bradley-Tweed-Tallman-Ike

March 31, April 07, 14, 21

Leader: Richard Rosenthal, rr@ro-ads.com,

212-371-4700

From: Central Park Boathouse

See recurring rides for details.

A19

65-88

9:00 am

#### STS-A19 Ride #5: Byram Lake Armonk

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

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, ~; Kim Jenkins, kim. jenkins@pfizer.com, 917-359-5736; Ted Feury, ted\_feury@hotmail.com, 646-554-3922

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 rid-

ing 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.

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 your 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@ dikresidential.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@eath-link.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 nycc.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. Requirementsbike in good working order, must be paceline 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 Ave. 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.

#### Thursday, April 05, 2007

B17 18-24 5:45 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 recurring rides for details.

#### Friday, April 06, 2007

B17/18 65 mi 9:10 am

#### **Long Beach/Point Lookout**

Leader: Ron Grossberg, argee401@aol.com, 718-369-2413

From: City Hall Park, Opposite Brooklyn Bridge

Flat ride via Cross Bay Bridge and Atlantic Beach Bridge returning via Marine Parkway Bridge. Picnic lunch on the beach in Point Lookout. Call or e-mail to confirm

#### Saturday, April 07, 2007

A19 60 mi 9:15 am

#### **NYC Perkins Garrison**

Leader: Robert Shay, RobertCShay@aol.com, 203-722-1487 mobile

From: George Washington Bridge, NJ side bike path entrance

A simple one-way ride through Nyack up 9W and to the top of Perkins. We descend down Bear Mountain and over the bridge to Garrison to catch the Metro North train to NYC. Plan on a consistent 19 MPH pace on the flats, slower on the hills. We will regroup at the top of each hill.

Brief deli/restroom breaks, no sit-down diners. Requirements - bike in good working order, tires fully inflated, must be paceline savvy, and no aero bars or mountain bikes. Pocket food, spare tubes, and two water bottles suggested. Sign-in sheet at start. Cue sheet and topographical profile in ride library. Chance of rain greater than 30% cancels. METRO NORTH BIKE PASS AND ONE WAY TRAIN FARE REQUIRED.

A19 57 mi 9:30 am

#### River Rd.-Bradley-Tweed-Tallman-Ike

Leader: Richard Rosenthal, rr@ro-ads.com, 212-371-4700

From: Central Park Boathouse

See recurring rides for details.

A20 75-82 mi 8:45 am

# A19 Spring Training Series Ride #6: South Mountain Rd

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

From: Central Park Boathouse

We'll go 'up' South Mountain Rd approaching thru W. Nyack, 'down' either East or West Saddle River Roads, depending prior week's rainouts/group progess.

A20 63 mi 9:00 a

#### Park Ridge

Leader: Christy Guzzetta, Christy. Guzzetta@GESServices.com, 212-595-3674 From: Central Park Boathouse

Old favorites (Park Ridge Diner for breakfast), familiar roads, comfortable as an old shoe. Social ride to the Park Ridge Diner. Social ride back home.

A23 80 mi 9:00 am

#### STS-A23: Central Park - Beacon

Leaders: John Zenkus, jjz2116@aol.com, 917-617-0901; Michael Steiner

From: Central Park Boathouse

This is a one-way ride from Central Park to Beacon; return is via Metro North. The route is hilly and includes the following climbs: Clausland Mountain Road, Tweed Blvd, Mountain View Rd, Little Tor, Mine Torne Rd, Storm King and Mountain Rd. New to the route is the climb on Buckberg Mountain Rd.

Please bring a MetroNorth pass, as well as 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.

A-SIG

75 mi

9:00 am



C11-14

**Afternoon Ride** 

#### A-SIG Classic, ride #6: Rockland Lake

Leaders: Jamie Brown, jamie.brown@colt.net, 646-238-4275; Doug von Bushberger, dvb@nyc. rr.com, 917-721-9943

From: Central Park Boathouse, parking lot

Double, rotating paceline and bike handling drills

You can't miss this one. This is the turning point of the A-SIG. The double-pacelines we practice and hone as we ride laps around Rockland Lake set a standard of group riding that will carry us through the rest of our season together. We will alternate the lead regularly as well as practice regrouping skills for instances where we need to go from double to single lines quickly. We will also do lowspeed bike handling drills on the grass in order to learn how to manage when riders bump shoulders or elbows or tap wheels. We head to Rockland Lake through a back way and then go about the business of our laps. On the way back we'll climb over to Nyack for a chance to recover and refuel, then climb some more hills at the state line on our way to NYC. The usual: arrive early to sign in, we leave at 9:00 sharp. Rain date: Sunday, April 8.

#### B16,17 & 18 60/62 +/- MI 8:30 am

#### **B-SIG Nyack (NY) the Hilly Way**



Leaders: Christian Cervegnano, (212) 674 8493, cerveg@nytimes.com; Adrienne Browning, adrienne.browning@db.com, 212-250-2610

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

Today we will have our class on climbing and descending and an introduction to rotating in a paceline. Then we are off to N.J. for lots of practice, including River Road. Then we will approach Nyack the back way over Bradley hill and after lunch return via Walnut. Bring pocket food – it's over 30 miles to lunch – and note new start time. Cancels: predicted actual temperature below 25° F; rain or snow; 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'll try again on Sunday.

B16+ 68 +/- 9:00 am

#### **B-STS Ride #5: Oyster Bay**

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

From: tbd. Ride details will be emailed to all STS participants. Contact leaders for more info.

# C-SIG Ride #2, Indoor Workshop &

18+

Leaders: Patricia Janof, patricia.janof@verizon. net, 212-737-1668; Mitchell Fink, mfink@mfink. com, 212-945-3150; Gary McGraime, garynycc@ aol.com, 212-877-4357; Jim Reaven, jim555@rcn. com, 917-232-2875

From: Central Park Boathouse, parking lot

We'll do some park laps to practice shifting and good riding skills before our 10 am workshop on the West Side. Bring \$10 for pizza and drinks, but a bike lock's not necessary. Plan on a ride north after lunch. Your ride leader will email you with details. Please contact your ride leader if you haven't received email instructions for this ride, and remember to check www.nycc.org Message Board after 7 am for any last-minute changes or postponements

#### Sunday, April 08, 2007

A19+

20 mi

9:00 am

9:00 am

#### **Hill Repeats Series I**

Leader: Jay Handfield, jay.handfield@gmail.com, 917-523-8429

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

Hoping to get back into shape for the summer but don't have much time? This series of short, intense rides may be just the thing. Ride out to Churchill together, hill repeats at your own pace for 30 minutes (or exhaustion), ride back together, hope to be back by 11. No stops (except at the top of the hill). Rain cancels.

A20

65 mi

9:00 am

#### A Month of Sundays (almost), Part 2: Tarrytown/Sleepy Hollow

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

From: Central Park Boathouse

A slight change of pace, staying east of the Hudson with this 65-miler heading north to Tarrytown, then up Sleepy Hollow Rd through Rockefeller State Park, then down Grassy Sprain through the Bronx.

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

Ride status will be posted by 7:30 am on message board.

**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 \$multimillion 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.

C11-12

32 mi

10:00 am

#### C- STS = Get Back in Shape 3: White **Plains**

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

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

Meet at benches just above Isham St on Broadway (underneath the Giant Gingko Tree); take elevator or stairs out at south end of station and walk north 1.5 blocks from 207th St.

This is the third of a series of C rides to help us get back into shape after a winter of relative sloth. Let's venture north again on a very pretty route through the burbs of lower Westchester to a diner in White Plains for lunch. We have a choice of lovely bike paths along the upper Bronx River and lakes and lovely residential roads with immaculate landscaping. 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 azfter 8 am if still in doubt about weather conditions.

#### Tuesday, April 10, 2007

**B17** 

18-24

5:45 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 recurring rides for details.

#### Wednesday, April 11, 2007

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 recurring rides for details.

#### Thursday, April 12, 2007

**B17** 18-24 5:45 am

#### Morning laps in Central Park

Leader: Linda Wintner, lwintner@metlife.com,

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

See recurring rides for details.

#### Friday, April 13, 2007

B17 45 mi 8:50 am

#### **Staten Island Perimeter**

Leader: Ron Grossberg, argee401@aol.com, 718-369-2413

From: Staten Island Ferry, Manhattan Terminal

Perimeter of Staten Island with some interior hills. Picnic lunch at Tottenville Conference House overlooking Raritan Bay. (weather permitting) Please call or e-mail to confirm.

#### Saturday, April 14, 2007

A19 57 mi 9:30 am

#### River Rd.-Bradley-Tweed-Ike

Leader: Richard Rosenthal, rr@ro-ads.com, 212-371-4700

From: Central Park Boathouse

See recurring rides for details.

A20 55-83 8:45 am

# A19 Spring Training Series Ride #7: Croton Dam

Leaders: Fred Steinberg, fsteinberg@nyc.rr.com 917-572-8926; Reyna Franco; Gerald Seppy; Ron roth; Cat Bent

From: Central Park Boathouse

Up along the Hudson River to Tarrytown then into the hills on scenic backroads to Croton Dam, around Croton Lake, the big climb up Pinesbridges Rd. Return thru Briarcliff Manor / Pocantico Hills to Tarrytown (2nd visit- 55 mi) and back along the Hudson and home. Bring MNRR pass for rail return/rain option.

A23 80 mi 7:30 am

#### STS-A23: Harriman Hills

Leaders: John Zenkus, jjz2116@aol.com, 917-617-0901; Peter O'Reilly, peter@ohreallyoreilly.com, 201-309-0664; Sal Cenatiempo, spcena@hotmail.com, 917-302-2327

From: Grand Central Terminal, Information Booth

This ride in and around Harriman State Park will provide plenty of opportunities to work on climbing skills: Gate Hill Rd, Tiorati Brook Rd, Arden Valley Rd and Bear Mountain are just a few of the climbs faced. Be forewarned, this is a difficult ride averaging over 100 vertical feet of climbing per mile. The start/return is Peekskill.

Meet at GTC around 7:30 AM to catch the 7:51 train. Bring a Metro North bike pass, spare tubes, 2 full water bottles and plenty of pocket food. Rain cancels. Check message board when in doubt.

A-SIG 81 mi

8:30 am



#### A-SIG Classic, ride #7: Saddle River

Leaders: Colleen Conway, conwayco@shu.edu, 917-402-9467; Catherine Gibbons, cath.gibbons@verizon.net, 917-589-6001

From: Central Park Boathouse

This is one of the best rides of the A-SIG and one of the toughest. It requires that you pace yourself and work with the group as a team. No going it solo, blowing up on the way out and having nothing left on the way back! We'll take Saddle River Road north to Spring Valley for a stop at the Mt. Ivy Diner. On the way home, your reward: South Mountain Road. This is a turning point for many riders, and a taste of things to come. We're picking up the pace, achieving that targeted 21-22mph on the flats. This is what an A-ride is like: challenging, long, fast. We've been working together for weeks now, training hard during the week so we can make it through rides like this one. We depart at 8:30 SHARP. The usual applies: set out with names on helmets, pocket food, water and a strong spirit. Rain date: Sunday, April 15.

B16,17, & 18 65 +/- MI 9:00 am

#### **B-SIG Oyster Bay NY**

Leaders: Linda Wintner, (212) 876 2798, lwintner@metlife.com; Susan Conova, susanconova@yahoo.com, 718-607-2429

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

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

B17 70 mi 9:00 am

#### **B-STS Ride #6: Kensico Dam**

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

From: tbd. Ride details will be emailed to all STS participants. Contact leaders for more info.

C11-14 29-36 mi 9:00 am

## C-SIG Ride #3 to Closter

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, 212-877-4357

From: C.P.Boathouse 9 AM or GW Bridge Bus Terminal 9:30 AM

Those meeting at the bus terminal will be met on the lower level and shown how to safely take your bike on an escalator. Please contact your ride leader if you haven't received email instructions for this ride. Remember to check www.nycc.org Message Board after 7 am for any last-minute changes or postponements.

#### Sunday, April 15, 2007

A20 80 mi 8:00 am

#### A Month of Sundays (almost), Part 3: South Mountain Road

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

From: Central Park Boathouse

This is one of my favorite rides! We'll add some distance and do some climbing on this ride, but we'll also enjoy a lovely downhill stretch on Saddle River Road.

Note the earlier start time. Brief deli breaks, no diners. Requirements--bike in good working order, must be paceline savvy and self sufficient (can change a flat and read a cue sheet).

Ride status will be posted by 6:30 am on message board.

A23 85 mi 7:30 am

#### **Putnam Pleasure**

Leaders: John Zenkus, jjz2116@aol.com, 917-617-0901; Michael Steiner

From: Grand Central Terminal, Information Booth

Starting in Peekskill, the route takes rolling backroads to Putnam County's heart, stopping for lunch at an orchard with wonderful views of Mount Beacon. The return is rolling and fast back to Peekskill. Meet at GTC around 7:30 AM to catch the 7:51 train.

Metro North passes are a must, as well as the usual two water bottles, power bars/gels, money for lunch and a bike in good repair along with a mandatory helmet. Check bulletin board for updates if weather appears unfavorable.

B18/19 70 mi 9:10 am

#### **Caumsett State Park**

Leader: Ron Grossberg, argee401@aol.com, 718-369-2413

From: Statue of Civic Virtue, Queens Blvd & Union Tpk, Queens

Scenic ride through North Shore of Long Island. We will pick up lunch in Cold Spring Harbor and have a picnic lunch overlooking Long Island Sound in Caumsett State Park. Optional 8:20 start from Grand Army Plaza Brooklyn if there is any interest. Call or email to confirm.

C11-12

35 mi

10:00 am

#### C-STS = Get Back in Shape 4: Eagle Rock

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

From: World Trade Center, PATH Station Entrance

Meet at the new World Trade Center PATH station on the old Concourse level (one floor down from ground level) near the BOTTOM of the banks of escalators. It's the same setup as it was before except that you get a view of the Pit rather than stores. Access is from the A,C,E trains and N, R trains as before.

This is the fourth of a series of C rides to help us get back into shape after a winter of relative sloth. We'll take it easy on this short, but challenging ride out to South Orange, Millburn and then through a nice park climbing up to Eagle Rock, a stupendous view of all of Manhattan, Brooklyn and Newark. Bring your camera and hope for clear conditions. If it's warm enough we'll have a picnic there at the WTC memorial at the overlook. If not, we'll eat indoors nearby. Towards the end of the ride, we'll go through Cherry Blossomland and maybe get an early preview of the blossoms. Helmets are required. We will observe Club riding etiquette. Bring money for PATH. 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.

#### Tuesday, April 17, 2007

B17 18-24 5:45 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 recurring rides for details.

#### Wednesday, April 18, 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 recurring rides for details.

#### Thursday, April 19, 2007

18-24 **B17** 

5:45 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 recurring rides for details.

#### Saturday, April 21, 2007

A19 52 mi

#### **NYC Scarsdale White Plains Greenwich**

9:15 am

Leader: Robert Shay, RobertCShay@aol.com, 203-722-1487

From: Central Park Boathouse

We head out of the city and up into the rolling hills of Westchester and Connecticut. We'll ride across the Kensico Reservoir on Route 22, up into the hills, and down through the winding quiet country roads of Greenwich to the Stamford, CT train station. Plan on a consistent 19 mph pace on the flats, slower on the hills. We will regroup at the top of each hill. Email me for a copy of the cue sheet and topographical ride profile.

Brief deli/restroom breaks, no sit-down diners. Requirements - bike in good working order, tires fully inflated, must be paceline savvy, no aero bars or mountain bikes. Pocket food, spare tubes, and two water bottles suggested. Sign-in sheet at start. Chance of rain greater than 30% cancels. LIRR/METRO NORTH BIKE PASS AND ONE WAY TRAIN FARE REQUIRED.

A19

57 mi

9:15 am

#### River Road-Bradley-Tweed-Tallman-Ike

Leader: Richard Rosenthal, rr@ro-ads.com, 212-371-4700

From: Central Park Boathouse

See recurring rides for details.

**A20** 

65-75+

8:45 am

#### A19 Spring Training Series Ride #8 **Harriman Hills**

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

From: Central Park Boathouse

Enough of those annoying rollers, time for some long climbs. We'll approach Harriman via 9W and warm up on Mott Farm/Cedar Flat Rds, then tackle 4 moderate 3+ mi climbs: Gate Hill Rd(Rt106), Tioretti Brook Rd, Long Mountain Pkwy and of course Bear Mountain/ Perkins Dr. The latter two are optional. 5000-6000' vertical.

Bring MNRR pass for rail return from Peekskill.

**A23** 90 mi 7:30 am

#### **STS-A23: Orange County Tour**

Leaders: John Zenkus, jjz2116@aol.com, 917-617-0901; Peter O'Reilly, peter@ohreallyoreilly.com, 201-309-0664

From: Grand Central Terminal, Information Booth

Here is a new ride for 2007. Starting and ending in Garrison, the route includes the Seven Lakes Drive's complete length, a rolling section through Sterling Forest, a couple of medium sized climbs like Hogback and Mount Peter, finishing with more rolling roads.

Meet at GTC around 7:30 AM to catch the 7:51 train.Please bring a MetroNorth pass, as well as two waters bottle, 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

78 mi

8:30 am



#### A-SIG Classic, ride #8: Whippoorwill, **Roaring Brook**

Leaders: Adam Lichtenstein, adam@lichtenstein. org, 917-678-0022; Mark Loftis, mark646@ yahoo.com, 212-866-5824

From: Central Park Boathouse

Today we get to test our mettle. We'll ride up to White Plains via Pelham Parkway and Shore Road. Then we'll cruise up Route 22 to Route 120 North—roads that offer a fantastic opportunity to hone our double rotating paceline skills. Then we tackle Whippoorwill, the longest climb we've had so far—a real beauty. We will focus on hill climbing skills, pacing and endurance, as well as the important, and often neglected, descending skills. Our stamina grows by leaps and bounds. The rides get longer and the pace gets faster and steadier. Feeling like A-riders yet? Be at the Boathouse by 8:15, sign in, and be on your bike by 8:30 with names on helmets, pocket food, water and a Metro North Pass in case it rains. Rain date: Sunday, April 22.

#### 8:30 am B16,17 & 18 63/74 +/- MI

#### **B-SIG Armonk NY**



Leaders: Tom Denham, (212) 979 7017, thomasjdenham@aol.com; Mark Hugel, hwt@att.net, 718-548-2623

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

After our last class, we are cranking up the miles and lookin' really smooth. Once again bring your Metro North Train pass and pocket food. Lunch on the lawn of Schreifer's Deli in Armonk. We will ride home through Tarrytown and down Rte. 9; might even stop for a goodies on the way home. 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.

**B17** 

75 mi

8:30 am

#### **B-STS Ride #7: Bear Mountain**

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

From: tbd. Ride details will be emailed to all STS participants. Return train from Cold Springs. Contact leaders for more info.

C11-14

35-43 mi





C12

35-40 mi

9:30 am

#### C-SIG Ride #4 to Northvale

Leaders: Patricia Janof, patricia.janof@verizon. net, 212-737-1668; Gary McGraime, garynycc@ aol.com, 212-877-4357; Mitchell Fink, mfink@ mfink.com, 212-945-3150; Jim Reaven, jim555@ rcn.com, 917-232-2875

From: Central Park Boathouse, parking lot

Our favorite diner, because it always has room for us! Please contact your ride leader if you haven't received an email re instructions for this ride, and remember to check www. nycc.org Message Board after 7 am for any last-minute changes or postponements.

#### **Sunday, April 22, 2007**

A19+ 20 mi 9:00 am

#### Hill Repeats Series II

Leader: Jay Handfield, jay.handfield@gmail.com, 917-523-8429

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

Hoping to get back into shape for the summer but don't have much time? This series of short, painful rides may be just the thing. Ride out to Walnut together, hill repeats at your own pace for 45 minutes (or exhaustion), ride back together, hope to be back by 11. No stops (except at the top of the hill). Rain cancels

#### A20 75 mi

8:00 am

#### A Month of Sundays (almost), Part 4: Whippoorwill/Roaring Br

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

From: Central Park Boathouse

Back up to Westchester, first to White Plains then on to some classic climbs. Fast, flat return from Tarrytown.

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

Ride status will be posted by 6:30 am on message board.

#### 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 ride through the Bronx and lower Westchester to Scarsdale where we refuel our engines. We then break into two groups. A faster group heads north to sample some of Westchester's most impressive hills. A slower group has an equally interesting but shorter ride home. February weather cancelled our last attempt to lead this ride; we expect a sunny day in April and a great day on the road.

#### C-STS Get Back in Shape 5: Irv **Weisman Cherry Blossom Ride**

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

From: World Trade Center, PATH Station Entrance

Meet at the new World Trade Center PATH station on the old Concourse level (one floor down from ground level) near the BOTTOM of the banks of escalators. It's the same setup as it was before except that you get a view of the Pit rather than stores. Access is from the A,C,E trains and N, R trains as before.

This is the fifth of a series of C rides to help us get back into shape after a winter of relative sloth. This scenic highlight of the spring season takes us through Cherry Blossomland outside Newark not once, but twice. This is one of the largest collections of cherry trees in the country. We'll also go through the magnificent estates in the Montclairs and depending on weather and our conditions, we'll lunch in either Upper Montclair or Little Falls. Helmets are required. We will observe Club riding etiquette. Bring money for PATH. 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.

#### C12/14 40 mi **Hawtree Basin**

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

From: Donut Plant (Essex & Grand)

We'll head over the Williamsburg through industrial areas and via scenic Myrtle Ave to Forest Park, Hawtree Basin, Broad Channel island and circle around Jamaica Bay. Return via greenway and Bedford Ave, and back over the Willy B. Steady pace out and a more relaxed pace back, depending on the wind and weather. Co-listed with 5BBC.

#### Tuesday, April 24, 2007

**B17** 

18-24

5:45 am

10:00 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 recurring rides for details.

#### Thursday, April 26, 2007

50-60 mi 9:30 am

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

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

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 \$multimillion 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

5:45 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 recurring rides for details.

#### Friday, April 27, 2007

A19 80 mi 9:25 am

#### New Hope, Pennsylvania

Leader: Ron Grossberg, argee401@aol.com, 718-369-2413

From: New Jersey Transit New Brunswick station

It requires a train from Penn Station to New Brunswick, NJ; bike permits are not required.

Scenic ride through central Jersey Plenty of flat terrain but also lots of rollers too. I can transport one person and one bike by car. Please call or e-mail by Wednesday April 25 to confirm.

#### Saturday, April 28, 2007

**A20** 75+ 7:30 am

#### A19 Spring Training Series #9 Storm King/Old Indian

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

From: Grand Central Terminal, Information Booth

A rare GCT departure 7:48 train to North White Plains.

No junk miles today in this climbfest on both sides of the Hudson. We'll head northwest via Whippoorwill and Crow Hill Rds, along the Croton Reservoir into Peekskill, then across the Bear Mtn Bridge, up Mine Road and Storm King to lunch in Cornwall. The last section is the stunning ride through the orchards and vinyards above Marlboro (Ulster County) to the Old Indian. Hopefully it will be apple blossom time.

Rail return from Poughkeepsie. Bring MNRR pass, \$\$for carfare, and low gears.

Note: this ride is dependent on a request to MNRR. If not granted we will ride up on the West side of the Hudson, 90 miles with bailouts at the Bear Mtn and Beacon-Newburgh Bridges. (8:00 start from the Boathouse).

Check the NYCC message board!!

#### STS-A23: Putnam County Ramble

Leaders: John Zenkus, jjz2116@aol.com, 917-617-0901; Ron Thomson; David Carr, carrdavid@ gmail.com, 212-280-1382

From: Grand Central Terminal, Information Booth

This is one of the more popular STS rides. Starting in Garrison, the climbing begins on 301 with a long but rewarding climb gaining nearly 1000 vertical feet. The route continues east for two more long climbs near the Connecticut state line prior to stopping in Pawling.

The return is rolling and fast to Cold Spring, with one little surprise near the end. Meet at GTC around 7:30 AM to catch the 7:51 train. Metro North passes are a must, as well as the usual two water bottles, power bars, money for lunch and a bike in good repair along with a mandatory helmet. Check bulletin board for updates if weather appears unfavorable.

#### A-SIG

85 mi

8:00 am



#### A-SIG Classic, ride #9: Little Tor

Leaders: Jamie Brown, jamie.brown@colt. net, 646-238-4275; Hector Roman, HRoman@ romanandsingh.com, 912-915-8444

From: Central Park Boathouse

We'll ride out at a strong, steady pace, in perfect formation, wheels whirring, practicing good communication skills and steeling each other against the challenge ahead. As Little Tor looms we then get into the right gear in order to creak and grind our way to the top. On this ride, leaders often get dropped because they've created monsters out of all you cycling gods and goddesses! As a reward for tackling this SIG-nificant climb we get to ride down South Mountain Road on the way home. You are almost ready for the big one, and you are almost ready to lead an A-ride yourself. Be at the Boathouse by 7:45. Names on helmets, pocket food, and two water bottles required. Rain date: Sunday, April 29.

#### B16,17 & 18 70/83/93/104 mi 7:30 am

#### **B- SIG Deepest Westchester**



Leaders: Reggie Johnson, (718) 828 5309, rabjohnson@optonline.net; Skip Ralph, skipralph@ yahoo.com, 646-486-4422

From: Grand Central Station (The clock atop Metro North Information Booth)

School's out and this is our most challenging and penultimate ride, so bring a smile & your Metro North pass. Buy a one-way ticket to White Plains, maybe some Java & a bagel for the train ride. We will ride north from White Plains; it's a beautiful hilly ride through upper Westchester. Bring lots of pocket food as we will stop twice to snack - once in Bedford and again in Somers. You can take the train home from Tarrytown @ 70 miles or ride to the Subway at 83 or 92 miles or do a Century back to Central Park. NOTE DIFFERENT START TIME AND LOCATION. 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.

**B17** 

80 mi

8:30 am

#### **B-STS Ride #8: Whipporwill**

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

From: tbd. Ride details will be emailed to all STS participants. Contact leaders for more info.

#### C11.5-14;5 35-45 mi

9:00 am

#### C-SIG Ride #6 to Piermont

Leaders: Patricia Janof, patricia.janof@verizon. net, 212-737-1668; Gary McGraime, garynycc@ aol.com, 212-877-4357; Mitchell Fink, mfink@ mfink.com, 212-945-3150; Jim Reaven, jim555@ rcn.com, 917-232-2875

From: Central Park Boathouse, parking lot

While not increasing mileage, we're again picking up our cruising speed, to get to our favorite location sooner! Please contact your ride leader if you haven't received an email re instructions for this ride, and remember to check www.nycc. org Message Board after 7 am for any last-minute changes or postponements.

#### C14 33/47 mi 8:30 am

#### **North County Trailway**

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

From: Grand Central Terminal, Information Booth

25 or 38 miles of paved rail trail, following the roadbed of Metro North's abandoned Putnam Line. As trains can't climb steep hills, the gentle grades-except for one hill on the 5-mile access road—offer an ideal early spring workout. Lunch at a park in Millwood, just after crossing the Croton Reservoir on a reconstructed rail bridge. Return via Metro North from Tarrytown or via the #1 train by riding an additional 14 miles on the linked South County Trailway and through Yonkers. Rain postpones to Sunday, May 6. Buy one-way ticket to Croton Falls. Metro North passes a must.

#### **Sunday, April 29, 2007**

**A20** 

79 mi

9:00 am

#### **Saddle River Road**

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

From: Central Park Boathouse

One of the Club's classic rides. Through Saddle River, down/down/down South Mountain Road, long stretch along Strawtown. A long, pretty Spring ride. The leader will stay at the advertised pace - pretty much. There will be sign up sheets, maps, cue sheets, this will be like a real club ride.

#### C12-13 45 mi

9:30 am

#### C-STS = Get Back in Shape 6: Silver Lake

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 park benches at Broadway just above Isham St in Inwood (Upper Manhattan). Take "A" train to 207th St.; exit at rear of train (elevators available); then walk forward (north) 1.5 blocks on Broadway.

We'll ride north, then east and do a large loop through the manicured burbs of lower Westchester, north through the country estates, to near the Kensico Reservoir (an extra loop along it if we feel our oats) and back around through White Plains and Scarsdale. Lunch will be a picnic on a grassy knoll near Silver Lake, and then the lovely Bronx river route back. 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, 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, May 02, 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 recurring rides for details.

#### C12-14 18-20 mi 6:30 pm

#### **Manhattan Evening Ride**

Leader: Trudy Hutter, 212-838-2141

From: NW Corner of 5th Ave & E 60th St, (Manhattan)

In celebration of Bike Month NYC, join us for the annual fun leisurely evening ride on Manhattan's Greenways/Pathways. We plan to go through Central Park, down the West Side Pathway to Battery Park, through South Street Seaport and up the East Side and back to the Plaza. Bring pocket food, a bicycle pump, one spare inner tube, water to drink, a helmet (and wear it), front and rear lights on your bike, and a smile. Approx. 18 miles. Expect to be back at the start point by 9:30 PM. Rain at the start cancels the ride. Rain date is May 9.

Colisted with 5BBC & The Weekday Cyclists.



#### March 2007

We get letters and emails from our members and others all of the time - sometimes friendly and sometime critical. In an effort to share your thoughts with the rest of the Club, we are creating a 'Letters to the NYCC' section of the bulletin where we feature your texts. We especially appreciate reviews of NYCC programs and events, and we may occasionally get content for this section from the Message Board, but if you have any thoughts that you'd like to share, please email us at letters@nycc.org or send us a letter the old-fashioned way to the Club's address listed on the return address of this bulletin. We're looking forward to hearing from you!

#### **Volunteer Recognition Party**

The NYCC offers our members plenty of opportunities to give back to the organization by leading and organizing group rides, the SIGs, STS rides, Escape New York, Club Weekends, group events, and by serving as club officers, web-gurus and the like. The Volunteers' dinner in the Woolworth Tower was a chance for all the volunteers of 2006 to get together to reminisce about past rides and events, talk about recent news and about aspirations for the upcoming cycling season. The place was packed; the food was marvelous; and all of the usual suspects who were in town were there. Steve the magician made salt disappear and then reappear and made the rounds to all of the tables performing this and other magic tricks. His sleight of hand appeared all the more fascinating to the NYCC crowd after we managed to make our drinks disappear. Exiting club officers and other honchos expressed their appreciation for a year well spent and hopes for even more to come in 2007.

The Woolworth Tower Kitchen, on Broadway across from City Hall Park, is a fairly large space, 3 rooms & 2 bars. This building, one of New York's older skyscrapers, was finished in 1913 and was the world's tallest building for 17 years. The Woolworth Tower Kitchen on the first floor retains some of the character from that era, with its high ceilings adorned with ceiling fans, and its decorative entrance from Barclay Street.

We all thank Hal Eskenazi for organizing this successful event, yet another opportunity to practice recognizing people in their street clothes. If you have enjoyed group riding in 2006 and wonder if there is a way to give something extra back to the club in appreciation, then maybe you too should consider volunteering in 2007 to have fun by leading a few rides or helping with Escape New York, the SIGS, Club Weekends, or the Youth Program (for which there are a few volunteer leader spots to be filled ASAP) and we'll be seeing you at this event next year.

Jonathan M. Friedman, NYCC volunteer & active participant

Two years ago, NYCC past president Stan Oldak came up with the thoughtful idea of holding a volunteer recognition party. We gathered in the church basement familiar to SIG participants and enjoyed dinner and socializing. Last year, the party moved two notches up, literally, and the crew enjoyed festivities in the balcony of a Chinese restaurant.

This year, the party again jumped to a new level. Think swanky downtown restaurant, free booze, hors d'oeuvres brought around on trays, entertainment by a card-carrying magician, and a delicious buffet dinner topped off with chocolate cake. Some 65 NYCC volunteers were treated to this scene on Thursday, February 22, at the Woolworth Tower Kitchen. And did I mention that this was all free to those who volunteered for NYCC in any capacity in 2006?!

No matter the setting, though, it's the company that makes the evening most special, and who could ask for a better crowd than NYCC volunteers? 'Old-timers' and newbies, A, B, and C riders, and involved in all aspects of the club and its events, these friends and strangers are truly interesting and fun dinner companions. The opportunity to mingle with this esteemed group was easily this writer's favorite part of the evening.

True to form, some volunteers just couldn't stop. There was Herb Dershowitz taking pictures – check them out at http://s83.photobucket.com/ albums/j286/photohappy3/NYCC%20VRD%2007/ - VP of Programs Debbie Rothschild making a thank-you speech, and of course Special Events coordinator Hal Eskenazi ensuring that a good time was had by all.

My only question: How is NYCC going to top this next year?

Hannah Borgeson, NYCC member & volunteer

WOW WHAT A PARTY!

Thank you for a fabulous NYCC Volunteers Recognition Party at a very special place, The Woolworth Tower Kitchen. The Club really out-did itself to appreciate all the volunteers who keep this organization up and spinning. The restaurant was very upscale in atmosphere, cuisine, and service, and in a great location close to all subways

It was well attended; each group was well represented - the SIG leaders, Board members, volunteers. Everywhere I looked small groups gathered in lively conversations. It's been a cold winter - so some of us haven't seen each other on bikes in months - so it felt like a very welcome reunion as well as a kick-off to the Spring Cycling

Plus it is always fun to see cyclists looking so fashionable dressed up in their skivvies ['civies?' - Ed.]. I always say that cycling is a party on wheels but it naturally leads to some close friendships even off the bike. Christy and I have appreciated over the course of our 25 or so years in the club that many of our dearest friends we have from the Club. People meet in the Club that would never have met otherwise. Where does a headhunter meet an architect, where does a school teacher meet the medical director of a major hospital?

Thanks again to the NYCC and Hal - we all felt very appreciated. Happy spring cycling season. Keep that volunteering feeling!

Jody Sayler, longtime NYCC member + leader

I think the letters above speak for themselves about this year's volunteer recognition dinner. Most of us volunteer for the pleasure and satisfaction of helping others, and knowing that we've accomplished something worthwhile, while expecting nothing in return. It doesn't hurt to be recognized and thanked on occasion either!

NYCC started saying 'thank you' a few years ago with our volunteer recognition dinner. I missed this year's dinner as I was out of town, but you can bet that I'll be there next year! You might want to think about volunteering now as we have several important opportunities that can use your help. I know that your time is worth much more than the promise of a party next winter, so instead volunteer for the Club, for yourself, and for others - and then come to the party next year anyway so we can say thanks!

Jeff Terosky, President, NYCC

## 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 jmcgarry@nassaucountyny.gov.

Checks payable to NYCC

#### **NYCC Youth Program**

# Teaching Bike Skills and Having Fun

By DEREK CHU and IAN MARSH, 2006 NYCC Youth Program graduate

Goal of Youth Program

The Program's goal is to help young adults (ages 16-22) become stronger recreational youth bicyclists. Youth bikers who are accepted into the program will ride as part of the Club's SIG training series.

Students in the 10-week SIG spring training program will learn to bike safely and confidently throughout the NYC metro area. The youths will also improve their cycling fitness and bike handling skills. NYCC will provide helmets and gear and a new Fuji road bike to participating youth. Youth who graduate from the program will keep their bikes!

<sup>a</sup>In the Cycle Club there was a discussion on how to make cycling more accessible to young and economically disadvantaged people. We thought that since many people interested in cycling don't have bikes, let alone cycling clothes and gear, it would be appropriate to provide a bike and accessories to participants in the program," says Rich Conroy, the manager of Bicycle Education for Bike New York and NYCC Youth Program Committee member.

Rich continues that "the question then arose of how to keep the youth coming back after the giveaways, so it was decided that the participants of the Youth Program, in order to keep the bike, would have to fufill the same requirements as all the other participants in the SIG."

2006 Program

In February 2006, five young men began riding with the Youth Program as part of the B-SIG 16, 17 and 18 riding groups. The youths had an 80% graduation rate as four of the five Youths successfully graduated from the B-SIG. This compares to the approximately 60% graduation rate of all adult B-SIG riders.

During the spring of 2006, Joe Lawler, 22, stated "I'm definitely eating better than I used to... I'm improving my strength and endurance also. It's nice to be able to ride with a group of strong riders who go about as fast as you do. I want to be the best I can be so I can be more like Jared, our shop manager." Jared Bunde is a semi-professional bike racer and manager of Recycle-a-Bicycle in Brooklyn.

Bicycle in Brooklyn.

"I've gotten much faster since I started the SIG," said Edgar Castillo, 17, of Recycle-a-Bicycle. "It used to take me an hour to get to work in DUMBO from my



Photo: NYCC Youth group celebrating after the 2007 B-SIG qualifying ride – Samantha, Lynn (leader), Miles, Jenn (leader), Steve, Helen, Ismael, Derek (leader), Carlos and Daniel [not in photo: Helen, Alex and Cosme]

house on 125th Street. Now it takes me like, half an hour."

"I was a little intimidated at first but I definitely felt accommodated by my group," said Youth Group member Liam Quigley, now 16. "I was encouraged to go faster by my group leaders Christian and Ivy who were especially helpful. On one ride there was a minor accident, and two people went down. But Christian and Ivy helped true my wheels and everything worked out."

#### 2006 Youths Learned Some Great Lessons

Lynn Baruh, NYCC Youth Program Committee member, was satisfied with the 2006 program and is excited to see it expand in years to come. "In 2006, the Youth Group had five fabulous kids who each brought their own personality and enthusiasm to cycling, but the 2006 program was only a pilot program.

"In 2007, we would like to give more kids the opportunity to participate in the Youth Program, and we'll have to see what those kids are willing to do, and what experience they have. This year we had kids who lived and breathed cycling as much as we did, if not more. We'd like to give kids with only rudimentary cycling experience an opportunity to challenge themselves and get better at cycling."

Attila Szekely, 17, describes his Youth Program experiences: "One of the greatest [things]I had learned is to how to ride safer in a city like New York. And the other great thing I leaned is how to save 30% of my energy while riding on road [in a paceline]. The reason I came back to the 2007 Youth Program is to help the new guys who join the program and to ride with NYCC again."

"I would definitely recommend the SIG," said Youth Group member Liam Quigley. "But you can't think that you're just going out for a little exercise on a Saturday. You have to be serious about cycling. It's a challenging program."

In order to graduate, participants in the SIG, or "SIGlets" in NYCC slang, must attend and complete at least eight of the 10 rides in the SIG. Not so hard right? "As a teenager, I will assure you that arriving at Central Park at eight or nine on a Saturday morning is more difficult than it seems, but the members of the Youth Group will manage to persevere and make it there each Saturday," says Ian Marsh, 19.

2007 Program

This year, with funding from NYCC, we were able to expand the Youth Program to 10 participants. In fact, we received 26 applications for the ten rider slots. But, the final selection came down to 10 young riders - 3 young women and 7 young men – who demonstrated their commitment to the program by coming to the mid-February orientation meeting, the Feb. 24th "Fun Ride" and the March 3rd B-SIG qualifier and demonstrating enough cycling skills to be able to ride safely next to traffic.

"The 'kids' this year are so excited about riding in the B-SIG," said Jenn Thomson, NYCC Youth Program Committee member. "In the orientation meeting, we told them about the 70-mile B-SIG graduation ride to Cold Spring via Bear Mountain, and they all looked at us with a combination of disbelief and excitement!! After that, the 'kids' were very intent on qualifying for the 'B' so that they can ride to Bear Mountain." And sure enough, at the B-SIG qualification ride on Saturday, March 3rd, all 10 of the "kids" made it into the B-SIG by riding 4 laps of Central Park in under 2 hours, so their wishes will come true in 9 more short weeks!!

As the SIG season progresses, we look forward to more great stories and lessons learned from the young riders of the NYCC Youth Program.

# Wednesday April 18th 6:30pm Wine, Food & Social: A Toast with Ms. Wine!

Vintage New York 482 Broome Street @ Wooster (SoHo) Tel. 212 226-9463

Her name is Susan Wine and she'll be our host at the NYCC April Special Event, which will be, not surprisingly, a wine tasting event! The venue is Vintage New York, named a temple of taste and discovery for wines produced by the well-regarded Boutique Wineries and Artisan Winemakers by New York State, co-owned, by Ms.Wine herself. A light menu of cheeses and meats will be served, paired with a variety of wines which Ms. Wine will introduce to our membership.

For those who want to go home with a bottle or more of wine, Vintage New York is offering wine at discount to members who attend the event. Space is limited, so please reserve your place on or before April 16 by emailing events@nycc.org. The cost is \$35 per person in advance, \$39.00 at the door.

Payment may be made at the April 10th club meeting, or by mailing yourcheck, (made payable to Hal Eskenazi) to: 236 E36th Street, Apt 11G, New York, NY 10016.

Definitely a "bikeless" event and please feel free to bring a friend!

It's your club...participate.

# "What Do Switzerland, Northern California and Morocco *Have in Common?*"

By JAY JACOBSON

They are all places where long-time member Jay Jacobson cycled on multi-day tours this past autumn. (The tour prices listed below are for double occupancy and include most or all meals and the use of a high quality bike suited for the terrain and road surfaces in Switzerland and Morocco. We had Specialized bikes in California and Morocco and locally-made bikes in Switzerland.)

**Switzerland:** From August 17-27 we cycled eastward across Switzerland (372) miles) We started in Geneva cycling along and above Lake Geneva to Vevey. The tour (which included carless paths and roads along a marked bike route) then proceeded through such well known Swiss towns and cities as Interlaken, Lucern, Gstaad, Rapperswill (on the South end of Lake Zurich) and Lake Constance at the Austrian border. We also had an opportunity to visit the Swiss capital of Bern on the way back to Geneva.

This tour was developed and run by John Klemme (bikeswitzerland.com) a transplanted Iowan who now lives in Geneva. We were constantly in motion, had about seven one night stays (each night at a different comfortable and mostly charming) hotel. The meals were generally very good and we had opportunity to taste various Swiss wines (they were included with the dinners). We crossed through the mountains, passing cities, villages, mountain peaks and 14 lakes. The tour will cost just under \$3,000 in 2007 and John has five dates planned for July and August.

One of the tour members was a resident of Switzerland in his late 20's who was born in India and also spent time in the U.S. He weighed about 125 pounds and was the one person I couldn't overtake on the many hills. Some of the paths weren't paved and a few stony downhills were a little slippery after an occasional rain. The SAG wagon moved our luggage each day to the next hotel and its driver organized and prepared excellent picnic lunches along the route. However, unlike other bike companies the SAG wagon didn't usually go along with or behind us while we were riding; however, if a cyclist got tired or it started raining, (which it did a few times) there was usually a part of the excellent Swiss railroad system nearby for us to hop on with our bike.

The scenery was spectacular. There were hillside farms with cows observing our cycling with their bells ringing from around their necks as we passed. Especially memorable was a glorious panoramic view of Lake Zurich from the summit of a mountain after its long and challenging ascent.

The route was marked very well with signs at every turn. Biking is an important activity in Switzerland and drivers respected us.

I noticed that things were generally expensive and therefore felt that this tour (which included almost everything—even the train to and from the airport was included) represented a real value.

Northern California: The door prize/raffle at a cocktail party, which NYCC member Kay Gunn suggested I attend, was a bike tour and it turned out that I was the first prize winner! The prize turned out to be a bike tour of the "California Wine Country" run by destinationcycling.com. I flew out to San Francisco on October 3 using my Continental miles and had dinner that evening with my college roommate who now lives in Palo Alto, Bruce and his cycling wife, Pam.

Destination's principal, Joe Tonon arrived from Boston the next day and we began our mostly private bike tour. It was the cycling version of the film "Sideways" as the two of us toured the Napa wine area on two wheels. He met me up in downtown San Francisco and our first stop after crossing the bridge was Mike's Bikes in Sausalito where we picked up a couple of Specialized "Allez" road bikes. We then drove to the heart of Napa, St. Helena, and checked in at the B&B Wine Country Inn. We did a short flat "cruising" ride through the vineyards and dined at the West Coast campus of the Culinary Institute. The next day the two of us took a longer ride—a bit hilly on and around the Silverado Trail. We were joined by a friend of Joe's and the friend's wife. He turned out to be an executive

of Clif's Bars. The discussions we had about his company were fascinating. By the way, he mentioned that they were having a problem marketing the bars to a major New York outdoor sports store. It seems that rodents were getting at the bars and once they were "powered up" it was impossible to catch them!

The four of us rode together the next day and we had another excellent restaurant dinner and stayed at a private villa Destination had arranged. We had tastings at several wineries including Shramsburg sparkling wines. It was a great way to pass the the minutes during a brief rain shower.

We spent the last day working our way back to San Francisco, cycling around and into the hills of upscale Tiburon where we took in spectacular views of the Golden Gate Bridge and the city. Then we had an opportunity to ride through Sausalito which I was especially interested in and compared it to Piermont. They are both key cycling (port) destinations outside of major cities. Sausalito is about three times the size of Piermont and has more marble and granite as well as national retail outlets-Piermont is a little more rickety but each is charming in its slightly different way. We enjoyed lunch at an outdoor café – Sausalito's version of the Runcible Spoon!

The final leg of this fantastic tour was crossing the Golden Gate Bridge. It was "Fleet Week" and a gorgeous Sunday—sparkling sunshine and temps in the 70's. There were throngs of tourists and locals all around the bridge and in Sausalito watching the boats and enjoying the air show. Unlike the GW Bridge, there was a pedestrian walkway on one side (going both directions) and the opposite side was for bikes only also going in both directions.

There were many bikes crossing the bridge and using the bike lanes and paths to and through Sausalito. I felt that they were going faster than we would go on the GWB or in Piermont. Therefore it was essential that cyclists pay attention to oncoming bike traffic and stay to the right to avoid accidents.

Joe and I ended this highly enjoyable trip with dinner at an excellent Vietnamese restaurant on the Embarcadero overlooking the Bay. The final night of the tour was at the new and luxurious downtown Hotel Vitale. Their 'California Wine Country" tour, which is not exactly what we did, was scheduled for three times in September and October, 2007 and is priced at \$2,095.

**Morocco:** This Backroads five night bike tour was one of the best of the 50+ I have done! We rode in the desert and through towns and scenery reminiscent of "Arabian Nights". There were snowcapped mountains and coastal Atlantic

beaches as backdrops for our cycling.

We had opportunities to visit mosques, medinas and Arab markets. We hiked and cycled to quaint Berber hill towns in the Atlas Mountains. We frequently saw camels, goats and other animals and birds.

Our group of 18 had 3 personable and experienced bilingual French/ English guides plus a support staff of six Land Rover drivers who moved our luggage and bikes between the three elegant hotels over the non cycling stretches. The bikes provided had been modified for the roads and terrain we encountered and no one had any problem with them. Our bases were Marrakech, Ouirgame, an opulent outpost far from civilization and the amazing port and beach city of Essouria where Cat Stevens and Jimi Hendrix hung out.

The weather was near perfect—typically partly cloudy and 70's but a bit windy when we neared the coast. The four days of cycling for the long options totaled 141 miles. Only yours truly and one other cyclist did that much. I did another 15 miles or so before the tour when I was with my wife, Joan, at the coastal city of Agadir.

The ages of the group ranged from about 40 to the 60's and about half of our entourage consisted of a group from Orange County, N.Y. Aside from them and myself, there was an additional New Yorker and cyclists from Colorado, North Carolina, California and Georgia. The food was an eclectic mixture of local, Middle Eastern and Continental—all of it excellent. On most days we had relaxing lunches at informal restaurants, some outdoors. The three tasty meals provided daily were more than sufficient and I had no desire to take the "Snackroads" provided for us while we were on our bikes! We were also exposed to the local culture, religion and history on our walking tours (which totaled seven hours). Additional optional activities included camel rides, hammans (baths) and shopping. All of these activities were squeezed into a short six day period with the result that we were all exhausted.

The 2007 price for this is about \$4,000 and the tours are scheduled for October and November.





Top: Morocco. Yes, it means "stop;" and above, heading east across the Swiss countryside.

# What's New on the NYCC Ride Library?

By HANK SCHIFFMAN

The NYCC Ride Library doesn't have a new acquisitions section. This write-up is an attempt to serve that purpose.

Looking for a B/C ride that explores the littoral southern Long Island? Alinda Barth's Long Beach-Southern Nassau route now has mileage. Starting and ending at the Statue of Civic Virtue in Queens (the Union Turnpike stop on the E & F trains), this ride turns out to have only 41.5 miles, not the 65 as previously listed.

We now have a Coney Island ride with mileage thanks to David Sabbarese's submission of his 40 mile B/C route that starts and ends in Manhattan.

How about a long route, which ends at the easternmost of Metro North's terminal stations? Jonathan Friedman's NYC to New Haven via Brewster/ Danbury/ CT-34 is a ride he has been doing for the past few years. At 101 miles, plan to do this ride in the months with the longest days. It takes a beeline to Brewster before proceding on to the coast.

On the western front, Kay Gunn's 2 rides originating and ending in New Brunswick opens up new territory for NYCC riders. Her Sergeantsville-Green Sergeant's Covered Bridge has 2 distance options: 80 and 84 miles of rolling terrain. The Frenchtown, NJ-3 Covered Bridges ride is 102 miles, 6000' of vertical and includes 3 covered bridges. New Jersey Transit from Penn Station turns out to be surprisingly easy. No doubt that you will be struck by the rural character of north central New Jersey and eastern Pennsylvania's landscape.

Robert Shay's NYC/ Perkins/ Garrison route takes the bare bones, direct approach, 9W/ 7 Lakes Drive up to Perkins and on to Garrison for the return by train to GCT. His 125 mile NYC/ Perkins/Greenwich Loop should give you something to chew on for a while. Once you cross over to the east side of the Hudson at the Bear Mtn Bridge you will have bailout options. However, a true loop, this ride is designed as an out and back.

If you are looking for self-flagellation via gratuitous hill climbing, look no further than Sal Cenatiempo's Brutality route. The NJ side of the GW Bridge to Cold Spring in 105 miles with and optional 10 miles if you want to include Perkins (Bear Mtn summit), This route should either make you stronger or kill you.

Focusing on the hills closer to home, Timothy McCarthy's "The Knot" now has mileage. I have taken the liberty of adding another cue sheet to include Ash for those who have that sort of yen. However, this version includes 2 descents of Tweed onto 9W, perhaps one of the most dangerous junctions in our region.

John Zenkus's Cold Spring, Saddle River has been the traditional first ride of the A23 STS canon. Most cyclists tend to ride from NYC to Garrison and Cold Spring, taking the train back to GCT. This route gets you home without having to wait for a

N White Plains, Whippoorwill, Roaring Brook, Loop of Croton, Hardscrabble, NYC is an 80 mile route well suited to pacelining, which was written for the A23 STS. Avoiding "junk mileage" on the way out by taking Metro North to North White Plains, its return option of taking the train from Tarrytown does likewise, making it only 54 miles but almost all of which are big, open roads.

(Not) the Gimbel's Ride, Steve Weiss's Gimbel's route for the rest of us, starts end ends in Central Park. This ride of 76 miles gives us the ability to peddle the roads of this famous venue without fear of being dropped.

Ron Roth's Warwick Beacon Loop is not a loop. But I suppose if you roll your bike out your door in the morning and roll it back in when you return, all rides are technically a loop. This route starts at The Boathouse and ends at the Metro North station in Beacon. The meat of this 100 mile ride cuts a big C shaped swath out of Orange

Fred Steinberg, the 700 pound gorilla of NYCC routes, has just completed the second edition of his 500 page second tome, "Routes of Sleepy Hollow - Croton Dam, without Briarcliff Manor." Just joshing. He has refined a number of his routes plus added a few new ones. White Plains to the River is a 58 mile out and back from The Boathouse which goes to North White Plains then crosses the ridges of Westchester to Tarrytown with a return train option of 36 miles. NYC/ White Plains/ Kensico Loop/ Tarrytown/ NYC is a 73 mile, longer version of this ride, extending to Whippoorwill and Nanny Hagen. Harriman Hills #1 is a hilly, 80 mile route to Peekskill with most of the northerly mileage directly up 9W, leaving the rest of the route to fine roads in the hills of the Ramapo highlands.

I have a few requests make to our membership. Please submit cue sheets of new routes you have created which you feel have merit but are not redundant. Does anyone a route of the circumnavigation of Manhattan via the bike paths? And please, report any errors you find on routes in the library.

Yours,

Hank Schiffman, Ride Librarian hschiffmanl@nyc.rr.com



Calling all women triathletes, cyclists, runners and sport enthusiasts!

## **Women's Triathlon Training Camp**

June 7-10, 2007 -- Lakeville, CT

- Beginner to intermediate/advanced levels -- emphasis on sprint to Olympic triathlon distances; no prior experience required
- Cycling and running power/speed drills, open water lake swim, videotaped indoor pool swim, mini-triathlon, classroom lectures
- · USAT certified coaches and sanctioned event
- Hosted at Interlaken Inn -- top-rated resort in Litchfield Hills, CT
- Camp details at www.trivigor.com -- space is limited Challenge yourself!!

# $2007\ membership\ application/renewal/change\ of\ address$ 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

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AGREEMENT IS F	TELD TO BE INVALID THE	BALANCE, NOTWITHSTAN	DING, SHALL CONTINUE IN FU	LL FORCE AND EFF	EC1.
Check one:	e: ☐ Individual, bulletin mailed: \$24 ☐ Couple residing at the same ☐ Individual, bulletin online: \$19 ☐ Couple residing at the same				
Check one:	☐ New ☐ Renew	Address change	Date:		Check Amount:
Check one:	☐ Send me the prin	t bulletin by mail	☐ Save the postage (ar	nd other expense	s). I'll collect the NYCC Bulletin on line.
Check (if ap	pplicable):	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:		
NYČČ	New York Cycl Grand Central New York, NY 1		You may a	also register on	ork Cycle Club (take 6-8 weeks to clear line at active.com: letail.cfm?event_id=1025985

#### LA CORSA TOURS

It all began on a '92 SIG ride . . . when Lori, the NYCC V.P., and Howard, a NYCC club member, talked about starting a bike tour company for avid cyclists. Soon after, La Corsa was founded.

La Corsa's first tour, to Marche & Umbria, Italy, was for NYCC members only. Many of you have ridden with us over the years.

La Corsa Tours has enjoyed 15 years of offering challenging bike vacations to France, Spain and Italy. To celebrate our continued success we invite you join us at a great savings. It's our way of saying thanks for a great start and for your support over the years!



# NYCC Members Save 10%

Get the details at:

lacorsa.com or info@lacorsa.com



1 800 lacorsa

# Bicycle shops etc. offering discounts to NYCC members

#### **Accelerade Products**

www.accelsport.com/nyccycling 20% off on Accelerade, Endurox R4 and Accel gel w/ flatrate shipping of \$5.95 per order.

#### 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  $\mathcal{E}$  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.

**3007 MEMBERSHIP CARD** 



PERMIT NO. 179 New York, NY **QIA9 JOSTAGE** FIRST CLASS

New York Cycle Club Post Office Box 4541 MYČĈ

Mew York, NY 10163 Grand Central Station

# First Class Mail

DATED MATERIAL

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