





# PRESIDENT'S MESSAGE

When bad things occur, my wife Aimee and I often question how such a tragedy is possible. We have held long conversations pondering the injustice of catastrophic events, untimely deaths, poverty, and the like. Although we haven't been able to come up with any conclusive answers yet, we always marvel at the heroic outpouring of strength, courage, and love by those affected. **This holds true in the case of what I consider the darkest hour of the NYCC – the passing of one of our very own, David Oliner.** David passed away riding his bicycle at the top of a steep hill while on a B-SIG ride on Long Island on Saturday April 14, 2007. In the hours and days following David's death, I witnessed many encouraging acts which have made me proud all over again to be a member of this community – ranging from his fellow SIGgies and members of our youth group assisting him on the roadside, to a heartfelt email sent from David's daughter Liz which explained how much cycling and his involvement with the B-SIG meant to David, to B-SIG leader Steven Kim's heartening words spoken on behalf of the NYCC at David's funeral – which was very well attended by NYCC members – to the entire B-SIG led by Mark Gelles dedicating their season in David's honor, to David's wife Barbara's courageous actions and his son Ben's moving reflections throughout this ordeal, to the outpouring of support by the entire NYCC community.

The NYCC is organizing contributions in David's memory to his favorite charities and we will host a special presentation to his family as part of our May 15 Club meeting at Annie Moore's; also the B-SIG graduation. See the message board and the eWeekly for more details on both. Our prayers and condolences go out to David's family, friends, and to anyone else who his enthusiastic spirit touched. Although we will never fully understand why we lost David at the time we did, but we can be comforted in knowing that he was well loved and respected during the time we had him here with us on earth.

I wrote in my President's message in the April 2007 NYCC Bulletin an essay on "Why I ride" and asked for members to contribute essays of their own. I want to apologize for my earlier omission of not mentioning the inspiration for my letter, the exhibition, "Why I Ride: The Art of Bicycling in New York," that is being organized independently by NYCC member Carol Wood and her collaborator Elizabeth Donovan, under the auspices of the NYC Bike Coalition. The purpose of the exhibit is to raise public awareness of biking, reach out to new potential cyclists, and celebrate what we do among those who already do it. Please look for announcements in this bulletin and in an upcoming eWeekly about an NYCC Special Event being organized to visit the exhibition, which runs May 3 until June 3 at the Lower Eastside Girls Club and three local bike shops. Details about the exhibition as well as a 60 page catalogue with essays on the theme of "Why I Ride" will be available as a free pdf download at [www.whyriddenyc.org](http://www.whyriddenyc.org). Please support them!

Until next month be safe, and I hope to see you out on the road.  
*Jeff Terosky, NYCC President*

## SAVE THE DATE

**The 13th Annual Escape New York** event will take place *Saturday October 13, 2007*. More information is coming soon!

Cover illustration © Nicole Kenney. Courtesy of the artist.  
<http://www.nicolekenney.com/>

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[president@nycc.org](mailto:president@nycc.org)



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[swrides@earthlink.net](mailto:swrides@earthlink.net)



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Past President  
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[biker-c@rcn.com](mailto:biker-c@rcn.com)

## NYCC Bulletin

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

Submissions: Email your text and/or photos to [bulletineditor@nycc.org](mailto: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 Tuesday, May 14th.

Address all correspondence to: [bulletineditor@nycc.org](mailto:bulletineditor@nycc.org).

Thanks! KML, Editor

*On Saturday, April 14, 2007,  
David Oliner, a B-SIG  
participant, collapsed and died  
after riding up a hill near Oyster  
Bay during the B-SIG ride that  
day. The New York Cycle Club  
extends it's heartfelt condolences  
to David's family. David will be  
missed.*

***For further information, please see the thread on our message board***

[\*http://www.nycc.org/mb/thread.aspx?b=1&t=8881&tp=1&c=\(17\)\*](http://www.nycc.org/mb/thread.aspx?b=1&t=8881&tp=1&c=(17))







May '07 Club Meeting

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Tuesday  
May 15th  
6 to 9:15pm

2007  
B-SIG  
Graduation

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Please join the B SIG leaders and graduates as they celebrate their accomplishments in completing the 2007 B SIG.

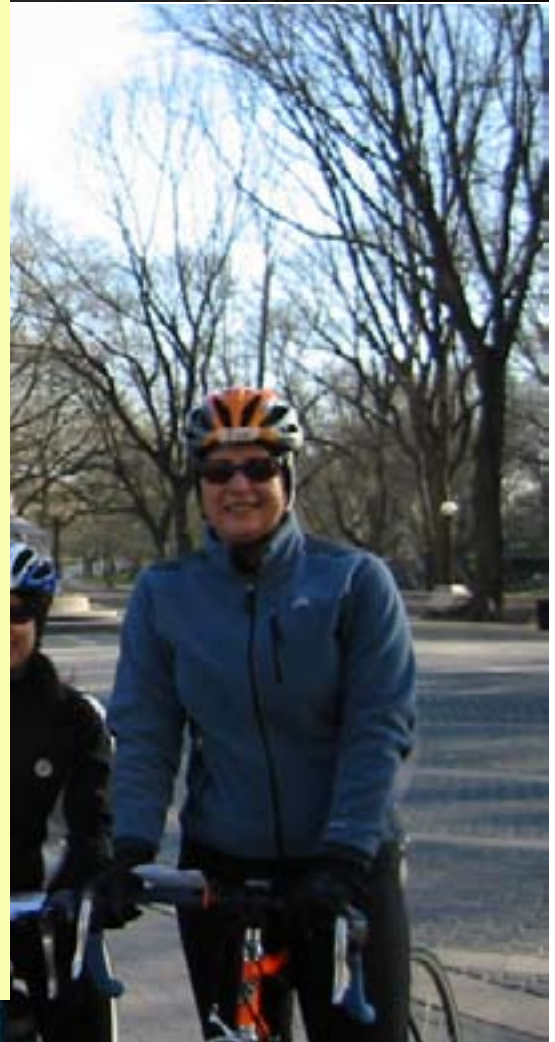
**This SIG and graduation ceremony will be dedicated to the full and active life of SIG member David Oliner whose family will be present to accept his diploma.**

Come share the silly stories of life in the SIG, honor the graduates and see what your ride buddies look like in civvies. Caps and gowns optional, no helmets required.  
PLEASE NOTE, THIS MEETING WILL TAKE PLACE ON THE THIRD TUESDAY OF MAY.

**Annie Moore's Pub & Restaurant**

50 East 43rd Street  
Between Madison & Vanderbilt  
Just West of Grand Central Terminal  
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. \$20 for program and dinner.*



# NYCC ride listings guide

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

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

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

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

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

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

## Your first NYCC ride

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

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

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

## Lead a ride

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

### A-rides

Terry Hildebrandt  
a-rides@nycc.org

### B-rides

Kay Gunn  
b-rides@nycc.org

### C-rides

Scott Wasserman  
c-rides@nycc.org

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

**3 rides** = NYCC water bottle

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

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

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

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

## Bicycles and trains

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

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

**Schedules** Here are some commonly used departure and return times for weekends effective Monday 23 April 2007. Contact Metro North for the most current and complete schedules at: <http://www.mta.info/mnr/html/planning/schedules/index.html>

### HUDSON LINE

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

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

### HARLEM LINE

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

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

### NEW HAVEN LINE

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

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

# May ride listings

## Recurring rides

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

### Tuesdays & Thursdays

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

#### Morning Laps in Central Park

May 01, 03, 08, 10, 15, 17, 22, 24, 29, 31

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 pacerline 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

May 02, 09

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. RSVP.

**B16 50 mi 9:30 am**

#### The Wed. River Road B riders are back!

May 09, 16, 23, 30

Leader: Maggie Schwarz  
mschwarzny@aol.com, 212 206-7672

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

A casual weekday ride for freelancers and slackers. We ride up Riverside Dr., over the

GWB, and up River Road to Piermont or Nyack, depending on our schedules. We grab a bite, then head home. We're usually back on the NYC side of the GWB by about 2.30 or so. **GROUND RULES:** Sign up the day before on the message board, then check back later in the evening to see if we're ON. Two of you, plus myself, for a total of three, makes the ride.

## Club rides

### Tuesday, May 01, 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

Please see recurring rides listing for details.

### 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

Please see recurring rides listing for details.

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

#### Manhattan Evening Ride

Leader: Trudy Hutter, 212 838-2141

From: NW Corner 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 w/ 5BBC & The Weekday Cyclists.

### Thursday, May 03, 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

Please see recurring rides listing for details.

### Friday, May 04, 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, May 05, 2007

**A19 61 mi 9:15 am**

#### Greenwich Stamford Bedford Hills

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 through Scarsdale, past the mansions on the quiet roads and rolling hills of Greenwich, up into the hills of Stamford, through Pound Ridge, and down to the Bedford Hills 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 pacerline 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.

**A19-20+ 88 mi 8:00 am**

#### STS-A19 Ride #10: Katonah Carmel Cold Spring

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

From: Central Park Boathouse

A big swing through the estates and horse country of N. Greenwich and Bedford. Lunch at Bedford Green or Katonah, then we'll continue north thru reservoir country to Carmel and the long climb and rewarding descent into Cold Spring for MNRR return to NYC. 5000' vertical. Numerous bailout options on MNRR Harlem Valley line stations. Bring MNRR pass.

**A23 100 mi 7:30 am**  
**A-23 STS Hudson Valley Highlights**  
 Leaders: John Zenkus, jjz2116@aol.com, 917 617-0901; Sal Cenatiempo, spcena@hotmail.com, 917 302-2327  
 From: Grand Central Terminal, Information Booth

Starting in Garrison, the ride first heads north to cross the Hudson River at Beacon. Once on the west side, the route includes the wonderful Storm King climb on Route 218, followed by an entry into Harriman Park via Routes 293 and 6. From Harriman Park, the route follows familiar roads back to the city, with a brief stop around its midpoint.

Meet at GTC around 7:30 AM to catch the 7:51 train to Garrison. Please bring a MetroNorth pass, as well as two water bottles, powers bars or gels (many), money for lunch, a bicycle in good repair, along with the mandatory helmet. Check bulletin board for updates if weather appears unfavorable.

### Sunday, May 06, 2007

**A23 90 mi 7:30 am**  
**A23 STS - Dutchess County Tour**  
 Leaders: John Zenkus, jjz2116@aol.com, 917 617-0901; Chris OConnell, chrisoco@yahoo.com, 212 517-3599  
 From: Grand Central Terminal, Information Booth

Starting and ending in Beacon, the route offers a rolling tour of Dutchess County.

Meet at GTC around 7:30 AM to catch the 7:51 train to Beacon; return is via Beacon too. Please bring a MetroNorth pass, as well as two water bottles, powers bars or gels, money for lunch, a bicycle in good repair, along with the mandatory helmet. Check the bulletin board for updates if weather appears unfavorable.

**B16 50-60 mi 9:00 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.

**C12-13 45 mi 9:30 am**  
**C-STs - Get Back in Shape 7: Stamford**  
 Leader: Maggie Clarke  
 mclarke@hunter.cuny.edu, 212 567-8272

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

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

Let's venture north again on a very pretty route through the burbs of lower Westchester but this time keep going into Connecticut. The lovely residential roads with immaculate landscaping just get better and the mansions get larger as we go through the backroads of Greenwich. If we're lucky we'll do the loop in the Long Island Sound of Old Greenwich Point park, and end up at Stamford Station. Due to weather cancellations earlier this spring, we may go a shorter distance and/or slower speed.

Helmets are required. We will observe Club riding etiquette. Bring your Metro-North pass for the ride home. Cancellation: 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, May 08, 2007

**B17 18-24 5:45 am**  
**Morning Laps in Central Park**

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

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

Please see recurring rides listing for details.

### Wednesday, May 09, 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

Please see recurring rides listing for details.

**B16 50 mi 9:30 am**  
**The Wed. River Road B riders are back!**

Leader: Maggie Schwarz  
 mschwarzny@aol.com, 212 206-7672

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

Please see recurring rides listing for details.

### Thursday, May 10, 2007

**B17 18-24 5:45 am**  
**Morning Laps in Central Park**

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

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

Please see recurring rides listing for details.

### Friday, May 11, 2007

**B18 70 mi 9:00 am**  
**Sagamore Hill (Teddy Roosevelt's House)**

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

From: City Hall Park, Opposite Brooklyn Bridge

Ride to north shore of Long Island with picnic lunch at Sagamore Hill. Optional meetup in Queens at Statue of Civic Virtue approximately 9:45. Call or e-mail to confirm. Subway and LIRR return options.

### Saturday, May 12, 2007

**A19 57 mi 9:15 am**  
**River Road: Bradley-Tweed-Ike**

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, chronically out of shape, and cannot ride a bicycle uphill. That's too bad because the route has a number of hills: in addition to those in the ride title, Ash, Sneden's Landing, and Speer are other possible climbs. Please await his arrival atop them with understanding, sympathy, and patience.

Short picnic lunch by the Piermont canal.

**A19-20+ 105+/- 8:00 am**  
**STS A-19 Last Ride #11: Rockland Hills & Orange County**

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

From: Central Park Boathouse

The last ride of this series takes us into Orange County via the most direct and difficult route; Little Tor and Gate Hill Rds into Harriman Park, over the Hogback (Sterling forest) into Greenwood Lake. After lunch by the lake we'll climb Mt. Peter and ride thru farmlands into quaint Sugar Loaf, up to historic Goshen and finish in Beacon. There's a 70mi bailout in Harriman at Seven Lakes Dr and several flat options from Greenwood Lake to Beacon.

Return via MNR, pass required.

Bring \$\$\$ for end of series festivities at River Terrace in Beacon

Check NYCC msg board for cancel conditions or call Fred after 6:30.



**A23 90 mi 7:30 am**

**A23 STS - Sam's Point**

Leaders: John Zenkus, jjz2116@aol.com, 917 617-0901; Hank Schiffman, hschiffman1@nyc.rr.com, 212 529-9082; Ron Thomson, ron@rajbongo.com

From: Grand Central Terminal, Information Booth

The Shawangunk Mountains is a traditional destination for this series. Starting in Peekskill, this ride ends in Beacon. On route are three major climbs: Route 9W through Storm King, Route 52 and South Gully Road, with 8000 total vertical feet climbed over the route's 90 miles.

Meet at GCT around 7:30 AM to catch the 7:51 train to Peekskill. Please bring a MetroNorth pass, as well as two water bottles, powers bars or gels (many), money for lunch, a bicycle in good repair, along with the mandatory helmet. Check bulletin board for updates if weather appears unfavorable.

**B17 70 mi 9:00 am**

**Westchester Climbfest**

Leaders: Carol Waaser, biker-c@rcn.com; Neil Botwinoff, botwinoff@tanhelp.com

From: Woodlawn, Bronx (Jerome and Bainbridge)

Take the #4 to the end of the line in the Bronx. We'll meet on the Bainbridge Ave. side at 9:00 and make a quick pit stop at Van Cortlandt Park. Then we'll head into Westchester and climb a few hills (Whippoorwill, Old Roaring Brook, Crow Hill, Hardscrabble). Bring pocket food and 2 water bottles - lunch stop is at mile 36... after all the hills. Cancels: rain, high winds. If weather is questionable, check message board after 6:45 a.m. morning of ride.

**Sunday, May 13, 2007**

**B16 35+/- 8:30 am**

**Mother's Day Spin to Piermont**

Leaders: Tonya Johnson, bikintonya@yahoo.com, 718 828-5309; Reggie Johnson, rabjohnson@optonline.net

From: George Washington Bridge, NJ side bike path entrance

Join us for a quick spin to Piermont. We'll have a quick rest stop and then head back to the bridge in time to have lunch with mom. Helmets, smiles, and a positive attitude are required. Precipitation, wet roads at start of ride, and winds above 20mph cancel the ride. Check message board for updates.

**C12-113 45-50 mi 9:30 am**

**C-STs - Get Back in Shape 8: Little Falls, Paterson Falls**

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

From: World Trade Center, PATH Station Entrance

Meet at the new World Trade Center PATH station on the second level down where the ticket machines are. It's the same setup as it

was before except that you get a view of the WTC Pit rather than stores. Access is from the A,C,E trains and N, R trains as before.

We'll go through Cherry Blossomland going and coming and maybe get to see some of the late blossoms. We will see both Little Falls and the Paterson waterfalls, which some have called New Jersey's answer to Niagara. Alexander Hamilton recognized the value of these falls for energy generation. We'll have a nice picnic there at the falls, then return a slightly different way. Due to weather cancellations earlier this spring, we may go a shorter distance and/or slower speed.

Helmets are required. We will observe Club riding etiquette. Bring money for PATH. Cancellation: 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, May 15, 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

Please see recurring rides listing for details.

**Wednesday, May 16, 2007**

**B16 50 mi 9:30 am**

**The Wed. River Road B riders are back!**

Leader: Maggie Schwarz  
mschwarzny@aol.com, 212 206-7672

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

Please see recurring rides listing for details.

**Thursday, May 17, 2007**

**B16 50-60 mi 9:00 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 \$mul-timillion 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

Please see recurring rides listing for details.

**A17-22 250 mi 7:00 am**

**Montauk Twin Century Weekend**

Leader: Marty Wolf, 212 935-1460

From: Call Leader

This is a two day ride Sat May 19 to Montauk -

Sun May 20 from Montauk. Call leader for motel cost and meeting place. On Sunday we'll return on some of the same roads used by the one-way century riders. We also tend to break into tiny groups of two or three as we find others who ride our pace, so some riders will go much faster than others. Note, rooms are often limited this early in the season and must be paid in full in advance (cancellation date May 13). Leader will have a few rooms reserved for the earliest callers.

**A19 57 mi 9:15 am**

**River Road: Bradley-Tweed-Ike**

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, chronically out of shape, and cannot ride a bicycle uphill. That's too bad because the route has a number of hills: in addition to those in the ride title, Ash, Sneden's Landing, and Speer are other possible climbs. Please await his arrival atop them with understanding, sympathy, and patience.

Short picnic lunch by the Piermont canal.

**A23 100 mi 7:30 am**

**A-23 STS - Series Finale**

Leaders: John Zenkus, jjz2116@aol.com, 917 617-0901; Doug Freimuth; Jeff Wilson, jeffdwilson@nyc.rr.com

From: Grand Central Terminal, Information Booth

The STS-A23 program ends with a spectacular ride through the Shawangunk and Catskill Mountains. Starting and ending in Poughkeepsie, we will climb Peekamoose, Greenville Road and Minnewaska.

There is 8500 total vertical feet climbed over the route's 100 miles; pacerline skills and stamina will be required. Meet at GTC around 7:30 AM to catch the 7:51 train to Poughkeepsie. Please bring a MetroNorth pass, as well as two water bottles, powers bars or gels (many), money for lunch, a bicycle in good repair, along with the mandatory helmet. Check bulletin board for updates if weather appears unfavorable.

**B17 76-123 8:05 am**

**Century-A-Month Club: Back-to-Back Centuries**

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

From: Newark, NJ PATH station

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

Take the 7:42AM PATH train from the WTC to Newark. PATH train entrance requires either a pay-per-ride Metrocard, 6 quarters, or a PATH quickcard. We will meet on the platform in Newark after exiting the train. We'll take NJ Transit home from New Brunswick.

There will be 4 ride options. We'll all ride together to mile 47, then will split up into 4 groups. I'll be leading the 100 mile option. The other rides will be leaderless (with perfect cuesheets) unless I can recruit some co-leaders.

76 mile ride climbing up past Charles Lindbergh's house, then along the canal to New Brunswick

88 mile ride towards Lambertville, then back along the canal to New Brunswick

100 mile ride through Sergeantsville to New Brunswick

123 mile ride through Milford/Frenchtown to New Brunswick

Please RSVP to Kay if you plan to attend.

I'll distribute special gifts to anyone that completes today's and tomorrow's centuries with me!

**C14 40/50 8:30 am**

**Touring - Katonah to Ridgefield to Darien**

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

From: Grand Central Terminal, Information Booth

A moderately-hilly, touring-paced ride around reservoir land and horse country up to the Westchester/Putnam/Fairfield County border. After lunch in Ridgefield, CT, we'll take a predominantly downhill route—with a +/- 10 mile option—to the CT shore and a Metro North return to NYC. A one-way 8:48AM ticket to Katonah, a MN bike pass, helmet, and a spare tube are musts. Stronger, more experienced riders will best enjoy this ride as it bridges NYCC "B" and "C" categories.

**Sunday, May 20, 2007**

**B17 100 mi 8:30 am**

**Century-A-Month Club: Back-Back Centuries**

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

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

Join us every month for a 90-125 mile ride. Completing these rides will qualify you for the UMCA's Year-Rounder Challenge Larry

Schwartz award: <http://www.ultracycling.com/standings/umc.html>

Today we'll ramble through Bergen and Rockland counties. Please bring plenty of pocketfood and water - stops will be brief and far between.

I'll distribute special gifts to anyone that completes yesterday's and today's centuries with me!

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

**Tuesday, May 22, 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

Please see recurring rides listing for details.

**Wednesday, May 23, 2007**

**B16 50 mi 9:30 am**

**The Wed. River Road B riders are back!**

Leader: Maggie Schwarz  
mschwarzny@aol.com, 212 206-7672

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

Please see recurring rides listing for details.

**Thursday, May 24, 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

Please see recurring rides listing for details.

**Saturday, May 26, 2007**

**C12 60 mi 6:00 am**

**Bridges of New York**

Leaders: Alfredo Garcia, cyclistxxiii@yahoo.com; Jesse Brown; Robert Brown (5BBC Counterpart Leader); Maria Cummings; Wally Stuck

From: Chelsea Piers, 22nd St. & 12th Ave., Manhattan

We're going to chase and ride the backs of concrete, steel and cabled urban dragons—bike accessible bridges, at least 23 of them, in a day. Join me with a tag team of leaders featuring: an ageless 5BBC former US Army stalwart, a recent NYCC B-SIG graduate, a 5BBC hardwood carpenter and a hard riding NYCC A19 former US Marine. We'll go from

the Brooklyn Bridge to the Bayonne Bridge, through all five boroughs plus Jersey's Bergen and Hudson counties. Bring food and water. Required: New York City cycling map and patient endurance to ride various roads (busy, bumpy, hilly and flat.) Lunch at the 45-mile mark. Listed with 5BBC and TA's Bike Month. Ride leaves at 6:23am.

**Monday, May 28, 2007**

**A17-18 80 mi 8:00 am**

**Somerville Criterium -Memorial Day**

Leader: Marty Wolf, 212 935-1460

From: Call Leader

We'll take the PATH to/from Newark to this long-time special Somerville day. The races are wonderful as is the town! Expect to be home after 6pm. (Cue sheets provided should you wish to leave before the final race.)

**A19 57 mi 8:00 am**

**River Road: Bradley-Tweed-Tallman-Ike**

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

From: Central Park Boathouse

The route is scenic, challenging, and largely untrafficked.

It is also hilly. We may add Ash and Speer to them. In addition to being very old and chronically out of shape, the leader is unable to ride uphill. Therefore you will await his arrival atop them with grace and understanding.

**Tuesday, May 29, 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

Please see recurring rides listing for details.

**Wednesday, May 30, 2007**

**B16 50 mi 9:30 am**

**The Wed. River Road B riders are back!**

Leader: Maggie Schwarz  
mschwarzny@aol.com, 212 206-7672

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

Please see recurring rides listing for details.

**Thursday, May 31, 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

Please see recurring rides listing for details.

**A19 57 mi 9:00 am**

**River Road: Bradley-Tweed-Ike**

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

From: Central Park Boathouse

Please see recurring rides listing for details.

## SIG-only rides

These rides exclusive to SIG participants.

**Saturday, May 05, 2007**

**A-SIG 95 mi 8:00 am**

**A-SIG Classic, ride #10: Bedford, Cold Spring**

Leaders: Jason Winstanley, jason.winstanley@mac.com, 917-886-5867; Marcy Bloomstein, marcy.bloomstein@djkrresidential.com, 917 570-7005

From: Central Park Boathouse, parking lot

This ride is bar none the most beautiful ride of the A-SIG. Don't miss it! Now we have it all: skills, teamwork, predictability, endurance, speed and leadership. Today we put it all together and fire on all cylinders. Eat a good breakfast and bring pocket food and two water bottles, because we're not stopping until we hit the 40-mile mark. We'll ride up hilly Westchester roads to the idyllic town of Bedford for a picnic on the town green. The ride then gets even better as we roll on to Cold Spring. Train ride back (train passes required). It's not long until Graduation Day. You're going to make it! Rain date: Sunday, May 6.

**B16,17 & 18 70 +/- MI 8:00 am**

**B- SIG Cold Spring via Harriman State Park**

Leaders: Carol Waaser, 212 581 0509, biker-c@rcn.com; Heidi Salazar, hsp23@hotmail.com, 212 522-2547

From: 72nd & Riverside (Statue At the entrance to Riverside Pk.)

Congratulations it's time for our graduation ride. You deserve this lovely route through Bergen, Rockland, Orange Westchester & Putnam counties. We will cycle through the burbs then it's up Seven Lakes Drive, cross the Hudson at the Bear Mountain Bridge, then it's on to Cold Spring for a celebration at the

Depot Café. Bring money and lots of pocket food for this ride has very few food stops. We will ride Metro North home from Cold Spring so bring that train pass. 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.

**C12.5-15 50 mi 9:00 am**

**C-SIG Ride #6 to Oyster Bay**

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

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

Another chance to lug our bikes onto the subway (it's not worth the hassle of riding the streets to our meeting place). Lots of long flat stretches on this route, which means we can pick up the pace. Besides a Metro card, bring your Metro North train pass (hey, you never know if you'll need a bailout). Contact your ride leader if you haven't received an email with instructions for this ride.

**Saturday, May 12, 2007**

**A-SIG 70-90 mi 8:00 am**

**A-SIG Classic, ride #11: Participant-led ride**

Leaders: Colleen Conway, conwayco@shu.edu, 917 402-9467; Adam Lichtenstein, adam@lichtenstein.org, 917 678-0022; Hector Roman, HRoman@romanandsingh.com, 917 915-8444

From: Central Park Boathouse, parking lot

This is the day for A-SIG Classic participants to show all they've learned as well as their strength, character and finesse. Today they lead. Who will step forward? Where will we go? This ride requires coordination in the weeks prior. Email messages and phone calls will fly back and forth thickly as we nail down a plan of action and a challenging route. Our graduation candidates will create maps and a route sheet, take care of getting us signed in and grouped, and coordinate our day. Gather at 7:30 to create groups and chat before pulling out at 8:00 sharp! Rain date: Sunday, May 13.

**C13-15 50-60 8:30 am**

**C-SIG Ride #7 to Tarrytown/Kingsland State Park**

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: Central Park Boathouse

This ride has everything – urban, suburban and a little rural, as we travel north parallel to the Hudson River, to a park on the river and maybe a loop around Sleepy Hollow. Bring your Metro card, as there are bailouts in the Bronx on the way home. We offer them, but every year our group prefers the longer ride home via the Broadway bridge.

**Saturday, May 19, 2007**

**A-SIG 105 mi 7:00 am**

**A-SIG Classic, ride #12: Bear Mt, Graduation ride**

Leaders: Timothy McCarthy, asig.captain@nycc.org, 718 204-7484; Doug von Bushberger, dvb@nyc.rr.com, 917 721-9943

From: Central Park Boathouse, parking lot

Bring your caps, gowns, cameras and champagne. Today we finish with a blast. Please note that we take off at 7:00! Be at the parking lot, signed in, helmets on ready to ride by 6:45. We'll barrel north along the Hudson, stopping for fuel in Stony Point, NY, then climb up Perkins Drive to the top of Bear Mountain. From this point, we head west along the rolling beauty of Seven Lakes Drive and turn south to drop down Gate Hill Road. We then refuel near Mt Ivy, meander over to Saddle River and from there, shoot back to NYC. The ride ends with a celebratory reunion on the hill across from the Boathouse in Central Park and group dinner that evening! What a fabulous day and a fabulous series! Bring pocket food, sun block and lots of water. How much will you miss us next week? Rain date: Sunday, May 20.

**C13-16 ??? 9:00 am**

**C-SIG Ride #8 Mystery Graduation Ride**

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

From: Central Park Boathouse

Congratulations! To thank you for your hard work, we're planning to party, but we're not telling where. All 4 groups will meet at a picnic location, with some nice surprises from your ride leaders. We love you, we'll miss you, we're proud of how well you've done. Now you've got to do it on your own (sob!).



# Letters to the NYCC

April 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](mailto: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!

## Gabriella "eWeekly" Radujko

A tip of the helmet to Gabriella Radujko... This loyal volunteer has been sending out the eWeekly during all or part of the tenure of the last four NYCC presidents... Jeff Terosky, Carol Waaser, Stan Oldak, and Tom Laskey! Gabriella joined the NYCC in 2003 when she signed up for the B-SIG and she soon became a typical unsung, behind-the-scenes Club volunteer, offering her time every week to bring us news, announcements, and weekly ride listings. More recently, Gabriella has been instrumental in convincing the Club to use Constant Contact, an internet-based service, to streamline the look and assist with the sending of the eWeekly in its new format.

Gabriella relinquished the position of sending the eWeekly in early April because of the time commitment required by her fantastic new job as the Managing Librarian for the Cipriani Club Residences at 55 Wall Street in downtown Manhattan. We owe Gabriella a big THANK YOU and wish her all the best in future endeavors, but hope she'll still have time to join us on the road now and again.

—Carol Waaser, NYCC Immediate Past President

## Sue Hitzman — March '07 Meeting

"Stretched thumbs up" for the motivational presentation by Sue Hitzmann, creator of the M.E.L.T. (Myofascial Energetic Length Technique) Method, at the March NYCC meeting! M.E.L.T. is a gentle exercise technique designed to improve the body's postural alignment, joint range, local muscle hydration, bone density, and even wrinkles and cellulite (yes, cellulite!), so we can stand, sit and move with greater comfort, energy, and elegance.

And cycle!

As billed in the March bulletin, Sue, a former Cat IV racer, discussed body issues cyclists commonly face and how to reduce recovery time, injury potential and chronic pain. She led the sizable and enthusiastic NYCC audience, A to C-level riders, through a sampling of her techniques, to much acclaim, as the attendees gladly pushed "overtime" for her presentation. For more information, or to join one of her classes, please see her website, <http://www.bodylanguagecyc.com>.

Debbie Rothschild and Hal Eskenazi both unveiled plans for other exciting programs and events in the upcoming months. Stay tuned! Fueling the participants' ardor at the meeting was an expanded buffet, combining new entrees with the heralded return of old favorites, like Shepherd's Pie, never failing to be a newly found delicacy for some NYCC members.

—Mark Hugel, NYCC monthly club meeting "junkie"

## New Member Welcoming

So, what is a new member's experience at a monthly dinner like? Easy enough to find out. I joined NYCC in mid-March and headed out to Ghandi restaurant on the 21st of March. The dozen or so folks already there joined in a genuinely warm welcome. Not so much as one raised eyebrow given my lack of recent cycling experience; quite the opposite. Everyone was helpful and generous with good advice and starter suggestions. The longer standing members went out of their way to include everyone in dinner conversation that was informative, funny, down to earth and good natured, something that takes skill, but also an open heart and generous nature.

The menu was well planned, providing an assortment of usual and somewhat unusual appetizers; a not too spicy selection of lamb vindaloo, a coconut chicken curry, vegetables and rice. The attendees had duly brought wines suggested by John "Tastemaster." There were enough bottles of quite wonderful wines to sink a ship, or at least a reasonably sized human being. John went out of his way to make sure that the service was as expected, that everyone was comfortable and well fed.

This week's C-SIG self-classification proved equally welcoming. Genuine, heartfelt hospitality towards newcomers rarely gets better than this. Many thanks!

—Barbara Cohen, NYCC new member

## The Pier

Just this past Saturday, as I was entering Piermont, I took the right hand turn, the turn just after the train tracks, and rode past the marsh and discovered the pier you have so eloquently written about in the NYCC April 2007 bulletin President's Letter. I have probably been to

Piermont, I dunno, 35 times, more or less, and HAD NO IDEA THIS PIER WAS THERE! And you're right, it is a most pleasant diversion. I am thinking of listing a ride where we will have our lunch on the pier. Thanks a lot for sharing!

—David Sabbarese, former NYCC Special Events Coordinator

## From the Oliner Family

Dear NYCC,

Your response to David's tragic death, has been overwhelming and we can't thank you enough. We know David died doing what he loved, with people he respected and admired. And for this, we are grateful.

We are looking forward to attending your ceremony in May and know that David is very honored and touched by the postings on his thread and the honors you are bestowing on him.

Your support throughout this terrible ordeal has been extraordinary and is symbolic of the extraordinary people you are.

We thank you very much,  
—Barbara, Ben and Liz Oliner

## 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](mailto:jmcgarry@nassaucountyny.gov).

*Checks payable to NYCC*

## May "Extra" Special Event

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Monday  
May 14th  
6:15 9:30pm

## Why I Ride: The Art of Bicycling in New York.

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In celebration of Bike Month, I have arranged for the NYCC to attend a special bike art exhibition co-organized by club member Carol Wood. On this evening, we'll meet at the Lower Eastside Girls Club in the East Village to view art works, meet the artists, hear from a member of the NYC Bike Coalition on bike activism, see videos, all while socializing and sipping "cheap" alcohol. We'll walk three blocks to NYC Velo bike shop, where the show continues, followed by a light dinner Moonstruck Diner one block away. It will fun, interesting, informative, and certainly the basis for substantial & lively discussion.

After May 1 the exhibition catalogue will be available as a free download at [www.whyriddenyc.org](http://www.whyriddenyc.org), or at nominal cost in the gallery. *Please RSVP by 7pm on Sunday, May 11, to [events@nycc.com](mailto:events@nycc.com).*

### Summary

**6:15pm - Lower Eastside Girls Club**  
56 E. 1st St. (F train to Second Ave.)

**7:15pm - NYC Velo bike shop**  
64 2nd Ave (3rd-4th St.)

**8:15pm - Moonstruck diner**  
2nd Ave. & 5th St.

*Join your friends at the NYCC Bike Month extra Special Event!*

## NYCC May Special Event

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Tuesday  
May 8th  
6:30 9pm

## Amsterdam Billiard.

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**Amsterdam Billiard**  
**85 Fourth Avenue at 11th Street**  
**Tel. 212 496-8180**  
**[amsterdambilliardclub.com](http://amsterdambilliardclub.com)**

Talk Softly but Carry a Big Stick

We all know size doesn't matter. Enjoy the cheers of your team mates as you run the table or kick yourself for missing the "8" ball and scratching. We'll start with some drinks - special happy hour prices for NYCC attendees - socializing, throw some darts and play a little video before shooting pool for an hour; *about \$8 per person*. Those of you who joined us to bowl in January will remember: after a couple of drinks, a lot of laughs, and some cheering, it won't matter if you scratch. So, lose the wheels for an evening of fun with friends, old & new.

A number of people new to the club have said to me they haven't participated in events because "I didn't know anyone." Participate and you will not be "left alone." I promise you will know everyone by the end of the evening.

*Please RSVP by Monday May 7th*  
[events@nycc.org](mailto:events@nycc.org)

Hal Eskenazi, Director of Special Events

*Join a bunch of your friends at the NYCC May Special Event. We'll have some fun. We always do! It's your club... participate*

## NYCC July Special Event

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Wednesday  
July 18th  
6pm

## Take Me Out to the Ball Game.

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**Yankees vs. Toronto**  
**Wednesday July 18, 2007**

The NYCC has arranged to get unbelievably cheap tickets to see the Yankees take on Toronto, long a traditional battle that always promises to be a great game. Join us in the upper deck, kick back with a hot dog & a brewski or two, watch and cheer. The Yankees will welcome the NYCC with an announcement on the center field scoreboard; if we all wear our club jerseys I bet we'll even be on TV!

**We have a limited number of tickets which will go fast. The price will be tiered as follows: \$12 / \$15 / \$18.**

*We will all be sitting together. The tix will be available to members on a first-come, first-served basis from Hal Eskenazi: [events@nycc.com](mailto:events@nycc.com).*

**Email me for purchasing details and for transportation options to the stadium the night of the game.**

Frankly, I can't even name the players, let alone stats. I go for the fun of being out there with friends and enjoying an evening out. Please note: There are no backpacks allowed inside of the stadium. Food must be in a clear plastic bag. In addition, the only liquid allowed is water and it has to be sealed.

# 2007 membership application/renewal/change of address

In consideration of being permitted to participate in any way in New York Cycle Club ("Club") sponsored Bicycling Activities ("Activity") I for myself, my personal representatives, assigns, heirs, and next of kin: 1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately cease further participation in the Activity. 2. FULLY UNDERSTAND that (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these risks and dangers may be caused by my own actions, or inactions, the action or inaction of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time, and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS AND DAMAGES I incur as a result of my participation in the Activity. 3. HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE the Club, the LAB, their respective administrators, directors, agents and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS, AND I FURTHER AGREE that if, despite the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as the result of such claim. I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

**Check one:** ☐ Individual, bulletin mailed: \$24  
☐ Individual, bulletin online: \$19

☐ Couple residing at the same address, bulletin mailed: \$30  
☐ Couple residing at the same address, bulletin online: \$25

**Check one:** ☐ New ☐ Renew ☐ Address change

Date: \_\_\_\_\_ Check Amount: \_\_\_\_\_

**Check one:** ☐ Send me the print bulletin by mail

☐ Save the postage (and other expenses). I'll collect the NYCC Bulletin on line.

**Check (if applicable):**

☐ Do not print my

☐ Address ☐ Phone ☐ Email in the NYCC roster.

☐ Do not print my partner's

☐ Address ☐ Phone ☐ Email in the NYCC roster.

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

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

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

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

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



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

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



1 800 lacorsa

**NYCC Members Save 10%**

Get the details at:

[lacorsa.com](http://lacorsa.com)  
or  
[info@lacorsa.com](mailto:info@lacorsa.com)





## 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 & 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.





New York Cycle Club  
Post Office Box 4541  
Grand Central Station  
New York, NY 10163

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*The password for the bulletin and online rides listings has changed. Please renew your membership.*

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