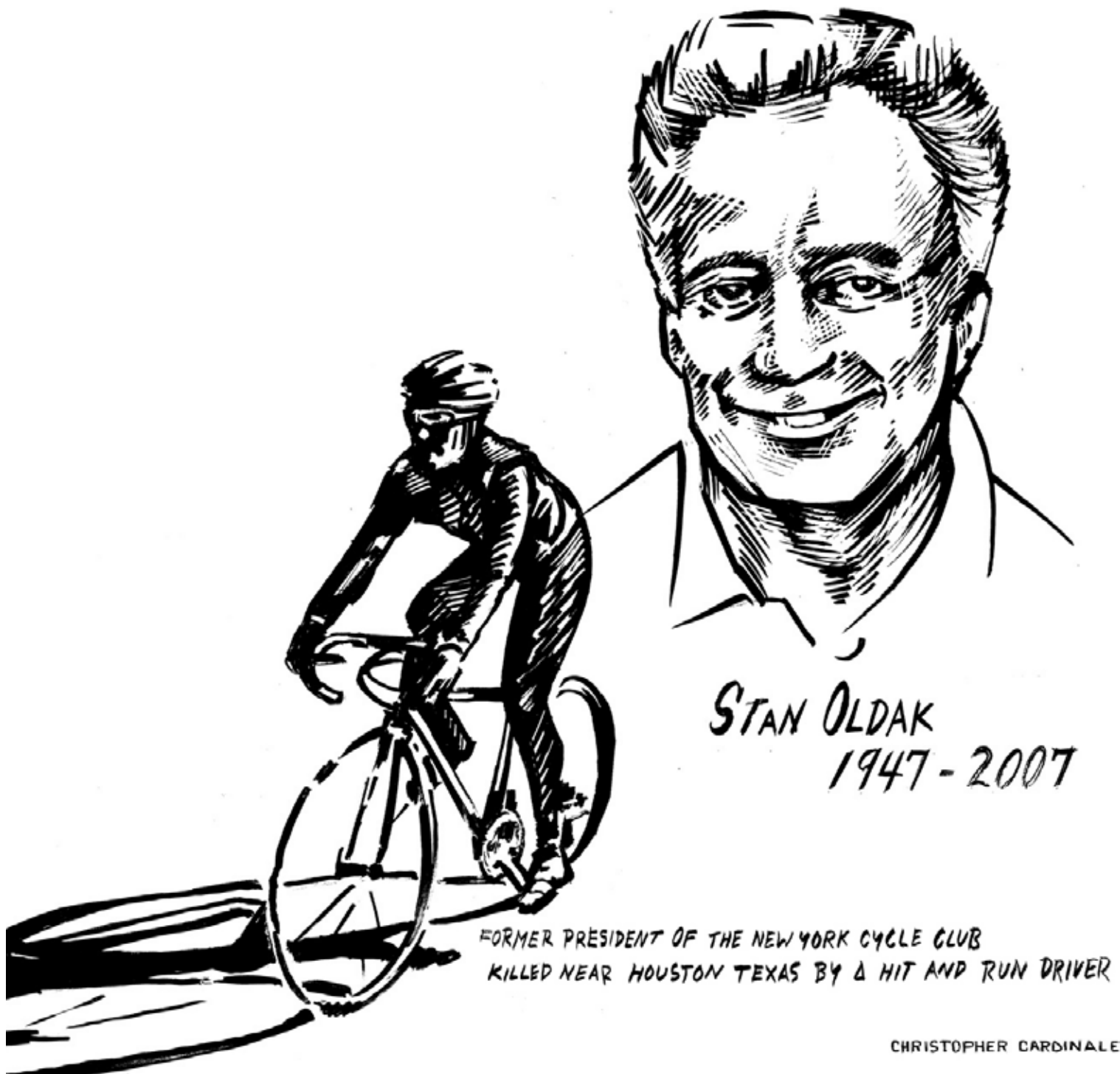


NYCC Bulletin

June 2007



STAN OLDAK
1947 - 2007

FORMER PRESIDENT OF THE NEW YORK CYCLE CLUB
KILLED NEAR HOUSTON TEXAS BY A HIT AND RUN DRIVER

CHRISTOPHER CARDINALE

PRESIDENT'S MESSAGE

Here we are calling a close to Bike Month 2007 and I have to summarize by saying that although there have been many good facets of May, it has been another tragic month for the NYCC and our members. Stan Oldak, former NYCC president, founder of numerous NYCC traditions, and friend to so many was killed on the morning of Sunday May 6 while riding in a 400km brevet near Columbus, Texas. Friends and members of the club pulled together in tremendous fashion for Stan's family, and to help each other through the pain. Stan is sorely missed and his passion for life and dedication to the NYCC will forever be remembered. We have an announcement in this bulletin about how you may submit your remembrances of Stan and next month's (July) bulletin will be dedicated to him.

As described on www.rideofsilence.org, the Ride of Silence is for cyclists to "take to the roads in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways. Although cyclists have a legal right to share the road with motorists, the motoring public often isn't aware of these rights, and sometimes not aware of the cyclists themselves." On Wednesday May 16, we especially honored Stan Oldak, David Oliner, and all fallen cyclists by participating in the Ride of Silence with a single, silent lap of Central Park. Led by Carol Waaser, eleven hardy cyclists completed this emotional ride in a driving rain storm.

Later that evening of May 16 in Columbus, Texas, well over 50 cyclists made the hour plus commute from Houston to Columbus to honor Stan and bring awareness to the hit and run incident, which claimed his life, at the Columbus Ride of Silence organized predominately by Lorretta Crosby and Team Acme. Reba Galbraith, who had ridden much of the day with Stan on May 6, proudly wore a medal graciously donated by a fellow randonneur as well as carried Stan's NYCC water bottle for the ride. A white ghost bike was left at the scene of the accident as a reminder to all who pass. Much publicity was generated, and posters were distributed to local businesses and the Columbus Police in hopes of somebody coming forward with information about the hit and run vehicle or driver. Reba, Lorretta, Stan's friends Richard Silverstein and Rick Braun, and many others have been working tirelessly to increase awareness about the tragic way Stan's life ended. Their work has been inspiring to me and we owe them our thanks.

As I am packing for a 40,000 plus vertical feet cycling 'vacation' in the Dolomites, my wife Aimee has reminded me many times of the fear that bad things often happen in groups of three. I would be remiss not to mention a third tragic accident that occurred on Sunday morning May 13. Longtime NYCC member and ride leader Mike Samuel was on foot while involved in an accident with motorcyclist Nancy Tannenbaum who, tragically, was killed in the crash. Mike is gradually recovering after surgery on multiple areas of his body and our best wishes go to Mike for a speedy recovery. Also our thoughts and prayers go to Ms. Tannenbaum's friends and family as we know they are mourning her loss.

As many of you are making arrangements for Memorial Day weekend in the Berkshires and other summer cycling trips, please remember to be careful out there on the road, respect and take care of one another, be nice, and above all ride safely until next month. See you out on the road!

Jeff Terosky, NYCC President

*This month's cover illustration © Christopher Cardinale.
Courtesy of the artist. www.christophercardinale.com*

NYCC Board of Directors



President
Jeff Terosky
president@nycc.org



VP Programs
Debbie Rothschild
deroth@mindspring.com



VP Rides
Reginald Johnson
rabjohnson@optonline.net



Secretary
Ellen Jaffe
ellen@ellenjaffe.com



Treasurer
Kim Jenkins
KimJenkins@aol.com



Public Relations
Claudette Lajam
claudie123@aol.com



Special Events
Hal Eskenazi
events@nycc.org



Membership
Neil Botwinoff
membership@nycc.org



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



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



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



Bulletin Editor
Kevin Ley
bulletineditor@nycc.org



Webmaster
Timothy McCarthy
webmaster@nycc.org



Past President
Carol Waaser
biker-c@rcn.com

NYCC Bulletin

The *NYCC Bulletin* is published monthly by the New York Cycle Club. The opinions expressed herein are those of the authors and do not reflect the official position of the NYCC.

Copyright©June, 2007, New York Cycle Club. All rights reserved. Reproduction in whole or in part without the editor's written permission is prohibited.

Subscriptions: Free to NYCC members. If you don't receive your bulletin on time, have a change of address, or any other questions about your membership, please contact Neil Botwinoff at membership@nycc.org. Include your name and full address in your message.

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

Printing: Dandy Printing and Copy Center, Brooklyn, NY (718) 774-6837.

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

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

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

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

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

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

May bulletin deadline:

All articles, announcements and advertising are due by Tuesday, June 11th.

Address all correspondence to: bulletineditor@nycc.org.

Thanks! KML, Editor

Stan Oldak, 1947–2007

Past NYCC president, past ENY chair, initiator of the NYCC adopt-a-highway 9W cleanup program, co-founder of the youth program, mentor, ride leader, ride buddy, and friend to many in the NYCC, passed away on Sunday, May 6, 2007 as a result of a hit and run while riding his bicycle near Columbus, Texas. Stan was participating in a 400km brevet ride organized by the Houston Randonneurs cycling club in hopes of qualifying for the Paris-Brest-Paris Randonneur this August. Stan meant so much to so many of us in the NYCC, and we would like to dedicate the July issue of the Bulletin to him and include stories about Stan from those who knew him.

Please submit your stories and memories to letters@nycc.org

Congratulations 2007 B SIG Grads

B-18

Rebecca (Bec) Attwell
Joanne Bennett
Liz Boyce
Dan Broker
Joseph Casalino
Aaron Cook
Clare Felton
Gabrielle Fisher
Ryan George
Thomas Gump
Michael Gunzburg
Mark Israel
Becca Kornfeld
Lev Kushner
Bill Laffey
Melanie LaRosa
Christopher Lowden
Robert Mahoney
Michael Moise
Mary Ellen Moynahan
Maggie Nguyen
Ronnie Obadiah
David Oliner
Sean Patton
Eric Rayvid
Henry (Ren) Richmond
Susan Rodetis
Daniel Rosenberg
Eric Sanford
Nancy Sohler
Ian Thomson
John Viesta
Katie Walkden
Allen Wong

B-17

Minda Aguhob
Jennifer Bitkower
Julie Bresnick
Beth Bryson
Antoine Cerfon
Meg Domroese
Paula Froke
Linda Funicello
Dana Gordon
Audrey Henik
Miranda Holmes
Tatiana Kamorina
Jan Lakin
Stacey Lawrence
Eddy Lentz
Jason Loeb
Lisa Mallory
Mary-Margaret Martin
Joanne McGarry
Valli McRoberts
Marty Munson
Hayley Nelson
Michael Notaro
Mae Pan
Sara Reinthaler
Karen Rose
Michelle Stern
Alicia Svenson
Janet Wootten

B-16

Julie Bray
Dorothy Castille
Maria Cummings
Justine Dupont-Nivet
Elenita Fabre
Michelle Hughes
Alisa Judy
Judy Knie
Maureen Malave
Burns McNamee
Kate Mostkoff
Cheri Priestino
Sherri Rosenberg
Deborah Sharp
Mark Trainor
Graham Weinstein

Youths

Cosme Del Rosario-Bell
Alexander Lewis
Steve Li
Helen Lin
Ismael Melendez
Carlos Nieto
Miles Roper
Samantha Saly
Lucy Simko
Daniel Wong

June '07 Club Meeting

Tuesday
June 12th
6 to 9:30pm
2007 C & A SIG
Graduation Night

Please join the A-Classic SIG, the A-19 SIG, and the C-SIG Graduates as they don their caps and gowns, march down the aisle and receive their diplomas and awards. Join with their leaders, family and friends as we hear of their exploits through the SIG and celebrate their accomplishment.

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)

More details at http://www.nycc.org/home_events.shtml

NYCC ride listings guide

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

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

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

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

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

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

Your first NYCC ride

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

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

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

Lead a ride

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

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

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

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

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

3 rides = NYCC water bottle

6 or more rides = NYCC t-shirt

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

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

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

Bicycles and trains

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

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

Schedules Here are some commonly used departure and return times for weekends effective 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>
GCT/125th	Poughkeepsie
7:51/8:02 am	9:46 am
8:51/9:02 am	10:46 am

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

HARLEM LINE

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

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

NEW HAVEN LINE

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

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

June 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 31, June 05, 07, 12, 14, 19, 21, 26, 28

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

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

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 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.*

Friday, June 01, 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, June 02, 2007

A19 82 mi 9:00 am

Pocono Climbfest/Delaware Water Gap

Leader: Robert Shay, RobertCShay@aol.com, 203-595-0285

From: Mt. Pocono Walmart Parking Lot

We ride the Pocono Mountains. We start and descend from Mt. Pocono, climb Camelback Mt. with a 4,700' long 11% grade, descend to Stroudsburg to climb Fox Gap with a 3,000' long 11% grade, ride along and through the Delaware Water Gap and climb back up to Mt. Pocono. 6,822' vertical,

2,077' maximum elevation, and 298' minimum elevation. E-mail me for cue sheet and topographical map.

Mt. Pocono is a 105 minute car ride from NYC. You can park cars and shower after the ride at my house in Mt. Pocono (bring soap/towels). Helmet and brakes in excellent working order required. Greater than 30% chance of rain during ride hours will cancel ride. Must notify ride leader at least 24 hours in advance if you plan to attend. Limited to 10 riders.

A19 57 mi 9:00 am River Rd.-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.

B15 50 mi 8:30 am

9W Clean-Up! Adopt a Highway Green Ride

Leaders: Tonya Johnson, bikintonya@yahoo.com; Mike Moise, Michael.moise@gmail.com; Burns McNamee, burnsy@gmail.com; Reginald Johnson, rabjohnson@optonline.net, 917-825-0952

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

We will take a scenic route while giving something back to your club.

Spin through Jersey burbs, for twenty mile. Then meet up with other rides, where we will all take less than one hour to clean up the shoulder of 9W (we will provide almost everything you need). Continue to Tallman bike path (hardpack), into Piermont for Lunch @ the Gazebo. Home on familiar NYCC roads (501 to Churchill). Official end of ride is the Manhattan side of GWB. Bring cleat covers for road shoes, fluids, pocket food, a few bucks for lunch, & of course a smile. Wet roads at 7:30 AM or forecast of steady morning rain will cancel, if in doubt look for message on board.

C13 50? 8:45 am

9W Clean-Up! Adopt a Highway Green Ride

Leaders: Fred Leffel, fleffel@granitenewyork.com, 212-982-0253; Dorothy Castille, dmc61@columbia.edu

From: GWB Bus Terminal, 178 St and Ft. Washington Ave.

We will take a scenic route while giving something back to your club.

Spin through Jersey burbs, for twenty mile. Then meet up with other rides, where we will all take less than one hour to clean up the shoulder of 9W (we will provide almost everything you need). Continue to Tallman bike path (hardpack), into Piermont for Lunch @ the Gazebo. Home on familiar NYCC roads (501 to Churchill). Official end of ride is the Manhattan side of GWB. Bring cleat covers for road shoes, fluids, pocket food, a few bucks for lunch, & of course a smile. Wet roads at 7:30 AM or forecast of steady morning rain will cancel, if in doubt look for message on board.

Sunday, June 03, 2007

A18/19 30 mi 8:00 am

A Sunday Morning Quickie

Leader: Richard Edmonds, richard.edmonds@ny.stemcor.com

From: Soldiers' & Sailors' Monument, 89th Street & Riverside Drive

Kids who need your undivided attention? Your spouse complaining about how long you spend on the bike? Errands to run?

How about a quick 30 miles on a Sunday morning? GWB, River Road (if clear) and back via 9W. No food stops, just a quick bathroom break at the Alpine Police Station if needed. We'll be back by 10:30. Usual cancels.

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. Cyclists must ride single file in Piermont, Grand View & Nyack & slow down in the commercial districts.

Monday, June 04, 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 \$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. Cyclists must ride single file in Piermont, Grand View & Nyack & slow down in the commercial districts.

Tuesday, June 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.

Wednesday, June 06, 2007

B16 50 mi 9:30 am

The Wednesday B ride to Piermont or Nyack

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

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

A casual ride up to Piermont or Nyack, depending on our schedules, for a bite for lunch. River Road is the usual route up there but the debris pile makes it impossible. Please sign up on the message board the Tuesday preceding the ride and check back later in the evening to see if we're ON. Two of you, plus me, for a third, make a ride.

Thursday, June 07, 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.

C14-15 16-20 7:00 pm

Thursday Evening Ride in Brooklyn

Leaders: Marina Bekkerman, marinab@mind-spring.com, 718-554-6737; Peter Morales, pmorales@pipeline.com, 718-398-2623

From: Prospect Park, Grand Army Plaza entrance

Let's take advantage of the longer days by riding some laps in Prospect Park. If the weather is particularly nice, we'll make a special excursion to Brighton Beach for some Russian food on the Boardwalk. Menu translation into English by a native speaker is included. Please bring a back light. Check the message board on the day of the ride for any changes or excursion announcements.

Friday, June 08, 2007

B18 70 mi 9:00 am

Sagamore Hill (Teddy Roosevelt 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, June 09, 2007

A19 52 mi 8:45 am

Escape from Alcatraz

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

From: George Washington Bridge, NJ side bike path entrance

We break out of NYC with a simple one-way ride through Nyack up 9W and to the top of Perkins for the climb and view. 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. 4,166' climbing and 1,276' maximum elevation.

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. Cue sheet and topographical profile in ride library - under "NYC Perkins Garrison". Chance of rain greater than 30% cancels. Bring MNRR bike pass and fare.

A19 57 mi 9:00 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.

A19/21+ 110 mi 7:35 am

Poughkeepsie-Hunter Loop

Leaders: Ron Roth, rr7@nyc.rr.com; Timothy McCarthy, timothymc@earthlink.net; Catherine Gibbons, cath.gibbons@verizon.net; Gerald Seppey, gseppey@gmail.com

From: GCT - Meet 7:35 for 7:51 train to Poughkeepsie

Let's celebrate the long hours of daylight available a couple of weeks before the solstice with a jaunt that truly takes advantage of them. The day will have us hustling in pacelines, ascending a 1500 ft. vertical 4.5 mile climb, eating a hearty, healthy lunch,

then descending for nearly 13 miles! Finally, when you thought you'd seen it all, there will be Mohonk. If a consensus is achieved, there will even be a post ride dinner just outside of Poughkeepsie. What a way to spend a (long!) day. Bring a bike in good mechanical condition, 2 waterbottles, a helmet, pocket food, a Metro North Pass, good cheer and tenacity. You'll definitely sleep well after this one!

UPDATE 2007: Last year we got screwed out of the 23A climb due to road construction compounded by lousy weather. This year, the old faithful climb will be back with new pavement. That leaves only the weather...

B17/18 100 mi 7:30 am

Century-A-Month Club: Deepest Westchester

Leaders: Skip Ralph, skipralph@yahoo.com, 646-234-8981; Nancy Sohler, nls9@columbia.edu

From: Grand Central Terminal, Information Booth

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>

The B-SIG Deepest Westchester century was so beautiful we've decided to do it again. Buy a one-way ticket for the 7:48 train to White Plains. Bring two water bottles and pocket food as we will stop twice to snack once in Bedford and again in Somers. Train-bike passes required. Rain or high winds cancels. Contact the leaders or check the message board for updates.

Sunday, June 10, 2007

A18/19 30 mi 8:00 am

A Sunday Morning Quickie

Leader: Richard Edmonds, richard.edmonds@ny.stemcor.com

From: Soldiers' & Sailors' Monument, 89th Street & Riverside Drive

Kids who need your undivided attention? Your spouse complaining about how long you spend on the bike? Errands to run?

How about a quick 30 miles on a Sunday morning? GWB, River Road (if clear) and back via 9W. No food stops, just a quick bathroom break at the Alpine Police Station if needed. We'll be back by 10:30. Usual cancels.

B15/16 50-55 mi 9:30 am

Nyack (and not the Runcible)

Leaders: Betsy Hafkin, betsyhafkin@verizon.net; Kay Gunn, kaygunn@gmail.com, 646-509-5034; Bob Ross, bob.ross@verizon.net

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

Easy spin to Nyack. 501 to Piermont Rd. out and 501 back. A possible optional climb up Bradley Hill. Lunch at someplace other than the Runcible (hopefully). Attn C-Sig grads: this is the perfect transitional ride for

those of you wanting to move up to the B-level. Ride will officially end at the NY side of the GWB. Rain cancels. Check the message board by 7:30am if in doubt.

C12 38/55 7:45 am

Darien/Katonah/Tarrytown

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

From: Grand Central Terminal, Information Booth

Buy one-way MN ticket for 8:07AM bike train to Darien. Touring conditions--pace busters will be shot. Route includes Darien, New Caanan, Scotts Corners, Bedford (Mianus River Gorge), Katonah (lunch and early Metro North bailout,) Millwood, Teatown, and Tarrytown; two miles of hard-packed-dirt fishing-access road (road tires OK) along the southern shore of the Croton Reservoir. Helmets, spare tube, and MN bike pass are musts. As this ride bridges NYCC "C" and "B" categories, it will be best enjoyed by stronger, more experienced riders.

C12-15 30 mi 8:45 am

From Massapequa with Love

Leaders: Josh Gosciak, joshgo@awild.com; Steve Faust, sfaust1534@earthlink.net

From: LIRR Penn Station

In the 1800s, when Brooklyn was an independent city, it obtained its water from a now-defunct reservoir system out on Long Island. From Massapequa we'll trace the route of the old system, stopping at several parks and lakes and ending at an abandoned and overgrown reservoir in Ridgewood, Queens. Manhattan Borough Historian Michael Miscione will explain the history of Brooklyn's water supply and point out tantalizing remnants and ruins of the old system. Easy pace, with bailouts along the way. We take the 9:03 from Penn Station (or the 9:02 from Flatbush or the 9:25 from Jamaica), and arrive in Massapequa at 10:01. We'll head out from the Massapequa train station at about 10:30 for breakfast and a look at the Massapequa Reservoir.

C13/14 35 mi 9:00 am

Crocheron Park, Queens

Leader: Trudy Hutter, trudyth@aol.com, 212-838-2141

From: NE Corner of First Avenue & East 60th Street (Starbucks on corner)

Crocheron Park, located in Bayside Queens, is a little charming park overlooking Little Neck Harbor. We'll take some Greenways to get there and have a picnic lunch in the park. On the return trip we'll go along the Cross Island Greenway, past Fort Totten, and through some of the charming neighborhoods located in Queens.

Bring lunch or money for it, two spare inner tubes, a bicycle pump, a helmet (and wear it), and a smile.

Tuesday, June 12, 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, June 13, 2007

B16 50 mi 9:30 am

The Wednesday B ride to Piermont or Nyack

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

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

A casual ride up to Piermont or Nyack, depending on our schedules, for a bite for lunch. River Road is the usual route up there but the debris pile makes it impossible. Please sign up on the message board the Tuesday preceding the ride and check back later in the evening to see if we're ON. Two of you, plus me, for a third, make a ride.

Thursday, June 14, 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.

C14-15 16-20 7:00 pm

Thursday Evening Ride in Brooklyn

Leaders: Marina Bekkerman, marinab@mind-spring.com, 718-554-6737; Peter Morales, pmorales@pipeline.com, 718-398-2623

From: Prospect Park, Grand Army Plaza entrance

Let's take advantage of the longer days by riding some laps in Prospect Park. If the weather is particularly nice, we'll make a special excursion to Brighton Beach for some Russian food on the Boardwalk. Menu translation into English by a native speaker is included. Please bring a back light. Check the message board on the day of the ride for any changes or excursion announcements.

Saturday, June 16, 2007

A19+ 80 mi 9:00 am

All Class Ride - Kingsland Point Park

Leader: TBD, rabjohnson@optonline.net

From: Central Park Boathouse

Who says there's no such thing as a free lunch? There certainly is for NYCC mem-

bers! For the first NYCC all class ride and picnic of 2006 we will return to Kingsland State Park, a beautiful spot on the Hudson. We have a reserved picnic area. Lunch will be on the club.

There will be rides of varying paces and distances. Is it most important to sign up for a ride to ensure a free lunch.

Pay attention to the weekly NYCC email and message board for alternate start times and locations.

B15-18 40-80? 9:00 am

All Class Ride - Kingsland Point Park

Leader: Reginald Johnson, TBD, vp-rides@nycc.org

From: Central Park Boathouse

Who says there's no such thing as a free lunch? There certainly is for NYCC members! For the first NYCC all class ride and picnic of 2006 we will return to Kingsland State Park, a beautiful spot on the Hudson. We have a reserved picnic area. Lunch will be on the club.

There will be rides of varying paces and distances. Is it most important to sign up for a ride to ensure a free lunch.

Pay attention to the weekly NYCC email and message board for alternate start times and locations.

C11-14 40-80? 9:00 am

All Class Ride - Kingsland Point Park

Leader: TBD, vp-rides@nycc.org

From: Central Park Boathouse

Who says there's no such thing as a free lunch? There certainly is for NYCC members! For the first NYCC all class ride and picnic of 2006 we will return to Kingsland State Park, a beautiful spot on the Hudson. We have a reserved picnic area. Lunch will be on the club.

There will be rides of varying paces and distances. Is it most important to sign up for a ride to ensure a free lunch.

Pay attention to the weekly NYCC email and message board for alternate start times and locations.

Sunday, June 17, 2007

A18/19 30 mi 8:00 am

A Sunday Morning Quickie

Leader: Richard Edmonds, richard.edmonds@ny.stemcor.com

From: Soldiers' & Sailors' Monument, 89th Street & Riverside Drive

Kids who need your undivided attention? Your spouse complaining about how long you spend on the bike? Errands to run?

How about a quick 30 miles on a Sunday morning? GWB, River Road (if clear) and back via 9W. No food stops, just a quick bathroom break at the Alpine Police Station if needed. We'll be back by 10:30. Usual cancels.

A19 70 mi 8:30 am

Nyack via Hogwich/Rockland Lake

Leaders: Jeff Ignall, jcnyc27@yahoo.com, 917-763-2671; Jeff Dufour, j_du4@yahoo.com, 917-613-3944

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

PACELINE SKILLS REQUIRED and over 4,000 feet of climbing -- please be realistic about your fitness level. It's been a month since graduation and some of us are having SIG withdrawal! Let's head back to one of our favorite rides, compliments of SIGmaster Bob Mirell. We'll head up Riverside Drive, cross the GWB onto 9W and turn west just before Piermont. We'll work our way north to New City through Tappan, Orangeburg, and Blauvelt and loop back on 9W to attack the Rockland Lake hill before stopping for lunch in Nyack. The ride breakdown is ~45 miles before lunch/~25 miles after and we can decide as a group whether we return from Nyack via 9W or 501.

We will observe Club riding etiquette and paceline skills are required for this ride. Please bring two water bottles, powers bars or gels, money for lunch, a bicycle in good repair and a mandatory helmet. You must confirm with one of the leaders by e-mail or phone at least 24 hours in advance to participate in the ride. Check bulletin board for updates if weather appears questionable.

B18 74 mi 8:00 am

Cold Spring via 7 Lakes & Bear Mtn

Leaders: Susan Rodetis, srodetis@earthlink.net, 212-288-9663; Stephanie Busloff, stephaniebusloff@hotmail.com

From: Central Park Boathouse

Susan missed her SIG graduation ride due to a major mechanical. Stephanie remembered how much fun this ride can be and offered to join her in a make-up ride. They decided to open the ride to the club. So for anyone who -- missed your B-SIG grad ride, wants to relive fond riding moments and enjoy a wonderful route, or always wanted to do it but never had the company -- join us for a great Father's Day ride which includes climbing Rte 6 and 7 Lakes Drive, conquering Perkins for views to NYC, flying downhill to the BMtn bridge, pacelining Route 9D to Cold Spring. We might enjoy a bite and/or beverage in the Depot Cafe before returning.

Bring Metro pass, hydration, snacks, a smile and \$. Rain or serious chances of may cancel; check Message Board for updates. Start time is for real! Pls. email us indicating if you are joining.

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 e-mail to confirm.

C12 35 mi 9:30 am

Eagle Rock and the Montclairs

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

From: WTC PATH station - 3rd level down at the Ticket machines

Meet at the new World Trade Center PATH station on the third 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 Newark through the lovely towns of South Orange and Milburn, tarrying at the latter briefly - maybe for ice cream! then heading up through Brookside (Mountain reservation) park, up up to the spectacular Eagle Rock. From there we can see all of Manhattan, Newark, Brooklyn and beyond. Bring your cameras! After a nice picnic in the heights we head down the switchbacks to the Montclairs. If we're lucky, the rhododendrons in the big estates of lower Montclair will also be in bloom. Club riding etiquette will be observed. Bring money for PATH. Cancellation in the event of a prediction of 50% precipitation, excessive wind condition, or excessive heat index. Call Maggie After 8 am if in doubt because of weather conditions. (Please check the forecast first.)

Tuesday, June 19, 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, June 20, 2007

B16 50 mi 9:30 am

The Wednesday B ride to Piermont or Nyack

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

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

A casual ride up to Piermont or Nyack, depending on our schedules, for a bite for lunch. River Road is the usual route up there but the debris pile makes it impossible. Please sign up on the message board the Tuesday preceding the ride and check back later in the evening to see if we're ON. Two of you, plus

me, for a third, make a ride.

Thursday, June 21, 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.

C14-15 16-20 7:00 pm

Thursday Evening Ride in Brooklyn

Leaders: Marina Bekkerman, marinab@mind-spring.com, 718-554-6737; Peter Morales, pmo-rales@pipeline.com, 718-398-2623

From: Prospect Park, Grand Army Plaza entrance

Let's take advantage of the longer days by riding some laps in Prospect Park. If the weather is particularly nice, we'll make a special excursion to Brighton Beach for some Russian food on the Boardwalk. Menu translation into English by a native speaker is included. Please bring a back light. Check the message board on the day of the ride for any changes or excursion announcements.

Saturday, June 23, 2007

A18/19 70 mi 8:45 am

Heartbreak Ridge

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

From: George Washington Bridge, NJ side bike path entrance

A one-way ride through Nyack up 9W and to the top of Perkins. We descend down Bear Mountain, cross over the bridge, climb Anthony's Nose, climb out of Peekskill - the Heartbreak Ridge with a 12.5% grade for 600' - and bike along the Croton Reservoir for 7 miles to catch the Metro North train in Bedford Hills to NYC. 3/4 of one mile is a dirt hardpack residential road. Plan on a consistent 19 MPH pace on the flats, slower on the hills and 18 MPH after the Perkins climb. 6,027' climbing and 1,276' maximum elevation.

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. Cue sheet and topographical profile in ride library - under "NYC Perkins Bedford Greenwich loop". Chance of rain greater than 30% cancels. Bring MNRR bike pass and fare.

A19-23 105 mi 7:30 am

Garrison/ Port Jervis/ Beacon

Leaders: Hank Schiffman, hschiffman1@nyc.rr.com, 212-529-9082; Timothy McCarthy; Ron Roth; Catherine Bent

From: Grand Central Terminal, Information Booth

Not for the unfit, but if you have been doing your homework and want to see the Delaware where 3 states meet, this ride should fill your belly. If we have time, we can cross the bridge into Pennsylvania. The hills are front-loaded as the route follows 7 Lakes Drive to the Kanawauke Circle and 17A to Warwick. The route then goes among the fields of Orange County and over a few rollers till the 3.4 mile descent into Port Jervis. If the weather is fair, we will get a tailwind back up that hill and be blown back to the train in Beacon via Goshen. If the weather bodes ill, this ride will be scrubbed.

Buy one ticket to Garrison and one to Beacon. We take the 7:51 am bike train to Garrison on the Hudson line. This train will arrive in Garrison at 9:06 am. Contact me if you have any questions but follow the NYCC Message Board right up till the morning of the ride if there are any doubts about the weather; this is not the sort of ride we can delay on the start.

Carry 2 spare tubes, means of inflation, 2 bottles of drinking fluid, pocket food, cash for lunch, a helmet and a Metro North rail pass. Don't forget sunscreen. You owe it to yourself and all on this ride to make sure your bike and tires are in good shape.

There are no direct bailouts on this route. On the outbound leg you can go north to hit the cue sheet's route back but there are no rail stations other than Beacon. Be sure of your ability as it is a long, lonely journey home if you bail. Having a taillight will probably come in handy for your ride from GCT to your home.

B16 54 mi 9:30 am

New Bridge Landing Historic Site

Leaders: Carol Waaser, biker-c@rcn.com; Tatiana Kamorina, tvk1@nyu.edu, 917-734-0862; Derek Chu, derek_chu@hotmail.com

From: Rambles Shed, Central Park

This is the first in a series of rides to historic sites in Bergen and Rockland Counties. New Bridge Landing contains the Steuben House, the Campbell-Christie House and the Demarest House, all landmarks of Bergen Dutch sandstone architecture. There is also the 1888 swing bridge, the mid-19th century barn and a replica of a 1770 detached kitchen. We'll stop at a diner for lunch after visiting the site, so bring pocket food to tide you over. Cancels: rain, slick roads, winds above 20 m.p.h. Check message board at 7:00 a.m. day of ride if in doubt.

B18 78 mi 9:00 am

Armonk

Leaders: Ivy Pool, ivy_pool@hotmail.com, 212-496-4048; Chris Lowden, lowdenc@earthlink.net

From: Central Park Boathouse

Join us for a lovely, laid-back ride to Armonk. This ride will be familiar to recent B SIG graduates -- this is the same route used in the SIG. We will lunch at Schreifer's Deli

in Armonk at mile 31 and there is a bail-out point in Tarrytown at mile 49. Bring pocket food, a helmet, a Metro North train pass (just in case), and a smile. Rain cancels - when in doubt, check the message board.

C14 43 mi 8:50 am

New Bridge Landing

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

From: Central Park Boathouse

This is the first in a series of rides to historic sites in Bergen and Rockland Counties. New Bridge Landing contains the Steuben House, the Campbell-Christie House and the Demarest House, all landmarks of Bergen Dutch sandstone architecture. There is also the 1888 swing bridge, the mid-19th century barn and a replica of a 1770 detached kitchen. We'll stop at a diner for lunch after visiting the site, so bring pocket food to tide you over. We are attempting to meet the B ride at the site and then have lunch together before heading back. Ride ends at the Manhattan side of the GWB.

Sunday, June 24, 2007

A19-20 75 mi 9:00 am

Chappaqua (via Tarrytown/ Whippoorwill/ Grassy Sprain)

Leaders: Dara Kiese, dkiese10@yahoo.com, 646-675-4097; Timothy McCarthy, timothymc@earthlink.net, 718-204-7484

From: Central Park Boathouse

Regain your youth with a classic Westchester ride. Riverdale Ave, Warburton and 9 to the Tarrytown Deli for the first stop (if the group wants a quick stop). Old Sleepy Hollow, 448 and on to the highlight of Chappaqua: ding-dong-ditching the Clintons before a race to town for lunch—loser gets caught by the secret service. After lunch, we climb Whippoorwill from the north with one steep 'wall' just before the crest. Descend on Whippoorwill Crossing and climb out of 120 on Nanny Hagen and on to West Lake. Return via Grassy Sprain, Webster and Grand Concourse. Optional subway returns off Bedford Park Blvd.

We will regroup at the top of each hill.

Requirements - bike in good working order, spare tubes and helmet. Check message board if weather looks dicey.

C15 40 mi 9:00 am

Bureks in the Bronx

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

From: Chelsea Piers

The Bronx has an abundance of fine greenways and also many places for exotic eats. Experience these and much more on this new ride through many Bronx neighborhoods. We will pick up Bureks, an Albanian pizza-like delicacy, or other ethnic cuisine on our way to

the Bartow-Pell Mansion in Pelham Bay Park. Plenty of greenway riding and some hilly, urban terrain. Brisk pace out and back.

Tuesday, June 26, 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, June 27, 2007

B16 50 mi 9:30 am

The Wednesday B ride to Piermont or Nyack

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

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

A casual ride up to Piermont or Nyack, depending on our schedules, for a bite for lunch. River Road is the usual route up there but the debris pile makes it impossible. Please sign up on the message board the Tuesday preceding the ride and check back later in the evening to see if we're ON. Two of you, plus me, for a third, make a ride.

Thursday, June 28, 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.

C14-15 16-20 7:00 pm

Thursday Evening Ride in Brooklyn

Leaders: Marina Bekkerman, marinab@mind-spring.com, 718-554-6737; Peter Morales, pmo-ales@pipeline.com, 718-398-2623

From: Prospect Park, Grand Army Plaza entrance

Let's take advantage of the longer days by riding some laps in Prospect Park. If the weather is particularly nice, we'll make a special excursion to Brighton Beach for some Russian food on the Boardwalk. Menu translation into English by a native speaker is included. Please bring a back light. Check the message board on the day of the ride for any changes or excursion announcements.

Saturday, June 30, 2007

A19 76 mi 9:00 am

Pocono Climbfest Fox Gap/Sullivan Trail

Leader: Robert Shay, RobertCShay@aol.com, 203-595-0285

From: Mt. Pocono Walmart Parking Lot

We cruise the Pocono Mountains. We descend from Mt. Pocono to Stroudsburg, ride along the Delaware Water Gap and loop in the Bear Swamp Valley to climb/descend down Fox Gap (10%+ grades) before climbing back up to Mt. Pocono via Sullivan Trail (10% grade). 5,634' vertical, 2,008' maximum elevation, 298' minimum elevation. E-mail me for cue sheet and topographical map. We may include a special Camelback mountain climb before Sullivan Trail.

Mt. Pocono is a 105 minute car ride from NYC. You can park cars and shower after the ride at my house in Mt. Pocono (bring soap/towels). Helmet and brakes in excellent working order required. Greater than 30% chance of rain during ride hours will cancel ride. Must notify ride leader at least 24 hours in advance if you plan to attend. Limited to 10 riders.

A23 95 mi 8:00 am

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

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

From: Penn Station NY and Penn Station Newark

This variation includes some nice rolling miles in PA along with two covered bridges. Meet at Penn Station 8:00 for the 8:14 train to New Brunswick, NJ. There will be one stop in Carversville.

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

B15/17 50/65 9:00 am

Learning the Good Routes: Ride Leader Training

Leaders: Kay Gunn, kgunn@ndci.com, 646-509-5034; Skip Ralph, skipralph@yahoo.com, 646-234-8981; Mark Gelles, mgelles@okcom.net, 212-689-1375

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

Are you eager to lead an NYCC ride but you don't know a good route to take? Then this ride is for you. It's the first of a set geared toward learning some standard routes in and out of the city. We'll take a standard route out of the city over the GW Bridge. We'll return to the city from Nyack via a standard route. The only difference is that the B17 ride will take a longer route to Nyack than the B15 ride will take. Participants will be asked to lead at least one ride for the club based on

what they learned today. Helmets and smiles please. The usual cancels.

B17 50 mi 9:30 am

Shopping at Campmor

Leaders: Hannah Borgeson, hannahb@att.net, 212-348-2601; Sylvia Mueller, adelphi368@earth-link.net; Stephanie Busloff, step88@aol.com

From: Central Park Boathouse

You've seen the catalog, now visit the store! We'll take scenic roads through Bergen County, stop for a diner lunch, and then hit the outdoor-goods superstore Campmor in Paramus. After shopping for about an hour, we'll ride back with our loot. Panniers recommended, though shipping is possible for most items. Preview the goods at www.campmor.com. Route: www.nycc.org/rl_db/ride.aspx?id=151, with possible ferry return if GWB stairs still an issue. Lightweight lock recommended.

Sunday, July 01, 2007

B14-16 45-65+ 8:40 am

Choices in the Gunks

Leaders: Hindy Schachter, hischachter@cs.com, 212-758-5738; Irving Schachter

From: Grand Central Station

You won't confuse these routes with your typical Westchester/Rockland jaunt. We take the train to Poughkeepsie and cross the Hudson River (on a bridge that does not require trudging up eighty flights of stairs). We ride through country lanes to New Paltz as one group and then split into two contingents. A faster group climbs fierce Mohonk and Minnewaska. A slower group eschews peak bagging and sticks to the rolling roads of Ulster past apple orchards, Red Barn Road and the Wallkill River. Both groups plan to return from Beacon. A long day of ups and downs but absolutely worth it for the scenery and sense of accomplishment.

Letters to the NYCC

May 2007

May Club Meeting featuring the B-SIG Graduation

Another season well done yields another crop of newly minted B-SIG graduates. At the May 15 club meeting in the familiar Annie Moore's pub, several dozen former "B-Siggies," each of whom cumulatively completed up to 537 miles on the way to this final finish, filled the space between the oak-paneled walls to celebrate the milestone. This year, 89 cyclists, guided through the season by 30 leaders, received their honors.

This year's ceremony was dedicated to the memories of David Oliner, a B-18 graduate, and Stan Oldak, who, among many other roles, was a former NYCC president. Both were eloquently remembered by the speakers who took to the floor. David was awarded the first diploma of the evening, accepted on his behalf, to a standing ovation, by wife Bobbi, daughter Liz, and son Ben.

The ceremony also included the graduation of the first dedicated youth group in the SIG, the newest incarnation of the youth program originated by Stan Oldak himself. Those attending this season's 10 graduating "yutes" provided some of the more quotable quotables when they took the stage, some of which, in another context, would force their dear leaders to answer charges of child abuse. "Thanks for making us go up those hills," said one in all sincerity. In the end, every graduate present received some form of individual recognition, no matter how dubious. Even the absence of some did not spare them, as one otherwise all-female B-17 group could not resist the urge to shout out their missing "boy toy" upon taking the stage.

Other recognitions not easily forgotten were as follows:
"The Tailgater Award," "The Pale Male Award," "The Greatest Convert to Magic Cheesecake Award," "The Award for Most Glamorous Transition into Party Clothes," "The Giddyup, Country-style Award" (Don't ask us!), "The Flying Wabbit Award," "The Best Bad Girl Award," and last but not least, "Best Laid."

Leaders also gave their riders physical tokens of their accomplishments, and these were likewise not without their memorable moments. It was unclear to many what exactly George Arcarola was passing on to one graduate when he declared that the "top unscrews so you can put your weed in it" (although it could be related to

said cheesecake). The final honor of the evening was reserved for B-SIG captain Mark Gelles, in recognition of his extraordinary efforts. His reward was his very own "Queen of NY" crown, which, possibly to his relief, did not actually fit his head. As the presenters duly noted, the new crop of graduates represents a new crop of future ride leaders (and for those who did not notice the invisible clause in their registrations, consider this your notice). This means that next year, it could be their turn to honor the next group of unwitting Siggies, and assuming the battle scars are still fresh, we are confident that they will do the job with justice.

—Michael Moise, 2007 B-SIG Graduate (B-18)

The spirits of David Oliner and Stan Oldak presided over the B-SIG graduation and contributed to our celebrating more than the acquisition of spinning, climbing, pace lining, and leadership skills. Among the B grads were an amazing group of "Yutes" whose energy and eagerness to add great biking skills to their already exceptional athletic base touched us all with their pride. My group? It was the best, of course. The B16 Giros (Giri? -Ed.) riding with Reggie and Tonya Johnson and Mark Hugel felt especially fortunate to have followed such skilled, caring and thoughtful leaders, and to have found each other. Sherri Rosenberg described best the feeling of our group: "Last night was a wonderful celebration. It was terrific to see everyone again. Maria, we missed you... there was a thought I wanted to share with you all. Actually it's a fabulous word, 'syzygy'. It means the alignment of celestial objects. A gravitational pull is created. To me, it perfectly describes those special moments when we are riding in perfect form on a perfect road on a perfect day, pulling each other. No one is talking. All you hear is that funny noise of tires on pavement. Everything else in the world just fades away. Simple joy. Thank you all for the syzygy."

—Dorothy M. Castille, 2007 B-SIG Graduate (B-16)

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

Kick Back and Relax with Some Friends

Tues. June 19,
2007

Location: To be announced. Promise!

When's the last time you did that? Some of us can't even pronounce the words. Ok, so May was a great month and a tough month. Yes we had 2 fantastic events, but we also mourned the loss of two of our beloved members. On Saturday June 16 we already have the All-Class ride scheduled. I am responsible for park permits and "making" everyone lunch. With all that on my plate and two events planned for July (Yankees game on July 18 and a Tour de France event on Wednesday July 25), I think we are just going to "kick back" in an easy, but fun environment with no bowling, no pool, no magicians. Just some good food, good drinks, and good company – you know, those friends you might recognize only in spandex and helmets and hopefully those you'd like to meet (you think).

With all that went on in May and all that is already planned for June and July, I have yet to finalize a venue. Weather permitting I am attempting an outside or rooftop, inexpensive, and not noisy location in midtown. Sounds like an oxymoron, eh? I will post it on the website and msg board starting at least one week prior for RSVPs, but for now please mark your calendar and save the date.

Hal Eskenazi, NYCC director of special events

We'll have some fun - we always do! It's your club, participate!

NYCC with Family & Friends: Take Them All Out to the Ball Game.

Wednesday July 18th

**Yankees vs. Toronto
Wednesday July 18, 2007
6pm - ?
First pitch at 7:05**

The NYCC has arranged to get unbelievably cheap, family friendly, tickets to see the Yankees take on Toronto; a traditional battle that always promises to be a great game. Join us in the upper deck, kick back with a hot dog & brewskie. Bring your kids, spouse, partner, friends, family members, co-workers, etc., watch and cheer. Oh, and this Bud's (or Coke's) for you as 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!* Maybe your boss will see you. Go Yankees!

We have a limited number of tickets which will go fast. The price are tiered as follows: \$12 / \$15 / \$18 (The sooner you can respond, the cheaper your tickets will be). *We will all be sitting together, and before you ask, no it will not be in Stienbrenner's box. The tix will be available to members on a first-come, first-served basis.*

Email me for purchasing details, Hal Eskenazi: events@nycc.com.

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, water is the only liquid allowed and it has to be unopened. Ah! the times we live in.

Getting There (you have 3 choices)

- 1) Meet Hal Eskenazi, 6pm, at 34th St & 6th Ave in front of the Victoria Secret store. For those already in the subway, there is a news stand as we pass through the turnstiles where we'll get you to take the D train.
- 2) Meet David Sabbarese at 6:15pm, Grand Central Information Booth to train it up on the number 4 with the group.
- 3) On your own. We'll see you at our seats.

Join the NYCC family & friends July Special Event...
We'll have some fun - we always do! It's your club, participate!

2007 membership application/renewal/change of address

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

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

Check one: New Renew Address change Date: _____ Check Amount: _____

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

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

Name: _____ Email: _____ Signature _____
 Partner: _____ Email: _____ Signature _____
 Address: _____ Apt. _____
 City: _____ State: _____ Zip (required): _____
 Day tel: _____ Night tel: _____



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

**Checks payable to New York Cycle Club (take 6-8 weeks to clear)
 You may also register on line at active.com:
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!

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. 10% off accessories. 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.



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

First Class Mail
DATED MATERIAL

FIRST CLASS
U.S. POSTAGE
PAID
New York, NY
PERMIT NO. 179

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