

NYCC Bulletin

July 2007



*OLDAK--Stan. NY Cycle Club
mourns for our former President. Our
sympathies to his family and to all he touched
with his generosity. **1947-2007***

PRESIDENT'S MESSAGE

Here we are in July already... in a few days NYCC members will again flock to the Hudson Valley – although across the river to Cold Spring this year instead of our usual West Point landing – for a day of riding hosted by Christy and Jody Guzzetta.

Next week, the Tour de France will begin with Le Grand Départ from London for the first time in its 100 year history. Although we are in no position to complain just yet, the hours of sunshine in each day are already growing less as summer is now officially underway. And finally, I am faced with the realization that 2007 is moving along and my term as president with the NYCC board of directors is more than halfway complete.

I could go on and talk about just returning from a cycling vacation in the Dolomites north of Venice, Italy with other NYCC members where we cheered during several stages of the Giro d'Italia and climbed Tre Cime and the dreaded Monte Zoncolan. Or I could mention that even though it was great to be able to cycle in Italy, I heard that because of Reyna Franco and Tom Laskey, the Berkshires Memorial Day weekend was one for the record books and truly not to be missed. I could talk more about the graduation programs for the A and C SIGs that were held at the June 12 NYCC club meeting in front of an enthusiastic standing-room-only crowd at Annie Moore's Pub. I could talk about our fantastic All-Class ride to Kingsland State Park on the banks of the Hudson near Sleepy Hollow on June 16 organized by our VP of Rides Reginald Johnson and Special Events Director Hal Eskenazi: well-led and well-attended by nearly 200 NYCC members. I could talk more about plenty of things, but I do not feel that it is appropriate.

This month's bulletin is dedicated to past NYCC President Stan Oldak, who you certainly know by now was struck and killed by a hit and run driver while cycling in Texas on the morning of May 6, 2007. As you make your way through the collected remembrances printed in this month's issue you will undoubtedly learn that Stan was many things to many people. For certain he was a fantastic volunteer for many organizations, including the NYCC. Stan will be missed. Always and this month in particular, the NYCC salutes him.

Jeff Terosky, NYCC President

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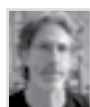
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NYCC Bulletin

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

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

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

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

August bulletin deadline:
All articles, announcements and advertising are due by Tuesday, July 10th.

Address all correspondence to: bulletineditor@nycc.org.

Thanks! KML, Editor

Le Tour de France 07'

Sun. July 15,
& Wed. July 25.
8pm onwards.

Well, would it be July without a bunch of us – 80 last year – getting together to watch & cheer for our favorite passion, the Tour de France? I've planned 2 great events around the 1st & last – probably decisive – mountain stages. These promise to be really fun events.

**Sun. July 15 Blondie's Sports Bar
212 West 79th Street (212) 362-4360**

We're 'back home,' taking over the back room of Blondie's where the screens are wide and surround us as we eat, drink, laugh, argue, debate over whose going to win the tour without Lance. Place your bets and we'll meet again in 10 days.

Please RSVP by July 13th to events@nycc.com.

**Wed. July 25 Bar 12
206 E 34th St [2/3 Aves.] 212 545-9912**

The final mountain stage. The debate ends here. I've arranged our own private area to socialize, happy hour prices on drinks all evening, and food platters complements of the management.

Bar 12 is a sports bar featuring 17 plasma televisions, 2 bars (with DJ and dancing after 10 PM), and a full menu.

Drink specials are \$4 drafts with over 20 selections and \$5 well drinks.

Please RSVP by July 23 to events@nycc.com

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!

Congratulations 2007 A-SIG Grads

Sam Al-Doknji
Shari Alexander
Jack Berglund
Ira Blumberg
James Brosnan
Stephanie Busloff
Kenny Chien
Ross Christie
Ashley Doane
Peter Douglas
Robert Espinal
Ann Goodkin
Aaron Gregory
Christopher Huckfeldt
Anders Hyde
Philip Ing
Kenneth Karn
Giles Kelly
Susan Kennedy
Dara Kiese
Sean Lasky
Michael Marinic
Thomas Martin
Bessie Oster
Ryan Russell
Jamie Smith
Albert Taylor

A big thanks to this year's leaders

Marcy Bloomstein
Jamie Brown
Colleen Conway
David Estrada
Catherine Gibbons
Mark Loftis
Adam Lichtenstein
Hector Roman
Sarah Tombaugh
Doug von Bushberger
Jason Winstanley
Harry Zernike

Congratulations C-SIG 2007 Grads

Group #1 "Chains, chains, chains..."

We started with lots of mechanicals, but by mid-Sig we shifted like pros, and had the ABC Quick Bike Check down pat. Rosa Butler, Christine Ennis, Jennell Francis, Nicola Hannan, Jeannie Kahaney, Gretchen Lernihan, Jessica Saragovi, Judy Shoobe, Kathleen Taylor, Stephanie Zandieh.

Group #2 "The Dunkin' Munchkins"

We never pass up an opportunity to stop! Barbara Gillespie, Randi Goldstein, Denyce Holgate, Stephanie Holmquist, Tejus Korde, Sonya Littlejohn, Laurie Malkoff, Mayumi Otani, Jennifer Redmond, Niloo Sobhani, Marcy Stone, Michele Thompson, Ryan Banks, Ri Pierce-Grove.

Group #3 "The Magnificent 17"

We're the largest graduating group, maybe because we celebrated each Churchill/Walnut climb with drinks afterward. Jessica Anderson, Carole Baraldi, Sara Barz, Lisa Davies, Melanie Friedman, Leo Hannan, Maureen Holland, Edward Kim, Jennifer Klear, Mary Mahon, David Ringler, Christine Schuch, Rebecca Sears, True Sims, Grace Smith, Mangwiro Washington, Kelly Sykes

Group #4 "The Mutant C's"

Is this really the C-Sig? Mark Allison, Fernando Hernandez, Tom McCarthy, Mairead McKendry, Charles Radcliffe, Ken Reed, David Reibman, Terrell Roquez, Jennifer Saunders, Timothy Shepard, Frank Todisco, Michael Tsang, Gail Winiecki, Matthew Zimmerman.

July '07 Club Meeting

Tuesday July 10th
6 to 9:15pm

The Paradox Meeting: Good Nutrition with Bar Food

NYCC member Reyna Franco will teach us how to eat right to ride strong

It's tour time and that means getting together to watch. We can't watch a sporting event without bar food, so for this meeting we will indulge. Naturally, we'll have some healthy choices as well. After dinner, our very own Reyna Franco will teach us how to fuel our bodies healthfully. Along with encouraging us to indulge in the bar food occasionally, she'll tell us how to eat right most of the time, and especially how we should eat and drink before, during and after a ride to maximize our potential, ride stronger, and improve endurance and recovery.

Reyna Franco is a registered dietitian and certified dietitian-nutritionist (CDN) with an MS in nutrition and exercise physiology from Teachers College, Columbia University. She is also an avid cyclist and long-time member of the New York Cycle Club. Reyna combines a holistic approach with science-based nutrition and exercise research.

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.
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

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

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

HARLEM LINE

depart	arrive
GCT	Brewster
7:48 am	9:10 am
8:48 am	10:11 am

depart	arrive
Brewster	GCT
5:10 pm	6:35 pm
6:10 pm	7:34 pm
7:10 pm	8:34 pm
8:10 pm	9:34 pm

NEW HAVEN LINE

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

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

July ride listings

Club 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>

Sunday, July 01, 2007

A19 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.

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.

B17 60-70 9:00 am

Sandy Hook via Raritan Bay

Leader: Avi Robinson, arobinso@yu.edu, 917-519-6276

From: Newark Penn Station

It's July, and you want to hit the beach - without sacrificing your Sunday ride. How about riding to the beach? Route includes the spectacular Victory Bridge over Raritan Bay, the Henry Hudson Rail Trail, and the Sandy Hook Greenway. This is a pretty, flat ride with only a few gentle hills.

Get to the start either via PATH (8:27 from WTC) or bike from GWB NJ side (leaving at 7:30 sharp).

Return via Seastreak ferry to Manhattan, or for those with a few more beachfront miles in their legs, NJ transit from Long Branch.

Bring the usual spare tubes, pump, sunscreen, and smiles.

B18/19 75+/- mi 7:30 am

Deep Westchester

Leaders: Heidi Salazar, hsp23@hotmail.com, 646-942-3510; Eric Rayvid, erayvid@gmail.com

From: Grand Central Terminal, Information Booth

Join us for a beautiful and hilly B ride. Meet at Grand Central at 7:30 to purchase a one way to White Plains and a return ticket from Tarrytown. We'll take the 7:48 train to White Plains and share the workload as we cruise along some of the prettiest and hilly roads in Westchester. We'll picnic (briefly) at one of the few spots after 35 miles and work our way back to Tarrytown where we will train home. Optional miles back to the city to complete a Century if you choose.

Requirements: Metro North Pass, two water bottles, two tubes with a means to inflate, a road bike in good working order, paceline savvy, and a smile. We will adhere strictly to the posted pace (although when we paceline it will speed up). Cancellation policy is rain or predicted rain. Check the message board morning of the ride to determine.

C13 30 mi 10:30 am

After Breakfast - Gerritsen to Ditmas Park

Leader: Mike Weinberger, loftmike@yahoo.com, 212-736-2624

From: City Hall Park, Opposite Brooklyn Bridge

The largest collection of the smallest houses in NYC is in Brooklyn's Gerritsen Beach, where the blocks are tiny and many houses are smaller than a good sized Manhattan apartment. We will travel to this little known neighborhood of Southeast Brooklyn and see some of these small cottages (from the outside). For contrast, we will next head to Ditmas Park, one of the first suburban developments connected to Manhattan by the subway with a large collection of very expansive homes, some of which look like Tara in "Gone With The Wind." All in all, a day of contrasts, from tiny cottages to mansions, exclusively in Brooklyn. Exact route to be determined. There will be a lunch break. We should be back in Manhattan by 3:30.

Tuesday, July 03, 2007

B17 24 mi 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, or wet pavement.

Wednesday, July 04, 2007

A19-21 85 +/- mi 8:00 am

July 4th in Cold Spring, via Greenwood Lake

Leaders: Timothy McCarthy, timothymc@earthlink.net; Ron Roth, rr7@nyc.rr.com; Fred Steinberg, fsteinberg@nyc.rr.com

From: Central Park Boathouse

Want to go to Christy and Jody's July 4th blow out in Cold Spring, but lack train fare? Join us as we ride from Manhattan out through NJ, up the dreaded (especially if it's hot) Skyline Drive, then lunch outdoors in Greenwood Lake, head on to the delightfull climb up Hogback and slide into Harriman park via Arden Valley Road. Eventually we'll join the party at Cold Spring. What a way to celebrate our Independence Day! Bring a swim suit for the pool party.

Thursday, July 05, 2007

B17 24 mi 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, or wet pavement.

Saturday, July 07, 2007**A18-20 TBD 9:00 am****New Comer's Ride**

Leader: TBD, rabjohnson@optonline.net

From: Central Park Boathouse

Welcome New NYCC members! This is *your* ride. Schmooz with your fellow club members on this magical mystery ride.

A19 100+/- mi 8:00 am**Necking on Long Island**

Leaders: Timothy McCarthy, timothymc@earthlink.net, 718-204-7484; Stephanie Busloff; Ron Roth; Jeff Robins

From: Central Park Boathouse

Join us as we meander through scenic Queens out onto Long Island and back. The object is sight seeing over pace busting (though we will motor at times). This is an all day affair. Hills? You betcha (a few). Helmet, good cheer and paceline skills mandatory.

A19 60 mi 8:15 am**River Rd.-Bradley-Tweed-Tallman-Ike**

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

From: Central Park Boathouse

This route is pretty, challenging, and largely untrafficked. The ride leader is completely incapable of riding a bicycle uphill. That's too bad because there are a number of them. Please await his arrival atop three or more of them with patience, grace, and compassion: after all, one day you, too, may be an over-weight geriatric.

A19+ Optional 7:15 am**Any Which Way You Can**

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

From: Central Park Boathouse, parking lot

This is a 125 mile loop ride from NYC with multiple MNRB bailouts. Each rider can choose their preferred distance and complete the ride Any Which Way You Can.

We ride through Nyack up 9W and to the top of Perkins. Then we cross over the Bear Mountain Bridge and ride through the rolling hills and WELL SHADED roads along the Croton Reservoir, through Bedford, Greenwich, Scarsdale, and back to NYC. Metro north train rides back to NYC at 60, 75, and 110 mile distances. 3/4 of one mile in Bedford Hills is a dirt hardpack residential road. 9,800' of climbing and 1,275' maximum elevation. Faster and slower riders are welcome if you are comfortable riding on your own.

Brief deli/restroom breaks. Requirements - bike in good working order, tires fully inflated, and must be paceline savvy. 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 MNRB bike pass and fare.

B16-18 TBD 9:00 am**New Comer's Ride**

Leader: TBD, rabjohnson@optonline.net

From: Central Park Boathouse

Welcome New NYCC members! This is *your* ride. Schmooz with your fellow club members on this magical mystery ride. We'll ride to a secret spot in NJ for an alfresco lunch. Bring a sunny attitude and money for lunch.

C11-15 TBD 9:00 am**New Comer's Ride**

Leader: TBD, rabjohnson@optonline.net

From: Central Park Boathouse

Welcome New NYCC members! This is *your* ride. Schmooz with your fellow club members on this magical mystery ride. We'll ride to a secret spot in NJ for an alfresco lunch. Bring a sunny attitude and money for lunch.

Sunday, July 08, 2007**A19 75 mi 7:00 am****Port Jervis via Farm Country**

Leaders: Kevin Cruickshank, kevinny@mac.com, 917-756-8345; Ron Gentile, gentilero@sullcrom.com; Joe Stephen, bokononisti9@gmail.com

From: Stairs on NJ side of GWB

Leave congested suburbia behind as you go over the beautiful and challenging Ramapo mountains. Continue rolling through the black dirt farms of rural Orange County. Ride ends with a four-mile-long dream descent into historic Port Jervis, a quick victory sprint across the Delaware River into PA, then burgers and beer at a friendly tavern. Train ride back to NYC on NJ Transit is \$16.50. Due to NJ Transit bicycle restrictions, ride limited to five others. Please RSVP to bokononisti9@gmail.com. Helmet, two bottles, spare tubes, pocket food, and a love of hills big and small a must. Check message board for any last minute changes.

A19 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.

B18 100 mi 5:50 am**Gold Coast Century for fixed gears**

Leader: Carol Wood, violetdubois@mindspring.com, 212-683-0070

From: LIRR platform, Penn Station, 6:08 am train to Huntington

A challenging route at a somewhat relaxed pace. Beautiful, well-supported century ride produced by the Huntington Bicycle Club. Option to do 70 miles if the rolling hills get to you. \$20 to register, \$25 after July 6. Please RSVP to leader. To register, go to <http://huntingtonbicycleclub.org/document/19336>. *Bring your MTA bike pass.*

Tuesday, July 10, 2007**B17 24 mi 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, or wet pavement.

Wednesday, July 11, 2007**B16 50 mi 9:30 am****The Wed River Road B ride**

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

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

This is a casual B ride up River Road to Piermont or Nyack for a bite. We're usually back on the NYC side of the GWB by about 2:30. GROUND RULES: Sign up for the ride the preceding Tuesday on the message board, then check back later Tuesday eve to see if we're ON. Two of you, plus me for a third, make a ride.

Thursday, July 12, 2007

B16 50-60 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

Bicycling Magazine (July, 2007) named this ride as one of the "great club rides" in the U.S.

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.

B17 24 mi 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, or wet pavement.

Saturday, July 14, 2007

A19/A22 90 mi 6:50 am

Beat the Heat, Harriman Hills and Water

Leaders: Mark Loftis, mark.loftis@yahoo.com, 917-670-3075; Gerald Seppay, gseppay@gmail.com, 646-238-0344; Dara Kiese, dkiese10@yahoo.com; Ira Blumberg, Ira_Blumberg@ml.com; James Brosnan, jbro0428@gmail.com

From: Grant's Tomb (122nd St and Riverside Dr)

This ride employs three strategies to beat the midsummer heat. Most of the miles are in the morning, many of the miles are at elevation, and there is an optional swim at Tiorati Beach. The ride will leave from Grant's Tomb at 7:00 AM. Climbs on the way out include Casper Hill, Little Tor, Gate Hill Road, and Tiorati Brook Road. Perkins is an option as we head to the Bear

Mountain Bridge for a return via Anthony's Nose, Croton Dam, and Sleepy Hollow Road for a short train ride home from Tarrytown. Bailouts and other options exist on the east side of the river depending on your mood and the weather. First stop is at mile 36. Bring two bottles of water, pocket food, two tubes, great tires, paceline skills, helmet, and Metro North RR pass. No aerobars. Check the NYCC message board for updates and ride status.

A19+ 122 mi 8:00 am

Pocono Mtns and PA Farmland

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

From: Private House in Mount Pocono

We ride the Pocono Mountains and through the rolling scenic picture postcard PA farmlands from 8am to 5pm. We descend from Mt. Pocono, climb Camelback Mt. with a 4,700' long 11% grade, descend and ride along the Delaware Water Gap, and ride through the farmlands before climbing back up to Mt. Pocono. Approx. 10,000'+ vertical, 2,009' maximum elevation, and 315' minimum elevation. Very brief deli/restroom stops. Faster riders are welcome if you are comfortable riding on your own with a cue sheet.

My scouting ride: <http://trail.motionbased.com/trail/activity/2873253>

Mt. Pocono is a 105 minute car ride from NYC. You can park cars at our house in Mt. Pocono and shower after the ride(bring soap/towels). Post ride simple and free porch BBQ available. 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.

B16 50 mi 9:00 am

Baylor's Massacre Site

Leaders: Carol Waaser, biker-c@rcn.com, 212-581-0509; Tonya Johnson; Reggie Johnson

From: Rambles Shed, Central Park

The second in our series of historic rides takes us to the Revolutionary War site of the Baylor Massacre where the British surprised the Continental Dragoons. A series of markers tells the story. We'll have a picnic at the site - bring a musette bag to carry your lunch about a mile. Cancels: rain, slick roads, temps above 90, winds above 20 m.p.h. Check message board at 7:00 a.m. day of ride if in doubt.

B18 60 mi 8:00 am

CrossCountryMule Anniversary Ride

Leader: Maggie Nguyen, mnguyen_va@yahoo.com

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

Come re-live the first leg of my 2006 cross country trip from New York City to San Francisco. We'll deviate from the original ride - no 7am start, no 30 pound touring bike, no 40 pounds of gear, no walking our bikes up the GWB.

This will be a 60 mile hilly ride to Cold Spring. This ride is open to all riders who can maintain the posted B 18 pace - not too fast, not too slow.

We'll ride single file, no serious paceline necessary. Just basic common sense riding. Bring a helmet and your Metro North pass. Upon arrival, we can vote if we want to eat at the Depot in Cold Spring or take the next train home - bring extra pocket food in case.

Cross country website: <http://crosscountry-mules.googlepages.com>

Read about my first day here: <http://crosscountrymules.googlepages.com/minus30-firstlegoftheride-coldspring-782006>

C12 23 mi 7:30 am

Sandy Hook

Leaders: Alfredo Garcia, cyclistxxiii@yahoo.com; Phil Goldberg (5BBC counterpart leader); David Seto (5BBC counterpart leader)

From: Pier 11 (South St. between Wall St. & Gouverneur Lane; 2 and 3 subway to Wall St., then ride or walk to East River)

Go on a perennial bike boat day trip to the Jersey Shore. Ease away your worries today. Ride a classic route with four bridges, a lighthouse and vast views of the Atlantic as well as beach time. Bring swimwear,sunscreen, lock, lunch or money for it and \$40 roundtrip fare (includes bike charge) for Seastreak ferry (seastreak.com). Arrive early as tickets go fast. Co-listed with 5BBC.

C14 44 mi 8:30 am

Baylor's Massacre Site

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

From: Central Park Boathouse

The second in a series of historic rides takes us to the Revolutionary War site of the Baylor Massacre where the British surprised the Continental Dragoons. A series of markers tells the story. We'll have a picnic at the site having carried our lunch for about a mile. We will try to meet up with the B ride for the picnic. The ride officially ends at the Manhattan side of the GWB.

Sunday, July 15, 2007

A19 30 mi 8:00 am

A Sunday Morning Quickie

Leader: Richard Edmonds, richard.edmonds@

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.

A21 75 mi 7:30 am

From White Plains to Poughkeepsie

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

From: Grand Central Terminal, Information Booth

Train out and back, and beautiful bicycling all in between. Meet at Grand Central at 7:30 for the 7:48 train to North White Plains (alternatively 7:58 departure from the Harlem Metro North Station - leaders will be boarding there). This is several beautiful rides in one, featuring reservoirs, Mine Rd., Storm King, ridge riding through orchards with views. We will do major climbs on our own, but otherwise want people for this ride who are happy with a steady-effort (slower up hills, push down hills), endurance ride. We plan a stop for lunch, but otherwise come well supplied with water and food to ride continuously. 60 miles to Beacon, 75 to Poughkeepsie. Good group riding skills, train pass, and well maintained bike required. The usual cancels. If in doubt, check message board.

B16/17 60+/- mi 9:30 am

4th Annual Ride to the Races: North Jersey Cycling Classic

Leader: Brad Feuer, bfeuer@hotmail.com, 646-284-1484

From: Central Park Boathouse

Marci's in France, but the tradition continues. Join me for a ride to Park Ridge for the 21st Annual North Jersey Cycling Classic. Bonus points if you want to enter -- there's a citizen's category in which all are welcome. Races start at 2:00PM. Bring a positive attitude and all the usual stuff. Slower & faster riders welcome, we'll have cue sheets for all. Light rain may not cancel, downpours will. Check the message board if in doubt.

B16/18 90-110 9:00 am

Century-A-Month Club : Bergen/Rockland

Leaders: Kay Gunn, kgunn@ndci.com, 646-509-5034; Nancy Sohler, nls9@columbia.edu, 212-481-8472; Skip Ralph, skipralph@yahoo.com, 646-486-4422

From: To Be Determined

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>

This month we'll ramble through Bergen and Rockland counties with both a B16 and a B18 group. Route and starting location are TBD, so please check the message board the week of the ride for more information.

B18 75 mi 8:30 am

Point Lookout

Leaders: Jessica Bosanko, jbosanko@gmail.com; Adrienne Browning, abrowning1@nyc.rr.com

From: City Hall Park, Opposite Brooklyn Bridge

We'll hug the southern shore of Long Island through the Rockaways and Long Beach till we reach Point Lookout where we'll grab lunch and dip our toes in the ocean. The usual cancels the ride.

Tuesday, July 17, 2007

B17 24 mi 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, or wet pavement.

Wednesday, July 18, 2007

B16 50 mi 9:30 am

The Wed River Road B ride

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

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

This is a casual B ride up River Road to Piermont or Nyack for a bite. We're usually back on the NYC side of the GWB by about 2.30. GROUND RULES: Sign up for the ride the preceding Tuesday on the message board, then check back later Tuesday eve to see if we're ON. Two of you, plus me for a third, make a ride.

Thursday, July 19, 2007

B17 24 mi 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, or wet pavement.

Saturday, July 21, 2007

A19+ 70 mi 10:00 am

Hogwich in the summertime?

Leaders: Jim Galante, jim@jimgalante.com, 212-529-4300; John Vazquez, John.Vazquez@natexis-blr.us, 917-699-6117

From: George Washington Bridge, NJ side bike path entrance

Join us for an unwritten version of Todd B's winter training ride. We'll head up to Haverstraw, Rockland lake and down into Nyack from the North.

Lunch at 42 miles. Helmets, water, and paceline skills required.

A19-21+ 95+ 7:30 am

Tour de Gunks

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

From: Grand Central Terminal, Information Booth

Meet at GCT, take 7:51 train to Poughkeepsie. Buy a round trip ticket.

The Gunks from end to end, tackling the climbs the hard way: Mohonk, Cragmoor, Minnewaska plus assorted ridges in between. 7,000' vertical. This ride will use all the daylight the season provides. Bring climbing gears, pocket food, 2 large water bottles or hydration pack and \$25.50 for a round trip ticket to Poughkeepsie, plus \$\$\$ if you want to join us for dinner in Poughkeepsie before we train home.

Car toppers: meet us as we pass thru New Paltz. Contact Fred for details.

Check the NYCC Message Board the night before and 6:00 AM the morning of for go/no go updates. Weather in the Mid-Hudson Valley (Poughkeepsie) is key.

B16 **72 mi** **8:30 am**

Cold Spring w/Perkins[?]

Leaders: Hal Eskenazi, cyclinghal@gmail.com, 917-822-5401; Bob Ross, bob.ross@verizon.net, 212-567-6535; Betsy Hafkin, betsyhafkin@verizon.net, 212-567-6535

From: Central Park Boathouse

This will be a beautiful ride through the tree-lined, suburban roads to our north. We'll enjoy some hills along the way – though not too heavy – until we get to Perkins, which can be optional (and heavy). But the view from atop Bear Mountain is worth the climb. In other words, guys, we're getting out of the city. Really out. Yeah! From Bear Mountain we'll head across the river to Cold Spring, where we'll spend a little time at the end of the ride, enjoying a late lunch and possibly site-seeing in this beautiful antique town before we take a Metro North train home. Bring plenty of pocket food; we will make a brief pit stop, but no long stops until Cold Spring. Comprehend? We'll plan on catching the 5:00 PM train home. Bring your Metro North train pass. All the usual cancels: rain, snow, extreme temps, Hal winning the lottery or meeting the woman of his dreams the night before, etc. If canceling, I will post by 7:00 AM Sat morning.

B18/19 **70 +/-** **8:30 am**

River Rd Repeat then Bradley-Tweed and RR Repeats

Leaders: Eric Rayvid, erayvid (at) gmail (dot) com; Tom Gump, thomas.gump@pillsburylaw.com

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

Join us for a nice quad-busting hilly ride. We'll meander up to the GWB and scream down the hill to River Road.

Once at the cop shop on the north end, we'll ride back down to the water and regroup once again at the cop shop (that's the repeat without the 'S').

On to Piermont for relaxing lunch but before you can eat you must conquer both Bradley and Tweed.

Back to RR via 9W and three more repeats on the northern end of the road.

Then onto your respective homes for a massage and a nice Jacuzzi.

We will regroup at the top of the hills, so if you're not a fast climber (like us) you'll be in good company. If you are a fast climber, you'll have a nice break at the top of each hill.

Requirements: a road bike in good working order, two spare tubes with means to inflate them (and knowledge of how to do it), properly inflated tires. Optional: pocket food, two water bottles (with some sort of liquid in them), a heating pad, a jar of Icy Hot and a smile.

All the usual stuff cancels. Please check the message board morning of the ride to determine.

Limited to 10 riders, please RSVP if interested.

C12 **23 mi** **7:30 am**

Sandy Hook

Leaders: Alfredo Garcia, cyclistxxiii@yahoo.com; Phil Goldberg (5BBC counterpart leader); David Seto (5BBC counterpart leader)

From: Pier 11 (South St. between Wall St. & Gouverneur Lane; 2 and 3 subway to Wall St., then ride or walk to East River)

Go on a perennial bike boat day trip to the Jersey Shore. Ease away your worries today. Ride a classic route with four bridges, a lighthouse and vast views of the Atlantic as well as beach time. Bring swimwear, sunscreen, lock, lunch or money for it and \$40 roundtrip fare (includes bike charge) for Seastreak ferry (seastreak.com). Arrive early as tickets go fast. Co-listed with 5BBC.

Sunday, July 22, 2007

A19 **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.

A20 **80 mi** **8:00 am**

South Mountain Road

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

From: Central Park Boathouse

This is a makeup for my ride in April that got blown away by the N'oreaster. We'll start early to avoid some of the July heat. There'll be some climbing, but we'll also enjoy a lovely downhill stretch on Saddle River Road. Brief deli breaks, no diners. Requirements--bike in good working order, must be paceline savvy and self sufficient (can change a flat and read a cue sheet). Ride status will be posted by 6:30 am on message board if weather is a concern.

B16 **40 mi** **9:00 am**

River Road Hill Repeats for B Level Riders

Leader: Minda Aguhob, maguhob@gmail.com

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

Let's do River Road hill repeats nice and slow. We'll take the Westside Greenway to the GW bridge and do 6 x River Rd hill repeats, then return via 9W. The key is to do them slow. I myself will only go about 5-6mph to

keep my heart rate in the tempo zone. I have no shame, and neither should you! Pump your tires before the ride - no flats allowed! Usual cancels - check message board before 7AM.

C12 **40 mi** **9:30 am**

Greenwich and Stamford

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

From: RING Garden, Inwood (Dyckman/200th "A" stop)

Let's meet at the RING Triangle botanical garden at the confluence of Dyckman/Broadway/Riverside in Inwood. Since I'm founder and President, we can congregate inside amongst the flowers. You can now get out of the "A" station at Dyckman through a gate. Cross to the west side.

Let's venture north at a true C12 pace on a very pretty route through the burbs of lower Westchester, 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. Helmets are required; Club riding etiquette will be observed. Bring your Metro-North pass for the ride home. Weather cancellation: 50% chance of precip, excessive heat index. Call Maggie after 8 am if in doubt because of weather conditions.

C13 **50/65** **7:45 am**

50 Plus

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

From: Grand Central Terminal, Information Booth

After the 8:07AM bike train drops us off in Darien, CT., we'll spend most of the day wandering north toward Putnam County, then west, then maybe southwest, until eventually returning to NYC by train, probably from Tarrytown; last year, some folks continued riding back to the #1 train. Touring conditions--pace busters will be allowed to get lost. You'll need to be at least 50 years old or bring a friend so your total age is 50-plus. There's at least one turn for every year, and probably an equal number of hills. But only small ones! This ride bridges NYCC "C" and "B" categories, and will be best enjoyed by stronger, more experienced riders.

Tuesday, July 24, 2007

B17 **24 mi** **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, or wet pavement.

Wednesday, July 25, 2007

B16 50 mi 9:30 am

The Wed River Road B ride

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

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

This is a casual B ride up River Road to Piermont or Nyack for a bite. We're usually back on the NYC side of the GWB by about 2.30. GROUND RULES: Sign up for the ride the preceding Tuesday on the message board, then check back later Tuesday eve to see if we're ON. Two of you, plus me for a third, make a ride.

Thursday, July 26, 2007

B17 24 mi 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, or wet pavement.

Saturday, July 28, 2007

A20 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.

B16 50-60 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

Bicycling Magazine (July, 2007) named this ride as one of the "great club rides" in the U.S.

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.

Sunday, July 29, 2007

A19 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.

B17-18 76-120 8:05 am

Century-A-Month Club: Hunterdon County

Leaders: Kay Gunn, kgunn@ndci.com, 646-509-5034; Skip Ralph, skipralph@yahoo.com, 646-234-8981; Nancy Sohler, nls9@columbia.edu, 212-481-8472

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 we'll split up into 4 groups. The leaders will lead a B17/18 group on a 100-120 mile ride. The other rides will be leaderless (with perfect cuesheets) unless we 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 - 120 mile ride thru Hunterdon

County

Please RSVP to Kay if you plan to attend.

Tuesday, July 31, 2007

B17 24 mi 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, or wet pavement.

1947

2007

Stan Oldak



*Remembrances of a very
extraordinary man.*



Rick Braun - My Eulogy

I have been asked to speak representing Stan's college fraternal group, Crown House, and the NY Cycle Club. But I speak most importantly simply as Stan's friend. Death is one of the very hardest parts of life to deal with, particularly when someone is stolen away from life much too young. All of us here are feeling a deep sense of loss, grief, utter sadness, and yes, anger too at how our friend and relative, Stan, was taken from us. It is just impossible to believe the reality.

But let us try as best we each can to temper these feelings with all of the good memories of Stan. I knew him for forty years, since we met in our fraternal group, Crown House, at Queens College. Stan, of course, had the same qualities we know him for now. Even then, he had a passion for helping kids: he was a member of the Big Brother program in college. He was a leader: he was president of Crown House, just as he was president of the New York Cycle Club. He led but didn't always have to be in the lime-light. He had the same impish grin and sense of humor.

A small remembrance of Stan keeps popping into my mind: Stan and I were driving somewhere in separate cars and stopped next to each other at a red light. I looked over at Stan and saw this devilish gleam appear in his eyes. He turned on his windshield wipers and then exactly to the movement of the wipers, with his big grin, Stan began to go: (back and forth with his hands on his head).

He loved sports and we often played ball together. He had the same generosity then as now; once he and I and others were playing basketball when I broke three caps. I was in law school and didn't have much money so Stan offered right away to make new caps for me. Of course, he was then in dental school, and 17 visits later... Stan was a real renaissance man. Did you know that he was a very talented photographer? That not only did he make teeth, but he also made jewelry? That he often went to New Orleans for its Jazz Fest? That he loved to dance? That he was studying the cello? Did you know that Stan was an officer in the Army? It sure freaked me out when I went to visit Janice and him in Georgia, and all these Army guys on base were saluting my college kid friend, Stan.

And Stan sure loved athletics. In later years, we hiked and played softball together with the Appalachian Mountain Club. And then there was cycling. He shared his passion with all those he could. He welcomed new cyclists to the New York Cycle Club and encouraged others, especially kids through the New York Cycle Club Youth Program. With his son, Jason, he did the Boston-New York AIDS ride, and partly in a terrible rainstorm, all to raise money for a very important cause. When I asked Stan to do the MS ride with me before Stan really got into cycling, Stan said sure, in an instant.

Stan had a dream of doing a great long ride, the Paris-Brest-Paris brevet in France. Stan had his dreams and he tried to live them. And he sure did live his life. He broke his hip cycling. He

then bought a recumbent bicycle and, as soon as he could, off he rode. Later he tore his knee cycling, and after knee surgery, as soon as he could, again off he rode. Stan tried to follow his spirit of adventure as often as he could, which led him to kayaking with the AMC, and dental gigs in Vermont and his beloved Alaska.

But Stan's biggest passion was his children, Emily and Jason. He sure loved those two kids. He talked about them often, and when he did, his eyes lit up with pride at all of their accomplishments. Always know that, Jason and Emily.

So we are all hurting from the theft of the life of a wonderful man: a great father, son, brother, friend, Stan Oldak!

Tom Laskey

I first met Stan when we were members of the 2000 Escape New York organizing committee. Stan was brand new to the club and almost all the members of the committee that year had been on it the year before. I was really impressed that this NYCC newbie was willing to be a part of a committee that was comprised mostly of people who all knew each other. I think most people would have been reluctant to join for fear of being the outsider. Not Stan. And not only was he not afraid to step up by joining the committee, he was unafraid to take on what was possibly the most onerous task the committee had to deal with, marking the routes. And not only was he not afraid to join the committee and take on the most onerous task, he did it in spectacular fashion. He mapped out every single turn on each of the 3 routes, evenly divided the turns between each of the 3 cars marking the routes so that each car would have an equal number of turns to mark. He also made sure that each car's assigned turns were organized so that none of the cars had to stray out of their way. On top of all that, after the primary marking was done, he went back the day before the event and checked the markings and added additional ones where needed. At one point, he even had to tap dance his way around a police officer who didn't take kindly to our route markings.

But that was Stan, the supreme overachiever. The following year, not only did Stan assume the chairmanship of the ENY committee, he also volunteered to be C Rides Coordinator on the Board of Directors. As president of NYCC that year, I was very glad to have access to his cool head and rational sensibilities at board meetings. Eventually, Stan moved to B Rides Coordinator and then toward the end of my term as president, told me he was interested in assuming the club presidency when I "retired." Man, was that a relief. I was struggling to think of a successor and now, not only did I have one, it was Stan. I couldn't have thought of anyone better for the job. And Stan's tenure as president proved my initial reaction more correct than I could have imagined. Adopt-A-Highway, the youth program, the club bike case rental program, these were all Stan's initiatives. And this was on top of the day-to-day running of the club, no mean task itself.

Stan was so many things to so many people. He had a thriving dental practice and spent several months a year volunteering in a dental clinic in a remote corner of Alaska. When he talked about his son and daughter you could see his eyes light up a mile away. And with it all, he was as down to earth as anyone could ever be, a real 'regular' guy if ever there was one. I can't believe he's gone but I'm so grateful I had a chance to know him and to learn from him. When I think of the expression mensch, it's Stan that first comes to mind.

Janet Zinberg - My Dear Friend Stan

A rarity, someone who would always be there for you. He never asked why and how but rather how can I help and when should I be there.

Stan threw himself into everything he did from making beaded curtains, stained glass pictures, photography, playing the cello; he made 2 traveling cellos, he saw almost every movie that came out – I used to kid him that he liked them all – he joined Net flicks to see movies he had missed, wanted to see over and to compare and share his list with his son Jason. He loved New York; he went to museums regularly, the Philharmonic, Carnegie Hall all types of dance from the Classical to the avant grade, Shakespeare in the park, and was willing to try any restaurant you suggested.

He attended the New Orleans Jazz festival annually to hear great music, eat good food and share it with his friends. He kept in touch with his college buddies and got together for their recurring card games.

He spoke with fondness about treating the kids in the New York dental practice and in the remote villages in Alaska. He explored Alaska as he did the other avenues of his life. He described his experience seeing the grizzly bears in such detail you felt as if you were there with him, he loved going fishing for salmon and halibut and bringing it home to share with his friends; and hiking around Alaska's natural beauty.

He committed himself to the Bike Club as the President, starting the youth program, working on Escape New York and numerous other roles. His love of biking and his determination is what brought him to Texas. He wanted to complete the PBP. He had talked about it over the years and felt that this was his time. While I could not share in his enthusiasm I knew that this was important to Stan and if you knew Stan he would always follow through on what was important.

Most important to him were his children Jason and Emily. He was so proud of them. He talked about everything they did in such an animated way, his eyes lit up when he described all of their achievements.

Stan will always be a very special part of my life.

Judith-Noelle Lamb

Stan was one of the first club members I was introduced to during the 2003 annual West Point club ride. He was recovering from an injury and stood out because he was riding a recumbent bike.

After visiting the West Point grave of my friend's father-in-law, I ran into Stan in the Thayer Hotel's elevator. I was tearing up and mumbled a "Hi." Stan (he was one of the group leaders I had told I was leaving the hotel for a short trip) just gave me a comforting look without saying a word, which made me feel a lot better. I remember in one of our conversations I called him, "Stan the man". He was also Stan the mensch. Here's to you our glorious friend.

Richard Silverstein

Stan Oldak died today. My old friend, Veronika called me with the news. She'd introduced me to Stan in the 1980s when she and I both lived in Los Angeles. I think they knew each other all the way back to high school. I was shocked to hear the news. Stan had begun getting heavily into cycling about ten years ago and we both shared some wonderful New York rides in Westchester County and environs. I remember once Stan persuaded me to join him for several days of cycling in Vermont which was especially lovely. I moved away from New York and him, and he got ever more intensely into the sport, while I had to give it up (temporarily) when my three young children were born. He was a leader of the New York Cycle Club. I remember in particular the pride he felt a few years ago when he and his son, Jason, biked together from Boston to New York for AIDS Ride America. I was proud to contribute to his cause.

When he died, Stan was seeking to participate in this summer's Paris-Brest-Paris competition by cycling early this morning in a Houston qualifying ride. I can only imagine the excitement and anticipation he must've felt to be preparing for a European race. Knowing Stan, he must've been thinking about all that great Parisian culture, art and food he would've enjoyed at race's end. He would've been especially charged to be doing this in his 60th year.

But at 2AM today, he was riding when he was struck by a flat bed truck in a hit and run accident and killed almost instantly. I asked why he was riding at that hour and Veronika told me that he had until 5 AM to complete the final leg of the race.

Stan and I kept in touch even after I left New York. I'd see him from time to time on his way to Alaska where he worked periodically as a pediatric dentist for the Indian Health Service. He told me how important his work was there where he would see young patients from remote villages who sometimes had never seen a dentist in their lives.

Stan's main practice was in New York City near NYU. I remember he told me that lots of New York celebrities brought their children to the practice including Tim Robbins and Susan Sarandon.

But Stan wasn't the type who lived, ate and slept dentistry. He wanted balance in life. He wanted to enjoy life. He was always seeking. Always open to new ideas and new experiences. I remember him telling me that he was volunteering in Bill Bradley's presidential campaign, which I found interesting because he and I didn't discuss politics much, though our views were probably similar.

He was an excellent skier who'd skied many of the finest runs in the west. He took me along to Jackson Hole once where the the altitude and exertion of skiing in it nearly did me in. But skiing Jackson Hole and Grand Targhee with their majestic views of the Grand Tetons were the experiences of a lifetime.

Stan's greatest sport love was cycling. While these types of accidents don't ever have a silver lining, at least all those who knew and loved Stan can rest easy that he was doing something he truly loved when he died.

I only hope that truck driver will develop pangs of conscience which will cause him to come forward and accept responsibility. It's hard to imagine my friend dying on Texas asphalt with some killer fleeing the scene like a coward. I can understand the panic and fear anyone would feel under the circumstances. I can understand how you fear you've just tossed your life away if you cop to what you've done. But in truth, this person just tossed Stan's life away and there must be some reckoning. And if he/she doesn't come forward, I hope the police are able to identify the killer. Stan's life is worth at least that much.

For the life of me I do not understand how a bike race organizer can allow cyclists to race at 2 AM. Every statistic about fatal accidents tells you that the worst time for them is from midnight to dawn. How could they race then? I admit I know nothing about cycling. It's possible that this is standard practice and that racers accept this type of risk. But I sure wish Stan hadn't been out there then.

Stan happily violated a lot of the norms I expected in a dentist. He was truly a creative person, even an artist. I remember when he lived in a small upper eastside New York apartment, he saw a Matisse painting he loved. For some reason I can't recall, he was into beading. He actually personally created a design for the painting in beads and executed it. It was quite extraordinary. And he did it all himself. No kits, no templates. All from his own eye, hand, and head.

I was just thinking of inner images I have of Stan and one that stands out is that humorous twinkle he'd get in his eye and slight chuckle in his voice when he was thinking of something fun, exciting or creative. He had a wonderful, but gentle sense of humor. My heart goes out to his former wife Janis, Jason and Emily. Zichrono li'vracha-May your memory be for a blessing, my friend.

Kevin Banks

About 2 years ago I was on Mark Gelles group to

clean a section of highway 9W – from 2002-2006 I was a C-SIG Co-leader. Then we went to Piermont for the club's ice cream treat. We stood on line made our selections sat down and enjoyed our much appreciated treat, Stan went to the cashier to pay and as he turned around to face us. We said in unison "Thank you Uncle Stan!" He was quite amused. I never forgot it. It was just another example of how people in the club felt about him.

Lynn B

I am saddened, shocked, and enraged that this should happen.

Stan was fulfilling a dream, training for the brevet. Starting, continuing and developing the Youth Program at NYCC was another dream. He started us going and showed us possibilities, and always gave wise and measured advice on how to realistically grow the program.

We have lost our unofficial leader, our good friend, our brother.

Carol Wood

Stan was kind-hearted and generous, made an enormous contribution to the club, and let a good deal of nonsense roll off his back.

I remember how he would chuckle in discussing the inundating correspondence he had to deal with as president. (I was a regular contributor, so I tried to lighten the burden with a little humor.) He took people's complaints and suggestions seriously, but seemed to save room for his sanity with a little shrug.

I really admired how Stan recovered from injuries he received from a hit-and-run driver in Midtown, who left him in the road with a broken hip. There he was on Storm King during the July 4 West Point trip, building back his strength on a trike. Now he was up to doing brevets (in preparation for PBP, I assume) when his life and goals were stolen from him, and the rest of us deprived of his professional skills and humanity. (Stan traveled regularly to Alaska to provide dental care for children.)

We will miss you, Stan.

Jason Oldak - My Speech to My Father

The quality of a person's life
Is in direct proportion to their
commitment to excellence
Regardless of their chosen field
-Vince Lombardi

It was a sunny afternoon as we were nearing the end. Our anticipation was rising and our faces were filled with thoughts of triumph and success and some possible pasta in an hour or so! I couldn't believe we were almost at the end. I looked down Seventh Avenue and saw a crowd of people cheering all of us on. It took us several months of training to get to this mo-

ment, this instant, this feeling, and to share it right alongside my father was something I will always remember with me forever and ever. My father and I were about to finish the Boston to New York ride. We rushed into the crowd and saw my sister and my mom cheering us on, and we raised our bikes above our heads with utter achievement and satisfaction and I looked at him at that moment, and thought to myself how lucky I was to have had a man like this to guide me through life. To show me the stars and teach me the paths of time. To learn the rules and then to break them. He showed me that afternoon what accomplishment was all about.

My father will be missed by so many! He was a man of great wonder and many hats. He was a science enthusiast, a lover of astronomy, an outdoorsman, a craftsman, a doctor, an athlete, an artist, but above all, the kindest soul one could meet.

He was there ALWAYS! He was at every one of my swim meets and every last one of Emily's piano recitals and dance performances. He would skip work early to come to a little league game, or dodge traffic to make it to my gallery opening. Even after my parents divorce, he made it a point to be in our lives and push us to achieve the goals we set out for one another. His support for both Emily and me in our artistic endeavors is unbelievably astounding, and we will never forget his love and fondness for our crafts and how it transcended into his own crafts.

My dad was always staying busy. My mom told me this story last night, and I'd like to share it with you. In 1973 my dad ordered a make it yourself 25" remote control color TV through a local correspondence course. My mom would come home every night from work, and he would be soldering away on this chip board and this cable linked to this thing a majig. 6 months later sitting in the living room, with a pine box surrounding the screen was a 25" working Television. He turns to my mom and says watch this, and with the flip of a button on the remote, and the funniest grin on his face, the TV came on. This was Stan.

He always had a goal. If he put his mind to something it would be achieved. He was remarkably gifted with his hands and his comprehension of the ways things work physically, and mentally, right brained and left. His passions and hobbies were endless. Life was always evolving for him and he brought that out in my sister and myself.

I am still astounded at the passion those pedals gave to him. I watched through the years the progression of love he had for the bike. After competing in some smaller rides with him around NYC and finally riding the Boston-NY ride I realized the tranquility of what the bike can do for one's soul. It gave him every long lasting breath of fresh kissed life when he would ride for miles on end while the sun caressed the back of his neck and wind swooped by him like an eagle in the wind. When your riding your cruising through the world, wherever you might be at that one moment on this earth, but your cruising through nature, and your in your own Zen. It was never a race for my dad, it was more an experience, a moment in time where he was

alone but together, complete and satisfied. I know my dad will always be in his very own Tao of Stan when riding!

It breaks my heart to hear of how things transpired. He was so close to kissing the Parisian air, riding alongside the hills Lance once climbed, and knowing that he belonged there at an early age of 60. He deserved it and had more passion than most. Stan will be felt on those roads this summer. I know this for sure! He worked too hard to let something like this stand in his way!

I miss him more than words can describe! I miss his talks of movies, his chicken parmigian, his walks through the park, baseball card conventions, met games, his conversations over wine, his love for life, ski slopes, Vermont, building a tent, jazz feast, nestling next to a camp fire, showing me the ways of life, talking numbers and the stars, talking relationships and women, being there for me, and being my best friend, my true best friend! I really cannot believe he is gone! But I want more, I want him to see my future wife, and my first child, and my first big film, and my first house. He is not allowed to go yet!!!!!!!!!!!!!!

But, I now have to think back two years ago to when I was walking along the side of local beach by myself on the coast of Bali, Indonesia. I came upon a large group of Balinese carrying down from the valley a large paper Mache bull on an alter with the remains of a loved one inside the bull. It was a very traditional Balinese cremation ceremony filled with laughter, music, food and the eventual burning of the bull where the loved one would be reincarnated in another life. As a Jew, and in the Jewish religion we don't necessarily believe in reincarnation, but what I was amazed by most in this ceremony was the lack of sorrow and pain felt. The rejoice and the every flowing cycle of life. It was an amazing and uplifting experience for a boy sitting on the outside of this circle, just watching in. I said to myself, why do we view death so negatively, when these people rejoice for they never really leave one's side.

And then two years later, as I sat and wrote this speech I thought to myself the same thing. My father is gone, physically yes, but he will always live on in my heart forever. He will watch every step I take and guide me through the easy and the rough terrain ahead. His energy will live on through all of us and he will always be that guy in the room with that amazing grin that wonderful stance and that magnificent worldly attitude for life!

I love you daddy!

Ben Goldberg

My whole family will miss Stan.

As the father of children who went to Stan (my kids called him "Dr. O") and as a former president of the NYCC who served with Stan (and who often took the opportunity to talk to Stan about the club while he was working in my kids' mouths), I'm devastated by his loss. He was an amazing guy who was incredibly generous with

his time and his talents. I was always amazed at his dedication to others -- his long trips to Alaska to serve the local population come immediately to mind.

I just found out today about his passing -- now I'm dreading breaking the news to my 9 year-old.

Geo Carl Kaplan

May flights of angels guide him to his rest!

Hal Eskenazi

Can my day start with any sadder news? Stan Oldak killed. The words just sent a chill through my whole body. I pushed back from my computer, stopped by the sudden thought that a friend and a leader dedicated to helping anyone & everyone he came in contact, is gone. Senselessly. I am just truly blown away. The words just stop flowing. My heart is broken & sympathies go out to his family, his kids who he was very proud of, and many of us had the opportunity to meet his wonderful daughter at graduation, his many friends. Stan, we know the gates of heaven are open wide for you we just weren't ready to give you up. With the tears flowing from my eyes and all our love, eternally.

Derek Chu

"A gentleman is one who puts more into the world than he takes out" -- George Bernard Shaw

The NYCC Youth Program Committee is in shock at the loss of our dear friend and leader. We offer our deepest condolences to Stan's family and friends. Stan Oldak was the driving force, the visionary and the mensch behind the NYCC Youth Program. Two years ago, he had a dream - to encourage New York City teenagers to become more active, to learn bike handling skills, and to gain the joy and thrill of biking.

It had been Stan's passion for biking and for youths that has motivated and energized the Youth Committee to shepherd fifteen teenagers to become safe and strong bikers. Stan always found time to give us his guidance and thoughts for our many Committee planning meetings and conference calls, despite his many social and family commitments, and dental clients whether in Manhattan and Alaska.

Unfortunately, the Youth Program does not have a picture of Stan with the youths. But upon reflection, this was the kind of guy that Stan was - always the man behind the scenes - a true gentleman and mensch.

Without Stan's leadership, vision and determination, the fifteen youths pictured below would not have had the opportunity to bike to Oyster Bay or to the summit of Bear Mountain or "ride like Lance." Sadly, we had not communicated to Stan of the successful completion of the 2007 Youth Program before his untimely passing.

Stan, all 10 "Yutes" are graduating from the B SIG - a 100% graduation rate! And five youths toughed it up the two mile climb up Perkins Drive to the top of Bear Mountain! Be proud.

The smiles (and looks of joyous exhaustion!) on the faces of these "Yutes" are a testament and memorial to Stan's passion for cycling and commitment to the New York Cycle Club and the Youth Program. Thank you, Stan.

May the road rise to meet you,
May the wind be always at your back,
May the sun shine warm upon your face...

Debbie Rothschild

Words fail me. I think of Stan riding his bike, chairing the ENY committee with his wonderful, warm and supportive manner, presiding over the NYCC, always volunteering, always involved; his work with children in Alaska, and mostly, what an incredible, proud father he was. His determined return to cycling after breaking his hip has provided a role model for me ever since. He was a good friend to so many in the club. To say he will be missed barely touches the truth.

Hank Schiffmann

Poor Stan. Life is not fair. But he lived it as if it were.

Timothy McCarthy

I can hardly picture Stan on a bicycle, though I saw him often enough on one. I remember him mainly as the person who always stepped up to make things happen within the club. I view him as a great role model. He acted with commitment and passion, regularly taking on responsibilities that exceeded what was required. He saw things that needed to be done and unbidden, just took care of them.

We honor his spirit and mourn his loss. I will now picture him riding on through the night, turning those cranks over, doing what he loved.

Robert & Annaline

We are both in shock to learn of Stan's death last night and cannot believe it. Over the past years we spoke to Stan numerous times about PBP and preparing for PBP. He took it very seriously and was well on his way to qualify for PBP. To ride PBP your need to do four qualifying rides – a 200k, 300k, 400k and 600k ride. Stan had already done the 200 and 300 and looking at his time on the 400k he would have made that ride as well. Only ride to go before PBP.

After the 200k ride he upgraded his lights to both make him more visible and to be able to see better at night. That was not enough to save

his life.

We are going to PBP and will take Stan there in our hearts. We will miss you.

Peter O'Reilly

Our loss, Heaven's gain.

I've had the pleasure and benefit of talking with him while working with the board and at club events, but oddly enough never while doing one of the activities he loved most, cycling. It's very sad to learn of his fate. He was a warm, calm, gentle person who gave allot of himself, selflessly for others benefit, including the NYCC. His children and other family members have my condolences.

Cynthia Valentine

Stan is in my heart, my soul feels him near me. His suit case sits by the door next to mine. Our field trip to Hoonah is tomorrow. I can not believe he is gone. I cannot stop crying. The sweetest, kindest man. Dedicated to treating the kids in Alaska, proud of the true gains in dental health for the villages. I am devastated by the loss, not just for myself, but for all of us. He loved his cycle club, kids and family. I will miss him more than anyone will know.

Fred Steinberg

The injustice of it all.

Whenever I thought I'd done enough for the club I see Stan's name and realize what a mensch really is. ENY chair & C- Rides coordinator. Burned out? Nah he wanted to be president. First ride after recovering from a broken hip, wrecked his knee in a crash not of his fault. He came back. He had a life and interests far outside of cycling, children to be proud of, artistic talent and a truly altruistic spirit. An amazing fellow. His life ended by some dimwit in a pickup truck.

Rest In Peace

Paul Hofherr

I was so deeply shocked and saddened upon learning of Stan's untimely and senseless passing. He was a kind and generous soul. Learning more about his personal and professional accomplishments have even further deepened my admiration for him and alas, my sense of loss.

We shared a number rides together most memorably, the 2003 San Diego Christmas ride.

We rode almost every mile of that week together picking up the rear mostly because I was having terrible muscle cramps and he was still trying to get back into shape. Through it all though, he remained in good cheer even when we encoun-

tered black ice riding through the mountains above San Diego and even still when I convinced him to take the "shorter" hilly route into Palm Desert that we later affectionately termed "that ride from hell". My favorite picture of the trip shows Stan with a slight grin after finishing the last climb of that ride after I shouted, "Remember, we're having fun, right?" I still can't believe he's gone.

Eden J. Weiss

I was so shocked and saddened to find out about this great loss to all of Stan's friends and family. Today was my 60th birthday and my dear friend Rick Braun called me this morning to wish me a happy 60th. He was kind enough to spare me the horrible news of our great loss. The last time I saw and laughed with Stan was at Rick's 60th birthday, a few months ago. Stan, Rick and I were all turning 60 this year. When Stan was the NYCC President, he sidled over to me at a NYCC x-mas party a few years ago and asked me to organize the club's meeting "bike shop sponsorship liaison program". Because of my respect and affection for Stan, I couldn't say no. This program was just a small example of one of the many creative ideas that Stan gave to club, while welcoming a newer club member into the fold at the same time. Although he was the President, he made me feel important and gave me the confidence to be able to tackle this new venture. He was warm, self-effacing, humorous and just a great guy. I will miss him very much.

Owen Kendrick

Stan was a frequent guest at my home in New Orleans when he would come for Jazz Fest. After Katrina blew us out of town, we would still reunite with him for the festival, including having dinner with him last Saturday week. He will be sadly missed by all his friends in the Big Easy.

Henry Joseph

Woke this morning in Santa Fe and logged onto our club's site. Am saddened and shocked by the tragic news. A few years ago a few of us from the NYCC joined in southern California for the annual San Diego Christmas ride... San Diego to Palm Springs. Stan was with us... He and his friend Paul rode through the ice, the rain and the snow of southern California... over the top of the mountains... sleeping on cold floors... sharing the week with 99 of our closest friends. I came to know Stan, enjoy his thoughtful and kind demeanor, learn of his work with the children of Alaska and respect this very, very special man. This is so sad. Extending my sincere and heartfelt condolences to his family.

Bill Strachan

For Stan
An old Swahili Benediction

"Al wazuta wazura - al-Allah salik salaam."

"To the Beautiful Person - The Inner Peace of
Allah (g_d) be with you."

Bon chance et bonne route mon ami.

Barbara Barrett

This is tragic news. I'm sitting here in my California home, just got the shocking news from Ian Hughes and I'm emotionally shattered. Stan was an amazing human being and loved by all. When I lived in Battery Park City around the corner from Stan, he had broken his hip in another bike accident, and I was in awe of his resilience and his undying optimism, driven by his enormous passion for cycling. Couldn't believe how patiently he endured his injuries and his slow but amazing "come back". Nobody deserves this sad ending, but especially Stan. This cuts deep. Something inside hurts real deep... and this will be a indelible scar, which for us in the cycling community will never, ever go away. Stan, here's to you. I know that you're cycling in heaven with angel's wings, fearless and safe at last, on the most idyllic roads that could ever exist. I'm sure it's better there, and someday I hope to be cycling along with you in that great place.

Liz Oliner

I never knew Stan, but he sounds like he truly embodied the NYCC's spirit. My father, David, who was the same age, suddenly died while on the B-sig ride. So, I know all too well how hard it is to live through something like this. I hope that all of his friends and family members will remember how happy they and his cycling made him. I'm certain that he will live as an inspiration for others for many, many months and years to come. He certainly sounds like the type of person my father would have admired.

Noah Budnick

All, Transportation Alternatives' staff are still getting our heads around Stan Oldak's passing, and I wanted to send out these formal words from T.A. (below).

I worked with Stan over my years here at T.A., and I was grateful for his receptivity to talking about how to engage fellow NYCC riders in formal advocacy campaigns. His example of openness is one to follow.

Transportation Alternatives is deeply saddened by the death of Stan Oldak, former NYCC President, whom many of us know from Bike Coalition meetings and reaching out to the cycling

community to build support for better biking.

Stan was a friendly and open man who befriended many, a dedicated bicyclist, and a strong advocate for making positive changes for cyclists.

Our hearts go out to Stan's family and friends, and to his many admirers in the NYCC. We know the loss can never be replaced.

Rest in peace, Stan. We will keep your memory within us as we work to make this a safer world for cyclists, as we know you would have wanted.

Lorretta Crosby

I am cycling captain in Houston, Texas and returned to work today to an email from a team mate regarding the accident of your dear friend, Stan. My team mate was a ride marshal that was riding with Stan when the accident happened. Words can not express the grief we feel for your sudden and unexpected loss. Even more overwhelming is to read of Stan's life and the impact he made on so many people. As you may know May 16th marks the day cyclists around the world will join in a Ride of Silence to honor the memory of those whose lives were taken while cycling.

We are just a small group in Katy, Texas (a town 40 miles East of Columbus) but several of my teammates were compelled by Stan's story to take to the road next Wednesday night to honor your friend in a Ride of Silence at the site of Stan's accident. www.acmebikes.com We hope that we, along with the Houston Randonneurs will do justice to your cycling club in honoring Stan. We will keep you in our thoughts and prayers and ask that all in attendance donate to the organizations mentioned in previous threads.

Alfredo Garcia

As then NYCC President, Stan asked Peter Morales and myself to help count votes for the 2006 board elections, on short notice – we tabulated the raw votes during a general meeting. Another time I acted as a go between for him and counterpart 5BBC President Ed DeFrietas, about obtaining better bike ride insurance.

Once I met Stan on New Year's Day, on a Coney Island ride to see the Polar Bear Club take a swim. Nah, neither of us took the plunge, although it was unseasonably warm. Then I rode on my own to Prospect Park, where I saw him again with a group of cyclists who did the ride. They let me go with them back to Manhattan. However, they went in a confusing way (e.g. long-winded, riding against traffic, missing turns, etc.) Stan and I smiled, but for different reasons. Stan was patient, as he always was, probably had a laugh and knew he was going home eventually.

We will all miss Stan. He was a cyclist and a gentleman.





If you would like to make a donation in Stan's memory, The Oldak Family suggests the following:

New York Cycle Club
(NYCC) Youth Program
P.O. Box 4541
Grand Central Station
New York, NY 10163
(Please add a memo that it is in Stan's Memory)

The Juilliard School
<http://www.juilliard.edu/giving/general.html>
60 Lincoln Center Plaza
New York, NY 10023-6588
(Please add a memo that the donation is in memory of Stan Oldak)

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

VOLUNTEERS WANTED!
THIS YEAR'S ESCAPE NEW YORK,
NYCC'S SIGNATURE RIDE, TAKES
PLACE ON SATURDAY, OCT. 13.
OPPORTUNITIES ABOUND TO HELP MAKE
ENY 2007 A RESOUNDING SUCCESS.

The three major categories: Ride Leaders, ENY Prep Ride Leaders, and General Volunteers.

GENERAL VOLUNTEERS: Needs include – but aren't limited to! – marking the routes the week before (vehicle needed), • ferrying food and supplies to and-or from Sakura and the rest stops (vehicle needed) • manning the registration, rest stops, post-ride festivities at Sakura, and helping with post-ride teardown and cleanup.
Non-riding friends and family are welcomed to help!

RIDE LEADERS: We need experienced leaders of all levels.

ENY PREP RIDE LEADERS: We're making a special effort to give less experienced riders and newcomers to NYCC a memorial experience and a meaningful link with the club. As part of that, we're planning ENY Prep Rides every few weeks from July through September. They're intended to help introduce newer riders to ENY and to the club, and to give them a chance to ask plenty of questions while riding parts of the ENY routes. They're also a chance for less experienced ride leaders to develop their leadership skills. And they're an opportunity to get the ENY "brand" in front of riders and potential riders to spur interest and involvement. For this, we need C- and lower-B ride leaders, specifically people with SIG and previous leading experience.

To volunteer or ask questions about volunteering, e-mail enyvolunteers@nycc.org

Please include the following, for our planning purposes:

For Ride Leaders and ENY Prep Ride Leaders: name, e-mail address, phone numbers; SIG experience; ride-leading experience, including levels and approximate number you've led.

For General Volunteers: name, e-mail address, phone numbers; whether you've volunteered with ENY or another major ride previously, and what you've done in that role; whether you have a vehicle you'd be willing to use in the days before, the day of, or the days after; any preferences in duties.

NYCC September Special Event

Take me out to the Ball Game,
a real family friendly event.
Friday September 28, 2007 7pm-?
NY Mets vs. Florida Marlins
Shea Stadium

Take the #7 to the Willets Pt./Shea Stadium stop

They are hot. NYCC has arranged to get unbelievably cheap tickets, up high, behind home plate to see the Mets beat the Florida Marlins. Long a traditional battle, it will be a great game and just as the pennant race is beginning to heat up. Join us in the upper deck, kick back with a hot dog & a brewskie (or two) and watch, cheer, yell, boooooo [if they still allow that?] The price is a measly \$13.00, and **THERE IS A LIMITED NUMBER OF TICKETS** that will go quickly. The Yankee tickets sold out immediately [go figure]. Get this, the Mets 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!) Go Mets! Yeeeeeess, NYCC!

Please be advised that due to security concerns, briefcases, backpacks, etc., are NOT permitted to be brought into Shea Stadium. The tix will be available to members on a first-come, first-served basis from Hal Eskenazi. ***Reply to events@nycc.com upon which you will receive a return e-mail informing you to send a check & self addressed, stamped, envelope within 7 days to reserve your ticket.***

A number of people new to the club have said to me they haven't participated in events because they say '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.

Getting There: Your choices:

Meet Hal Eskenazi, 6pm, at Grand Central Information Booth to take the #7 train. Bike it, Shea has bike parking. On your own. We'll see you at our seats.

Join a bunch of your friends at the NYCC September Special Event

It won't all be serious. 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
☐ Individual, bulletin online: \$19

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

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

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

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

Name: _____ Email: _____ Signature _____

Partner: _____ Email: _____ Signature _____

Address: _____ Apt. _____

City: _____ State: _____ Zip (required): _____

Day tel: _____ Night tel: _____



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

**Checks payable to New York Cycle Club (take 6-8 weeks to clear)
 You may also register on line at active.com:
www.active.com/event_detail.cfm?event_id=1025985**



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
 or
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. 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.





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

First Class Mail
DATED MATERIAL

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

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