

Dai! Dai!

NYCC's

Timothy McCarthy

Scales 'The Dolomites'

Tre Chime



PRESIDENT'S MESSAGE

Have you ever enjoyed a NYCC organized bike ride? Have you attended one of our meetings to learn about bike maintenance or to hear an interesting guest speaker? Have you participated in one of our SIG programs? Have you surfed the NYCC website or anticipated the arrival of the monthly bulletin? Have you ridden in Escape New York, our signature event each year? All of these activities are organized by our wonderful NYCC Board of Directors and our committees of volunteers. Without their dedication, we wouldn't be able to do the things we do. And now is your BIG opportunity to become a part of the leadership and volunteer corps of the NYCC. It is time for YOU to consider running for one of our 2008 Board of Directors positions. Carol Waaser, NYCC's immediate past president, is chairing our nominations committee and is gathering names of potentially interested candidates. If you are interested in running or in learning more about any position on the board, please email Carol Waaser at biker-c@rcn.com. Official nominations take place in September, but we urge you to start thinking about running for the Board now!

So what exactly does a board position entail, you might be thinking. There are thirteen positions on the board: President, VP of Programs, VP of Rides, Secretary, Treasurer, Public Relations, Special Events, Membership, A-Rides Coordinator, B-Rides Coordinator, C-Rides Coordinator, Bulletin Editor and Webmaster. Although each position requires a slightly different skill set, the one attribute all board members share is their desire to serve the Club. Candidates elected to the board serve for only one year (or more if you wish) and the term follows the calendar year. There are two meetings a month you should attend as a member of the board – the Board of Directors meeting is typically held the first Tuesday of the month and the General Membership meeting is held the second Tuesday of the month. Normally we take one or two months off from meetings depending of what is happening.

As the outgoing president, I can attest to the amazing spirit of the NYCC Board. We are a congenial group that strives to continually improve the events and rides of our organization, as well as the New York City cycling community in general. As we all know, our organization can only be as strong as our leadership, volunteers, and members... and based on meeting many NYCC members, I know our future is bright if you'll consider running for our Board.

Jeff Terosky, NYCC President

Cover photo by Jeff Terosky: Timothy McCarthy, our webmaster, boldly climbs Tre Chime (The Dolomites, Italy) in the rain.

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NYCC Bulletin

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

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

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.

Address all correspondence to: bulletineditor@nycc.org.

Thanks! KML, Editor

Wednesday August 8, 2007
Ice Cream Social in Central Park
Members, Family & Friends
6:30-8:30pm

Location: Cafe at the "Conservatory Waters" adjacent the Model Boat House ~73rd Street and 5th Avenue; aka the lake used for radio control sailboats.

Let's do something a little different in August: go to Central Park without our bikes. Regardless of how you choose to arrive you'll have a great time – all members will be treated to Ice Cream! Just like being a little kid, again? Compliments of the NYCC!

We will have a private lakeside seating area, adjacent the concessions area. RSVP to Director of Special Events, Hal Eskenazi, events@nycc.org. This is a weather sensitive event. Please watch the message board the day prior for any updates.

We'll have some fun. We always do! It's your club – participate!



Congratulations 2007 A-19 SIG Grads

SUMMA CUM LAUDE
Joe Stevens

MAGNA CUM LAUDE
Allison Silcox
Betsy Hafkin
Bob Ross
Kevin Cruickshank
Morene Bangal

CUM LAUDE
Adam True
Annmarie Donovan
James "Dewey" Gartland
Janette Tilley
Jeff Dufour
Jeff Ignall
Jessica Bosanko
Matthew Frank
Michael Franco
Phil Romov
Ronald Gentile
Shervyn von Hoerl
Steve Feller

PROUD GRADUATES
Andrew Femia
Carole Goodman
Elizabeth Durels
Ethan Smith
Geoff Blatt
Jeanette Baer
John Feinberg
Jeff Levine
Johnny Pavich
Leslie Nahoum
More McCormack
Nick Trippel
Paul Barenholtz
Steven Truong

A big thanks to this year's leaders

Mari Berkley
Piera Bettini
Laura Colby
Herb (Hubs) Dershowitz
Richard Edmonds
Ted Feury
Edward Fishkin
Jim Galante
Terry Hildebrandt
Kim Jenkins
Corinne Karmiel
Melissa Jean (MJ) Durkee
Bob Mirell
Oriel Mor
Justina Pearson
Steve Peters
Richard Ramon
Alan Resnick
Devraj Roy
Sharon Schachar
Patrick Stuard
Jeff (El Presidente) Terosky

SAVE THE DATE SAVE THE DATE SAVE THE DATE SAVE THE DATE SAVE
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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! Yeeecsss, 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!

NYCC ride listings guide

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

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

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

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

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

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

Your first NYCC ride

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

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

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

Lead a ride

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

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

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

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

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

3 rides = NYCC water bottle

6 or more rides = NYCC t-shirt

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

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

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

Bicycles and trains

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

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

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

HUDSON LINE

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

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

HARLEM LINE

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

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

NEW HAVEN LINE

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

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

August 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>

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.

Thursday, August 02, 2007

A21++ 52 mi 9:30 am

Secret Thursday Ride

Leader: Jeff "El Jefe" Vogel, jeffvgl@yahoo.com, 718-275-6978

From: Central Park Boathouse

Join us on this fast, hilly and usually cooperative ride. This is a NON-STOP ride. We'll do a cooperative, quick tempo ride north (down East Clinton and then north on Rte 501), climb Bradley and Tweed, and then head straight south on 9W for a very fast trip home. We won't go thru Nyack or Piermont and there's no stop in Sparkill. Please note that this ride will leave promptly at 9:30. No maps, no cue sheets, no requirements. No problems.

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. (NOTE: I will not be riding on 8/7 or 8/9.) Cancels: precipitation, imminent threat of precipitation, or wet pavement.

Saturday, August 04, 2007

A19 62 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 challenging, pretty, and maybe best of all, largely untrafficked.

The leader remains entirely incapable of riding a bicycle uphill, which is too bad because there are a number of hills, meaning you will wait for him atop three of them with grace, patience, and understanding that one day you, too, will be an overweight geriatric.

A19+ 80 mi 7:00 am

NYC to Beacon

Leaders: Robert Shay, RobertCShay@aol.com, 203-722-1487 mobile; Gabrielle Fisher, gabriellefisher@optonline.net, 347-228-8920

From: Central Park Boathouse, parking lot

One way ride from the Boathouse to Beacon. Route allows for motoring about 30 miles before heading into the hills. Includes 9W, Western Highway, South Mtn Road, David's Bagels(on rt. 202), Gate Hill, Tiorati Brook, Perkins, and Storm King. Bail option at mile 60 - Peekskill RR station.

Faster and slower riders welcome if you are comfortable riding along with a cue sheet.

Very brief deli/restroom breaks. Cue sheet and topographical map in NYCC ride library - search under: Shay. 7,400 feet vertical, 1,270 max. elevation, 6.2 feet min. elevation. Chance of rain greater than 30% or temperature above 95 F cancels. METRO NORTH BIKE PASS AND ONE WAY TRAIN FARE REQUIRED.

A21+ 75 mi 10:00 am

Slide Mtn/ Roundout/ Sampson/ Peekamoose

Leaders: Harry Zernike, hz@harryzernike.com, 917-324-5040; Gilles Kelly, jkelly@sidley.com, 917-648-4978

From: Phoenicia, New York

This little adventure starts in front of Brio's Restaurant, on Main St. in Phoenicia. From there we head straight into the heart of the Catskills, over several mountain passes. Civilization will be sparse, so be sure to bring two water bottles, plenty of pocket food, and tubes, patches/pump. We end up back in Phoenicia.

Cue sheet in the ride library >upstate.

Some transportation to and from Phoenicia may be available- contact the ride leaders during the week before the ride.

Check the message board on Friday night (Aug. 3) for weather cancellation.

A24 100 mi 7:30 am

Tour des Barrens

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

From: East 34th Street Pier

Can you believe a near totally flat 100-mile ride? Here it is, with the added adventure of a ferry ride to Conners/Highland, New Jersey. Once in New Jersey, the ride covers a fast loop through the northern Pine Barrens. This ride will be very fast with only a brief stop around its midpoint.

Meet at the East 34th Street SeaStreak ferry pier around 7:30 AM to catch the 8:00 ferry to New Jersey; note there is another ferry stop at Pier 11 (Wall Street) at 8:15 AM. Cost is \$39 roundtrip, CASH ONLY, including bicycle.

Please bring two waters bottles, powers bars or gels (many), money for lunch, a bicycle in good repair, along with the mandatory helmet. Insect repellent should be considered. Check bulletin board for updates if weather appears unfavorable.

B16/17-19 50-75 mi 7:15 am

North Shore Harbors

Leaders: Susan Rodetis, srodetis@earthlink.net, 212-288-9663; Neile Weissman; Dennis Griffin

From: Penn Station or Statue of Civic Virtue, Queens meet at 7:25AM at Penn Station for 7:39AM LIRR bike train arriving Syosset 8:34AM (then bike 50 miles) OR 7:15AM departure from Statue of Civic Virtue and bike to Syosset (bikes 75 mile total)

HOT HOT HOT summer days - so let's COOL off via LI Sound breezes over pretty roads through Huntington, Huntington Bay, Cold Spring Harbor, Oyster Bay. Choice of 2 route lengths. Penn Sta. group takes LIRR's special Bike Train to Syosset, arriving 8:34; joins the Kew Gardens group which cycled to Syosset; the combo glides off together.

Pacing will be realistic for the temps/weather. Relaxed B16-17 outbound, with regrouping after hillier parts; some hitting the afterburners and pacelining on the flatter way back to Queens.

Cue sheets provided; riders expected to read/follow. Multiple bail points via LIRR. Bring LIRR bike permit, hydration/snacks (will be a lunch stop), sunny smile and cheerful 'tude. Check message board for updates and if weather in question.

Ride cross listed with 5BBC. Leaders Susan Rodetis, Neile Weissman, Dennis Griffin.

NOTE: Kew Gardens meeting at Queens Blvd (North side) & Union Turnpike, Queens. "Statue of Civic Virtue" on corner. Subways: E, F to Kew Gardens, Union Turnpike. Please check subway advisories for service announcement.

B16-17 55 mi 8:30 am

Long Beach: Ride-Swim- Ride

Leaders: Hal Eskenazi, cyclinghal@gmail.com, 917-822-5401; Marcy Squadron, 201-699-9429; Joe Aguiar

From: 2nd Ave & 34th St, Manhattan & Prospect Park, Bklyn 8:30am 2nd Ave & 34th St. 9:30am grand army plaza entrance to Prospect Park

We did this one last year and everyone had a fantastic time, even me. Starting in Midtown we'll head down the east side to the Brooklyn Bridge & off to Brooklyn and pick the rest of you guys up at the Grand Army Plaza entrance to Prospect Park

Well, once again, as I did last year, I am collaborating with Apollo in August, for a gorgeous, sunny day, as we head to the beach, so, don't forget to bring your bathing suit, a towel and, naturally, sunscreen. Of course Marcy we'll be there to show you how to fix those flats, in a jiffy, as Joe & I watch. We'll spend around 1 1/2-2 hours playing in the water and then back we will go. There are bailouts along the way and opportunities to return by train right from the beach if we should decide to stay longer or leave sooner. There are lots of places for food

at the beach. Come. get wet. have fun with your friends and laugh a lot.

Remember, you just planned a great weekend. Usual cancels and usual regulations apply. Check message board, 7am, for cancellation.

Sunday, August 05, 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.

A19 40 mi 8:30 am

Carpenter's Dream

Leader: George Arcarola, garcarola@nyc.rr.com, 917-837-9010

From: Southwest Corner of Woodhaven Blvd and Myrtle Ave (in front of the North Fork Bank)

Why "Carpenter's Dream"? Because this ride is as flat as a board! Need a ride that ends early (before lunch) and doesn't require Queens and Brooklyn residents to travel to and from Manhattan? Well, this is it! A quick trip to Breezy Point and the Rockaways. Paceline skills required. You know what to bring. Rain cancels.

Thursday, August 09, 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.

Saturday, August 11, 2007

A12 30 mi 9:20 am

Beater ride to Bluegrass festival (It's not about the bike).

Leaders: Mark Gelles, mgelles@okcom.net; Raoul Edwards, cycling@rileyno.com

From: Staten Island Ferry, Manhattan Terminal

Ok and now for something completely different. Just cause you're a city slicker, don't think you can't enjoy some mountain music. Grab that old bike and a lock because we are cycling today at a blistering 12 pace to hear some traditional Bluegrass Music in Staten Island. We will do approx 20 miles to the free concert that starts at noon and runs till 7 PM. We will supply everyone with a cue sheet to get back to the ferry (about 10 miles); that way those of us who want to hear all the music can and others can leave at their leisure. If in doubt if ride is on check the club's message board.

11TH ANNUAL HISTORIC RICHMOND TOWN BLUEGRASS FESTIVAL, STATEN ISLAND, NY FREE ADMISSION
JESSE McREYNOLDS AND THE VIRGINIA BOYS • RONNIE RENO AND THE RENO TRADITION • DAN PAISLEY AND SOUTHERN GRASS STRAIGHT DRIVE

A19+ 80 mi 7:00 am

NYC Greenwich Stamford Bedford Hills Peekskill

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

From: Central Park Boathouse, parking lot

This is a one-way ride to Peekskill. Leaves the Boathouse and travels through the shaded rolling hills of Westchester, Connecticut, and New York. We'll ride through Scarsdale, past the mansions on the quiet roads and rolling hills of Greenwich, up into the hills of Stamford, through Pound Ridge, down through Bedford Hills, along the Croton Reservoir (for 7 miles) and into the town of Peekskill. Bail option at mile 60 - Bedford Hills RR station.

Faster and slower riders are welcome if you are comfortable riding alone with a cue sheet.

Very brief deli/restroom breaks. Cue sheet and topographical map in NYCC ride library. Search under: Shay. 5,400 feet vertical, 633 max. elevation, 6.4 feet min. elevation. Chance of rain greater than 30% or temperature above 95 F cancels. METRO NORTH BIKE PASS AND ONE WAY TRAIN FARE REQUIRED.

A23 105 mi 7:30 am

Dutchess County Tour

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

From: Grand Central Terminal, Information Booth

Starting in South East and ending in Beacon, this route offers a rolling tour of Dutchess County.

Meet at GTC around 7:30 AM to catch the 7:48 train to South East; the return is via Beacon. Please bring a MetroNorth pass, as well as two water bottles, power bars or gels, money for lunch, a bicycle in good repair, along with the mandatory helmet. Check the bulletin board for updates if weather appears unfavorable.

B12 30 mi 9:20 am

Beater ride to Bluegrass festival (It's not about the bike).

Leaders: Mark Gelles, mgelles@okcom.net; Raoul Edwards, cycling@rileyno.com

From: Staten Island Ferry, Manhattan Terminal

See description under A12 ride listing.

C12 23 mi 9:25 pm

Endurance Ride #3 of 3—Lincoln Tunnel Run

Leaders: Alfredo Garcia, cyclistxxiii@yahoo.com; Mark Trainor; Liz Baum; Ed Pino

From: Central Park—Merchant's Gate, 59th St., Columbus Circle

What's the motivation of leading 3 rides in a day? In 1975, George Foreman fought 5 guys in a day, three rounds each. Like George, I hope to smile, laugh at fate's end and not go quietly into the night. We'll ride Times Square, the greenway and carry bike over the blasted GWB north path. Some steep downhill and riding opposite traffic with blinding lights. Then ride the Tunnel back to Manhattan. No sunscreen needed. Ride

subject to cancellation by the Port Authority. Bring front and rear NON-BLINKING lights. No backpack or panniers. Bring valid ID. Ride should finish by 2AM, with optional breakfast. Third of three rides to be done within 24 hours. People who do all 3 receive special citation. All three endurance rides are co-listed with the 5BBC.

C12 23 mi 10:00 am

Endurance Ride #2 of 3—Sandy Hook

Leaders: Alfredo Garcia, cyclistxiii@yahoo.com; Phil Goldberg (counterpart 5BBC 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)

The madness continues. We'll take a high speed ferry to Sandy Hook. Ride out and back, going through nice towns and several bridges. Two climbs included. Lunch at a historic hilly lighthouse. Then back to the Hook for beach time. Bring sunscreen, sunglasses, cap, lock, food or \$ for it and \$39 for round trip fare (bike included.) Second of three rides to be done within 24 hours.

C12 30 mi 9:55 am

Beater ride to Bluegrass festival (It's not about the bike).

Leaders: Mark Gelles, mgelles@okcom.net; Raoul Edwards, cycling@rileyno.com

From: Staten Island Ferry, Manhattan Terminal

See description under A12 ride listing.

C13 40 mi 4:00 am

Endurance Ride #1 of 3—Staten Island Early Perimeter

Leaders: Alfredo Garcia, cyclistxiii@yahoo.com; Jesse Brown

From: Staten Island Ferry, Manhattan Terminal

Break-of-dawn ride for those who want to do other things in the day or start a cycling marathon. We'll get on the 4:30AM boat to Staten Island and take about 4 hours to bike 99.23% around borough (note: leader will ride sturdy touring road cycle). Bring food & water. Cyclists must have bike in good working order as well as being fit to finish before 9am. First of three rides to be done within 24 hours.

Sunday, August 12, 2007

A19 30 mi 8:00 am

A Sunday Morning Quickie

Leaders: Richard Edmonds, richard.edmonds@ny.stemcor.com; Sarah Tombaugh, sarahtombaugh@hotmail.com; Nick Trippel, nick.trippel@hunter.cuny.edu

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

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

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

B16 50-60 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.

C12-14, B14- 34 mi 8:00 am

ENY Prep Ride #2: NJ Waterfront

Leaders: Paula Froke, pfroke@yahoo.com, 646-285-5010; Bill Laffey, charlie07644@aol.com

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

New to cycling, group riding or ride leading? Join us for the second in a series of prep rides leading up to Escape New York, the NYCC's signature ride on Oct. 13. Today we'll head over the George Washington Bridge for a tour along the New Jersey waterfront, eat lunch in Liberty State Park, and return via the Bayonne Bridge and the Staten Island Ferry. Along the way we'll answer your questions and give you tips, with the goal of building skills, strength and confidence -- and having fun. This is also a chance for those who have more experience and skills and now are interested in leading rides to get some tips and practice. As always be sure your tires are properly inflated and your bike is in good mechanical shape. Bring two water bottles, a spare tube, some pocket food and money for a deli lunch. Future ENY Prep Rides in August and September will take us to Westwood, NJ, Piermont, NY, and Ridgewood, NJ. And no, you don't HAVE to ride in Escape New York (choices of 50, 62 and 100 miles) after doing these prep rides. But you'll want to!

Tuesday, August 14, 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. (NOTE: I will not be riding on 8/7 or 8/9.) Cancels: precipitation, imminent threat of precipitation, or wet pavement.

Wednesday, August 15, 2007

B16 +/- 50 mi 9:30 am

The Wed River Road B16 ride

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

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

A casual ride up to Piermont or Nyack, depending on our schedules, for lunch. We're usually back on the NYC side of the GWB by about 2.30. IMPORTANT GROUND RULES: Please sign up on the Message Board the Tuesday preceding and check back later Tuesday eve to see if we're ON. Two of you, plus me, for a third, make a ride!

Thursday, August 16, 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. (NOTE: I will not be riding on 8/7 or 8/9.) Cancels: precipitation, imminent threat of precipitation, or wet pavement.

Saturday, August 18, 2007

A19-20+ 95+ 8:00 am

Pound Ridge - Carmel - Cold Spring

Leaders: Fred Steinberg, fsteinberg@nyc.rr.com, 917-572-8926; Timothy McCarthy, timothymc@earthlink.net; Marcy Bloomstein; Tom Denham

From: Central Park Boathouse

Whether we end in Brewster for a 75 mile foray or go all the way into the setting sun and descend to Cold Spring for a near century, this route is a crowd pleaser. Miles of shaded roads in horse country followed by the climb up to Pound Ridge for lunch. Then ridge hopping thru South Salem, Waccubac and the reservoirs to Carmel and the finale up and down Rt301 to the river. Bring a serviceable bike with enough rubber to get you home, pocket food, water/fluid, money for lunch and a Metro-North bike pass for the train ride home. If in doubt about the weather call Fred and check the NYCC message board.

A21 ~95 mi 8:00 am

Go Home Yankee

Leaders: Harry Zernike, hz@harryzernike.com, 917-324-5040; Tom Martin, tem2103@columbia.edu, 212-305-3823; Dara Kiese, dkiese10@yahoo.com, 646-675-4097

From: Central Park Boathouse

We'll be leaving the city behind and cruising up through White Plains and Bedford, into some short sharp hills in Westchester. Then it's a turn east towards Ridgefield, CT, the scenic reservoirs South of Bethel, and on down to finish in Westport.

There will be some cruising along ridgelines and through valleys, and some short sharp hills between them. A 30' jump into a nice cold stream towards the end is optional, but highly recommended.

Bring your Metro North pass- we return by train from Westport to Grand Central- as well as two water bottles, pocket food, and flat fixin's.

Check the message board on Friday night for weather cancellation.

Sunday, August 19, 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 65 mi 8:30 am

Sandy Hook via Raritan Bay

Leaders: Avi Robinson, arobinso@yu.edu, 917-519-6276; Ann Marie Ficuciello, annmarie.ficuciello@gmail.com

From: Newark Penn Station

It's the end of August, and time to get in one last summer ride to the beach. Route includes Amboy Point in Perth Amboy, Cheesquake St. Park, the Henry Hudson Rail Trail, and the Sandy Hook Greenway. After zipping through some unavoidable, but traffic-free, industrial areas, this becomes a pretty, flat ride with only one substantial hill in Atlantic Highlands.

Get to the start either via PATH (7:57 from WTC) or bike from GWB NJ Side (22 miles; leaving at 7:00 AM sharp). RSVP required for departure from the GWB. We will gather at the information booth inside the main hall of Newark Penn Station.

The ride will reach Sandy Hook with ample time to return to NYC via the 3:15 Seastreak ferry (fare \$23.50). Return also available via NJ Transit from Long Branch (fare \$12 to Manhattan).

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

C12/13 35-50 mi 7:45 am

Ridgefield & North

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

From: Grand Central Terminal, Information Booth

Buy one way ticket for 8:07 AM bike train to Noroton Heights. A winding, twisty, modestly hilly route to a Ridgefield lunch. Then, north and west through horse-farm country along the Connecticut/Putnam/Westchester border to several Metro North return options: Purdy's, Golden's Bridge, Katonah... maybe all the way back to the Connecticut shore. As this ride bridges NYCC "C" and "B" ride conditions, it will be best enjoyed by stronger, more experienced riders.

C12-14, B14- 50 mi 8:00 am

ENY Prep Ride #3: Westwood, NJ

Leaders: Paula Froke, pfroke@yahoo.com, 646-285-5010; Bill Laffey, charlie07644@aol.com

From: Central Park Boathouse

New to cycling, group riding or ride leading? Join us for the third in a series of prep rides leading up to Escape New York, the NYCC's signature ride on Oct. 13. Today we'll head over the George Washington Bridge to some relatively lightly trafficked streets in beautiful residential areas of Bergen County. Along the way we'll answer your questions and give you tips, with the goal of building skills, strength and confidence -- and having fun. This is also a chance for those who have more experience and skills and now are interested in leading rides to get some tips and practice. As always be sure your tires are properly inflated and your bike is in good

mechanical shape. Bring two water bottles, a spare tube, some pocket food and money for a deli lunch. Future ENY Prep Rides in August and September will take us to Piermont, NY, and Ridgewood, NJ. And no, you don't HAVE to ride in Escape New York (choices of 50, 62 and 100 miles) after doing these prep rides. But you'll want to!

C13/14 35 or 55 9:00 am

Liberty State Park, New Jersey

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

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

Start at Eleanor Roosevelt statue at 9:00 AM, or in the bicycle waiting area at the Staten Island Ferry Terminal, 1 Whitehall Street at South Street in Lower Manhattan at 9:50 AM.

We'll take the Staten Island Ferry to Staten Island and the Bayonne Bridge over to Bayonne, NJ. We'll stop for a picnic lunch in lovely Hudson County Park in Bayonne. Then we'll head over to Liberty State Park from which you'll get an awesome view of the Manhattan skyline. From there we'll ride over to Hoboken. This is the 35-mile ride and you can catch the New York Waterway or PATH train back to Manhattan. For the 55-mile ride we'll continue to the George Washington Bridge for the return to Manhattan.

Please bring with you: Two spare inner tubes and a patch kit, a bicycle pump, lunch or money for lunch, water (at least two bottles), a helmet (and wear it), and a smile

Tuesday, August 21, 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. (NOTE: I will not be riding on 8/7 or 8/9.) Cancels: precipitation, imminent threat of precipitation, or wet pavement.

Wednesday, August 22, 2007

B16 +/- 50 mi 9:30 am

The Wed River Road B16 ride

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

From: Eleanor Roosevelt statue, 72nd St and

Riverside Drive

A casual ride up to Piermont or Nyack, depending on our schedules, for lunch. We're usually back on the NYC side of the GWB by about 2.30. **IMPORTANT GROUND RULES:** Please sign up on the Message Board the Tuesday preceding and check back later Tuesday eve to see if we're ON. Two of you, plus me, for a third, make a ride!

Thursday, August 23, 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. (NOTE: I will not be riding on 8/7 or 8/9.) Cancells: precipitation, imminent threat of precipitation, or wet pavement.

Saturday, August 25, 2007

A19-23 100 mi 7:30 am

Wassaic to Poughkeepsie via 2 Mtns in 3 States

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

From: Grand Central Terminal, Information Booth

The evolution of the 3 Mtn Ride: we will cede Skiff Mtn and the Dover Plains start for Fred's whiz-bang second half to end in Poughkeepsie with hourly trains to GCT. However, we do ascend both Sharon Mtn via East Street and Mt Washington Road and descend to Copake Falls via Bash Bish.

Front loaded big climbs, Hudson Valley rollers in the second half. This is a long ride in a region where bike shop is not in the vocabulary. Don't consider this if your bike is less than mechanically flawless and your strength and stamina tip top. We will keep trip momentum with judicious breaks.

Buy one ticket for the 7:48 train to Wassaic on the Harlem line and one ticket for the return from Poughkeepsie. Bring 2 bottles of drinking fluid, 2 spare tubes, a means of inflation, pocket food, cash for lunch and a helmet. If we make the 6:33 pm (last) bike train from Poughkeepsie, we won't be getting into GCT till 8:29, after dark.

Keep an eye on the NYCC Message Board for any changes or details. In light of limited daylight, length of ride and few bailout options, weather is critical to success.

C12 30 mi 7:30 am

Sandy Hook, Asbury Park and back

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

A new variation on this ride. We'll go to Asbury Park for a look-see at Bruce Springsteen's pre-fame stomping grounds and see any old remnants that wasn't destroyed by the wrecking ball. Then back to the Hook for beach time. Bring \$39 round trip fare, a lock, sunscreen, sunglasses and swim gear for a good time. Note: boat leaves at 8:15am. Co-listed with the 5BBC.

Sunday, August 26, 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 cancells.

B14-16 40-65 9:30 am

Choices in Westchester: A New Variation

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

From: First Avenue and E. 64 St., NW corner

We travel as a group through the Bronx and lower Westchester. At Scarsdale we stop for refueling and break into two groups. A faster contingent sets north to sample Westchester's most impressive hills. (Those who have gone on previous rides should note that your fearless leader has found a new hill variation with new difficulties and rewards.) Great scenery! A slower group has a shorter ride but one that also boasts interest and great views.

C13/14 58 mi 8:00 am

Goldens Bridge, Westchester

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

From: Central Park Boathouse

Start from the Boathouse at 8:00 AM, or at the entrance to the Broadway Bridge (NE corner of Broadway & 9th Ave) at 9:00 AM.

We'll take the lovely South & North County trails (fully paved) to the Putnam County line. In between we'll stop at Law Park in Briarcliff Manor for a picnic lunch. From the Putnam County line we'll ride through beautiful areas of Westchester to Goldens Bridge where we will take Metro North back to Grand Central Station.

Please bring with you: A Metro North Bicycle Permit, two spare inner tubes and a patch kit, a bicycle pump, lunch or money for lunch, water (at least two bottles), a helmet (and wear it).

Tuesday, August 28, 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. (NOTE: I will not be riding on 8/7 or 8/9.) Cancells: precipitation, imminent threat of precipitation, or wet pavement.

Wednesday, August 29, 2007

B16 +/- 50 mi 9:30 am

The Wed River Road B16 ride

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

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

A casual ride up to Piermont or Nyack, depending on our schedules, for lunch. We're usually back on the NYC side of the GWB by about 2.30. **IMPORTANT GROUND RULES:** Please sign up on the Message Board the Tuesday preceding and check back later Tuesday eve to see if we're ON. Two of you, plus me, for a third, make a ride!

Thursday, August 30, 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. (NOTE: I will not be riding on 8/7 or 8/9.) Cancels: precipitation, imminent threat of precipitation, or wet pavement.

Sunday, September 02, 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.

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

2008 NYCC Board

There are 13 positions on the Club Board of Directors: President, VP of Programs, VP of Rides, Secretary, Treasurer, Public Relations, Special Events, Membership, A-Rides Coordinator, B-Rides Coordinator, C-Rides Coordinator, Bulletin Editor and Webmaster. All positions are open for anyone to run for the 2008 Board.

Some current Board members have expressed an interest in remaining on the Board, but more than half the current Board will be retiring at the end of 2007.

As of now, no current Board members have expressed interest in the positions of President, VP Programs, Treasurer, A-Rides Coordinator, B-Rides Coordinator, C-Rides Coordinator or Webmaster, so we are especially interested in people with the skills and temperament for these positions. However, it's an open election and you should consider running for any position that interests you.

If you have an interest in volunteering for a Board position or any questions about what a position entails, please contact Carol Waaser at biker-c@rcn.com. Nominations will officially open in September, but it's not too early to express interest.

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.

Do you have a deep desire to know how to fully maintain your bicycle?

The New York Cycle Club presents a road bicycle maintenance and repair workshop series. This workshop series will occur on Sunday afternoons during the summer months. Each week we will work on different parts of the road bicycle. We'll start with the basics and progressively cover more advanced topics.

You are welcomed to bring your road bicycle to the workshop. This is a hands-on workshop with a hold-your-hand style approach. If your intent is solely to be an informed bicycle shop customer and to just watch and learn – that is all right, too. By the end of the workshop series, you will come away with full confidence and knowledge of how to repair and maintain your bicycle.

Each class starts at 2pm and run approximately 3 hours. The location is downtown Jersey City, NJ, along the Hudson waterfront (or, directly across from familiar environs of Battery Park City). Traveling from NYC is a quick 5 minutes by ferry or 5 to 15 minutes by PATH train.

You may sign up for one or more classes. The cost per class is \$20. At the end of each class someone will go home with some tools used in the class. What could be better? Net proceeds from the workshop series will be donated to Recycle-A-Bicycle.

Space is limited. Sign-up now via the [Active.com website](#).

Sunday, 22 July 2007 and Sunday, 26 August 2007 – Basics and Consumables

Bicycle cleaning and polishing for city dwellers • Flat repair • Chain cleaning and maintenance
Replacing chain • Replacing cassette • Replacing chain rings

Sunday, 29 July 2007 – Pruning and Tuning Cables

Replacing brake and gear cables and housing • Brake and Gear adjustments • Wrapping handlebars

Sunday, 12 August 2007 – Getting Greasy

Saddle adjustments • Seatpost install and repack • Pedal maintenance • Headset maintenance
Stem and fork maintenance • Handlebars adjustment • Bottom brackets and cranks

Sunday, 9 September 2007 – All About Wheels

Hub maintenance • Truing wheels • Wheel building primer

Travel Directions:

The workshop's address is: 15 Warren Street, Jersey City, NJ. This address is within a mile south of the Holland Tunnel. You may also take the PATH train from one of its entrances at 6th Avenue and 33rd, 23rd, 14th, 9th or Christopher Streets and exit at the Grove St stop. For down-towners, catch the PATH train at the World Trade Center stop in lower Manhattan and get-off at the Exchange Place. For either stop, Exchange Place or Grove Street, it is then a short bike ride (0.7 miles to be precise) to 15 Warren Street. See map below. Even better yet, you may catch the Liberty Park Water Taxi (ferry) from nearby the commodities exchange building in Battery Park City departing approximately 15 and 45 minutes past each hour. It will drop you off right in front of 15 Warren Street/Portside stop.

<http://maps.google.com/maps?f=q&hl=en&geocode=&q=15+Warren+Street,+Jersey+City,+NJ&sl=40.686572,-73.960311&sspn=0.006346,0.010149&ie=UTF8&ll=40.71324,-74.040105&spn=0.012686,0.020299&z=16&iwloc=addr&om=1>

2007 membership application/renewal/change of address

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

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

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

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

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

Name: _____ Email: _____ Signature _____

Partner: _____ Email: _____ Signature _____

Address: _____ Apt. _____

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

Day tel: _____ Night tel: _____



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

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

Bicycle shops 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
10% off parts and accessories. No discount on bicycles.

Bicycle Heaven

348 East 62 Street, NY, NY
212 230-1919
8.25% off accessories and repairs.

Bicycle Workshop

175 County Road, Tenafly NJ 07670
201 568-9372; 10% off parts and accessories

Bicycle Renaissance

430 Columbus Avenue, NY, NY
212 724-2350; 10% off repairs and accessories (not on sale items and new bikes)

Conrad's Bike Shop

25 Tudor City Place, NY, NY
212 697-6966
conrads.bikeshop@verizon.net; 8.25% off parts, accessories and repairs.

Gotham Bikes

112 West Broadway, NY, NY
212 732-2453, gotbik@aol.com
10% off parts, accessories and repairs.

Larry's 2nd Ave. Bicycles Plus

1690 2nd Ave. at 87th Street, NY, NY
212 722-2201, larrysbicyclesplus.com;
15% off parts & accessories; 5% off bikes.

Master Bike Shop

225 West 77th Street, NY, NY
212 580-2355; 10% off parts, accessories and bicycles.

Piermont Bicycle Connection

215 Ash Street, Piermont, NY 10968
845 365-0900 and 4 Washington Street, Tenafly, NJ 07670, 201 227-8211
www.piermontbike.com; 10% off everything including bicycles. Free S&H on purchases over \$100.

Sid's Bike Shops

235 East 34th Street, NY, NY
212 213-8360 or www.sidsbikes.com
10% off accessories and clothing.

Toga Bike Shop

110 West End Avenue, NYC, NY
212 799-9625 or gotbik@aol.com;
10% off parts, accessories and repairs.

Turin Bicycle

1027 Davis Street, Evanston, IL 60201
847 864-7660, www.turinbicycle.com
cmailing@turinbicycle.com; 10% off parts and accessories. Owned by NYCC Life Member.



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

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New York Cycle Club
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