

Get fit
Play ball
Orchards
Billy goat
+
The pelvis

PRESIDENT'S MESSAGE

Summer has come and gone. Now it is time to get ready for fall — my favorite season and perhaps the most beautiful time to ride in our area. There are still plenty of rides on the calendar for you to enjoy and we're always looking for people to volunteer to lead rides, too. If you are close to leading the number of rides needed for the 'Ride Leader Award', consider leading a few more rides to comfortably earn your NYCC swag!

With summer vacations mostly distant memories, I wanted to fill you in on a biker's paradise that I recommend visiting sometime in the future. In the heat of August, I traveled with my wife, daughter, and in-laws to Acadia National Park in Bar Harbor, Maine, approximately 500 miles northeast of New York. While temperatures in New York were in the high 90's that week, temperatures in Acadia peaked in the 70's which was perfect to explore the mountains and rocky coastline on two wheels. Acadia's main road, Park Loop Road, is 27 miles of two-lane one way roads covered with smooth, fast pavement. The speed limit is 35mph for the cars and the numerous RVs, but few cars reach that speed limit because of the windy roads and breathtaking views. The highest point in Acadia National Park — and for the United States' eastern coast, for that matter — is Cadillac Mountain, 1530 feet above sea level and a 3.5 mile ascent to the summit.

In addition to the ample road biking opportunities, Acadia has 45 miles of Carriage roads — 16 feet wide trails made of smooth hard-packed crushed stone — which are perfect for exploring on a mountain or hybrid bike. Built by philanthropist John D. Rockefeller Jr. in the early 1900s, these roads are still perfectly maintained and connect all of the key points of Acadia National Park for hikers and cyclists. During my visit, we took several boat trips — one on a former lobster boat — in the waters off the coast which supply the majority of lobster to the country. Eating fresh lobster, crab, or fish every day and staring up to millions of stars every night — whose existence living in the light-polluted New York City has almost made me forget — Maine is a fantastic place to recharge your batteries. My wife's family has been making the trip every summer for over 30 years, and I will be sure to return as often as I can too! If you ever have the opportunity to visit, I highly recommend it.

Jeff Terosky, NYCC President

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NYCC Bulletin

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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

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! Yeeeesss, 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!***

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 some of the current Board will be retiring at the end of 2007.

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.

September '07 Club Meeting

Tuesday September 11th 6–9:15pm

**Mike Sherry:
Bike Fit &
Other Measures**

With special guest appearance by
Craig Upton, Founder of Performance
Labs, Hors Catégorie

Ever seen a thread on the message board asking for a recommendation for a bike fitter and not seen Mike Sherry suggested?

And then, have you ever noticed the outpouring of accolades and testimonials that follow? Now is your chance to meet Mike in person and hear what he does and how he does it. We will learn his special system for precision bike fits and how a good fit can prevent injury, increase comfort and improve performance and power. In addition, Mike will explain physiological measures such as lactate threshold testing and how those results can be used to plan personalized fitness programs, diagnose potential difficulties and assess athletic improvement.

Check out the Performance Labs website, PerformanceLabsHC.com Mike is the New York Director of Performance Labs Hors Catégorie. He's a biomechanics specialist as well a multisport & cycling coach, working with top local riders and professional athletes. In addition, Mike is the Director Sportif of the Empire Cycling Team, New York City's premiere elite cycling team. The program provides a high quality support system to develop young riders into professional level athletes.

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

<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

September 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>

Saturday, September 01, 2007

A19/20+ 80/90+ 7:15 am

Mohonk Clove Valley Minnewaska Cragsmoor

Leaders: Fred Steinberg, fsteinberg@nyc.rr.com, 212-787-5204; Gerald Seppey; Tim McCarthy, timothy@cleanhands.net; Hank Schiffman, hschiffman1@nyc.rr.com

From: Grand Central Terminal, Information Booth

The annual Labor Day Saturday Gunk Classic- revised. Meet at GCT at 7:15am, buy a one way ticket to Poughkeepsie, 7:57am train. That's right we're starting in Poughkeepsie and finishing in Beacon. We still climb Mohonk, Clove Valley / Minnewaska, lunch in Kerhonksen, then climb Rt52 for a visit with the hang-gliders or the alternative climb up to Cragsmoor via S. Gully Rd. The new return takes us to Beacon through OC farmlands and historic Montgomery. The old return via Wallkill is 77 miles. Lots of climbing, stunning views, little traffic. Bring MNRR pass, carfare (\$23.00), helmet, etc. Weather in Poughkeepsie/Beacon is key. Check NYCC msg board after 6:00 am for updates, etc or call 917-572-8926

B16-17 90+ 9:00 am

A Rosenthal Century

Leader: Neile Weissman, soupstone-at-mind-spring-dot-com

From: 2nd Avenue & 5th Street

Across the Bronx and into Mamaroneck before an eclectic trajectory into Tarrytown. We reverse the arc with a flat spin to Larchmont and a hilly negotiation of Yonkers before ending at a subway in the Bronx. Optional mileage back to Manhattan should get us the century. 4,000+ feet climbing.

Multiple bail points as a hedge against bad weather or for those who just want a shorter ride. Bring Metro North/LIRR train pass.

No paceline but we ride together at a disciplined pace. Message leader if you're on. Include a cell if you have. Ride will happen if weather permits and three or more RSVP. Check message board for ride status.

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 cancells.

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. Please ride single file in Nyack, Grand View & Piermont.

Monday, September 03, 2007

A19 100 mi 7:45 am

Sea, Mountains, Farms & Rivers: Westport to Poughkeepsie

Leader: Carl Kulo, ckulo@earthlink.net, 646-644-8477

From: Grand Central Terminal, Information Booth

Meet at GCT at 7:45am, buy a one way ticket to Westport (New Haven Line), 8:07am train. We'll start this unique ride along the L.I. Sound shore before heading north into the rolling and wooded CT countryside. Then we get into more serious climbing through the scenic Berkshires of Litchfield County. We'll then cut west across Dutchess County farm country, and end by the river at Poughkeepsie for our train back to NYC.

If weather is an issue, check NYCC msg board after 6:30 am for updates, etc or call 646-644-8477. Bring MNRR pass, helmet, water, etc.

Wednesday, September 05, 2007

B16 50 mi 9:30 am

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 ride up River Road to Piermont or Nyack, depending on our schedules, for lunch.

We are usually back on the NYC side of the GWB by about 2.30 pm.

Ground rules are that you sign up on the message board the day before, then check back later that evening to see if we're ON. ON means 2 of you, plus me, for a total of 3.

Thursday, September 06, 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. Please ride single file in Nyack, Grand View & Piermont.

C13 55 mi 9:30 am

Nyack

Leaders: Donald Bear, donaldbear@mac.com, 212-727-7211; Linda Funicello

From: Central Park Boathouse

We'll go 9W through Piermont via Tallman Mtn. St. Pk., lunch in Nyack & then back Piermont Rd & Walnut.

Friday, September 07, 2007

B18 70 mi 9:00 am

Sagamore Hill (Teddy Roosevelt's House)

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

From: City Hall Park, Opposite Brooklyn Bridge

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

Saturday, September 08, 2007

A19-23 85 mi 8:00 am

NYC to Garrison - Little Tor, Gate Hill, Tiorati, Perkins

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

From: Central Park Boathouse, parking lot

One way ride from the Boathouse to Garrison. Route allows for motoring about 30 miles before heading into the hills. Includes 9W, Western Highway, Little Tor, David's Bagels (on rt. 202), Gate Hill, Tiorati Brook, and Perkins from the Hudson River.

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

Three very brief deli/restroom breaks. 7,050 feet vertical, 1,276 max. elevation, 6.2 feet min. elevation. Chance of rain greater than 30% cancels. METRO NORTH BIKE PASS AND ONE WAY TRAIN FARE REQUIRED.

B15 75+/- 8:30 am
Beautiful ride to the Orchards

Leaders: Linda Wintner, lwintner@metlife.com, 212-876-2798; Ellen Jaffe, ellen@ellenjaffe.com, 212-966-7206

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

We'll have a lovely ride through NJ and up South Mountain Road to the Orchards. Lunch will be at Dave's Bagels a mile past the Orchards, and we'll stop at the Orchards on the way back for cider. Then we will enjoy the exhilarating downhill of South Mountain Road. Although part of the ride will be on flattish/rolling terrain, South Mountain is a definite challenge and we may take 9W back, which is another serious challenge. Be prepared for a long but pleasant day and a good workout. Cancels: precipitation or imminent threat of precipitation (check the Message Board or call one of the leaders if in doubt).

B17 68 mi 8:30 am

Headin' East to Oyster Bay

Leaders: Mark Israel, misrael8@gmail.com, 917-715-1031; George Arcarola, George.Arcarola@bed-bath.com; Dan Broker, Daniel.Broker@AIG.com

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

Join 3 guys from Queens for a fun ride East to Oyster Bay, Long Island. Stop in Roslyn for lunch. Check message board night before if possibility of cancellation. If no message, we're on. Email Izzy at misrael8@gmail.com with any questions, including directions to our meeting place in Kew Gardens. Bring a Metro North/LIRR pass for early bailout options.

Sunday, September 09, 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 20 mi 8:50 am

Mtn Bike: Huber/Hartshorne

Leader: Carl Kulo, ckulo@earthlink.net, 646-644-8477

From: Penn Station

Intermediate Level Mtn bike ride at Huber and Hartshorne Woods in Neversink Highlands of NJ.

We'll take 9:07am North Jersey Coast train to Middletown, NJ.

After a few miles on roads, we'll ride the trails at Huber Woods. Then we'll ride the sweet singletrack of Hartshorne, including "Laurel Ridge", "Grand Tour", and "Rocky Point" trails.

Post-ride options include lunch and visit to Twin Lights and the Sandy Hook N.P. bike path and beaches. Will return on the scenic Seastreak ferry (\$24) to NYC. Expect a full day.

Must have good fitness level, mtn bike with knobby tires and suspension, and basic comfort with off-road singletrack trails. (Speed noted is on the access roads: trail riding is, of course, much slower)

C12-13 35-40 mi 10:00 am

Rye Beach Ball ride

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

From: Dyckman & Broadway, Manhattan (Ring Garden). Meet at the park benches at the RING Triangle garden (Take the "A" train to Dyckman/200th and cross 2 streets to the opposite side of the intersection).

This is the latest variation of my beach ball ride. This time we take less time to get to Rye, still going through manicured burbs of lower Westchester to lunch at Rye Playland, an old-style amusement park with a nature preserve attached at one end and a town park and beach at the other. Depending on interest of the riders, we'll stroll through the amusement park, and maybe some of the nature preserve after lunch at the town park, then back home via a shore-hugging route and the North Bronx Bikeway.

Bring Metro-North pass for emergencies and a helmet and water. Cancellation conditions; predicted highs 95 or 50% chance of rain. Temps over 90 may shorten the ride some. If in doubt about weather after checking the forecast, call Maggie After 8am.

C14 30 - 35 mi 10:30 am

After Breakfast - Lunch in Brighton Beach

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

From: City Hall Park, Opposite Brooklyn Bridge

If you haven't been to Brighton Beach in a few years you will be amazed at the vibrancy and energy that infuses this neighborhood. Everywhere you turn there are crowds on bustling streets, vendors hawking Russian foods and interesting sights. Its entertaining just to walk around the place. Our plan is to take bike friendly streets to Prospect Park and then do a lap or two before heading onto Ocean Parkway. From there its straight down to Brighton. Once there we will snake up and down a few blocks to get a feel for the place and soak up its character. Then we will head for the Boardwalk and take a lunch break. After lunch its on to the Greenway heading toward Bay Ridge. At the end of the Greenway we will take 4th Avenue toward Park Slope, and from there we traverse Boerum Hill, then back toward the Brooklyn Bridge. We should be back in Manhattan by about 3:30. I think this will be fun. "After Breakfast" riders seem to enjoy themselves. As Borat would say: Nihiiiiice!

Wednesday, September 12, 2007

B16 50 mi 9:30 am

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 ride up River Road to Piermont or Nyack, depending on our schedules, for lunch.

We are usually back on the NYC side of the GWB by about 2.30 pm.

Ground rules are that you sign up on the message board the day before, then check back later that evening to see if we're ON. ON means 2 of you, plus me, for a total of 3.

Thursday, September 13, 2007

A20+ 52 mi 9:30 am

Mellow Thursday

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

From: Central Park Boathouse

Join us on this fast, hilly and usually coop-

erative ride. We'll do a cooperative, quick tempo ride north (down East Clinton and then north on Rte 501), climb Clausland, and then make a quick stop in Nyack. We'll head south on 9W for the usual fast trip home. Please note that this ride will leave promptly at 9:30. No maps, no cue sheets, no requirements. No problems.

Friday, September 14, 2007

B17/18 65 mi 9:10 am

Long Beach/Point Lookout

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

From: City Hall Park, Opposite Brooklyn Bridge

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

Saturday, September 15, 2007

A19 85+ 8:30 am

Harriman and Bear Mountain

Leader: Daniel Wolf Savin, savin@astro.columbia.edu, 646-707-4937

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

This is a one-way ride to Garrison via beautiful Harriman and Bear Mountain State Parks. I can't believe that they are so close to the city and I've tried to put a route together that has us spending more time than the typical club rides do in these two lovely parks. Expect lots and lots of climbing. On the way there (around mile 30) we'll do Little Tor and then come back down to do South Mountain Road. If those prove to be too difficult for any riders, the best option is to just turn around, follow the cue sheet backwards, and have a lovely ride back to the city. Be warned, there are no other bail options. Then once we get to Harriman and Bear Mountain the climbing continues. This will be a very challenging but lovely ride. We are planning on taking the 5:06 PM train from Garrison arriving in Grand Central at 6:29 PM.

We'll make one lunch stop, a few brief water stops, and finish up at the train station deli in Garrison. Bring dollar bills for the beverage vending machines at the top of Bear Mountain. A Metro North bike pass and one-way train fair (\$10) required. Chance of rain greater than 30% cancels. Check message board 7 AM the day of the ride for any final notes.

A25+ 70/80 8:20 am

Gimbels

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

From: NW corner of Madison Ave and 125th Street

It's September. You'll never be in better shape. If you've ever wanted to try Gimbels,

today is the day. It's 10 miles to the start in Yonkers where there will be 5 minutes for a bathroom break before joining the ride for their 10-15 mile easy warm-up. The group then splits into two with the "short" ride doing about 22 miles at race pace and the "long" ride doing about 35 miles equally fast on a much hillier loop. We'll regroup at the finish in Mamaroneck for a snack and the 20+ mile ride home. The pace isn't 25+ for the whole ride but if you can't do that for short spurts you will get dropped. If you email me ahead of time I'll bring a map of the route.

B16 50-60 9:00 am

Bergen History Ride #3

Leaders: Carol Waaser, biker-c@rcn.com; Tonya Johnson, bikintonya@yahoo.com; Reggie Johnson

From: Rambles Shed, Central Park

Keeping our options open - we may go to the Gethsemane Cemetery, a 19th century cemetery that was established for purpose of burying African-Americans and played a significant role in New Jersey's late 19th century Civil Rights legislation. It's a 50 mile ride, but the route hasn't been scouted at the time of this listing. If that route doesn't work out, we'll head out to the Wortendyke Barn (mid-18th century) in Park Ridge. This is a longer, somewhat more hilly ride, but very pleasant.

Sunday, September 16, 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+ 65 mi 8:30 am

Sleepy Hollow

Leader: Sue Foster, suefoster@nyc.rr.com, 212-874-1388

From: Central Park Boathouse

Staying east of the Hudson with this 65-miler heading north to Tarrytown, then up Sleepy Hollow Rd through Rockefeller State Park, then down Grassy Sprain through the Bronx on home.

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

B14 20? 9:00 am

Bike Safe! A Clinic in Defensive Cycling

Leader: Reginald Johnson, rabjohnson@optonline.net, 917-825-0952

From: Rambles Shed, Central Park

Join me and learn some practical skills in accident avoidance, Road Rules and group riding.

We'll have a lecture followed by a couple of spins around Central Park to practice what we've learned and then head down Riverside and up Fort Washington to the Cloisters and back or maybe to Piermont if the group decides. The emphasis on this ride is "Safety" so expect to be riding a couple miles an hour slower than you would normally.

Send me an email if you plan on attending.

Wednesday, September 19, 2007

B16 50 mi 9:30 am

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 ride up River Road to Piermont or Nyack, depending on our schedules, for lunch.

We are usually back on the NYC side of the GWB by about 2.30 pm.

Ground rules are that you sign up on the message board the day before, then check back later that evening to see if we're ON. ON means 2 of you, plus me, for a total of 3.

Friday, September 21, 2007

B17/18 45 mi 8:50 am

Staten Island Perimeter

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

From: Staten Island Ferry, Manhattan Terminal

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

Saturday, September 22, 2007

A??? .8 mi 12:00 pm

Billy Goat Hill Climb Series - Week 1

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

From: Base of Little Tor

Put your climbing skills to the test by timing yourself against the best. Week one of this three-week series starts at the base of Little Tor, and ends 420 vertical feet later. Each participant will ride uphill against the clock.

Prizes will be awarded to the fastest climbers each day, and to the participant who completes the full series with the lowest cumulative time.

A19-23 80 mi 8:00 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 New York and Connecticut. We'll ride through Scarsdale, past the mansions on the quiet roads of Greenwich (some roads will make you feel like you're riding a roller coaster), 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.

Two very brief deli/restroom breaks - Rosedale and Bedford. 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% cancels. Metro North bike pass and one way train fare required.

B16 50 mi 9:30 am

Westchester Picnic

Leaders: Mark Gelles, mgelles@okcom.net; Mark Hugel, hwt@worldnet.att.net

From: 242nd St & Broadway, Bronx

From/End: (1 Train's Northern last stop)

Join the two Marks for a scenic hilly ramble from Van Cortlandt Pk. to Pocantico Hills horse country & lunch @ Kingland Pt., lots to look at! Bring a smile, fluids, pocket food, a few bucks & something to carry lunch 2 miles from deli stop to park. Wet roads @ 8:00 AM or bad forecast cancels, if in doubt look for message on message board.

Sunday, September 23, 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.

B16 43 mi 8:15 am

The Estate Tour

Leader: Pat Mullen, slipstream1@verizon.net,(H) 718-894-3333, (C) 212-466-9330; Susan Rodetis (H) 212-288-9663 (C) 347-306-5444, srodetis@earthlink.net

From: Grand Central Terminal / 8:37 am Stamford bound train arriving in Greenwich @ 9:28.

Very Hilly(mostly short hills),with climbing at a moderate pace. We will cycle past miles of estates on scenic secondary roads that are mostly tree shaded and lightly traveled. This is a very pretty and fun ride, on roller coaster like roads. Lunch in Bedford. Metro North bike pass required.

C12-13 50 mi 7:45 am

Connecticut Fields: Fairfield or Ridgefield

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

From: Grand Central Terminal, Information Booth

If expected high is below 78, ride is probably RT Noroton Heights/Fairfield; if above, ride is probably RT Noroton Heights/Ridgefield. Either way, we'll take the 8:07 AM bike train for this relaxed, touristy, multi-turn route; best enjoyed by more experienced riders.

Wednesday, September 26, 2007

B16 50 mi 9:30 am

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 ride up River Road to Piermont or Nyack, depending on our schedules, for lunch.

We are usually back on the NYC side of the GWB by about 2.30 pm.

Ground rules are that you sign up on the message board the day before, then check back later that evening to see if we're ON. ON means 2 of you, plus me, for a total of 3.

Saturday, September 29, 2007

A??? 1.44 mi 12:00 pm

Billy Goat Hill Climb Series - Week 2

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

From: Base of Skyline Drive

Put your climbing skills to the test by timing yourself against the best. Week two of this three-week series starts at the south end of Skyline Drive under I-287, and ends 605 vertical feet later. Each participant will ride uphill against the clock. Prizes will be award-

ed to the fastest climbers each day, and to the participant who completes the full series with the lowest cumulative time.

B15 50? 9:00 am

Tarrytown and Pocantico Hills

Leaders: Reginald Johnson, rabjohnson@optonline.net, 917-825-0952; Tonya Johnson, bikin-tonya@yahoo.com, 718-828-5309

From: Woodlawn, Bronx (Jerome and Bainbridge)

Join us on a moderately hilly ride to bucolic Pocantico Hills. The ride starts at the last stop on the #4 Train in the Bronx (Woodlawn). We'll wind our way thru' lower Westchester County and swing by Blue Hill at Stone Barns (<http://www.bluehillstonebarns.com/>) before heading into Tarrytown. Bring your climbing legs, money for lunch and smile.

Remember that helmets are required for all NYCC rides.

B17/18 80 mi 9:10 am

Apple Orchards of South Mountain Rd.

Leaders: Chuck Lam, cl289@columbia.edu; Maggie Nguyen, crosscountrymules@gmail.com; Steven Kim, stevenjmkim@yahoo.com

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

B-ride on an A+ route.

This will be a fast B ride through Bergen County with few turns. If you can handle a B17/18 pace, you won't have problems on this ride. There'll be one climb before lunch and the usual climb back to the bridge.

Food Stops- NYCC's favorite pit "Bagel Planet" in West Nyack. Bring some pocket food in case we keep the lunch stop short at the orchard.

C12 45 mi 7:45 am

Henry Hudson Trail

Leaders: Alfredo Garcia, cyclistxxiii@yahoo.com; Eva Wirth, ewirth@yahoo.com

From: Pier 11 (Wall St & South St., Manhattan), 9:00am Sandy Hook, NJ (Ferry terminal, north end of Sandy Hook)

Monmouth County's Henry Hudson Trail, is a flat 10+ mile greenway, spanning Atlantic Highlands and Matawan. But getting there requires cycling a good distance to it with some steep hills. If you can dauntlessly ride and climb, you'll be rewarded with unique beautiful scenery. Lunch at Keansburg. Some side trips to nearby areas off the Trail. Some busy roads. Return to the ferry from Highlands or Sandy Hook. Bring \$40 roundtrip fare, \$ for lunch, sunscreen, helmet and a bike in good working order.

Sunday, September 30, 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.

B16 70-95 mi 7:30 am

The Elephant Hotel

Leaders: Ellen Jaffe, ellen@ellenjaffe.com, 212-966-7206; Carol Waaser, biker-c@rcn.com

From: Grand Central Terminal, Information Booth

If you've ever ridden 'Deep Westchester' you've cycled by one of Westchester's great curiosities, The Elephant Hotel, Somers historic town hall and home to the Museum of the Early American Circus.

Our museum stop at The Elephant Hotel comes 45 miles into this hilly ride, with a snack break in Bedford on the way up and one just after the museum visit.

Second-half options include a finish at Metro North in Tarrytown for a total of 68 miles or continuing back to the city for 90+ miles.

Meet at Grand Central 15 minutes before the 7:48AM to White Plains. Bring Metro North bike pass, pocket food, water, some dough. Check the messageboard for weather related changes.

Though we will not linger at the museum, you should plan on an evening return.

Saturday, October 06, 2007

A??? 4.52 mi 12:00pm

Billy Goat Hill Climb Series - Week 3

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

From: 9W & 7 Lakes Drive

Put your climbing skills to the test by timing yourself against the best. The final week of this three-week series starts at the intersection of 9W and Seven Lakes Drive, and ends 1,290 vertical feet later at the top of Perkins Memorial Drive. Each participant will ride uphill against the clock. Prizes will be awarded to the fastest climbers each day, and to the participant who completes the full series with the lowest cumulative time.

New York Cycle Club Board Meeting Minutes

January 2007

The meeting was called to order at 7. Board members in attendance were Jeff Terosky, Debbie Rothschild, Reggie Johnson, Ellen Jaffe, Kim Jenkins, Claudette Lajam, Neil Botwinoff, Kevin Ley, Kay Gunn, Terry Hildebrandt, Carol Waaser. Also attending: Annaline Dinkelmann representing our ad-hoc Advocacy Committee, Stan Oldak and Lynn Baruh from the Youth Program.

President's Report

Jeff requested that each board member in future submit an initial report prior to each board meeting. A motion was passed that the President or, in his absence, both the Vice President of Rides and the Vice President of Programs be able to authorize expenditures of up to \$100 that cannot wait for board approval. NYCC has effectively disassociated itself from Glen Goldstein's Montauk ride. A notice to that effect will be inserted in the e-weekly.

Peter O'Reilly, recipient of the Volunteer-of-the-Year award, sent a note of thanks to the board.

Jeff is looking for input, soliciting ideas as to exactly what the club should be doing. This includes both baseline club activities such as weekly rides and club weekends, as well as new and refined thinking about club activities. For instance, should ENY be a charity event or simply a well-supported club event?

Secretary's Report

December 2006 minutes approved as may be amended.

Financial Report

Money Market:	\$30,523.05
Checking:	\$6,007.30
Total:	\$37,530.35

\$ 1,000 in youth program account. Jeff is a signer on all accounts. Kim will look into wire transfer of funds from active.com. Kim needs an inventory of club jerseys, bottles, etc.

Stan mentioned the club jersey archive that rests with Timothy for future inclusion on the website.

Membership Report

Active.com indicates there are currently 1,871 active members. Since there were 2,008 members at the end of 2006 and membership does not expire until March of 2007, the 1,871 number is incorrect. Neil will look into it.

Jeff suggests an FAQ page on the website to ease the burden of repetitive emails. New members will be listed in each bulletin starting in February.

Immediate Past President

The board agreed there is not enough appeal to pursue a club weekend with Club Getaway.

VP of Programs

The February 13 meeting will generally address all club activities and ways to be involved with the club. The SIG and STS programs will be highlighted. Carol will provide an overview followed by short SIG leader presentations. Question and answer will be handled via smaller break-out groups. Claudette will investigate posting meeting announcements on Craig's list and other such sites. Annaline made a point about narrow subjects drawing only a limited number of people. The club is carrying the extra \$ 5 dinner surcharge for the better menu. The need for more program structure was discussed so that individual speakers do not ramble. Jeff suggested we change the table configuration, make bigger tables. The SIG graduation will likely be spilt over at least two meetings.

Special Events

Bowling night is on January 27. It was agreed that the Woolworth Tower seems an excellent venue for the Volunteer Recognition Party.

Youth Program

Lynn gave a history of the program. Initially the idea was to enroll kids who already bike. The initial group of five were enthusiasts and found mostly through recycle-a-bicycle. Bikes and outfits were provided at a cost of \$ 510 per candidate. Thought it was judged a success, the kids themselves said they would have preferred to ride with participants their own age. In 2007 the program hopes to include ten kids from a wider outreach. Some of last year's participants will help out this year. The program is looking to improve the bikes at an additional cost of \$ 200 per bike. It is hoped that the program can obtain 501(c)(3) tax status, allowing tax-deductible donations. Stan estimates the 501(c)(3) papers will be submitted in March. The NYCC membership registration page on active.com offers the option of making a donation to the youth program at a minimum of a two dollar contribution. At this point donors should consider their contribution not to be tax-deductible. The youth committee estimates a total of \$7,100 will adequately fund this year's youth program. This includes 10 better quality bicycles than last year's. \$5,000 was requested from the club (\$4,000 after the \$ 1,000 already given). The remainder of \$ 2,100 will be made up by donations. A motion was passed to give \$ 3,000 of a possible total of \$ 4,000 to the program for this year. It is hoped that donations, foundations, sponsors will, over time, provide serious funding. Eventual program goal: to look for the kind of kids who do need the bikes, to make the program more needs based.

Rides Report

Reggie wants to develop a calendar of rides for the year. A perennial challenge of the club: how do we get more ride leaders? Kay suggested that we have a more formal ride leader program, that we develop a group of mentors. Carol suggested we develop a group of leaders in training who act as co-leaders. Reggie suggested some kind of reward for first time leaders; a pin or shout-out in the bulletin. Kay is working with the Ultra-Marathon Association. They will recognize the NYCC officially as a source of marathon rides

as Kay is starting a Century-Of-The-Month ride with the help of Ellen and others.

Public Relations Report

Claudette posed the question: what can we do to improve our relationship with such organizations as the Police Department, Central Park Conservancy, etc. Who do we know in these organizations that we can contact?

Bulletin Report

Kevin has not heard back from the New York Times. New members will be listed in February bulletin. An illustrator has offered her work for the bulletin and website. We are looking into it further regarding the details.

Advocacy

The NYCC is involved with advocacy through New York Bicycle Coalition. Time's Up, a New York Bicycle Coalition member, will stage the 2006 Bicyclist Memorial Ride on Sunday January 7th, 2007. The ride honors cyclists who were killed on New York City streets in 2006. NYCC will maintain the Reginald Chan site at 3rd Ave and 17th Street. Sunday, Annaline and Reggie will place flowers at the site on the January 7 Memorial Ride.

The next board meeting will be February 6, 2007, 7PM. Location will be at Kim Jenkins office, 52 Vanderbilt Avenue, Thirteenth Floor.

The meeting was adjourned at 9:30PM.

February 2007

The meeting was called to order at 7:10. In attendance were Jeff Terosky, Neil Botwinoff, Kim Jenkins, Terry Hildebrandt, Kay Gunn, Hal Eskenazi, Reggie Johnson, Scott Wasserman, Ellen Jaffe, Kevin Ley, Carol Waaser, Timothy McCarthy, Debbie Rothschild.

Jeff Terosky – President

Discussed NYCC goals for 2007. Minimum goals are considered to include holding a monthly meeting, publishing the club bulletin, maintaining the NYCC website, and hosting ENY, the spring riding programs, the Newcomers Ride, the All-Class rides, getaway weekends. Other baseline goals are to make club more welcoming to new and returning members, both at meetings and on rides, and to increase general knowledge regarding club business. Additional NYCC goals for 2007: Add FAQ page to be included on the website to minimize the email that board members receive and/or to simplify our responses to this email. This will be especially helpful for the president, VP of rides, PR director, membership chair, and bulletin editor - all of whom often field questions from members and prospective members. Add a calendar to the events page so that we can list future event dates as far in advance as we know them. Embark on a public relations effort to reach out to such organizations whose goodwill would positively effect our cycling. This would also encompass advocacy. Reggie suggested we include the subjects of leading rides, bike maintenance, and bike safety in our 2007 meetings. He also suggested more varied kinds of

rides. Jeff has created NYCC document templates for club use. An NYCC sponsors and discounts page may be included on the website and in the e-weekly. Sponsors will offer substantial discounts and be able to divide those discounts between members and the club itself. Accelerade is interested in being a sponsor. The new New York Road Runners liaison to our club is George Arcarola. NYRR pays NYCC riders to marshal their races at \$50 per rider. The perennial problem of runners taking up the entire Central Park roadway was discussed. Jeff suggested that runners be eliminated if they run outside of their lanes during an event.

Youth Program

Several C-SIG leader do not want to be involved with the program. We are spending 10% of the annual club budget on fewer than a dozen kids and the amount the Youth Program requested is closer to 20% of our annual budget. The Board must have control of the type of program it is and becomes. The following motion was passed: That there must be a means test in order for a Youth Program rider to be given a bicycle. That there shall be no obligation for SIG leaders to accept Youth Program riders in their SIG. That the club will provide up to \$ 4,000 to the Youth Program in 2007 depending on need. That the club will provide free club membership (membership required for insurance purposes) to Youth Program participants in 2007. Additionally it was agreed that the club will provide Youth Program participants jerseys and water bottles at cost from their allotted \$4,000 budget.

Ellen Jaffe – Secretary

January minutes approved.

Kim Jenkins – Treasurer

Current Youth Program Balance \$3,835.91
Current Checking Account Balance \$4,795.68
Current Money Market Balance \$30,532.12

Google and Paypal are significantly less expensive than active.com. The possibility of switching was discussed. No decision was made. Active will not give us separate checks for the youth program. Kim will research the possibility of switching from active.com No decision will be made without talking to the Membership Chair and the Board. Active is important because they maintain a database of the membership and they provide an avenue to query the database. The 2006 ENY check for \$ 5,374.79 to Recycle-a-Bicycle will be presented at a future club meeting. Debbie to determine how we present the check.

Neil Botwinoff – Membership

We presently have 2,183 members. A sizeable number of those registrants are new members. Neil suggests we charge more for off-line registration since it is more labor-intensive. To change the dues structure requires a membership vote. Carol suggested we put this change to a vote at the next election.

Reginald Johnson – VP Rides

Ride leader awards will be distributed on Thursday Feb 8 at Marci Silverman's abode. The ride steering committee will set a ride cal-

endar for the year. This is expected to help provide Metro North a longer lead-time and will also allow for better leader planning. There will be a checkbox on ride listings to indicate whether or not Metro North will be used.

Scott Wasserman – C-Rides Coordinator

In response to Scott's query as to whether the roster is available to ride coordinators to check if a volunteer ride leader is a member, it was suggested we assemble an up-to-date roster as of the close of the SIGs. Kevin will format it.

Kay Gunn – B-Rides Coordinator

UMCA, the UltraMarathon Cycling Association, has recognized the NYCC as an official hub site with the initiation of a Year-Rounder Century Series for the Larry Schwartz Award. At least 6 club members have joined the UMCA. Four completed the January century, the first of twelve.

Claudette Lajam – Public Relations

Claudette is building a list of media outlets and contacts; including other clubs, police, Chambers of Commerce.

Kevin Ley – Bulletin Editor

The bulletin printer has been unresponsive and the possibility of finding another printer was discussed. \$ 8,699.23 was spent on the bulletin last year which is an average of \$ 724.94 per month. Kevin will assemble a PDF describing advertising rates and the various design parameters of the bulletin.

Timothy McCarthy – Webmaster

The message board moderators are doing a fine job Jeff suggested a test of Constant Contact to see if their template improves the e-weekly. At a cost of \$30 it was agreed that we try it out.

Annaline Dinkelmann – Advocacy (ad-hoc committee)

NYC Parade permit regulations. Annaline's notes from the January 31, 2007 meeting with Phil Hom and two other representatives of the City Council: The meeting was in a friendly tone. We did most of the talking and answering their questions. NYCC clearly stated we don't want the permit, even with the higher nr. It would scare our members to come on club rides. There are numerous problems with selectively enforcing the law for example How would a permit work in real life. If we have a permit do we make 2000 copies and give each club member a copy of the permit to carry around or how do we deal with it? Clearly we don't want it. They brought up the May Bike Activities sponsored by the city. We commented on how great that was, but the City has two faces one friendly and encouraging cycling and the other prosecuting cyclist/implementing the permit making it a hostile cycling environment. When asked about what they (the council) could do to improve cycling conditions we recommended bringing back the Koch era public service announcements to educate the public on sharing the road and revise and complete the Bicycle Master Plan. We had some discussion about why/how it has taken so long and that it needs to be updated.

Status of bill 199 - the hearing last week was well attended by various groups. Weinstein testified that the DOT is already collecting data. She has since then resigned. The 199 bill is under discussion and not sure on which way it will go. We asked about indoor bike parking and incentive based laws for that - the mayor is against forcing businesses into doing it. But its under discussion on what the right things to do are. They also mentioned the new legislation for "bicycle businesses" - i.e. have lights on your bike if you are a delivery person, bike laws in multiple languages posted at the workplace etc. Phil and his colleagues still have a few meetings with cycle clubs and then they will discuss it among themselves and possibly make a recommendation to the city council. If needed, they will get in touch with us.

Debbie Rothschild – VP Programs

At the February 13, 2007 club meeting, Jeff will provide an overview, Gary will talk about leading rides, Mark will discuss the SIGs, Carol will discuss volunteer opportunities. There will be name tags and socializing will be encouraged. Even though we paid for forty dinners there have been instances where food has run out or has run very low at the monthly meetings. Debbie will address this with Annie Moore's. The May club meeting and B-SIG graduation will be May 15, 2007. The new menu: chicken marsala, veggie lasagna, salad, bread.

Hal Eskenazi – Special Events

The January bowling event was a success. \$23 was made. Hal needs RSVPs for the Volunteer Recognition Party on February 22. It was suggested that the event be listed in the e-weekly and on the message board Sid's and Toga are opening new stores. Hal suggested they both advertise in the bulletin.

New Business

The club will not subsidize the Memorial Day weekend dinner in the Berkshires. Fred Steinberg is not available to organize the rides this year and we need a replacement. Reyna Franco is overall Memorial Day weekend organizer. We are behind schedule and need to assemble an ENY committee. There will be an e-weekly and a message board post about the formation of the committee and need for volunteers. A tee shirt has been promised to ride leaders who have led between 6 & 12 rides. The shirt will reflect the current jersey design. Kevin volunteered to design it. The possibility of a new club logo will come up for discussion in future.

The meeting was adjourned at 9:25PM.

Next BOD meeting – Tuesday March 6, 2007 at 6:30 PM. Location: Kim's office at 52 Vanderbilt Avenue.

March 2007

At the office of Kim Jenkins, 52 Vanderbilt Avenue, Thirteenth Floor. The meeting was called to order at 6:40PM. In attendance were Jeff Terosky, Neil Botwinoff, Kim Jenkins, Terry Hildebrandt, Hal Eskenazi, Reggie Johnson, Scott Wasserman, Ellen Jaffe, Kevin Ley, Timothy McCarthy, Debbie Rothschild.

Jeff Terosky – President

Youth Program. Jeff introduced Stan Oldak and Derek Chu, youth committee members, who talked about the program. There are 10 participants in the 2007 youth program, representing all five boroughs. Of the ten, three are women seven are men. The age range is 17-21. Three hopefuls were eliminated due to poor bike handling skills. All ten registrants were at the B SIG qualifying ride and did well. The youths have their own SIG within which is a dedicated B17 group and C group. Youth Program goal: to increase group numbers and to include those who have few riding skills. The Youth Program's efforts to gain non-profit status will soon be resolved. Derek gave a slide presentation about the program. Liam and Attila, both 2006 participants, talked about how much they got out of last year's program. Liam is now racing as a junior with CRCA. Attila is helping out with this year's program. Both Liam and Attila talked of the free bike being important but found the riding reward enough. There was a wider outreach for the 2006 program by fliers and email. In spite of the motion passed by the Board at the February meeting requiring a needs test to justify giving individual participants a bicycle, the committee did not feel comfortable investigating needs. Whether or not the bike giveaway is a valid and cost-effective component of the program remains an open issue. Last year's budget was \$3,000. \$2,549 was spent. This year's budget is \$4,895 which includes \$895 from active.com donations. The committee will buy nine bikes for the ten riders, one of who has a very good bike. The bikes are loaners until they graduate. Recycle-A-Bicycle is offering their space for bike assembly and is not charging.

NYCC Sponsors and Discounts

Accelerade will send more samples, additional to the 200 given to Jeff and distributed at the A-SIG last weekend. There should be a link to the Accelerade website on our website. A 25% discount will be available to club members.

NYCC 2007 Calendar

This has been posted on a Google site and will be embedded on an NYCC website page. <http://www.google.com/calendar/embed?src=nyccterosky%40gmail.com>. Please send any suggestions or updates to Jeff.

Ellen Jaffe – Secretary

February minutes approved

Kim Jenkins – Treasurer

Current Youth Program Balance: \$3,860.91
Current Checking Account Balance: \$1,478.79
Current Money Market Balance: \$30,541.20
Total: \$35,880.90

NYCC \$32,019.99

YP \$3,860.90

The 2006 ENY check to Recycle-a-Bicycle will be presented at the April Club meeting.

Neil Botwinoff – Membership

Membership numbers: NYCC has 2,257 members as of February 24, 2007. April 1 will be the cutoff date for old, unrenewed members, after

which the password will be changed. We will send the new password to members in the April 1 e-Weekly. Neil created a template for FAQs regarding membership and will send to Timothy for inclusion in the overall FAQ page to be on the website.

Reginald Johnson – VP Rides

Rides steering committee has been formed consisting of ride coordinators and Reggie. July 4 will be Newcomers Ride. Two All-Class rides will be planned for 2007. Reggie suggested a Board-maintainable webpage with NYCC miscellany that can be changed and updated.

Terry Hildebrandt – A-Rides Coordinator

Terry suggested splitting up A-SIG starting places.

Scott Wasserman – C-Rides Coordinator

Scott suggested an FAQ addition about where people can get information about being a ride leader.

Kevin Ley – Bulletin Editor

Kevin has priced out alternate printers and discovered we are presently getting a good deal.

Timothy McCarthy – Webmaster

Message board is relatively quiet and going well. It was suggested that a notice be placed in the e-Weekly to get some help for Timothy.

Debbie Rothschild – VP Programs

An astounding 78 people paid for dinner at the February 13, 2007 club meeting. Nancy Meyer will talk about pedaling.com at the April meeting. Jim Raven will get the AV equipment repaired. The club may not continue to subsidize the ice cream at monthly meetings. There is an urgent need to form an ENY committee. Debbie will put together a notice and work at getting volunteers

Hal Eskenazi – Special Events

65 people showed up for the Volunteer Recognition Party which was a great success. Cost of the Volunteer Recognition Party: \$2,559 including magic drawing prize. The March event will be at Gandhi Indian Restaurant, East Village on March 21. Yankee Game on July 18. Mets game either May or September. Late June or early July will be a Tour De France event.

Next BOD meeting:

Due to the holiday week, the next BOD meeting will not follow our normal convention. Monday April 9, 2007, 6:30PM, location at Kim's office, 52 Vanderbilt Avenue, 13th floor.

Pelvic Stabilization For Cyclists

by **Bob Nelson**

The topic for today, cycling aficionados, is the pelvis. Use your pelvis wisely and it will reward you with efficient, pain-free forward motion, in cycling as well as other sports. Use it unwisely, and you may have triplets.

Cycling, as well as almost any other sport that comes to mind, requires a stable torso so that the arms and legs can perform without wobbling. Swimmers need to engage the core to prevent fishtailing. Cross-country skiers, runners, race walkers and most track athletes may well move the torso, but it's controlled movement that contributes to forward motion. No athlete in a skill sport – golf, tennis, baseball, basketball, hockey, etc. – is going to be worth that gazillion-dollar salary without a stable, powerful core that can put force and direction behind the ball. Or puck.

So for maximum output, whether that be forward motion of the body or imparting forward motion to another body, some part of us must be firmly controlled. That part is the pelvis – a land of stresses and strains, of shocks transmitted by footfalls and footballs, of rotation, shear and extension. A roiling, rough-and-tumble, sometimes volcanic planet, if you will.

To quiet these thunderous quakings of the loins, we thankfully have a set of core muscles, some of which will be familiar to even the most casual athlete: rectus abdominus and transversus abdominus (upper and lower abs); internal and external obliques (pelvic sidebenders); glutei maximus, medius and minimus (butt muscles); iliopsoas (hip flexors); the lumbar paraspinals and latissimus dorsi (spinal stabilizers, though lats also externally rotate the shoulder and depress the scapulae). All of these muscles either connect to the pelvis or have close proximity to it; all of these muscles can either move the pelvis or prevent movement.

So let's hit the pause button a moment and use this information. Seated as you undoubtedly are, can you lift one buttock and push the other one down? Push one forward and the other back? Can you rock your pelvis forward and back, pushing the low back into the chair back and then arching it away? Lift one leg? Rotate it away from the body? Bend the spine to the side? Rotate it? All of those movements use core muscles that are also pelvic stabilizers.

It's not obvious to most cyclists that core stability makes biking easier, so the next time you're on your bike, perform this little experiment. Keep your torso nice and relaxed and bike up a short incline. Now, go back down the hill, tighten your abs and butt muscles, and take the same incline. Which was easier? Do those hills both seated and out of the saddle, relaxing and contracting, and the difference will

become even more obvious. All of you reading this are using your core muscles to pedal, climb, turn and brake, but there are muscles you can strengthen that will make the job easier.

Among the most important core muscles for cyclists is gluteus medius. Sandwiched between maximus in the back and minimus to the side, this misunderstood muscle serves most often, in cycling, to keep pelvic movement to a minimum so that glute max can extend the hip and iliopsoas can flex it. Hip flexion and extension are the two movements you need to rotate the pedals, so you should be able to feel your buttocks working while you are pedaling. If you can't, you may have insensate glutei, or you are over-using muscles further down the kinetic chain. Yes, you want your pedal stroke to 'scrape the sh*t off your shoes', as SIG leaders so delicately put it, but you want that movement to engage muscles all the way up to the pelvis, not just leg and ankle muscles.

Neglect the glute medius, and you run the risk of iliotibial band syndrome, an epidemic among cyclists, and an unwelcome visitor to my own pelvis this summer. If your bike is too small or you're riding too far forward on the seat, you use muscles at the sides of the hips rather than the buttocks. Repeated use of those muscles tightens the iliotibial band, which runs along the side of the thigh and encircles the patella, or kneecap, like a hangman's noose. Cyclists complain of pain and tightness to the side of the hip and to the inside edge of the patella, and are diagnosed with a variety of knee pathologies, but the real culprit is ITB.

Remedies for this particular kind of tendinitis are to loosen up the iliotibial band by rolling the side of the hip and thigh on a foam roll. Be aware that this is one of the most excruciating tortures inflicted by physical therapists, but it works. The other remedy is to strengthen glute medius. Lie on your side with your buttocks, legs and heels flat to the wall. This is essential to activate the right muscles. Then, do sidelying leg raises by bringing the heel up along the wall two to three feet high. Turn your toes slightly towards the ceiling. Try to do three sets of 10 to start, then go to four sets of 12. Add weights once this becomes easy.

Even if you don't have tendinitis, strengthening glute medius will make you more stable and efficient on the bike. And you could well do three dozen other exercises to strengthen various other core muscles. But here's a short cut: do balance work. Try kneeling on a physioball, with a wall handy and your health insurance premiums fully paid up. O.K., easier stuff: Close your eyes and stand on a pillow. Stand heel to toe on an imaginary line. Reach towards a wall that is just out of reach. Walk in daylight looking up at the tall buildings, like a tourist, while maintaining a straight line.

Or do your standard upper-body workout on a Bosu or other unstable surface. Get on a Fitter or other sliding board and pretend you're rollerblading, or better yet, cross train with rollerblades. Go surfboarding in a hurricane! All of these activities require core stability, and one of the best ways to activate the core is to balance, even if it's lifting one foot and standing on the other. In fact, lift one foot, stand on the other and rotate your torso around the standing leg without holding on to anything.

If you're one of those people who does handstands on a moving bicycle, then you may ignore the discussion above. If not, happy core strengthening!

Bob Nelson is a physical therapist at H&D Physical Therapy, 333 East 43rd St. in Manhattan. He is happy to answer questions at rnelson@hdphysicaltherapy.com.



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: \$16 Couple residing at the same address, bulletin mailed: \$22
 Individual, bulletin online: \$12 Couple residing at the same address, bulletin online: \$17

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.
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Name: _____ Email: _____ Signature _____

Partner: _____ Email: _____ Signature _____

Address: _____ Apt. _____

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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

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
jmccgarry@nassaucountyny.gov.

Checks payable to NYCC

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
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