

reduce announcement p. 4



PRESIDENT'S MESSAGE

My favorite month October is finally here! I'd like to use my president's letter to promote two very important upcoming NYCC events – **the Escape New York Century and the election for the 2008 NYCC board of directors.**

Led by Bill Laffey, our ENY committee has been meeting and planning since early this year to make ENY 2007 the best one yet. You've been asked to save the date of Saturday October 13 many times – I hope you have! Whether you choose the Half Century, Metric Century, or Full Century route, this year's event promises to be spectacular. Registration is still open (see the nycc.org homepage for a link to ENY details) and we are still looking for volunteers to help, so it's definitely not too late to get into the action! Once again, proceeds from ENY will be donated to Recycle-A-Bicycle, a community organization dedicated to bringing cycling to children and youth in the metropolitan area by recycling used and new bikes and teaching riding and mechanical skills, so come out and enjoy a great event that supports a great cause!

Nominations for the 2008 NYCC board of directors will officially close following the club meeting on Tuesday, October 9. We are still looking for motivated individuals who are interested in running for any of the positions; you can either nominate yourself or have somebody else do it at the October club meeting. Requirements for the board include attending a monthly board of directors meeting and otherwise doing the best that you can to help the Club. Based on your requests, we will highlight key responsibilities for each position in the eWeekly, but I urge you to contact Carol Waaser, the chair of our nominations committee, or any other current board member to learn more about any position in which you might be interested! By the way, there are lots of opportunities to volunteer for the Club in areas that do not involve running for the board, so if you find yourself with any extra time and you are interested in helping out, let us know that too and we'll find a way to get you more involved!

Until next month, be well and I hope to see you out on the road.

Jeff Terosky, NYCC President

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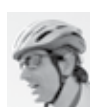
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NYCC Bulletin

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

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

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

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

Address all correspondence to: bulletineditor@nycc.org.

Thanks! KML, Editor

October 2007 Special Event

New Haven - Ride and Party Sunday October 28, 2007 Various scenic routes along the Connecticut shoreline

Meet at Grand Central. Metro North to New Haven

Yes, if you haven't done this ride before you owe it to yourself to come out and have some real fun. We meet at Grand Central, take Metro North to New Haven, split into ride groups and ride to various locations along the CT shoreline. And, oh, that Fall Foliage.

Then the fun really begins as we return on the 4pm train. We party on the train as Metro North provides NYCC with 2 cars, including a bar car, and 15 pizza pies & soda are delivered to the station for us. Since the clocks won't be set back for another week it will be a little dark when you wake. Don't let that deter you as it will be well lit when we arrive to ride. Join a bunch of your friends for the annual New Haven Ride and Party.

Fight the urge to be a stick in the mud or a couch potato. Ride and party with your friends, especially if you usually hang your bike up for the winter.

We'll have fun, we always do. No RSVP necessary. Just show up!

It's been some time since you've last heard from me and I'm breaking the silence to report an important Board decision that affects how the Club will communicate with our membership in the future.

To improve the timeliness of the NYCC Bulletin – amongst several other rationale, some detailed below – the Board voted last month to move from hardcopy distribution of the Bulletin, which approximately 20% of the membership receives, **to an exclusively paperless circulation effective January 2008.**

There are many benefits – in addition to saving trees and other natural resources – to moving toward a paperless monthly bulletin.

- Publication is possible more rapidly than the printed form, which allows nearly an additional week for layout and editing without incurring any delay in publication date. With a current staff of 1 (me) the content deadline mid-month is often just days from the date the printer needs the files to guarantee delivery in time for the mailing party. Oftentimes, it's simply not enough time and thus the Bulletin suffers.
- While we don't have any specifics to share just yet, there are aspirations to evolve the website so that in the future it serves as the de facto source of all club-related information. Until that happens, the Bulletin will continue to act as a 'monthly snapshot,' published regularly, and be archived on the Club website, as it has been since 1978.
- Many members may still choose to print their Bulletin once they retrieve the PDF from the website, but some members might move towards printing only the pages they need after pre-viewing each issue (nothing says you have to print the entire document) while others might soon forego printing altogether. Every little bit helps. We will continue to have a few printed Bulletins on-hand at each monthly Club meeting. Other requests will be handled case-by-case.

And, although not the highest priority or consideration, we've estimated that the cost alone of producing and mailing a hardcopy bulletin is well above the incremental cost that members who opt into it pay. We are confident that if we were to charge the true amount (upwards of \$30 per member receiving a hardcopy per year) that demand would decrease even more.

Comments? Suggestions? We want to hear from you.

Kevin Ley, Bulletin Editor

Tuesday October 9th 6–9:15pm

Do Try This At Home: Physical Therapy You Can Do Yourself

w/ **Monica Joshi**, Licensed Physical therapist, certified sports specialist

Most avid cyclists develop some aches and pains at some point, whether from repetitive motion or a one-time incident. Monica Joshi, sports physical therapist, will teach us what we can do to self-treat the most common aches and injuries cyclists develop and help us avoid them by showing us stretches that target specific troublesome body parts. She will also help us discern when we need to take time off the bike, when we should see a professional, and when we can take care of ourselves and just keep going.

Monica Joshi, PT has a Masters in Physical Therapy, a diploma in Sports Physical Therapy and certification to teach Pilates for rehabilitation. She is on the faculty of Beth Israel Medical Center and trains physicians and other medical staff in many hospitals around the country and internationally. Monica has a private practice of physical therapy in Manhattan.

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 |

October 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>

Wednesday, October 03, 2007

A20+ 52 mi 9:30 am

Mellow Wednesday

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

From: Central Park Boathouse

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

Thursday, October 04, 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 '07) named this ride 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.

C13-14 55 mi 9:30 am

Nyack Mid-week

Leaders: Donald Bear, dbnyc70@aol.com, 212-727-7211; Trudy Hutter, trudyth@aol.com

From: Central Park Boathouse

We'll ride over GWB, take 9W up the Palisades through beautiful Tallman Mtn. State Park into Piermont and along the River to Nyack. Either we'll picnic along the Hudson or if it's chilly, we'll eat at the Strawberry Place (you'll love it - pray for

cold!). Then home on Piermont Rd and Walnut. Colisted with Weekday Cyclists.

Saturday, October 06, 2007

A??? 4.52 mi 12:00 pm

Billy Goat Hill Climb Series - Week 3

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

A21 70-80 mi 9:30 am

Columbus Day Weekend; Saturday: the Gunks

Leaders: Jeff "El Jefe" Vogel, jeffvgl@yahoo.com, 718-275-6978; Steve Britt

From: Soyuzivka, Foordmore Road, Kerhonkson

Join us on a spectacular loop around Minnewaska State Park. Great scenery, low traffic, spectacular fall foliage. And at least two multi-mile descents. Too bad we have to get to the start of those descents! There are a few flat roads at the start and end but for the majority of the ride, not so much. It's possible that weather may cause us to switch this ride with the one listed for Sunday. It's equally beautiful and equally hilly. Directions to the start can be found here: <http://www.soyuzivka.com/Directions.htm>. Questions? Contact the leaders, but please note that we may be unreachable after 9:00am Friday Oct 5. You can try to leave a message for us at 845-626-4638, but I make no promises that we'll get it.

Sunday, October 07, 2007

A19 30 mi 8:30 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 and back via 9W. No food stops, just a quick bathroom break at the Alpine Police Station if needed. We'll be back by 10:45. Usual cancels.

A19 15 mi 8:30 am

Mtn. Bike: Blue Mtn (Peekskill)

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

From: Grand Central Station

Meet 8:30 to take 8:51 train to Cortlandt Station (9:50 arrival for those who want to meet at station by car). Variety of trails available including relatively easy double track, and challenging singletrack with steep climbs and descents. Expect about 3 hours of riding. Option to return to city by train, or for those so inclined, to return to city by bike using the Croton Aqueduct trail.

A21 70-80 mi 9:30 am C

Columbus Day Weekend; Sunday: the Catskills

Leaders: Jeff "El Jefe" Vogel, jeffvgl@yahoo.com, 718-275-6978; Steve Britt

From: Soyuzivka, Foordmore Road, Kerhonkson

Join us as we climb Samson and then the easy side of Peekamoose on our way to the Ashokan Reservoir. Like a true Vogel Route this ride will have low traffic and beautiful scenery and somewhere there will be a challenging adventure. It's possible that weather may cause us to switch this ride with the one listed for Sunday. It's equally beautiful and equally hilly. Directions to the start can be found here: <http://www.soyuzivka.com/Directions.htm>. Questions? Contact the leaders, but please note that we may be unreachable after 9:00am Friday Oct 5. You can try to leave a message for us at 845-626-4638, but I make no promises that we'll get it.

Monday, October 08, 2007

A21 40+/- mi 9:30 am

Columbus Day Weekend; the Catskills and Gunks

Leaders: Jeff "El Jefe" Vogel, jeffvgl@yahoo.com, 718-275-6978; Steve Britt

From: Soyuzivka, Foordmore Road, Kerhonkson

Join us on another scenic loop through the southern Catskills and Gunks. Great scenery, low traffic, spectacular fall foliage. Directions to the start can be found here: <http://www.soyuzivka.com/Directions.htm>. Questions? Contact the leaders, but please note that we may be unreachable after 9:00am Friday Oct 5. You can try to leave a message for us at 845-626-4638, but I make no promises that we'll get it.

Wednesday, October 10, 2007

A20+ 52 mi 9:30 am

Mellow Wednesday

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

From: Central Park Boathouse

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

Friday, October 12, 2007

B17/18 60 mi 9:00 am

Nyack

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

From: City Hall Park, Opposite Brooklyn Bridge

Optional meeting point at 72nd St and Riverside Drive approximately 9:30. Scenic route to Nyack with some hills. Call or e-mail to confirm.

Saturday, October 13, 2007

Get thee to NYCC's Escape New York!

Sunday, October 14, 2007

A19 30 mi 8:30 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 and back via 9W. No food stops, just a quick bathroom break at the Alpine Police Station if needed. We'll be back by 10:45. Usual cancels.

C12-14 30-35 8:20 am

chuang yen monastery

Leaders: Josh Gosciak, joshgo@awild.com; Ed Sobin

From: Grand Central Terminal

This is our annual fall trek to the Great Buddha. One of the world's largest buddhas is located outside of the tiny hamlet of Carmel, NY! We'll travel quiet backroads to get there, though, and dine a la vegetarian with optional meditation and stroll before spinning off to Fahnestock State Park, where, weather permitting, we'll go for a quick cold dip. (The rest of us will be fall foliageing.) Then it's downhill all the way to Cold Spring, where we train it back. Bring MTA bike pass, \$ for lunch. The is co-listed with 5BBC.

C13/14 35/55 mi 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

Or meet at 9:50 AM in the bicycle waiting area at the Staten Island Ferry Terminal, 1 Whitehall Street at South Street in Lower Manhattan.

We'll take the Staten Island Ferry to Staten Island and the Bayonne Bridge over to Bayonne, NJ. We'll stop for lunch 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 trip to Manhattan.

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

Wednesday, October 17, 2007

A20+ 52 mi 9:30 am

Mellow Wednesday

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

From: Central Park Boathouse

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

Friday, October 19, 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, October 20, 2007

B16 50 mi 9:00 am

Bergen History Ride #3

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

From: Rambles Shed, Central Park

Last month's Bergen History Ride to Gethsemane Cemetery in Little Ferry was cancelled for bad weather, so we'll try again this month. This mid-19th Century burial ground for African-Americans played a significant role in New Jersey's late 19th Century Civil Rights legislation. An historian from the Bergen County Division of Cultural and Historic Affairs will meet us there to give us the history of the site. Then we'll ride to the town of Maywood for lunch at Rick's Café. While this route is somewhat suburban (as opposed to country), it's interesting and pleasant, and it's probably an area you haven't cycled in before. Please be at the Rambles Shed by 8:50. We will leave at 9:00 sharp and will not wait for late-comers. Our first pit-stop will be at mile 15, so give yourself time to pit at the Rambles Shed before we leave. Cancels: rain, wet roads, high winds. Watch message board by 7:15 Saturday morning if weather is questionable.

B17 80 mi 8:00 am

East Coast Greenway to New Haven

Leaders: Hannah Borgeson, hannahb@att.net, 212-348-2601; Paul Flindt, pflindt@yahoo.com

From: End of the 6 train, Pelham Bay Park

Follow the route of the future East Coast Greenway from the Bronx to New Haven! Most of the ride will be on trails one day, but right now it's an "interim" route on scenic coastal roads through charming New England towns; see www.greenway.org for details. This is a long day--subway start, train return, and possible navigational challenges--and worth it. Bring plenty of snacks, plus money for lunch (likely in Fairfield) and the train. A Metro North bike pass is required.

B17 75 mi 9:00 am

Hill of Rockland

Leaders: Ellen Jaffe, ellen@ellenjaffe.com, 212-966-7206; Chaim Caron, ccaron@earthlink.net

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

This challenging, beautiful fall route takes us up Rockland County's Little Tor, Gate Hill Road, Seven Lakes Drive, Perkins and, if we're feeling ambitious, Tiorati Brook Road.

Snack stops with a post-ride meal at Cold Spring before the Metro-North return.

Required: two water bottles, plenty of pocket food, Metro North bike pass, your good humor.

Note: this is a long day's ride with an evening return.

Check the messageboard for weather-related changes.

C11/12 45 mi 8:35 am

Ten Miles From Teatown

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

From: Grand Central Terminal, Information Booth

Buy an RT ticket for 8:51 AM Bike Train to Tarrytown.

Bring your climbing gears for parts of this ride in the most beautiful Teatown Reservation/Croton Reservoir area. We'll bike across the Croton Dam, then cross the reservoir again on the North County Trailway, using a rail bridge from Metro North's old Putnam Line. After a picnic lunch in Millwood, we'll cross the reservoir yet again, this time using little-known Gate House Bridge, which leads to about two miles of hardpacked fishing-access road--our 700x23s handle it just fine. Teatown itself offers a welcome break after climbing Apple Bee Farm Road; then, on to Tarrytown for a MN return. Despite the low speed rating, some parts of this ride might prove challenging, and will be best enjoyed by stronger, more experienced riders.

Sunday, October 21, 2007

A19 30 mi 8:30 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 and back via 9W. No food stops, just a quick bathroom break at the Alpine Police Station if needed. We'll be back by 10:45. Usual cancels.

A23/21 85 mi 7:30 am

Putnam Pleasure

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

From: Grand Central Terminal, Information Booth

Starting in Peekskill, Putnam Ramble has been revised to be flatter with even more Putnam County back roads. The food stop around mile 45 is at an orchard with wonderful views of Mount Beacon. The return is all-new and with the ride ending in Southeast.

Meet at GTC around 7:30 AM to catch the 7:57 train to Peekskill. Metro North passes are a must, as well as the usual two waters bottles, powers bars/gels, money for lunch and a bike in good repair along with a mandatory helmet. Check bulletin board for updates if weather appears unfavorable and check the Metro North Rail Road website for schedule updates.

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.

C12-13 40 mi 9:30 am

Fall Classic to Little Falls

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

From: World Trade Center PATH station - 3 levels down at ticket machines

Since we're taking the train and the days are shorter, please meet promptly at the PATH WTC ticket level. We will venture into the suburbia of Essex and Passaic Counties in NJ on one of Irv Weisman's very pretty routes through Branch Brook Park, Cherry Blossomland, and through the beautiful estates of the Montclairs to Little Falls - at the height of the fall colors. If we have the interest and time, we can go as far as the Paterson Falls (the Niagara of NJ). Lunch will be indoors or outdoors depending on weather. Bring money for the PATH train 2 ways. Helmets are required; also please bring group riding skills. Cancellation: Excessive wind conditions, expected temps below 40 degrees at the start, or 50% chance of precipitation. After checking forecast, call Maggie after 7:45 am if in doubt. Ride is co-listed with 5BBC.

C13/14 55 mi 9:00 am

Village of Roslyn

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

From: NE Corner of First Ave. & E.60th St. (Starbucks at corner)

The historic and picturesque village of Roslyn is located on the North Shore of Nassau County on Long Island. If it's too cold to eat a picnic lunch by the duck pond we'll eat indoors at a charming restaurant.

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

Saturday, October 27, 2007

A19-23 70 mi 8:00 am

Peak Season Fall Foliage Ride - Harriman and Bear Mountain

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

From: Central Park Boathouse, parking lot

Spectacular peak season fall-foliage (www.foliagenetwork.com) ride up the west side of the Hudson including 9W, Western Hwy, S. Mountain, Gate Hill, Tiorati Brook, and Perkins. Approx. 3pm MNRR return options from Garrison or Peekskill.

The first 30 miles are relatively flat before heading into Harriman Park.

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

One or two very brief deli/restroom breaks including David's bagels. Expected temperature range is 38-61 degrees F. Dress accordingly. 4,947' climbing, 1,276' max. elevation, 30' min. elevation. Sun sets at 5:57pm. Chance of rain greater than 30% cancels. Metro North bike pass and one-way train fare required.

A20 / 23 75 mi 7:30 am

Shawangunk Wine Trail

Leaders: Sal Cenatiempo, spcena@hotmail.com; John Zenkus, ljz2116@aol.com

From: Grand Central Terminal, Information Booth

Starting and ending in Beacon, this ride explores the Shawangunk Wine Trail, or what is left of it. The route is flat and fast through farmland in Ulster County and provides plenty of vistas of the Shawangunks. We might even pass a winery! Bring a helmet, pocket food, two water bottles, Metro North bike pass, and money for round trip ticket on Metro North. Check bulletin board for updates if weather appears unfavorable and check the Metro North Rail Road website for schedule updates.

Sunday, October 28, 2007

A19 30 mi 8:30 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 and back via 9W. No food stops, just a quick bathroom break at the Alpine Police Station if needed. We'll be back by 10:45. Usual cancels.

A19+ 40,50,60 7:30 am

16th Annual Connecticut Shoreline Ride

Leader: Gary McGraime, garynycc@aol.com, 212-877-4357

From: Grand Central Terminal, Information Booth

Join us for one of our most beautiful club rides! We have routes at all levels (40, 55 and 65 miles) that take in the rustic shoreline and rural roads of Connecticut. Don't miss this one! Bring your Metro North Pass (or come early and buy one), money, water bottle, pocket food, appropriate apparel for the weather and a bungee or old tube to secure your bike on the train. Purchase an off peak round trip Metro North ticket to New Haven, breakfast if you like and board the bar car of the 8:07 fifteen minutes early. You will receive maps, cue sheets and ride information on the train. Once we arrive in New Haven, you can join an A, B or C ride or go at your own pace to our usual picnic spot at Guilford Green. Be back at the station by 3:30 PM for the 3:53 train. Money will be collected (approx. \$10.00) for Pepe's famous pizza and beverages, which will be delivered to the station for the train ride back to New York. We expect to arrive in GCT at 5:40 PM and will try to arrange group rides home from the terminal. There is no rain date. We have always gone riding, rain or shine.

Contact Gary McGraime garynycc@aol.com, 212 877-4357 for more information.

B15+ 40,50,60 7:30 am

16th Annual Connecticut Shoreline Ride

Leader: Gary McGraime, garynycc@aol.com, 212-877-4357

From: Grand Central Terminal, Information Booth

Join us for one of our most beautiful club rides! We have routes at all levels (40, 55 and 65 miles) that take in the rustic shoreline and rural roads of Connecticut. Don't miss this one! Bring your Metro North Pass (or come early and buy one), money, water bottle, pocket food, appropriate apparel for the weather and a bungee or old tube to secure your bike on the train. Purchase an off peak round trip Metro North ticket to New Haven, breakfast if you like and board the bar car of the 8:07 fifteen minutes early. You will receive maps, cue sheets and ride information on the train. Once we arrive in New Haven, you can join an A, B or C ride or go at your own pace to our usual picnic spot at Guilford Green. Be back at the station by 3:30 PM for the 3:53 train. Money will be collected (approx. \$10.00) for Pepe's famous pizza and beverages, which will be delivered to the station for the train ride back to New York. We expect to arrive in GCT at 5:40 PM and will try to arrange group rides home from the terminal. There is no rain date. We have always gone riding, rain or shine.

Contact Gary McGraime garynycc@aol.com, 212 877-4357 for more information.

C12+ 40,50,60 9:00 am

16th Annual Connecticut Shoreline Ride

Leader: Gary McGraime, garynycc@aol.com, 212-877-4357

From: Central Park Boathouse

Join us for one of our most beautiful club rides! We have routes at all levels (40, 55 and 65 miles) that take in the rustic shoreline and rural roads of Connecticut. Don't miss this one! Bring your Metro North Pass (or come early and buy one), money, water bottle, pocket food, appropriate apparel for the weather and a bungee or old tube to secure your bike on the train. Purchase an off peak round trip Metro North ticket to New Haven, breakfast if you like and board the bar car of the 8:07 fifteen minutes early. You will receive maps, cue sheets and ride information on the train. Once we arrive in New Haven, you can join an A, B or C ride or go at your own pace to our usual picnic spot at Guilford Green. Be back at the station by 3:30 PM for the 3:53 train. Money will be collected (approx. \$10.00) for Pepe's famous pizza and beverages, which will be delivered to the station for the train ride back to New York. We expect to arrive in GCT at 5:40 PM and will try to arrange group rides home from the terminal. There is no rain date. We have always gone riding, rain or shine.

Contact Gary McGraime garynycc@aol.com, 212 877-4357 for more information.

Saturday, November 03, 2007

B17 65 mi 7:30 am

Trailway Coasting to NYC

Leaders: Hannah Borgeson, hannahb@att.net, 212-348-2601; Derek Chu, derek_chu@hotmail.com

From: Grand Central Terminal, Information Booth

Why go up Westchester's trails when you can go down them? After an early train (buy a one-way ticket to Brewster), we'll have a few miles on the road before reaching the paved, car-free rail trail along the Old Put line--AKA the North and South County Trails--in Putnam, Westchester, and now the Bronx too. We'll ride nearly effortlessly for miles and miles, stopping for lunch in Briarcliff Manor, before hitting some major hills--and traffic--in Yonkers and the Bronx as we return to Central Park. Altogether, we'll ride three segments of trail that one day soon will all be connected. Pace on the roads will be B17; on the trail we may not go quite so quickly if there are pedestrians or slower cyclists around. Bring a train pass and money for lunch.

Sunday, November 04, 2007

A19 30 mi 8:30 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 and back via 9W. No food stops, just a quick bathroom break at the Alpine Police Station if needed. We'll be back by 10:45. Usual cancels.



NYCC President Jeff Terosky and Kim Jenkins, Treasurer, present Lisa Stein (middle), Executive Director of Recycle-A-Bicycle a check for \$5,374, proceeds from 2006's ENY.



TONYA & REGGIE JOHNSON

Our loss is the Pacific Northwest's gain! Congrats to one of our favorite cycling couples; as they will be relocating later this Fall. Tonya has accepted a wonderful exciting new job in her chosen Public Health field (all those years of school paid off). We wish them both our best, they deserve it!

Reggie has held two N.Y.C.C, board positions and they both have been B SIG leaders for several years. Tonya was the B 16 B SIG Captain for the last several B SIGS. Thanks and good luck to the Johnson's who gave, gave & gave to the N.Y.C.C.

*THURSDAY, DECEMBER 13, 2007
ANNUAL NYCC HOLIDAY PARTY
WATCH FOR DETAILS SHORTLY,
BUT MARK YOUR CALENDAR NOW!*



Photo copyright © 2007 Konrad Mostert

ENY is coming soon!

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Our Annual Escape New York Bike Ride on Saturday, October 13th, is around the corner!  
This is your club's premier ride event of the year – please register and join your club members, ride with old friends and make new friends. There are 3 distances: 100 miles Century Challenge, 62 miles Rockland Roll, and 50 miles Piermont Pleasures.

Each of these routes includes rest stops with lots of good cycling snacks as well as a lunch, goodie bags, and great raffle gifts, all included in your registration fee. You can choose to ride with an organized group lead by experienced NYCC cyclists, or you can ride by yourself or with your friends- we provide the cue sheets as well as posted signage. The ride begins and ends at Sakura Park in Manhattan, located at 122nd Street and Riverside Drive, and each of the 3 routes tour through Bergen and Rockland counties. More details, including the organized ride start times, can be found through the ENY link in the monthly bulletin. Register today at [http://www.active.com/page/Event\\_Details.htm?event\\_id=1460136](http://www.active.com/page/Event_Details.htm?event_id=1460136)! Online registration fee is \$30 through October 10th, but \$40 on the day of the event. So don't delay and register today!

**WE STILL HAVE SLOTS AVAILABLE for ENY VOLUNTEERS !!!**

With thanks to the many who have volunteered so far, here's a pitch for more help in making sure all riders are properly registered at the start, and well fed along the way. As of this writing we still need more volunteers. To volunteer or ask questions, please e-mail [enyvolunteers@nycc.org](mailto:enyvolunteers@nycc.org). Thank you!

# 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.  
 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](http://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](mailto: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  
cmailing@turinbicycle.com; 10% off parts and accessories. Owned by NYCC Life Member.



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