

NYCC BULLETIN

January 2008 New York Cycle Club / nyc.org



GET DOWN ON IT!

The 2007 NYCC holiday party, held this year at the Woolworth Kitchen, was a resounding success and an excuse for much boogying and getting down among club members. Club member and ride leader extraordinaire Gary McGraine again proved why he is the (sweaty) king of the dance floor. Thanks go to Special Events Coordinator Hal Eskenazi for pulling together a festive event. *(See p. 5 for more about the party)*



PRESIDENT'S MESSAGE

Happy New Year!! It's exciting to have another cycling season (nearly) upon us. As with every year, many of us have probably made resolutions; maybe to ride more miles; perhaps to ride a century for the first time; do a triathlon; or make the leap to move up to a faster classification of rides... and many, many other promises to improve ourselves. We have a brand new calendar and a blank training log upon which we can decide to write anything we want. It should be fun!

One of my New Year resolutions is to lead a ride every month and to lead these rides in all three classes; A (a slow one!), B and C. This will give me the opportunity to ride with some new folks this year, something I believe I will enjoy a great deal. Perhaps you'll join me on one (or more) of these rides.

At the December 15th Holiday Party I had the opportunity to catch up with members I'd ridden with this past season. I also had a chance to reacquaint myself with others I have met over the past few years who ride far too fast for me to hold their wheel for even a short period of time, and many other members I did not have the pleasure of meeting before. One thing struck me above all else: I'm amazed at the ability of so many people, from so many different backgrounds, from such a wide variety of professions, to share one passion-cycling. So...

Here is something I would like to put before you in my first message to the club; it's my desire to make 2008 the "Year of Participation". A fancy way of saying, this is your club, so let's get out there and ride!
(continues next page)

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Subscriptions: Free to NYCC members. Questions about your membership? Contact Neil Botwinoff at membership@nycc.org. Include your name and full address in your message.

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

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

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

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

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

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

Address all correspondence to:
bulletineditor@nycc.org

Thanks!
Dana Gordon
&
Carol Krol

NYCC Bulletin Co-Editors

(cont. from previous page)

Perhaps this year, you'll attend a monthly club meeting, or join us for one of the club's social gatherings, or you'll go on a club ride for the first time, or sign up for a SIG or STS this spring. Perhaps you'll lead a club ride, or volunteer for an event such as Escape New York (the NYCC's century ride). Whatever your choice, I would enjoy meeting you on a ride, at a meeting, or an event.

Stay well, stay safe, and remember the days *are* getting longer (really!).

See you on the road,
George

Meet Your New Bulletin Editors

The changing of the guard has officially taken place, and the New York Cycle Club now has a new cast of board members, including bulletin editor. However, this year, an S has been added to the title. We have agreed to serve as co-editors of the club bulletin, working together toward a single vision: We want this to be the mouthpiece for the club. Here is where you will read the latest news about your organization, its members, scheduled rides and special events.

We encourage you to submit your own content for consideration. Our new president says in his welcome letter on page 2 that this will be the "Year of Participation" and we couldn't agree more.

This is YOUR newsletter. Make your voice heard. Send us ideas, suggestions, editorials, essays, photos, travelogues from trips near and far, and even letters to the editor in reaction to what you read in these pages in the coming months. We want to make this a two-way relationship. You can email us at bulletineditor@nycc.org.

This also marks the first issue of the online-only bulletin. We are no longer printing out a bulletin. Bear with us during these changes. It is our goal to bring the content of the Web site and the content of the bulletin closer together over time, to react more timely to the events affecting the cycling world at large, and our club in particular, and report on them here. We look forward to the challenge.

In this month's issue, we feature a Q&A with Lucy Simko, a graduate of the Stan Oldak Youth Program who fell in love with cycling enough to commute to her first year of college on a bike rather than in a car. Also included in this issue are some pictures from the annual holiday party.

Dana Gordon and Carol Krol

JANUARY CLUB MEETING

Tuesday, January 15, 2008

Psychology Matters: Mental Strategies for Maximizing Performance and Fun

We train physically to ride well, yet we sometimes defeat our own best efforts due to anxiety, stress, loss of motivation, burnout or fear. Come hear sport psychology consultant **Stephanie Habif** talk about mental strategies to avoid these pitfalls and maximize your cycling potential and enjoyment of riding the bike. Habif will lead a lively, interactive discussion examining common barriers to peak performance, and teach mental strategies to improve confidence, endurance and strength.

Stephanie Habif, MS, CHES, has been working in sports psychology and health promotion for more than ten years. She is currently finishing her doctorate in Health and Behavior Studies at Columbia University; her research is on sport-specific injury prevention and recovery. She has worked with athletes at all levels, including professional, Olympic, competitive college and high school, as well as athletes in recreational clubs. She is a triathlon coach, a spinning instructor, and she rode her bike 4,532 miles across the United States.

Admission: \$23 for program and dinner

Time: Social hour with cash bar starts at 6 PM.

Dinner at 6:45 PM.

Program runs from 8:00 to 9:15.

Place: Annie Moore's Pub and Restaurant: 50 E. 43rd St. (west of Grand Central Terminal between Madison Ave. and Vanderbilt)

Subway Directions: Take # 4/5/6, #7, or Shuttle to 42nd St. /Grand Central Station.



Past, PREZ, and future! Past President Carol Waaser and Immediate Past President Jeff Terosky hold new president George Arcarola down after fully explaining his responsibilities for 2008

MEMBERSHIP RENEWAL—DON'T GET DROPPED!

Membership in the New York Cycle Club runs from January to December. If you haven't renewed for 2008 there's still plenty of time. Go to http://www.nycc.org/home_join.shtml and sign up now! (All memberships expire December 31, 2008.)

2008 Membership rates:

Renew/ Register Online:

\$17 Individuals

\$23 Couples

Renew/Register By Mail:

\$19 Individuals

\$25 Couples

You can also make an optional donation to the Stan Oldak / NYCC Youth Program (*see p. 7 for a story about a recent Youth Program grad*)

Membership includes e-mail of monthly *NYCC Bulletin*, discounts at local bike shops, access to SIG and STS training programs, club roster, and reference guide.

HOLIDAY PARTY 2007!

See even more photos at http://www.nycc.org/photos/07_holiday/07_holiday_album.html





2007 Member Awards

The results are in! Members voted. And the winners for the 2007 Member Awards, announced at the Holiday Party on December 15 are ...

- Best Dressed Man - **Bob Mirell**
- Best Dressed Woman - **Kim Jenkins**
- Most Improved Man - **Joe Stephen**
- Most Improved Woman - **Betsy Hafkin**
- Comeback Rider - **Neile Weissman**
- Cycling Couple - **Bob Ross and Betsy Hafkin**
- A-Ride Leader - **Sue Foster**
- B-Ride Leader - **Neile Weissman**
- C-Ride Leader - **Mitchell Fink**
- Diner/Food Stop - **Cafe L'Amour**
- Fastest Flat Fixer - **Timothy McCarthy**
- Gear Head - **Peter O'Reilly**
- Retrogrouch - **Richard Rosenthal**
- Best Wheel - **Craig Breed**
- Best Schwebbers - **Debbie Rothschild**

Congratulations to all our winners!



“YOOT, YOOT, YOOT!” A STAN OLDAK YOUTH PROGRAM GRADUATE TAKES HER TRAINING ON THE ROAD . . . TO COLLEGE

Lucy Simko, a graduate of the 2007 New York Cycle Club Youth Program, is proof that the program is a success. It gets to the heart of what the club is all about: instilling a love of cycling in New York. After completing the program this spring, Lucy has become such an avid rider that in September, she decided to ride her bike rather than ride in a car to her freshman year at Washington & Lee University in Lexington, Va.

The goal of the two-year-old NYCC Youth Program is to involve city youth (ages 16-22) in the sport of cycling as a way to encourage a lifetime affinity for cycling and fitness, and as a way to bolster self esteem. Like the SIG program for adults, group leaders teach group riding skills, basic bicycle maintenance and the “ins and outs” of long-distance touring.



Lucy leaves DC on her way to Washington & Lee University in Lexington, VA

The program was renamed the Stan Oldak Youth Program, in honor of Stan Oldak, a past president of NYCC, who was killed by a hit-and-run driver while cycling in Texas as part of the qualification series for Paris – Brest – Paris. Stan was a founding committee member and a driving force in the program. “He really got the program going,” said Lynn Baruh, co-chair of the Youth Program committee.

The Stan Oldak Youth Program is made possible through the volunteer efforts of many organizers and ride leaders behind the scenes, including current committee members Lynn Baruh (co-chair), Chris Hartmann, Joe Hunt (co-chair), Mark Israel, June Robins, and Janet Zinberg. Past committee members include Derek Chu, Rich Conroy, Rick Marcus, Sage Schoenfeld and Jenn Thomson. The idea for the program originally came from NYCC member Carol Wood.

Bulletin co-editor Carol Krol recently chatted with 18-year-old Lucy about her experience in the SIG and her freshman college ride.

NYCC: Where did you ride to on your first SIG ride in March?

Lucy Simko: Aside from the B-SIG qualifying ride around the park, the first real ride was to Westwood, New Jersey. There were about ten of us altogether. I know there were about ten spots for the bikes they gave us.

NYCC: What kind of bike did NYCC give you?

LS: It's a Fuji Newest 3.0.

NYCC: How many rides did you do? *(continues next page)*

(cont'd from previous page)

LS: I think the B-SIG was supposed to be 10 weeks, but one week was canceled because it was just way too cold.

NYCC: You rode with the B SIG?

LS: We did. We kind of formed our own SIG as "Yoots," but we did their rides. We tried to keep the pace of the B-16 group.

NYCC: Yoots?

LS: Yoot yoot yoot!

NYCC: Was that the group's nickname?

LS: Yes. I forget which movie that comes from. Joe would know. Joe Hunt is one of the leaders. He was one of our great ride leaders.

NYCC: I think you're talking about *My Cousin Vinny*. It's the scene where Joe Pesci pronounces youths as "yoots" in his best Brooklyn accent. So he nicknamed you yoots?

LS: It was either Joe or Chris [Hartmann]. They started referring to us as yoots in the emails, and then it just caught on. It was sort of a "war cry." Renting the movie was "homework" during the SIG.

NYCC: What was your favorite thing about the SIG?

LS: I loved everything. Riding with other people who pushed me was really great. I'm not a fan of hills, so it helped to have other people there to pull me up the hill. Mentally too. It was nice to have people to talk to, to eat with. The SIG taught me the rules of the road and how to ride with cars

NYCC: Were you intimidated by riding in traffic before the SIG?

LS: I was more scared about not making it for the whole ride. That was my fear. But I never liked to ride in the streets before the SIG.

NYCC: How many miles did you ride for your graduation ride?

LS: I want to say 84. It was definitely between 70 and 90 miles, which included going up Bear Mountain. I was *so* proud of myself. We rode to Cold Spring. It was a lot of fun.

NYCC: So why did you decide to ride your bike to school?

LS: Well, it actually came about because I decided the easiest way to transport it to Virginia from New York City would be to ride it. Putting it on the back of a car didn't occur to me until after I was excited about the trip. We were originally going to ride all the way from New York, but decided that was just too long (probably closer to 500 miles and it was our first tour) and would have been very expensive, because none of us wanted to camp. So we started in Washington, D.C. instead.

NYCC: Who did you ride with?

LS: My mom and my friend, Chris Browning. He is also a freshman at Washington & Lee. My mom used to run and do crew and she does yoga now, so she's pretty fit. We also did a good amount of riding beforehand to prepare, but she'd never done a SIG or long distance riding or anything like that. Chris is from Chicago. He used to ride quite a bit, but not with a club.

NYCC: I understand it took you five days of riding to get there. What was the best part of the trip?

LS: The best part, I think, was the road right after Skyline Drive. First of all, coming down from the Blue Ridge Mountains was amazing. Mainly the thrill of going so fast. The road out of Elkton, 340, was fairly flat, and we were able to draft off of one another at about 19 mph, which felt really good. The scenery was beautiful in the mountains. You could see blue-tipped mountains receding into the distance for miles. 340 was also gorgeous because of the farmland; just not something you get in New York. I've lived in Battery Park City my whole life.

NYCC: If you didn't do the SIG, do you think you would have even contemplated the 200 mile ride to college?

(continues next page)

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LS: Definitely not. I thought riding 40 miles in a day was out of the question before the SIG. Now I'd love to do a century.

NYCC: Is that your next goal?

LS: I think so. I'd like to try racing, but I think a century is more feasible. The Blue Ridge Parkway, which is about ten miles from where I go to school, is gorgeous (albeit hilly), so I'll probably try that in the spring.

NYCC: Were there moments in your 200-mile school ride where your NYCC SIG training and experience came in handy?

LS: Definitely. I'd have to say how to climb hills. I really hate hills to begin with, but the SIG taught me about gearing and where to place your hands, not the drops, which is what I used to do. It was really helpful because the third day was 42 miles of an uphill!

NYCC: Are you hooked on biking now?

LS: Oh yes. I'm not sure how to explain why I love it. I mean, blame the endorphins, but there's just something so freeing about it.

NYCC: If I were a young person, thinking of signing up for the program, what kind of advice would you give me?

LS: Well, the obvious stuff, like make sure you get a good night's sleep and have breakfast and dress warmly enough. But also just to go for it. Everyone's so nice in the SIG. You really can't screw up. Even if you fall behind on the rides, someone will hang back with you and make you forget that everyone else is far ahead. Also, I know high school gives a lot of [home] work. I went to Stuyvesant High School, which is the king of giving work. It's still worth it to sacrifice the day -- no question. I never really rode much during the week, but it would have helped, so I'd recommend that too. The SIG leaders have great advice. I'm glad I did the SIG, even if it meant sleeping a little less during the week.

NYCC: What do you think was the single best piece of advice the leaders gave you that you will take with you for the long term?

LS: What comes to mind is Joe telling me to just get in my granny gear and make my way up the hill. Which is such an anticlimactic piece of advice. However long it takes, just go granny and eventually you'll make it to the top.

[Editor's note: when you renew your NYCC membership you can make an optional donation to the Youth Program]

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

Betsy Hafkin

a-rides@nycc.org

B-rides

Skip Ralph

b-rides@nycc.org

C-rides

Susan Neiderman

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 hschiffman1@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, Metro North 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 Metro North 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/bicyclep.htm

Schedules Here are some commonly used departure and return times for weekends effective October 7, 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
7:46 am	9:08 am
8:46 am	10:09 am
9:48 am	11:08 am

<i>depart</i>	<i>arrive</i>
Brewster	GCT
5:16 pm	6:41 pm
6:16 pm	7:40 pm
7:16 pm	8:40 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
2:55 pm	4:38 pm
3:51 pm	5:38 pm
4:51 pm	6:38 pm

January 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/ridelist ing.aspx>

or the **Message Board**:

<http://www.nycc.org/mb/threads.aspx?B=1>

Thursday, January 03, 2008

A18 45 mi 10:00 am

Hogwich Thursdays

Leader: Todd Brilliant,
toddtheracer@yahoo.com, 646-651-9760

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

Relaxed, easy ride to the Runcible for coffee.

B16 50-60 9:30 am

Jay's LoHud Series/West Bank Vistas

Leader: Jay Jacobson,
joanandjay@aol.com, 845-359-6260

From: Central Park Boathouse

Specific destination will be determined by abilities and wishes of riders but will be in the general direction of quaint river towns 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 rail trail. 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. Precip, icy roads or extreme temps cancels--check message board in the morning

Saturday, January 05, 2008

A19 65 mi 9:00 am

The Rabbit Ride

Leaders: Joe Stephen,
bokononisti9@gmail.com; Ron Gentile,
gentilero@sullcrom.com; Julie Riccardi,
juliericcardi@hotmail.com; Kevin Cruickshank,
kevinnycc@mac.com

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

Looking to shake things up from the typical Nyack ride? Look no further.

Next to having fun, the purpose of this ride is to get a great workout. There is no expectation the group remains together throughout the entire ride. Feel free to jump off the front and act as the rabbit for those who want to chase, or to hang a bit off the back and take it at your own pace. The ride tends to spontaneously regroup at certain points. Email one of us for a cue sheet should you want one.

The design of the ride is as follows:

Relaxed pace to the bridge; on Hudson Terrace, we'll make a quick pit stop at the police station. Then 505 > Tappan > Western Hwy to either Bradley/Tweed or Crusher/Storms (smaller groups to regroup at end of climb). Regroup all at Runcible Spoon for rest/refuel stop.

Digestive pace back to Piermont, then Tallman>9W to Kiku, where smaller groups may form and take off. Optional visit to the Presidents (Kennedy and Eisenhower), and then hammer the rest of 9W. Some re-grouping at the NY side of the bridge for the ride down Riverside and greenway.

Requirements: good rotating paceline skills; a spare tube and pump/CO2; and pump up your tires before the ride - it's the simplest way to prevent a flat.

Rain/wet roads/strong winds/very cold temps cancel. If Sunday's forecast is considerably more favorable, we may move the ride to Sunday.

RSVPs appreciated. Keep an eye on the message board a day or two before the ride for updates.

Sunday, January 06, 2008

A20+ 55 mi 11:00 am

Lazy Hogwich Sundays

Leader: Todd Brilliant,
toddtheracer@yahoo.com, 646-651-9760

From: George Washington Bridge, NJ side bike path entrance

The Hogwich rides are back, but leaving much later this year. Better late than never, right? We ride north to S. Mountain Rd., over Little Tor, loop back on 9W and make our only stop at the Toga bike shop after Rockland Lake. Then 9W home.

C1.5-2.5 5-12 8:30 am

All-Class Hiking & Snowshoeing (Cross Training) SIG

Leaders: Marilyn & Ken Weissman,
mollynina@yahoo.com, 212-222-5527
From: Varies each week

The Hiking & Snowshoeing SIG meets virtually every week through March--conditions permitting (no rain/expected high below 40)--usually on Sundays, but quite often on a weekday too. Both activities are high-energy, fun-filled sports, designed to pull you away from your TVs and computers, while pushing you into great condition for 2008 biking. As we reach many start points by car, you'll need to sign up in advance. For participation details, info on what gear you'll need, where to get it, and how much it will cost, e-mail Ken or Marilyn. Don't wait until last minute for your gear. Stores quickly sell out of Stabilicers (ice-walkers) and snowshoe gear after the first snow.

Thursday, January 10, 2008

A18 45 mi 10:00 am

Hogwich Thursdays

Leader: Todd Brilliant,
toddtheracer@yahoo.com, 646-651-9760

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

Relaxed, easy ride to the Runcible for coffee.

Saturday, January 12, 2008

A19 65 mi 9:00 am

The Rabbit Ride

Leaders: Joe Stephen,
hokononisti9@gmail.com;
Ron Gentile, gentiler0@sullcrom.com;
Julie Riccardi, juliericcardi@hotmail.com;
Kevin Cruickshank, kevinnyc@mac.com

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B16 50-60 9:30 am

Jay's LoHud Series/West Bank Vistas

12 January 2008

Leader: Jay Jacobson,
loanandjay@aol.com, 845-359-6260

From: Central Park Boathouse

Specific destination will be determined by abilities and wishes of riders but will be in the general direction of quaint river towns 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 rail trail. 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. Precip, icy roads or extreme temps cancels--check message board in the morning

Sunday, January 13, 2008

A20+ 55 mi 11:00 am

Lazy Hogwich Sundays

Leader: Todd Brilliant,
toddtheracer@yahoo.com, 646-651-9760

From: George Washington Bridge, NJ side bike path entrance

The Hogwich rides are back, but leaving much later this year. Better late than never, right? We ride north to S. Mountain Rd., over Little Tor, loop back on 9W and make our only stop at the Toga bike shop after Rockland Lake. Then 9W home.

C1.5-2.5 5-12 8:30 am

All Class Hiking & Snowshoeing SIG Meets Today

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

From: tba

See Sunday, January 6 listing for SIG details

Thursday, January 17, 2008

A18 45 mi 10:00 am

Hogwich Thursdays

Leader: Todd Brilliant,
toddtheracer@yahoo.com, 646-651-9760

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

Relaxed, easy ride to the Runcible for coffee.

Sunday, January 20, 2008

A20+ 55 mi 11:00 am

Lazy Hogwich Sundays

Leader: Todd Brilliant,
toddtheracer@yahoo.com, 646-651-9760

From: George Washington Bridge, NJ side bike path entrance

The Hogwich rides are back, but leaving much later this year. Better late than never, right? We ride north to S. Mountain Rd., over Little Tor, loop back on 9W and make our only stop at the Toga bike shop after Rockland Lake. Then 9W home.

C1.5-2.5 5-12 8:30 am

All Class Hiking & Snowshoeing SIG Meets Today

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

From: tba

See Sunday, January 6 listing for SIG details

Thursday, January 24, 2008

A18 45 mi 10:00 am

Hogwich Thursdays

Leader: Todd Brilliant,
toddtheracer@yahoo.com, 646-651-9760

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

Relaxed, easy ride to the Runcible for coffee.

Sunday, January 27, 2008

A20+ 55 mi 11:00 am

Lazy Hogwich Sundays

Leader: Todd Brilliant,
toddtheracer@yahoo.com
646-651-9760

From: George Washington Bridge, NJ
side bike path entrance

The Hogwich rides are back, but leaving much later this year. Better late than never, right? We ride north to S. Mountain Rd., over Little Tor, loop back on 9W and make our only stop at the Toga bike shop after Rockland Lake. Then 9W home.

C1.5-2.5 5-12 8:30 am

**All Class Hiking & Snowshoeing
SIG Meets Today**

Leaders: Marilyn & Ken Weissman,
mollynina@yahoo.com, 212-222-5527
From: tba

See Sunday, January 6 listing for SIG details

Thursday, January 31, 2008

A18 45 mi 10:00 am

Hogwich Thursdays

Leader: Todd Brilliant,
toddtheracer@yahoo.com
646-651-9760

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

Relaxed, easy ride to the Runcible for coffee.

Bike shops etc. offering discounts to NYCC members. When purchasing in person, present card below.

Accelerade Products

www.accelSPORT.com/nycycling
20% off on Accelerade, Endurox R4 and Accel gel w/ flat rate 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,
<http://larrysbicyclesplus.com/index.cfm>
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.

