

NYCC BULLETIN

February 2008 New York Cycle Club / nycc.org

SADDLE UP! IT'S ALMOST SPRING

Time to dust off the bike and sign up for an NYCC spring program

It's that time of year. Unless you are one of the hardcore among us who ride 12 months of the year in any kind of weather, many members are indoors, not willing to brave sub-zero temps to satisfy their cycling jones.

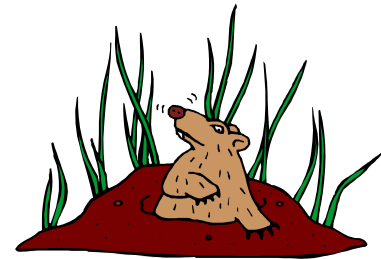
Whether you've been faithfully using your cycle trainer, taking spinning classes, or perfecting your couch surfing technique, chances are you want to get back out there. Besides, how much looking at gear and accessories online, loitering at your local bike shop or rabble-rousing on the message boards can you do?

It's a new year and a new you and it's almost spring, so get ready to climb aboard the SIG and STS train. Read on to learn more about each of these programs and what they entail and then pick the one that best suits you. We're looking forward to seeing the club out there in full force in March.

Each spring, NYCC offers SIGs at A, B, and C levels.

What's a SIG, you ask? It's short for Special Interest Group.

AUDAX? B? C? Classic?
STS, A? SIG,



The New York Cycle Club SIGs are a series of progressive training rides with coaching and instruction offered by the club in order to teach riders how to ride efficiently, improve riding skills, and ride safely and effectively in groups in both city and country settings. The rides get longer and more challenging as the series – and each rider -- progresses. The program offers cyclists an ideal way to jumpstart their season.

There is a SIG for every skill level. The story of the SIGs started with Christy Guzzetta 22
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PRESIDENT'S MESSAGE

Spring, along with Daylight Saving Time, is merely weeks away! There's definitely a buzz in the air! And with the imminent arrival of spring, a young man's and a young woman's fancy turn to ... cycling?!? Well, if that's the case, then we've got a great spring planned for you: A-SIGs, B-SIGs, C-SIGs, a variety of STS rides, and with any luck, a plethora of club rides to keep us all busy for the next several months. Since I believe that luck is the residue of design, I encourage anyone and everyone who is planning to lead a ride this year to give serious thought to leading a ride (or rides) during the SIG/STS season. The reason being: for ten to twelve weeks, participation in the SIGs and the various STS rides will prevent many qualified leaders from being able to lead other rides. To me, there's nothing worse than logging onto the club Web site and not finding a ride that works for me. So, if you're willing, step up to the plate and put in a ride... your club will be grateful.

The February club meeting is also our annual spring kick-off. Come to the meeting and see and hear what's going on this spring. SIG and STS leaders will be present (in abundance) to answer your questions and fill in the gaps for you regarding these programs. If you're already familiar with them, or you have your spring plans all laid out already, come to the meeting anyway, catch up with folks, eat, drink and be merry -- and bring a friend, relative or significant other, whom you think would enjoy a spring series of rides. *(Continued on next page)*

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

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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

They'll thank you (eventually) for turning them on to it!

Remember that I said your club will be grateful for leading a ride? "How grateful," you ask? **So grateful that we throw a party in your honor.** The Volunteer Recognition Dinner will take place on Thursday, February 28th. This event is for all the club members who volunteered in 2007. In my initial message to the club, I asked the membership to make 2008 the "year of participation." The folks invited to this year's dinner are the people who make participation in club events possible! The NYCC is already looking for *more* people to invite to *next* year's volunteer dinner. That could be *you!* All that's needed for an invite is to volunteer, lead a ride, work an event, or join the committee to organize the NYCC's wonderful annual century ride: Escape New York.

One question for the month and then you can read the rest of the bulletin: What can we do to get *you* to the next club meeting? Drop me a note (that's old school for send me an e-mail), and let me know what would entice you.

Meanwhile, stay safe, stay warm, and I'll see you on the road.
George

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## FEBRUARY PROGRAM - SEASON KICKOFF

### Tuesday, February 12, 2008 2nd Annual Season Kick-Off Event

This month's program is an introduction to the club for some of our new members, and a reunion of sorts for our veterans. Let's get out of hibernation and meet up at Annie Moore's to kick off the coming spring season. Yeah, so it's still cold and bleak outside, but it's not too early to think warm and get our cycling legs back in motion. Come out to welcome new members and get together with old cycling buddies.

SIG leaders of all levels will be there to provide more information about the training sessions. This is your opportunity to meet the leaders in person, have your questions answered, and meet future co-Siglets/Siggies. For SIG grads and those who want a head-start to the season, meet with the STS leaders and co-STS riders.

**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 GCT between Madison and Vanderbilt Aves.)  
Subway: Take 4/5/6/7 to 42nd St./Grand Central.

NYCC February Special Event

# 4<sup>th</sup> Annual Volunteers Recognition Dinner

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Thursday  
Feb 28  
6:30-10pm

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Woolworth  
Tower  
Kitchen

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**A Special Event for very Special People** - This will be an excellent event with plenty of time to socialize, dine, & talk, an NYCC staple.

**Are you among the invited?** In 2007 did you volunteer for any function, job, or assignment be it a ride leader, event coordinator, sig leader, any job, even a board member? *If so, you're invited to spend a special, fun evening, with us.*

**If you didn't volunteer in '07 continue reading anyway and maybe you'll volunteer in '08 and join the fun, and the party, for '09**

The **Volunteer Recognition Program [VRP]** is NYCC's way of saying "Thank You" to all those who volunteered and gave unselfishly of their time, energy, expertise, and knowledge, expecting nothing other than the personal satisfaction, fun, friendships and learning experiences that came with participation. Well, all the members of NYCC, would like to say thank you by inviting you to a special dinner party. Dinner: appetizers, full dinner, dessert & coffee. Open bar wine & soft drinks throughout the evening (yep, we're buying). Cash bar for mixed drinks, \$5.

Volunteerism- the act, where desire meets effort, to help, participate, be involved unselfishly and without any expectation of compensation. But is there really no compensation? Ask anyone who volunteers as a member of NYCC. The rewards are tremendous.

Be part of this team next year. It's rewarding. It's fulfilling. Did we say no compensation? Reread the benefits above.

**RSVP to [events@nycc.org](mailto:events@nycc.org)** and mention your act of "volunteerism". You need to confirm your attendance no later than Feb 22, 2008. Thank you.

**Woolworth Tower Kitchen @ Woolworth Building**  
233 Broadway, corner of Barclay; enter on Barclay  
New York, NY 10279  
(212) 571-2930

Easily accessible by all public transportation  
1 block west of City Hall

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THE PICTORIAL NEWS CO  
N.Y.

*(Continued from first page)*

The A SIG Guzzetta created has blossomed over the years and inspired a similar B SIG and C SIG, and even a second A SIG, the A 19, which features shorter distances and a more moderate pace than the A Classic.

Best of all, the SIGs are FREE.

You do have to be a club member, but that's a small price to pay for the wealth of knowledge and experience that the club imparts in these programs. Participants are expected to attend all sessions. Here's a run-down of each, beginning with the C SIG course description and ending with the most advanced SIG, the A.

## C SIG

**Think of it as Cycling College.** Learn the basics of cycling from experienced ride leaders with a passion for the sport. Whether your interest is touring, competitive cycling or group riding, the C-SIG provides eight weeks of basic, but intensive training and practice during all-day group rides in the following areas of competency:



**Essential Riding Skills** including efficient pedal stroke and cadence; using a cycle computer; maximizing use of gears; balance and coordination; passing and acceleration; hill ascent; braking on fast downhills; short stops; and hairpin turns.

**Road and Group Riding Skills** including proper hand signals (stopping, turning, road obstacles), as well as safety skills for riding in traffic.

**Bike Maintenance and Repair Skills.** We'll teach you the basics, including how to change a flat; clean your bike; lubricate the chain and crank; and adjust the brakes.

**Nutrition and Hydration.** You will learn what and how much to eat and drink before, during and after rides for optimal performance.

**Bike Fit.** We'll go over the basics of proper bike fit for maximum efficiency and injury prevention.

**The Best Cycling Clothes.** Don't know what to wear? You will learn the best clothing combinations for riding in comfort in cold, hot, wet and everything in-between weather.

**Emergency First Aid Response.** We prepare you with the basics for acting quickly in case of emergency.

Build a solid foundation of cycling skills to last a lifetime, learn to ride safely and effectively with groups, and develop beyond your wildest dreams. The C-SIG is a stimulating and supportive environment for developing endurance, skills, and friendships.

## Requirements

- 1. NYCC Membership** before the C-SIG starts (for details on how to join, [click here](#))
- 2. Pre-Registration** (click [here](#) to pre-register) We have more people who want to do the SIG than we can accommodate, so pre-register as early as possible. You'll receive immediate confirmation. If you pre-register and later decide you cannot do the C-SIG this year, please let us know so we can add another place from the wait list.
- 3. Do our self-classification ride March 8th or 15th, 2008** (see below)
- 4. Clear your weekend schedule for riding March 22-May 10th 2008.** These are all-day Saturday rides, 9 am-5pm. If we are rained out on Saturday, we ride Sunday.
- 5. Bring a sense of humor and willingness to follow instructions.** It's serious fun!

**New!** Starting this year, C-SIG grads will pledge to lead at least one C-ride in 2008. We'll be happy to pair you with an experienced ride leader and work with you on planning your route. Call it a give-back to the club and your ride leaders for all the skills you'll acquire in the C-SIG. By the time you graduate, you'll be a competent and confident cyclist and more than up for leading. Honest!

**We start March 8th or 15th** (you choose the day) at 9:30 AM with a mandatory 3-lap/18-mile self-classification ride in Central Park. This helps us place you in the right group so you can get the most out of

the SIG. Meet at the Fifth Avenue and 72nd Street entrance of Central Park at 9:30 AM. Plan to spend about three hours with us. You must be pre-registered (see Requirement #2 above) to participate.

### Here's what you need to bring with you

You are required to wear a bike helmet and bring a bike in good repair, with properly inflated tires, a spare tube that fits your tire, and a water bottle. Wear gloves and layered clothing, topped by a windbreaker (required). Your knees should be covered, and depending on the temperature, you may want to wear a thin cover for ears and head. Rain, wet roadways, or temperature below 35 degrees postpones.

### Questions?

For more information, please visit our [Frequently Asked Questions](#) page. In addition, please feel free to contact Patricia Janof 212-737-1668 [patricia.janof@verizon.net](mailto:patricia.janof@verizon.net) or Gary McGraime 212-877-4257 [garynycc@aol.com](mailto:garynycc@aol.com).



Wouldn't you like to be a SIGGIE too?

## B-SIG



**Hold that line:** an early spring B-Sig ride

Do you want to: jump-start your season? Learn good bike handling skills? Improve your stamina, strength, and speed? Get to know some of the great NYCC routes? Learn how to ride safely in a group? Work together with other riders to make any ride easier and more enjoyable? Then take a look at our *2008 B SIG Riders Guide* (on the B SIG page of [nycc.org](http://www.nycc.org); [http://www.nycc.org/rides\\_sig\\_b.shtml](http://www.nycc.org/rides_sig_b.shtml)) and decide if you want to sign up for our **10-week progressive training & cycling skills series**.

### **The B- SIG will consist of three speed categories and the Stan Oldak Youth Program:**

1. The B16 group will progress from a 14-mph pace and a 30-mile distance on the first day to a 16-mph pace and 70 miles by early May.
2. The B17 group will start at a 15-mph pace and 30 mile ride and work up to a 17-mph pace & 90-miles, with the option of doing a century on our penultimate ride.
3. The B18 group will advance from a 16-mph pace and a 30-mile ride up to an 18-mph pace and 90 miles, with the option of doing a century on our penultimate ride.

4. The Stan Oldak Youth Program will consist of youths (ages 16 – 22) who have completed both the Youth Program application and the B SIG qualification ride. The group will progress from a 14mph pace and progress according to the ability of the whole group.

(Note that any NYCC ride's average speed is typically 3-mph less than the indicated pace.)

The B- SIG's dirty little secret is that we also put extra emphasis on making friends, eating great food and having a good time.

That's it in a nutshell. If you want to participate after reading the *2008 B SIG Riders Guide*, [http://nycc.org/pdf/08\\_bsig\\_guide.pdf](http://nycc.org/pdf/08_bsig_guide.pdf), pre-register on the Web site. Space is limited; last year we started with well over 100 folks. Don't procrastinate. **Pre-register early.** We will get back to you before it all starts on:

**Saturday, March 1st.** Meeting at 9:20 AM at the north end of Central Park's boathouse parking lot. Bring your pre-registration number. You will time yourself for four laps around the park, followed by an indoor orientation meeting at PS 334's gym. After the laps we will cycle to 84<sup>th</sup> St. & Columbus Ave. (100 W. 84<sup>th</sup> St.). Bikes will be brought inside with us. Pizza will be served during the meeting, so please bring \$6 to cover the cost of the lunch. In the event of rain on Saturday, we will hold our orientation at the School on 3/1/08 @ noon and try to ride on Sunday (3/2/08 @ 9:20 AM).

## A 19 SIG

Hold on to your helmets! Grab your water bottle! Are you ready blast off into 2008 with what promises to be one of the most thrilling experiences of your life? Do you want to feel exhilarated every Saturday afternoon? Are you prepared to embark upon a three-month journey that will challenge you physically and mentally? Are you ready for an intense camaraderie born of the extremes of physical endurance matched to weather, unexplored terrain, the privation of

Saturday morning luxuries and the shared objectives of ending up as an improved and confident cyclist? If reading this makes you salivate for more, maybe you're the type of person we need to kick off the eighth running of the A-19 SIG. This program was carefully designed for serious riders interested in improving their cycling skills and physical capabilities. Each week, under the careful tutelage of our fantastic team of leaders, you'll ride a little further, a little faster, and a lot more confidently because you'll be learning all the skills used regularly by "A" riders. You'll also look incredible on your two wheeled weapon of choice. **Rider and group safety are the focal points of this program at all times.** You'll become comfortably expert at riding single and double rotating pacelines, hill climbing, shifting, braking, and communicating while riding. You'll learn how to train, eat, dress and prepare for cycling success. You'll become familiar with the essentials of bike maintenance and what to do in case of a crash or injury on the road. Your leaders will make you ready to enter the cycling season as a capable cyclist, ride leader, and an enthusiastic supporter of the NYCC. Sound a lot like the "A Classic" SIG? Well it should. The leaders of the "A"-19 SIG are either seasoned "A Classic" SIG leaders, graduates of one of the SIG programs or bike racers. Both "A" SIGs are coordinated with each other and there is an opportunity to change groups during the first few weeks if you feel you made the wrong choice at the outset. The main difference between the two programs is the target cruising speed. For the "A" 19 SIG, we aim to achieve a target flat terrain cruising speed of 19 mph during the last few weeks of the program. The venerable "A Classic" SIG graduates are expected to cruise a bit faster.

What do you have to do to participate and graduate? There still is no such thing as a free lunch. We expect all participants to take this program very seriously. From the first ride on March 1, to the graduation ride 11 weeks later, **we own your Saturdays.** You should attend all sessions. We expect you to be self motivated and to train several times a week on your own or in small groups. No one with more than two unexcused absences will be permitted to continue. Here's the deal: everyone must become a member of

the NYCC by the third week, sign up with us to lead one or two non-SIG rides and take our cyclist's first aid course. You are expected to show up on time, with your road bike ready to go. Mountain bikes are not encouraged; bikes with aero/tri bars and riders without helmets will not be permitted. There it is in a nut shell. We will nurture you while we beat you into shape. Some of you will love us; others will hate us, but all of you will thank us for the great experience that will be the "A"-19 SIG. You will be so proud of yourself in May!

If you have any questions, please contact one of the "A"-19 SIG captains: Ed Fishkin (917) 578-1078 or Jim Galante (201) 503-9192

We look forward to seeing you. The March ride schedule and the March Bulletin will provide more details. On the first day we do NOT meet at the Boathouse.

## STS PROGRAMS

What if you are a SIG graduate, but you still want the benefit of jumpstarting the riding season with NYCC in a formalized group? Welcome to the STS, the club's Spring Training Series. Read on for a detailed description of each program.

### Audax STS

Are you an A19 or B SIG graduate or a solid and experienced pace line rider with great bike handling skills, longing to get a jump on the 2008 cycling season? If so, check out this year's Audax STS (Spring Training Series). Audax is a style of riding that was developed in France in the 1920's. It implies a disciplined style of riding with a set format and pace. Work with other experienced and disciplined NYCC riders to get into serious shape during progressively longer and more challenging rides.

### A STS

In 2008, what had been called the STS 19 will more appropriately be labeled simply the A-STS. This is an outgrowth of recognizing that during the last couple

of years, the participants the STS-19 was attracting were in fact riders who typically broke into 2 general groups: those who gravitated toward a pace of about 19-20mph, and a faster group that tended to maintain closer to a 20-22ish pace. Ron Roth and Gerald Seppey will lead the series along with a rotating group of co-leaders. As in prior years, early rides will be at more moderate speeds, over shorter distances. Progressively, the pace and distance will be cranked up over more topographically challenging terrain.

### A23 STS

Participants in this series are skilled riders, comfortable in pacelines, who enjoy challenging, somewhat open-ended rides (speed: 23+ on the flats) and progressive training. Throughout the series, routes become longer (starting around 70 miles, ending in excess of 100 miles) and faster, over increasingly challenging terrain (up to 10,000 vertical feet of climbing). The A-23 STS provides excellent training for the Etape du Tour, Grand Fondos, mountainous multi-day bicycle trips and hill climb races.

### B STS

For B-SIG graduates (or experienced riders) looking to get back in shape with a group this spring, we welcome you to join us for the 2008 B STS. This year we've put together a graduated training program of early season rides for experienced cyclists with developed group-riding skills who want to improve their strength and endurance, while having fun and seeing friends old and new. Sign-up will be required, and no new riders will be admitted after the third week. Please email one of the leaders to sign up.

### B Ultra STS **NEW!!**

For experienced riders who want to ride long distances as a structured B group. Rides will be between 70 – 125 miles, at a B16/17 pace, every Sunday. We will ride as a group, but faster or slower riders are welcome to join us to ride on their own with a provided cuesheet. Headlights, taillights, and self-sufficiency are required.



## C STS

For those of you who have been hibernating these many months, we offer a regular series of training rides to get ourselves back into shape this spring. Starting in March, weather permitting, and continuing every Sunday, you can start getting back your former, glorious condition with rides gaining in distance and speed each week riding through the most beautiful parts of our local area. Enjoyment of scenery and the ride is paramount. The series is intended for those who have already graduated from a SIG or riders who are experienced at Club riding, so road etiquette will be observed and we will practice riding skills appropriate for C rides.

## SPRING PROGRAM CONTACTS AND LINKS

### SIG

**A Classic** - Timothy McCarthy ([asig.captain@nycc.org](mailto:asig.captain@nycc.org)) – Starts Mar 1. [http://www.nycc.org/rides\\_sig\\_a1.shtml](http://www.nycc.org/rides_sig_a1.shtml)

**A 19** - Jim Galante ([jim.galante@americancolor.com](mailto:jim.galante@americancolor.com)), Ed Fishkin ([Edward.Fishkin@woodhullhc.nychhc.org](mailto:Edward.Fishkin@woodhullhc.nychhc.org)) - Starts Mar 1. [http://www.nycc.org/rides\\_sig\\_a19.shtml](http://www.nycc.org/rides_sig_a19.shtml)

**B** - Mark Gelles ([bsig@nycc.org](mailto:bsig@nycc.org)) - Starts Mar 1. [http://www.nycc.org/rides\\_sig\\_b.shtml](http://www.nycc.org/rides_sig_b.shtml)

**C** - Patricia Janof ([patricia.janof@verizon.net](mailto:patricia.janof@verizon.net)), Gary McGraine ([garynycc@aol.com](mailto:garynycc@aol.com)) - Starts March 8 with classification ride in Central Park, followed by alternate classification ride on March 15. Potential riders can attend either date. [http://www.nycc.org/rides\\_sig\\_c.shtml](http://www.nycc.org/rides_sig_c.shtml)

### STS

**A 23 STS** - John Zenkus ([Jjz2116@aol.com](mailto:Jjz2116@aol.com)), Hank Schiffman ([HSCHEFFMAN1@nyc.rr.com](mailto:HSCHEFFMAN1@nyc.rr.com)) - Starts Mar 1. [http://www.nycc.org/rides\\_sts\\_a.shtml](http://www.nycc.org/rides_sts_a.shtml)

**A STS** - Ron Roth ([RR7@nyc.rr.com](mailto:RR7@nyc.rr.com)), Gerald Seppey ([gseppey@gmail.com](mailto:gseppey@gmail.com)) - Starts Mar 1. [http://www.nycc.org/rides\\_sts\\_a.shtml](http://www.nycc.org/rides_sts_a.shtml)

**B STS** - Cyna Alderman ([nycyna@yahoo.com](mailto:nycyna@yahoo.com)), Marci Silverman ([mhsilv@yahoo.com](mailto:mhsilv@yahoo.com)) – Starts Mar. 15. [http://www.nycc.org/rides\\_sts\\_b.shtml](http://www.nycc.org/rides_sts_b.shtml)

**B Ultra STS** - Neile Weissman ([soupstone@minspring.com](mailto:soupstone@minspring.com)), Kay Gunn ([kaygunn@gmail.com](mailto:kaygunn@gmail.com)) - Starts Mar 2. [http://www.nycc.org/rides\\_sts\\_b.shtml](http://www.nycc.org/rides_sts_b.shtml)

**C STS** - Maggie Clarke ([mclarke@hunter.cuny.edu](mailto:mclarke@hunter.cuny.edu)) – Starts Mar 16. [http://www.nycc.org/rides\\_sts\\_c.shtml](http://www.nycc.org/rides_sts_c.shtml)

**Audax STS** - Harvey Minsky ([spokes609@nyc.rr.com](mailto:spokes609@nyc.rr.com)), Robert Dinkelmann ([dinkelmann@att.net](mailto:dinkelmann@att.net)) – Starts Mar 1. [http://www.nycc.org/rides\\_sts\\_audax.shtml](http://www.nycc.org/rides_sts_audax.shtml)

WANT TO READ MORE ABOUT THE SIGS?  
DON'T MISS THE STORY OF HOW THEY  
STARTED AT

[http://www.nycc.org/rides\\_sig\\_a3.shtml](http://www.nycc.org/rides_sig_a3.shtml)



Patricia Janof, C-SIG captain, and C-Sig leader Mitchell Fink

# CYCLING THE HUDSON VALLEY

By Jay Jacobson



As someone who has toured Europe by bike dozens of times and cycled in the Hudson Valley hundreds of times, I see many similarities. Like the Loire, Rhone and Danube regions, the Hudson's scenery and varied terrain has inspired artists and wine producers. It is home to interesting historical attractions, art museums and galleries, mansions, bike routes and outstanding culinary availability.

In the Hudson Valley, flat or rolling terrain is usually found along the river, (the Haverstraw, Stony Point and Newburgh marina districts, for example) or around a lake, such as Rockland Lake.

For scenery and favorable traffic, the west side is better below Bear Mountain and Newburgh, the east side is better above. The planners who developed Bike Route 9 must have agreed with me: this route crosses the river at Bear Mountain on its way up to Canada!

I lead a monthly B ride for the New York Cycle Club called "**Jay's LoHud Series-West Bank Vistas.**" (see Ride Listings p. 13). We start in Manhattan using the West Side Greenway up to and across the George Washington Bridge, with some variations. We may pedal along the picturesque River Road, replete with waterfalls, hawks and beaches. It runs along the river below the Palisades Parkway all the way to Alpine, New Jersey. Frequently we cycle through the hills above Piermont and Nyack on lightly trafficked roads like Tweed and Bradley

or trails with majestic, sweeping aerial views of Piermont, Nyack, the river and the Tappan Zee. We may encounter some deer or wild turkeys along the way. Lunch may be at the outdoor tables at the cyclists' Mecca, The Runcible Spoon Café, in Nyack. *Bicycling Magazine* named these rides as among the best club rides in the U.S.

My favorite century or 5-county ride, mostly on bike route 9, starts in Piermont, my hometown, at dawn. I ride north along the Hudson through Nyack, continuing through Nyack Beach and Rockland Lake State Park. Then I take 9W for a short distance and -- just before Haverstraw -- I make a right towards the quarry and head for the Haverstraw and Stony Point marina districts. Bike Route 9 continues north on 9W to Bear Mountain.

Prior to Sept. 11, cyclists were able to freely go through West Point. Unfortunately since then, entry has been difficult. Route 218, between West Point and Cornwall just above the river is a magnificent cycling road, but it is frequently closed after rainstorms due to falling rocks. To circumvent an inaccessible West Point and a closed Rte 218 it is necessary to tackle a difficult climb up Storm King Mountain on 9W all or part of the way to Newburgh. Incidentally, Cornwall is an easy turnoff from 9W or 218 and is a good place for a coffee and bagel break. Fortunately the stretch of 9W between Cornwall and Newburgh has been repaved and now has a narrow but ample shoulder for single file cyclists.

I then cycle along the redeveloped Newburgh waterfront to the Beacon Bridge. At the end of the bridge, I turn right and head south towards Cold Spring on 9D. After Garrison, I cross the Bear Mountain Bridge and continue south on 9W. At Route 304 I cycle towards New City, then to West Nyack and Pearl River through Strawtown/Sickletown Road's one lane tunnel. Then it's through Orangeburg and Tappan and I am home—usually by around 3:00 p.m., tired but satisfied with the experience and the accomplishment.

Of course there are variations of the route and the ride can be done in segments. The ride could have an art theme, with stops at Cornwall's Storm King Art Center 400-acre sculpture garden and Dia:Beacon art museum. Another idea is to cycle through the Harriman Park complex, which is similar to a national park. A climb up Perkins Memorial Drive and pedaling across Seven Lakes Drive are also outstanding cycling experiences.

# 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:

|          |                                                                                                                                                     |
|----------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>A</b> | Fast, vigorous riding with advanced bike handling and paceline skills required. Stops every 2 hours or so.                                          |
| <b>B</b> | Moderate to brisk riding with attention to scenery. Stops every hour or so.                                                                         |
| <b>C</b> | 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](mailto:a-rides@nycc.org)

## B-rides

Skip Ralph

[b-rides@nycc.org](mailto:b-rides@nycc.org)

## C-rides

Susan Neiderman

[c-rides@nycc.org](mailto: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](mailto: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](http://www.mta.nyc.ny.us/lirr/pub/bicycle.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>       |
| <b>GCT/125th</b> | <b>Poughkeepsie</b> |
| 7:51/8:02 am     | 9:46 am             |
| 8:51/9:02 am     | 10:46 am            |

|                     |                  |
|---------------------|------------------|
| <i>depart</i>       | <i>arrive</i>    |
| <b>Poughkeepsie</b> | <b>125th/GCT</b> |
| 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>   |
| <b>GCT</b>    | <b>Brewster</b> |
| 7:46 am       | 9:08 am         |
| 8:46 am       | 10:09 am        |
| 9:48 am       | 11:08 am        |

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

|                  |               |
|------------------|---------------|
| <i>depart</i>    | <i>arrive</i> |
| <b>New Haven</b> | <b>GCT</b>    |
| 2:55 pm          | 4:38 pm       |
| 3:51 pm          | 5:38 pm       |
| 4:51 pm          | 6:38 pm       |

# February 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>

**Saturday, February 02, 2008**

**B15 50+/- mi 9:15 am**

**B-SIG Preview/Group Training Ride to Hartsdale**

Leaders: Linda Wintner, [lwintner@metlife.com](mailto:lwintner@metlife.com), 212-876-2798; Beth Bryson, [brysonbeth@gmail.com](mailto:brysonbeth@gmail.com), 917-747-7903; Paul Hofherr, [bikeman999@aol.com](mailto:bikeman999@aol.com)  
From: Central Park Boathouse

If you're thinking about joining the B-SIG this spring, or just want to learn about group riding techniques, or just want get some group riding practice, join us. (This ride is not mandatory for the B-SIG.)

The leaders will introduce some group riding concepts before the ride starts. As we ride, you can expect some gentle coaching, and over lunch (at a bagel shop) we can talk about the B-SIG's goals, the skills training included, and the rides you'll do, as well as general principles of safe group riding.

There are plenty of bail-outs on the way if the weather turns nasty (bring your Metro North train pass and a MetroCard).

Feel free to call or email the leaders with questions about the ride. We'll stop for a checkpoint/bailout at the last subway stop before we leave the city if anyone appears to be having problems with the pace.

12 February 2008

Bring plenty of water and some pocket food as our pit stops out and back have no water or snacks. By the end of the day, we'll be an impressive sight, riding together in a straight line, working together to navigate the road and the route.

Cancels: (1) precipitation or serious threat of precipitation, (2) wet or icy roads, or (3) high temperature forecast for the day below 32 degrees. If in doubt, check the Message Board one hour before the start or call one of the leaders. (Note: Linda won't have access to the Message Board after 6pm on Friday.)

Rain date: Sunday Feb 3, same time & location.

**C14 35-40 9:30 am**

**Winter C Ride**

Leader: Carol Waaser, [biker-c@rcn.com](mailto:biker-c@rcn.com)

From: Central Park Boathouse

Distance & destination (somewhere in Bergen County) depend on weather. If it's not too cold, we'll go 40 miles, stopping at a bagel shop half-way. If it's colder, we'll do a shorter ride with a quick coffee shop stop. Cancels: temps below 32 at 9:00 a.m. or any kind of precipitation or slick roads.

**Sunday, February 03, 2008**

**A19 60 mi 9:00 am**

**Tarrytown**

Leader: Sue Foster, [suefoster@nyc.rr.com](mailto:suefoster@nyc.rr.com)

From: Central Park Boathouse

We'll stay on the east side of the Hudson for this easy cruise to Tarrytown. Once there, we'll do a quick loop through the Rockefeller State Park then back into town for a brief stop at the Gourmet Deli. Requirements: paceline skills (or willingness to learn), must be self-sufficient (can change a flat/follow a cue sheet in case you drop off the back or fly off the front). Ride status will be posted

on the message board by 7:00am if weather is an issue.

**B16 65 mi 8:55 am**

**Winter Training Series #9**

Leaders: Neile Weissman, [soupstone-at-mindspring-dot-com](mailto:soupstone-at-mindspring-dot-com); Kay Gunn

From: To be announced

A series of practical-fun-social-stay-in-shape winter rides.

Updates to follow. Check message board during the week for details.

Email with cell if you're on. Ride will be held if weather permits and at least three people RSVP.

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

**All-Class Hiking & Snowshoeing (Cross Training) SIG**

Leaders: Marilyn & Ken Weissman, [mollynina@yahoo.com](mailto: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 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.

**Sunday, February 10, 2008****B16 50-60 mi 9:30 am****Jay's LoHud Series/West Bank Vistas**Leader: Jay Jacobson,  
[joanandjay@aol.com](mailto: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 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. Precip, icy roads or extreme temps cancels--check message board in the morning.

**B16 65 mi 8:55 am****Winter Training Series #10**Leaders: Neile Weissman,  
[soupstone-at-mindspring-dot-com](mailto:soupstone-at-mindspring-dot-com);  
Robert Marcus; Kay Gunn

From: To be announced

A series of practical-fun-social-stay-in-shape winter rides.

Updates to follow. Check message board during the week for details.

Email with cell if you're on. Ride will be held if weather permits and at least three people RSVP.

**C1.5-2.5 5-12 8:30 am****All Class Hiking & Snowshoeing SIG Meets Today**Leader: Marilyn & Ken Weissman,  
[mollynina@yahoo.com](mailto:mollynina@yahoo.com), 212-222-5527

From: tba

See Sunday, February 3rd listing for SIG details

**Saturday, February 16, 2008****B15-16 40-45 mi 9:30 am****Back Roads of Bergen**Leader: Carol Waaser, [biker-c@rcn.com](mailto:biker-c@rcn.com)

From: Rambles Shed, Central Park

Route will depend on weather. Colder = shorter. Might do the bike path from Tappan to Blauvelt. (I know, I know, that's Rockland, not Bergen.) We'll have a bagel or coffee shop stop. Cancels: temps below 35 at 9:00 a.m., precipitation, high winds or slick roads. Check message board after 7:00 a.m. if weather is questionable.

**Sunday, February 17, 2008****B16 65 mi 8:55 am****Winter Training Series #11**Leader: Neile Weissman, [soupstone-at-mindspring-dot-com](mailto:soupstone-at-mindspring-dot-com)

From: To be announced

A series of practical-fun-social-stay-in-shape winter rides.

Updates to follow. Check message board during the week for details.

Email with cell if you're on. Ride will be held if weather permits and at least three people RSVP.

**C1.5-2.5 5-12 8:30 am****All Class Hiking & Snowshoeing SIG Meets Today**Leader: Marilyn & Ken Weissman,  
[mollynina@yahoo.com](mailto:mollynina@yahoo.com), 212-222-5527

From: tba

See Sunday, February 3rd listing for SIG details

**C13/14 40 mi 9:30 am****Hastings-On-Hudson**Leader: Trudy Hutter,  
[trudyth@aol.com](mailto:trudyth@aol.com), 212-838-2141

From: Central Park Boathouse

Hastings-On-Hudson is a charming historic town located on the Hudson River. It offers spectacular views of the Hudson River and Palisades. Mostly flat ride with some hills on the return. Bring money for lunch, a light lock, two spare inner tubes, a bicycle pump, and a smile.

**Tuesday, February 19, 2008****B16 50-60 mi 9:30 am****Jay's LoHud Series/West Bank Vistas**Leader: Jay Jacobson,  
[joanandjay@aol.com](mailto: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 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. Precip, icy roads or extreme temps cancels--check message board in the morning.

*(Continues on next page)*

**Sunday, February 24, 2008**

**B17 65 mi 9:30 am**

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**WTS #12 Tying the Knot**

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Leaders: Avi Robinson,  
[arobin06@gmail.com](mailto:arobin06@gmail.com), 917-519-6276;  
Neile Weissman, soupstone at  
mindspring.com, 212-473-7537;  
Robert Marcus,  
[r.marcus@verizon.net](mailto:r.marcus@verizon.net), 718-644-7507

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From: Central Park Boathouse

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Help the leader celebrate his 'bachelor party' ride in grand style, while also prepping your legs for the SIG time trials. We'll ride 501 up, then 'tie the knot' by climbing, in sequence, Bradley/Tweed, Clausland Mountain Rd., Tweed from the south, and South Boulevard. We'll regroup at the top each time. Lunch in Nyack, 9W return. Unsafe riding conditions cancel; check the message board if in doubt.

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

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

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Leader: Marilyn & Ken Weissman,  
[mollynina@yahoo.com](mailto:mollynina@yahoo.com), 212-222-5527

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From: tba

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See Sunday, February 3rd listing for SIG details.

**MINUTES, NYCC BOARD OF DIRECTORS DECEMBER MEETING**

**Tuesday December 4, 2007 - 6:30pm**

Neil Botwinoff Office  
900 Third Avenue

In attendance were 2007 and 2008 board members: Jeff Terosky, George Arcarola, Betsy Hafkin, Kay Gunn, Skip Ralph, Kim Jenkins, Susan Niederman, Debbie Rothschild, Scott Wasserman, Dana Gordon, Carol Krol, Timothy McCarthy, Hal Eskenazi, Neil Botwinoff, Matt Zimmerman, Jeff Ignall, Terry Hildebrandt, Carol Waaser, Ellen Jaffe, Kevin Ley, Liane Montesa, Ingrid Wiegand.

**Jeff Terosky – President's Report**

For the first time since the new format the eweekly didn't go out by Monday morning last week. All new content is collected and fed to the eweekly via the President, VP Rides, VP Programs, and Past President. Maggie has requested that ride submission deadline for eweekly be changed to Thursday. Ride committee will decide if that can work. Jeff has compiled a list of club esoterica such as who keeps the bike cases, vital phone numbers of frequently used club resources, etc.

**KIM JENKINS – TREASURER**

2007 Accounts

Current Youth Program Balance:  
\$ 1,111.02  
Current Checking Account  
Balance: 5,630.17  
Current Money Market Balance:  
24,609.44  
Total Cash 31,350.63  
  
NYCC 30,239.61  
YP 1,111.02

Kim is in the process of transferring all relevant information to Jeff Ignall as well as key to post office box.

**NEIL BOTWINOFF – MEMBERSHIP**

Neil reported there are 1871 members at present. 2008 membership has been open. There is a renewal reminder notice in the eweekly. November 15 was the cutoff for 2007. A reminder notice will go out to those who have not yet renewed in the spring.

**TIMOTHY MCCARTHY – WEBMASTER**

Timothy has begun the transition of responsibilities to Matt Zimmerman.

**KEVIN LEY – BULLETIN EDITOR**

Kevin will meet with Carol and Dana, co-bulletin editors, and get them up to speed on the bulletin. A motion was passed that Carol and Dana be made official as co-bulletin editors with one vote between them. We are no longer doing a printed, mailed bulletin as of January.

Volunteers will print bulletin from pdf and mail to three members who would like printed bulletin. Ride deadlines will be kept where they are for the January bulletin. Jeff suggested that rides might be completely taken out of the bulletin since they are available on the website and in the eweekly.

#### **DEBBIE ROTHSCHILD – VP PROGRAMS**

Debbie provided breakdown of meeting attendance for 2006 versus 2007. The club subsidizes dinner if fewer than 40 people pay for the meal. The trend seems to be more people coming but fewer paying for dinner. Separating the SIG graduation worked well as 100+ came to each. The season kick-off in February was a success with 100+ attendees. The October meeting was poorly attended possibly because no last minute meeting notice was posted, as it usually is, on the bulletin board.

It is not obligatory that we have a monthly meeting at Annie Moores....or that we have a meeting at all. Debbie will show Liane the ropes at the January meeting.

#### **HAL ESKENAZI – SPECIAL EVENTS**

19 club members came to the Bryant Park Ice Skating Event in November. The holiday party is set with 65 signed up to date.

#### **INGRID WIEGAND – PUBLIC RELATIONS**

Ingrid wants to write and place articles about the club, increasing NYCC's visibility in the city. Ingrid's concern is that there is not enough beginner ride support in the club for such an effort. Susan Niederman, the incoming C-rides coordinator, wants to strongly encourage C-SIG graduates to lead rides. It was

suggested that efforts be focused prior to newcomer's ride.

#### **KAY GUNN – VP OF RIDES**

Kay attended Bike Advocacy meeting last week. Jan 6, 2008 is the annual Memorial Ride. Details at [www.ghostbike.org](http://www.ghostbike.org) The club will volunteer to sponsor a fatality site. Sponsorship duties include taking flowers to the site and decorating the ghostbike for the Jan 6 ride, reading a statement at the site the day of the ride, clearing off the dead flowers in February, and participating in Ghostbike Fix-Up Day during Bike Month. Kay will post on the message board asking for volunteers and suggests that we post a picture of a ghostbike on the NYCC home page the week of the ride.

October 18, 2008 is set for Escape New York on the annual "Bike Summit" calendar.

We hope to have 2 B-STs this year, plus the usual A & C STS. Kay has contacted the B leaders and will contact last year's A & C leaders.

Jeff will ask his church & Aimee's school if they can accommodate the first SIG meeting.

#### **NEW BUSINESS**

Jeff and Kevin are working on club roster. It will be posted on the website.

The Hotel Thayer is reserved for the 2008 July 4<sup>th</sup> weekend.

#### **NEXT BOD MEETING:**

Tuesday, January 8, 2008  
6:30PM at a location to be determined.

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

**Accelerade Products**

[www.accelSPORT.com/nyccycling](http://www.accelSPORT.com/nyccycling)  
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](http://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](mailto: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](mailto: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](http://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](http://www.sidsbikes.com)  
10% off accessories and clothing.

**Toga Bike Shop**

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

**Turin Bicycle**

1027 Davis Street, Evanston, IL 60201  
847 864-7660, [www.turinbicycle.com](http://www.turinbicycle.com)  
[cmailing@turinbicycle.com](mailto:cmailing@turinbicycle.com); 10% off parts and accessories. Owned by NYCC Life Member.

