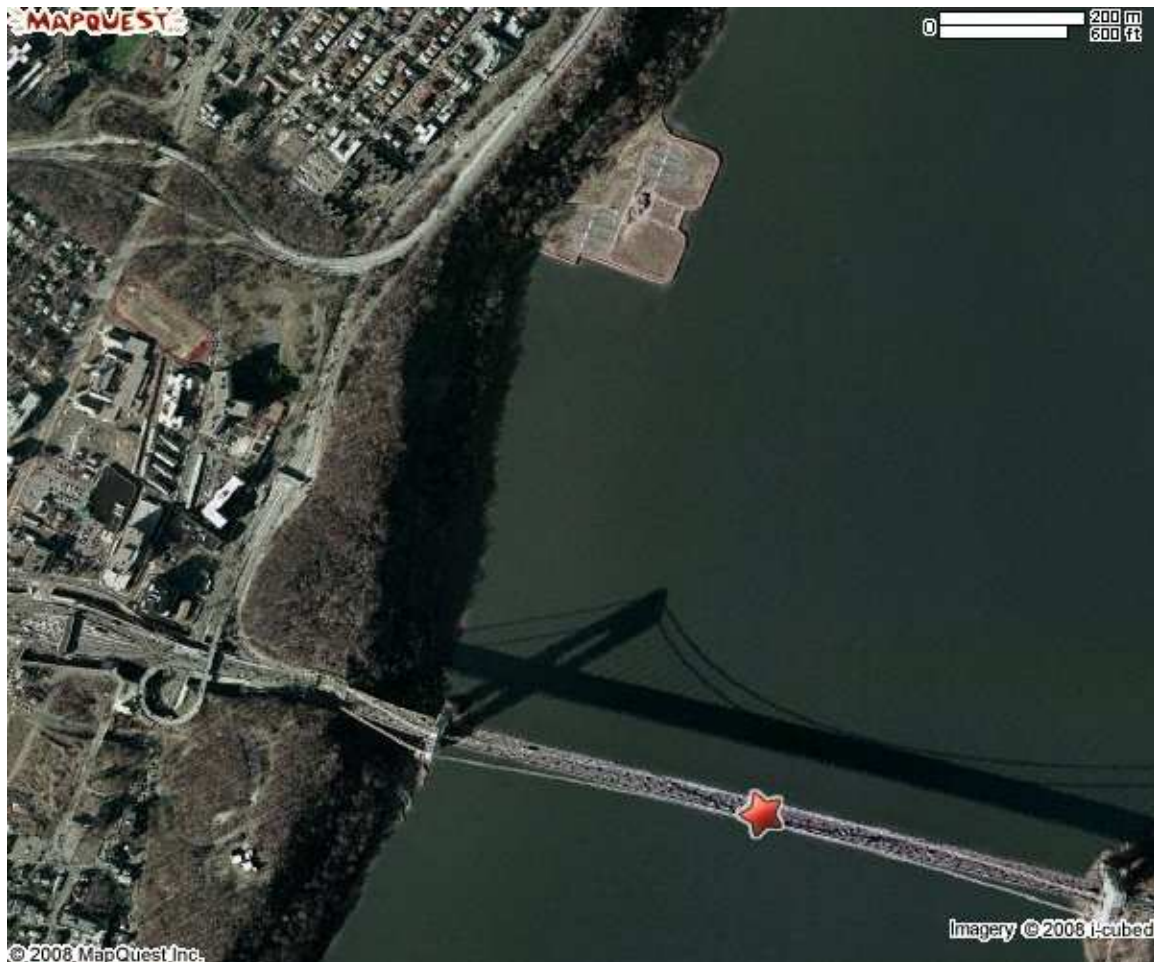


NYCC BULLETIN

March 2008 New York Cycle Club / nycc.org



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PRESIDENT'S MESSAGE

“Now is the winter of our discontent made glorious summer by this sun of (New?) York”. No one could turn a phrase like Wm. Shakespeare. And in spite of a few cold(er) days still remaining, in my book, the winter is pretty much done. When you read this bulletin, consider the cycling season officially open! By the way, have no doubts, that by mid-July, I will be complaining about the heat and humidity. After all, I *am* a native New Yorker, and I have a genetic imperative to complain about the weather.

With the cycling season beginning anew, there are a few things that will need our attention. Check your ride, make sure that you'll be safe and secure on the bike. Remember that at the end of the annual freeze/thaw/freeze/thaw, there will be many issues with the conditions of our favorite roads. As you begin your season, please be careful of the potholes, and other springtime hazards on the road. If possible, report anything dangerous within the cozy confines of NYC to the city's 311 hotline. Also, make use of the club's message board to share any road conditions with your fellow NYCC members. There will be some repaving done in Central Park this spring, and as soon as we have the timing of that, we'll be sure to share it with you.

This past Sunday, I had the occasion to spend some time with several club members for drinks and dinner. Marvelous food, and even better company, along with the conversations that only cyclists could have,

Cont. on next page

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The *NYCC Bulletin* is published monthly by the New York Cycle Club. The opinions expressed herein are those of the authors and do not reflect the official position of the NYCC.

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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 proofread 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 pub-lashed 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

(President's Message)

made me remember the reason that I joined the NYCC. *I wanted to go for a ride as soon as I got home!* Fortunately, my wife reminded me that not only was it dark outside, but it was also well past my bedtime. When we returned home, there was a message for me from another club member who has moved to Colorado. I called, and we reminisced about the SIGs that we shared and bemoaned the fact that we haven't ridden together in two whole years. He told me that although Colorado has a very well deserved reputation for cycling, *it's nothing like what we in the NYCC have.* At this point, I was ready to put on my kit and hit the road. My wife hit the lights and ordered me to bed!

You may ask what the point of all this is... well, if you need any motivation at all to get out on the road besides the lengthening days and warmer temperatures, just pick up the phone or e-mail a couple of folks you've ridden with in the past. *Just talking about riding will get your heart pumping!*

Be safe, be well, and I'll see you on the road.

George

FROM THE EDITORS

We hope you are enjoying the content in the monthly bulletin so far this year. Our goal is to put together a publication that accurately represents our members, provides news and information you can use about cycling, and maybe even entertains you and makes you laugh once in awhile. To do that, we need your help.

Send us your story ideas, opinions, editorials, tips, scoops, news flashes, photos and doodles. Just drop an e-mail to bulletineditor@nycc.org. We're short on cub reporters around here, so the input is welcome and appreciated.

This month we launch one new feature here in the bulletin – **Who's in Your Club?** – and resurrect one pre-existing feature. Who's in Your Club highlights a member of the NYCC family. Got someone to suggest/nominate? Shoot us an e-mail. The resurrected **Road Dirt** column will be dedicated to the latest news and gossip in the club and in the cycling world at large.

One more plea for assistance. Road Dirt was created by a past editor of the newsletter, but we can't trace the source. All we can find are some bylines from a suspicious sounding "Dusty Rhodes" who was prone to changing the spelling of his or her name from issue to issue. Any idea who originally created Road Dirt in these pages back in the day? Let us know, and in the meantime,

Ride on.

Carol and Dana



BIKIN' IN THE BIG EASY

NYCC Member Mike Weinberger will be back in New York in time to lead his "After Breakfast Ride" series on Sundays, which begins in May, but he has spent the winter months in a warmer climate: New Orleans.

What follows is his account of cycling along the mighty Mississippi and cruising past the Garden District's Victorian-style mansions, as well as his view on the distinctions and the similarities between New York and New Orleans. To Weinberger, it seems, both cities have their own charms.

When the "After Breakfast Ride" series begins in May, you can rest assured that he will show you some of those charms, particularly the neighborhoods of Breezy Point, Coney Island, Brighton Beach, the Ridgewood Reservoir and Little Neck Bay, at a very manageable 14 mph cruising speed. You can even sleep in: all rides begin at 10:30 a.m. at City Hall near the Brooklyn Bridge. Ride information will be posted; stay tuned. - Editor

By Mike Weinberger

As I biked through town on a ride recently, it occurred to me that tourists who visit New Orleans and stay in the famous French Quarter may have no idea what the real New Orleans is like, just as people visiting New York City might have a skewed vision of what it is really like after visiting Times Square and the Empire State Building.

I rode my bike to the Mississippi River levee that day, which has a bike path on the very crown at the highest part of the levee. The bike path goes on for more than 20 miles. At one point I went out to a pier and saw an ocean-going oil tanker heading down river, toward

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the Gulf of Mexico, and I was close enough to hit it with a rock. It was gigantic and it snaked and swiveled and pivoted left and right to navigate the river's bends.

Truth be told, this is a *real* city, in the old world sense, as few American cities are. It has many streets that are populated by ornate, freestanding, wooden houses built in the 19th and early 20th centuries. These houses are varied and visually appealing with an abundance of carvings, gingerbread moldings, spindels, arches and covered porches. In New York, there are houses like this in specific neighborhoods, like Ditmas Park in Brooklyn. But in New Orleans, there are hundreds of streets with houses like this.

There are also hundreds, maybe thousands, of mansions. They line streets like Esplanade St. and Magazine St., sometimes for miles. There are also large mansions in the famous Garden District that are so big that there are frequently only four houses on an entire street. Ditto for parts of the city's "St. Charles Avenue," a well-known, well-traveled thoroughfare that has a streetcar line running down its center and even more gigantic mansions on streets (some of them private with guardhouses at the front) in an area known as Audubon Park.



Cycling on the levee

Clearly, there was a time when lots and lots of money poured into New Orleans, probably based on the port and on shipping-related industries, and plenty of people built grand houses that are around today for all to admire.

Cont'd on next page

I have also biked in the Uptown area, which is about two miles from the French Quarter. Uptown has many little cafes and specialty shops that sell antiques, kitchenware, unusual clothing and other non-necessities, like ultra-fine pens or expensive chocolates. That part of town seems to be inhabited by a number of young professionals. It has a Whole Foods Supermarket, the only one in town that I know of. The area in many ways reminds me of Brooklyn Heights.

I have also ridden through the New Orleans version of Central Park, called City Park. Like our famous park, it has many winding paths and old world-style foot bridges. It is charming and old fashioned, but what makes it really special, at least to me, is the fact that it also has creeks and tiny islands running through it. There are canals and sedate rivers called bayous running throughout the town.

New Orleans has real neighborhoods and plenty of them. People walk the streets here, creating an urban and pedestrian atmosphere, a little like Greenwich Village or Chelsea. In other words, New Orleans is much more like New York City than Indianapolis, Charlotte, or Austin, which to me don't have that urban vibe.

In New Orleans you do not have to get into a car and drive to a shopping center or mall to get a cup of coffee. On my corner there is a great cafe and bakery and there is an active street life. There is almost always someone on the sidewalk walking their dog, sweeping in front of their house or just passing the time. This is quite a feat when you consider that the entire block only has about 17 or 18 houses and about 30 residents, about as many as might live on one floor of an average NYC apartment house.

People spend time on the street and say hello to one another, even perfect strangers. They are extremely friendly, and in one month we have been invited to four parties and two evenings out. The town has a very welcoming atmosphere.

Almost all the houses on my block are fully detached and what a New Yorker might call "cottage style," although some are grander. Many have only four and five rooms and were built as simple shelter for lower middle class people in the 1840's through the 1870's. None of them had running water when they were built and some are really tiny. An entire house can sometimes be only 10 or 12 feet wide. Mine is 12 feet wide.

Although it is true that some neighborhoods have been wiped out by Hurricane Katrina and sadly may never come back, my sense is that there are also plenty of areas that were damaged where about a third of the houses have already been fully restored, another third are being worked on right now, and another third have yet to be worked on, but probably will be. Progress is visible.

However, there are also abandoned houses, because some people have decided not to come back at all. In the long run, some say that may make the town stronger, because the people who have decided to come back have had a civic re-awakening and have become more active in the community than they had been before the flood.

In closing, the most important fact I can impart is that this is a real town with its own distinct culture and a fully developed way of life that is not like anywhere else. People who live here do not seem to have an agenda. They seem to be less interested in "getting ahead" and "forging a career," and more interested in enjoying life and respecting and building personal relationships. A plumber might spend fifteen minutes with you just chatting and passing the time and welcoming you to the area - even though he does not have enough time to actually do any work for you (tradesmen are very busy rebuilding houses) and therefore he cannot make any money by getting to know you. That happens all the time here, as southern culture and hospitality are very much a part of this town, making it a charming place to spend one's time.

Rack ‘em up!

NYCC March Special Event



Wednesday March 26, 2008

6:30 p.m.- 9:00 p.m.

Amsterdam Billiards Union Square

“Speak softly and carry a big stick.” -- Theodore Roosevelt (1901)

Come on out for the March special event and pick up a cue stick for a round of pool. Enjoy the cheers of your teammates as you run the table or kick yourself in the . . . for missing the “8” ball and scratching. We’ll start with special happy hour priced drinks for NYCC members. They also have a full menu for those who want to grab dinner there.

If you don’t like pool or it’s not enough fun for you, there will also be darts and videogames. Members who joined us last year will remember that after a couple of drinks, a lot of laughs, and some cheering, it won’t matter if you scratch.

So, lose the wheels for an evening of fun with friends, old & new. Hit a few balls, down a couple of beers or your libation of choice, and let’s see what you’ve got!

Price per person: \$25 for 2 hours, cue stick included.

Amsterdam Billiards Union Square
85 Fourth Avenue @ 11th St.
(212) 995-0333
www.amsterdambilliardclub.com

Come on out. You will know everyone by the end of the evening. Please RSVP so we have an idea of how many tables to reserve. Any questions? E-mail Hal Eskenazi, director of special events, at events@nycc.org.

Send a check for \$25 to

Hal Eskenazi
236 E. 36th St, 11G
New York NY 10016

Join Us at the NYCC March Special Event
We’ll have some fun. We always do!

**THE NEW YORK CYCLE CLUB
INVITES OUR MEMBERS TO**

VOLUNTEER

**FOR OUR PERENNIAL & ILLUSTRIOUS CYCLING CELEBRATION
KNOWN AS**

ESCAPE NEW YORK!

THE TWENTIETH OF SEPTEMBER 2008

**WE NEED DRIVERS TO MARK THE ROUTES, REST STOP MANAGERS,
REGISTRATION HELPERS, FOOD & EQUIPMENT DELIVERERS,
SAG VEHICLES, ROADSIDE REPAIR & MORE!**

WITHOUT YOU IT DOESN'T HAPPEN!

CONTACT THE COMMITTEE: ENYINFO@NYCC.ORG

Ellen Jaffe, Designer

Road Dirt...

C-Ride Leader **Mitchell Fink** has been elected to the board of directors of the Young Survival Coalition, an international, non-profit network of breast cancer survivors and supporters dedicated to the concerns and issues that are unique to young women and breast cancer. Through action, advocacy and awareness, the YSC seeks to educate the medical, research, breast cancer and legislative communities and to persuade them to address breast cancer in women 40 and under. Fink has participated in YSC's annual Hershey's Tour de Pink -- a four-day, 220-mile interstate bike ride -- for the last two years to raise money for YSC's programs and services. Plans for this year's ride are underway, which will begin October 3. Fink's daughter, Andrea, was diagnosed with breast cancer in 2003 and again in 2006 and is now a survivor.

A little bird..... well, a stork, actually ... passed along this tidbit: NYCC members **Rebecca & Anthony Poole** are the proud parents of little Toby John Ruscombe Poole, born Feb. 16. All are happy and healthy. Said Grandpa **Mitch Levine**, also an NYCC member, "I'm still smiling."

Do you have an item to submit for Road Dirt? Drop an e-mail to bulletineditor@nycc.org



The Five Borough Bicycle Club invites members of the New York Cycle Club to sign up for the 2008 Montauk Century and receive a discount. Just register on Active.com and choose the NYCC-member category. We are also looking for a few NYCC members to help staff one of our rest areas. Email montauk@5bbc.org for particulars.

WHO'S IN YOUR CLUB?

Catching up with ...

Ann Marie Ficuciello – member since 2002



*** How many bikes?**

I have three: a Trek 1200 for club rides; a Schwinn hybrid for local errands; and a Schwinn cruiser.

*** Pre-ride breakfast?**

A whole wheat bagel with peanut butter and jelly, small orange juice.

*** Favorite ride destination?**

Coney Island.

*** What's the last book you read?**

Atonement by Ian McEwan.

*** What do you do when you're not cycling?**

Director of Registration Services, NYU's School of Continuing and Professional Studies.

*** What cycling trips/events/races are on your calendar for this year?**

The NYCC Berkshires Weekend, the Bloomin' Metric, the Mansion Ride for Autism, the North Fork Century, the TA Century and anything else that may look interesting.

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 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/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

March 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, March 01, 2008

A19/20 55mi +/- mi 9:30 am

A-ST5 Ride #1: Pearl River

Leaders: Ron Roth, rr7@nyc.rr.com ; Gerald Seppey, gseppey@gmail.com

From: Central Park Boathouse

You've probably been riding to Nyack all through the winter, so it's time for a change. We'll be covering a similar distance on our moderate series opener, but on different roads that offer a few short hills, some nice scenery, and lunch at an NYCC favorite: the Muddy Brook café in Pearl River. It's likely going to still be cold out there, so bring a bike in solid mechanical order including good tires and 2 spare tubes, along with a helmet and an appetite.

A23 70 mi 8:30 am

A-23 STS: Cold Spring to NYC

Leaders: John Zenkus, jjz2116@aol.com , 917-617-0901; Stephane Geist, geist@un.org

From: Grand Central Terminal, Information Booth

Meet at Grand Central Terminal around 8:30 AM or so to catch the 8:51 AM train to Cold Spring. The terrain is flat to

rolling and good paceline skills will be essential. There will be one brief stop.

A Metro North bike pass a must, as well as the usual helmet, water, spare tubes and a pump. Rain or temperatures below 30F will result in the ride's postponement to the following day. If the weather appears doubtful, check the club's message board where the ride's status will be posted by 6:30am.

A-SIG 35+/- 8:45 am

A-SIG Classic/A-19 SIG joint orientation and Ride #1

Leader: Ed, Timothy, and the SIG leaders, ~

From: Public School 334 / Public School 9, 100 West 84th Street at Columbus. 8:45 AM Registration, 9:00 AM Orientation, 10:15 AM Ride

The A-SIG Classic and the A-19 SIG will hold a joint orientation where the leaders will present their programs cooperatively and answer all questions. The two A-SIG groups will then separate and head out to the destinations of their respective first rides. Each group will stop for a late breakfast at a diner and participants will have more opportunity to talk with the leaders and to get to know each other.

The Saturday orientation will take place regardless of weather. Temperature below 32° F, icy conditions and any form of precipitation will postpone riding until Sunday. If we ride on Sunday, the meeting place and time will be given at the Saturday orientation and also posted on the NYCC Message Board. Helmets mandatory. Aerobars are not permitted under any circumstances. The A-Classic permits road bikes only.

Not sure which program will suit you? Riders who can comfortably complete 4 consecutive laps of Central Park in 1:50:00 or better have enough fitness for the A-19 SIG. Riders who can comfortably complete 4 consecutive laps in 1:35:00 or better have enough fitness for the A-SIG Classic. If you're still unsure of which A-SIG is right for you please consult with a leader. The Classic and A-19 programs will work cooperatively in the first weeks and

switch riders up or down to ensure the fit is right.

For more information, or to pre-register for either program, visit the NYCC web site (www.nycc.org) for pages dedicated to each.

B16, 17 & 18 30 +/- mi 9:20 am

B-SIG Classification Ride & Orientation

Leader: The B-SIG Leader Team, bsig@nycc.org

From: North End of the Central Park Boathouse Parking Lot
For pre-registered B-SIG participants with #s (Siggies).

We'll do 4 laps of Central Park. You'll time yourself for the 4 laps so we can determine which B-SIG group you will start in. Bring your B-SIG pre-registration number & a way to time yourself. Then we cycle to our indoor orientation meeting at PS 334's gym. That's on 84th St. & Columbus Ave. (100 W. 84th). Bikes will be brought inside with us. Pizza will be served during the meeting, so please bring \$6 to cover 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.

Cancels: predicted actual temperature below 25-degrees; raining or snowing; wet or slick roads; or steady winds above 40 mph. Check nycc.org bulletin board if uncertain if ride is on.

Sunday, March 02, 2008

B16/1862 mi 10:00 am

B-Ultra STS Ride #1 - The Orchards

Leaders: Kay Gunn, kaygunn@gmail.com; Skip Ralph, skipralph@yahoo.com; 646-234-8981; Robert Marcus r.marcus@verizon.net, 718-644-7507; Neile Weissman, soupstone-at-mindspring-dot-com

From: Fort Lee News Bar (NJ side of GWB)

For our first B-Ultra STS ride, we'll have 2 groups. Rob & Skip will lead a faster group, and Kay & Neile will lead a slower group. Our first pitstop will be a snack stop at mile 30. Please be prepared to ride 30 miles non-stop. Lunch will be at a sandwich shop around mile 43.

Please see http://www.nycc.org/rides_sts_b.shtml for more information about the B-Ultra STS.

The Fort Lee News Bar is located at 140 Main Street in Fort Lee, NJ, about 1/4 mile from the GWB. Turn left on Hudson Terrace after exiting the bridge, go thru the light, then take a right at the yield sign onto Main street (where you would otherwise go left down the hill to River Rd). The cafe will be on your left. Bagels, coffee, smoothies etc are available. Show up early to have breakfast and meet other B-Ultra STS participants.

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

All-Class Hiking & Snowshoeing (Cross Training) SIG

Leader: Marilyn & Ken Weissman, nyccsnowshoe@att.net

From: See Thursday's Message Board for Details

The Hiking & Snowshoeing SIG meets virtually every week through mid-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, e-mail Ken or Marilyn.

Tuesday, March 04, 2008

B17 18 mi 6:15 am

Morning laps in Central Park

Leader: Linda Wintner, lwintner@metlife.com, 212-876-2798

From: Engineers' Gate, 90th St and East Drive

Please join me for training laps in the Park. We'll concentrate on building up endurance, form, and good group riding etiquette. Maybe we'll do hill repeats or interval training occasionally on Tuesdays. In the middle or at the end of the month, I'll teach a rotating paceline for people who don't know how to do it. I've done these rides for several years and they've always been fun. Please check the weekly email listing and message board in case I need to cancel or change anything at the last minute. (Please note that these rides will start at 5:45am in April and I'll add a fourth lap.) Cancels: precipitation, imminent threat of precipitation, wet pavement, or temperature below 30 at the start.

Wednesday, March 05, 2008

A19 30 mi 7:00 pm

Urban Adventure Ride

Leader: Chris OConnell, chrisoco@yahoo.com

From: Tavern on the Green, West Drive at 67th St.

Description somewhat plagiarized from JZ: Despite lack of popular demand, the Wednesday evening Urban Adventure Ride will continue through March. This ride explores NYC and its environs. Expect at least a 2 hour non-stop ride requiring some sort of fat-tire bike, good bike handling skills, and front and rear lights. The route may include cobblestone, rough roads and off-road if we can find it. Not super fast but you should be able to maintain 18mph flat speed on the fat tires.

RSVP required. I am very open to collaboration on the route b/c there will not be cue sheets or pre-planned routes, just possible destinations.

Thursday, March 06, 2008

B17 18 mi 6:15 am

Morning laps in Central Park

Leader: Linda Wintner, lwintner@metlife.com, 212-876-2798

From: Engineers' Gate, 90th St and East Drive

Please join me for training laps in the Park. We'll concentrate on building up endurance, form, and good group riding etiquette. Maybe we'll do hill repeats or interval training occasionally on Tuesdays. In the middle or at the end of the month, I'll teach a rotating paceline for people who don't know how to do it. I've done these rides for several years and they've always been fun. Please check the weekly email listing and message board in case I need to cancel or change anything at the last minute. (Please note that these rides will start at 5:45am in April and I'll add a fourth lap.) Cancels: precipitation, imminent threat of precipitation, wet pavement, or temperature below 30 at the start.

Saturday, March 08, 2008

A19 SIG 42 mi 8:45 am

A-19 SIG Ride #2: Northvale

Leaders: Bob Mirell, bobnycc@aol.com, 917-868-7945; Betsy Hafkin, betsyhafkin@verizon.net

From: Central Park Boathouse

SKILL: Group Riding

Don't take the tape off your helmet! Who let the dogs out? This week, all of us should be NYCC members. If not, you can use an application blank from the bulletin or sign up on line when you return from today's ride. Now that we've all been training diligently, the differences between our performances are starting to diminish. We'll pick up the pace just a smidgeon and cruise one of the classic routes to the fabled Northvale Diner as we hone the essentials of group riding. The speed will be just right to

focus on safety, communication and basic bike handling skills. This is called, "holding the juices in." No one will be dropped today. If you keep improving as much as you did last week, we may even try a non-rotating paceline today.

A19/20 55-76 9:00 am

A-STS Ride #2

Leaders: Gerald Seppey, gseppey@gmail.com, 646-238-0344; Ron Roth, rr7@nyc.rr.com; Marcy Bloomstein, marcy.bloomstein@djkresidential.com; Tom Denham, thomasjdenham@aol.com

From: Central Park Boathouse

Time for our first foray east of the Hudson. We'll ride to the North Castle Diner for brunch, then continue along the Kensico Reservoir and take in some climbs before looping past Tarrytown and heading south along the river. While you needn't have ridden with us for all rides to participate, remember that this series is for experienced A riders with paceline skills such as those developed during the A SIG. No mountain bikes or aero bars. Bring a bike in good mechanical condition, a helmet, 2 spare tubes and an MNRR pass. Return from Tarrytown with Metro North or ride in. Check message board after 7:30 AM for possible cancellation or postponement should weather for the ride appear questionable.

A23 75 mi 8:30 am

A-23 STS: North White Plains to NYC

Leaders: John Zenkus, jjz2116@aol.com, 917-617-0901; Scott Blau, sblau@datacap.com

From: Grand Central Terminal, Information Booth

Meet at Grand Central Terminal around 8:30 AM or so to catch the 8:46 AM train to North White Plains for a new rolling ride in Westchester County and an excursion into Connecticut with one brief
12 March 2008

stop before return to New York City. This scenic route includes sections of hardpack roads.

A Metro North bike pass a must, as well as the mandatory helmet, enough water and fuel for 3 hours nonstop riding, spare tubes and a pump. Rain or forecast high temperatures below 30F will result in the ride's postponement to the following day. If the weather appears doubtful, check the club's message board where the ride's status will be posted by 6:30am.

A-SIG 50 mi 9:00 am

A-SIG Classic Ride #2: Park Ridge

Leaders: Allison Agliardo, aagli@yahoo.com, 212-421-7886; Peter Brevett, pbrevett@rcn.com, 917-880-7496; Susan Kennedy, susan831@gmail.com, 917-545-3371

From: Central Park Boathouse, parking lot

Introduction to cooperative group riding

Get to the Boathouse parking lot 20 minutes early in order to sign in and divide into groups. Place your name on the front and back of your helmet (we need to know who you are coming and going!). The purpose of today's ride is to get some base mileage in, to get to know each other and to get comfortable riding as a group. We will also introduce the idea of pace lines and getting comfortable riding on each other's wheels. Your fearless leaders will give you guidance on everything from road etiquette (for your fellow cyclists as well as motorists who share the roads) to proper bike fit. We'll cruise to the Montvale Diner in Park Ridge via 505 in small single-line groups, eat breakfast, and return to NYC on 501. Only one hill—leader's choice: Churchill? Booth? Walnut? Please bring two full water bottles and some smiles. Helmets required. No aerobars. Rain date: Sunday, March 9.

B16, 17, 18 43/46 +/- mi 9:30 am

B-SIG: Westwood, NJ

Leader: The B-SIG Leader Team, bsig@nycc.org

From: Rambles Shed, Central Park (North of Boathouse on East Drive)

Class this morning is about bike handling skills: cornering, braking, & holding a line. After class we will do our first full ride, taking it easy as we journey to the diners of Westwood. We'll practice the communication and bike handling skills we've learned over the last two weeks. Only one real hill—the infamous Churchill or Walnut—to get us back up the Palisades. Cancels: predicted actual temperature below 25-degrees; raining or snowing; wet or slick roads; or steady winds above 40 mph. Check nycc.org bulletin board if uncertain if ride is on. If weather cancels, we try again on Sunday.

C-min.11 18.3 mi 9:30 am

C-SIG Self-Classification Ride

Leaders: Patricia Janof, patricia.janof@verizon.net, 212-737-1668; Gary McGraime, garynycc@aol.com, 212-877-4257

From: Central Park at E. 72nd St. and Fifth Ave.

Pre-registration is required.

You choose either date to ride. Three laps around the Park, at a steady, even pace to determine your strength and skill levels. Bring helmet, spare tube for tire, water bottle. You don't need to bring a lock. Wear layered clothing, topped by a windbreaker. Cover your hands, ears & knees against the cold. Your bike must be in good working condition, with tires pumped within the last 2 days to recommended pressure. We'll provide the help and the cheering section! Rain, wet roadway or temp. below 35 degrees postpones. Check the NYCC Message Board after 7:00 AM or call by 8:30 AM if in doubt.

Sunday, March 09, 2008

B16 ~75 mi 10:00 am

B-Ultra STS Ride #2 - ENY 2008 Preview

Leaders: Kay Gunn, kaygunn@gmail.com; Neile Weissman, soupstone-at-mindspring-dot-com; Ellen Jaffe, ellen@ellenjaffe.com, 212-966-7206

From: Fort Lee News Bar (NJ side of GWB)

For our second B-Ultra STS ride, we have guest leader and 2008 ENY chair Ellen Jaffe! We will be previewing part of the proposed 2008 ENY route. If you're interested in helping with ENY 2008, this will be a great chance for you to ride part of the route!

Please see http://www.nycc.org/rides_sts_b.shtml for more information about the B-Ultra STS.

The Fort Lee News Bar is located at 140 Main Street in Fort Lee, NJ, about 1/4 mile from the GWB. Turn left on Hudson Terrace after exiting the bridge, go thru the light, then take a right at the yield sign onto Main street (where you would otherwise go left down the hill to River Rd). The cafe will be on your left. Bagels, coffee, smoothies etc are available. Show up early to have breakfast and meet other B-Ultra STS participants.

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

All Class Hiking & Snowshoeing SIG Meets Today

Leader: Marilyn & Ken Weissman, nyccsnowshoe@att.net

From: See Thursday's Message Board for Details

See Sunday, March 2nd listing for SIG details

Tuesday, March 11, 2008

B17 18 mi 6:15 am

Morning laps in Central Park

Leader: Linda Wintner, lwintner@metlife.com, 212-876-2798

From: Engineers' Gate, 90th St and East Drive

Please join me for training laps in the Park. We'll concentrate on building up endurance, form, and good group riding etiquette. Maybe we'll do hill repeats or interval training occasionally on Tuesdays. In the middle or at the end of the month, I'll teach a rotating paceline for people who don't know how to do it. I've done these rides for several years and they've always been fun. Please check the weekly email listing and message board in case I need to cancel or change anything at the last minute. (Please note that these rides will start at 5:45am in April and I'll add a fourth lap.) Cancells: precipitation, imminent threat of precipitation, wet pavement, or temperature below 30 at the start.

Wednesday, March 12, 2008

A19 30 mi 7:00 pm

Urban Adventure Ride

Leader: Chris OConnell, chrisoco@yahoo.com

From: Tavern on the Green, West Drive at 67th St.

Description somewhat plagiarized from JZ: Despite lack of popular demand, the Wednesday evening Urban Adventure Ride will continue through March. This ride explores NYC and its environs. Expect at least a 2 hour non-stop ride requiring some sort of fat-tire bike, good bike handling skills, and front and rear lights. The route may include cobblestone, rough roads and off-road if we can find it. Not super fast but you should be able to maintain 18mph flat speed on the fat tires.

RSVP required. I am very open to collaboration on the route b/c there will not be cue sheets or pre-planned routes, just possible destinations.

Thursday, March 13, 2008

B17 18 mi 6:15 am

Morning laps in Central Park

Leader: Linda Wintner, lwintner@metlife.com, 212-876-2798

From: Engineers' Gate, 90th St and East Drive

Please join me for training laps in the Park. We'll concentrate on building up endurance, form, and good group riding etiquette. Maybe we'll do hill repeats or interval training occasionally on Tuesdays. In the middle or at the end of the month, I'll teach a rotating paceline for people who don't know how to do it. I've done these rides for several years and they've always been fun. Please check the weekly email listing and message board in case I need to cancel or change anything at the last minute. (Please note that these rides will start at 5:45am in April and I'll add a fourth lap.) Cancells: precipitation, imminent threat of precipitation, wet pavement, or temperature below 30 at the start.

Friday, March 14, 2008

B17/1845 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, March 15, 2008

A19 SIG 54 mi 8:45 am

A-19 SIG Ride #3: Blauvelt

Leaders: Bob Mirell,
bobnycc@aol.com, 917-868-7945;
Kim Jenkins, kimjenkins@aol.com,
917-623-5651

From: Central Park Boathouse

SKILL: Group Riding

NO NEW RIDERS MAY JOIN THE SIG TODAY. Now that we've all been training diligently, the differences in our individual fitness are starting to diminish. We'll pick up the pace just a smidgen and cruise one of the classic routes to Blauvelt as we hone the essentials of group riding. The speed will be just right to focus on safety, communication, and basic bike-handling skills. This is called 'Holding the juices in.' No one will be dropped today. Don't take the tape off your helmet!

A19/2165 mi 9:00 am

A-STs Ride #3: New City

Leaders: Ron Roth, rr7@nyc.rr.com;
917-532-1779; Tom Denham,
thomasjdenham@aol.com; Gerald
Seppey, gseppey@gmail.com; Marcy
Bloomstein,
marcy.bloomstein@djkresidential.com

From: Central Park Boathouse

This week's ride puts us back on the west side of the Hudson for a pretty run up Rt23 to the Rockland Diner in New City followed by a return via Lake Tappan. While you needn't have ridden with us for all rides to participate, remember that this series is for experienced A riders with paceline skills such as those developed during the A SIG. No mountain bikes or aero bars. Bring a bike in good mechanical condition, a helmet, 2 spare tubes, fluids and some pocket food. Check NYCC message board for possible cancellation or postponement should weather for the ride appear questionable.

A23 70 mi 9:00 am

A-23 STS: "The Knot"

Leaders: John Zenkus,
jjz2116@aol.com, 917-617-0901;
14 March 2008

Hank Schiffman,
hschiffman1@nyc.rr.com, 212-529-
9082; Shari Alexander,
alexander_shari@yahoo.com, 917-
304-3438

From: Central Park Boathouse

Timothy McCarthy's climbing puzzle of Rockland County.

Although the STS A23 series is designed as a training vehicle for strong cyclists with paceline skills who ride it each Saturday, these rides are open to all comers who have the ability and skill to contribute to this group effort. Helmets are required. Please be sure you bike is mechanically sound and your tires are not an embarrassment. Carry fluids, pocket nutrition, cash and a means to inflate flat tires. If you ride with a cell phone, enter in the ride leaders' cell #s listed on the cue sheets at The Boathouse. Please follow the NYCC Message Board prior to this ride as well as the morning of if uncertain about ride status.

A-SIG 60 mi 9:00 am

A-SIG Classic Ride #3: White Plains

Leaders: Sarah Tombaugh,
sarahtombaugh@hotmail.com, 646-
642-4244; Mark Loftis,
mark.loftis@yahoo.com, 917-670-
3075; Mitch Rubenstein,
mruben999@aol.com, 973-706-8636

From: Central Park Boathouse,
parking lot

Introduction to single, non-rotating paceline

Today we begin to build a beautiful working knowledge of Westchester—a favorite stomping ground of the A-SIG. We will head out through the Bronx on the Grand Concourse. Did you train during the week? If you didn't, don't bother coming out. Training during the week is critical to keeping up—and everyone will keep up. We will do more miles today. In addition, we will focus on riding in a single paceline, getting a taste of how cool it is to ride on someone's

wheel, pulled along in a draft. Arrive at the boathouse 20 minutes early so we can get signed up and on the road promptly by 9:00 AM. Helmets with names on front and back are required. No aerobars. Rain date: Sunday March 16. DEADLINE: all registered A-SIG participants must be members of the NYCC. LAST CHANCE FOR NEW PARTICIPANTS TO JOIN THE A-SIG CLASSIC.

B15/1640+/- 9:30 am

B-STs Ride #1 -- River Road

Leaders: Marci Silverman,
mhsilv@yahoo.com, 646-408-4565;
Cyna Alderman,
nycyna@yahoo.com, 917-520-3073
From: Central Park Boathouse

For B-SIG graduates looking for a progressive training program this spring, we welcome you to join us for the B-STs. What better way to start the season? Improve your strength and endurance, have fun and see friends old and new. For further information on STS guidelines or to get on the email list for cue sheets and details, please contact the ride leaders in advance.

Bring a positive attitude and all the usual stuff. Cancels: rain, snow, wet roads, or temperature below 30° at 8:30 am (1010 WINS or NY1). If a ride is cancelled, we try again Sunday. Always check the NYCC message board for last-minute ride information.

Please note: The STS will close to new participants after the 3rd ride.

B16, 17, 18 47/57 +/- mi 9:30 am

B-SIG Scarsdale or Hartsdale, NY

Leader: The B-SIG Leader Team,
bsig@nycc.org

From: Rambles Shed, Central Park

We'll start with a class in spinning — an all-important skill that will save your knees as the years go by, and help you go faster now. Then we head up into Westchester; the B16s to Scarsdale, the

B17s & B18s to Hartsdale. There will be a few hills (not too daunting) to practice your spinning. Cancels: predicted actual temperature below 25-degrees; raining or snowing; wet or slick roads; or steady winds above 40 mph. Check nycc.org bulletin board if uncertain if ride is on. If weather cancels, we try again on Sunday.

C-min.11 18.3 mi 9:30 am

C-SIG Self-Classification Ride

Leaders: Patricia Janof, patricia.janof@verizon.net, 212-737-1668; Gary McGraime, garynycc@aol.com, 212-877-4257

From: Central Park at E. 72nd St. and Fifth Ave.

Pre-registration is required.

You choose either date to ride. Three laps around the Park, at a steady, even pace to determine your strength and skill levels. Bring helmet, spare tube for tire, water bottle. You don't need to bring a lock. Wear layered clothing, topped by a windbreaker. Cover your hands, ears & knees against the cold. Your bike must be in good working condition, with tires pumped within the last 2 days to recommended pressure. We'll provide the help and the cheering section! Rain, wet roadway or temp. below 35 degrees postpones. Check the NYCC Message Board after 7:00 AM or call by 8:30 AM if in doubt.

Sunday, March 16, 2008

----- CANCELLED -----

C11-12 25 mi 10:00 am

C STS = Get Back in Shape 1: Scarsdale

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

From: RING Garden across street from Dyckman/200th stop on "A" train Meet at the park benches on Riverside Drive at the RING Garden in upper Manhattan; Take "A" train to 15 March 2008

Dyckman St / 200th St.; exit at middle of train (push door available). Cross Broadway and another street to the Triangle garden.

This is the first of a series of C rides to help us get back into shape after a winter of relative sloth. Let's follow the Bronx River bike path, enjoy the geese, ducks and swans and peaceful babbling brook on our first outing. Lunch will be indoors in Scarsdale. Helmets are required. We will observe Club riding etiquette. Bring your Metro-North pass for emergencies. Cancellation: starting temp below 40F, wind chill below 25F, icy roads, or 50% chance of precipitation. After you've checked the weather channel or 1010WINS, call Maggie after 8 am if still in doubt about weather conditions.

Tuesday, March 18, 2008

**B17 18 mi 6:15 am
Morning laps in Central Park**

Leader: Linda Wintner, lwintner@metlife.com, 212-876-2798

From: Engineers' Gate, 90th St and East Drive

Please join me for training laps in the Park. We'll concentrate on building up endurance, form, and good group riding etiquette. Maybe we'll do hill repeats or interval training occasionally on Tuesdays. In the middle or at the end of the month, I'll teach a rotating paceline for people who don't know how to do it. I've done these rides for several years and they've always been fun. Please check the weekly email listing and message board in case I need to cancel or change anything at the last minute. (Please note that these rides will start at 5:45am in April and I'll add a fourth lap.) Cancels: precipitation, imminent threat of precipitation, wet pavement, or temperature below 30 at the start.

Wednesday, March 19, 2008

A19 30 mi 7:00 pm

Urban Adventure Ride

Leader: Chris OConnell, chrisoco@yahoo.com

From: Tavern on the Green, West Drive at 67th St.

Description somewhat plagiarized from JZ: Despite lack of popular demand, the Wednesday evening Urban Adventure Ride will continue through March. This ride explores NYC and its environs. Expect at least a 2 hour non-stop ride requiring some sort of fat-tire bike, good bike handling skills, and front and rear lights. The route may include cobblestone, rough roads and off-road if we can find it. Not super fast but you should be able to maintain 18mph flat speed on the fat tires.

RSVP required. I am very open to collaboration on the route b/c there will not be cue sheets or pre-planned routes, just possible destinations.

Thursday, March 20, 2008

B17 18 mi 6:15 am

Morning laps in Central Park

Leader: Linda Wintner, lwintner@metlife.com, 212-876-2798
From: Engineers' Gate, 90th St and East Drive

Please join me for training laps in the Park. We'll concentrate on building up endurance, form, and good group riding etiquette. Maybe we'll do hill repeats or interval training occasionally on Tuesdays. In the middle or at the end of the month, I'll teach a rotating paceline for people who don't know how to do it. I've done these rides for several years and they've always been fun. Please check the weekly email listing and message board in case I need to cancel or change anything at the last minute. (Please note that these rides will start at 5:45am in April and I'll add a fourth lap.) Cancels: precipitation, imminent threat of precipitation, wet pavement, or temperature below 30 at the start.

Saturday, March 22, 2008

A19 SIG 55 mi 8:45 am

A-19 SIG Ride #4: Park Ridge

Leaders: Morene Bangel, 917-697-0390, mbangel@verizon.net; Dewey Gartland, gartland@ix.netcom.com, 201-736-9891; Devraj Roy, deroy@bear.com, 917-825-5722

From: Central Park Boathouse

SKILL: Single non-rotating Paceline

Who let the dogs out? You are all looking so fine. It's hard to believe this is only your 4th week with the SIG. This week, we'll still keep the speed down and learn to ride a Paceline, the defining skill of "A" riding. The roads won't be too trafficked and the shoulders will be wide enabling us to concentrate on what it takes to make a group of 12 or 15 bicycles ride in unison like a perfectly oiled machine. We'll learn to paceline safely, comfortably and with all the benefits of aerodynamics. If your group is adroit and quick to pick up the skill, your leader may consider trying to rotate the paceline (very cool).

A19/21+ 70 +/- 9:00 am

A-STs Ride #4: Sleepy Hollow, Armonk, Peekskill

Leaders: Ron Roth, rr7@nyc.rr.com; 917-532-1779; Gerald Seppey, gseppey@gmail.com; Tom Denham, thomasjdenham@aol.com; Marcy Bloomstein, marcy.bloomstein@djkresidential.com

From: Central Park Boathouse

We'll ride to Tarrytown then over the ridges (Sleepy Hollow, Bear Ridge and Whippoorwill) to Armonk for a lunch stop at Schliefer's Deli. Appetites sated, we'll head north thru Mt Kisco and take some great roads to Peekskill for an MNRR return. Those with the motivation and the legs can continue on to Garrison or Cold Spring. As always, while you

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needn't have ridden with us for all rides to participate, remember that this series is for experienced A riders with paceline skills such as those developed during the A SIG. No mountain bikes or aero bars. Bring a bike in good mechanical condition, a helmet, 2 spare tubes, fluids and an MNRR rail pass for the return. Check NYCC message board for possible cancellation or postponement should weather for the ride appear questionable

A23 81 mi 8:00 am

A-23 STS: New Brunswick, NJ - New Hope via Sergeantsville

Leaders: John Zenkus, jiz2116@aol.com, 917-617-0901; Shari Alexander, shari@sharialexander.com
From: Penn Station NY

For 2008, a new and improved variation of a favorite route. Meet at Penn Station 8:00 for the 8:14 train to New Brunswick, NJ. There will be one stop in New Hope, PA.

While a bike pass is not required, helmet, ample food and water, spare tubes and a pump are a must. If the weather appears doubtful, check the message board where the ride's status will be posted by 6:30am.

A-SIG 54 mi 9:00 am

A-SIG Classic Ride #4: Nyack

Leaders: Steve Peters, spsquared@yahoo.com; Bessie Oster, bessieoster@hotmail.com, 646-505-2164; Jeff Terosky, terosky@gmail.com, 917-969-8262

From: Central Park Boathouse, parking lot

Introduction to single, rotating pace lines

OK, yeah, you've been to Nyack—or have you? Have you been there in style? Have you shown up as a straggling, wobbly single rider or in tight, smoothly functioning group formation? And who can resist a latte at the Runcible? We've already had a taste of pace line riding from last week. This week, we do more

of the same, getting comfortable with it, however today we start rotating the lead. You are now getting to be a steady, smooth, predictable rider. We will ride out to Nyack on Rt 505 and eat breakfast at the Runcible or the Diner. We will return on 9W and really let the pace line rip. Get to the Boathouse parking lot by 8:30 to sign in, separate into groups and talk with your group leaders. Helmets required. Aero bars? Never heard of such things. Rain Date Sunday, March 23. Absolutely no new riders accepted today.

B15/1650+/- 9:30 am

B-STs Ride #2 -- Seville Diner

Leaders: Marci Silverman, mhsilv@yahoo.com, 646-408-4565; Cyna Alderman, nycyna@yahoo.com, 917-520-3073

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

For B-SIG graduates looking for a progressive training program this spring, we welcome you to join us for the B-STs. What better way to start the season? Improve your strength and endurance, have fun and see friends old and new. For further information on STS guidelines or to get on the email list for cue sheets and details, please contact the ride leaders in advance.

Bring a positive attitude and all the usual stuff. Cancels: rain, snow, wet roads, or temperature below 30° at 8:30 am (1010 WINS or NY1). If a ride is cancelled, we try again Sunday. Always check the NYCC message board for last-minute ride information.

Please note: The STS will close to new participants after the 3rd ride.

B16, 17, 18 53/58 +/- mi 9:00 am

B-SIG Ridgewood, NJ

Leader: The B-SIG Leader Team, bsig@nycc.org

From: Rambles Shed, Central Park

All the cobwebs are gone from our winter hibernation, so we're picking up the pace

by one MPH. Class today will be about shifting and gearing and you'll need most of your gears on this pretty, but somewhat hilly ride west into New Jersey. The B16s will have a late lunch in Westwood after the climbs so bring pocket food. The B17s & B18s are duly warned that most of the hills are after lunch and one of our restaurant choices is considered the best pancake house in the tri-state area. NOTE THE EARLIER START TIME. (Plus, you'll get the chance to lead part of the ride, too.) Cancels: predicted actual temperature below 25-degrees; raining or snowing; wet or slick roads; or steady winds above 40 mph. Check nycc.org bulletin board if uncertain if ride is on. If weather cancels, we try again on Sunday.

Sunday, March 23, 2008

----- CANCELLED -----

C11-12 25 mi 10:00 am

C STS = Get Back in Shape 2: Closter

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

From: GWB Bus Terminal, 178 St and Ft Wash Av
Meet at 178th St and Ft. Washington Ave (rear of GW Bus Terminal); Take "A" train to 175th St; take elevator out and walk north to 178th St.

This is the second of a series of C rides to help us get back into shape after a winter of relative sloth. Let's venture into Bergen County, NJ on Irv's very pretty route through the 'burbs of Bergen to the Closter Diner for lunch. Helmets are required. We will observe Club riding etiquette. Cancellation: starting temp below 40F, wind chill below 25F, icy roads, or 50% chance of precipitation. After you've checked the weather channel or 1010WINS, call Maggie After 8 am if still in doubt about weather conditions. Co-listed with 5BBC.

Tuesday, March 25, 2008

B17 18 mi 6:15 am

Morning laps in Central Park

Leader: Linda Wintner,
lwintner@metlife.com, 212-876-2798

From: Engineers' Gate, 90th St and East Drive

Please join me for training laps in the Park. We'll concentrate on building up endurance, form, and good group riding etiquette. Maybe we'll do hill repeats or interval training occasionally on Tuesdays. In the middle or at the end of the month, I'll teach a rotating paceline for people who don't know how to do it. I've done these rides for several years and they've always been fun. Please check the weekly email listing and message board in case I need to cancel or change anything at the last minute. (Please note that these rides will start at 5:45am in April and I'll add a fourth lap.) Cancels: precipitation, imminent threat of precipitation, wet pavement, or temperature below 30 at the start.

Wednesday, March 26, 2008

A19 30 mi 7:00 pm

Urban Adventure Ride

Leader: Chris OConnell,
chrisoco@yahoo.com

From: Tavern on the Green, West Drive at 67th St.

Description somewhat plagiarized from JZ: Despite lack of popular demand, the Wednesday evening Urban Adventure Ride will continue through March. This ride explores NYC and its environs. Expect at least a 2 hour non-stop ride requiring some sort of fat-tire bike, good bike handling skills, and front and rear lights. The route may include cobblestone, rough roads and off-road if we can find it. Not super fast but you should be able to maintain 18mph flat speed on the fat tires.

RSVP required. I am very open to collaboration on the route b/c there will not be cue sheets or pre-planned routes, just possible destinations.

Thursday, March 27, 2008

B17 18 mi 6:15 am

Morning laps in Central Park

Leader: Linda Wintner,
lwintner@metlife.com, 212-876-2798

From: Engineers' Gate, 90th St and East Drive

Please join me for training laps in the Park. We'll concentrate on building up endurance, form, and good group riding etiquette. Maybe we'll do hill repeats or interval training occasionally on Tuesdays. In the middle or at the end of the month, I'll teach a rotating paceline for people who don't know how to do it. I've done these rides for several years and they've always been fun. Please check the weekly email listing and message board in case I need to cancel or change anything at the last minute. (Please note that these rides will start at 5:45am in April and I'll add a fourth lap.) Cancels: precipitation, imminent threat of precipitation, wet pavement, or temperature below 30 at the start.

Saturday, March 29, 2008

A19 SIG 55 mi 8:45 am

A-19 SIG Ride #5: Mamaroneck

Leaders: Ed Fishkin, 917-578-1078,
Edward.fishkin@woodhullhc.nychhc.org; Barbara Levitan,
Barbara.levitan@gmail.com, 917-750-1098

From: Central Park Boathouse

SKILL: Single, Rotating Paceline

The pacelining we learned the last few weeks will evolve into a thing of greater beauty today. We'll advance to rotating single paceline riding to take advantage of the wind breaking effect of the front riders. This will enable us to keep the speed up and preserve our energy. You won't believe how your training pays off. If you continue on the steep learning curve you've demonstrated thus far, we

may even try to rotate a few double pacelines today.

A19/21+ 77+/- 8:45 am

A-STS Ride #5 South Mountain Road

Leaders: Ron Roth, rr7@nyc.rr.com; 917-532-1779; Gerald Seppey, gseppey@gmail.com, 646-238-0344; Marcy Bloomstein, marcy.bloomstein@djkresidential.com; Tom Denham, thomasjdenham@aol.com

From: Central Park Boathouse

This NYCC classic ride will take us up South Mountain Rd, approaching via W. Nyack. We'll stop for lunch at David's Bagels, then get some adrenaline going during a fast return through Saddle River. As with all A-STS rides, you needn't have ridden with us for all rides to participate, but be aware that this series is for experienced A riders with paceline skills such as those developed during the A SIG. No mountain bikes or aero bars. Bring a bike in good mechanical condition, a helmet, 2 spare tubes and fluids. Check NYCC message board for possible cancellation or postponement should weather for the ride appear questionable

A23 79 mi 8:25 am

A-23 STS: Whippoorwill Roaring Brook Hardscrabble from NWP

Leaders: Hank Schiffman, hschiffman1@nyc.rr.com, 212-529-9082; Douglas Freimuth, dmfreim@us.ibm.com

From: Grand Central Terminal, Information Booth

Buy a one-way ticket to North White Plains for the 8:46am train, arriving at NWP 9:23am.

Classic Westchester Hills after a North White Plains start. Wide shoulders on 100, 118 & 129 for double pacelining. Hardscrabble Rd and 448 to Tarrytown then back to the city on bike.

18 March 2008

Although the A23 STS series is progressive in distance, speed and vertical gain, you may join any of our rides as long as you have the stamina, skills and a mechanically sound bike with serviceable tires. Please note that aerobars are not suitable for our rides although a helmet is a must. Also, have at least one spare tube and means of inflation. Personally, you will need a Metro North bike permit for designated rides, pocket food, fluids and cash for road food. We do not sit down for a formal lunch but concentrate on the quality of the ride which will afford you time and an appetite for dinner when your return home.

A-SIG 55 mi 9:00 am

A-SIG Classic, ride #5: Pleasantville

Leaders: Allison Agliardo, aagli@yahoo.com, 212-421-7886; Mitch Rubenstein, mruben999@aol.com, 973-706-8636; Adam Lichtenstein, vaduz@lichtenstein.org, 212-828-2588

From: Central Park Boathouse, parking lot

More single, rotating paceline and introduction to double paceline

This ride is hilly! Did you train during the week? Maybe even do some hill repeats? You'll be glad if you did! Phew! By now you're comfortable riding in a single paceline. We will ride up to Tarrytown on Route 9—a great place to practice rotating the lead. We will then climb over a hill to the Thornwood Diner for lunch and then return via Grassy Sprain. On the way home, if you're good (and we know you will be), we'll introduce you to a double paceline (non-rotating), so you'll be ahead of the game next week. You know the drill by now: Arrive early with name on helmet to get signed in and into your group. We leave at 9:00 on the dot. You're getting to be a real A-rider now. Rain date: Sunday, March 30.

B16 55 mi 9:30 am

B-STS Ride #3 -- Park Ridge

Leaders: Marci Silverman, mhsilv@yahoo.com, 646-408-4565; Cyna Alderman, nycyna@yahoo.com, 917-520-3073

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

For B-SIG graduates looking to get back in shape with a group this spring, we welcome you to join us for the B-STS. What better way to start the season? Improve your strength and endurance, have fun and see friends old and new. For further information about the B-STS, or to get on the email list for cue sheets and details, please contact the ride leaders in advance.

Please note: The STS will close to new participants after this week.

Bring a positive attitude and all the usual stuff. Cancels: rain, snow, wet roads, or temperature below 30° at 8:30 am (1010 WINS or NY1). If a ride is cancelled, we try again Sunday. Always check the NYCC message board for last-minute ride information.

B16, 17, 18 55/60 +/- mi 9:00 am

B-SIG Mamaroneck Harbor, NY

Leader: The B-SIG Leader Team, bsig@nycc.org

From: Rambles Shed, Central Park

Our class will be about riding in traffic — skills we all need just to get to the start of our rides each week. We'll practice those skills as a group quite a bit today, especially on Route 1. But this is a pretty ride and, if the weather's nice, we can picnic by the beach. (If not, we have a few indoor choices.) Cancels: predicted actual temperature below 25-degrees; raining or snowing; wet or slick roads; or steady winds above 40 mph. Check nycc.org bulletin board if uncertain if ride is on. If weather cancels, we try again on Sunday.

Sunday, March 30, 2008

B14-16 40-60 9:30 am

Choices in Westchester

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

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

We ride as group through the Bronx and lower Westchester. At Scarsdale, we stop, refuel our engines and have decision time. A faster group will set off due North to sample some of Westchester's most resplendent hills. A slower group will have a shorter ride and

return to the city by an interesting route. Both options have great scenery.

Minutes

NYCC Board of Directors Meeting

Tuesday January 8 - 6:30pm

George Arcarola's Office
Avenue of the Americas & 18th Street

In attendance were 2008 board members: George Arcarola, Betsy Hafkin, Kay Gunn, Skip Ralph, Susan Niederman, Dana Gordon, Hal Eskenazi, Matt Zimmerman, Jeff Ignall, Ellen Jaffe, Liane Montesa, Ingrid Wiegand, Jeff Terosky.

George Arcarola – President's Report

How do we increase general participation among members beyond the active core group. Jeff indicated that there might be better and more cost effective alternatives to active.com for collecting membership dues and member fees.

Should we throw open to membership suggestions to improve club meetings? Is there anything we'd want to do to upgrade the look of the website? Do we want to have a monthly contest of some sort? Do we want to establish an advocacy chair and group? We need a new liaison to the NY Road Runners Club.

Kay Gunn – VP of Rides

GENERAL

Advocacy chair

Representative to NYC Bike Coalition. Last year Carol Waaser was our advocacy chair. Annaline Dinkelmann also helped out. Carol dropped out in November. Kay attended the November meeting and headed up the NYCC ghostbike effort. Do we want to continue to represent the NYCC in the advocacy meetings? They are once a month - the 5BBC, TimesUp, Weekday Cyclists, and Transportation Alternatives all participate. Kay has joined the Street Memorials Project (ghostbikes) and plans to continue to represent the NYCC there, but does not plan to continue in the overall advocacy spot. Kay thinks it's important to have someone as liaison with NYC Bike Coalition to keep NYCC in the loop.

RIDES

Ghostbike sponsorship

David Smith's ghostbike at 36th Street & 6th Avenue was on the home page last week. Carol Wood led a ride (via messageboard) to the ride start. Kay & Skip were at the memorial, member Paula Froke posted a video on the messageboard (youtube link) Plan to ask 1-2 club members to help redecorate the bike for holidays, birthday, etc, Paula offered to film decoration effort. The ghostbike we are sponsoring is at a very visible location (36th & 6th). I have spent \$35 on decorations so far. A \$250 budget was okayed to keep the bike decorated thru the year, and for ghostbike fix up day (paint, etc).

SIGs/STS

A23 STS- same as last year - competitive, very challenging routes, no or very short lunch A STS - 2 groups A19/20 and A21/22 - not as competitive, regular lunch stops B 17 - closed to new participants after 3rd ride B Ultra Sunday - rides of 90-125 miles; alternating ride leaders; to fill request of regular club members that can not ride on Saturdays C12 - same as last year; possibly co-listed with 5BBC Audax - asked Harvey Minsky and Robert Dinkleman if they would do it this year, waiting for answer

We are including a write up in February's bulletin about the programs and are working on the web pages for the SIGs and STSs.

Ride submission/approval deadlines

eWeekly deadline changed - Thursday ride submissions will be approved by 7pm Friday and will appear in Monday's eweekly. We need to change this information in the ride submissions page. The ride coordinators were asked to send the information out in their January emails - we already have some positive feedback. There is no easy mechanism to change already listed ride. It was recommended that the ride be listed with the caveat "refer to message board for details".

Ride sign in sheets and insurance

Insurance applies to club members and first time invited guests. So non-members are only covered for one ride. Therefore, should we make SIG and STS participants join the club before ride 2?

Kay has been told that many (especially) A ride leaders do not use sign-in sheets. I've had a request to improve ride sign-in. Ideas? Maybe an online signup form linked to the ride listing that will print a signup sheet, so ride leaders can print out to take for participants to scribble signature?

Insurance policy states as long as a club member has signed a waiver once for the year, we are covered. Does the waiver included with membership (on active.com) count?

Skip Ralph – B –ride coordinator

Café L'Amour posted their NYCC best food award in the restaurant.

Jeff Ignall – Treasurer

Accounts

Current Youth Program Balance:
\$ 1,111.02

Current NYCC combined balance:
\$ 25,511.19

Jeff suggested that we find a way to gather membership information that allows member interaction. Jeff wants to bring as much money handling online as possible.

Liane Montesa – VP Programs

Club meetings were very well attended years ago. What can we do to spark higher attendance? It was agreed that both Annie Moores food and venue is very tired. Perhaps a theme night would work. It was suggested that for instance there could be a cycling-related author speaking at Housing Works. February will be the season kick-off with Gary McGraine speaking. Jeff mentioned that we only need to fulfill our 40 dinner quota at Annie Moore's if we have a meeting that night. With advance notice, we can cancel a meeting at Annie Moore's.

Jeff Terosky – Past President

We want to club to pay all bills up front, especially recurring bills like website

hosting costs and service fees (for instance from ConstantContact used to send the eWeekly).

PS 9/334 at 84th & Columbus will be the March 1 meeting place for the A and B SIGs.

Should Susan find it necessary, Jeff can investigate having the C SIG kickoff there as well.

The bulletin looks great. Jeff will mail hard copies of the January bulletin and NYCC renewal forms to members Richard Stevens and Charles Merkle. In future, Mitch Rubenstein and Marty Wolf will send these bulletins.

Kevin Ley and Jeff will work on the NYCC directory.

We should set and post our calendar soon for our big ride events: All-Class Ride, Newcomer's Ride, 9W Cleanup, ENY.

Ingrid Wiegand – Public Relations

Ingrid is holding off placing anything in newspapers, magazines until the cycling season starts. Jeff suggested that Ingrid time these placements for either our SIGs and Newcomers Ride. Could we make the website more interactive? Could there be a specific question posed to members regularly with public responses? Could we pay a part time web person or administrative person to take care of mundane tasks like checking our PO Box or filing ride sign-in forms?

Dana Gordon – Bulletin Editor

Different ideas are being tossed around for future content. One possible idea: first time efforts in athletic events such as first triathlon. For website there could be an area with information about road conditions.

Susan Niederman – C-Rides Coordinator

Susan will check to see if C SIG kickoff still needs a venue and will follow up with Jeff.

Matt Zimmerman – Webmaster

Website works fine though some links need to be moved around to make navigation easier. Suggestions should be sent by board members to Matt. The way the site is password protected is very primitive with one password shared by all. Should we password protect the bulletin and rides on the website? Suggestion: could we push the bulletin to people in an email?

Hal Eskenazi – Special Events

Planning for July 4th weekend is underway. Hal feels we should not allow back-to-back winners for NYCC member awards presented at the holiday party.

The holiday party was a resounding success with 95 in attendance as compared to 63 in 2006. Holiday party finances were as follows:

Woolworth Tower Kitchen \$ 4,365.

DJ 625.

Gratuities 275.

Miscellaneous 64.

The club subsidy for the party in 2007 was about \$ 1,340. compared to a subsidy of \$ 2,600 in 2006. At the holiday party we had a spontaneous drawing for a number of gifts left over from ENY.

February 28 is the volunteer recognition dinner at The Woolworth Tower Kitchen. The cost will be \$ 35 per head, to be paid for by the NYCC. Last year we had about 65 attendees. January is bowling at Port Authority with a maximum of 24 slots. Lifetime membership award will be presented at volunteer recognition dinner. We need a Volunteer-of-the-Year nominee.

Ellen Jaffe – Secretary

December 2007 minutes were approved as will be amended.

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 4th weekend. Basil Ashmore is chair of the weekend.

Reyna Franco is willing to coordinate Berkshires Memorial Day weekend again. Ideas about the weekend have been circulating via email.

Next BOD meeting:

Tuesday, February 5, 2008

6:30PM at Neil Botwinoff's office.

(location to be confirmed)

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

Accelerade Products

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

info@a-bicycleshop.com; 10% off non-sale items (not items already discounted).

Bicycle Habitat

244 Lafayette Street, NY, NY

<http://bicyclehabitat.com/>

212 431-3315; 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

<http://www.bicycleworkshop.com/>

201 568-9372; 10% off parts and accessories

Bicycle Renaissance

430 Columbus Avenue, NY, NY

<http://bicyclerenaisance.com/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

<http://www.conradsbicycles.com/>

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

<http://togabikes.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

<http://www.masterbikeshop.com/>

212 580-2355; 10% off parts, accessories, and bicycles.

Piermont Bicycle Connection

215 Ash Street, Piermont, NY 10968

845 365-0900 and 4 Washington St,

Tenafly, NJ 07670, 201 227-8211

www.piermontbike.com ; 10% off

everything including bicycles. Free S&H on purchases over \$100.



SBR

203 West 58th (7th Ave), NY, NY

<http://www.sbrshop.com/>

(212) 399-3999

5% off all in-store merchandise, including bikes

Sid's Bikes

235 East 34th St NY, NY

212 213-8360

151 W 19th St (7th Ave) NY, NY

212 989-1060

<http://www.sidsbikes.com>

10% off accessories and clothing.

Toga Bike Shop

110 West End Avenue, NY, NY

212 799-9625

1153 First Ave @ 63rd, NY, NY

530 N. Highland Ave (9W), Nyack, NY

<http://togabikes.com/>

email@togabikes.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.

2008 MEMBERSHIP CARD