

NYCC BULLETIN

April 2008 New York Cycle Club / nycc.org



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Can you "Make It Work!"? . . . p. 10

PRESIDENT'S MESSAGE

“April is the cruelest month...”

I'm not sure that T.S. Eliot was a cyclist, but he pretty much hit the nail on the head for those of us who are. Our bodies (and minds) are certainly ready for spring--warmer temperatures, sunny days--but April, as capricious as ever, has started the month with cool showers and overcast skies. Oh well... c'est la vie!

In any event, the NYCC is starting the month in full stride. The SIGs and STS rides are well into their programs, and the ride calendar is showing signs of life indicating that all of us are coming out of hibernation.

So, now is the time to come to the aid of your club! Next Tuesday, April 8th, the club meeting will be your first opportunity to see what's going on with our annual Escape New York ride. ENY committee members will be there to answer questions and talk about the myriad of volunteer positions we need to fill in order to make this our best ENY ever. Shake off the last dregs of winter and come down to Annie Moore's and see what part you can have in making this a memorable event.

Can't commit to the ENY? Don't worry; we've got plenty of other opportunities for you. All you have to do is come down and have a look at what's available that suits your schedule, and your talent!

(continued 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 Co-Editors

(President's letter cont.)

One more thing before I go; if April showers bring May flowers, what do May flowers bring?
For the answer, see me on April 8th at the meeting!

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

George

THE C-STIS IS ON!

In 2008, we are offering a new Spring Training Series for C riders. The series is geared towards C-SIG graduates or experienced C riders who possess good group-riding skills and etiquette. The program is based on the LSD (Long Slow Distance) progressive training model with the objective of increasing our muscle strength, endurance, and aerobic fitness. Our goal will be to maintain a steady pace as we progress through a sequence of rides that offers increasingly longer distances and more challenging terrain.

We will start out at a 12 mile pace. The pace may increase as we progress through the ride series, but we want to emphasize that riding faster is not the goal of the C-STIS ride series. The rides range in distance from about 30 miles for the first ride, to a graduation ride of 100 kilometers (62.1 miles).

The C-STIS rides will be scheduled for seven consecutive Sundays, beginning on April 6th and continuing through May 18th. **Because this is a progressive series, participants must register in advance, and no new riders will be allowed to join after the third ride. To sign-up, or to request further information, please contact Michael Allison at c-stis@nycc.org.**

- All riders must wear helmets
- After the first ride, participants are required to become NYCC members if they have not already joined the club.
- The C-STIS Leader Team reserves the right to disqualify a rider from continuing with the ride series if the rider fails to demonstrate acceptable group-riding skills and etiquette.
- Riders are expected to have some knowledge of basic bicycle maintenance and be able to pump their tires and change a flat.

- Riders are encouraged to get in a mid-week ride or some other form of exercise between rides. (Two of our C-STIS co-leaders, Ruth Yashpan and Kate Mostkoff, will be leading mid-week Central Park 'lap' rides. Please check the NYCC eWeekly or NYCC Website for meeting times and locations.)
- These rides are designed to keep us rolling, and will therefore have fewer and shorter stops than you may be accustomed to on other NYCC C-rides.
- No one will be "dropped" on a ride. However, if a rider appears to be struggling before we get out of the city, we may ask that person to "bail" at a convenient subway stop.

Tentative Ride Schedule

All rides will be listed in the NYCC eWeekly, the Bulletin (listings start p.15) and on the online ride listings. The ride listings will include meeting time, starting location, distance and any special requirements such as a Metro-North Bicycle Permit.

Any last minute changes to our planned rides will be posted to the NYCC message board after 7:00 on the morning of the ride.

Ride #1 - April 06: Demarest
Ride #2 - April 13: Northvale
Ride #3 - April 20: Riverdale to Tarrytown
Ride #4 - April 27: Katonah
Ride #5 - May 04: Piermont
Ride #6 - May 11: Westchester
Ride #7 - May 18: Bloomin' Metric

C-STIS Leader Team

Captain: Michael Allison
Co-Leaders: Dorothy Castille
Ruth Yashpan
Kate Mostkoff
Susan Niederman

EVENTS . . . EVENTS . . . AND MORE EVENTS!!

There's something for everyone at these upcoming NYCC and other events . . .

APRIL CLUB MEETING

Tuesday, April 8, 2008

Annie Moore's Bar and Restaurant

50 E. 43rd St, between Madison and Vanderbilt

Happy Hour: 6:00pm

Dinner 7:00pm

Program 8:00-9:00pm

Dinner: \$23

Program only: no charge

ASK NOT WHAT YOUR CLUB CAN DO FOR YOU . . .

Do you want to lead a ride, but are afraid to do it alone? Want to know what available NYCC volunteer opportunities are out there?

This month's program is... We need YOU!

VOLUNTEER, VOLUNTEER, VOLUNTEER!

SIGgies, this is your chance to pair up with an experienced leader, or with a co-SIGgie who may be nervous about leading a ride alone

Also meet up with the members of the **Escape New York** committee, and sign up to help make this year's ENY ride the best ever. We'll have sign up sheets for the other volunteer opportunities available (and we have a lot).

The club exists and runs because of the dedication of its volunteers. Be counted among one of them, and show you care.

APRIL NYCC SPECIAL EVENT

Thursday, April 24, 2008

6:30 p.m - 8:30 p.m.

Wine, Food, & Social Party

Vintage New York in Soho

482 Broome Street (at Wooster)

(212) 226-9463

This Toast(s) By YOU?

That's right. We will have a round of toasts, socialize, laugh, drink & eat the evening away as we give club members the opportunity to toast, or roast (?), someone or something, for each round we hoist. Be prepared if your name is drawn for winning the best toast "PRIZE" or the door prize. Vintage New York has been called a "temple of taste and discovery" and the number one resource for New York wine." It is co-owned by, get this, Susan Wine & Robert Ransom.

Wine & Ransom will host this wine tasting NYCC Special Event as they explain the various wines you will taste and the food they accompany.

How to participate?

Respond to events@nycc.com. RSVP no later than by April 21, 2008.

Light fare (cheeses and meats) will be served. If you want to bring some wine home, Vintage New York has offered our members special double discounts. We will raffle off a couple of bottles of wine.

The cost is **\$45 per person in advance, \$50.00 at the door**. Send your checks, made payable to **Hal Eskenazi, to 236 East 36th Street, Apt 11G, New York, NY, 10016**.

I think this should be a "bikeless" event, don't you? Bring a friend. Come out. Have fun. Who will YOU Toast? Join your friends at the NYCC April 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

APRIL NYCC SPECIAL EVENT "EXTRA!!"

Staten Island Museum*
75 Stuyvesant Place

April 18, 2008 6-9pm

MAKING THINGS GO: BIKES AND HUMAN POWERED VEHICLES

*special invite to NYCC members **with membership card** for the opening reception!

Opening Reception Friday, April 18, 2008

Opens to the Public Saturday, April 19, 2008

Curator: Diane Matyas

Exhibit Coordinator: Donna Pagano

Making Things Go: Bikes and Human Powered Vehicles

Imagine pedaling 60 mph (hear that, A Sig?! And a future without SUVs.

Creative minds are tinkering and inventing eco-friendly 100% human powered vehicles in local basements. Learn how and why they do it, and view their remarkable machines.

Exhibit runs April 18- Sept 28

If you've never been to the Staten Island Museum, this will be a treat for you!

Free transportation on the SI Ferry, and the museum is just two blocks from the terminal, with secured bike parking. This charming institution is the last of the multi-disciplinary (art, science, history) museums left in New York City and this tribute to cycling and underground Human Powered Vehicle design will be a great evening out. The museum invites NYCC members (**you must bring your membership card—it's located on the last page of the April bulletin**) to the opening event FREE, and don't miss the many cycling-related events during the run of the show (eco-bike tours, lectures, and more). Of course that doesn't preclude you from making a contribution to the museum, always a worthy cause.

Click the link for info to this special event and other related cycling events:

<http://www.statenislandmuseum.org>

For further information or questions contact Hal Eskenazi - NYCC director of special events events@nycc.org

MAY NYCC SPECIAL EVENT

COOKING CLASS

Friday, May 16, 2008 6-10pm

Find Your Inner Chef. Yes, we're going to cook a gourmet meal together and then dare to eat what we cook!

If you've always wanted to learn to cook but have never had the resources or confidence in your skills, then is this the great opportunity you've been waiting for. Think of it as a SIG class for cooking.

Prepare and eat a three-course international dinner in a home kitchen under the guidance of two professional chefs and cooking instructors, Alan Karp and Renee Marton.

This group class includes a brief overview of the fundamentals of kitchen knife skills and food safety. You will learn how to work with ingredients such as chilies (fresh and dried) and tomatillos, and learn the technique for making risotto. All food and equipment is provided.

Menu

Salad: citrus segments, red onion, Italian parsley, mint, and toasted pine nuts dressed with Dijon-ginger vinaigrette

Entrée: ancho-honey glazed filet of sautéed salmon with tomatillo cream sauce accompanied by asparagus risotto

Dessert: lavender crème brûlée

This class is limited to 10 individuals. An immediate response will give you a better chance to secure a spot in this very special class. Don't delay. Sign up now!

Location: Upper West Side home of the chef

Cost is \$75.00 per person

Send your checks, made payable to Hal Eskenazi 236 E36th Street, Apt 11G NY, NY 10016

Join your friends at the NYCC May Special Event
We'll have some fun. We always do!

**NYCC Berkshires Weekend
Memorial Day Weekend
May 23-26, 2008**

Spring is finally here and the NYCC 2008 Berkshires Weekend is less than 2 months away. There will be 3-4 days of cycling through beautiful country roads, farmland and the Berkshire Mountains. There will be rides for cyclists at every level. And we're returning to the Egremont Country Club on Sunday, May 25th for our windup dinner and dancing! Join us for fun rides and socializing. If you have any doubts, ask anyone who was with us in 2007, 2006, 2005 . . .

New routes and new ride leaders are always welcome. Let us know if you would like to help out this year. You make the weekend fun and exciting.

It's not too early to reserve a place to stay. Book your favorite B&B now before they are sold out! For more information, go to www.nycc.org and go to "Rides", then "Weekend Events", then the Memorial Day weekend. There you will find links to lodging and more information about the weekend. Since we will be distributing the weekend information packet by e-mail, send your email address to Berkshires@nycc.org so we can forward you the information when it is available in May.

For further information, contact Reyna Franco at Berkshires@NYCC.org. Up to date information will be posted on the nycc.org website, message board and weekly e-mails.

“OUT OF BOUNDS”: EVENTS AND OPPORTUNITIES OUTSIDE OUR CLUB

Sunday, April 6, 9am-5pm
NYCC Savvy Cyclist
Presented by [Bike New York](#) and led by [Rich Conroy](#)
at the Recycle-A-Bicycle training center in Long Island City, Queens.



NYCC Savvy Cyclist is a free, one-day "introduction to cycling" program for NYCC members and their family members (children 13 or older) or partners who want to improve their cycling skills. This is a great opportunity for members to introduce their loved ones to the joys of cycling while spending a fun and informative day together!

This class is ideal for new cyclists who want to learn the basics, those returning to cycling from a long hiatus, people who want to be more independent on their bike, anyone who has never attended an NYCC SIG program, and those who feel a little nervous while cycling in traffic.

If you do not know how to ride a bike (that is, start, stop, balance and steer without falling down), this is not the right class for you. Participants must know how to balance and control a bicycle. (Don't know how to ride yet? Click [here for learn-to-ride instructions](#) to try on your own [PDF, 20 MB]--the method works for adults and children alike.)

Course Content

- Adjusting your bike and helmet for a comfortable fit
- Performing a safety inspection on your bike to make sure everything is working properly
- Fixing a flat tire
- Using your gear system
- Locking your bike
- Bike handling skills
- Cycling safely and confidently in traffic

The class is mostly hands-on and bike-riding activities, though it includes some classroom learning. Participants will receive literature and accessories to ensure continued safe and enjoyable riding.

NYCC Savvy Cyclist is a League of American Bicyclists [Road I](#) class, and it fulfills the pre-requisite for entering the training and certification seminar to become a [League Cycling Instructor](#).

Space is limited to 16 riders. If you would like to attend, please RSVP by sending an email to Kay Gunn: [kaygunn\[at\]gmail.com](mailto:kaygunn[at]gmail.com)

The 10th Annual Blessing of the Bikes

(Kids, skates, and non-motorized scooters are all welcome!)

Saturday April 26, 2008
10:00 a.m - 10:30 a.m. SHARP
Rain or Shine

The Cathedral Church of St. John the Divine
112th Street & Amsterdam Avenue
New York, NY

Meet on Saturday April 26, 2008 at 10:00 a.m. sharp **INSIDE** the Cathedral of St. John the Divine with your bikes, roller skates, and non-motorized scooters for the **10th Annual Blessing of the Bikes**.

Reverend Thom will say a few kind words and then sprinkle our bikes with Holy Water. There will be a moment of silence to remember those cyclists we've lost in the past year, a chance for everyone to ring their bicycle bells in celebration of cycling, and we're gone.

We'll be holding this event **INSIDE** the Cathedral of St. John the Divine. If you've never been, this is one of the great cathedrals in New York, if not the world.

Wear what you like. Your usual cycling and skating gear is fine (but if you have cycle shoes with exposed cleats and you don't have cleat covers, you'll be asked to leave your shoes at the door so you don't scratch the floors.)

This is a particularly special year -- a large portion of the Cathedral has been closed for years in order to repair the damage from a fire in 2001, and this is the first time since then this event will be back in the Cathedral's beautiful main section. 2008 also marks the 10th anniversary of the Blessing of the Bikes.

This Blessing of the Bicycles is free. However we do ask for a voluntary, nominal contribution (maybe what you
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spent on your last snack break?) to support the work of the Cathedral. One hundred percent of the money you donate will go directly to the Cathedral.

From the Achilles Track Club: Achilles needs you for the Achilles Tandem Program

If you have a positive outlook and an ability to enthuse others about cycling, Achilles Tandem Program needs you. Achilles aims to bring the pleasures and benefits of cycling to people with a variety of disabilities by offering them the opportunity to go tandem riding.

Founded in 1983, Achilles aims to enable people from all walks of life, including those with physical impairments, to enjoy the health giving benefits of exercise in a supportive, social and encouraging environment.

Benefits of cycling for people with disabilities are the same as for anyone else. It's fun, promotes independent mobility and promotes physical and mental well-being.

The Achilles Tandem Program started in 2005 and has trained riders and guides to ride in major bike tours including the 5 Boro bike Tour and the Buffalo to Albany Erie Canal Ride. It also paved the way for the Achilles Triathlon team to complete two triathlon seasons, including the New York City Triathlon, an Olympic distance race.

Achilles owns thirteen tandems and manages a program of weekly rides each Saturday morning beginning in Central Park, catering to people of all ages, fitness levels and abilities. Duration of each ride is usually between one and two hours although for the more elite members of the team this is likely to be more.

We are looking for volunteers who are able to commit some time to the Achilles Tandem Program. We will provide you with tandem riding training, disability awareness training and basic cycle maintenance training as well as appropriate coaching for upcoming events.

If you are interested in helping these inspirational Achilles Athletes, please contact Stewart Meadowcroft – Achilles NY Program Co-ordinator by email at smeadowcroft@achillestrackclub.org

MEMBER NEWS

WHO'S IN YOUR CLUB?

Catching up with . . .

Rebecca Solomon – current B-SIGgie



*** How many bikes?**

Only 1 - a Bianchi Eros Donna from 2000. It's very cute and reliable.

*** Pre-ride breakfast?**

Kashi Good Friends Cinna-Raisin Crunch cereal with sliced banana & 1% milk

*** Favorite ride destination?**

Cold Spring Harbor

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

The Other Boleyn Girl--couldn't put it down.

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

I'm a Registered Dietitian - during the day I am the Nutrition Coordinator for the Program for Surgical Weight Loss at Mount Sinai Hospital. After hours, I have a private practice and teach at NYU. I can also be found cooking, baking, eating, watching HBO, and traveling with my husband Dean and our Scottish Terrier, Bear!

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

After I finish the SIG, I hope to do lots of weekend rides with NYCC. And hopefully a couple centuries here and there. But nothing specific planned yet!

KIM JENKINS: 2007 NYCC Volunteer of the year



At February's Volunteer Recognition Dinner former NYCC President Carol Waaser proclaimed: "Whenever anyone said, 'We need someone to...'" Kim would say, 'I'll do it' before they could even finish the sentence. She organized the Escape New York 2007 goodie bags, having all the stuff sent to her office where she stored it and then held the "assembly" party. If anything needed to be shipped or received and stored, Kim would do it. She was also in charge of collecting the club mail from the post office on a regular basis, printing signs for Escape New York and printing award certificates... I can't even think of all the things she's done."

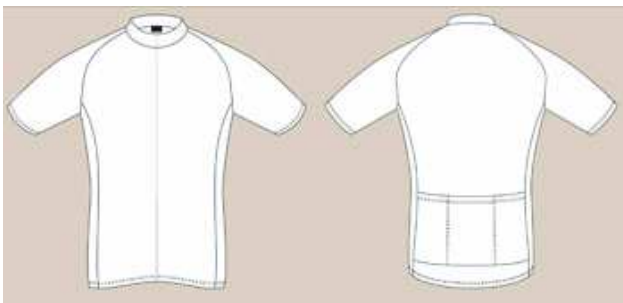
NYCC JERSEY DESIGN COMPETITION

“MAKE IT WORK!”

Are you a Project Runway wannabe? Do you have a hankering to "Make it work"? Would you like to see the NYCC ride to New Jersey in your new jersey? Don't delay—enter today!

Now is your chance to win the awe and admiration of your peers and see your design sported by savvy cyclists all over town. Enter the jersey design competition and you could go all the way to the winner's circle!

The NYCC Board of Directors is pleased to announce an open competition for the next **New York Cycle Club** jersey design. Any NYCC member, whether you are a professional designer or talented non-professional, is eligible to submit. The artist whose design is chosen, in addition to receiving a **jacket, jersey and vest**, will earn the club's undying thanks, not to mention the road glory that comes with New York riders regularly flashing by in his or her creation. The Board will review all designs and select one for manufacture. The chosen designer will be asked to prepare the final templates needed for actual production. The design will become the property of The New York Cycle Club. The submission window is **April 1 - April 30, 2008**



Design Parameters

- We offer no creative guidance, but you may choose to keep in mind the critical mass earned by the club as one of New York's oldest cycling organizations as well as the cosmopolitan center of art and commerce that we represent.
- Though the club will eventually have jackets, jerseys and vests manufactured, the competition design is for a **jersey**.
- You must use the NYCC official logo somewhere on the garment. It may be used small on the sleeve or elsewhere. Download the NYCC logo at http://www.nycc.org/images/jersey_comp/nycc_logo.tiff
- The club has no official font. You may create 'New York Cycle Club' the way you think is most dynamic and arresting.
- Please limit your design to a maximum of three colors plus white.
- You will use a raglan sleeved jersey as your template. Download it at http://www.nycc.org/images/jersey_comp/jersey_template.jpg
- Save the file as a PDF or JPEG and email it to jersey[at]nycc.org no later than April 30. Please include your name and contact information.
- If you have further questions please email jersey[at]nycc.org

Past Jerseys

Not familiar with past NYCC jerseys? Go to http://www.jimgalante.com/NYCC_Jerseys.html to see some past designs.

NYCC ride listings guide

NYCC rides are led by volunteer leaders. The leaders plan the route and maintain the listed speed. We list rides by level and cruising speed classifications in order to help members find rides in groups of similar ability. The pace and style of the different levels may vary, but rides all share the common objective of riding for fun, fitness and food. **Ride classifications** All rides are classified according to level and cruising speed. The levels are as follows:

- A** Fast, vigorous riding with advanced bike handling and paceline skills required. Stops every 2 hours or so.
- B** Moderate to brisk riding with attention to scenery. Stops every hour or so.
- C** Leisurely to moderate riding at a gentle pace. Sightseeing and destination oriented (a good introduction to the club). Stops every half-hour or so.

A number following a letter indicates the target cruising speed on flat roads: e.g. **B15** = B level at a 15 mph cruising speed. **Cruising speed** indicates the ride's speed on flat terrain. Average riding speed over rolling terrain is generally 3 mph less than cruising speed. This will vary plus or minus 1 mph, according to terrain. Overall speed, including all rest and food stops, is about 3 mph less than average riding speed.

Self-test Assess your cruising speed by timing yourself on a four-lap ride of the complete oval in Central Park (24.4 miles). Ride at a comfortable, sustainable pace. Fewer than four laps will give a false assessment. Find your time below and note the cruising speed.

Four lap time	Cruising speed
1:10 or less	22+ mph
1:10 to 1:13	21
1:13 to 1:16	20
1:16 to 1:20	19
1:20 to 1:25	18
1:25 to 1:30	17
1:30 to 1:38	16
1:38 to 1:48	15
1:48 to 2:00	14
2:00 to 2:14	13
2:14 to 2:30	12

2:30 to 2:50 11

Your first NYCC ride

Be conservative Choose a ride easier and shorter than you think you can ultimately handle. You won't enjoy struggling to keep up with a ride that's too fast for you, nor will the group enjoy waiting for you. It's a good idea to call or email the leader a day or so before the ride and introduce yourself when signing up at the start.

Before any ride Check that your bike is in good riding condition: brakes and derailleurs working well, tires pumped to the pressure specified on the sidewall. Eat a breakfast consisting of carbohydrates and proteins.

Bring a spare tube or two, tire levers, patch kit, pump, water, snacks, money, medical ID, emergency phone numbers and rail pass. We also suggest that you bring a lock. Leaders may specify other items in their ride listings.

Lead a ride

Pick a date, pick a pace, pick a destination, pick a route, write it all up and submit to the appropriate ride coordinator (listed below) by the second Tuesday of the month before you want to lead your ride.

A-rides

Betsy Hafkin
a-rides@nycc.org

B-rides

Skip Ralph
b-rides@nycc.org

C-rides

Susan Neiderman
c-rides@nycc.org

Lead enough rides during the year and you qualify for a special prize (given out in December):

3 rides = NYCC water bottle

6 or more rides = NYCC t-shirt

12 or more rides (1st time) = NYCC Ride Leader's vest (you can't buy one of these—you have to *earn* them).

12 or more rides (2nd time) = any club garment of your choice.

PLEASE NOTE Metro-North requires prior notice for large groups (16 or more) on scheduled Bike Trains (Bike Trains are indicated by a bicycle symbol on the printed Metro-North time-tables) and groups of three or more cyclists on a non-bike train. When you submit a ride involving Metro-North to a ride coordinator, at the same time shoot an email off to our trusty Metro-North liaison,

Hank Schiffman, at hschiffman1@nyc.rr.com
He will manage all the details but he can not do it on a piecemeal, last minute basis.

Bicycles and trains

Bike trains On Saturdays and Sundays, 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

depart	arrive
GCT/125th	Poughkeepsie
7:51/8:02 am	9:46 am
8:51/9:02 am	10:46 am

depart	arrive
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

depart	arrive
GCT	Brewster
7:46 am	9:08 am
8:46 am	10:09 am
9:48 am	11:08 am

depart	arrive
Brewster	GCT
5:16 pm	6:41 pm
6:16 pm	7:40 pm
7:16 pm	8:40 pm

NEW HAVEN LINE

depart	arrive
GCT	New Haven
8:07 am	9:54 am
9:07 am	10:52 am

depart	arrive
New Haven	GCT
2:55 pm	4:38 pm

April Ride Listings

Club rides

To keep abreast of any last minute changes, always check the **Ride Listings** on the website at

<http://www.nycc.org/ridesub/view/ridelisting.aspx>

or the **Message Board**:

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

Tuesday, April 01, 2008

B16-17ish 15 mi 6:00 am

Morning Laps in BROOKLYN

Leader: Michelle Stern,
michellejstern@gmail.com, 917-544-7705

From: Prospect Park - Grand Army Plaza Entrance

Please join me for some morning loops in Brooklyn's Prospect Park. We will start at a slow B-16ish pace and will get faster as time goes on. Please meet up at the Grand Army Plaza entrance on Tuesdays and Thursdays promptly at 6:00am. We will ride for an hour (until the cars invade at 7:00am). We'll attempt to do at least 4 loops. Later in the season we may try some hill repeats or interval training as well. Anyone is welcome to join us – Brooklyn-based B-Sig participants are especially encouraged to come out!

Temp below 30 degrees; rain or snow; wet or slick roads; or steady winds will keep me in bed.

Let me know if you're interested in joining – reply to this post, e-mail me at michellejstern@gmail.com or call me at 917-544-7705.

B17 24 mi 5:45 am

Morning laps in Central Park

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

From: Engineer's 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. I'll teach a rotating pacerline 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. Cancels: precipitation, imminent threat of precipitation, wet or icy pavement, or temperature below 30 at the start.

Wednesday, April 02, 2008

A18-19 25-35 mi 6:30 am

A19 SIG midweek training, River Road, w/ optional silliness

Leaders: Bob Ross,
bob.ross@verizon.net, 917-566-8364; Kim Jenkins,
kimjenkins@aol.com, 917-623-5651

From: Engineer's Gate (90th @ Central Park East)

(note: in previous years this ride has been known as "The Sun Also Rises", but Kim made the fatal mistake of allowing Bob to submit this description.)

Designed primarily as a midweek training alternative to CP laps for participants in this year's A19 SIG...though we'll probably accommodate non-SIG riders who are interested in a controlled, cooperative, potentially-instructive cruise along River Road, the gorgeous deciduous paradise which runs along the western shore of the Hudson.

We'll primarily concentrate on getting some midweek base miles at or near tempo, but we'll also address maintaining speed over rollers, various climbing techniques, and the inevitable Obstacle Avoidance that any ride on River Road necessitates. Return to the GWB via 9W South, where we'll incorporate rotating pacerline skills.

As in the SIG, our priorities are Safety, and Having Fun. In that order.

Optional silliness *may* include hill repeats on Alpine, or a side trip to The Presidents (more hills), or perhaps even skipping hills altogether & visiting the Fort Lee News Bar for coffee & camaraderie.

Meet leader Kim Jenkins at Engineer's Gate (90th & Central Park East) at 6:30AM, or meet leader Bob Ross on the New Jersey side of the George Washington Bridge at 7:00AM. Expect to get back to the Manhattan side of the bridge between 8:30 and 9:00, depending on speed & extent of silliness.

Must be self-sufficient, helmeted, on a bike in good working condition...all the usual practical safety caveats.

RSVP if possible. Check the Message Board for last minute cancellations or updates.

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.

C12/13 18.3 mi 6:45 am

Morning Easy Laps – Central Park

Leader: Ruth Yashpan,
rdy98@aol.com, 646-245-5687

From: Engineer's Gate, 90th St and East Drive

Laps around the park at a C pace -- warm up and get into shape for summer!

Thursday, April 03, 2008

B16-17ish 15 mi 6:00 am

Morning Laps in BROOKLYN

Leader: Michelle Stern,
michellejstern@gmail.com, 917-544-7705

From: Prospect Park - Grand Army Plaza Entrance

Please join me for some morning loops in Brooklyn's Prospect Park. We will start at a slow B-16ish pace and will get faster as time goes on. Please meet up at the Grand Army Plaza entrance on Tuesdays and Thursdays promptly at 6:00am. We will ride for an hour (until the cars invade at 7:00am). We'll attempt to do at least 4 loops. Later in the season we may try some hill repeats or interval training as well. Anyone is welcome to join us – Brooklyn-based B-Sig participants are especially encouraged to come out!

Temp below 30 degrees; rain or snow; wet or slick roads; or steady winds will keep me in bed.

Let me know if you're interested in joining – reply to this post, e-mail me at michellejstern@gmail.com or call me at 917-544-7705.

B17 24 mi 5:45 am

Morning laps in Central Park

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

From: Engineer's 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. I'll teach a rotating paeline 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. Cancels: precipitation, imminent threat of precipitation, wet or icy pavement, or temperature below 30 at the start.

Friday, April 04, 2008

B17/18 65 mi 9:10 am

Long Beach/Point Lookout

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

From: City Hall Park, Opposite Brooklyn Bridge

Flat ride via Cross Bay Bridge and Atlantic Beach Bridge returning via Marine Parkway Bridge. Picnic lunch on the beach in Point Lookout. Call or e-mail to confirm. Possible detour through 5 towns if Cross Bay Bridge is still closed.

C12/13 24-30 mi 7:00 pm

EASY laps around the park

Leader: Ruth Yashpan,
rdy98@aol.com, 646-245-5687

From: Engineer's Gate, 90th St and East Drive

Easy laps to get in shape and have fun. Bring a lock so we can have an after ride drink! Helmets, lights, water, a MUST! Under 35 degrees, wet conditions cancel, if in doubt, see the board or call leader an hour prior to ride.

Saturday, April 05, 2008

A18 61 mi 9:30 am

River Road, Bradley, Tweed, Ike: A slow, first ride of 2008

Leader: Richard Rosenthal, rr@roads.com, 212-371-4700

From: Central Park Boathouse

I've very conscientiously not trained at all all winter. I mean: NOTHING! I call it wait training. Come knowing this is as slow an A ride as you'll ever be on. Also come knowing you'll have to wait for me atop several climbs.

A19 SIG 65 mi 8:45 am

A-19 SIG Ride #6: Nyack

Leaders: Jim Galante,
Jim.Galante@americancolor.com, 212-529-4300; Richard Ramon,
ramonr@coned.com 646-823-6051

From: Central Park Boathouse
SKILL: Double, Non-Rotating Paeline (let's get it perfect the first time.)

Did you miss your leaders this week? You won't after today. The moment you've been waiting for has arrived. We'll power up 9W and veer off to a secret pathway dropping past Rockland Lake on our way to cycling's Capistrano or Nyack (your muscles will be quivering in anticipation of today's full throttle workout on the hills). Once on the wide, newly paved shoulders, your group will ride in double paeline formation for miles working like an aerodynamic peloton the whole time. You won't believe how Tour de France we'll look. Communicating perfectly all the way, you'll feel the "G" spot of cycling. Topping it off with lunch at the Runcible, we'll glow all the way home and recap on the Hill. The usual cancels.

A19* 55 mi 9:00 am

STS-Audax

Leaders: Robert Dinkelmann,
dinkelmann@att.net, 212-666-0175;

Harvey Minsky,
spokes609@nyc.rr.com, 212-595-9344

From: Central Park West and 100th street

Progressive training series for riders interested in long distance rides. If you are aiming to ride brevets, this is your chance to train with like-minded riders. Pace line skills are a must and adhering to pace and riding etiquette is a must.

A19-22 65-90 mi 8:30 am

A-STS Ride # 6 Byram Lake-Armonk-Grassy Sprain

Leaders: Gerald Seppey, gseppey@gmail.com; Marcy Bloomstein, marcy.bloomstein@djkresidential.com; Tom Denham, thomasjdenham@aol.com; Sebastian Moll, sebmoll@aol.com; Ron Roth, rr7@nyc.rr.com

From: Central Park Boathouse

This ride brings together some of our favorite roads in Westchester, gives us a peek at Greenwich and lunch at Schleifer's, an old favorite in Armonk. Bail out in Tarrytown at mile 65 via MNRR or ride back to the city via Grassy Sprain for a full 90 miles. 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. Bring a bike in good mechanical condition, a helmet, 2 spare tubes, fluids, MNRR bike pass and some pocket food. Check NYCC message board for possible cancellation or postponement should weather for the ride appear questionable.

A23 80 mi 9:00 am

STS-A23: Central Park – Beacon

Leaders: John Zenkus, jjz2116@aol.com, 917-617-0901; Craig Breed, c_breednyc@yahoo.com, 212-787-5878; Carl Kulo, ckulo@earthlink.net, 646-644-8477; Story Mann,

storymann@optonline.net, 917-207-7464

From: Central Park Boathouse

This is a one-way ride from Central Park to Beacon; return is via Metro North. The route is hilly and includes the following climbs: Clausland Mountain Road, Tweed Blvd, Mountain View Rd, Little Tor, Mine Torne Rd, Storm King and Mountain Rd. New to the route is the climb on Buckberg Mountain Rd.

Please bring a MetroNorth pass, as well as two waters bottles, powers bars or gels, money for lunch, a bicycle in good repair, along with the mandatory helmet. Check the bulletin board for updates if weather appears unfavorable.

A-SIG 75 mi 9:00 am

A-SIG Classic, ride #6: Rockland Lake

Leaders: Bessie Oster, bessieoster@hotmail.com; Timothy McCarthy, timothy@cleanhands.net, 718-204-7484

From: Central Park Boathouse, parking lot

Double, rotating paceline and bike handling drills

You can't miss this one. This is the turning point of the A-SIG. The double-pacelines we practice and hone as we ride laps around Rockland Lake set a standard of group riding that will carry us through the rest of our season together. We will alternate the lead regularly as well as practice regrouping skills for instances where we need to go from double to single lines quickly. We will also do low-speed bike handling drills on the grass in order to learn how to manage when riders bump shoulders or elbows or tap wheels. We head to Rockland Lake through a back way and then go about the business of our laps. On the way back we'll climb over to Nyack for a chance to recover and refuel, then climb some more hills at the state line on our way to NYC. The usual: arrive early to sign in, we leave at 9:00 sharp. Rain date: Sunday, April 6.

B16 60 mi 9:00 am

B-STs Ride #4 -- West Nyack "Pizzerina Ride"

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

From: To Be Announced

Ride details, including start location and time, will be emailed to all registered STS participants.

B16,17,18 60/62 +/- mi 8:30 am

B-SIG Nyack (NY) The Hilly Way

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

From: Rambles Shed, Central Park

Today we will have our class on climbing/descending plus an introduction to rotating in a paceline. Then we are off to NJ for lots of practice. Our route includes the lovely river road, then we will approach Nyack the back way over Bradley Hill and after lunch return via 9W. Bring pocket food, it's over 30 miles to lunch. NOTE NEW START TIME. 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.

C11-15 various mi 9:00 am

C-SIG Ride #3 - All Groups

Leader: The C-SIG Leader Team, csig@nycc.org

From: Central Park Boathouse

C-SIG Ride--Now closed, except to those registered for the C-SIG

Your ride leader will contact you with starting place and time, and what to bring and wear for today's ride. Expect this ride take up the full day as we will be making stops along the way for training and lunch. Please check the NYCC Message Board after 7 AM for changes and last-minute details.

Sunday, April 06, 2008

A19 55 mi 9:00 am

Saddle River

Leader: Sue Foster,
suefooster@nyc.rr.com

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

Join me for a quick spin through Bergen County. Flat route with the exception of a couple of small climbs. Brief deli stop in Montvale. Special note that this ride leaves from Grant's Tomb to avoid the half marathon taking place in Central park. Requirements: paceline savvy, self-sufficient (can change a flat and read a cue sheet) in case you drop off the back or fly off the front.

B16 75-125 mi 8:55 am

B-Ultra STS

Leaders: Neile Weissman,
soupstone@mindspring.com; Kay
Gunn, kaygunn@gmail.com

From: To Be Announced

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

Updates to follow. Check message
board each week for details, updates and
ride status.

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

C12/14 30 mi 9:00 am

C-STs: Spring Training Series Ride #1: Demarest, NJ

Leaders: Michael Allison, c-sts@nycc.org; C-STs Leader Team

From: Engineer's Gate, 90th St and
East Drive, Central Park

It's finally here; a fitness training series
for C riders. You must have completed a

C or B SIG or, at least demonstrate bike
handling skills and good group riding
etiquette. The STS ride series are based
on the LSD training concept used by elite
riders. The LSD or "Long Slow Distance"
training model will enhance your
endurance, aerobic fitness and muscle
strength. The LSD model requires few
(short) stops during the ride. So bring two
water bottles and plenty of food to nibble
on. Please read the full description of the
C-STs ride series on the NYCC ride
listing page before deciding to come on
this ride.

Tuesday, April 08, 2008

A21+ 52 mi 9:30 am

Tuesday Training Ride

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

From: Central Park Boathouse

Join us on this fast, hilly and hopefully
cooperative ride. This is a NON-STOP
ride. We'll do a cooperative, quick tempo
ride north (down East Clinton and then
north on Rte 501), climb Bradley and
Tweed, and then head straight south on
9W for a fast trip home. We won't go thru
Nyack or Piermont and there's no stop in
Sparkill. The amount of "+" in the
"A21+" will vary with the participants on
a week to week basis. Please note that
this ride will leave promptly at 9:30. No
maps, no cue sheets, no requirements. No
problems.

B16-17ish 15 mi 6:00 am

Morning Laps in BROOKLYN

Leader: Michelle Stern,
michellejstern@gmail.com, 917-544-
7705

From: Prospect Park - Grand Army
Plaza Entrance

Please join me for some morning loops in
Brooklyn's Prospect Park. We will start at
a slow B-16ish pace and will get faster as
time goes on. Please meet up at the
Grand Army Plaza entrance on Tuesdays
and Thursdays promptly at 6:00am. We
will ride for an hour (until the cars invade
at 7:00am). We'll attempt to do at least 4

loops. Later in the season we may try
some hill repeats or interval training as
well. Anyone is welcome to join us –
Brooklyn-based B-Sig participants are
especially encouraged to come out!

Temp below 30 degrees; rain or snow;
wet or slick roads; or steady winds will
keep me in bed.

Let me know if you're interested in
joining – reply to this post, e-mail me at
michellejstern@gmail.com or
call me at 917-544-7705.

B17 24 mi 5:45am

Morning laps in Central Park

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

From: Engineer's 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. 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. Cancels:
precipitation, imminent threat of
precipitation, wet or icy pavement, or
temperature below 30 at the start.

Wednesday, April 09, 2008

A18-19 25-35 mi 6:30 am

A19 SIG midweek training, River
Road, w/ optional silliness

Leaders: Bob Ross,
bob.ross@verizon.net, 917-566-
8364; Kim Jenkins,
kimjenkins@aol.com, 917-623-5651

From: Engineer's Gate (90th @
Central Park East)

(note: in previous years this ride has been
known as "The Sun Also Rises", but Kim made
the fatal mistake of allowing Bob to submit this
description.)

Designed primarily as a midweek training alternative to CP laps for participants in this year's A19 SIG...though we'll probably accommodate non-SIG riders who are interested in a controlled, cooperative, potentially-instructive cruise along River Road, the gorgeous deciduous paradise which runs along the western shore of the Hudson.

We'll primarily concentrate on getting some midweek base miles at or near tempo, but we'll also address maintaining speed over rollers, various climbing techniques, and the inevitable Obstacle Avoidance that any ride on River Road necessitates. Return to the GWB via 9W South, where we'll incorporate rotating paceline skills.

As in the SIG, our priorities are Safety, and Having Fun. In that order.

Optional silliness *may* include hill repeats on Alpine, or a side trip to The Presidents (more hills), or perhaps even skipping hills altogether & visiting the Fort Lee News Bar for coffee & camaraderie.

Meet leader Kim Jenkins at Engineer's Gate (90th & Central Park East) at 6:30AM, or meet leader Bob Ross on the New Jersey side of the George Washington Bridge at 7:00AM. Expect to get back to the Manhattan side of the bridge between 8:30 and 9:00, depending on speed & extent of silliness.

Must be self-sufficient, helmeted, on a bike in good working condition...all the usual practical safety caveats.

RSVP if possible. Check the Message Board for last minute cancellations or updates.

C12/13 18.3 mi 6:45am

Morning easy laps

Leader: Ruth Yashpan,
rdy98@aol.com, 646-245-5687

From: Engineer's Gate, 90th St and East Drive

Laps around the park at a C pace -- warm up and get into shape for summer!

Thursday, April 10, 2008

B17 24 mi 5:45 am

Morning laps in Central Park

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

From: Engineer's 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. 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. Cancels: precipitation, imminent threat of precipitation, wet or icy pavement, or temperature below 30 at the start.

Saturday, April 12, 2008

A19 SIG 63mi 8:45 am

A-19 SIG Ride #7: Syosset Feast

Leaders: Jim Galante,
Jim.Galante@americancolor.com, 212-529-4300; Jeff Dufour,
Jdu4du4@gmail.com, 917-613-3944

From: Central Park Boathouse
SKILL: Double Rotating Paceline (let's perfect it.)

You are all looking so fine. The double pacelining we perfected last week will be fine tuned as we make short work of the spacious Long Island Expressway Frontage Road. We'll steam out to Syosset in record time and really appreciate how all the training you've been doing pays off. **Don't forget, next Wednesday, April 17, at 6:30 PM for the First Aid Class for Cyclists. Remember to contact Ed Fishkin to reserve your spot and get directions (718) 963-8569 or**

Edward.Fishkin@woodhullhc.nychhc.org. The usual cancels.

A19* 65 mi 9:00 am

STS-Audax

Leaders: Robert Dinkelman,
dinkelman@att.net, 212-666-0175; Harvey Minsky,
spokes609@nyc.rr.com, 212-595-9344

From: Central Park West and 100th street

Progressive training series for riders interested in long distance rides. If you are aiming to ride brevets, this is your chance to train with like-minded riders. Pace line skills are a must and adhering to pace and riding etiquette is a must.

A19-22 75 mi 8:30 am

A-STS Ride # 7 Midsession climbfest

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; Sebastian Moll, sebmoll@aol.com

From: Central Park Boathouse

You'll need to get out your climbing legs for this ride. It includes many of our favorite hills in the Harriman Park region such as Gate Hill, Perkins, Anthony's Nose with options to do Arden Valley Road or Little Tor. Return via MNR from Peeskill after the optional few pints and a good meal. 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. Bring a bike in good mechanical condition, a helmet, 2 spare tubes, fluids, MNR bike pass and some pocket food. Check NYCC message board for possible cancellation or postponement should weather for the ride appear questionable.

A23 80 mi 7:30 am

STS-A23: Harriman Hills

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

From: Grand Central Terminal
Information Booth

This ride in and around Harriman State Park will provide plenty of opportunities to work on climbing skills: Gate Hill Rd, Tiorati Brook Rd, Arden Valley Rd and Bear Mountain are just a few of the climbs faced. Be forewarned, this is a difficult ride averaging over 100 vertical feet of climbing per mile. The start/return is Peekskill.

Meet at GTC around 7:30 AM to catch the 7:51 train. Bring a Metro North bike pass, spare tubes, 2 full water bottles and plenty of pocket food. Rain cancels. Check message board when in doubt.

A-SIG 81 mi 8:30 am

A-SIG Classic, ride #7: Saddle River

Leaders: Jeff Terosky,
nyccterosky@gmail.com; Steve Weiss,
racerxalso@rcn.com, 917-650-7703

From: Central Park Boathouse
parking lot

This is one of the best rides of the A-SIG and one of the toughest. It requires that you pace yourself and work with the group as a team. No going it solo, blowing up on the way out and having nothing left on the way back! We'll take Saddle River Road north to Spring Valley for a stop at the Mt. Ivy Diner. On the way home, your reward: South Mountain Road. This is a turning point for many riders, and a taste of things to come. We're picking up the pace, achieving that targeted 21-22mph on the flats. This is what an A-ride is like: challenging, long, fast. We've been working together for weeks now, training hard during the week so we can make it through rides like this one. We depart at 8:30 SHARP. The usual applies: set out with names on helmets, pocket food, water and a strong spirit. Rain date: Sunday, April 13.

B16 70 +/- 8:30 am

B-STs Ride #5: A Lovely Route to Armonk

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

From: To Be Announced

Ride details, including start location and time, will be emailed to all registered STS participants.

B16, 17, 18 65 +/- mi 9:00 am

B-SIG Oyster Bay, NY

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

From: Statue of Civic Virtue, Queens Blvd & Union Tpk, Queens (E or F Subway, Union Turnpike/Kew Gardens stop)

Today we pick up the pace and build on what we learned last week about pacerline riding; our class will be at our early pit stop (at 6 miles). We'll practice on the long, straight LIE Service Road both going out and coming back. This is a pretty ride through L.I.'s North Shore horse country. Bring your Metro Card, Train pass and pocket food, as it's a long way to our lunch stop. If weather's nice we can picnic by the Long Island Sound. Return via F train @ 169th St. & Hillside Ave. NOTE QUEENS STARTING/ENDING LOCATIONS. 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.

C11-15 various mi 9:00 am

C-SIG Ride #4 - All Groups

Leader: The C-SIG Leader Team,
csig@nycc.org

From: Central Park Boathouse

C-SIG Ride--Now closed, except to those registered for the C-SIG

Your ride leader will contact you with starting place and time, and what to bring and wear for today's ride. Expect this ride

take up the full day as we will be making stops along the way for training and lunch. Please check the NYCC Message Board after 7 AM for changes and last-minute details.

Sunday, April 13, 2008

A? 30 mi 8:30 am

Hudson Highland Trails

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

From: Grand Central Terminal
Information Booth

New for 2008 is the first A-23 STS off-road ride. This ride starts and ends in Garrison and uses a combination of mountain bike trails and hardpack roads with limited excursions on paved roads to create a unique and rewarding ride. Included are the trails around Sugarloaf Mountain and up to Fort Hill (with its spectacular view of the Hudson Valley), the always-stunning unpaved Sunk Mine Road, plus Fahnestock Park's Chimney Rock and Stillwell Pond trails. Connecting the trails are Philipse Brook and Indian Brook roads, both are scenic and hardpack, creating a 30 mile loop.

Do not be deceived by this route's short distance; this is a 4+ hour ride with 4000 vertical feet of climbing; several of the trails can be technical in spots. Meet at GTC around 8:30 AM to catch the 8:51 train to Garrison. Please bring a MetroNorth pass, as well as two waters bottles, powers bars or gels, money for lunch, a Mountain Bike in good repair, along with the mandatory helmet. Check bulletin board for updates if weather appears unfavorable and check the Metro North Rail Road website for schedule updates.

A17/18 40-45 mi 9:30 am

Recovery Ride to Northvale

Leader: Morene Bangel,
Mbangel@verizon.net, 917-697-0390

From: Central Park Boathouse

This will be a recovery pace, since Saturdays are SIG rides and we push

hard. The pace will be held down and constant. We'll take Palisades to 505 (Knickerbocker) and spin easy to Northvale. Bring pocket food, as the diner in Northvale on Sundays can be very crowded. If so, we'll stop and rest for 15-20 minutes, eat our Power Bars or PB&Js that we brought, and head back via 501 to the bridge.

If the April 12th SIG ride cancels due to weather, this ride, too, will cancel, as the leader is a SIG leader.

Again, bring pocket FOOD besides gels, bikes in good condition, and smiles.

Check message board Sat. early evening for any changes.

B16 75-125 mi 8:55 am

B-Ultra STS

Leaders: Neile Weissman, soupstone@mindspring.com; Kay Gunn, kaygunn@gmail.com

From: To Be Announced

Please see

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

Updates to follow. Check message board each week for details, updates and ride status.

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

C/B 14 50 mi 8:45 am

Touring - R/T Darien to Fairfield, CT

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

From: Grand Central Terminal Information Booth; Buy R/T ticket for 9:07 AM Bike Train to Darien.

A relatively-flat, early spring meander through several L.I. Sound-facing towns. Scenic, point-to-point Touring Rides combine a moderate pace with otherwise-B riding conditions, and are best enjoyed by more experienced riders.

Tuesday, April 15, 2008

A21+ 52 mi 9:30 am

Tuesday Training Ride

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

From: Central Park Boathouse

Join us on this fast, hilly and hopefully cooperative ride. This is a NON-STOP ride. We'll do a cooperative, quick tempo ride north (down East Clinton and then north on Rte 501), climb Bradley and Tweed, and then head straight south on 9W for a fast trip home. We won't go thru Nyack or Piermont and there's no stop in Sparkill. The amount of "+" in the "A21+" will vary with the participants on a week to week basis. Please note that this ride will leave promptly at 9:30. No maps, no cue sheets, no requirements. No problems.

B17 24 mi 5:45 am

Morning laps in Central Park

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

From: Engineer's 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. 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. Cancels: precipitation, imminent threat of precipitation, wet or icy pavement, or temperature below 30 at the start.

Wednesday, April 16, 2008

A18-19 25-35 mi 6:30 am

A19 SIG midweek training, River Road, w/ optional silliness

Leaders: Bob Ross, bob.ross@verizon.net, 917-566-8364; Kim Jenkins, kimjenkins@aol.com, 917-623-5651

From: Engineer's Gate (90th @ Central Park East)

(note: in previous years this ride has been known as "The Sun Also Rises", but Kim made the fatal mistake of allowing Bob to submit this description.)

Designed primarily as a midweek training alternative to CP laps for participants in this year's A19 SIG...though we'll probably accommodate non-SIG riders who are interested in a controlled, cooperative, potentially-instructive cruise along River Road, the gorgeous deciduous paradise which runs along the western shore of the Hudson.

We'll primarily concentrate on getting some midweek base miles at or near tempo, but we'll also address maintaining speed over rollers, various climbing techniques, and the inevitable Obstacle Avoidance that any ride on River Road necessitates. Return to the GWB via 9W South, where we'll incorporate rotating paceline skills.

As in the SIG, our priorities are Safety, and Having Fun. In that order.

Optional silliness *may* include hill repeats on Alpine, or a side trip to The Presidents (more hills), or perhaps even skipping hills altogether & visiting the Fort Lee News Bar for coffee & camaraderie.

Meet leader Kim Jenkins at Engineer's Gate (90th & Central Park East) at 6:30AM, or meet leader Bob Ross on the New Jersey side of the George Washington Bridge at 7:00AM. Expect to get back to the Manhattan side of the bridge between 8:30 and 9:00, depending on speed & extent of silliness.

Must be self-sufficient, helmeted, on a bike in good working condition...all the usual practical safety caveats.

RSVP if possible. Check the Message Board for last minute cancellations or updates.

C12/13 18.3 mi 6:45 am

Morning easy laps

Leader: Ruth Yashpan,
rdy98@aol.com, 646-245-5687
From: Engineer's Gate, 90th St and East Drive

Laps around the park at a C pace -- warm up and get into shape for summer!

Thursday, April 17, 2008

B17 24 mi 5:45 am

Morning laps in Central Park

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

From: Engineer's 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. 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. Cancels: precipitation, imminent threat of precipitation, wet or icy pavement, or temperature below 30 at the start.

Friday, April 18, 2008

B17/18 60 mi 9:00 am

Nyack

Leader: Ron Grossberg,
arqee401@aol.com, 718-369-2413

From: City Hall Park, Opposite Brooklyn Bridge; Optional meeting point at 72nd St and Riverside Drive approximately 9:30.

Scenic route to Nyack with some hills. Call or e-mail to confirm.

C12/13 24-30 7:00 pm

19 April 2008

Easy laps around Central Park

Leader: Ruth Yashpan,
rdy98@aol.com, 646-245-5687

From: Engineer's Gate, 90th St and East Drive

Easy laps to get in shape and have fun. Bring a lock so we can have a after ride drink! Helmets, lights, water, a MUST! Under 35 degrees, wet conditions cancel, if in doubt, see the board or call leader an hour prior to ride.

Saturday, April 19, 2008

A18 61 mi 9:30 am

River Rd., Bradley, Tweed, Ike: As slow as A rides get

Leader: Richard Rosenthal, rr@ro-ads.com, 212-371-4700

From: Central Park Boathouse

If you're old, out of shape, ride little, and don't train, this ride is for you. Well, it is for me. Please be patient as you await my arrival atop the climbs.

A19 SIG 65 mi 8:45 am

A-19 SIG Ride #8: Maynard's Route

Leaders: Jim Galante,
Jim.Galante@americancolor.com, 212-529-4300; Sharon Shachar,
sharon_shachar@weil.com, 646-369-6079

From: Central Park Boathouse
SKILL: Putting it all together

If we're lucky, the fabled Maynard Switzer will join us for the fifth running of his special ride. Maynard is a legendary member of the NYCC who was able to cobble together a beautiful ride from three or four classic cycling routes in nearby New Jersey. We'll have opportunities to practice all the skills we learned over the past seven weeks while enjoying beautiful, verdant scenery. The usual cancels.

A19* 75 mi 9:00 am

STS-Audax

Leaders: Robert Dinkelmann,
dinkelmann@att.net, 212-666-0175; Harvey Minsky,
spokes609@nyc.rr.com, 212-595-9344

From: Central Park West and 100th street

Progressive training series for riders interested in long distance rides. If you are aiming to ride brevets, this is your chance to train with like-minded riders. Pace line skills are a must and adhering to pace and riding etiquette is a must.

A19-22 90 mi 8:15 am

A-STS Ride # 8 Tarrytown, Croton Dam, Pocantino Hills

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

From: Central Park Boathouse

A classic Westchester ride that brings us to Croton Dam. While not as hilly as last week's ride doing the full route will boost our mileage. Lots of bail outs available or ride back to NYC. 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. Bring a bike in good mechanical condition, a helmet, 2 spare tubes, fluids, MNRR bike pass and some pocket food. Check NYCC message board for possible cancellation or postponement should weather for the ride appear questionable.

A23 90 mi 7:30 am

STS-A23: Putnam County Ramble

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

914-564-1849; Hank Schiffman,
hschiffman1@nyc.rr.com, 212-529-9082

From: Grand Central Terminal,
Information Booth

This is one of the more popular STS rides. Starting in Garrison, the climbing begins on 301 with a long but rewarding climb gaining nearly 1000 vertical feet. The route continues east for another long climb prior to stopping in Pawling.

The return is rolling and fast to Cold Spring, with one little surprise near the end. Meet at GTC around 7:30 AM to catch the 7:51 train. Metro North passes are a must, as well as the usual two waters bottles, powers bars, money for lunch and a bike in good repair along with a mandatory helmet. Check bulletin board for updates if weather appears unfavorable.

A-SIG 78 mi 8:30 am

**A-SIG Classic, ride #8:
Whippoorwill, Roaring Brook**

Leaders: Adam Lichtenstein,
adam@lichtenstein.org, 917-678-0022; Mark Loftis,
mark646@yahoo.com, 212-866-5824; Mitch Rubenstein,
mruben999@aol.com, 973-706-8636

From: Central Park Boathouse,
parking lot

Today we get to test our mettle. We'll ride up to White Plains via Pelham Parkway and Shore Road. Then we'll cruise up Route 22 to Route 120 North—roads that offer a fantastic opportunity to hone our double rotating pacerline skills. Then we tackle Whippoorwill, the longest climb we've had so far—a real beauty. We will focus on hill climbing skills, pacing and endurance, as well as the important, and often neglected, descending skills. Our stamina grows by leaps and bounds. The rides get longer and the pace gets faster and steadier. Feeling like A-riders yet? Be at the Boathouse by 8:15, sign in, and be on your bike by 8:30 with names on helmets, pocket food, water and a Metro North Pass in case it rains. Rain date: Sunday, April 20.

B16 75 mi 9:00 am

B-STC Ride #6: Harriman Hills

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

From: To Be Announced

Ride details, including start location and time, will be emailed to all registered STS participants.

B16,17,18 63 /74 +/- mi 8:30 am

B-SIG Armonk, NY

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

From: Rambles Shed, Central Park

After our last class, we are cranking up the miles and lookin' really smooth. Once again bring your Metro North Train pass and pocket food. Lunch on the lawn of Schreifer's Deli in Armonk. We will ride home through Tarrytown and down Rte. 9, who knows might even stop for a goodies on the way home. 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.

C11-15 various mi 9:00 am

C-SIG Ride #5 - All Groups

Leader: The C-SIG Leader Team,
csig@nycc.org

From: Central Park Boathouse

C-SIG Ride--Now closed, except to those registered for the C-SIG

Your ride leader will contact you with starting place and time, and what to bring and wear for today's ride. Expect this ride take up the full day as we will be making stops along the way for training and lunch. Please check the NYCC Message Board after 7 AM for changes and last-minute details.

Sunday, April 20, 2008

B16 75-125 mi 8:55 am

B-Ultra STS

Leaders: Neile Weissman,
soupstone@mindspring.com; Kay
Gunn, kaygunn@gmail.com

From: To Be Announced

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

Updates to follow. Check message board each week for details, updates and ride status.

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

Tuesday, April 22, 2008

A21+ 52 mi 9:30 am

Tuesday Training Ride

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

From: Central Park Boathouse

Join us on this fast, hilly and hopefully cooperative ride. This is a NON-STOP ride. We'll do a cooperative, quick tempo ride north (down East Clinton and then north on Rte 501), climb Bradley and Tweed, and then head straight south on 9W for a fast trip home. We won't go thru Nyack or Piermont and there's no stop in Sparkill. The amount of "+" in the "A21+" will vary with the participants on a week to week basis. Please note that this ride will leave promptly at 9:30. No maps, no cue sheets, no requirements. No problems.

B16 50-60 mi 9:00 am

Jay's LoHud Series/West Bank Vistas

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

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

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.

B17 24 mi 5:45 am

Morning laps in Central Park

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

From: Engineer's 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. 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. Cancels: precipitation, imminent threat of precipitation, wet or icy pavement, or temperature below 30 at the start.

Wednesday, April 23, 2008

A18-19 25-35 mi 6:30 am

A19 SIG midweek training, River Road, w/ optional silliness

Leaders: Bob Ross,
bob.ross@verizon.net, 917-566-8364; Kim Jenkins,
kimjenkins@aol.com, 917-623-5651

From: Engineer's Gate (90th @ Central Park East)

(note: in previous years this ride has been known as "The Sun Also Rises", but Kim made the fatal mistake of allowing Bob to submit this description.)

Designed primarily as a midweek training alternative to CP laps for participants in this year's A19 SIG...though we'll probably accommodate non-SIG riders who are interested in a controlled, cooperative, potentially-instructive cruise along River Road, the gorgeous deciduous paradise which runs along the western shore of the Hudson.

We'll primarily concentrate on getting some midweek base miles at or near tempo, but we'll also address maintaining speed over rollers, various climbing techniques, and the inevitable Obstacle Avoidance that any ride on River Road necessitates. Return to the GWB via 9W South, where we'll incorporate rotating paceline skills.

As in the SIG, our priorities are Safety, and Having Fun. In that order.

Optional silliness *may* include hill repeats on Alpine, or a side trip to The Presidents (more hills), or perhaps even skipping hills altogether & visiting the Fort Lee News Bar for coffee & camaraderie.

Meet leader Kim Jenkins at Engineer's Gate (90th & Central Park East) at 6:30AM, or meet leader Bob Ross on the New Jersey side of the George Washington Bridge at 7:00AM. Expect to get back to the Manhattan side of the bridge between 8:30 and 9:00, depending on speed & extent of silliness.

Must be self-sufficient, helmeted, on a bike in good working condition...all the usual practical safety caveats.

RSVP if possible. Check the Message Board for last minute cancellations or updates.

C12/13 18.3 mi 6:45 am

Morning easy laps

Leader: Ruth Yashpan,
rdy98@aol.com, 646-245-5687

From: Engineer's Gate, 90th St and East Drive

Laps around the park at a C pace -- warm up and get into shape for summer!

Thursday, April 24, 2008

B17 24 mi 5:45 am

Morning laps in Central Park

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

From: Engineer's 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. 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. Cancels: precipitation, imminent threat of precipitation, wet or icy pavement, or temperature below 30 at the start.

Saturday, April 26, 2008

A18 61 mi 9:15 am

River Rd., Bradley, Tweed, Ike: As slow as A rides get

Leader: Richard Rosenthal, rr@ro-ads.com, 212-371-4700

From: Central Park Boathouse

If you're old, out of shape, ride little, and don't train—all three describe me—this ride is for you. Please be patient as you await my arrival atop the climbs. May 10 we move to a more respectable 19MPH.

A19 SIG 72+/- mi 8:45 am

A-19 SIG Ride #9: Rockland Lake

Leaders: Terry Hildebrandt, terryhildebrandt@hotmail.com, 917-710-8537; Jeff Dufour, Jdu4du4@gmail.com, 917-613-3944; Jeff Ignall, Jciny27@yahoo.com, 917-763-2671

From: Central Park Boathouse

SKILL: Double Rotating Pacerline

Reminder, next weekend, your Sunday belongs to us too. Besides our great ride on Saturday, we'll be seeing you Sunday morning (May 4th) to learn the essentials of bicycle maintenance and a special session on bike handling skills. More details when we meet at the boathouse.

Did you miss your leaders this week? We missed you! The moment you've been waiting for has arrived. We'll power up to Rockland Lake State Park (your muscles will be so cut!) Once in the park, your group will ride in double pacerline formation for three or four loops working like an aerodynamic peloton the whole time. You won't believe how Tour de France we'll look. Communicating perfectly all the way, you'll feel the "G" spot of cycling once again. Topping it off with lunch at the Runcible, we'll glow all the way home and recap on the Hill. The usual cancels

A19* 80 mi 9:00 am

STS-Audax

Leaders: Robert Dinkelmann, dinkelmann@att.net, 212-666-0175; Harvey Minsky, spokes609@nyc.rr.com 212-595-9344

From: Central Park West and 100th street

Progressive training series for riders interested in long distance rides. It you are aiming to ride brevets, this is your chance to train with like-minded riders. Pace line skills are a must and adhering to pace and riding etiquette is a must.

A19-22 80 mi 7:25 am

A-STS Ride # 9 NWP Peekskill Old Indian

Leaders: Gerald Seppey, gseppey@gmail.com; Marcy

Bloomstein, marcy.bloomstein@djkresidential.com; Tom Denham, thomasjdenham@aol.com; Ron Roth, rr7@nyc.rr.com

From: Grand Central Terminal, Information Booth; We'll meet at GCT for the 7:46AM train to North White Plains.

Get ready for some beautiful roads on both sides of the Hudson today. We'll be climbing Mine Road and visiting the Old Indian Ridge before heading back from Poughkeepsie.

While you needn't have ridden with us for all rides to participate, remember that this series is for experienced A riders with pacerline skills such as those developed during the A SIG. Bring a bike in good mechanical condition, a helmet, 2 spare tubes, fluids, MNRR bike pass and some pocket food. Check NYCC message board for possible cancellation or postponement should weather for the ride appear questionable.

A23 90 mi 7:30 am

STS-A23: Southeast-Amenia-Southeast

Leader: John Zenkus, jj2116@aol.com, 917-617-0901

From: Grand Central Terminal, Information Booth

Here is a spectacular new ride for 2008. Starting and ending in Southeast, this route contains several hilly sections connected by rolling back roads along the New York - Connecticut border.

Meet at GTC around 7:30 AM to catch the 7:46 train to Southeast. Please bring a MetroNorth pass, as well as two waters bottles, powers bars or gels, money for lunch, a bicycle in good repair, along with the mandatory helmet. Check bulletin board for updates if weather appears unfavorable and check the Metro North Rail Road website for schedule updates.

A-SIG 85 mi 8:00 am

A-SIG Classic, ride #9: Little Tor

Leaders: Peter Brevett, pbrevett@rcn.com; Steve Peters, spsquared@yahoo.com, 917-882-9849; Mitch Rubenstein, mruben999@aol.com, 973-706-8636

From: Central Park Boathouse, parking lot

We'll ride out at a strong, steady pace, in perfect formation, wheels whirring, practicing good communication skills and steeling each other against the challenge ahead. As Little Tor looms we then get into the right gear in order to creak and grind our way to the top. On this ride, leaders often get dropped because they've created monsters out of all you cycling gods and goddesses! As a reward for tackling this SIG-nificant climb we get to ride down South Mountain Road on the way home. You are almost ready for the big one, and you are almost ready to lead an A-ride yourself. Be at the Boathouse by 7:45. Names on helmets, pocket food, and two water bottles required. Rain date: Sunday, April 27.

B16 85 mi 8:30 am

B-STS Ride #7: South Mountain Road

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

From: To Be Announced

Ride details, including start location and time, will be emailed to all registered STS participants.

B16, 17,18 70-104 +/- mi 7:30 am

B-SIG Deepest Westchester

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

From: Grand Central Terminal, Information Booth

School's out and this is our most challenging and penultimate ride, so bring a smile & your Metro North pass. Buy a one-way ticket to White Plains, maybe some Java & a bagel for the train

ride. We will ride north from White Plains, it's a beautiful hilly ride through upper Westchester. Bring lots of pocket food as we will stop twice to snack once in Bedford and again in Somers. You can take the train home from Tarrytown @ 70 miles or ride to the Subway at 83 or 92 miles or do a Century back to Central Park. NOTE DIFFERENT START TIME AND LOCATION. Cancels: predicted actual temperature below 25-degrees; raining or snowing; wet or slick roads; or steady winds above 40 mph. Check nyc.org bulletin board if uncertain if ride is on. If weather cancels, we try again on Sunday.

C11-15 various mi 9:00 am

C-SIG Ride #6 - All Groups

Leader: The C-SIG Leader Team,
csig@nycc.org

From: Central Park Boathouse
C-SIG Ride--Now closed, except to those registered for the C-SIG

Your ride leader will contact you with starting place and time, and what to bring and wear for today's ride. Expect this ride take up the full day as we will be making stops along the way for training and lunch. Please check the NYCC Message Board after 7 AM for changes and last-minute details.

C14 33/47 8:30 am

Touring - North & South County Trailways

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

From: Grand Central Terminal,
Information Booth

25 or 38 miles of paved rail trail, following the roadbed of Metro North's abandoned Putnam Line. As trains can't climb steep hills, the gentle grades--OK, OK... one short hill on the 5-mile access road--offer an ideal early spring outing. Lunch at a park in Millwood, about a mile after we cross the Croton Reservoir on a reconstructed former rail bridge. At 33 miles, return via Metro North from Tarrytown or via #1 train after riding 14

more miles on the linked South County Trailway, and through Yonkers. Rain postpones to Sunday, April 27th. Buy one-way ticket for 8:46 AM bike train to Croton Falls. Metro North passes (\$5/lifetime) a must.

Sunday, April 27, 2008

B16 75-125 mi 8:55 am

B-Ultra STS

Leaders: Neile Weissman,
soupstone@mindspring.com; Kay Gunn,
kaygunn@gmail.com

From: To Be Announced

Please see

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

Updates to follow. Check message board each week for details, updates and ride status.

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

B16 50-60 mi 9:00 am

Jay's LoHud Series/West Bank Vistas

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

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

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.

C14 35 mi 10:30 am

After Breakfast

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

From: City Hall Park, Opposite
Brooklyn Bridge

These rides are a continuation of last year's "After Breakfast" series. We meet every Sunday at 10:30 at City Hall and usually head toward a destination in Brooklyn or Queens, such as Breezy Point, Ridgewood Reservoir, Coney Island, etc. We have a fun group! Join us if you like to combine exercise with a bit of laughter.

Tuesday, April 29, 2008

B17 24 mi 5:45 am

Morning laps in Central Park

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

From: Engineer's 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. 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. Cancels: precipitation, imminent threat of precipitation, wet or icy pavement, or temperature below 30 at the start.

Wednesday, April 30, 2008

A18-19 25-35 mi 6:30 am

A19 SIG midweek training, River Road, w/ optional silliness

Leaders: Bob Ross,
bob.ross@verizon.net, 917-566-8364; Kim Jenkins,
kimjenkins@aol.com, 917-623-5651

From: Engineer's Gate (90th Street & Central Park East)

(note: in previous years this ride has been known as "The Sun Also Rises", but Kim made the fatal mistake of allowing Bob to submit this description.)

Designed primarily as a midweek training alternative to CP laps for participants in this year's A19 SIG...though we'll probably accommodate non-SIG riders who are interested in a controlled, cooperative, potentially-instructive cruise along River Road, the gorgeous deciduous paradise which runs along the western shore of the Hudson.

We'll primarily concentrate on getting some midweek base miles at or near tempo, but we'll also address maintaining speed over rollers, various climbing

Minutes

NYCC Board of Directors Meeting Tuesday March 4 - 6:30pm Neil Botwinoff's office 900 Third Avenue

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

George Arcarola – President's Report

A risk assessment survey designed by Peter O'Reilly will be posted to the NYCC web site and eventually linked to the bigger cycling community at large. Reyna is not concerned about Metro North. She feels there will be plenty of cars. People have already booked rooms so there will be a weekend regardless of train or not. George A. will contact George Kaplan to see if we can actually pay a surcharge to get on a train. Matt will post Berkshire Weekend info.

Youth Program:

Five only have registered and will receive free membership.

George and Richard Rosenthal have discussed a club directory, featuring more in-depth profiles of members. Discussed

techniques, and the inevitable Obstacle Avoidance that any ride on River Road necessitates. Return to the GWB via 9W South, where we'll incorporate rotating paceline skills.

As in the SIG, our priorities are Safety, and Having Fun. In that order.

Optional silliness *may* include hill repeats on Alpine, or a side trip to The Presidents (more hills), or perhaps even skipping hills altogether & visiting the Fort Lee News Bar for coffee & camaraderie.

Meet leader Kim Jenkins at Engineer's Gate (90th & Central Park East) at 6:30AM, or meet leader Bob Ross on the New Jersey side of the George Washington Bridge at 7:00AM. Expect to get back to the Manhattan side of the

was the possibility that this be under Facebook and not NYCC auspices.

Club colors:

We don't have particular club colors. Every jersey design of past years has had different colors.

Redesign:

The board decided to initiate a competition for the next kit/jersey design.

Matt will put together copy and pass it around for editing.

The opening date for submission will be April 1. The competition window will close on April 30.

The Board will review and decide from all submitted entries.

The question arose: how many read the bulletin?

Discussed: how to make it more visible on the website.

Possible solutions: Attach bulletin to the eWeekly .

Embed content on the website and ditch the separate PDF.

Discussed was the issue of password protection of the website.

Sentiment leaned towards opening up the site to all, that people pay dues simply to belong.

It was agreed to look at the bulletin situation in stages and see how we may

bridge between 8:30 and 9:00, depending on speed & extent of silliness.

Must be self-sufficient, helmeted, on a bike in good working condition...all the usual practical safety caveats.

RSVP if possible. Check the Message Board for last minute cancellations or updates.

C12/13 18.3 mi 6:45 am

Morning easy laps

Leader: Ruth Yashpan,
rdy98@aol.com, 646-245-5687

From: Engineer's Gate, 90th St and East Drive

Laps around the park at a C pace -- warm up and get into shape for summer!

transition to getting that content into a more visible place.

Neil Botwinoff – Membership

Membership as of Friday March: 2,158 April 1 will be membership cutoff date. Members who haven't rejoined will get reminder email.

Neil sent email to ENY registrants and got positive response.

Betsy Hafkin – A-Rides Coordinator

Ed Fishkin had surgery to fix a torn biceps tendon and is not captaining the A19 SIG this year. Jim Galante is captain and Terry Hildebrandt is co-captain.

Ed will try to join us in 6 weeks.

There's an A18 component of the A19 SIG being led by Bob Mirell.

Kay suggested that an A21 SIG might be useful.

Ingrid Wiegand – Public Relations

Ingrid will write a general article about cycling and what NYCC offers to the cycling community.

Kay Gunn – VP of Rides

Glen Goldstein has offered for Ellen, Kay and two other Board members to do the Ride To Montauk at no charge.

It was agreed that was okay and would be beneficial insofar as seeing how he organizes the ride.

Kay spoke with Artie Elefant of Achilles Track Club about NYCC volunteers to ride with sight-impaired members of Achilles.

Ride Leader Award tee-shirts will be available at the next meeting.

Skip Ralph – B – Rides coordinator

Susan Niederman – C-Rides Coordinator

Susan may have a few interested C-STs leaders.

There will be five C-SIG groups.

The Weissmans will post B routes at a C pace.

Jeff Ignall – Treasurer

Current Youth Program balance:

\$ 3,204.31

Current checking account balance:

\$ 2,990.88

Current money market balance:

\$ 21,631.14

Current NYCC combined balance:

\$ 27,826.33

Dana will do an inventory of locker.

Basic 2007 budget breakdown:

We took in \$30k gross.

Net membership dues were \$ 27K in 2007.

We roughly broke even excluding a \$4k approved transfer to the youth program.

We'll be saving roughly \$11,500 this year not publishing a paper version of the bulletin, which was the single largest expense.

Jeff Terosky suggested some kind of accounting program to streamline club accounting

Dana and Carol – Bulletin co-editors

Dana discussed a more cohesive content strategy for the bulletin that extends to both the eWeekly and the Web site. The end goal is to get to a point where they are seamless, and content is reproduced from the various media channels we communicate through as a club. The lines will begin to blur. In order to succeed, we'll need to build a framework.

All copy should flow through Dana & Carol, so that we can have consistency across those media (bulletin, web, email).

Dana & Carol will put together a schedule with deadlines for the bulletin, the eWeekly, and the site.

We're lucky to have a great group of volunteers who help out behind the scenes, but I have learned that some text has been re-edited by various people before going onto the site and in the eWeekly.

For discussion: the idea of changing the title/position on the board at some point to content (co)-editor to reflect the function more accurately.

Carol & Dana will come up with a plan to manage the information flow, working with the Web team to get things loaded onto the site properly and so forth.

Then they can take elements from the bulletin and post content on the site and tease upcoming features in the eWeekly.

Liane and Carol will inventory the storage space in Chelsea.

With the resurrection of Road Dirt, Dana & Carol would like to gather some fun tidbits from various corners of the club, and for the board members to keep their ears open for any news tidbits for us for the column. They can either be witty items, straight-ahead club-related news, or cycling-related news and info beyond NYCC.

Photography of the SIG was discussed.

Ideas for Who's In Your Club are welcome.

Advertising on the website was discussed. Discounts for bike shops should be updated.

Matt Zimmerman – Webmaster

The team:

Tom Lasky updates main page every week.

Peter O'Reilly is around in case anything breaks.

Matt & Dana & Timothy & Peter are discussing how they can have cohesive communications and work together as a communications team.

The team will look at the website as a whole to see how it can be improved.

Matt discussed the possibility of having advertising on the website.

Do we want to password protect the site at all. If so what areas?

Board members will bring website suggestions to the next meeting.

Jeff Terosky – Past President

Ellen Jaffe – Secretary

February 2008 minutes

ENY

The first committee meeting will be next Wednesday March 12.

This year's goal is to give ENY 2008 it's own clear identity.

The club is in the 'hospitality business' for one day this year, when NYCC members hang up their cleats and welcome the cycling community at large.

This year will be all about taking fantastic care of our 'guests' with swift registration, well-marked routes, good and abundant food, a great giveaway, a festival atmosphere at the finish with contests, prizes and a post ride meal.

Done the right way, the goodwill generated will be the best kind of promotion for our club brand.

This can only work with large and planned volunteering by the membership, in a way not done before.

We'll need big and enthusiastic membership participation.

Present inventory from Kim Jenkins:

Current vest/jersey/jacket inventory:

Vests:

2 M

3 XL

2 XXL

Jerseys:

Men:

1 S

2 M

1 XXL

Women:

7 S

5 M

9 L

4 XL

4 XXL

Jackets:

2 XS

4 M

3 XL

10 L

Volunteer-of-the-Year Gift: The board will consider a possible gift or gift certificate for the volunteer-of-the-year.

Next BOD meeting:

Tuesday, April 1, 2008

6:30PM at Neil Botwinoff's office.

Swap & Shop

An occasional feature for NYCC members to buy, sell, or swap bike-related merchandise

All listings are subject to approval by the bulletin editors. All transactions are between buyer and seller, and the NYCC assumes no responsibility for transactions between them)

FOR SALE: One pair of Campagnolo Nutron wheels for tubular tires. These all-black wheels are FAST and light, weighing in at about 1550 grams for the pair. The freehub takes a Campagnolo 9/10 speed cassette but can be switched to fit Shamano cogs. About 1000 miles, perfect condition with QR. Tubular wheels are the

only way to go, if fast riding, climbing or racing is your interest. You can pick them up for \$450 or shipped in the U.S. for an additional \$50.

If interested, contact [banjomike.allison \[at\] gmail.com](mailto:banjomike.allison@gmail.com)

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