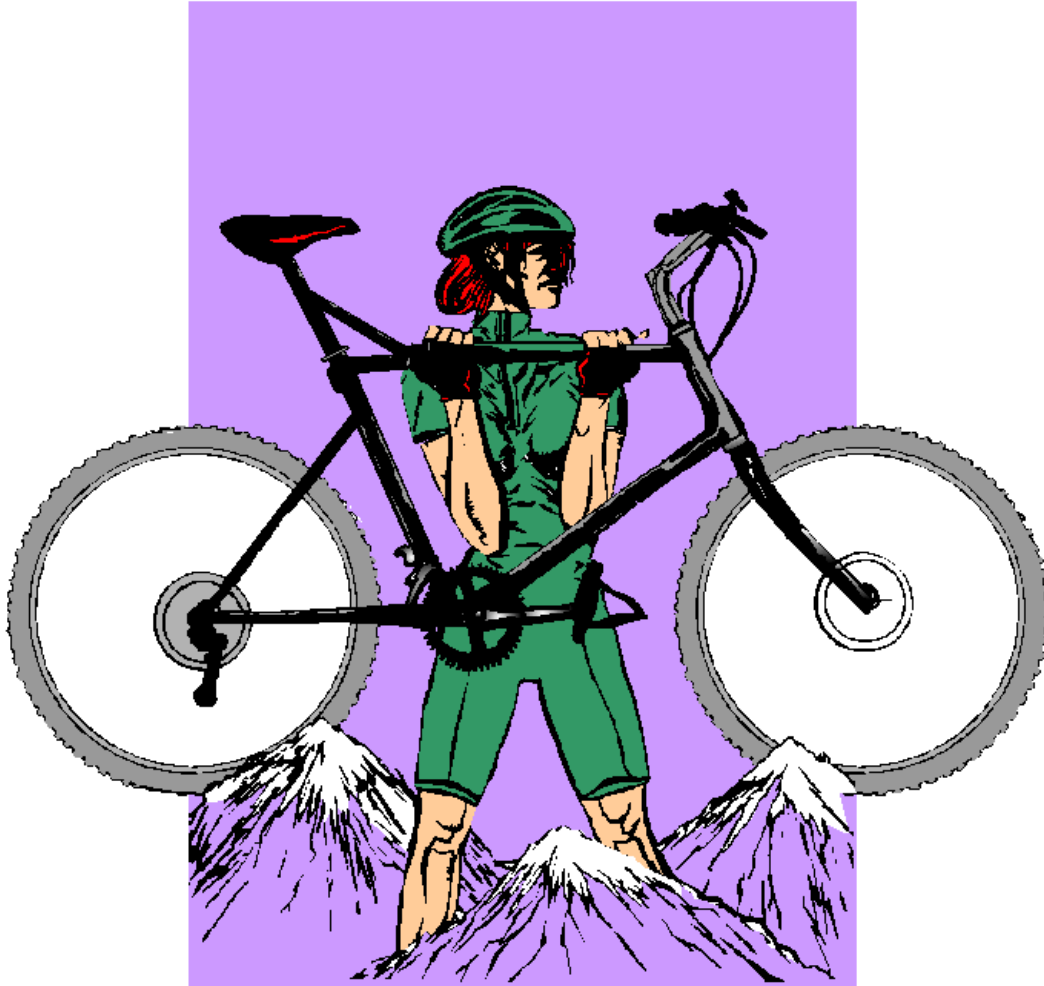


NYCC BULLETIN

May 2008 New York Cycle Club / nycc.org



Inside:

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Take Me Out to the Ballgame!
Bike Month Events

PRESIDENT'S LETTER

Hi! You may have noticed that I have a habit of using a quote to get my monthly message to the club started . . . May will not be an exception:

Inscribed over the entrance to the National Archives in Washington, D.C., is, "What is past is prologue." With that in mind, I took the opportunity last week to look through the NYCC bulletin archives, where I discovered that there are nearly thirty (30) years worth of ride listings, news and gossip, articles and riding tips. It made for some interesting reading. In the thousands of ride listings I saw, I was reminded of the club's number one goal: *to provide bicycling activities for the enjoyment of its members.*

With the SIG (and STS) season coming to a close this month, I want to take the opportunity to ask ALL the SIG graduates to lead a ride (or rides). Let's see if we can fill the calendar with *bicycling activities for the enjoyment of all NYCC members!*

I would like to thank all the SIG and STS leaders for their hard work in making those series a rousing success. I'm looking forward to riding with all the graduates this summer and fall.

This month, eventually, will warm up enough to ride in shorts (sans tights!) and short sleeve jerseys, so wear sunscreen! And while I'm on the topic of jerseys (see how skillfully I did that!), there were nearly twenty (20) submissions made for a new club jersey design!

(Continued on next page)

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

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

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

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

Please 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 published without additional approval. Publication is determined by available space. We cannot guarantee that all submissions will be published. A full page of text is 750 to 1,090 words. Material may be edited for brevity and clarity.

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

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

Address all correspondence to:
bulletineditor@nycc.org

Thanks!
Dana Gordon
&
Carol Krol

NYCC Co-Editors

We'll have a new design available to order soon.

May is also "Bike Month." Check Transportation Alternative's Web site (<http://bikemonthnyc.org/index.php>) for events (including an NYCC ride), commuting tips and other valuable information, and see some highlights here on p. 11.

The Montauk Century and the Bloomin' Metric rides are just a couple of weeks away. Both are wonderful rides! The 5BBC, which organizes the Montauk Century, is offering NYCC members a small discount. I highly recommend both of these rides!

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

George

MAY CLUB MEETING

Date: Tuesday, May 13

Place: Annie Moore's Bar and Restaurant
50 E43rd Street between Madison and Vanderbilt

Happy Hour: 6:00pm

Dinner: 7:00pm

Program 8:00-9:00pm

Dinner: \$23

Program only: no charge

Congratulations B-SIG Graduates!

Your day has finally come. You started 10 weeks ago, on a cold, Saturday morning, doing what seemed like endless laps in the park. You braved the hills of Westchester. Churchill? What hill? And there couldn't have been a better way to finish the series, than sharing a nice, cold drink at Cold Spring.

Now is the time for more celebration. This month's club meeting is all about YOU. Join your fellow graduates at Annie Moore's on Tuesday, May 13th for a night of well-earned revelry.

MAY SPECIAL EVENT COOKING CLASS

Friday, May 16, 2008 6-10pm

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 brulee

Class is limited to 10 people. 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 June Special Event

TAKE ME OUT TO THE BALL GAME!

This is your last season to visit "The House that Ruth Built"

Yankees vs. Rangers

Monday, June 30th 2008, 6pm - ???

First pitch at 7:05pm

The NYCC has arranged to get unbelievably cheap, upper deck family friendly tickets to see the Yankees beat the Texas Rangers, a traditional battle that promises a great game. Join us in the upper deck, kick back with a hot dog & a drink, and bring your kids, spouse, partner, or friends, to cheer on the Bronx Bombers. Ok, so we're not in Steinbrenner's box, but this Bud or Coke's for you, as the Yankees will welcome the NYCC with an announcement on the centerfield scoreboard. (If we all wear our club jerseys I bet we'll even be on TV!). Go Yankees!

The tickets will be available to members on a first-come, first-served basis from Hal Eskenazi. The price will be tiered as follows, based on your speed in responding: Group 1: \$17, Group 2: \$19.

Reply to <mailto:events@nycc.com> upon which you will receive a return e-mail informing you of instructions and your group/price. You will then have 7 days to send a check, made out to Hal Eskenazi with a self addressed, stamped envelope to:

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

Whether you're new to the club and coming by yourself, or a seasoned member coming with friends and family, a great time is guaranteed for all!

Please note: There are no backpacks or briefcases allowed inside of the stadium. Any food brought in must be in a clear plastic bag. In addition, the only liquid allowed is water and it has to be sealed.

Getting There—3 choices:

1) Meet Hal Eskenazi, 6pm, at 34th St & 6th Ave. in front of the Victoria's Secret store. For those already in the subway, there is a newsstand inside the turnstiles, right next to the ramp for the downtown B/D train where we'll meet you on our way to the "D" train.

2) Meet David Sabbarese at 6:05pm, Grand Central Information Booth to train it up on the number 4 with the group.

3) On your own. We'll see you at our seats.

Don't miss this opportunity to be a part of history!

Join the NYCC family & friends June Special Event...

We'll have some fun - We always do!



First Aid for Cyclists

By Carol Krol

Primum Non Nocere. That's Latin for "First Do No Harm," a fundamental medical precept of Hippocrates.

It is still true today, as club member Edward Fishkin, M.D., explained during his recent annual NYCC *First Aid for Cyclists* session. Fishkin is the medical director of Woodhull Medical Center in Brooklyn, where the class was held.

Fishkin gave a detailed presentation to the group on all aspects of first aid, covering a wide range of issues, including first responder practices, how and when to move a downed cyclist, and how to divide responsibilities among others on the scene in responding to an accident (see below).

He also presented a primer on different kinds of trauma, including neck and spinal cord injuries; fractures; how to recognize signs of heat stroke and its prevention; the distinctions between levels of concussion, and the reason it is important to evaluate whether it is a Grade I, II, or III concussion; and how to prevent accidents from happening in the first place.

Fishkin's presentation has turned into a yearly event in the spring. If you have the opportunity to attend next year, do it. All the talk of death and dismemberment was off-putting and gruesome to me at first, but it all came together and I was so glad I made the time to attend. Instead of feeling freaked out hearing about all the possibilities for trauma on the road, I felt safe and prepared should that day ever come.

Below are some take-away tips from the talk:

Your Personal First Aid Kit should include:

- Health insurance card and MD name & phone number
- Cell phone
- Emergency Contacts (including ICE* programmed into your cell phone) and a personal list of meds, diagnoses and allergies
- Aspirin (or Tylenol, Ibuprofen or Aleve)
- Bacitracin Ointment
- Chapstick
- Water in at least one bottle
- Band Aids (a few sizes) or 4X4 gauze and tape
- Personal emergency meds (EpiPen, asthma)

- Examination gloves (attendees of the presentation received purple ones!)
- Train Pass Money and Credit Card
- Money and Credit Card

General Guidelines on the Road

First Aid team forms immediately:

- One to the victim
- One directs traffic away
- One clears the roadway
- One prepares to call 911 or flag a car

It is useful to practice team formation in advance

First Aider Responsibility

- Maintain stable head and neck
- Don't ignore mechanism of injury (even if rider says "I'm okay.")
- Don't remove helmet
- Don't move rider if possible
- Use "logrolling technique" if rider must be moved
- Use YES or NO questions
- Check A, B, C's after protecting spine: Airway, Breathing, Circulation

Simple neurological assessment:

- Orientation (What time is it? Where are you? Who are you?)
- Memory (Do you know what happened?)
- Ask if head or neck hurts?
- Don't touch head or neck if there's pain
- If no pain, gently palpate neck without moving it
- Can you move fingers and toes?

Preventing Heat Illness

Adequate hydration before the ride if it's hot out (especially if you perspire a lot)

- Fill your tank: (goal: "total clarity of urine")
- Wear protective clothing, use sun block
- Drink often

If it's really hot (>95 degrees F), just go bowling!

* **In Case of Emergency (ICE)** is a program that enables first responders, such as paramedics, firefighters, and police officers, to identify victims and contact their next of kin to obtain important medical information. It encourages people to enter emergency contacts in their cell phone address book under the name "ICE". Alternately, a person can list multiple emergency contacts as "ICE1", "ICE2", etc.

UPCOMING CLUB WEEKENDS AND AREA RIDE EVENTS MARK YOUR CALENDARS!

NYCC Berkshires Weekend

Memorial Day Weekend

May 23-26, 2008

http://www.nycc.org/rides_ber.shtml

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 wind-up evening of 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.

JULY 4 WEEKEND AT WEST POINT IS ON!!

After a hiatus last year, the NYCC tradition continues! Click here for details:

http://www.active.com/event_detail.cfm?event_id=1584012

Questions? Contact westpoint@nycc.org
OR Basil@BasilAshmore.com.



Sunday, May 18. There's still time to register! NYCC members receive a discount.

Go to <http://5bbc.org/montauk/> for further details



Saturday, September 20, 2008

Escape the crowds and cycle out of Manhattan into our favorite territory: the West Hudson Highlands. It's time for our **14th Annual Escape New York!**

Enjoy the support and hospitality of The New York Cycle Club. This is the day our club goes all out to deliver a food-filled, fun-filled and fabulous day of riding to our brethren in the cycling community.

Choose one of three beautiful, well-marked routes of 50, 62 or 100 miles, all beginning and ending in Manhattan. All offer picture-postcard views of the Hudson River and Palisades as you cross the George Washington Bridge and ride through the hidden pleasures of Bergen and Rockland Counties.

A portion of this year's ride profits will benefit both [Recycle-A-Bicycle](#) a youth training and environmental education initiative, and [Transportation Alternatives](#), advocates for non-polluting, quiet, city-friendly travel.

After the ride join us for a Manganaro's hero at Sakura Park. And don't forget to stay for the flat-fixing competition!

Routes

Choose from **three** clearly marked Escape New York options:

1. 7:30 am: Century Challenge, 100 miles. A rolling Full Century through beautiful Bergen and Rockland counties.

2. 8:00 am: Rockland Roll, 62 miles. The Metric Century rambles on lightly trafficked roads to scenic Rockland Lake State Park.

3. 9:00 am: Piermont Pleasures A Half Century, with a lunch stop in the charming and historic village of Piermont on the Hudson.

Limited SAG support will be available on all routes with an emergency phone number provided on your cue sheet.

Helmets are required.

Start/finish

All rides start and finish at Sakura Park, located at 122nd Street and Riverside Drive, just east of Grant's Tomb, near the 125 Street stop on the 1 and 9 subway, Manhattan. See Routes for start times.

Cue sheets will be available at the start.

We ride Rain or Shine!

Food and Drink

With well-stocked refueling stops (**H&H Bagels**) on all routes and sandwiches (**Manganaro's**) back at the finish, we'll keep you well nourished whichever route you choose.

(continued on next page)

(*ENY continued*)

Contests, Raffles, Great Prizes

Speaking of the finish, don't forget to sign up for **Escape New York's First Annual Flat-Fixing Competition back at Sakura Park at 3:30 PM.** Men's and Women's divisions, with valuable prizes awarded to the first three finishers in each division. Warning: there's a *three-minute time limit*, so start practicing!

The Escape New York 2008 Raffle: All registered riders will be eligible to win this year's grand prize, a Trek Bike, sized, of course, to fit the winner!



But you don't need to win the raffle to get our spectacular giveaway! A cool-weather cyclist's most stylish headgear, the **Sugoi Mid-Zero Tuke**, emblazoned with our ENY '08 logo, will go to the first 400 registrants.



If you register by September 6 (but after the 400 cut-off) you'll get a stylish **ENY 08 ride tee shirt**.

Entry Fee

- Until midnight September 6 **\$35**
- Until midnight September 16 **\$42**
- After September 16 **\$55 (cash only at Sakura Park)**

Tandem teams must register as separate riders.

The New York Cycle Club reserves the right to limit day-of registrations based on early registrations. So, sign up early!

Remember, the first 400 to register get a custom ENY '08 Sugoi Mid-Zero Tuke!

Registration

To register go to <http://tinyurl.com/5c6xn2>

Frequently Asked Questions:

What if it rains?

We ride rain or shine.

Where can I park?

On Riverside Drive north of Sakura Park.

What time does the ride start?

Sign-in for the century opens at 7AM, at 8AM for the metric century, and at 9AM for the 50-miler. The sign-in/registration area closes at 10 AM.

Can we ride a tandem?

Yes.

What do I need to bring?

A helmet, a spare tube, tire irons, a portable pump, sunscreen, 2 water bottles. Just in case, a lightweight windbreaker that stuffs into a pocket is always good to have along.

Do we need to bring our own snacks or other food?

No! On route we'll provide peanut butter and jelly on the world's best bagels (H & H), as well as fruit, cookies, salty snacks, water and Gatorade. Manganaro's heroes will be waiting for you at the finish.

Will directions be provided and will there be leaders or guides?

Cue sheets with distances and all turns will be available at the start. All routes will be well marked. There are no formally led groups. Grab a cue sheet, some friends and head out together!

(*Continued on next page*)

(*ENY continued*)

Is there a place to stash my belongings at the start?

No.

What if I can't finish?

It's the responsibility of each rider to be sure he or she is fit enough to finish Escape New York. The best way to prevent problems is to prepare ahead of time by training and also picking the route that is right for you! (50, 62, or 100 miles). Of course, if you have serious mechanical or health problems a SAG vehicle will be available to help. An emergency phone number will be printed on all cue sheets.

Where do I sign up to enter the flat-fixing competition?

At morning sign-in/registration.

How do I know I'll get a Sugoi Mid-Zero Tuke?

No guarantees here. First come, first served to the first 400.

Volunteer

This is the day for us, as club members, to hang up our cleats and throw a party the New York Cycling

Community will remember! Sign up to mark routes, help at registration, run a rest stop and generally show off what New York Cycle Club hospitality is all about.

[email](mailto:enyinfo@nycc.org) us at: enyinfo@nycc.org

ENY Sponsors

The New York Cycle Club wishes to thank our generous Escape New York Sponsors!



NYCC had a successful, productive day at the Five Boro Bike Tour post-ride festival on Staten Island, Sunday May 4. Michael Moise, pictured here sporting his 2007 ENY tee, and Ellen Jaffe represented NYCC, handing out more than 600 informational cards, answering a boatload of questions about Escape New York, and fielding questions about the club.

WHO'S IN YOUR CLUB?

Catching up with . . . Sue Foster

Member since 2000



*** How many bikes?** Three.

1) Specialized A1 Comp (1999, aluminum, nicknamed: 'Special Baby'); 2) Seven Axiom SG (2005, titanium, nicknamed: 'The Seven'); 3) Trek 7500 hybrid (1994; nicknamed: 'Old Reliable')

*** Pre-ride breakfast?**

Non-specific cereal (changes all the time), a fried egg, and as much coffee as I can drink before I have to head out the door

*** Favorite ride destination?**

Saddle River, NJ

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

'Bioshock' . . . oh wait, that's an Xbox game

*** What do you do when you're not cycling (what's your day gig)?**

Art director, Personal Journal section, *The Wall Street Journal*

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

Probably a few centuries—the Farm Ride (Amherst, Mass.), NYC Century and Escape New York (of course)—but mostly want to do as many club rides as possible. See you on the road!



Keeping It All In The Family / Club

NYCC members Alicia Svenson's and Matthew Friese's recent exchange of wedding vows was presided over by NYS Supreme Justice Rick Braun, also a Clubee. Alicia's brother, Tait, (far right) held the wedding bands.

In recognition of Rick's service and their connection to the Club, Alicia and Matthew made a donation to the NYCC Stan Oldak Youth Program.



A View From The Bridge: Why are these people smiling? Five riders braved the rain for the recent Putnam, North, and South County Trailways Ride. On the Croton Reservoir-spanning rail bridge are (l-r): Ron Birnbaum, Kathy Sarg, Myles Diamond, and Marilyn & Ken Weissman.

LEARN TO RACE

WOMEN'S BIKE RACING CLINIC

Saturday May 31 5:45 a.m. Central Park NYC

tempted to try bicycle racing?

Not sure how or where to start? Here's the answer: Women from the Century Road Club Association, New York City's road racing club, are presenting a three-lap simulated race around Central Park. Experienced women racers will ride with the field, providing instruction, assistance and advice. Many local racers started their careers at this clinic—you can too!

informational session:

Nervous? On the fence? Clinic instructors will ease your jitters at a Q & A on Wednesday, May 28, 7:00 p.m. at A Bicycle Shop, 163 West 22nd St. (btw 6th & 7th Ave.)

questions:

Call Beth Renaud at 212.316.9430 or email her at bethrenaud@yahoo.com

online faq:

www.crca.net

cost:

\$10

pre-register online:

bikereg.com

race day registration:

5:00–5:25 a.m. at the clinic. Pre-race meeting: 5:25–5:45 a.m. Post-race analysis: 7:00 a.m., includes Q & A and prizes.

directions:

Meet and register in the Rambles parking lot, just north of the Boathouse on the East Drive, north of 72nd St. (Cars are not allowed in the park.)

very important:

Helmets are required!

No aero bars!

No sleeveless jerseys!

Bring an energy bar and 2 full water bottles!

Eat breakfast!



Thanks to Victor Chan for the photo • Presented by the CRCA Comedy Central–Sid's Bikes & @Radical.Media cycling teams

BIKE MONTH TAKES MANHATTAN BY STORM

May is Bike Month, thirty one days dedicated to bikers across the globe to celebrate the joy of cycling. All month long, cycling related events are happening in and around the New York area.

The official 17th Annual Bike Month NYC is presented by Transportation Alternatives and the New York City Department of Transportation, Department of Parks and Recreation and Department of Health.

There is so much going on that it is impossible to list everything, so here's a small sampling of rides, events, and classes the week of May 5 (with a nod to bikemonth.org as a resource). **Make sure to check out our special NYCC Manhattan Evening Ride in honor of Bike Month on May 7th, listed below!** To see a comprehensive list of events occurring all month long, go to www.bikemonthnyc.org.

Monday, May 5, 2008

Ladies' Bike Repair Night

Location: Time's Up! (East Location) at ABC No Rio., 156 Rivington St. (between Suffolk St. & Clinton St), Manhattan. All workshops will take place in the basement. Learn the basics of bicycle repair from female mechanics at our free repair class designed by and for women. No previous bike repair experience required.
Time: 6:30 PM - 8:30 PM
Organization: TIME'S UP!
Email: timesup@panix.com
Phone: 212-802-8222

Wine & Cheese Info Session

Location: JCC MN, 334 Amsterdam Ave. at W. 76th St., Manhattan Join Hazon for wine and cheese as well as an information session about the 2008 New York Jewish Environmental Bike Ride -- August 29-Sept 1, 2008 -- at the JCC Manhattan. The Ride includes 400 participants coming together for a Shabbat retreat and a two-day 120 mile ride, ending in Manhattan.
Time: 7:00 PM - 12:00 AM
NY Jewish Environmental Ride
Email: avigail@hazon.org
Phone: 212-644-2332

Tuesday, May 6, 2008

Brooklyn Borough President's Breakfast

Location: Meet at Grand Army Plaza, Brooklyn at 7:30 AM to ride, Meet at Brooklyn Borough Hall for Breakfast at 8 a.m.: Celebrate cycling in Brooklyn with a ride and free breakfast courtesy of Brooklyn Borough President Marty Markowitz. Pedal on with your fellow cyclists to the Brooklyn Bridge afterwards.
Time: 7:30 AM - 8:30 AM
Organization: Transportation Alternatives

Ride the Loops of Central Park

Location: Loeb Boathouse in Central Park: Leisurely ride two to three times around Central Park. Afterwards, meet back at the Loeb Boathouse for a snack. Bring a good working bicycle with your tires inflated to the appropriate psi, a bicycle pump, one spare inner tube, water, a helmet. Rain at start cancels.
Time: 10:00 AM - 11:30 AM
Organization: The Weekday Cyclists in NYC
Email: TWCinNYC@aol.com

Ladies Night

Location: 35 Pearl St., Brooklyn
This ladies-only event is a "hands on" opportunity to learn more about bicycle repair and maintenance. Volunteers at all skill levels are welcome. You will help refurbish our parts and bikes.
Time: 7:00 PM - 9:00 PM
Organization: Recycle-A-Bicycle
Email: info@recycleabicycle.org
Phone: 718-858-2972

Wednesday, May 7, 2008

C12/13/14 18 mi 6:45 pm (NYCC Ride!—see p. 18 in the Ride Listings)

Manhattan Evening Ride

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

From: NW Corner of 60th St. & 5th Ave (Manhattan)

Annual leisurely evening ride in celebration of Bike Month NYC. Join us for this fun ride on Manhattan's Greenways/Pathways. We plan to go through Central Park, down the West Side Greenway to Battery Park, through South Street Seaport and up the East Side and back to the start. Bring pocket food, a good working

bicycle with your tires inflated to the appropriate psi, a bicycle pump, front & rear lights on your bike, one spare inner tube, water to drink, a helmet (and wear it), and a smile. Approx. 18 miles. Rain at the start cancels the ride. Rain date is May 14. Co listed with The Weekday Cyclists in NYC, 5BBC.

Queens Borough President's Afterwork Snack

Location: Queensboro Bridge, Queens side of bridge walking and bicycling path Celebrate cycling in Queens with a free after-work snack courtesy of Queens Borough President, Helen Marshall.

Time: 5:00 PM - 7:00 PM

Organization: Transportation Alternatives

Website: <http://transalt.org>

Flat Fix

Location: Gotham Bikes, 112 W. Broadway, Manhattan Basic flat repair course. Removing tubes, patching, replacing tube. Start Time: 7:00 PM - 8:30 PM

Website: <http://gothambikes.com>

Volunteer Night

Location: 35 Pearl St., Brooklyn: Recycle-A-Bicycle hosts a volunteer night every Wednesday in our DUMBO storefront. Volunteers have the opportunity to learn basic bicycle mechanic skills while working to refurbish used parts and bikes on hand in the store.

Time: 7:00 PM - 9:00 PM

Organization: Recycle-A-Bicycle

Email: info@recycleabicycle.org

Phone: 718-858-2972

Bike Network Movie Night

Location: Jewish Community Center, Amsterdam Ave at 76th St., Manhattan

Join fellow upper west cyclers for snacks, drinks, and a bike-themed film screened at the JCC. Space is limited, so please RSVP at

<http://www.nycstreets.org/projects/bikenetwork/project-home>

Start Time: 7:00 PM - 9:30 PM

Organization: U.W.S. Street Renaissance

Website:

<http://nycstreets.org/projects/bikenetwork/project-home>

Thursday, May 8, 2008

Swift Folder Open House

Location: 280 Nevins St., Brooklyn

Visit the tiny shop on the Gowanus Canal where Swift folders are custom-built for New York and the rest of the world.

Time: 6:00 PM - 12:00 AM

Organization: Design Mobility, Inc.

Email: swiftfolders@earthlink.net

Phone: 718-875-3090

Bike Commuting 101

Location: Hostelling International-NY, Amsterdam Ave. at 103rd St., Manhattan

Free. Off-bike seminar covering the skinny on two-wheeled commuting, including equipment, clothing, route selection, parking and locking, hygiene, and more.

Time: 7:00 PM - 9:00 PM

Organization: Bike New York

Email: info@bikenewyork.org

Phone: 212-932-2453

Friday, May 9, 2008

A HISTORY OF THE BICYCLE

Location: The Brooklyn Museum of Art, Brooklyn Filmmakers, Iris B. Cantor Auditorium 200 Eastern Parkway, Brooklyn

Michael P. Gaughan's award-winning short film A HISTORY OF THE BICYCLE will screen at The Brooklyn Museum as part of The Brooklyn International Film and Video Festival. The film will be screened as part of the Brooklyn Filmmakers Section.

Time: 5:00 PM - 8:30 PM

Organization: Brooklyn Arts Council

Phone: gaughanmichaelp@hotmail.com

Tony's Bicycles Repair Workshop

Location: Astoria, Queens

We will be providing a free workshop covering bicycle repair. We will teach participants basic repairs such as tube replacement, brake and gear adjustment, cable replacement and basic wheel truing. If there is ample time or participants wish to stay longer. Please RSVP: May 4, 2008

Time: 12:00 AM - 9:30 PM

Organization: Tony's Bicycles, Inc.

Phone: 718-278-3355

Saturday, May 10, 2008

Ride a 'Bent and Raise a Buck Recumbent Bike Rides'

Location: Prospect Park, Brooklyn

The Innovation Works, Inc., is providing high-quality RANS recumbent bikes for half-hour "Give it a try!" demos for the month of May. RSVP and liability waivers are required. A \$20/person rider fee includes a donation to Transportation Alternatives.

Time: 8:00 AM - 11:00 AM

Organization: The Innovation Works, Inc.

Phone: 646-233-1219

NYC Dept. of Transportation's Bike (and farewell) to Shea Day

Location: RIDE: Meet at 9:45 am in front of Brooklyn Museum Eastern Parkway (Underhill Ave. and Washington Ave.) GAME: 1:10 pm Shea Stadium -123-01 Roosevelt Avenue, Queens

Mets fans -- Leave the traffic behind and bike to Shea for DOT's 5th annual Bike to Shea Day! Join us for a 12-mile bike ride to see the Mets vs. the Cincinnati Reds in Shea Stadium's final year as Citi Field looms large in the distance. Ride marshals from DOT will escort you from Prospect Heights to Flushing via on-street bike lanes and off-street greenways at a leisurely pace. All skill levels welcome. Free bike parking near Stadium entrance will be provided for all cyclists along with the 2008 NYC Cycling Maps and other fun giveaways. To purchase tickets, call Brian O' Leary (Mets group sales) at 718-559-3038 upper Reserved \$8.

Time: 9:45 AM - 4:00 PM

Organization: NYC Department of Transportation

Annual Bicycle Fetish Day

Location: Havemeyer St. (Grand St. & Metropolitan Ave.), Brooklyn

A street fair for your bicycle! Show off your ride and revel in the beauty of all types, styles, and genres of specialized, customized, and personalized bicycles. CONTESTS throughout the day: Best in Show, Best Vintage, Best Hand-made, Best Chopper, Best Small Wheel (includes foldable bikes), Wheelies, BMX tricks, Track bike tricks, Heaviest Bike, Ugliest Bike, and more...

Time: 12:00 PM - 6:00 PM

Organization: The City Reliquary Museum

Email: messages@cityreliquary.org

Phone: 718-782-4842

LIC Bike Parade

Location: Socrates Sculpture Park, Queens

Registration at 11:30 AM, hands-on workshops for kids at 12 PM, and the parade at 3:00 PM. This FREE family and community event will invite children of all ages to explore the creative and functional potential of adaptive

reuse while transforming bikes into mobile works of art. The parade will be led by The Hungry March Band, performers from Circus Amok, City Reliquary and The Civic Riders Bicycle Club.

Time: 12:00 PM - 4:00 PM

Organization: Socrates Sculpture Park partners with Bike New York, Freestyle Arts Association, Friends of Queensbridge Park, Materials for the Arts, The Noguchi Museum, Partnerships for Parks, Recycle-A-Bicycle, and Transportation Alternatives Queens Committee.

Email: info@socratessculpturepark.org

Phone: 718-956-1819

Sunday, May 11, 2008

Metric Training Ride: Piermont

Location: Columbus Circle, Manhattan

Another in the training series for the 44th Annual MONTAUK CENTURY. 50 miles, helmets required.

Time: 9:00 AM - 4:00 PM

Organization: Five Borough Bicycle Club

Email: daytrips@5bbc.org

Phone: 212-932-2300 x135

Pup Your Ride Workshop

Location: Time's Up! *new* space at 73 Morton St. (Hudson St. & Greenwich St). in the West Village, Manhattan

Come transform your bicycle into a doggie or other companion animal transporter. Bring your bicycle along with supplies, such as a basket appropriately sized for your furry friend, in order to prepare for the Doggie Pedal Parade (5/17). We'll provide mechanics to assist you and some baskets and trailers will be available for purchase.

Time: 2:00 PM - 5:00 PM

Organization: TIME'S UP!

Website: <http://times-up.org>

Email: timesup@panix.com

Phone: 212-802-8222

The Eighth Annual Bicycle Film Festival is a global celebration of bicycles through film, art and music. The New York festival is scheduled for later this month: May 28-June 1. Check out the lineup at http://bicyclefilmfestival.com/2008_site/about.php

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/bicycle.htm

Schedules Here are some commonly used departure and return times for weekends effective October 7, 2007. Contact Metro North for the most current and complete schedules at: <http://www.mta.info/mnr/html/planning/schedules/index.html>

HUDSON LINE

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
3:51 pm	5:38 pm
4:51 pm	6:38 pm

May 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/ride_listing.aspx or the **Message Board**: <http://www.nycc.org/mb/threads.aspx?B=1>

Thursday, May 01, 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. Cancells: precipitation, imminent threat of precipitation, wet or icy pavement, or temperature below 30 at the start.

Saturday, May 03, 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 7:30 am

A-19 SIG Ride #10: Westport / Darien **

Leaders: Jim Galante, Jim.Galante@americancolor.com, 212-529-4300; Patrick Stuard, zahaa@hotmail.com, 202-320-8791; Robert Reimann, bikesharpa@yahoo.com, 917-364-5491

From: Grand Central Terminal, Information Booth

SKILL: How to lead a ride and read a cue sheet

Arrive at Grand Central no later than 7:30 AM and purchase your tickets accordingly (8:07 AM MetroNorth train to Darien and return in the afternoon from Westport)

This is one beautiful ride! You will have a phenomenating experience today. The elegance of double rotating pacelines in the pastoral setting of rural Connecticut will combine to present you with a breathtaking tour de force in an incredible ride. This is an all time SIG favorite. You are feeling so strong because your weekday training has reaped benefits for you. You're awesome! We'll be able to pick up the pace a little and really see the energy preserving and aerodynamic advantages of double paceline riding. The ride has plenty of twists and turns and siglets will use this opportunity to learn how to lead a ride and use a cue sheet. You can get a bagel and coffee and bring it on the train. **MAKE CERTAIN YOU HAVE A METRO NORTH PASS WITH YOU; YOU WON'T BE**

PERMITTED ON THE TRAIN WITHOUT ONE. You must obtain a pass at Grand Central ahead of time, not on the day of the ride; they are good for life.

****Don't forget to look at the schedule for tomorrow too and sorry for the ridiculously early start time today!**

A19* 85 mi 8:30 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.

A20 / 22 65/75/90 8:00 am

A-STS Ride #10: Greenwich-Bedford-Carmel-Cold Spring

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

From: Central Park Boathouse

The penultimate ride of this year's series will take us on a truly rambling tour through Westchester into northern Greenwich and a picnic lunch in Bedford. Those who want to bail will have the option of Croton Falls at about 65 miles, Brewster at 75, or go for the whole gadilla and have a meal and some beers at the Depot in Cold Spring after 90 miles. This is a long, but very rewarding day in the saddle. You needn't have ridden with us before to join us on this ride, but it is

expected that you will possess solid group riding skills if you do. Bring a bike in good mechanical condition, 2 water bottles, some pocket food and an MNRR pass for the return. Look to the bulletin board on Friday for any ride updates or weather related delay or cancellation.

A23 95 mi 8:00 am

A-23 STS: Bucks County Covered Bridges

Leaders: John Zenkus,
jjz2116@aol.com, 917-617-0901;
Shari Alexander,
shari@sharialexander.com

From: Penn Station NY

This is a new ride for 2008, starting in New Brunswick, NJ and ending in Raritan, NJ. The ride crosses five covered bridges in scenic Bucks County, PA plus more one in New Jersey. The profile is rolling and fast over back roads. Meet at Penn Station 8:00 for the 8:14 train to New Brunswick, NJ. There will be one stop in Carversville, PA.

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

A-SIG 95 mi 8:00 am

A-SIG Classic, ride #10: Westport, CT

Leaders: Adam Lichtenstein,
adam@lichtenstein.org, 917-678-0022; Allison Agliardo,
aagli@yahoo.com, 212-421-7886;
Sarah Tombaugh,
sarahtombaugh@hotmail.com,
646-642-4244

From: Central Park Boathouse, parking lot

This ride is bar none the most beautiful ride of the A-SIG. Don't miss it! Now we have it all: skills, teamwork, predictability, endurance, speed and leadership. Today we put it

all together and fire on all cylinders. Eat a good breakfast and bring pocket food and two water bottles, because we're not stopping until we hit the 40-mile mark. We'll ride on hilly Westchester roads on through to Westport, CT. Train ride back (train passes required). It's not long until Graduation Day. You're going to make it! Rain date: Sunday, May 4.

B16, 17&18 70 +/- mi 8:00 am

B-SIG Cold Spring via Harriman State Park

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

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

Congratulations it's time for our graduation ride. You deserve this lovely route through Bergen, Rockland, Orange Westchester & Putnam counties. We will cycle through the burbs then it's up Seven Lakes Drive, cross the Hudson at the Bear Mountain Bridge, then it's on to Cold Spring for a celebration at the Depot Café. Bring money and lots of pocket food for this ride has very few food stops. We will ride Metro North home from Cold Spring so bring that train pass. NOTE DIFFERENT START TIME AND LOCATION. Cancells: predicted actual temperature below 25-degrees; raining or snowing; wet or slick roads; or steady winds above 40mph. Check nycc.org bulletin board if uncertain if ride is on. If weather cancels, we try again Sunday.

B17 75-85 8:30 am

B-STs Ride #8: Surprise Ride

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.

C11 – 15 various mi 9:00 am

C-SIG Ride #7 - 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, May 04, 2008

A? 70 mi 8:00 am

A-23 STS: New Brunswick, NJ to Philadelphia, PA Off-Road

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

From: Pennsylvania Station

This very interesting ride first follows the Delaware and Raritan Canal Towpath from New Brunswick, NJ to Trenton, NJ, then crosses into PA and follows the Delaware River Canal Towpath from Morrisville, PA to Bristol, PA. From there, the ride follows roads along the Delaware River, ending with a Philadelphia Urban Adventure beyond comparison ending with a PBR at Bob and Barbara's.

Meet at Penn Station 8:00 for the 8:14 train to New Brunswick, NJ. There will be one stop in Trenton, NJ. While a bike pass is not required, helmet, ample food and water, spare tubes and a pump are musts. If the weather appears doubtful, check the message board where the ride's status will be posted by 6:30am.

A19 SIG 20-50 8:45 am

**A-19 SIG Special Session:
Maintenance and Skills**

Leader: Ed Fishkin,
Edward.fishkin@woodhullhc.nychhc.org, 917-578-1078

From: Central Park Boathouse

SKILL: Bicycle Maintenance and
'Special' Skills

Bring your bike. This activity is limited to "A-19 SIG" participants (sorry). We'll ride at recovery pace over the GWB to the boat launch under the GWB on River Road, where we'll split up and half the group will ride with the pros and learn the skills necessary for crisis management on your bike (facing obstacles, riding over gravel, sudden flat tires/blowouts, slippery roads, bumping another rider, cornering techniques, etc.) The other half will learn the essential tips and techniques necessary for you to keep your bike running like new every day (basic maintenance schedule, how to fix a flat, how to clean and lube your chain, adjusting brakes and derailleurs, and other skills too). Then we'll switch groups and repeat the process.

Afterwards some may ride on up the Hudson or you can choose to return to the city.

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 55+ mi 9:00 am

C-STS: Ride #5:

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

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

*** The C-STS is now closed to new riders ***

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

Please check NYCC Message Board after 7:00 for last minute changes.

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. Mike

Tuesday, May 06, 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, May 07, 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 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.

C12/13/14 18 mi 6:45 pm

Manhattan Evening Ride

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

From: NW Corner of 60th St. & 5th Ave (Manhattan)

Annual leisurely evening ride in celebration of Bike Month NYC. Join us for this fun ride on Manhattan's Greenways/Pathways. We plan to go through Central Park, down the West Side Greenway to Battery Park, through South Street Seaport and up the East Side and back to the start. Bring pocket food, a good working bicycle with your tires inflated to the appropriate psi, a bicycle pump, front & rear lights on your bike, one spare inner tube, water to drink, a helmet (and wear it), and a smile. Approx. 18 miles. Rain at the start cancels the ride. Rain date is May 14. Co listed with The Weekday Cyclists in NYC,5BBC

Thursday, May 08, 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, May 09, 2008

B18 70 mi 9:00 am

Sagamore Hill (Teddy Roosevelt's House)

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

From: City Hall Park, Opposite Brooklyn Bridge

Ride to north shore of Long Island with picnic lunch at Sagamore Hill. Optional meetup in Queens at Statue of Civic Virtue approximately 9:45. Call or e-mail to confirm. Subway and LIRR return options.

Saturday, May 10, 2008

A19 61 mi 9:15 am

River Rd.-Bradley-Tweed-Ike: As slow as an A-ride gets

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

From: Central Park Boathouse

The route is gorgeous, challenging, and, maybe best of all, largely untrafficked. By dint of my age and dedicated lack of training, I'll likely be leading from the rear. Also, since my bicycle doesn't go uphill, please await my arrival atop the climbs with patience.

A19 SIG 84 mi 8:45 am

A-19 SIG Ride #11: Bedford

Leaders: Terry Hildebrandt,
terryhildebrandt@hotmail.com, 917-710-8537; Sharon Shachar,
Sharon.shachar@weil.com, 646-369-6079; Bob Ross,
bob.ross@verizon.net, 917-566-8364

From: Central Park Boathouse

SKILL: Speed and hills

A more beautiful ride won't be happening today. As we disappear powerfully over Cat's Paw Hill, your leaders' hearts are pounding near their V02 max in anticipation of riding with you as real "A" riders. In SIG language however, beautiful ride = hills. The ride to Bedford has some nice climbing and beautiful pastoral vistas. We'll see if the hill repeats we've all been practicing on our own really work. Bring plenty of water, pocket food, determination and sun block. We might try a picnic this time on the Bedford Town Green. Helmets mandatory of course. The skills you learned the past few weeks, especially working together, communicating and forming incredible pacelines are expected. This will be great practice for graduation next week. Remember the carbo load dinner this week!!

The usual cancels. We better have all the rides you're going to lead; the diplomas are being printed now.

DON'T FORGET THE EARLY START TIME NEXT WEEK!

A19* 100 mi 8:30 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.

A20 / 22 85 / 105 8:00 am

A-STS Ride #11: Tour of Orange County--Many Hills to Climb

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

From: Central Park Boathouse

The finale of our series this year will utilize the stamina and climbing skills we've developed over the season (in spite of the \$\$% @ weather)! We'll climb many of the notables including Little Tor, Gate Hill, Hogback and Mt. Peter. The return through Sugarloaf and Goshen will offer more beautiful roads including an option to visit Purgatory (relax - it's just a road). Optional post ride food and beer fest at the River Terrace in Beacon. As with all A-STS rides, you needn't have ridden with us before to join us on this ride, but it is expected that you will possess solid group riding skills if you do. Bring a bike in good mechanical

condition, 2 water bottles, some pocket food and an MNRR pass for the return. Look to the bulletin board on Friday for any ride updates or weather related delay or cancellation.

A23 100 mi 8:00 am

A-23 STS: Westport to Poughkeepsie

Leaders: John Zenkus, jjz2116@aol.com, 917-617-0901; Carl Kulo, ckulo@earthlink.net, 646-644-8477; Hank Schiffman, hschiffman1@nyc.rr.com, 212-529-9082

From: Grand Central Terminal, Information Booth

This a long, rolling, scenic ride starting in Westport, CT and ending in Poughkeepsie. Meet in Grand Central Terminal around 8:00 for the 8:07 train to Westport. Please bring a MetroNorth pass, as well as two waters bottles, powers bars or gels (many), money for lunch, a bicycle in good repair, along with the mandatory helmet. Check bulletin board for updates if weather appears unfavorable.

A-SIG 70-90 mi 8:00 am

A-SIG Classic, ride #11: Participant-led ride

Leaders: Peter Brevett, pbrevett@rcn.com; Steve Weiss, racexalso@rcn.com, 917-650-7703; Mitch Rubenstein, mruben999@aol.com, 973-706-8636

From: Central Park Boathouse, parking lot

This is the day for A-SIG Classic participants to show all they've learned as well as their strength, character and finesse. Today they lead. Who will step forward? Where will we go? This ride requires coordination in the weeks prior. Email messages and phone calls will fly back and forth thickly as we nail down a plan of action and a challenging route. Our graduation candidates will create maps

and a route sheet, take care of getting us signed in and grouped, and coordinate our day. Gather at 7:30 to create groups and chat before pulling out at 8:00 sharp! Rain date: Sunday, May 11.

B15/16 31 mi 8:30 am

Around Manhattan

Leaders: Adrienne Browning, abrowning1@nyc.rr.com; Bill Laffey

From: 97th St. & Riverside Dr. on the park side

This ride will take us, mostly on bike paths, around the island of Manhattan. We'll get an early start, to miss some of the street traffic when we're not on the bike paths. Brunch stop to be decided on the ride--we may pick up sandwiches to eat by the Seaport, or stop for a sit-down. The ride is posted as a 15-16 because you really can't ride any faster on the paths. A sight-seeing ride. Check message board at 7:00 a.m. to confirm ride is on.

B16 56 mi 9:00 am

Nyack the Back Way

Leader: Fred Leffel, fleffel@aol.com

From: Central Park Boathouse

River Road and Bradley (but not Tweed) to Nyack, quick lunch, then back through Piermont and 9W. Nice scenery, nice riding and (it is hoped) nice company. When the B SIG tried to do this ride earlier in the Spring, the ride was postponed due to weather, and as a result many SIG participants missed the joys of Alpine hill and Bradley. So let's make it up! The ride is open to everyone, however, not just SIGsters/lets/gies. The Farmer's Almanac (circa 1937) predicts that the weather will be glorious, but just in case, check the message board in the AM for any last minute changes, which will be posted by 7:30 AM.

B17 90 mi 8:30 am

B-STs Ride #9: Bedford

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.

B17/18 90 mi 7:45 am

Philly Cheese Steak Ride

Leader: Kevin Cruickshank, kevinnycc@mac.com

From: Newark Penn Station

Have you ever wanted to ride to Philly? Have you ever wanted to eat a cheese steak in the city that invented the cheese steak? Then join us as we head to the City of Brotherly Love, the birthplace of the American Revolution, home to Rocky Balboa and Fat Albert. This is a mostly urban ride so you must be comfortable in traffic. However, we'll go through some suburban and exurban areas around Trenton and Princeton and a small section of farmland on the PA side of the Delaware River.

Ride leaves from Newark Penn station in New Jersey and goes to South 9th street in Philly. Once there, you can choose to eat at Pat's King of Steaks or Geno's Steaks, the Best from South Philly. They are across the street from each other. After 90 miles you'll probably have enough of an appetite to try both places.

Train back to NYC on SEPTA and NJTransit. Bring two bottles and pocket food. Stops along the way will be brief.

C/B 1450 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.

C11 – 15 various mi 9:00 am

C-SIG Ride #8 - 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. Please check the NYCC Message Board after 7 AM for changes and last-minute details.

Sunday, May 11, 2008

A18 40 mi 9:00 am

Mother's Day Bake Sale

Leader: Peter O'Reilly, peter@ohreallyoreilly.com

From: George Washington Bridge, NJ side bike path entrance

This ride will take a leisure ride up and into Rockland County. The destination is one of Rockland's hidden commercial establishment treasures (refer to ride title for a hint).

Please RSVP via email so I will have an idea who to expect at the ride location start. Bringing cleat covers for the lunch stop is highly recommended.

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 55+ mi 9:00 am

C-STs: Ride #6

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

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

*** The C-STs is now closed to new riders ***

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

Please check NYCC Message Board after 7:00 for last minute changes.

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. Mike

Tuesday, May 13, 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. Cancells: precipitation, imminent threat of precipitation, wet or icy pavement, or temperature below 30 at the start.

Wednesday, May 14, 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 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.

Thursday, May 15, 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. Cancells: precipitation, imminent threat of precipitation, wet or icy pavement, or temperature below 30 at the start.

Friday, May 16, 2008

B18 65 mi 9:00 am

Rockland Hills

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

From: City Hall Park, Opposite Brooklyn Bridge
Optional 9:25 start from Eleanor Roosevelt Statue 72nd and Riverside Dr.

Call or e-mail to confirm

Saturday, May 17, 2008

A19 62 mi 9:15 am

River Rd.-Bradley-Tweed-Tallman-Ike: As slow as an A-ride gets

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

From: Central Park Boathouse

The route is gorgeous, challenging, and, maybe best of all, largely untrafficked. By dint of my age and dedicated lack of training, I'll likely be leading from the rear. Also, since my bicycle doesn't go uphill, please await my arrival atop the climbs with patience.

A19 SIG 100 mi 7:30 am

A-19 SIG Ride #12: Bear Mountain/Cold Spring

Leader: A19 SIG Leaders

From: Central Park Boathouse

THIS IS YOUR GRADUATION RIDE!

It's Graduation Day and you siglets had better not be late! Arrive at 7:30am for an exhilarating day... Congratulations, here is the moment you've all been waiting for. Bring your caps and gowns, your pomp and circumstance, and the champagne. Don't forget the sunscreen and plenty of water too. I hope all of you carbo loaded (or alternatively, cannoli loaded) this week. Today, we'll finish off this puppy with a blast. We'll barrel north forging a new classic route into the mountains, even skirting along the Hudson River at breakneck speed (safely of course), observing all the rules of the road and of good sportsmanship. We'll paceline out of Harriman State Park and then climb Perkins Memorial Drive onto Bear Mountain. The ride will have a surprise ending where we will be able to reload our stomachs and slake our thirst in the lovely hamlet of Cold Spring. Warm, fuzzy and full (hopefully not too smelly) we'll return back to the city. What a fabulous day is in store for you. Bring your METRO NORTH TRAIN PASS, pocket food, sun block, and lots and lots of water (I know I repeated it, but it's really important today).

Remember, we want to let you down easily; no cold turkey without us on Saturday mornings from now on. Ergo, your leaders hope and expect to

see you for the Bloomin' Metric, the after-SIG rides, and the Club's Sheffield Memorial Day weekend in the Berkshires next weekend. Ask us for more details or check the bulletin. Remember to come to the June NYCC club meeting (June 10, 2008) for your commencement ceremony and to receive your ready-to-frame diploma. How much will you miss your leaders from now on?

A23 100 mi 7:30 am

A-23 STS - Series Finale

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

From: Grand Central Terminal,
Information Booth

The STS-A23 program ends with a spectacular ride through the Shawangunk and Catskill Mountains. Starting and ending in Poughkeepsie, we will climb Peekamoose, Greenville Road and Minnewaska.

There is 8,500 total vertical feet climbed over the route's 100 miles; paceline skills and stamina will be required. Meet at GTC around 7:30 AM to catch the 7:50 train to Poughkeepsie. Please bring a MetroNorth pass, as well as two waters bottles, powers bars or gels (many), money for lunch, a bicycle in good repair, along with the mandatory helmet. Check bulletin board for updates if weather appears unfavorable.

A-SIG 105 mi 7:00 am

A-SIG Classic, ride #12: Bear Mt, Graduation ride

Leaders: Timothy McCarthy,
asig.captain@nycc.org, 718-204-7484; Mark Loftis,
mark.loftis@yahoo.com, 917-670-3075

From: Central Park Boathouse,
parking lot

Bring your caps, gowns, cameras and champagne. Today we finish with a blast. Please note that we take off at 7:00! Be at the parking lot, signed in,

helmets on ready to ride by 6:45.

We'll barrel north along the Hudson, stopping for fuel in Stony Point, NY, then climb up Perkins Drive to the top of Bear Mountain. From this point, we head west along the rolling beauty of Seven Lakes Drive and turn south to drop down Gate Hill Road. We then refuel near Mt Ivy, meander over to Saddle River and from there, shoot back to NYC. The ride ends with a celebratory reunion on the hill across from the Boathouse in Central Park and group dinner that evening! What a fabulous day and a fabulous series! Bring pocket food, sun block and lots of water. How much will you miss us next week? Rain date: Sunday, May 18.

B17 90 mi 8:30 am

B-STs Ride #10: TBD

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.

B18 50+/- mi 8:30 am

NJ Waterfront/Staten Island

Leaders: Adrienne Browning,
abrowning1@nyc.rr.com; Bill Laffey

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

This ride goes over the GWB and down the NJ waterfront coast, through all of the towns to Bayonne, then over to S.I. with a ferry ride home. The ride ends at the ferry terminal in Battery Park. The views of Manhattan from the Palisades are worth the trip. We'll pick up lunch to eat in Liberty State Park, within a stone's throw of Ellis Island. Check message board at 7:00 a.m. to confirm ride is on.

C11 - 15 various mi 9:00 am

C-SIG Make-up Ride - 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, May 18, 2008

C12 / 14 60+ mi 8:30 am

C-STs: Ride #7

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

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

*** The C-STs is now closed to new riders ***

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

Please check NYCC Message Board after 7:00 for last minute changes.

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. Mike

Tuesday, May 20, 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, May 21, 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 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.

Thursday, May 22, 2008

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. Cancells: precipitation, imminent threat of precipitation, wet or icy pavement, or temperature below 30 at the start.

Sunday, May 25, 2008

A19 80+ mi 8:30 am

South Mountain Road

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

From: Central Park Boathouse

Staying in town for the holiday weekend, but still want to ride? Then join me for this pleasant ramble through Bergen and Rockland county. One of my favorite routes. Enough climbing to give us something to complain about, but plenty of flat, fast stretches too. A deli stop (or two), no diner stop. 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 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. Mike

Monday, May 26, 2008

B16 50 mi 9:30 am

Westchester Picnic

Leaders: Mark Gelles,
mgelles@okcom.net; Tim
Shepard; Leo Hannah

From: 242nd St & Broadway,
Bronx

Join the us for a scenic hilly ramble from Van Cortlandt Pk. to Pocantico Hills horse country & lunch @ Kingsland Pt. Park; lots to look at! Bring a smile, fluids, pocket food & something to carry lunch 2 miles from deli stop to picnic. Carrot cake at end to reward your 2,600 vertical feet of climbing. From/End: 242nd. Street & Broadway (#1 Train's northern terminus). Wet roads @ 8:00 AM or bad forecast cancels, if in doubt look on message board.

Tuesday, May 27, 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. Cancells: precipitation, imminent threat of precipitation, wet or icy pavement, or temperature below 30 at the start.

Thursday, May 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. Cancellations: precipitation, imminent threat of precipitation, wet or icy pavement, or temperature below 30 at the start.

Saturday, May 31, 2008

A19 62 mi 9:15 am

River Rd.-Bradley-Tweed-Tallman-Ike: As slow as an A-ride gets

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

From: Central Park Boathouse

The route is gorgeous, challenging, and, maybe best of all, largely untrafficked. By dint of my age and dedicated lack of training, I'll likely be leading from the rear. Also, since my bicycle doesn't go uphill, please await my arrival atop the climbs with patience.

A19-23 70 mi 8:00 am

Harriman Park - Little Tor, Gate Hill, Tiorati, Perkins

Leaders: Robert Shay,
RobertCSHay@aol.com, 203-722-1487; Chris O'Connell,
chrisoco@yahoo.com, 646-709-9974

From: Central Park Boathouse, parking lot

One way ride from the Boathouse to Garrison. Route allows for motoring about 30 miles before heading into the hills. Includes 9W, Western Highway, Little Tor, David's Bagels (on rt. 202), Gate Hill, Tiorati Brook, and Perkins.

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

Three very brief deli/restroom breaks. 5,385 feet vertical, 1,276 max. elevation, 6.2 feet min. elevation. Cue sheets have big typeface. Chance of rain greater than 30% cancels. METRO NORTH BIKE PASS AND ONE WAY TRAIN FARE REQUIRED.

B15 50 mi 9:00 am

9W Clean-Up! Adopt a Highway Green Ride

Leader: Kay Gunn,
kaygunn@gmail.com, 646-509-5034

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

We will take a scenic route to Piermont while giving something back to the community we so love to ride through.

We'll ride to Piermont, where we'll take less than one hour to clean up the shoulder of 9W (we will provide almost everything you need). Then we'll continue into Piermont for Lunch @ the Gazebo. We'll ride back to the GWB via 501. The ride will officially end on the NJ side of the bridge. Bring cleat covers for road shoes, fluids, pocket food, a few bucks for lunch, & of course a smile. Wet roads at 7:30 AM or forecast of steady morning rain will cancel. If in doubt please check the message board.

Next month in the Bulletin: Getting A Fix on Fixies

NYCC Member Offer:
BODY TUNEUP SERIES with KARIN FANTUS

GET YOUR BODY READY-TO-RIDE with this 6-week EXERCISE SERIES:

SESSIONS INCLUDE TECHNIQUES TO:

Access / Strengthen Core Muscles
Get Your Ears Out of Your Shoulders
Keep Your Lower Back Happy
De-Stress and Preserve Hips / Knees / Ankles

LOCATION: CLUB H, 55th b/w 9th & 10th Aves / 5 min from Columbus Circle

DATES / TIME: 6 Fridays at 6:30, starting May 30th (no class July 4th)

COST: \$90 FOR THE SERIES; includes access to Club H facilities, with fully-equipped gym and STEAM / SAUNA!!!

To register, or for further info, contact KARIN at:
BikeK@nyc.rr.com

KARIN FANTUS is a Certified Pilates Instructor / Movement Specialist and a 20-year NYCC vet and FORMER B-SIG leader.

This offer is for NYCC members only. Members must present membership card, located on the last page of the NYCC Bulletin.

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

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847 864-7660, www.turinbicycle.com

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