

# **NYCC BULLETIN**

*June 2008* New York Cycle Club / [nycc.org](http://nycc.org)



## **INSIDE:**

**An A-12 Music Crawl  
The All Left Turn Century  
Queens U/S/A**

**Fixated on Fixies!**

## President's Letter

“**A**nd so the seasons went rolling on into summer, as one rambles into higher and higher grass.”- Henry David Thoreau

With the summer solstice merely days away, we have reached the height of the riding season. It would also seem that the arrival of summer has boosted the creativity of many of our ride leaders. Have you checked the upcoming rides for June? Here are three that exhibit some original thinking: An “**A-12**” ride wandering throughout the five boroughs of NYC to find street music--yes, you read it right. A-12! (Mark, this ride is almost guaranteed to make a certain “RR”'s rides look very fast, uphill or not!); an **All Left Turn Century**, taking place over a one (1) mile course, with the intention of completing one hundred miles in four to five hours! (Try not to get too dizzy, Peter!); and a **Queens U/S/A** 40 mile B-17 that will use four of the city's greenways (BTW, U/S/A may not stand for what you think it does! Very nice word play, Stephen!).

We have the return of the West Point Fourth of July Weekend, back with a vengeance after last year's hiatus! Is there a better place to ride in all of New York during America's birthday?

Additionally, we also have the annual **All-Class ride** coming up on June 14! This is a delightful opportunity to have lunch with the club at a lovely riverside venue.

*(Continued next page)*

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Address all correspondence to:  
[bulletineditor@nycc.org](mailto:bulletineditor@nycc.org)

Thanks!  
Dana Gordon  
&  
Carol Krol

NYCC Co-Editors

(President's letter continued)

The seasons really *are* rolling into summer! And so is the NYCC!

A gaggle of A, B and C-SIG grads are now more than qualified to lead rides on their own. From what I've heard from the SIG leaders, as well as the participants, we are going to have an exciting and busy ride calendar this year, compliments of the SIG class(es) of 2008!

So check your schedules, put away your tights and l/s jerseys, and get out on the road with us!

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

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## NYCC CLUB WEEKEND

### July 4th All-Class Club Weekend at West Point



Three days of beautiful cycling at West Point.

July 4-6, 2008. Three days, two nights, great cycling, great friends, at perhaps the best place in the country to spend a patriotic July 4th holiday weekend, at the home of the **U.S. Military Academy at West Point**.

#### Friday July 4th:

Meet at CPW/72nd St, leave our bags and pick a ride (A,B or C) to West Point. Lunch/swim/tour the

campus as you prefer. BBQ/picnic on campus for dinner.

#### Saturday July 5th:

Breakfast at Thayer Hotel after which we pick a beautiful ride for the day. Dinner/dancing on board the River Rose as we cruise the Hudson River and watch the West Point fireworks from the water.

#### Sunday July 6th:

Breakfast followed by rides back to Manhattan, where we pick up our bags on W 70th St.

There's also a swimming hole, Storm King Art Center, The West Point Museum, Dia:Beacon, the West Point campus, holiday celebrations in town—West Point is the greatest!

**Included:** Three days, two nights at the historic Thayer Hotel right on the West Point campus (mostly double occupancy); two full breakfasts, Friday evening BBQ/picnic including drinks, Saturday evening dinner cruise with DJ and dancing (vegetarian cuisine available both nights); luggage shuttle to carry our clothes and pretty much everything you need except lunch and drinks.

**Fee:** \$255 per person sharing double room. (Some "triples" - two rooms sharing a bathroom - will be available and may be specifically requested by specifying two roommates during registration).

## The Details

**Organized by volunteers** Please remember that activities of the NYCC, including this West Point event, are organized by volunteers. The event was priced to just cover the estimated costs.

**Volunteers needed** We need volunteer drivers to drive a UHaul truck OR those with cars/vans (the bigger, the better) to carry our luggage from Central Park to West Point on Friday July 4 and back to NYC on Sunday July 6. We also need ride leaders at all levels. You can indicate an interest in volunteering when you register at Active.com.: [http://www.active.com/page/Event\\_Details.htm?event\\_id=1584012](http://www.active.com/page/Event_Details.htm?event_id=1584012) Check the appropriate box(es) in the online form and we will follow up with you later.

**Communications** You must register for this event on the Internet. After you register, we will be emailing you with important information about the event. Please check your email regularly for information from us, and make sure that your spam filters are not blocking emails sent by [westpoint@nycc.org](mailto:westpoint@nycc.org).

**Hotel rooms** Rooms are double occupancy, usually with one queen-size bed and one pullout sofa. (Triple rooms or two-double room combos are sometimes made available to us contact the event coordinator if you are interested). The roommates will decide between themselves as to who sleeps in which bed each night. All rooms are nonsmoking. Any extra charges to the room (e.g. telephone calls, bar expense, etc.) are not included in the price, and are the direct responsibility of the participant.

**Roommates** During registration, you are given the opportunity to pick your roommate. If you register without specifying a roommate, you can still specify a roommate at a later date by notifying Basil Ashmore ([westpoint@nycc.org](mailto:westpoint@nycc.org)). A couple of weeks before the event, a list of all registrants without roommates will be emailed to everyone on that list to facilitate choosing your own roommate. If you do not pick a roommate before June 27, or if your designated roommate does not register before June 27, you will be randomly assigned one of the same gender.

**Included** The price includes two nights stay at the hotel, breakfast buffet at the hotel on Saturday and Sunday mornings. Friday evening catered BBQ/picnic (soft drinks and beer provided), Saturday evening boat cruise with dinner buffet (coffee, tea and cookies included, cash bars are available for you to purchase other beverages), DJ and dancing and the luggage shuttle..

**Not included** All other expenses (including lunches, additional beverages, extra hotel charges, etc.) are not included in the price and are the direct responsibility of each participant.

**One price fits all** The price charged includes a number of events, and everyone is charged the same price regardless of whether he/she chooses to participate in each event. For example, if someone chooses not to go on the boat cruise (or misses it because of his/her own tardiness), there will be no refund for that portion of the trip.

**Extra guests on boat cruise** Registrants are permitted to bring a guest aboard the boat cruise for an extra charge of \$63. An option to register a guest for this is available during the online registration process at Active.com: [http://www.active.com/page/Event\\_Details.htm?event\\_id=1584012](http://www.active.com/page/Event_Details.htm?event_id=1584012)

Everyone on the boat cruise must be pre-registered.

**Cancellations/refunds** Generally, no refunds are provided. However, up to July 01 you may find someone else to take your place if you cannot go yourself. Also, if we have a waiting list and someone advances on the list to fill your spot, we will provide you with a refund (less a \$20 cancellation fee for unrecoverable costs). Bear in mind that the closer to the event you cancel, the more difficult it is to find substitutes. Also remember that volunteers are organizing this event, and we have limited time to seek substitutes on your behalf. If you wish to cancel, contact Basil Ashmore at [westpoint@nycc.org](mailto:westpoint@nycc.org).

**Weather:** The weekend is on rain or shine. We have generally been blessed with good weather in the past for this event. There will be no refunds in case of inclement weather.

**Details subject to change** Specific details of the event (e.g. which boat and/or DJ for the boat cruise, BBQ location, etc.) may be subject to change depending upon circumstances beyond our control. If needed we will make appropriate substitutions to maintain the overall outline of the weekend as closely as possible.

**Risks** This event is subject to the usual waiver/disclaimer of the NYCC for participation in club events.

To register go to active.com:  
[http://www.active.com/page/Event\\_Details.htm?event\\_id=1584012](http://www.active.com/page/Event_Details.htm?event_id=1584012)

For further information, contact the event coordinator:  
**Basil Ashmore** at [westpoint@nycc.org](mailto:westpoint@nycc.org)

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## JUNE CLUB MEETING



## Congratulations A and C-SIG Graduates!

Your day has finally come. You started back in cold, gray March and persevered! Hills, what hills? You eat them for lunch. You've acquired awesome skills, made new friends, and do the NYCC proud.

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, June 10<sup>th</sup> for a night of well-earned revelry.

**Date:** Tuesday, June 10

**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

# 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 30<sup>th</sup> 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.org> 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 34<sup>th</sup> St & 6<sup>th</sup> 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!



## **NYCC ALL CLASS RIDE**

**Saturday, June 14**

**From the Central Park Boathouse to Kingsland Point Park in Sleepy Hollow**



Who says there's no such thing as a free lunch? There certainly is for NYCC members! For the first NYCC all class ride and picnic of 2008 we will return to Kingsland State Park, a beautiful spot on the Hudson. Lunch will be on the club for all current NYCC members. There will be rides of varying paces and distances for A, B, and C riders. Pay attention to the weekly NYCC email and message board for alternate start times and locations.

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**Saturday, September 20, 2008**

**ENY Registration is Open!**

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.

Register at Active.com: <http://www.active.com> and search for Escape New York

For full details go to: <http://www.nycc.org/eny/>

## WHO'S IN YOUR CLUB?

Catching up with . . . Jeff Ignall. Member since 2007 and NYCC Treasurer



### \*How many bikes?

Felt 4c road bike  
Trek 520 touring bike

### \*Pre-ride breakfast?

Oatmeal whole wheat pancake (recipe courtesy of fellow NYCC member Morene Bangel)

### \*Favorite ride destination?

Piermont via Blauvelt/Rockland Lake

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

King of the Club (great book if you are curious about the inner workings of Wall Street)

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

I work at JP Morgan Asset Management (as an analyst picking stocks for a mutual fund)

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

I just got back from the Berkshires (great time) and will be riding out in Idaho later this month. I may try to swing another trip to Italy this year as well (Dr. Ed Fishkin and I toured Italy last year and had an incredible time).



### Bonus! Ingredients for "Pancakes a la NYCC"

1/4 cup instant oats  
1/4 cup whole wheat flour  
1/4 cup fat free yogurt  
1 egg

Combine all ingredients. Fire up the skillet. Make pancakes. Ride like the wind.





## Fixated on Fixies

By Carol Krol

Fixed gears bikes may be a genteel throwback to yesteryear, but mention them today and you'll unleash a torrent of conflicting emotions. No one but no one is on the fence.



Bill Schimpf

"It's the best bike ever," gushes NYCC member Minda Aguhob of her navy blue fixed-gear bike with a cute pink chain and matching pink handlebar tape custom fitted to her 4' 9" frame. "It's so pretty. It makes me want to ride it every time I look at it."

But looks don't count to Patrick Tomeny, a mechanic at Recycle A Bicycle, who fumes that the relics are not only a ridiculous fad, they're an outright menace, especially in Manhattan. Fixed gear bikes are often not equipped with brakes and that can pose big problems in a big city.

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"It's retro, but not original," Tomeny said. "And it's dangerous. I was hit head-on by a fixed gear rider." He says he has no problem with cyclists who race on a banked track on fixed gear bikes, like Aguhob. She competed in her first race at Kissena Velodrome in Queens in April after getting bitten by the fixed gear bug late last year.

But those who dare to take the slow-braking bikes in midtown traffic are an accident waiting to happen, say some.

### *Historical Perspective*

Here's a little history. A fixed gear, or "fixie," also known as a track bike, is a bicycle with a single gear in which the sprocket, or rear cog, is affixed directly onto the rear wheel and there is no free-wheel mechanism. That means the rider is unable to coast. Whenever the rear wheel is turning, the pedals turn in the same direction. Riders without at least a front brake need to resist pedal rotation in order to slow and stop the bike. Think of the Big Wheels you had as a kid. Same concept.

Fixies are hardly new. They are the original bicycle. In fact, the free-wheel concept, derailleurs, and cable-pull and coaster brakes didn't even come on the scene until the 1880s.



The fixies subculture isn't all that new either; the bikes have been popular, particularly among bike messengers, for years, because it is easier to control the bike and speed using

Ezra Caldwell

mainly the legs. Without the need to use a hand brake, couriers are able to more freely use their hands to take packages out of their bags and fend off cars.

### ***Off-the-rack vs. Built from Scratch***

However, in the past few years, fixies have exploded and bike makers like Bianchi, Cannondale and Surly are capitalizing on that popularity by churning out an increasing number of off-the-rack track bikes to meet demand. Some boutique bike shops in the city, like Continuum Cycles and Bike Works NYC, specialize in them and many riders are choosing to grow their own, converting older bikes to fixies.

Why? There is an aesthetic to fixies, a hip factor.

They are very basic, simple machines with few parts, giving them a streamlined look. Some riders say the simplicity of design brings them closer to the road and the riding experience. With limited parts, they're also easy to maintain.

Longtime club member and C SIG leader Gary McGraime, who's had his fixie for six years, said, "I probably am fonder of my track bike than my road bike. There's something very primal about it. There's a certain element of coolness."

Ezra Caldwell, a frame builder in Harlem and owner of Fast Boy Cycles, calls the single speed, fixed chain line "really elegant," as opposed to a multi-speed bike with a derailleur that he says looks like "a semicolon that hangs off the back of the bike like testicles."

And Bill Schimpf, a service manager and mechanic at Tenafly, N.J.-based Bicycle Workshop calls fixed bikes "classy." Schimpf, who currently has one multi-speed and one single speed mountain bike, is building a fixed gear bike from a decades-old frame that was lying around the shop.

McGraime added, "They're so simple. It's the pedal, the crank set, the wheel, and the chain. I like it in a philosophical way. It's extremely basic. It's not a \$5,000 bike."

Caldwell agreed. "No matter what you think of the safety issues and the cool factor, there is a level of purity to the fixed gear bike that you don't find anywhere else," he said.

### ***Off Season Training***

Aguhob likes her fixie because of the challenge it presents. "Starting to ride it was incredibly fun. It feels a little awkward at first. It takes some getting used to. You can't coast, and it's kind of hard to figure out how to stop gracefully. A lot of people call it the new skateboard because there are a lot of tricks to stopping. It's kind of like learning to ride a bike all over again."

Some riders use fixies as a means to train and perfect their road bike skills, like acing cadence.

"My biggest motivation was to develop a smooth spin," McGraime said. "That's why I got a track bike. The pedals being forced to go around with the wheels doesn't allow your legs to stop and jerk at any point."

He rides his fixie from November until March, working on his spin.

Kim Savage, an NYCC member, recently got a single-speed bike with a flip-flop hub that has a fixed gear sprocket on one side, and a single-speed free-wheel on the other side, giving her added flexibility. She said she too will start riding the fixed gear this winter.

### ***Safety First***

Many NYCC members hooked on fixies are quick to note they have hand brakes on their bikes and are careful about observing road rules, particularly when riding with others.

"I don't do things that are illegal or inconsiderate and I have a brake," McGraime said.

"I think there are a lot of poseurs. And a lot of messengers will do crazy things because they have to make time so they go down streets the wrong way."

He rarely takes his track bike on club rides, and if he does, he rides at the back so his spinning doesn't distract others or compromise their safety.

"I stay off the back because it doesn't have the flexibility and responsiveness to stopping that a road bike does," he said. "And the person behind you will also be distracted by your cadence."

Schimpf agreed and repeated the need for a front break.

"Being aggressive on a fixed gear is kind of silly," Schimpf said. "It doesn't make sense to ride around without a brake. I like to go fast, and the faster I can slow down, the faster I can go."

But maybe it's the wrong argument to have. Caldwell said he has an egalitarian approach to bikes in general. "The reason to dislike the fixed gear bikes and the people who ride them is they are a fad right now among hipster kids in Williamsburg."

So while there may be a fair amount of clueless and careless fixie riders out there right now, the more important point is more people are riding bikes

today, whatever flavor the rider favors: fixed, road, mountain, or three speed throw-back.

"If a fixed gear bike has seduced them onto a bike, who cares?" Caldwell said. "They'll grow up and figure it out. They'll figure out the best kind of bike is the kind that gets ridden. If having a pink basket and tassels makes you ride it, great. It's an elegant machine."

He added, "The argument isn't between camps in the bike world; it's between bikers and people who aren't bikers. It's the cars you have to worry about."



Bill Schimpf

# NYCC ride listings guide

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

**Ride classifications** All rides are classified according to level and cruising speed. The levels are as follows:

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

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

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

Four lap time	Cruising speed
1:10 or less	22+ mph
1:10 to 1:13	21
1:13 to 1:16	20
1:16 to 1:20	19
1:20 to 1:25	18
1:25 to 1:30	17
1:30 to 1:38	16
1:38 to 1:48	15
1:48 to 2:00	14
2:00 to 2:14	13
2:14 to 2:30	12
2:30 to 2:50	11

# Your first NYCC Ride

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

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

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

## Lead a ride

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

### A-rides

Betsy Hafkin

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

### B-rides

Skip Ralph

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

### C-rides

Susan Neiderman

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

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

**3 rides** = NYCC water bottle

**6 or more rides** = NYCC t-shirt

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

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

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

[hschiffman1@nyc.rr.com](mailto:hschiffman1@nyc.rr.com). He will manage all the details but he can not do it on a piecemeal, last minute basis.

# Bicycles and trains

**Bike trains** On Saturdays and Sundays, Metro North has scheduled specific trains to/from Grand Central Station to accommodate large groups of cyclists. Bike trains are indicated by a bicycle symbol on the printed Metro North timetables. Schedules change frequently. There are no Bike Trains on holidays. Refer to the NYCC roster for restrictions which apply at other times.

**Bike passes** are always required. Bike passes are available at Window 27 at Grand Central or by calling (212) 499-4394 or (718) 558-8228 for an application. Also try [www.mta.nyc.ny.us/lirr/pub/bicyclep.htm](http://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
<b>GCT/125th</b>	<b>Poughkeepsie</b>
7:51/8:02 am	9:46 am
8:51/9:02 am	10:46 am

depart	arrive
<b>Poughkeepsie</b>	<b>125th/GCT</b>
3:33 pm	5:10/5:21 pm
4:33 pm	6:15/6:26 pm
5:33 pm	7:10/7:21 pm
6:33 pm	8:15/8:26 pm

## HARLEM LINE

depart	arrive
<b>GCT</b>	<b>Brewster</b>
7:46 am	9:08 am
8:46 am	10:09 am
9:48 am	11:08 am

depart	arrive
<b>Brewster</b>	<b>GCT</b>
5:16 pm	6:41 pm
6:16 pm	7:40 pm
7:16 pm	8:40 pm

## NEW HAVEN LINE

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

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

# June 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](http://www.nycc.org/ridesub/view/ride_listing.aspx) or the **Message Board**: <http://www.nycc.org/mb/threads.aspx?B=1>

**Sunday, June 01, 2008**

**A19 62 mi 9:15 am**

**River Rd.-Bradley-Tweed-Talmn-lke: As slow as an A-ride gets**

Leader: Richard Rosenthal, [rr@roads.com](mailto: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.

**B16 53 mi 9:00**

**Armonk, the Pretty Way**

Leaders: Fred Leffel, [fleffel@aol.com](mailto:fleffel@aol.com), 212-982-0253; Rebecca Solomon, [reccasolomon76@gmail.com](mailto:reccasolomon76@gmail.com); Lauren Casgren-Tindall, [design@laurenct.com](mailto:design@laurenct.com)

From: 242nd St & Broadway, Bronx

This is a very pretty ride through central and northern Westchester, passing through Bronxville, Scarsdale, Armonk, Mt. Kisco, Chappaqua,

13 June 2008

Pleasantville and Tarrytown. We'll essentially follow the B SIG route but shorten the ride by cutting out Manhattan and most of the Bronx on way up. Note that we start at the northern terminus of the #1 subway. The #1 is a local, so if you're coming from Manhattan via subway, give yourself plenty of time to get to the start. The ride will officially end at the same subway stop in the Bronx. Lunch will be in Armonk, and we'll have additional brief stops before and after lunch. Bring the usuals -- helmet, spare tubes, water, pocket food, good group riding skills and a friendly attitude. Rain, high winds or predicted rain or high winds may cause us to cancel; we will post any changes in plan by 7 AM.

**B16 50-60 mi 9:00 am**

**Jay's LoHud Series/West Bank Vistas**

Leader: Jay Jacobson, [joanandjay@aol.com](mailto: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 30+ mi 10:30 am**

**After Breakfast - Visit to City Island**

Leader: Mike Weinberger, [loftmike@yahoo.com](mailto:loftmike@yahoo.com), 212-736-2624

From: City Hall Park, Opposite Brooklyn Bridge

Where does New England end and New York City begin? Many people think the borderline is City Island, a small maritime community off the coast of the Bronx. Accessible by boat and a small bridge, the City Island scene resembles a little fishing village in Maine, at least a tiny bit. We will take bike friendly roads and bike paths to City Island and enjoy a pleasant lunch. By special arrangement, we will return home by loading our bikes inside a massive 18 Wheeler, while we sit on special chairs bolted to the roof. [Just kidding!] We will return home by peddling on bike paths and should be back in Manhattan by 3 - 4PM. As usual, this ride focuses on a bit of exercise and some fun, rather than trying to emulate Lance Armstrong. If you haven't been on an After Breakfast Ride yet, give it a try.

**Tuesday, June 03, 2008**

**B17 24 mi 5:45 am**

**Morning laps in Central Park**

Leader: Linda Wintner, [lwintner@metlife.com](mailto: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, or wet pavement.

**Wednesday, June 04, 2008**

**B17 40 mi 2:00 pm**

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**Queens U/S/A**

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Leader: Stephen DeLucia,  
[sdelucia2@yahoo.com](mailto:sdelucia2@yahoo.com), 917-547-3775

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From: Queens Plaza North  
(Queens side of 59th St Bridge  
bike path)

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See four bridges and ride four  
greenways (and some of finest  
industrial backroads) in this 40 mile  
Queens loop.

For the Unemployed/Self-  
employed/Artist who can ride on  
Wednesday afternoons. (Also open to  
Students/Seniors etc.)

Take Queensboro Bridge bike path  
from Manhattan (entrance on 1st Ave  
and 60th St) or take N,W, 7 to  
Queensboro Plaza or E,V,R,G to  
Queens Plaza

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**C14 15-20 mi 6:30 pm**

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**Wednesday After Work**

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Leader: Mike Weinberger,  
[loftmike@yahoo.com](mailto:loftmike@yahoo.com), 212-736-2624

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From: Central Park Boathouse

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The Sunday Morning "After  
Breakfast" rides have been so much  
fun I thought I'd try a mini version in  
the middle of the week. These rides  
will last between 90 minutes and two  
hours and the routes will vary. For  
example, we might traverse half of  
Manhattan's perimeter (the whole  
perimeter would take more than 2  
hours) or perhaps a quick jaunt to  
Williamsburg for a cup of coffee and  
then back to Manhattan. There are a  
lot of interesting places we could visit  
in the space of a two hour roundtrip,  
like Dumbo, Brooklyn Heights, SoHo,  
Vinegar Hill and others. This ride will  
not be a grim workout, but rather, will  
offer a little bit of exercise and some  
fun. Who says you can't smile and  
laugh while simultaneously burning  
off a few calories? Let's give it a try!

E-mail me with any questions or  
comments. Mike

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**Thursday, June 05, 2008**

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**B17 24 mi 5:45 am**

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**Morning laps in Central Park**

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Leader: Linda Wintner,  
[lwintner@metlife.com](mailto:lwintner@metlife.com), 212-876-2798

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

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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, or wet  
pavement.

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**Saturday, June 07, 2008**

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**A? 40 mi 7:30 am**

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**Hudson Highland Mountain  
Bike Trails**

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Leader: John Zenkus,  
[jjz2116@aol.com](mailto:jjz2116@aol.com), 917-617-0901

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From: Grand Central Terminal,  
Information Booth

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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, Garrison Woods  
School, the always-stunning unpaved  
Sunk Mine Road, plus Fahnestock  
Park's Chimney Rock and Stillwell  
Pond trails and the mythical Dicktown

Road. Connecting the trails are  
Philipse Brook and Indian Brook  
roads, both scenic, hardpack roads  
creating a 40 mile loop. Blooming  
Mountain Laurels will be everywhere.

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 7:30 AM  
to catch the 7:51 train to Garrison.  
Please bring a MetroNorth pass, as  
well as two waters bottles, enough  
food for the entire trip, a Mountain  
Bike in good repair, along with the  
mandatory helmet.

Deer ticks are in season and applying  
a DEET repellent is highly  
recommended.

Check bulletin board for updates if  
weather appears unfavorable and  
check the Metro North Rail Road  
website for schedule updates.

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**A19 62 mi 9:15 am**

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

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Leader: Richard Rosenthal, [rr@roads.com](mailto:rr@roads.com), 212-371-4700

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From: Central Park Boathouse

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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.

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**A19+/22+ 110 mi 7:30 am**

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**Poughkeepsie-Hunter Loop**

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Leaders: Ron Roth,  
[rr7@nyc.rr.com](mailto:rr7@nyc.rr.com); Timothy  
McCarthy,  
[Timothy@cleanhands.net](mailto:Timothy@cleanhands.net); Gerald  
Seppey, [gseppey@gmail.com](mailto:gseppey@gmail.com);  
Sebastian Moll, [Sebmoll@aol.com](mailto:Sebmoll@aol.com)

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From: GCT - Meet at info booth at  
7:35 for 7:50 train to Poughkeepsie

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Let's celebrate the long hours of daylight available a couple of weeks before the solstice with a jaunt that truly takes advantage of them. The day will have us hustling in pacelines, ascending a 1500 ft. vertical 4.5 mile climb (or the option to truly abuse yourself by climbing Devil's Kitchen instead), eating a hearty, healthy lunch, then descending for nearly 13 miles! Finally, when you thought you'd seen it all, there will be Mohonk. If a consensus is achieved, there will be a post ride dinner with numerous beers available in the restaurant across from the station in Poughkeepsie. What a way to spend a (long!) day. Bring a bike in good mechanical condition, 2 water bottles, a helmet, pocket food, a Metro North Pass, good cheer and tenacity. You'll definitely sleep well after this one.

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**A20-25 105 mi 6:45 am**

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**Velo Sesshin: 100 Left Turn Century**

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Leader: Peter O'Reilly,  
[peter@ohreallyoreilly.com](mailto:peter@ohreallyoreilly.com)

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From: Love Canal entrance - Liberty State Park, NJ

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This ride is in New Jersey's most visited State park and provides you with the opportunity to take in the beauty of the lower Manhattan skyline, Ellis Island and the Status of Liberty. While spinning the cranks in a meditative state, you may very well achieve a state of enlightenment. One thing for sure is that you will have a hands-on learning experience of how to ride a century with incredible efficiency. You will be surprised at how few calories are consumed while expending much less effort than one is accustomed to on a long group ride. This ride will also challenge your mental grit.

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The route is pancake flat, fast track, 1 mile in length, out and back. Depending on how windy the day is and how cooperative the group is, this will likely be the fastest century you will have ever ridden. For sure it will be your flattest century ridden.

You should expect to complete the century somewhere between 4 and 5 hours. Depending on the strength of the group we will target either for an average, cooperative, pace-line, cruising speed between 20 and 25 mph. This ride will end early enough to get a ride in to Nyack afterwards, if you so choose or resume your parental duties, like myself. Bring pocket food and caloric drink. We will make two 5-minute nature/buttocks/fluids break at some point midway through the 4-5 hour ride.

Post ride, if there is interest, the group will stop by a local Pancake house or café. If the group cracks the 4-hour mark, the ride leader will pick up the post ride tab.

If you plan to attend, please RSVP ahead of time via email. I will provide more detailed directions to the ride start. A head count will be helpful. Excellent pace-line and group riding skills is mandatory; a shaved head and incense are optional. The ride cancels due to precipitation or high winds.

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**C12 23 mi 9:30 am**

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**Sandy Hook**

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Leaders: Alfredo Garcia,  
[cyclistxxiii@yahoo.com](mailto:cyclistxxiii@yahoo.com); Phil Goldberg, counterpart 5BBC leader

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From: Pier 11, Wall St. & South St., Manhattan

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For the 10th straight year, come on this wonderful gem to the northern tip of the Jersey Shore, via the Seastreak ferry. Boat leaves 11AM. Ride to nice roads, bridges, a twin lighthouse and of course, the Hook. Bring \$40 fare, lock, \$ for food, sunscreen & swim gear. Some hills and busy roads. Co-listed with the 5BBC.

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**C15 50-60ish? mi 8:30 am**

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**River Road and Piermont**

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Leader: Maggie Nguyen,  
[mnguyen\\_va@yahoo.com](mailto:mnguyen_va@yahoo.com), 212-729-7298

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From: Central Park Boathouse

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The very basic straight shot to Piermont with a little scenic climbing. In case you don't know the way to Piermont (because I know in the SIG, we're always going through pretty neighborhood streets and making a bunch of turns), I wanted to introduce you to a simple ride you can do on your own without the fear of getting lost.

After the GWB, I'll show you River Road. That alone is a pretty ride (great for hill repeats!). You can bail out after River Road, or continue on 9W to Piermont. We'll take 9W all the way home.

Again, great easy training ride you can do on your own.

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**Sunday, June 08, 2008**

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**A19 55+ 10:00 am**

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**Nyack with a Hoboken Home Stretch**

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Leaders: Charlie Collins,  
[cdcollins@sprynet.com](mailto:cdcollins@sprynet.com), 240-401-7498; Kevin Johnson,  
[kevinkjohnson@verizon.net](mailto:kevinkjohnson@verizon.net), 347-385-0998

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From: George Washington Bridge, NJ side bike path entrance

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Yer Basic Nyack via River Road starting at the GWB w/ a lunch stop at the Runcible. Indulge your curiosity and follow the leaders for the last, fast 10 miles downhill to Hoboken through Fort Lee and along the Weehawken cliff. Grab a refreshment in the Mile Square City. Return to NYC via ferry (\$8.50 w/ bike) or the PATH (\$1.75).

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**Tuesday, June 10, 2008**

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**B17 24 mi 5:45 am**

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**Morning laps in Central Park**

Leader: Linda Wintner,  
[lwintner@metlife.com](mailto: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, or wet pavement.

### Wednesday, June 11, 2008

**B17 40 mi 2:00 pm**

#### Queens U/S/A

Leader: Stephen DeLucia,  
[sdelucia2@yahoo.com](mailto:sdelucia2@yahoo.com), 917-547-3775

From: Queens Plaza North (Queens side of 59th St Bridge bike path)

See four bridges and ride four greenways (and some of finest industrial backroads) in this 40 mile Queens loop.

For the Unemployed/Self-employed/Artist who can ride on Wednesday afternoons. (Also open to Students/Seniors etc.)

Take Queensboro Bridge bike path from Manhattan (entrance on 1st Ave and 60th St) or take N,W, 7 to Queensboro Plaza or E,V,R,G to Queens Plaza

**C12-16 10 mi 7:00 am**

#### Train like and with a Cross Country Mule - Hill Repeats

16 June 2008

Leader: Maggie Nguyen,  
[mnguyen\\_va@yahoo.com](mailto:mnguyen_va@yahoo.com), 212-729-7298

From: Central Park Boathouse

SIG season is over, but you're still riding on Saturdays, right?

If you're interested in getting stronger for the hills on your weekend rides, join me for mid-week hill repeats (<http://crosscountrymules.googlepages.com/hillrepeats>).

We'll do loops of Harlem Hill in Central Park.

RSVP (email or call) by Tuesday night, 9pm. I'll wake up and meet you at Central Park only if I get 2 or more positive replies. Please check the message board on Tuesday night around 10pm for cancellations (less than 2 RSVPs). Check the message board on Wednesday morning for weather related cancellations.

Remember, it's not about the speed or being the first to the top of a hill, it's about getting to the top without feeling like you're going to die.

If you can't join me for this ride, do your own hill repeats or your own flat miles - it'll make a difference on Saturday.

### Thursday, June 12, 2008

**B17 24 mi 5:45 am**

#### Morning laps in Central Park

Leader: Linda Wintner,  
[lwintner@metlife.com](mailto: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, or wet pavement.

### Saturday, June 14, 2008

**A19+ 50-80 mi 9:00 am**

#### All Class Ride - Kingsland Point Park

Leader: TBD, [vp-rides@nycc.org](mailto:vp-rides@nycc.org)

From: Central Park Boathouse

Who says there's no such thing as a free lunch? There certainly is for NYCC members! For the first NYCC all class ride and picnic of 2008 we will return to Kingsland State Park, a beautiful spot on the Hudson. Lunch will be on the club.

There will be rides of varying paces and distances. Pay attention to the weekly NYCC email and message board for alternate start times and locations.

**B15-18 40-80? 9:00 am**

#### All Class Ride - Kingsland Point Park

Leader: TBD, [vp-rides@nycc.org](mailto:vp-rides@nycc.org)

From: Central Park Boathouse

Who says there's no such thing as a free lunch? There certainly is for NYCC members! For the first NYCC all class ride and picnic of 2008 we will return to Kingsland State Park, a beautiful spot on the Hudson. Lunch will be on the club.

There will be rides of varying paces and distances. Pay attention to the weekly NYCC email and message board for alternate start times and locations.



**C11-14 40-80? 9:00 am**

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**All Class Ride - Kingsland Point Park**

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Leader: TBD, [vp-rides@nycc.org](mailto:vp-rides@nycc.org)

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From: Central Park Boathouse

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Who says there's no such thing as a free lunch? There certainly is for NYCC members! For the first NYCC all class ride and picnic of 2008 we will return to Kingsland State Park, a beautiful spot on the Hudson. Lunch will be on the club.

There will be rides of varying paces and distances. Pay attention to the weekly NYCC email and message board for alternate start times and locations.

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**Sunday, June 15, 2008**

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**C12 35 mi 8:30 am**

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**Henry Hudson Rail Trail Tour**

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Leaders: Alfredo Garcia, [cyclistxxiii@yahoo.com](mailto:cyclistxxiii@yahoo.com); Josh Gosciak, [joshgo@awild.com](mailto:joshgo@awild.com)

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From: Penn Station, Manhattan

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We'll take the 9:07 AM NJ Transit train out of Penn Station (9:25AM via Newark Penn Station for those coming from downtown Manhattan.) Buy your ticket early (\$12.50, one way). We'll meet 11:18AM in Bay Head Terminal, travel west to Freehold, then onto the Henry Hudson Trail (greenway) to Keansburg and the Highlands. We'll take the Seastreak ferry (\$23 fare) back from either the Highlands or Sandy Hook, around 4:30PM. Some hills and busy roads. Co-listed with the 5BBC.

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**Tuesday, June 17, 2008**

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**B17 24 mi 5:45 am**

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**Morning laps in Central Park**

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Leader: Linda Wintner, [lwintner@metlife.com](mailto:lwintner@metlife.com), 212-876-2798

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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, or wet pavement.

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**Wednesday, June 18, 2008**

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**B17 40 mi 2:00 pm**

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**Queens U/S/A**

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Leader: Stephen DeLucia, [sdelucia2@yahoo.com](mailto:sdelucia2@yahoo.com), 917-547-3775

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From: Queens Plaza North (Queens side of 59th St Bridge bike path)

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See four bridges and ride four greenways (and some of finest industrial backroads) in this 40 mile Queens loop.

For the Unemployed/Self-employed/Artist who can ride on Wednesday afternoons. (Also open to Students/Seniors etc.)

Take Queensboro Bridge bike path from Manhattan (entrance on 1st Ave and 60th St) or take N,W, 7 to Queensboro Plaza or E,V,R,G to Queens Plaza

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**Thursday, June 19, 2008**

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**B17 24 mi 5:45 am**

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**Morning laps in Central Park**

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Leader: Linda Wintner, [lwintner@metlife.com](mailto: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, or wet pavement.

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**Saturday, June 21, 2008**

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**A12 some 9:00 am**

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**Beater ride to music (It's not about the bike)**

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Leaders: Mark Gelles, [mgelles@okcom.net](mailto:mgelles@okcom.net); Raoul Edwards

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From: t.b.a.

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Ok and now for something completely different. Are you adventurous (no set route) do you like acoustic street music ? Then this ride is for you. Grab that old bike because we are cycling today at a 12 pace. to various 5 Boro destinations to hear street music (all part of New York Makes Music <http://www.timeout.com/newyork/mmm/ny/>). Route will be made up on the fly to get from one venue to the next. Please check the messageboard the week of the ride for more details.

**A19 62 mi 8:30 am**

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

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Leader: Richard Rosenthal, [rr@roads.com](mailto:rr@roads.com), 212-371-4700

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From: Central Park Boathouse

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The route is gorgeous, challenging, and maybe best of all, very lightly trafficked. The overaged and undertrained leader is wholly incapable of riding a bicycle uphill...which is too bad because the route is marked by hills. Please await his arrival atop them with patience.

Picnic on the banks of the Piermont canal at Mile 32.

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**B12 some 9:00 am**

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**Beater ride to music (It's not about the bike)**

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Leaders: Mark Gelles, [mnelles@okcom.net](mailto:mnelles@okcom.net); Raoul Edwards

---

From: t.b.a.

---

Ok and now for something completely different. Are you adventurous (no set route) do you like acoustic street music ? Then this ride is for you. Grab that old bike because we are cycling today at a 12 pace. to various 5 Boro destinations to hear street music (all part of New York Makes Music <http://www.timeout.com/newyork/mmny/>). Route will be made up on the fly to get from one venue to the next. Please check the messageboard the week of the ride for more details.

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**B14-16 60-70ish? 8:30 am**

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**Nyack the Hogwhich/Hogwich Way**

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Leader: Maggie Nguyen, [mnguyen\\_va@yahoo.com](mailto:mnguyen_va@yahoo.com), 212-729-7298

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From: Central Park Boathouse

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Nyack with hills. Who or what is Hogwhich/Hogwich? I have no idea. Maybe someone can tell me.

Anyway, A19 cuesheet at a B14-16 pace. Don't let the A19 scare you - if you do hills at your own pace, you can get up and over any hill.

If I can cross the Rocky Mountains (<http://crosscountrymules.googlepages.com/monarchpass-gunnison-8262006>), you can go to Nyack the hilly way.

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**C12 some 9:00 am**

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**Beater ride to music (It's not about the bike)**

---

Leaders: Mark Gelles, [mnelles@okcom.net](mailto:mnelles@okcom.net); Raoul Edwards

---

From: t.b.a.

---

Ok and now for something completely different. Are you adventurous (no set route) do you like acoustic street music ? Then this ride is for you. Grab that old bike because we are cycling today at a 12 pace to various 5 Boro destinations to hear street music (all part of New York Makes Music <http://www.timeout.com/newyork/mmny/>). Route will be made up on the fly to get from one venue to the next. Please check the messageboard the week of the ride for more details.

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**Tuesday, June 24, 2008**

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**B17 24 mi 5:45 am**

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**Morning laps in Central Park**

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Leader: Linda Wintner, [lwintner@metlife.com](mailto: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, or wet pavement.

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**Wednesday, June 25, 2008**

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**B17 40 mi 2:00 pm**

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**Queens U/S/A**

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Leader: Stephen DeLucia, [sdelucia2@yahoo.com](mailto:sdelucia2@yahoo.com), 917-547-3775

---

From: Queens Plaza North (Queens side of 59th St Bridge bike path)

---

See four bridges and ride four greenways (and some of finest industrial backroads) in this 40 mile Queens loop.

For the Unemployed/Self-employed/Artist who can ride on Wednesday afternoons. (Also open to Students/Seniors etc.)

Take Queensboro Bridge bike path from Manhattan (entrance on 1st Ave and 60th St) or take N,W, 7 to Queensboro Plaza or E,V,R,G to Queens Plaza

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**Thursday, June 26, 2008**

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**B17 24 mi 5:45 am**

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**Morning laps in Central Park**

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Leader: Linda Wintner, [lwintner@metlife.com](mailto:lwintner@metlife.com), 212-876-2798

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

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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, or wet pavement.

**Saturday, June 28, 2008**

**A19 62 mi 8:30 am**

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

Leader: Richard Rosenthal, [rr@roads.com](mailto:rr@roads.com), 212-371-4700

From: Central Park Boathouse

The route is gorgeous, challenging, and maybe best of all, very lightly trafficked. The overaged and undertrained leader is wholly incapable of riding a bicycle uphill...which is too bad because the route is marked by hills. Please await his arrival atop them with patience.

Picnic on the banks of the Piermont canal at Mile 32.

**A23 95 mi 8:00 am**

**Bucks County Covered  
Bridges**

Leader: John Zenkus, [jjz2116@aol.com](mailto:jjz2116@aol.com), 917-617-0901

From: Penn Station NY

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

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one stop in Carversville, PA. Please note this ride ends in Raritan, 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.

**B14-16 60ish 8:30 am**

**CrossCountryMule  
Anniversary 1/2 Ride – Nyack**

Leader: Maggie Nguyen, [mnguyen\\_va@yahoo.com](mailto:mnguyen_va@yahoo.com), 212-729-7298

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

We'll do half the destination of the full CrossCountryMule Anniversary ride to Nyack and back.

What is this CrossCountryMule Anniversary Ride you ask? It's the route I took on the first day of my 95 day journey across America from New York to San Francisco. Come re-live 1/2 of the first day memories with me.

<http://crosscountrymules.googlepages.com/>

**C12-15 28-100 mi 5:00 am**

**Tie-In To 4th Annual New  
Haven Century Ride**

Leader: Alfredo Garcia, [cyclistxxiii@yahoo.com](mailto:cyclistxxiii@yahoo.com)

From: Grand Central Terminal, Information Booth

Join us for this FREE Connecticut bike event, sponsored by the New Haven Arts & Ideas Festival and Elm City Cycling. We'll take the 5:35AM Metro North train there, arriving 7:50AM. It's a fully supported ride that starts and ends in New Haven, cycling through beautiful Nutmeg State countryside and coastline. Choice of 28, 45 or 100 miles. Let's get up real early for this FREE bike

event! Please visit [www.bikereg.com/events/register.asp?eventid=6417](http://www.bikereg.com/events/register.asp?eventid=6417)

to register online or you can sign up on day of event, from 7-8 AM. Bring MTA Bike Permit and \$24 for Metro North fare. Note: cyclists choose their own distance and ride

**Sunday, June 29, 2008**

**B15 55 or 65 8:30 am**

**BARNEGAT CIRCUIT (Jersey  
Shore Series Part 3)**

Leaders: Alfredo Garcia, [cyclistxxiii@yahoo.com](mailto:cyclistxxiii@yahoo.com), 646-312-1604; Josh Gosciak, [joshgo@awild.com](mailto:joshgo@awild.com)

From: Penn Station, inside NJ Transit waiting area, Manhattan (31st St. & 8th Ave.)

This Ocean County, NJ route was created by Josh. We'll take the 9:07AM NJ train out of Penn Station (or the 9:25AM from Newark Penn Station for those coming from downtown Manhattan.) Buy your tickets early (\$21.50 round trip fare). We'll get to Bay Head by 11:18AM, where we'll cycle down the coast, which includes Pelican Island, then inland to Toms River and back down the coast again near or to Barnaget, then backtracking up inland to Bay Head via the Mantoloking Bridge, back to the train. This ride is 95% flat. Co-listed with the 5BBC.

**C/B 53 mi 7:30 am**

**Touring: Golden's Bridge,  
Putnam County, Ridgefield,  
Darien**

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

From: Grand Central Terminal, Information Booth

Our typical relaxed touring ride: some moderate hills; a reservoir or two; several horse farms; even a half mile

or so of hard-packed dirt road where you'll pass five feet from the horses (our 700x23 tires handle it quite well)-all sitting amidst some of the most expensive real estate you've ever seen. Indoor lunch in Ridgefield. Metro

North return from Darien. Touring rides combine a moderate pace with otherwise-B riding conditions, and will best be enjoyed by more experienced riders.

## Minutes

NYCC Board of Directors Meeting  
Tuesday April 1 - 6:30pm  
**Neil Botwinoff Office**  
900 Third Avenue

In attendance were board members: Matt Zimmerman, Kay Gunn, Skip Ralph, Jeff Ignall, George Arcarola, Betsy Hafkin, Susan Niederman, Ellen Jaffe, Skip Ralph, Ingrid Wiegand, Carol Krol, Hal Eskenazi.  
George Arcarola – President's Report

The club will not pay for transportation of bicycles on the Berkshires weekend. George reported that after looking at other club websites, NYCC's looks great, though an updated graphic look is needed.

He sees no need for password protection.

**Neil Botwinoff – Membership** (info sent in via email)

We have 2043 members as of 3/31/08. That number will drop significantly (as is always the case) when we drop members who have not renewed for 2008.

Carol had trouble renewing on active.com and found the process cumbersome.

Neil will be asked to investigate with active.com.

**Betsy Hafkin – A-Rides Coordinator**

A19 SIG seems to be accident prone this year (3 accidents in 5 rides).

There was a serious accident in the tunnel under Fordham Road on the Grand Concourse.

Ed Fishkin is back to the SIG and has retaken leadership.

Jeff spoke of overdoing the pointing out of obstacles and of how that throws the paceline off and can become dangerous.

**Kay Gunn – VP of Rides**

Kay says all is going well.

The C-STs leadership team has been assembled and information has been posted on the web and eweekly. The first ride will be Sun, April 6. Glen Goldstein will give NYCC members a \$ 10 discount for the Ride To Montauk.

He will also link his active.com registration to the NYCC membership registration.

Kay compiled ride awards and 12 vests were ordered. The merchandise team is taking over distribution of the awards.

The front wheel of the NYCC-sponsored ghost bike at 36<sup>th</sup> & 7<sup>th</sup> Avenue was dented.

The League of American Bicycle Class taught by Bike New York is this Sunday and is full. Fourteen NYCC members have signed up. Three are interested in pursuing Instructor Certification.

Kay will see if each SIG program would like to recruit a leader to become League Certified.

Advocacy-

Kay suggested we look at adding an advocacy position in the BOD in the future. For now, we have a volunteer who may be willing to attend the NYC Bike Coalition meetings and other advocacy events. For now, he could attend the meetings as an NYCC member and summarize for the BOD, but not officially represent the leadership.

**Skip Ralph – B –Rides coordinator**

Skip will put out an email request for more B rides.

**Susan Niederman – C-Rides Coordinator**

Susan spoke to siggies about the requirement of leading a C-ride after the SIG and will continue to emphasize volunteer opportunities in the club. The C-STs will be closed to new riders after the 3<sup>rd</sup> ride.

**Jeff Ignall – Treasurer**

Current Youth Program balance:  
\$ 3,204.31  
Current checking account balance:  
\$ 3,276.50  
Current money market balance:  
\$ 21,631.14  
Current NYCC combined balance:  
\$ 24,907.64

**Dana and Carol – Bulletin co-editors**

The job of overall content editing for both bulletin and web will be consolidated with Carol and Dana, whose official title(s), as enumerated in the by-laws, is Editor.

It was suggested that bulletin content should be integrated into website.

**Matt Zimmerman – Webmaster**

Carol & Dana will work closely with Matt to make sure there are no longer so many chefs in the content kitchen. Carol & Dana will serve as overall content editors.

Jersey Competition is now open for submissions.

2008 Username and password to start on April 8

**Ingrid Wiegand – Publicity**

To boost NYCC visibility and membership, Ingrid will place cards with club contact information around town at bike shops, gyms and other relevant locations.

**Ellen Jaffe – Secretary**

March 2008 minutes - approved

ENY 2008 progress/process –

The ENY planning committee is working for larger registration

There will be more publicity & earlier promotion

Website & active site will be up earlier than last year

A Sugoi winter cap will be customized with ENY logo as giveaway to attract early registrants

Volunteer recruitment from membership will be key: ENY will need 100 volunteers for 500 riders/ 150 for 1000 riders. Ed Fishkin has asked the A SIG leaders to make ENY an allowable giveback....that is one ride lead plus volunteering for ENY would fulfill that obligation. The ENY committee would like to ask the same of B & C SIG leaders. George will write a 'President's Letter' for the homepage to address the importance of volunteering.

The Board okayed a minimum guarantee of \$ 250 to whoever is chosen as the ride's beneficiary. The Board voted to fund the ENY fixed costs as projected on the budget presented of \$ 11,150. with the caveat that Ellen keep the board alerted to any material additions.

#### **Hal Eskenazi – Special Events**

Volunteer Recognition Dinner cost: \$ 3,037. 84 responded, 70 attended.

Pool evening ran a \$ 75 deficit

Wine tasting in April \$45, \$ 50 at the door.

NYCC April "extra" Special Event Staten Island Museum April 18, 2008 6-9pm

\*special invite to NYCC members for the opening reception

Cooking class, May 16, is open for registration. Cost \$ 75. With maximum of 10 participants.

Mets Tickets for September 24<sup>th</sup>, \$ 265 to be reimbursed by club

Yankee tickets for June 30<sup>th</sup>. Hal will get youth program tickets, date not yet set.

Tour de France evening will be wedged in somewhere in July; August will probably be an ice cream social. Missing equipment: the club-owned projector is missing.

Next BOD meeting: Tuesday, May 6, 2008 6:30PM at Neil Botwinoff's office.

## **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](mailto: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](http://www.accelSPORT.com/nyccycling)

20% off on Accelerade, Endurox R4 and Accel gel w/ flat rate shipping of \$5.95 per order.

**A Bicycle Shop**

163 West 22nd Street, NY, NY  
(212) 691-6149,

[www.a-bicycleshop.com](http://www.a-bicycleshop.com)

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

**Bicycle Habitat**

244 Lafayette Street, NY, NY

<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](mailto: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](http://www.piermontbike.com) ; 10% off

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

**SBR**

203 West 58<sup>th</sup> (7<sup>th</sup> 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 @ 63<sup>rd</sup>, NY, NY

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

<http://togabikes.com/>

[email@togabikes.com](mailto:email@togabikes.com)

10% off parts, accessories and repairs.

**Turin Bicycle**

1027 Davis Street, Evanston, IL 60201

847 864-7660, [www.turinbicycle.com](http://www.turinbicycle.com)

cmailing@turinbicycle.com; 10% off

parts and accessories. Owned by

NYCC Life Member.



**2008 MEMBERSHIP CARD**