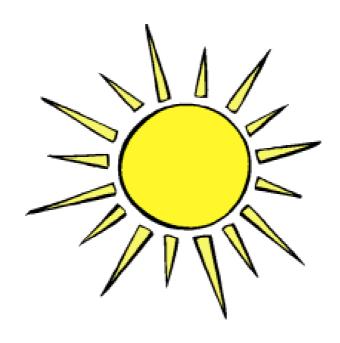


July 2008 New York Cycle Club / nycc.org



Inside: Newcomer's Ride – Welcome New NYCC Members! July 12

Adopt-A-Highway (9W) Cleanup Ride - July 19

NYCC Bike Accident Survey— We need your help . . . p. 11

Watch the Tour de France with the NYCC . . . p. 4

### **President's Letter**

July 2008... half the year is now part of history... America is getting set to celebrate her 232<sup>nd</sup> birthday, and a group of NYCCers will be doing just that at West Point this coming weekend... and of course, now that we've reached the halfway point, I realize that I'm a few miles short of halfway toward my mileage goal for the year (maybe it's time to re-adjust my goal! LOL!)...

The month of July brings some fabulous events along with the three H's (hot, hazy, humid); not only the West Point Weekend, but also, the NYCC's Newcomer Ride, a wonderful way for new members (and those of you who haven't joined yet) to come and see what the NYCC does. We've also got our club's commitment to service (and the environment) with the clean-up rides to our very own stretch of 9W. There's also a little bike race taking place in the middle of Europe... something called Le Tour... the club will have two (that's right, two!) gatherings to watch the TdF, one of them on Bastille Day!

We also have an opportunity to get on the road more often, as the weather is warm, and the days are long.

(continued on next page)

## NYCC Board of Directors



President
George Arcarola
president@nycc.org



VP Programs
Liane Montesa
lianemontesa@hotmail.com



VP Rides **Kay Gunn** kaygunn@gmail.com



Secretary
Ellen Jaffe
ellen@ellenjaffe.com



Treasurer

Jeffrey Ignall

jcinyc27@yahoo.com



Public Relations Ingrid Wiegand ingrid.w@verizon.net



Special Events Hal Eskenazi events@nycc.org



Membership
Neil Botwinoff
membership@nycc.org



A-Rides Coordinator **Betsy Hafkin** <u>a-rides@nycc.org</u>



B-Rides Coordinator Skip Ralph b-rides@nycc.org



C-Rides Coordinator Susan Niederman c-rides@nycc.org



Co-Editor
Carol Krol
bulletineditor@nycc.org



Co-Editor

Dana Gordon

bulletineditor@nycc.org



Webmaster

Matt Zimmerman

webmaster@nycc.org



Past President

Jeff Terosky

nyccterosky@gmail.com

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

Copyright © July 2008, New York Cycle Club. All rights reserved. Reproduction in whole or in part without the editor's written permission is prohibited.

Subscriptions: Free to NYCC members. Questions about your membership? Contact Neil Botwinoff at <a href="membership@nycc.org">membership@nycc.org</a>. 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 <a href="mailto:bulletineditor@nycc.org">bulletineditor@nycc.org</a>

Please proofread your submissions carefully. Submission is contributor's warranty to the NYCC that material is in no way an infringement on the rights of another and may be pub-lashed without additional approval. Publication is determined by available space. We cannot guarantee that all submissions will be published. A full page of text is 750 to 1,090 words. Material may be edited for brevity and clarity.

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

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

Address all correspondence to: <u>bulletineditor@nycc.org</u>

Thanks! Dana Gordon & Carol Krol

NYCC Co-Editors

Here are my recommendations for the month: join a club ride; *lead* a club ride; play catch up (as I am doing) to get back on track for your year-end goals; but most of all, get on your bike, and ride, ride, ride...

Well, that's about it... enjoy the holiday weekend... don't eat too much at your brother-in-law's cookout... stay safe, stay well, and I'll see you out on the road.

Oh, what's that, "no famous opening quote from you, George?"... hey, like the song says these are, "the lazy, hazy, crazy days of summer"... Gotcha!

Have a great 4<sup>th</sup>! George

### **JULY FEATURED RIDES:**

#### **NYCC NEWCOMER'S RIDE**

Are you new to the New York Cycle Club?

Please join your fellow NYCC cyclists for the

**NEWCOMER'S RIDE** 

**Saturday July 12, 9:00 a.m.**, Central Park Boat House (just north of the 72<sup>nd</sup> street transverse, on the east side of the park).

There will be rides for all levels: A, B & C (check p. 16 of the Bulletin, or <a href="http://www.nycc.org/rides\_day.shtml">http://www.nycc.org/rides\_day.shtml</a> to see the most appropriate ride level.) When in doubt, choose one level below.

This is \*your\* ride! Schmooze with new and veteran fellow club members on this magical mystery ride. We'll ride to a secret spot in N.J. for an alfresco lunch. Bring a sunny attitude and money for lunch.

Check the NYCC website message board for any last minute changes or weather cancellations.

## GIVING BACK OPPORTUNITY: CLEANUP RIDE TO 9W

Saturday July 19, 9:00 a.m., Eleanor Roosevelt statue, 72<sup>nd</sup> St. and Riverside Drive

Enjoy riding on 9W? Like to blaze along on a smooth, debris-free bike shoulder?

Then come out for the 9W Cleanup Ride, where we'll tend to the NYCC's Adopt-A-Highway portion of one of the club's most heavily used stretches of road. There will be rides for all levels, A, B & C.

Here's a sample from the B15 description, (see p. 18, 198 for full details): We'll ride to Piermont, where we'll take less than one hour to clean up the shoulder of 9W (we will provide 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 New Jersey side of the bridge. Bring cleat covers for road shoes, fluids, pocket food, a few bucks for lunch, & of course a smile . . .

#### **NYCC SPECIAL EVENTS**

Join your NYCC friends at these upcoming club-sponsored events



## NYCC JULY (EXTRA) SPECIAL EVENT

Watch the Tour de France – Several stages, 2 dates Monday July 14, 8 p.m. - til??? & Wednesday July 23, 8 p.m. - til???

It's July, and the NYCC is getting together to watch the Tour De France!

We've planned TWO great events. Not only is July 14 Bastille Day, but it's also Pau to a mountain finish at Hautacam via Col de Tourmalet. July 23 it's L'Alpe-d'Huez. These will be great stages, handpicked by our TdF guru John Zenkus.

## MONDAY JULY 14: Blondies Sports Bar, 212 W. 79th St. (212) 362-4360 8PM

We're taking over the back room of Blondies where the screens are wide and surround us as we eat\* (see "Rules of the Road" below), drink, laugh, argue, debate over whose going to win the Tour without Lance (again). So place your bets and we'll meet again in NINE days for bragging rights. **PLEASE**RSVP BY JULY 10 so we can get an idea of how much space we'll need. E-mail us at events@nycc.org.

WEDNESDAY JULY 23: Bar 12 Sports Bar & Restaurant 206 E. 34th St. between 2nd and 3rd Aves. (212) 545-9912 8PM

The final mountain stage. The debate ends here. We've arranged for our own private NYCC area to socialize; drinks all evening at happy hour prices, and special food platters compliments of the management. Still hungry? How about good food\* at

reasonable prices (see "Rules of the Road" below)? Bar 12 is a sports bar that features 17 plasma TVs connected to individual speakers on the tables, two bars, and a menu of appetizers, salads, entrees, sandwiches and desserts. The venue also features a DJ and dancing after 10 p.m. The drink specials are: \$5 for well drinks & \$4 drafts on SELECT BEERS; they have more than 20 beer selections. **PLEASE RSVP BY JULY 21:** events@nycc.org.

#### \*RULES OF THE ROAD:

The following "rules of the road" apply at both events: there is a \$10 minimum per person with a 18% gratuity & tax automatically added. No individual checks. Pick a table with your friends and settle your check with that table.

Yes, you may bring a friend if you'd like. Any questions? E-mail Hal Eskenazi, NYCC Director of Special Events: events@nycc.org.

## NYCC AUGUST Program & Special Event

Tuesday, August 12, 2008 from 6:15pm til?

#### **BLOCKHEADS** Restaurant

Eat, drink, socialize and relax at a rooftop restaurant
This is the August NYCC Monthly
Program & Special Event all in one.

2 events, 1 price, what a deal!

Time to go to Mexico. Okay, maybe just time to eat great Mexican food with your NYCC amigos.

## Blockheads Mexican Restaurant: 499 3rd Ave (34th St.) (212) 213-3332.

This rooftop event is subject to the weather. Right now it looks clear and in the 80's. Of course it's early July, but I will talk to Al Roker and post confirmation on the message board Monday 8/11 by 6pm.

Why this particular joint? First, the **rooftop**. Then add **happy hour prices\*** all evening, **cheap** but **good food, free chips**, a relaxing time to talk to friends (with no loud music) and maybe meet some new friends. Need we say more? If you get there and there is a line for the rooftop, tell them you're with **New York Cycle Club** and they will let you right up.

So we have some idea of how many tables we'll need, <u>please RSVP by NOON on</u>

<u>August 11 to Hal Eskenazi</u> at

<u>events@nycc.org</u>. (This event even works for procrastinators!)

#### \*Rules of the Road

So we don't wear out our welcome, the following "rules of the road" apply: There is a \$10 minimum per person with an 18% gratuity and tax automatically added to your table (no individual checks).

## NYCC SEPTEMBER Special

### **Event**

Take Me Out to the Ballgame, a real family-friendly event

Friday September 24, 2008 7 p.m. **NY METS vs. CHICAGO CUBS**Shea Stadium

Your last chance to visit Shea as it stands. Be part of history!

They're hot. Or not. Either way, the NYCC has arranged to get unbelievably good, cheap tickets behind home plate to see the

Amazin's beat the Cubs. Long a traditional battle, it will be a great game, just as the pennant race is heating up. Join us in the upper deck and kick back with a hot dog & a cold frosty beverage.

We have a limited number of tickets that will go fast. The price will be tiered as follows, based on your speed in responding: group 1: \$13, group 2: \$15.

(The sooner you RSVP and pay for your tickets, the cheaper they will be. NYCC tickets for the June Yankees game sold out immediately. This is a popular event, so don't delay!) We will all be sitting together (but not in Wilpon's box.) The Mets 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 Mets! Yesss, NYCC!

Please be advised that due to security concerns you may bring food. However, briefcases, backpacks and glass bottles are NOT permitted to be brought into Shea Stadium.

**Tickets**: available to members on a first-come, first-served basis from Hal Eskenazi. Reply to <a href="mailto:events@nycc.org">events@nycc.org</a>. You will receive a return e-mail asking you to send a check & self addressed, stamped, envelope within seven days to reserve your ticket.

#### **Getting There:**

- 1) With the group: meet Hal Eskenazi at **6pm sharp, at the Grand Central Station Information Booth to take the #7 train.**
- 2) On your own. Subway: take the #7 to the Willets Point / Shea Stadium stop; we'll see you at our seats.
- 3) Bike it!! Shea has bike parking.

Join your friends at all of these NYCC Special Events & Programs. We'll have some fun. We always do!

### **Secret Society of the Sorebutt**

... an 18-year cyling journey

#### By Fred Leffel

Not long ago two separate postings on the message board asked "How did you get started cycling?" and "Why do you ride?" Though I didn't post an answer to either, the questions, and the responses they generated, got me thinking.

Today, I'm a moderately active club member. I lead rides, regularly join rides led by others, and lead a B SIG group each spring. During the course of the year, I participate in several of the rides sponsored by other clubs in our area. The *Bloomin' Metric*, *Golden Apple*, and so forth. Recently, I've added a cycling vacation in Europe to my annual calendar. And, like many of us, I'm sure, I spend far too much time thinking about/fretting over/fantasizing about my bike and all the upgrades, doodads and general frivolity that I can buy for it.

Ten years ago, though, the situation was quite different. Back then, my cycling activities were generally confined to the occasional nagging thought about how and when to get rid of that red, ten-speed Panasonic I'd bought in 1974 and was now gathering dust and taking up precious space in the basement of my co-op. Maybe once or twice a year I'd take it out for a long trek (4 miles? 5 miles?) along the lower portions of the Hudson River Greenway. But even those jaunts had become more sporadic once my kids got into their teens.



Finger Lakes

Oh yes – and feeling slightly embarrassed and ashamed every time my brother would ask me, "How about joining us for Sorebutt this year?"

In the summer of 1990, my brother and a couple of his friends got the idea to ride their mountain bikes from their vacation homes just east of Pittsburgh to Washington D.C., where one of them lived. These were very casual - very casual - bikers who on nice weekends in the spring and summer might occasionally ride their mountain bikes around the hilly roads of Hidden Valley, Penn. Realizing how much they enjoyed the exercise and the camaraderie, one of them -- I don't know who and they probably can't recall either -- suggested the idea of riding to D.C. along the C&O Canal bike path. It sounded like a good idea to the guys, but this was way beyond anything athletic they'd ever attempted, and their wives thought they were nuts. As mentioned, these were not experienced cyclists or even serious weekend warrior types, just fortysomething suburban guys, a bit out of shape, with wives and teenage-to-older kids, who'd ridden their knobby-tired mountain bikes at most maybe 10 to 15 miles at a clip.

# "Man, was I impressed with myself when I got to the point that I could make it around the park twice! Without stopping!"

Undeterred by their spouse's doubts, they did some research into what kind of supplies they'd need, planned the route and took off. Four days later, they arrived at their destination, happy as clams and resolved to do it again next summer.

Over the next few months, they (and their spouses and kids) told (bragged to) friends and relatives about their exploits. By the time they started planning for the next year's ride, they recruited a few other family members and friends. Again, they had a great time.

By the third year, their little ride had started to take on a life of its own, with a certain surrounding lore and mystique. And some institutional overtones.

For one thing, the original group early on established a fixed time when the ride would take place each year: they'd gather the evening of the last Tuesday in the last week of July and ride from Wednesday through the following Sunday. There was no magic to this, it just worked out that it was a convenient time for the original group.

As it happened, setting a fixed date became one of the hallmarks of the ride and key reason why it has endured – it lets everyone plan out their family and work obligations far enough in advance so that there will be no conflict with the ride. For another, a philosophy on routing developed: the ride would end up on Sunday where it started on Wednesday morning. That way, the participants could drive to the start after work on Tuesday and be able to drive home by Sunday night and be ready for work on Monday morning. Importantly, the ride quickly developed an official title: Sorebutt. (As in Sorebutt I, Sorebutt II, Sorebutt III, etc.) Early on, someone jokingly used the phrase to describe the physical feeling experienced at the end of a day's ride, and the name just stuck.

In addition, the founders, autocratically, established THREE critical rules that have become a mantra for Sorebutt:

- 1. No women.
- 2. No camping.
- 3. No whining.

The reason behind Rule #1 has nothing to do with misogyny. The founders are all family men with wives and daughters (and sons). In fact, some of their wives are accomplished athletes and cyclists in their own right (and better than the guys, though that bar wasn't too high). Rather, they just found, after that first ride, that they enjoyed the companionship of the all-male experience. Maybe this was a yearning to get back to pre-adolescence, to return to the carefree summers of youth, filled with summer camp in the mountains and days on end of just hanging out with the guys. Whatever the reason, the rule has stuck.

As for Rule 2 ... these are simply not camping sorts of guys. Biking all day is one thing, but off the bike, they liked their creature comforts. At the end of a day's ride, they wanted a clean, comfortable place to sleep and a decent, maybe even very good meal, cooked by someone other than themselves. And the final rule? Well, let's just say that over the years, as the forty-somethings have slipped into fifty- and sixty- something's, Rule #3 has become more honored in the breach than in the observance.

So here it is 18 years later. The group that started out with four friends from outside of Pittsburgh now has now grown to somewhere between 14 -18 people, with riders coming from up and down the East Coast and on occasion from farther afield as well (California and overseas.) Friends have invited relatives and other friends, and they in turn have invited other relatives and friends, and by this time it's pretty hard to tell who has a history with 7 July 2008

whom outside of the ride. Some of the participants will see each other during the year, but others won't.

In the early years, Sorebutt rides averaged 75 – 80 miles a day, but with age creeping up on the early participants, the daily average has dropped to 55 - 60 miles. The routes have gone throughout the Northeast and Mid-Atlantic states. The Finger Lakes (twice), Hudson River Valley, "Leatherstocking" country and Adirondacks in New York. The Green Mountains in Vermont , the Whites in New Hampshire and the Berkshires (including a climb up Mt. Greylock) in Massachussetts . The Sorebutters have pedaled the length of the Greenbrier Trail in West Virginia, ridden around the Chesapeake Bay in Maryland, "cranked the Kank" in Maine, and crossed over the border into Montreal.

And so every year at family gatherings, I'd be regaled, by my brother and several cousins who'd become Sorebutt regulars, with the exploits of the past year's ride. Like the time at the motel in Maine when there was a drug bust in the room next door in the middle of the night. Or the time, after a particularly grueling day in the Berkshires, that they all fell asleep on the lawn at Tanglewood to the strains of the Boston Symphony Orchestra. Or the time they got caught in this thunderstorm or conquered that insanely rough mountain. Ad nauseum.

"So Fred, how about joining us for Sorebutt this year?"

I'd finally had it. In 2001, having heard that that the Sorebutt route for the coming summer was supposed to be as flat as a pancake (the Chesapeake Bay ride), I laid my plans. I got my wife to buy me a mountain bike as a gift. I started to ride around Central Park on Sundays. (Man, was I impressed with myself when I got to the point that I could make it around the park twice! Without stopping!)

Somewhere I heard about the Five Borough Bike Club and started going on their rides – beginning with the "smiley face" rides, I'm not ashamed to admit. I signed up for *Bike New York*, and after completing that 40-mile walk/ride, I thought I was really something. A few more longer 5BBC rides, and I was ready.

The next time I saw my brother and he asked about Sorebutt, I totally surprised him by saying, "OK."

Relying on tips from my brother, like swapping my knobby mountain bike tires for slicks, getting some fast-wicking clothes and learning about something called "Gu," I completed my preparation as best I could. With trepidation, I headed out in the car for Aberdeen, Md., our meeting point.

When I arrived and saw the condition of the others in the group, however, my fears quickly dissipated. Though my bike was undoubtedly the heaviest and most ill-suited of everyone's, most of the group was really not that intimidating. They were not Olympians, but just guys like me, not really in much better shape than I. On the first day, despite 100° F temperatures, I managed to keep up fairly well. On day two, however, I had a bad fall. Totally unskilled and unschooled in group riding, I ventured too close to the rider ahead of me, touched his rear wheel and took a bad endo that resulted in serious road rash, a few scratches to the bike and a badly bruised ego.

Fortunately, there were several men on the ride that year with a medical background, one of them being my brother. He had a pretty good first aid kit with him and patched up my road rash well enough to allow me to continue for the rest of the trip. The ego remained shaken, however, and I rode much more cautiously thereafter.

"The Sorebutters have pedaled the length of the Greenbrier Trail in West Virginia, ridden around the Chesapeake Bay in Maryland, 'cranked the Kank' in Maine, and crossed over the border into Montreal."

There were indeed quite a few adventures on that first trip, including a nighttime crossing across the Chesapeake Bay through a thunderstorm, with a very weird (and possibly drunk) Captain Steve at the helm; an evening on remote Smith Island among baymen who all seemed to have the same last name and spoke a odd dialect of English dating back to 16th Century Scotland. And, yes, some great riding and wonderful camaraderie. I made it, and was now part of the secret society of Sorebutters.

Also, I was hooked.

Soon after returning to New York, I bought a more "serious" bike (still not a road bike, though) and some Lycra. I started going on more and more 5BBC rides. From someone in the 5BBC, I heard about the SIG program and signed up. Whoops! I soon realized that the ten-week SIG was more demanding than any Sorebutt ride. In fact, I found it a *lot* harder.

But I found the experience exhilarating and the camaraderie outstanding. By the time the next summer rolled around, I was a Sorebutt veteran. And thanks to the SIG and a bunch of other post-SIG NYCC rides, I was in better shape than all but a few of my fellow Sorebutters. That year, the ride centered around Cooperstown (gorgeous country). Knowing what to expect and being a more confident and competent rider, that second ride was even more enjoyable than the first.

And so it goes. The Sorebutt led me to the SIG and both have gotten me hooked on cycling. Both have become important, fixed points on my annual calendar, no longer looked forward to with anxiety, but rather with great anticipation. Last month, I completed my 7th SIG, these days as a leader, and in July I'll be participating in Sorebutt XVIII, my 8<sup>th</sup>.

And life has happened. The forty-somethings who started Sorebutt are all now well in their 60's. The lumbering mountain bikes of the early years have mostly been replaced, and in some cases several times, and now many of us sport high end, all carbon Dura-Ace steeds. (Who are we kidding? Despite the new wheels, we're getting slower, not faster!)

Kids have grown up and married, and a few grandkids are now hearing Sorebutt tales. Sons and sons-in-law have started coming along. In fact, it looks like we'll have at least three and maybe four second-generation riders with us this year. Dads of sons-in-law have joined us. Three of us have lost our spouses to cancer and one of us has overcome a bout with the disease himself. Tragically, even Alzheimer's is now making its presence felt. But the ride continues on.

Though the original riders came from the Middle Atlantic states, with all the others who've joined us over the years, we're spread out pretty far at this point. Several of our group have moved away, but most seem to come back for the ride. One of the veterans, an engineer from Boston who worked for several decades on the Big Dig, now lives in a

remote part of Albania where he's building a highway through the mountains. For the second year in a row, he'll be flying in from Tirana for Sorebutt.

A cousin of mine has written eloquently about the meaning of the ride in a magazine article for *Adventure Cycling*. In the article, he suggests that as we grow older, we fool ourselves into believing that we no longer need the spirit and sense of companionship that we experienced when we were boy scouts, or played little league, or joined teams and clubs and fraternities. He theorizes that on the Sorebutt rides, as we "recapture the spirit, something lost is regained." Though what exactly that is, he confides, is hard to say.

He suspects "it has something to do with recapturing the sense of lost freedom, as well as being able to share in an activity that brings nothing but pleasure and camaraderie and a sense of adventure. And isn't that how we remember earlier times, especially those long, carefree summer days?"

One of the many institutions of Sorebutt takes place on the final night of each year's ride. After dinner, we all gather for a "board meeting" (everyone is on the board) to discuss and vote on the next year's route. We go around the room and each person presents his suggestion for the following year, discussion follows and a vote is taken. Often, since advance route scouting and preparation for these meetings is considered bad form and is strongly discouraged -- and since the meeting usually follows several rounds of beer -- the route voted on is likely to change a few times over the following months, so that the vote is really more suggestive than it is dispositive. Last year, to my utter amazement, my suggestion of a "circle route" combining the Connecticut shoreline and the Long Island North Shore, linked by the Bridgeport/Port

Jefferson and Orient Point/New London ferries, won out in a squeaker. So, for the first time, it's fallen to me to do the planning for Sorebutt. Because I was able to draw on the terrific resources of the NYCC ride library and lots of club rides ridden out to those parts, as well as the Sound Cyclists -- and, of course, because it was an inspired idea in the first place -- the planning has worked out well and the route has stuck.

So, if you happen to be out on eastern Long Island or the Connecticut shoreline between July 27 and August 2, and come across a group of overweight, middle-aged men, who clearly have no business wearing the garish Lycra kit they're sporting, huffing and puffing along on bikes whose cost and quality seem inversely related to the skill of the riders astride them, stop, say hi, offer a drink and tell us where the hell we are (we're often lost). Best of all, if you've got your bike with you, join in and ride with us for a while.



Lake Placid

Fred Leffel is an active NYCC member and B SIG leader.

### Bike cargo boxes available for rent

**Traveling this summer with your bike?** The NYCC owns two bike cargo boxes that will allow you to bring your bicycle on an airplane. The boxes measure 30" x 47" x 10" and come with wheels. They are available for rent by club members for \$25 per week. There is a non-refundable reservation fee of \$25, which will be deducted from the final cost of the rental. A pedal wrench is included as well as instructions on how to pack your bike. To reserve a box, contact Joanne McGarry, (212) 505-2755 or <a href="mailto:jmcgarry@nassaucountyny.gov">jmcgarry@nassaucountyny.gov</a>. Checks should be made payable to NYCC.



# New York Cycle Club's Annual Classic

September 20, 2008
Choose from 50, 65 or 100 mile routes.
Ride over the George Washington Bridge and through the historic, beautiful West Hudson Highlands Start and finish in Manhattan

ENY '08 Grand Raffle Prize: a Trek Madone 5.2!



Details: http://www.nycc.org/eny/ Register at active.com

### NYCC Cycling Risk Assessment Study – Please Participate

The New York Cycle Club is conducting a survey to gather bicycling accident information from a diverse population of cyclists. Anyone may submit one or more bicycling accident survey responses. Whether you had a minor or major accident, or observed one, live in New York or far away, you are invited to participate in the survey, which can be found at <a href="http://www.nycc.org/ras/welcome.asp">http://www.nycc.org/ras/welcome.asp</a>.

The results of this ongoing worldwide survey will eventually be compiled, analyzed, and published. On the survey web page you will also find links to a few other cycling safety related studies that may be of interest. These studies are the result of compiling accident statistics from police reports or by performing a controlled experiment.

The NYCC Cycling Risk Assessment Study differs as the information collected is completely voluntary and in most cases represents firsthand accounts by the person experiencing the accident or someone closely related to them. In addition, the data will provide more up-to-date research, as most of the studies cited on the web page are at least seven years old.

The survey has been up for two months and as of early July there have been 650 responses from 11 countries. The more people participate, the easier it will be to identify trends and patterns.

## **Survey Volunteer Opportunity – Translators Needed**

In order to get as many responses as possible, we would like to translate the survey into other languages. If you are fluent in any language other than American English, please consider volunteering.

In terms of scope, the survey is small, consisting of three web page documents. Don't worry about knowing HTML, it's the survey translation that matters.

Any language will be considered without hesitation, including non-American English such as that spoken in the U.K., South Africa, the Philippines, etc. For example, terms like "driveway", "road shoulder", etc., may have some folks scratching their heads.

If you're interested in helping out, please contact Peter O' Reilly at <a href="mma@yahoo.com">peter\_mma@yahoo.com</a>, or phone him at (201) 309-0664.

#### NYCC ALL CLASS RIDE 2008





**ABCs:** On Saturday, June 14, NYCC riders of all groups came together for a picnic in Kingsland Park. Great weather, abundant refreshments, and riding with old and new friends make this a premiere annual Club event

# 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:

Α	Fast, vigorous riding with advanced bike handling and paceline skills required. Stops every 2 hours or so.
В	Moderate to brisk riding with attention to scenery. Stops every hour or so.
С	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, 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 <a href="https://www.mta.nyc.ny.us/lirr/pub/bicyclep.htm">www.mta.nyc.ny.us/lirr/pub/bicyclep.htm</a>

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/sc hedules/index.html

#### **HUDSON LINE**

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

depart	arrive	
Poughkeepsie	e 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 Brewster	<i>arrive</i> <b>GCT</b>
5:16 pm	6:41 pm
6:16 pm	7:40 pm
7:16 pm	ma 04:8

#### **NEW HAVEN LINE**

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

depa New I	<i>rt</i> Haven	arrive GCT	€
2:55	pm	4:38	pm
3:51	pm	5:38	pm
4:51	mcr	6:38	mm

## July Ride Listings

#### Club rides

To keep abreast of any last minute changes, always check the **Ride Listings** on the website at <a href="http://www.nycc.org/ridesub/view/ridelisting.aspx">http://www.nycc.org/ridesub/view/ridelisting.aspx</a>

or the Message Board:

http://www.nycc.org/mb/th
reads.aspx?B=1

#### Tuesday, July 01, 2008

A20+ 52 mi 9:30 am

#### Hogwich, sort of

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

From: Central Park Boathouse

Nyack and back with a brief stop at the Runcible. 9:30 sharp. No maps, no cue sheets, no requirements. Probably no Hogwich Guy today. No problems.

B17 24 mi 5:45 am

#### **Morning Laps in Central Park**

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

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

Please join me for training laps in the Park. We'll concentrate on building up endurance, form, and good group riding etiquette. Maybe we'll do hill repeats or interval training occasionally on Tuesdays. I'll teach a rotating paceline for people who don't know how to do it. I've done these rides for several years and they've always been fun. Please check the

weekly email listing and message board in case I need to cancel or change anything at the last minute. Cancels: precipitation, imminent threat of precipitation, or wet pavement. PLEASE NOTE THAT I WILL NOT BE RIDING ON THURSDAY, JULY 3.

#### Wednesday, July 02, 2008

A19 70 mi 9:00 am

#### Bear Mountain for the Unemployed

Leader: Julie Riccardi, juliericcardi@hotmail.com, 516-446-5393

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

Beautiful summer days are what sick days are for! Call in sick and join me and my fellow slackers for a ride to Bear Mountain. 9W>Seven Lakes>Perkins>Seven Lakes>9W>Garrison. Please bring a Metro North bike pass for train home. We need to make the 2:02pm train from Garrison due to Metro North restrictions (or we might have to ride back). Check message board for changes / cancellation due to weather, etc.

#### A19/20 30 mi 6:30 am

## Wednesday AM River Road ride (sans Bob)

Leaders: Betsy Hafkin, betsyhafkin@verizon.net; Sharon Shachar, sharon\_shachar@hotmail.com, 646-369-6079; Sue Foster, sue Foster (and the control of the con

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

This ride continues, though without Bob (his boss isn't \*that\* understanding).

Join us for an alternative to CP laps. Relaxed, fun, brisk ride up River Road, down to the boat basin then up the hill to the police station at Alpine. Regroup there, then cooperative single rotating paceline home via 9W south.

Meet Sharon at Engineer's Gate at 6:30am, or Betsy and Sue at the NJ side of the GWB at 7am. We're usually back at the GWB by 8:30.

Bring your rotating paceline skills, a bike in good condition, water, tubes and means to inflate them and of course a helmet. Precipitation or extreme weather cancels. If in doubt check MB by 6am.

#### B16 50 +/- mi 9:30 am

## Wednesday River Road B Ride

Leader: Maggie Schwarz, mschwarzny@aol.com, 212-206-7672

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

This is a casual ride for freelancers and others who find themselves available on Wednesday mornings!

We meet at Eleanor Roosevelt and ride up to the GWB, over the GWB to River Road, regroup at the Police Station, then up to Piermont or Nyack for a bite.

We're usually back on the NYC side of the GWB by about 2.30 or 3. GROUND RULES are that you sign up the day before on the message board, then check back at around 10 pm to see if we got 2 or more of you plus myself, which make a ride.

#### B17 40 mi 2:00 pm

#### Queens U/S/A

Leader: Stephen DeLucia, 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/Selfemployed/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

#### Thursday, July 03, 2008

A20+ 52 mi 9:30 am

Hogwich, sort of

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

From: Central Park Boathouse

Nyack and back with a brief stop at the Runcible. 9:30 sharp. No maps, no cue sheets, no requirements. Probably no Hogwich Guy today. No problems.

#### Friday, July 04, 2008

A19 60 mi 8:00 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

The route is gorgeous, challenging, and, maybe best of all, very lightly trafficked. If the speed is good for you, then there's only one reason you don't want to come on this ride: you'll have to wait for me atop four climbs. Seriously. I can't find a bike that goes uphill.

#### Saturday, July 05, 2008

A19-21 107 mi 7:30 am

## Garrison/Warwick/Port Jervis/Goshen/Beacon

Leaders: Hank Schiffman, hschiffman1@nyc.rr.com, 212-529-9082; Ron Roth, ron@rroth.com; Gerald Seppey, gseppey@gmail.com

From: Grand Central Terminal, Information Booth

A long day in and out of the saddle. But this can be a rewarding effort if you are in shape and the weather is fair. The hills are front-loaded as the route follows 7 Lakes Drive to the Kanawauke Circle and 17A to Warwick. The route then goes among the fields of Orange County and over a few rollers till the 3.4 mile descent into Port Jervis. If the weather is fair, we will get a tailwind back up that hill and be blown back to the train in Beacon via Goshen in a paceline. If the weather is bad, follow the NYCC Message Board, the ride will be scrubbed; this is not the sort of ride we can delay the start. For those at West Point out of internet access, you can reach me at 212 529 9082 or 917 747 8504.

If leaving from NYC, buy one ticket to Garrison and one from Beacon. We take the 7:50 am bike train to Garrison on the Hudson line. This train will arrive in Garrison at 8:58 am. If you are joining us from West Point, we should swing by the carousel at Bear Mtn, where water is available, between 9:30 and 9:40. Be ready to roll.

Carry 2 spare tubes, means of inflation, 2 bottles of drinking fluid, pocket food, cash for lunch, a helmet and a Metro North rail pass. Don't forget sunscreen. You owe it to yourself and all on this ride to make sure your bike and tires are in good shape.

There are no direct bailouts on this route. On the outbound leg you can go north to hit the cue sheet's route back but there are no reliable rail stations other than Beacon. Be sure of your ability as it is a long, lonely journey home if you bail. Having a taillight will probably come in handy for your ride from GCT to your home.

#### B14-16 56.5 mi 8:00 am

## Cross Country Mule Anniversary Ride - Scouting ride - Cold Spring

Leader: Maggie Nguyen, mnguyen\_va@yahoo.com, 212-729-7298

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

Help me re-scout this hilly ride to Cold Spring. Really, the cuesheet is completely foolproof. I created the cuesheet and scouted this ride last year like 4 times! You cannot get lost using this cuesheet. But just in case the DOT changed major roads on me, let's make sure my cuesheet is still up to date.

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 the first day memories with me.

We'll end the day in Cold Spring. After grabbing some food, we'll take Metro North back to Grand Central. Bring your Metro North bike permit.

http://crosscountrymules.googlepages.com/

#### Sunday, July 06, 2008

C14 35+ mi 10:30 am

After Breakfast - Tour of Staten Island

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

From: City Hall Park, Opposite Brooklyn Bridge

Sometimes mistaken for New Jersey or Indiana, parts of Staten Island remind one more of Mid-America than the gritty boroughs of Metropolitan New York. On this ride we will explore the Mid-America sections and the lesser known, older, blue collar areas associated with the Island's seafaring history. After meeting at 10:30 across the street from the Brooklyn Bridge Pedestrial Entrance we will catch the next Ferry to the island, which will probably leave the dock at 11AM. Once on the island we will head south-west and pass by beaches and parks where we may take a 10 minute break. From there its westward to the shores facing New Jersey, and then north to the older industrial neighborhoods in the central section of the north shore. There'a quite a variety of sights to see and when we did this ride last year everyone had a great time. Truth be told, we usually do. Plan on being back in Manhattan around 3:30 - 4PM. Ouestions? Shoot me an e-mail. Mike

#### Monday, July 07, 2008

B16 20 mi 7:00 am

#### Slower AM River Road w/ Optional Silliness and also sans Bob

Leader: Maggie Nguyen, mnguyen\_va@yahoo.com, 212-729-7298

From: George Washington Bridge, NJ side bike path entrance

Sorry, A19 friends, I love your titles so much, I had to borrow from them.

Meet on the NJ side of the GWB. River Road. 9W return. 8:30 back at the GWB. Required knowledge of how to get home on your own in case you don't have time to wait for the rest of the group; also, in case we can't wait for you (not likely). It's morning and I realize everyone needs to get to work on time.

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

#### Tuesday, July 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, or wet pavement.

#### Wednesday, July 09, 2008

A19/20 30 mi 6:30 am

Wednesday AM River Road ride (sans Bob)

Leaders: Betsy Hafkin, betsyhafkin@verizon.net; Sue Foster, suefoster@nyc.rr.com, 212-874-1388; Sharon Shachar, sharon\_shachar@hotmail.com, 646-369-6079

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

This ride continues, though without Bob (his boss isn't \*that\* understanding).

Join us for an alternative to CP laps. Relaxed, fun, brisk ride up River Road, down to the boat basin then up the hill to the police station at Alpine. Regroup there, then cooperative single rotating paceline home via 9W south.

Meet Sharon at Engineer's Gate at 6:30am, or Betsy and Sue at the NJ side of the GWB at 7am. We're usually back at the GWB by 8:30.

Bring your rotating paceline skills, a bike in good condition, water, tubes and means to inflate them and of course a helmet. Precipitation or extreme weather cancels. If in doubt check MB by 6am.

B16 50 +/- mi 9:30 am

## Wednesday River Road B Ride

Leader: Maggie Schwarz, mschwarzny@aol.com, 212-206-7672

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

This is a casual ride for freelancers and others who find themselves available on Wednesday mornings!

We meet at Eleanor Roosevelt and ride up to the GWB, over the GWB to River Road, regroup at the Police Station, then up to Piermont or Nyack for a bite.

We're usually back on the NYC side of the GWB by about 2.30 or 3. GROUND RULES are that you sign up the day before on the message

board, then check back at around 10 pm to see if we got 2 or more of you plus myself, which make a ride.

B16 10 mi 7:00 am

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

Leader: Maggie Nguyen, mnguyen\_va@yahoo.com, 212-729-7298

From: Central Park Boathouse

We'll do loops of Harlem Hill in Central Park. Sprints of the hill are now on the agenda!

 $\label{lem:http://crosscountrymules.googlepages.} http://crosscountrymules.googlepages. com/hillrepeats$ 

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.

#### Thursday, July 10, 2008

B17 24 mi 5:45 am

#### **Morning Laps in Central Park**

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

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

Please join me for training laps in the Park. We'll concentrate on building up endurance, form, and good group riding etiquette. Maybe we'll do hill repeats or interval training occasionally on Tuesdays. I'll teach a rotating paceline for people who don't know how to do it. I've done these rides for several years and they've always been fun. Please check the weekly email listing and message board in case I need to cancel or

change anything at the last minute. Cancels: precipitation, imminent threat of precipitation, or wet payement.

#### Saturday, July 12, 2008

A19 60 mi 8:00 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

The route is gorgeous, challenging, and, maybe best of all, very lightly trafficked. In fact, there's only one reason to \*not\* come: You'll have to wait for me atop four climbs. I wish I were kidding. I'm not.

A19 65 mi 8:00 am

## Espresso Reunion - Brewster via CT

Leaders: Charlie Collins, cdcollins@sprynet.com, 240-401-7498; Julie Riccardi, juliericcardi@hotmail.com

From: Grand Central Terminal, Information Booth

We'll revisit the A19 SIG ride to Brewster, but we'll start from the Tuckahoe Metro North stop and tack on a run up to Brewster. Meet at GCT at 8AM for the 8:25 train to Tuckahoe. Quick food stop in Bedford, lunch in Brewster. Bring snacks, water, tubes, train pass. Usual cancels and watch the message board for updates.

A19+ 40-70 mi 9:00 am

#### **Newcomer's Ride**

Leader: TBD, vp-rides@nycc.org

From: Central Park Boathouse

Welcome New NYCC members! This is \*your\* ride. Schmooze with new

and veteran fellow club members on this magical mystery ride. We'll ride to a secret spot in NJ for an alfresco lunch. Bring a sunny attitude and money for lunch.

B15-18 40-70 mi 9:00 am

#### **Newcomer's Ride**

Leader: TBD, vp-rides@nycc.org

From: Central Park Boathouse

Welcome New NYCC members! This is \*your\* ride. Schmooze with new and veteran fellow club members on this magical mystery ride. We'll ride to a secret spot in NJ for an alfresco lunch. Bring a sunny attitude and money for lunch.

B16 56.5 mi 8:00 am

#### Cross Country Mule Anniversary Ride - Cold Spring

Leader: Maggie Nguyen, mnguyen\_va@yahoo.com, 212-729-7298

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

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 in 2006 (http://nycc.org/bulletin/archive/NYC C\_2006\_08.pdf). Come re-live the first day memories with me.

We'll end the day in Cold Spring. After grabbing some food, we'll take Metro North back to Grand Central. Bring your Metro North bike permit.

http://crosscountrymules.googlepages.com/

B16 45 mi 9:30 am

#### **Piermont**

Leaders: Richard Pu, richardpu2@aol.com; Julie Blackburn, <u>Jmpblack@aol.com</u>

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

An interesting and unorthodox route going up; County Road, Lydecker and Walnut coming back. A lot of nice scenery, going through more residential areas than usual. 9:30 a.m. Eleanor Roosevelt Statue, Riverside Park. Check the message board for updates in case of questionable weather.

C12 23 mi 7:45 am

#### Sandy Hook Maximum Beach

Leader: Alfredo Garcia, cyclistxxiii@yahoo.com

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

We're getting to Sandy Hook on the 8:15AM ferry to do some cycling, then to North Beach for usual summer activities. Some hills, busy roads, but beautiful scenery. Bring \$53 fare, sunglasses, sunscreen, two water bottles, swim gear, \$ for lunch and lock to secure bike. Come early to buy tickets. We'll have a choice taking the 3:45PM, 5:45PM or 7:30PM (via Highlands) back to Manhattan. Colisted with the 5BBC.

#### C12-14 40-60 mi 9:00 am

#### **Newcomer's Ride**

Leader: TBD, vp-rides@nycc.org

From: Central Park Boathouse

Welcome New NYCC members! This is \*your\* ride. Schmooze with new and veteran fellow club members on this magical mystery ride. We'll ride to a secret spot in NJ for an alfresco lunch. Bring a sunny attitude and money for lunch.

Sunday, July 13, 2008

A19+ 65 mi 8:00 am

#### Nyack via the lakes

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

From: Central Park Boathouse

We'll take a long, back way to Nyack, going by the Oradell Reservoir, Lake Tappan and Lake Deforest. We'll climb up Christain Herald Rd before diving down into town. Quick bite at the Spoon, then return via Piermont Rd along the river, then 501. If the Spoon is packed, we may not stop until Piermont. So count on at least 35, maybe 40 miles before stopping. Requirements: Paceline skills and the ability to read a cue sheet in case you drop off the back or fly off the front.

#### **Tuesday, July 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. Cancels: precipitation, imminent threat of precipitation, or wet pavement.

Wednesday, July 16, 2008

A19/20 30 mi 6:30 am

## Wednesday AM River Road ride (sans Bob)

Leaders: Sue Foster, suefoster@nyc.rr.com, 212-874-1388; Sharon Shachar, sharon\_shachar@hotmail.com, 646-369-6079

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

This ride continues, though without Bob (his boss isn't \*that\* understanding).

Join us for an alternative to CP laps. Relaxed, fun, brisk ride up River Road, down to the boat basin then up the hill to the police station at Alpine. Regroup there, then cooperative single rotating paceline home via 9W south.

Meet Sharon at Engineer's Gate at 6:30am, or Sue at the NJ side of the GWB at 7am. We're usually back at the GWB by 8:30.

Bring your rotating paceline skills, a bike in good condition, water, tubes and means to inflate them and of course a helmet. Precipitation or extreme weather cancels. If in doubt check MB by 6am.

B16 50 +/- mi 9:30 am Wednesday River Road B Ride Leader: Maggie Schwarz, mschwarzny@aol.com, 212-206-7672 From: Eleanor Roosevelt statue, 72nd St and Riverside Drive This is a casual ride for freelancers and others who find themselves available on Wednesday mornings!

We meet at Eleanor Roosevelt and ride up to the GWB, over the GWB to River Road, regroup at the Police Station, then up to Piermont or Nyack for a bite.

We're usually back on the NYC side of the GWB by about 2.30 or 3. GROUND RULES are that you sign up the day before on the message board, then check back at around 10

pm to see if we got 2 or more of you plus myself, which make a ride.

#### Thursday, July 17, 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. Cancels: precipitation, imminent

threat of precipitation, or wet pavement.

#### Saturday, July 19, 2008

A19 60 mi 8:00 am

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

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

From: Central Park Boathouse

The route is gorgeous, challenging, and, maybe best of all, very lightly trafficked. In fact, there's only one reason to \*not\* come: You'll have to wait for me atop four climbs. I wish I were kidding. I'm not.

A19 65 mi 9:00 am

#### Adopt A Highway - 9W Cleanup Ride

Leader: TBD

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

We will take a scenic route thru Rockland County 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 everything you need). Then we'll find more fun riding in Rockland County before heading back to the city via the GWB.

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.

A20-23 95 mi 8:00 am

A Shady Lane (Everybody Wants One)

Leader: Harry Zernike, hz@harryzernike.com, 917-324-5040 From: Central Park Boathouse A great ride for a hot summer day. Leave NYC and ride into leafy Greenwich, Pound Ridge, Ridgefield, Redding, and Westport, mostly on well-paved back roads with little traffic. Some flats along ridges and valleys, and up and down the short, sharp hills between them. A couple of shortcuts are indicated on the cue sheet. The finish is around the Saugatuck reservoir- very scenic. We will stop at the swimming hole along the stream below the dam- a fine way to cool down before you head for the train.

Metro North Pass a must.

Check the message board Friday night for weather cancellation.

B15 50 mi 9:00 am

#### Adopt A Highway - 9W Cleanup Ride

Leader: TBD

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 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.

B16 55 mi 8:30 am

## Whining and B\*tching the Whole Way Home – Mamaroneck

Leaders: Maggie Nguyen, mnguyen\_va@yahoo.com, 212-729-7298; Jeff Ignall, jcinyc27@yahoo.com, 917-763-2671

From: Central Park Boathouse

This is a ride Jeff and I did with the infamous Dr. Ed last year. The ride is appropriately titled because after we arrived and had lunch in Mamaroneck, Jeff and I wanted to bail out by taking Metro North home. Since Dr. Ed would have none of that, Jeff and I just whined and b\*tched the whole way home. This ride, by the way, is a training ride I did prior to going cross country

(http://crosscountrymules.googlepages .com/weekendrides).

If anyone wants to bail out at Mamaroneck, instead of whining and b\*tching the whole way home, you are welcome to. Just bring your Metro North pass. I may ask you to cart groceries home for me, though (there's a great Italian deli/grocery store where we'll have lunch in town) - kidding.

A19 cuesheet, B16 pace. Really nice ride. Can be hilly. Don't be intimidated by the A19. We'll take it at a normal human pace. Lots of bailout points, including Mamaroneck and subways along the Grand Concourse.

B17 45 mi 9:30 am

#### Piermont via River Road -Adopt A Highway Ride

Leaders: Donald Bear, dbnyc70@aol.com; Vicki Gochenour

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

We'll be going up the Greenway, across GWB, River Road, 9W, through Tallman Mtn State Pk to

Piermont for a picnic lunch on the Hudson & a quick visit to the bike shop. We'll stop on 9W along the way to meet other groups and spend less than one hour cleaning up the shoulder (the Club will provide everything we need). Back via Piermont Rd & Walnut. Bring some pocket food to help get up Alpine & Walnut and a smile/sense of humor!

B17 90 mi 9:00 am

## Delaware Water Gap - - The Full Monty!

Leader: Susan Rodetis, srodetis@earthlink.net, 212-288-9663

From: NY Penn Station 6:50AM for 7:11AM train to Dover. NJ

Adventure thru all 45 wonderful miles of the Delaware Water Gap; new, ultra rural/pretty/scenic (includes parts of my earlier DWG route + some of R. Shay's, w/his shortened via our RR hop).

Cycle increasingly rural areas and farming valleys, cross the Appalachian Mountain Trail, travel along/above the Delaware Water Gap before we cross it and drop down into the gap, then ride north along the river. It's a beautiful day-long ride, worth the investment of time/effort. Some quite hilly parts (6.5-7k ft. climbing), a few bumpy locales, some technical descents, and limited support. Definitely challenging. More of an "A19+" route; but we'll ride cooperatively as a group, notching the pace down to less-than-A-ride-speedof-light and in acknowledgement of summer temperatures. Yes, it's longer than preferred on sleepy trunk lines to/from our route (a trade-off for leaping out this far west into "country").

START/FINISH/TIMING: Start at Dover, NJ (Morris County) RR Station; end Port Jervis, NJ RR station. Limited w/e train service. 7:11AM out of NY Penn, aiming for the 5:31PM out of Port Jervis (OR

we'll have a fun dinner at the Depot in PJ then make the 8:49).

ALTERNATIVE: If weather looks good for Sunday, I might add an optional 2nd day (ergo, a 2-day loop ride), via overnighting in PJervis or Matamoras or Milford, then cycling back to Dover RR station on Sunday via a new, separate, approx. 60 mile route I will have cue sheeted and ready. Will be determined as time approaches and weather outlook becomes believable. Anyone on ride can join Day 2. Or not. Loop ride also means you can drive to Dover, NJ as we'll return there.]

IMPORTANT: Cyclists limited on NJT trains, you MUST pre-register and get confirm from leader (will include full, detailed cue sheets, map pack of turns, area info). Contact Leader for questions and to commit; pls indicate if you'd like to do 2 days. Rain Date = Sunday July 20. Leaders: Susan Rodetis (& maybe others).

BRING: Adventuresome, "can-do" spirit; self contained bike supplies (more than customary for normal day trip), rear/front lights, light lock, cyclometer w/mileage metering, PLENTY of hydration, electrolytes, nutrition and some snacks. Be prepared for heat and weather.

C13/14 40 mi 9:00 am

#### Adopt A Highway - 9W Cleanup Ride

Leaders: John Pinto, jpinto15@nyc.rr.com, 917-608-1387; Alan West

From: Central Park Boathouse

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 everything you need). We'll have all the necessary supplies on hand for the clean up. When we're done, we'll head

up to Piermont for lunch at the gazebo and then head back home. 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. As always, check the message board before the ride. I'll post the status by 7:30.

#### **Tuesday, July 22, 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, or wet pavement.

#### Wednesday, July 23, 2008

A19/20 30 mi 6:30 am

## Wednesday AM River Road ride (sans Bob)

Leaders: Sue Foster, suefoster@nyc.rr.com, 212-874-1388; Sharon Shachar, sharon\_shachar@hotmail.com, 646-369-6079

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

This ride continues, though without Bob (his boss isn't \*that\* understanding).

Join us for an alternative to CP laps. Relaxed, fun, brisk ride up River Road, down to the boat basin then up the hill to the police station at Alpine. Regroup there, then cooperative single rotating paceline home via 9W south.

Meet Sharon at Engineer's Gate at 6:30am, or Sue at the NJ side of the GWB at 7am. We're usually back at the GWB by 8:30.

Bring your rotating paceline skills, a bike in good condition, water, tubes and means to inflate them and of course a helmet. Precipitation or extreme weather cancels. If in doubt check MB by 6am.

B16 50 +/- mi 9:30 am

## Wednesday River Road B

Leader: Maggie Schwarz, mschwarzny@aol.com, 212-206-7672

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

This is a casual ride for freelancers and others who find themselves available on Wednesday mornings!

We meet at Eleanor Roosevelt and ride up to the GWB, over the GWB to River Road, regroup at the Police Station, then up to Piermont or Nyack for a bite.

We're usually back on the NYC side of the GWB by about 2.30 or 3. GROUND RULES are that you sign up the day before on the message board, then check back at around 10 pm to see if we got 2 or more of you plus myself, which make a ride.

#### Thursday, July 24, 2008

B17 24 mi 5:45 am

#### **Morning Laps in Central Park**

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

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

Please join me for training laps in the Park. We'll concentrate on building up endurance, form, and good group riding etiquette. Maybe we'll do hill repeats or interval training occasionally on Tuesdays. I'll teach a rotating paceline for people who don't know how to do it. I've done these rides for several years and they've always been fun. Please check the weekly email listing and message board in case I need to cancel or change anything at the last minute. Cancels: precipitation, imminent threat of precipitation, or wet pavement.

#### Saturday, July 26, 2008

A19 60 mi 8:00 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

The route is gorgeous, challenging, and, maybe best of all, very lightly trafficked. In fact, there's only one reason to \*not\* come: You'll have to wait for me atop four climbs. I wish I were kidding. I'm not.

#### A24 100 mi 7:30 am

#### **Tour des Barrens**

Leaders: John Zenkus, jjz2116@aol.com, 917-617-0901; Hank Schiffman, hschiffman1@nyc.rr.com, 212-529-9082

From: East 34th Street Pier

Can you believe a near totally flat 100-mile ride? Here it is, with the added adventure of a ferry ride to Conners/Highland, New Jersey. Once in New Jersey, the ride covers a fast loop through the northern Pine Barrens. This ride will be very fast with only a brief stop around its midpoint.

Meet at the East 34th Street SeaStreak ferry pier around 7:30 AM to catch the 8:00 ferry to New Jersey; note there is another ferry stop at Pier 11 (Wall Street) at 8:15 AM. Cost is \$43 roundtrip, CASH ONLY, including bicycle.

Please bring two waters bottles, powers bars or gels (many), money for lunch, a bicycle in good repair, along with the mandatory helmet. Insect repellant should be considered. Check bulletin board for updates if weather appears unfavorable.

#### B16 55 mi 8:30 am

#### 3rd annual Ride-Swim-Ride

Leaders: Hal Eskenazi, cyclinghal@gmail.com, 917-822-5401; Marcy squadron, 201-327-9429

From: 2nd Ave & 34th St & Grand Army Plaza 8:24am 2nd Ave & 34th St 9:27am grand army plaza entrance to Prospect Park

We did this one the last 2 years and everyone had a fantastic time. Starting in Midtown we'll head down the east side to the Brooklyn Bridge & off to Brooklyn and pick the rest of you guys up at the Grand Army Plaza entrance to Prospect Park

Well, once again, as we did last year, we're collaborating with Apollo in July, for a gorgeous, sunny day, as we head to the beach, so, don't forget to bring your bathing suit, a towel and, naturally, sunscreen. Of course Marcy we'll be there to show you how to fix those flats in a jiffy as the rest of us watch and learn. We'll spend around 1 1/2-2 hours playing in the water and

then back we will go. There are bailouts along the way and opportunities to return by train right from the beach if we should decide to stay longer or leave sooner. There are lots of places for food at the beach. Come, get wet, have fun with your friends and laugh a lot. Usual cancels and usual regulations apply. Check message board, 7am, for cancellation

B17 80 mi 8:00 am

#### **Goldilocks and the Three Bears**

Leaders: Maggie Nguyen, mnguyen\_va@yahoo.com, 212-729-7298; Jeff Ignall, jcinyc27@yahoo.com, 917-763-2671; Phil Romov, phil.nyc@gmail.com, 347-880-0769

From: Central Park Boathouse

What's with the title? At least I got you reading, right? Goldilocks - I guess that's me, but I'm a brunette instead of a blondie. Three bears - coleaders Jeff and Phil, 3rd bear is the Mountain.

Let's climb Bear Mountain. A19 cuesheet, B17 pace. This ride is not for the easily intimidated; but at the same time, no hammerfest, please. Let's pace ourselves appropriately because this is 80 miles with lots of hills. We'll end the day in Cold Spring so bring your Metro North bike permit.

C12 23 mi 10:00 am

#### Bike, Rockaways, Boat

Leader: Alfredo Garcia, cyclistxxiii@yahoo.com

From: City Hall Park, Opposite Brooklyn Bridge

We'll ride one way to the Rockaways and take a summer boat back to Manhattan via the US Parks Dept. & NY Water Taxi. More details will be available on the NYCC message board. Co-listed with 5BBC.

#### Sunday, July 27, 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.

#### Tuesday, July 29, 2008

B17 24 mi 5:45 am

#### **Morning Laps in Central Park**

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

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

Please join me for training laps in the Park. We'll concentrate on building up endurance, form, and good group riding etiquette. Maybe we'll do hill repeats or interval training occasionally on Tuesdays. I'll teach a rotating paceline for people who don't know how to do it. I've done these rides for several years and they've always been fun. Please check the weekly email listing and message board in case I need to cancel or

change anything at the last minute. Cancels: precipitation, imminent threat of precipitation, or wet pavement.

#### Wednesday, July 30, 2008

A19/20 30 mi 6:30 am

## Wednesday AM River Road ride (sans Bob)

Leaders: Betsy Hafkin, betsyhafkin@verizon.net; Sue Foster, suefoster@nyc.rr.com, 212-874-1388; Sharon Shachar, sharon\_shachar@hotmail.com, 646-369-6079

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

This ride continues, though without Bob (his boss isn't \*that\* understanding).

Join us for an alternative to CP laps. Relaxed, fun, brisk ride up River Road, down to the boat basin then up the hill to the police station at Alpine. Regroup there, then cooperative single rotating paceline home via 9W south.

Meet Sharon at Engineer's Gate at 6:30am, or Betsy and Sue at the NJ side of the GWB at 7am. We're usually back at the GWB by 8:30.

Bring your rotating paceline skills, a bike in good condition, water, tubes and means to inflate them and of course a helmet. Precipitation or extreme weather cancels. If in doubt check MB by 6am.

B16 50 +/- mi 9:30 am

## Wednesday River Road B Ride

Leader: Maggie Schwarz, mschwarzny@aol.com, 212-206-7672

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

This is a casual ride for freelancers and others who find themselves available on Wednesday mornings!

We meet at Eleanor Roosevelt and ride up to the GWB, over the GWB to River Road, regroup at the Police Station, then up to Piermont or Nyack for a bite.

We're usually back on the NYC side of the GWB by about 2.30 or 3. GROUND RULES are that you sign up the day before on the message board, then check back at around 10 pm to see if we got 2 or more of you plus myself, which make a ride.

#### Thursday, July 31, 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, or wet pavement.

#### May 2008 NYCC Board of Directors Meeting Minutes

Tuesday May 6 - 6:30pm Neil Botwinoff Office

900 Third Avenue

In attendance were board members: Matt Zimmerman, Kay Gunn, Skip Ralph, George Arcarola, Betsy Hafkin, Susan Niederman, Ellen Jaffe, Neil Botwinoff, Carol Krol, Hal Eskenazi, Jeff Terosky. Dana Gordon.

### George Arcarola – President's Report

July 4th event:

The finances are such that the club breaks even.

George will contact Basil Ashmore, West Point chair, and Ed White, past chair, about financial details of the weekend.

The board reviewed a response to Charles Wahl's questions about group rides and NYCC policy.

The recommended response was to state that the Board encourages riders to follow traffic laws.

An accident form for a B 17 siggie who crashed (but is okay) on the Deep Westchester will be submitted to The League of American Cyclists.

#### Kay Gunn - VP of Rides

9W Cleanup Ride is 5/31/08; Kay hopes to get A, B & C leaders; Kay will contact Mark Gelles to see how to obtain gloves and bags; The board approved ice cream for each participant.

All-Class Ride is 6/14/08; Kay will start recruiting leaders; Hal will take care of permits and food for Kingsland.

Our Ghostbike has been repeatedly vandalized. Ghostbike project has replaced parts of it.

Kay has been in contact with the head of Bike NY who suggests NYCC supply informational card for their various rides such as Tour de Bronx, Tour de Brooklyn, 5 Boro Bike Tour.

Ellen, Carol & Dana will coordinate to produce cards for this purpose.

The Shore-to-Shore ride will not happen via NYCC due to the general policy of not-for-profit rides.

Newcomers ride is July 14th. We will promote it.

#### Betsy Hafkin - A-Rides Coordinator

Betsy will find someone to lead the 9W cleanup ride.

#### Skip Ralph – B –Rides coordinator

54% of the B Siggies should graduate; we lost a lot of B 16s this year probably because of the weather.

#### Susan Niederman – C-Rides Coordinator

Susan sees a number of siggies leading future C rides.

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

We have 1,132 members as of Sunday, April 27.

#### Jeff Terosky - past president

Jeff will send email to all past members who have not renewed.

Jeff will get a weather report for May 17 - the day of the final rides of the A SIG's and STS's.

Jeff discussed getting rid of old inventory.

Old inventory of jerseys and jackets will be sold for \$ 20 each at the B SIG graduation on May 13.

#### Jeff Ignall – Treasurer (in absentia)

Current Youth Program balance: \$ 3,604.31

Current checking account balance: \$ 4,794.75

Current money market balance: \$ 21,631.14

Total cash: \$30,030.20

#### Dana and Carol - Bulletin co-editors

The June bulletin will be out on schedule.

#### Matt Zimmerman - Webmaster

Matt is leaving for a new job in Ireland.

Everyone expressed their appreciation of the great job Matt has done.

A notice for someone to take over Matt's responsibilities will go on the message board as well as in the e-weekly.

Matt shared copies of all jersey submissions and will send an email to the board about voting procedure.

A discussion about policy for listing events and having ads on the NYCC website was begun and will be continued.

#### Ellen Jaffe - Secretary

April 2008 minutes - approved

Our presence at the Five Boro Festival was productive for club and for ENY; a bargain promotional tool to make the club more visible, and promote ENY.

ENY 2008 progress:

ENY web page and active registration site are up; 18 have registered so far.

The board agreed that a permanent link on the NYCC homepage is a critical part of positioning Escape New York as the club's premier annual offering to the larger cycling community.

Sponsors to date: Larabar, Sugoi, Trek, Skippy, Slim Fast, Whole Foods, Boudreaux's Butt Paste, Whole Foods, H & H bagels.

An effort is being made to make Piermont's Gostwick Pavillion the Piermont rest stop.

All three ENY routes are being refreshed.

Volunteers will be critical to the rides success.

George will write the president's letter for the home page. Jeff suggested that past presidents sign on as well to underline the importance of volunteering.

#### Hal Eskenazi - Special Events

Event attendance is way down: the wine tasting was cancelled; only three have signed up for the May 16 cooking class. It may have to be cancelled.

The Yankee tickets for June 30th have been doing well.

Hal got complimentary youth group tickets for Mets game in July.

Ideas for future events were discussed.....ice skating,ice cream social.

Next BOD meeting:

Tuesday, June 3, 2008

6:30PM at Neil Botwinoff's office.

# 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 <a href="http://bicyclehabitat.com/">http://bicyclehabitat.com/</a>
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 <a href="http://bicyclerenaissance.com/212">http://bicyclerenaissance.com/212</a> 724-2350; 10% off repairs and

ccessories (not on sale items and new bikes)

#### Conrad's Bike Shop

25 Tudor City Place, NY, NY <a href="http://www.conradsbicycles.com/">http://www.conradsbicycles.com/</a>
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.cf m 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 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 10% off parts, accessories and repairs.

#### **Turin Bicycle**

1027 Davis Street, Evanston, IL 60201 847 864-7660, www.turinbicycle.com cmailing@turinbicycle.com; 10% off parts and accessories. Owned by NYCC Life Member.

