

NYCC BULLETIN

September 2008 New York Cycle Club / nycc.org



- **Gearing up for ENY 2008!**
- **September Meeting: Bike Fit with Paul Levine**
- **Riding for a Cause**
- **The 2008 New York City Triathlon—report from the field**
- **Last call at Shea to see the Amazins**

President's Letter

By George Arcarola

I remember the excitement of summer vacations as a child. As soon as school ended, the countdown began. My folks always vacationed during the last two weeks in August, so you had six weeks of sweet, and sweaty, anticipation from the end of school to THE TRIP. We would spend a week at the beach (Jones or the Rockaways), and then maybe a week in the country (we had relatives living in the wilds of Eastern Long Island) and before the completion of the L.I. Expressway [yes, I *am* that old], Yaphank was *really* far away) or at a mountain resort in the Catskills or the Poconos.

Wow, packing up the car, leaving the city of New York, and spending hours (and hours) teasing my sisters, counting cows, seeing who could find the most out-of-state license plates, and generally driving my parents to exasperation (Dad, aloud; “do you *want* me to stop the car?”- Dad, silently; “...so I can kill you?”—and then me, aloud; “gee, no Dad... sorry”- then me, silently, “yeah Dad, stop the car... I dare you!”). Ahh ... good stuff, really good stuff!

Those two weeks always seemed to be over in the blink of an eye. Then you came home, went shopping for all your stuff for the new school year, went to a Labor Day picnic or BBQ, and on that Tuesday, right after Labor Day, you went back to school.

(Continued on next page)

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Address all correspondence to:
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Thanks!
Dana Gordon
&
Carol Krol

NYCC Co-Editors

(Pres. Letter cont.)

On Tuesday morning, you'd line up in the school yard, and the good Sisters of St. Joseph would march you into your new classroom. After sorting you into your seats, you'd get your first assignment of the academic year: *Write an essay on what you did on your summer vacation...*

Speaking of which, I had the pleasure of spending a part of my vacation this year at Lake Tahoe. Many club members told me about the beauty of the region. That, along with the anticipation of riding around the lake, generated a lot of excitement.

If anything, the descriptions of the ride around the lake, although given by some of our more eloquent and loquacious members, didn't do justice to the actual experience. It is a trip (and a ride) I strongly recommend. Even slightly (and very slightly at that) obscured by smoke from the wildfires in northern California, the views were spectacular. The climbs were challenging (thanks for the warning, Neil!), but not impossible, and very rewarding in an existential sort of way. The only regret, and it's *very* minor, was that I had no company for the ride. So, John Soule's advice from 1851 is *still* a good idea today, 157 years later; "Go West, Young Man" (and young woman, too!). And when you come back, please write me a note on what *you* did on *your* summer vacation!

See you on the road,
George

September Club Meeting

Tuesday, September 16

Fit, Posture, and the Biomechanics of Cycling, with Paul Levine of Signature Cycles

Annie Moore's Bar and Restaurant
50 East 43rd Street between Madison and Vanderbilt

Happy Hour 6:00
Dinner 7:00
Program 8:00-9:00

Dinner: \$23
Program only: no charge

Do your body and your bicycle work well together? A casual approach to fit and posture can leave you performing poorly and possibly lead to all sorts of physical problems. Join us for our September program with Paul Levine of Signature Cycles. Paul is regarded as one of the top bike fitters in the area. He'll discuss the importance of proper cycling posture, body alignment, and the biomechanics of cycling as it relates to getting the most enjoyment and performance out of your bike. He'll also talk about the significance of flexibility and fitness in getting the proper fit, muscle firing sequences for an efficient pedaling technique, and how to accommodate biomechanical imbalances.

Paul will discuss how a properly fitted bicycle can alleviate common cycling discomforts such as neck pain, lower back pain, knee pain, saddle soreness and tingling fingers and toes. A properly fitted bicycle will allow you to be more powerful, efficient, balanced and comfortable, which will ultimately enhance your cycling experience. Levine is the winner of Bicycling magazine's inaugural "Excellence in Applied Science" award, and the program director and an instructor for Serotta Bicycles' Institute of Professional Bike Fitters. His bike fit technicians are regarded as some of the best-trained professionals in the industry. Paul's work with the Institute has led him to create a Performance Enhancement Team of orthopedic surgeons, podiatrists, chiropractic professionals, massage therapists, personal trainers, coaches, engineers, bicycle manufacturers and aerodynamic specialists to help refine his approach to efficient bike fit. He has extensive experience fitting new

3 September 2008

cyclists as well as elite athletes. So if you are experiencing problems that interfere with getting more out of your rides (distance, comfort), you don't want to miss this program.

The September meeting is sponsored by [Signature Cycles](#), of which Paul is president. Signature Cycles, "World's Premier Custom Bicycle Studios"®, is in Manhattan at 80 West End Avenue, 2nd floor; 212-706-0025, with additional locations in Central Valley, NY and Greenwich, CT.

Win a Free Fit From Signature! (\$495 value!)

NYCC members who attend can enter a drawing to win a free bike fit from Signature (you must be a current NYCC member, and you must be present to win), and are eligible for some cool giveaways that night. Signature staff will also be around before and after the program to answer any questions. Now what are the chances we can talk Paul into a free drawing for a Serotta bike? Not an NYCC member yet? You can join that evening.

SEPTEMBER Special Event

Wednesday September 24, 7:00pm
Take Me Out to the Ballgame - 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 Amazins 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 one.

Like our sold out Yankees game in June, 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

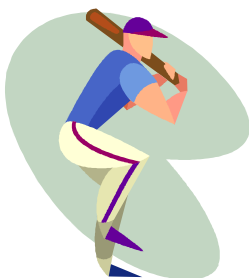
scoreboard. (If we all wear our club jerseys, I bet we'll even be on TV!) Go Mets! Yesss, NYCC!

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. Send your request to [Hal Eskenazi](#) and 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.



Who's In Your Club?

Catching Up With . . . David Hallerman Member since 1991



* How many bikes?

Are you talking both full bikes and framesets? In any case, more bikes than any one person needs, but I sure have fun with them.

* Pre-ride breakfast?

I love oatmeal, a hunk of cheese, a granny smith apple, and many ounces of black coffee.

* Favorite ride destination?

My now-local ride of roads around the Croton Reservoir, such as Hunterbrook Road, Croton Avenue, Quaker Ridge Road, Teatown Road, and Spring Valley Road.

* What's the last book you read?

"1491," which is a history of the Americas in the centuries before Columbus. Made me see things about the past, and hence the present, in a whole new way.

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

For nearly seven years, I've been an analyst at eMarketer, looking at online advertising. That means I spend my time writing, researching, talking to reporters, giving talks at conferences and such. (But all my ex-Siggies should know that my work communication voice is far more modulated than my on-the-road voice.)

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

The annual fall rides are great. I'll be a marshal for ENY, will work a rest stop at the Westchester club's Golden Apple ride, will go to Ulster County for that club's major event ride. And I look forward to going on some of Wayne Wright's "Fall Foliage" ride series in October.

Riding For a Cause

The fall riding season is filled with the opportunity to take the skills and endurance we've built up all spring and summer and ride on behalf of a cause. A number of NYCC members will take part in rides in our area.

Mitchell Fink, Tatiana Kamorina, Kim Jenkins, Alisa Judy, Kathy Cody, Karen Orczyk, Christine Benjamin, Matt Purdue, Dottie Castille, Barbara Spandorf, Craig Breed, and Eve Binder will all be doing the Hershey's Tour de Pink ride. They'll set out on October 2 at Hershey World in Hershey, PA for the 4-day, 220 mile ride to New York City. Tour de Pink benefits the Young Survival Coalition, a group dedicated to advocacy and support for women under 40 with breast cancer. Mitchell is the co-chair of the ride this year. He became involved after his daughter Andrea's diagnosis, has been a leading fundraiser for the ride for several years, and became a member of the board of directors of the YSC in the past year.

B-Rides Coordinator **Skip Ralph** will be doing the Braking the Cycle ride to benefit the HIV/AIDS services of the LGBT Community Center in New York City. The 275 mile 3-day ride will start in Gettysburg, PA on September 26, finishing in New York on the 28th.

Are you riding for a cause? Let us know. Write to bulletineditor@nycc.org.



Mitchell's daughter, Andrea, greets him at the end of the 2007 Tour de Pink

New York City Triathlon Race Report – July 20, 2008

By Carol Krol

3:15 a.m. I'm up, just barely. I swear, the worst pain of a triathlon for me now that I've done four of them is the early morning start. I sit up and hang off the edge of the bed and wonder, "What was I thinking? I must be nuts." Then I force myself to put on coffee and drag myself into the shower to snap awake.

4:30 a.m. I slip into a taxi with my bulging gear bag, wearing just tri shorts and sleeveless tri top and flip flops, and it's already oppressively hot. We hit a traffic jam tooling up Tenth Avenue – only in this crazy town are there traffic jams at 4:30 in the morning. We're crawling like snails from 26th St. to 30th St. as boozed up night-crawlers stumble out of clubs and bars and litter the street, standing too far out in the road and littering the street. The cabbie swerves and curses in a foreign tongue. As we approach 72nd Street to make the left, I see the temperature flashing in neon atop a tall Upper West Side office building against the dark sky. It is 79 degrees. It is 4:30 in the morning.

5:15 a.m. I've emptied my gear bag and set up my transition area. Just in front of the front wheel of my bike -- which is hanging on the rack with a gazillion other bikes – I've laid out sneakers, bike shoes, gloves, sunglasses, visor, Hammer gel and the rest of the gear (extra water, sunblock, contact lens drops, etc.). I grab my wetsuit and Body Glide and head out of transition to make my way up to 100th Street to the swim start.

6:38 a.m. My swim wave is to start at 6:38 but it actually doesn't kick off until 6:39:30. We're in the Hudson, about 100 of us, women ages 40 – 44, hanging on to the rope at the starting line, with the current flowing around us. It's déjà vu; last time I was in the Hudson was two days shy of a year ago, when I did this race for the first time. The horn sounds and we're off. I plan to stay on the far right, in the outside "lane" furthest from the sea wall to take advantage of where the current is strongest.

But I soon realize the river isn't cooperating with me, and the current is flowing towards the sea wall so that I find myself in the middle. Every time I sight, taking note of the barge off in the distance and noting where I am in relation to it, I realize I'm too far left, so I begin to zag back towards the right. The current continues to zig me to the middle and then to the far left, and I keep repeating my zagging to the right, but I feel frustrated that I'm not swimming straight and I don't really realize right away that the current is to blame, so I am confused and disappointed that I'm not way over there on the right but I can't figure out why not. So I get to a point where I'm breathing a little hard. It's hard to get a steady rhythm with all this back and forth and inefficient swimming. I think I've been swimming for about ten minutes, but it's really just a blur.

I start saying the alphabet slowly to myself to get my heart rate back down and create a rhythm. I'm not panicking or anything like that, but I want to fall into that steady rhythm A – B – C – D – E – F – G..... getting a little groove H – I – J – K – L – M – N – O – P. That's better. I finish the alphabet and calm down, making peace with the fact that I am doomed to the center of the swim channel. I'm in the spelling groove, so I switch to a soulful soundtrack to keep my rhythm steady.

"What you want [stroke, glide] baby I got it [stroke] What you need [stroke] don't you know I got it [stroke, glide]. All I'm asking [stroke] is for a little respect, [stroke] just a little bit [stroke]. Hey, yeah, just a little bit. [stroke] R – E – S – P – E – C – T, find out what it means to me

Then, Zzzzzzssst! A jellyfish sting! On my arm. And again a minute later..... Zssst! My ankle. Ouch. I continue stroking along, Aretha is belting it out in my head, and I throw my left arm forward and breathe, then pull my hand back during the catch portion of the stroke and my hand slaps right into a big jellyfish and pushes it back. Zzzzsssst. Another sting on my wrist. I feel the mild sting and tingling in these localized areas where I've been zapped. I will be stung 8 or 9 times before I exit the water.

Wearing the sleeveless wetsuit is not feeling like a wise decision at this point.

I'm now probably halfway through the swim. I am not enjoying it much between the weird current and the jellyfish, so now I'm putting even more muscle into it just so I can get out of there faster.

"Sock it to me, sock it to me, sock it to me, sock it to me..."

I finally make it to the exit barge at 81st St., and I can't get out soon enough. I exit the barge, wipe the Hudson silt mustache off my face with the back of my hand, and break into a run right away, as I strip the wetsuit down to my waist. It is a half-mile run to the transition area, on concrete, in bare feet.

7:05-7:10: I'm in transition and I quickly step out of the wetsuit, throw it to the side, squirt my feet with water to wash off the dirt, and throw on the bike cleats, helmet, bike gloves, and purple singlet tank top with the Team In Training logo on it over my tri top, and off I go.

I'm riding north on the Hudson Greenway, swimmers who've just exited the Hudson are running south on my left, and to my right are bikers just out of transition. "On your left," I keep saying as I pass each biker. I put the bike into the lowest gear and make the right turn at "hot corner," a sharp turn that immediately becomes a short steep hill up to 79th Street., and I spin like mad to get up the hill quickly. Ultimately, after a few quick turns, we're on the West Side Highway. Yeah, baby.

The bike ride part of my race is great, it's fun, I feel strong and I pedal continuously, rather than coast, almost without exception the entire 25 miles. I'm keeping up a cruising speed of 18-19 mph and cranking it on the down-hills. Coach Alison, my personal coach, said to try to keep up the cadence and coast as little as possible. And I'm doing it. It feels good. I'm downing an ounce of apples & cinnamon-flavored Hammer Gel from my flask every 30 minutes – exactly what the coaches taught us to do to avoid bonking.

In the end I will be stung 8 or 9 times before I exit the water.

7 September 2008

I have two water bottles on the bike: one filled with Gatorade and one with water. I go for a sip of the Gatorade, around mile four I think, removing the water bottle out of the rear cage, and it slips through my fingers, hitting the highway with a thud and rolling off onto the shoulder of the road. Damn. And it was my NYCC liberty bottle too! Note to self: don't use favorite water bottles on race day. I keep going, but no electrolytes in the plan for the next hour and a half. I start conserving the single bottle of water.



The bike leg of the race will end up being my best of the three, in terms of performance and enjoyment.

9:10 a.m. It's about ten after nine and I've just slipped out of the bike shoes and helmet, and gloves, and I swallow a huge swig out of the remaining Gatorade in the extra supply I brought with me this morning. I wash that down with a little water, pull on my sneakers, the visor and shades, and out of transition I go. I run slowly up a short hill and out of Riverside Park, past the Eleanor Roosevelt Statue, and onto 72nd Street heading east towards Central Park. I notice how hot it is. Sweet Jesus ... the temperature is in the mid 90s and the humidity is off the charts. My legs haven't come back to me yet, not since I got off the bike. They are heavy as cement and running feels awkward. I take it slow, plodding along Central Park West. Each step of the run is a chore, and I wait patiently for my legs to feel normal again ... I'm just transitioning slower from the bike than I expected. Soon I'll get in a rhythm, slow and steady. That is what always happens, so I just plod along. That's what I tell myself.

As I get closer to the park, my friend Michelle waves from the sidelines and takes my picture. Hey Michelle! We did the race together last year, but this season, she was sidelined by motherhood. A block or so later, I am about to enter Central Park and there's my sister Sue and Mom and Dad waving from the sidelines, shouting and holding up signs. "Go Carol Go!" We blow kisses to each other and into the park I go.

I realize the hard time I'm having on the run so far is not about struggling to get my legs back after the cycling. It's this heat, and it's doing me in. I'm running north now, on West Drive, and even though many parts of the trail coming up are shaded, I'm just spent, like I have no gas in the tank. At all. What on earth? This can't be. I trained for this. I'm totally ready for this. But my body, my legs, are just not cooperating. I sip at my water bottle, a 50/50 mix of water and Gatorade, and it is warm. Very warm, sweet liquid--yuck.

It's right around now that I also realize how much the bottom of my right foot, from the toes down to the arch, is burning. I'd felt it before, but it is really radiating now. It's not a blister I don't think, because the pain isn't localized. I am pretty sure it is the jellyfish I felt sting my foot about halfway through the swim.

Ok, now I also have to pee.

I have five miles ahead of me and every time I land on my right foot it hurts, I have no energy, my legs are lead, the flats seem like uphill, my watered down Gatorade is warm and icky, and now I need to find a bathroom.

I run a little further, but I just can't sustain it. I decide to walk for a minute. And this is how it goes for the next five miles. I alternate between running and walking. When I pick up and run and try to sustain it, it feels impossible.

I'm frustrated; I want to maintain a steady run. Am I giving up too easily? Should I push through this? But I can't. I feel like a loser. I'm beating myself up, and spinning into negativity. I can't believe that I feel the need to walk even one second of this course. I didn't need to last year, and this year I'm arguably fitter and better trained. I don't think I realized then just how big of a factor the heat was.

I keep going, run, walk, walk some more, run. I realize I need to make a deal with myself. I need to get out of this negative spiral. I tell myself that any time I'm on a downhill, I need to run. On the uphill, it's okay to walk. And that is what I end up doing for the rest of the race.

Psssst. I do decide to take care of my need to ahem "go." I'm still on West Drive, around 97th, 98th Street, I think and I can't think of any park restrooms close to the trail. I can't hold out so I keep my eyes open for a dense spot, and I veer off the road into the bushes to my right a few minutes later. I find what seems like a pretty private area – for broad daylight in Central Park – and I just squat and go, right through the tri shorts. Is this too much information? Many triathletes I've spoken to or read about don't even bother to stop and find wooded terrain; the idea is to just keep running and let loose. I don't know. I'm not sure I could bring myself to do that, but I've now gotten pretty close. Does this mean I'm a hardcore athlete now?

I notice how hot it is. Sweet Jesus ... the temperature is in the mid 90s and the humidity is off the charts.

Oh, and I look up as I'm doing this and unfortunately, there are a few people on the bridge path about 100 feet away. Can they see me? I don't care anymore. I seriously don't. And I'm so relieved. Literally.

Off I go again, back onto the path. Up around Harlem Hill, I begin the final stretch along the East Drive, continuing to alternate running on the downhills and walking the uphill.

As I make my way south I pass Tamsyn, one of our TNT coaches, who calls out to see how I'm doing and she says something encouraging, though I don't remember what. A little further down, Michelle, another TNT coach, shouts to me "You can do it" as I pass. Further still, I happen upon Peter, a third TNT coach, and I've been walking a bit and he runs up alongside me and tells me to pick it up to a run again. That gives me a little oomph. He barks, "Straighten your body over your hips, lengthen your body." He reminds me I'm about to approach Cat Hill and it'll be downhill from there, he says. He tells me, "You've got this. Go finish strong."



By the time I hit the 72nd St. transverse, the distance left in my race is measured in hundreds of yards. I'm so close. I go up the little hill, around the fountain, and I suddenly get all choked up and I'm fighting back tears and I don't know why I'm crying, whether it is relief or disappointment or elation at being so close to the finish line. I'm about to loop down to hit the final couple hundred yards.

I push my body for that last little bit and I'm racing towards the finish line, which I can now see after that last turn. Again I see Sue and Mom and Dad, and I look at them and smile and then cross the finish line moments later.

A volunteer puts a medal around my neck and another volunteer is handing me a cold, wet towel that I instantly wrap around my neck. Then another volunteer asks me to hold still while she removes the timing chip around my ankle and yet another volunteer hands me a bottle of flavored water. I really prefer straight H₂O but I don't see any so I take the cold liquid from her.

I spy my parents and Sue as I come around the bend a few minutes later, just outside the finish line chute, and the waterworks start. As I walk over and get a big hug from Mom and then Sue and Dad, I'm crying, like really bawling. It is relief and frustration and fatigue all mixed together.

Despite the struggles, I will eventually find out that my final time for this race is ten minutes faster than

9 September 2008

the total I clocked last year in the same race. A personal record. But I wanted a much better time. It's about 15 minutes longer than I was shooting for. I did it, I did my best, and the people who matter the most to me were there to cheer me on. That made it all worthwhile.

The race is also as much about the process and the months leading up to the big day as it is about the day itself. Everything I did physically in the months leading up to the triathlon fed into my race goal, but each of those parts of the process were precious and hard-won.

I co-led the C-SIG the last few seasons, but this spring, I became a Siggie again, classifying as a B16. It was a thrill to step up my game, and I got a lot out of the experience, including my first taste of pace-lining.

All the early morning running sessions in freezing temperatures, the endless laps in the pool up in Harlem, and looping Central Park over and over again on my trusty Cannondale, became part of the fabric of this year's race. The workouts and the memories are lodged in my brain, and each muscle on my body that became more defined was a visible reminder of what I was doing and why.

I started racing because I wanted to lose 20 lbs. I continue racing for the love of the sport, the discipline of the training, and the adrenaline rush from overcoming challenges and accomplishing goals.

I don't know what my race calendar looks like for 2009. Some of my friends have signed up for Half Ironman and – gasp – Ironman races. I'm not sure those race distances are in my future, or whether I even have any desire to take it to that level, but I am amazed the question even crosses my mind.

One of my favorite quotes is this gem:

"Anything you can do or dream you can, begin it. Boldness has genius, power, and magic in it." - Goethe

Indeed.



**THERE'S STILL TIME TO REGISTER! GO TO
[HTTP://WWW.NYCC.ORG/ENY/INDEX.SHTML](http://www.nycc.org/eny/index.shtml) FOR MORE INFORMATION.**

NYCC ride listings guide

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

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

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

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

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

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

Your first NYCC ride

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

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

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

Lead a ride

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

A-rides

Betsy Hafkin

a-rides@nycc.org

B-rides

Skip Ralph

b-rides@nycc.org

C-rides

Susan Neiderman

c-rides@nycc.org

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

3 rides = NYCC water bottle

6 or more rides = NYCC t-shirt

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

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

PLEASE NOTE Metro-North requires prior notice for large groups (16 or more) on scheduled Bike Trains (Bike Trains are indicated by a bicycle symbol on the printed Metro-North time-tables) and groups of three or more cyclists on a non-bike train. When you submit a ride involving Metro-North to a ride coordinator, at the same time shoot an email off to our trusty Metro-North liaison, Hank Schiffman, at hschiffman1@nyc.rr.com. He will

manage all the details but he can not do it on a piecemeal, last minute basis.

Bicycles and trains

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

Bike passes are always required. Bike passes are available at Window 27 at Grand Central or by calling (212) 499-4394 or (718) 558-8228 for an application. Also try www.mta.nyc.ny.us/lirr/pub/bicycle.htm

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

HUDSON LINE

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

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

HARLEM LINE

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

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

NEW HAVEN LINE

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

depart	arrive
New Haven	GCT
2:55 pm	4:38 pm
3:51 pm	5:38 pm
4:51 pm	6:38 pm

September Ride Listings

Club rides

To keep abreast of any last minute changes, always check the **Ride Listings** on the website at http://www.nycc.org/ridesub/view/ride_listing.aspx or the **Message Board**: <http://www.nycc.org/mb/threads.aspx?B=1>

Monday, September 01, 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.

Wednesday, September 03, 2008

A19 30 mi 7:00 am

Wed AM River Road

Leaders: Sue Foster,
suefoster@nyc.rr.com; Sharon

Shachar,
sharon_shachar@hotmail.com

From: George Washington Bridge, NJ side bike path entrance

Alternate meeting time & place: 6:30 am at the Engineer's Gate (90th & East Dr.) Please rsvp Sharon if you plan on meeting her there.

Continuing the Wednesday morning routine--relaxed ride up River Road with regrouping at the top of the first and last hill. We typically ride the Alpine hill in its entirety (starting down at the marina). Then a 9W return maintaining a smooth rotating paceline. If weather is an issue, check the message board by 6:00 am.

B17 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!

<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, September 04, 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.

Friday, September 05, 2008

B18 65 mi 9:00 am

Rockland Hills

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

From: City Hall Park, Opposite Brooklyn Bridge

Optional 9:25 start from Eleanor Roosevelt Statue 72nd and Riverside Dr. Call or e-mail to confirm

Saturday, September 06, 2008

A19 61 mi 8:30 am

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

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

From: Central Park Boathouse

This route is challenging, pretty, and, maybe best of all, very lightly trafficked. Come knowing you will have to wait atop four climbs for the leader who leads from the rear on all uphill...not by choice but by deficiency.

B17/18 75 mi 8:00 am

Whip-poor-will

Leader: Maggie Nguyen,
mnguyen_va@yahoo.com, 212-729-7298

From: Central Park Boathouse

This is a classic A19 ride from the olden days. This ride is definitely NOT for the easily intimidated. We will be climbing all day. And just when you thought there couldn't be another hill, there it is. Whippoorwill is hilly with beautiful houses. Next comes Roaring Brook's 18% hill. If you have a spare granny ring, install it! And make sure you lean forward so your bike doesn't fall back backwards. Then there's Hardscrabble. If this is hard scrabble, I don't want to know what Hardchess would be like! Lunch is not until mile 45 after climbing the aforementioned hills so bring pocket food. We'll find a snack break around mile 25. There will be some climbing before arriving in Tarrytown. At this point, every little hill seems like a b*tch, including something as tame as Bennett on the way home.

This is one of the most challenging and rewarding rides I've lead all year. You will definitely be whining and b*tching on the way home.

Bailout points include Tarrytown (bring your Metro North bike permit), various other Metro North stops and subways once we hit the city. Ride starts and ends at the Boathouse. Please come early so we can sign in and get an on time departure.

Here are the ride stats from my scouting ride -
<http://trail.motionbased.com/trail/activity/6534403>. I had my computer off for 10ish miles so some of the stats are not perfect.

Wednesday, September 10, 2008

A19 30 mi 7:00 am

Wed AM River Road

Leaders: Sue Foster,
suefoster@nyc.rr.com; Sharon Shachar,
sharon_shachar@hotmail.com

13 September 2008

From: George Washington Bridge, NJ side bike path entrance

Alternate meeting time & place: 6:30 am at the Engineer's Gate (90th & East Dr.) Please rsvp Sharon if you plan on meeting her there.

Continuing the Wednesday morning routine--relaxed ride up River Road with regrouping at the top of the first and last hill. We typically ride the Alpine hill in its entirety (starting down at the marina). Then a 9W return maintaining a smooth rotating paceline. If weather is an issue, check the message board by 6:00 am.

Friday, September 12, 2008

B18 65 mi 9:00 am

Rockland Hills

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

From: City Hall Park, Opposite Brooklyn Bridge

Optional 9:25 start from Eleanor Roosevelt Statue 72nd and Riverside Dr. Call or e-mail to confirm

Saturday, September 13, 2008

A19 61 mi 8:30 am

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

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

From: Central Park Boathouse

This route is challenging, pretty, and, maybe best of all, very lightly trafficked. Come knowing you will have to wait atop four climbs for the leader who leads from the rear on all uphill...not by choice but by deficiency.

A19/20 75-100 mi

7:30 am A Bridge Too Far (NYC to Poughkeepsie)

Leaders: Ron Gentile,
gentilero@sullcrom.com, 917-710-0047; Scott Wells,
swells@rcsworks.com, 646-824-5204; Kevin Cruickshank,
kevinnyc@mac.com, 917-756-8345

From: Central Park Boathouse

A (slightly) new take on Fred Steinberg's classic route. We'll take quiet, scenic backroads by the Jersey lakes and along the Hudson, check out the views from Storm King and roll through the fruit orchards of Ulster County (although those wishing to bail at Beacon at mile 75 are welcome to do so—we won't tell). Return will be via MNR from Poughkeepsie.

Bring plenty of fluids (at least two bottles), train fare and all the usual. There will be a few challenging climbs, but nothing to cry about. Check the message board if the weather looks iffy.

Sunday, September 14, 2008

B17 70 mi 8:30 am

Ride-Swim-Ride - Long Beach

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

From: 2nd Ave @ 34th St [8:30am]
Grand Army Plaza [9:30am] entrance to Prospect Park at Union St

The summer's not over, the water is still warm, the swimming is great, so why not one last hurrah? We repeat, by popular demand, our Ride-Swim-Ride. I'll need someone at Prospect Park to leave me their cell should we have a mechanical on the way. Also, if you don't see us there at 9:30 call Hal 917 822-5401 or Marcy 201-327-9429. We did this in July & for the past 2 years and everyone had a fantastic time, even me. 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 I did in July, I am collaborating with Apollo, for a gorgeous, sunny day, as

we head to Long Beach. Don't forget to bring your bathing suit, a towel and, naturally, sunscreen. Of course Marcy will 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. Remember, you just planned a great weekend. Usual cancels and usual regulations apply (helmet, bike in working order). Check message board, 7am, for cancellation. Now let's go have some fun.

Wednesday, September 17, 2008

A19 30 mi 7:00 am

Wed AM River Road

Leaders: Sue Foster,
suefoster@nyc.rr.com; Sharon
Shachar,
sharon_shachar@hotmail.com

From: George Washington Bridge, NJ
side bike path entrance
Alternate meeting time & place: 6:30
am at the Engineer's Gate (90th & East
Dr.) Please RSVP Sharon if you plan on
meeting her there.

Continuing the Wednesday morning
routine--relaxed ride up River Road
with regrouping at the top of the first
and last hill. We typically ride the
Alpine hill in its entirety (starting
down at the marina). Then a 9W
return maintaining a smooth rotating
paceline. If weather is an issue, check
the message board by 6:00 am.

Friday, September 19, 2008

B17/18 45 mi 8:50 am

Staten Island Perimeter

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

14 September 2008

From: Staten Island Ferry, Manhattan
Terminal

Perimeter of Staten Island with some
interior hills. Picnic lunch at
Tottenville Conference House
overlooking Raritan Bay. (weather
permitting) Please call or e-mail to
confirm.

Wednesday, September 24, 2008

A19 30 mi 7:00 am

Wed AM River Road

Leader: Sue Foster,
suefoster@nyc.rr.com, 212-874-1388

From: George Washington Bridge, NJ
side bike path entrance

Continuing the Wednesday morning
routine--relaxed ride up River Road
with regrouping at the top of the first
and last hill. We typically ride the
Alpine hill in its entirety (starting
down at the marina). Then a 9W
return maintaining a smooth rotating
paceline or, perhaps, a return via River
Road again for more hills. If weather
is an issue, check the message board
by 6:00 am.

***Note: There is no 6:30 am meeting
at the Engineer's gate***

Saturday, September 27, 2008

A19 70 mi 8:30 am

**Perkins / Bear Mountain /
Garrison**

Leader: Carmen Aguero,
carmenaguerosf@yahoo.com, 415-
717-7314; Derek Chu,
derek_chu@hotmail.com, 908-872-
1894; Ryan Abshire; Jonathan Hart

From: Central Park Boathouse

Join us to watch the changing leaves
of fall on a beautiful ride to Bear
Mountain. At 5,167 cumulative
vertical feet, this route goes to the
base of four classic hill climbs
including Little Tor, Gate Hill, Tiorati

Brook, and Perkins. The ride ends at
the Garrison Metro North Station. Cue
sheets will be provided.

Single paceline skills are very helpful.
Bring a bike in good condition, tubes,
means of inflation, pocket food and a
Metro North rail pass. Usual cancels
and watch the message board for
updates.

B15 64+/- 7:30 am

**Bear Mountain and Other
Terrific Views**

Leaders: Linda Wintner,
lwintner@metlife.com, 212-876-2798;
Justin Devuyst, justin@devuyst.com,
845-641-0838

From: Grand Central Terminal,
Information Booth

Join us for a beautiful ride - taking the
7:50am Metro North train to Garrison,
NY and riding 8 miles to Perkins
Memorial Drive (Bear Mountain). We
will climb at our own pace and
regroup at the top for a gorgeous view.
Then we will take 9W to Stony Point,
have a snack, and then ride through
Tomkins Cove and admire the little
picturesque harbors. Then, we
continue on 9W to Rockland Lake
Park to get to the Nyack Bike Path.
This path hugs the Hudson River and
if you haven't ridden it before, you are
in for a treat. We'll have a late lunch
in Nyack and return via Churchill or
Walnut. This ride is a bit hilly, but
wonderfully scenic. We'll plan to
return to the City between 4:30 and
5:30. Please bring a Metro North train
pass, plenty of water, and some
snacks.

Sunday, September 28, 2008

B15/16 57 mi 7:40 am

**Deepest Westchester
(Almost)**

Leaders: Fred Leffel, fleffel@aol.com,
212-982-0253; Lisa Kersavage,
lisakersavage@yahoo.com, 646-554-
4372

From: Grand Central Terminal,
Information Booth

This will be an abbreviated version of the B SIG "Deepest Westchester" ride, certainly one of the prettiest rides in our repertoire. We'll meet at the information booth at Grand Central Station at 7:40 AM and take the 7:55 to White Plains. From there we ride through beautiful upper Westchester, taking in Bedford and Somers. We'll catch some hills along the way (a few steep, but short) and, if we're lucky, some nice fall weather. I'm shortening the B SIG route to end the ride at mile 57, taking the Metro North from Goldens Bridge so as to arrive back in Manhattan at a reasonable hour. For

the intrepid among you, though, I'll have a cue sheet that guides you further south, through Tarrytown (70 miles), the Bronx (82 miles) and Manhattan (102 miles). Don't forget your Metro North bike passes, water and some pocket food.

C+14 50+ 7:45 am

Touring - 50-Plus

Leader: Marilyn & Ken Weissman,
molynina@yahoo.com, 212-222-5527
From: Grand Central Terminal,
Information Booth

After the 8:07AM bike train drops us at Noroton Heights, CT., we'll spend the day wandering north toward

Putnam County, then west, then southwest, until using MN again to return from Tarrytown. Last year, many participants continued south, all the way back to the #1 train. You must be either 50 or more years old or bring a friend so that your total ages equal 50 or more. There will be at least one turn for each year, together with an equal number of modest ups 'n downs. This ride bridges NYCC "C" and "B" categories, and will be best enjoyed by experienced riders. But then, by this time of year, we all are. Right! Please bring Metro North passes, helmets, snack foods, and water in addition to a spare tube and a bike in great operating condition.

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

53x11 Coffee

Use this online code to receive your discount (NYCC). Check us out at <http://www.53x11coffee.com>

Accelerade Products

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

A Bicycle Shop

163 West 22nd Street, NY, NY
(212) 691-6149,
www.a-bicycleshop.com
info@a-bicycleshop.com; 10% off non-sale items (not items already discounted).

Bicycle Habitat

244 Lafayette Street, NY, NY
<http://bicyclehabitat.com/>
212 431-3315; 10% off parts and accessories. No discount on bicycles.

Bicycle Heaven

348 East 62 Street, NY, NY
212 230-1919
8.25% off accessories and repairs.

Bicycle Workshop

175 County Road, Tenafly NJ 07670
<http://www.bicycleworkshop.com/>
201 568-9372; 10% off parts and accessories

Bicycle Renaissance

430 Columbus Avenue, NY, NY

<http://bicyclerenaisance.com/> 212 724-2350; 10% off repairs and accessories (not on sale items and new bikes)

Conrad's Bike Shop

25 Tudor City Place, NY, NY
<http://www.conradsbicycles.com/>
212 697-6966
conrads.bikeshop@verizon.net; 8.25% off parts, accessories and repairs.

Gotham Bikes

112 West Broadway, NY, NY
212 732-2453, gotbik@aol.com
<http://togabikes.com>
10% off parts, accessories and repairs.

Larry's 2nd Ave. Bicycles Plus

1690 2nd Ave. at 87th Street, NY, NY; 212 722-2201,
<http://larrysbicyclesplus.com/index.cfm>
15% off parts & accessories; 5% off bikes.

Master Bike Shop

225 West 77th Street, NY, NY
<http://www.masterbikeshop.com/>
212 580-2355; 10% off parts, accessories, and bicycles.

Piermont Bicycle Connection

215 Ash Street, Piermont, NY 10968
845 365-0900 and 4 Washington St,
Tenafly, NJ 07670, 201 227-8211
www.piermontbike.com ; 10% off

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

SBR

203 West 58th (7th Ave), NY, NY
<http://www.sbrshop.com/>
(212) 399-3999
5% off all in-store merchandise, including bikes

Sid's Bikes

235 East 34th St NY, NY
212 213-8360
151 W 19th St (7th Ave) NY, NY
212 989-1060
<http://www.sidsbikes.com>
10% off accessories and clothing.

Toga Bike Shop

110 West End Avenue, NY, NY
212 799-9625
1153 First Ave @ 63rd, NY, NY
530 N. Highland Ave (9W), Nyack, NY
<http://togabikes.com/>
email@togabikes.com
10% off parts, accessories and repairs.

Turin Bicycle

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



2008 MEMBERSHIP CARD