

# NYCC BULLETIN

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



## ***Inside:***

***Escape New York Recap: p. 2, 7***

***Calling All Singles! p. 4, 13***

***October Club Meeting: Base Training, Injury Prevention  
and Recovery—Maintaining Fitness in the Off Season:  
p. 3***

***Connecticut Shoreline Ride: p. 4, 15***

***Painting the Town Purple: p. 9***

## President's Letter

Every so often, something very cool happens, so cool, that you can talk about for the rest of the year, and never get tired of it... the 2008 Escape New York is a case in point.

On Saturday, September 20, 2008, the New York Cycle Club put over 800 cyclists on the road. 800 cyclists... wow! There were only 300 Spartans at Thermopylae, and they changed the world.

We signed up 30 new members that day. I spoke with several of them, and there was one consistent theme in every conversation: they joined because this year's ENY was one of the best rides they'd ever been on. Of course it was! It *was* after all, an **NYCC** event!

As club president, many of the participants I spoke with (and I talked to several hundred people, both at Sakura Park and the pavilion in Piermont) thanked me for a wonderful ride. They were thanking the wrong person. They could have thanked anyone from a group including ENY Chair, **Ellen Jaffe**, the members of this year's ENY committee, or the more than 120 volunteers who helped put the ride together. Actually, they could have thanked *any* NYCC member! The ENY was a total, all out, no holds barred NYCC party! And the results of these efforts showed in ways that weren't always obvious. Club members who rode this year's ENY became club "ambassadors" for the day.

(Continues on next page)

## NYCC Board of Directors



President  
**George Arcarola**  
[president@nycc.org](mailto:president@nycc.org)



VP Programs  
**Hal Eskenazi**  
[events@nycc.org](mailto:events@nycc.org)



VP Rides  
**Kay Gunn**  
[kaygunn@gmail.com](mailto:kaygunn@gmail.com)



Secretary  
**Ellen Jaffe**  
[ellen@ellenjaffe.com](mailto:ellen@ellenjaffe.com)



Treasurer  
**Jeffrey Ignall**  
[jcnycc27@yahoo.com](mailto:jcnycc27@yahoo.com)



Public Relations  
**Ingrid Wiegand**  
[ingrid.w@verizon.net](mailto:ingrid.w@verizon.net)



Special Events  
**Hal Eskenazi**  
[events@nycc.org](mailto:events@nycc.org)



Membership  
**Neil Botwinoff**  
[membership@nycc.org](mailto:membership@nycc.org)



A-Rides Coordinator  
**Betsy Hafkin**  
[a-rides@nycc.org](mailto:a-rides@nycc.org)



B-Rides Coordinator  
**Skip Ralph**  
[b-rides@nycc.org](mailto:b-rides@nycc.org)



C-Rides Coordinator  
**Susan Niederman**  
[c-rides@nycc.org](mailto:c-rides@nycc.org)



Co-Editor  
**Carol Krol**  
[bulletineditor@nycc.org](mailto:bulletineditor@nycc.org)



Co-Editor  
**Dana Gordon**  
[bulletineditor@nycc.org](mailto:bulletineditor@nycc.org)



Webmaster  
**James Englert**  
[webmaster@nycc.org](mailto:webmaster@nycc.org)



Past President  
**Jeff Terosky**  
[nyccterosky@gmail.com](mailto:nyccterosky@gmail.com)

## NYCC BULLETIN

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 © October 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 [membership@nycc.org](mailto:membership@nycc.org). Include your name and full address in your message.

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

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

Submissions: Email your text and/or photos to [bulletineditor@nycc.org](mailto:bulletineditor@nycc.org)

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

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

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

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

Thanks!  
Dana Gordon  
&  
Carol Krol

NYCC Co-Editors

(President's Letter cont.)

I was informed that NYCC members (we know they were members, because they put in a plug for the club) stopped on the road to help total strangers with flats and other mechanical issues. Of course, I was hardly surprised; this is what the members of *this* club do, day in and day out. As society/gossip columnist Cindy Adams says, "only in New York kids, only in New York".

Winston Churchill once said that, "We make a living by what we do, but, we make a life by what we give."

The NYCC made one heck of a gift to cycling community of Greater New York with ENY, you should *all* be proud!

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

---

## UPCOMING CLUB EVENTS

### October NYCC Club Meeting

**"Base Training, Prevention and Recovery: rebuilding after an injury, lapse, overtraining or participating in a strenuous event, and maintaining your fitness in the off season."**

**Speaker: Mark Merchant, Alta Health and Fitness Center**

**Date: Tuesday October 14**

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

**Happy Hour: 6:00 pm**

**Dinner: 7:00**

Healthy buffet including grilled chicken, rice, vegetable lasagna, vegetables, shepherd's pie and green salad, coffee / tea

**Program: 8:00-9:00**

**Dinner: \$23 (cash only)**

**Program only: no charge**

Our October program will focus on effective training to build your fitness during the "off season" winter months, and rebuilding your fitness after time away from the bicycle, perhaps because of injury, overtraining, or participating in a strenuous event. Base training is not only for the winter or early season--many of us can benefit at any time of the year from a regrounding by using simple methods that build fitness to appropriate levels. In addition, there will be a discussion on common injuries in cycling, how to avoid them and deal with them when they do occur.

Our speaker **Mark Merchant** is co-owner of **Alta Health and Fitness Center**, which focuses on recovery and the prevention of injuries due to overuse, whether from athletic endeavors or from work-related stress. A seasoned athlete, Mark has challenged himself in 24-hour mountain bike races, 24-hour adventure races, road racing and mountain bike racing. This experience has given him great insight into the development, care, and continuing improvement of athletes at all levels.

Come and join us for the fun. Members in attendance before 8pm will have the opportunity to win a free gift certificate at the end of the presentation. Mark will remain in after the meeting to answer any questions, or you may contact him at: **Alta Health NY** 1841 Broadway suite 600 New York NY 10023, (212) 956-2900, [mmerchant@alta-ny.com](mailto:mmerchant@alta-ny.com)

---

**NYCC October Special Event**  
**Saturday, October 25, 2008**  
**7 PM 'til ?**  
**All Class Singles Dinner**  
**Location: Top Secret! For Invitees Only**

This is a buffet style, potluck dinner for **SINGLE, NYCC Club MEMBERS ONLY.**

Why? Because we want to meet and get to know each other. This is a perfect opportunity to meet other singles in the club in a relaxed NYC apartment setting. Come join your hosts Maggie Nguyen, our match.com ride guru (no affiliation with the Web dating service or any other dating service) and Daniel Wolf Savin, at a secret location on the Upper West Side. RSVP to [savin@astro.columbia.edu](mailto:savin@astro.columbia.edu). Each attendee must reply individually. Let us know what you'll be bringing from the list below and your gender so we can balance things out, and you'll receive a confirmation with the exact address.

**In addition to you, we'll need these things to make it a party:**

\* Chips and dip \* Veggies and dip \* Nuts \* Other appetizers \* Main courses (all sorts) \* Side dishes \* Desserts \* Beer \* Wine \* Soda \* Seltzer \* Juice \* Paper plates (large) \* Paper plates (small) \* Paper bowls \* Plastic utensils \* Cups \* Napkins and paper towels \* Ice

If everyone spends about \$20 there should be more than enough for all. Please don't all offer to bring beer, wine, or dessert. RSVP early and you'll get to bring what you want; RSVP later and you'll be asked to bring the missing items so we have a good balance of munchies, food, and drinks.

Space is limited to 50 people, so don't delay - reserve a spot now. If you do reserve and can't make it, please inform Daniel ASAP so he can invite others on the waiting list.

**Remember, this is a party for SINGLE, NYCC Club MEMBERS ONLY.** And, before you ask, no, you are not considered single if your significant other is out of town and you need a place to hang out. Single means you are on the market and dateable!

Be certain to wear nice socks as all guests will be asked to take their shoes off at the door. Helmets not required .... we wouldn't want you to mess your hair!

Join your friends, meet some new ones and expand your possibilities. Come and enjoy this first ever, buffet style, potluck dinner, at the NYCC, Club MEMBERS ONLY, All Class SINGLES Dinner.

---

**NYCC October Special Ride Event**

**Sunday October 26, 2008**  
**New Haven - Ride and Party . . .**  
**including Pepe's Pizza!!**

Join us for NYCC's 17<sup>th</sup> annual  
**Connecticut Shoreline Ride!**

Yes, it's a **Ride** and a **Party**. If you haven't done this ride before you owe it to yourself to come out and have some real fun. We meet at Grand Central, take Metro North to New Haven, split into ride groups, and ride to various locations along the beautiful **Connecticut shoreline**. (Oh, that fall foliage!) There will be **rides at all levels**-check the Bulletin & [nycc.org](http://nycc.org) for ride details.

Then the fun really begins as we return on the 4pm train. We **party on the train** as Metro North provides NYCC with TWO cars, and 15 pies (from Pepe's, natch) & soda are delivered to the station for us!!!

Since the clocks won't be set back for another week, it will be a little dark when you awake.



Don't let that deter you as it will be well lit when we arrive to ride. So join your friends for the annual Connecticut Shoreline **Ride** and **Party**. Don't hang your bike up for the season just yet!

Questions: Contact Gary McGraime,  
[garynycc@aol.com](mailto:garynycc@aol.com).

---

## Sneak Preview! 2008 New York Cycle Club Jersey



**The new 2008 NYCC jerseys will soon be available for sale!**

**And the winner is . . .** The jerseys and jackets were designed by NYCC member **Richard Rosenthal**, who also designed the Liberty-Helmet and Brooklyn Bridge-Wheel jerseys. Manufactured by Sugoi, the jerseys are available in men's and women's sizes. We expect the sizing on both garments to run "normal." When ordering, choose as you would your regular clothes. We are hoping to have samples to try on for size at our monthly meeting very soon.

Club jerseys will be available to members only and only through Active.com. We will post the link for purchase as soon as we have it . . .





## SAVE THE DATE!

### NYCC's Annual Holiday Party

**Date:** Saturday, December 06, 2008

**Time:** 6:30 PM

**Place:** Woolworth Building – Woolworth Tower Kitchen  
233 Broadway, corner of Barclay St.

Our holiday party at this venue was a blast last year, so we're heading back to the scene of the crime!!

Join us for the Annual NYCC Holiday Party! Meet new friends and re-connect with old friends. You'll enjoy excellent cuisine, and plenty of dining and dancing in this festive space. Come on out and spend a few hours celebrating with us!

If all that doesn't convince you, back by popular demand, Gary McGraime will be making an appearance on the dance floor, sweatin' to the oldies and the new tunes.

**Cost/RSVP:**

\$50 until November 13, \$55 until November 28, and thereafter \$63 cash at the door only. Sign up with Active.com: go to <http://www.nycc.org/events/2008HolidayParty.shtml> for the link to Active.com, or start at <http://www.nycc.org> and follow the link. Online registration closes November 28 at 11:59 PM.

NN98

THE PICTORIAL NEWS CO.  
N.Y.

## **2008 Escape New York Winners!**

Here's the list of lucky winners from our Escape New York raffles! If you have not yet picked up your prize, contact [ENYInfo@nycc.org](mailto:ENYInfo@nycc.org). Congratulations to all our winners! And thanks to our generous sponsors for making this possible.

### **ENY '08 Raffle Grand Prize:**

Trek Madone 5.2 - Patty MacNaught

### **53x11 coffee for cyclists**

Patrick Anderson  
Brian David  
Martin Toulouse  
James Dane  
James De Filippis  
Jason Offenharte  
Carlos Duhaime  
Anna Ostrovsky  
Bradley Erikson

### **Boudreaux butt paste - 3 caps with t shirt**

Nilesh Zacharias  
Jordi Fernandez  
Neal Fujishige

### **Trader Joe's Gift Basket - Jesse Graham**

### **Signature Cycles - bike fit - Michael Harrigan**

### **Betsy Hafkin - one hour massage - Cindy Weiss**

### **Dixon's Park Slope:**

**Helmet** - Tim Scanlon  
**Cateye Velo 8 Bike Computer** - Jayson Jacobs

**Bar XII - \$100 gift certificate** - Ray Thomas  
**The Bike Book - signed copy** - Mikko Santavuori

**Reyna Franco Nutrition - one hour consultation** - Samantha Anguello

### **Cadence Cycling & Multisport**

**One pedal analysis** - Vincent Masi  
**One lactate threshold test** - Danielle Culp  
**One free month of coaching** - Rzni Zarnegar  
**Pass for two free classes** - Turgut Cankorel  
**Pass for one free class** - Jessica Boucher

### **Alchemy Goods**

**Messenger bag made from reclaimed bike inner tubes and car seat belts** - Sonia Juan

### **Maggie's Meals - delivery only in Manhattan**

Caroline Bragdon  
Rachel Cole  
Jim Swigart  
Anne Van Loon  
Mark Hugel

### **Lightload Towels**

Steve Geiger  
Nadim El Gabbani  
Nicholas Hagen  
Antoine Trepert

## Who's In Your Club?

### Catching Up with . . . Caroline Bragdon

Member since 2001



Photo by Glenn Capers

#### \* How many bikes?

I have two road bikes, one is a Litespeed Siena and the other is a Specialized Dolce.

#### \* Pre-ride breakfast?

Whatever I can find in the fridge and coffee.

#### \* Favorite ride destination?

The Orchard at South Mountain Road, but I almost always just end up going to Nyack.

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

Out Stealing Horses by Per Petterson which I loved.

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

I'm a research scientist at the NYC Department of Health and Mental Hygiene and I work part-time at the YMCA.

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

I always do *Braking the Cycle* – it's a 275-mile, 3-day ride that raises money for the LGBT Center on 13<sup>th</sup> Street. It's one of the best planned and most fun rides I do every year for an incredible cause. We just

rode from Gettysburg to NYC this past weekend [Sept. 26-28] and next year we are riding from Boston to NYC and I can't wait!

### And speaking of *Braking the Cycle* . . .

On September 10<sup>th</sup> riders for *Braking the Cycle*, including NYCC B-Rides Coordinator, **Skip Ralph**, presided over the NASDAQ Closing Bell along with beneficiary organization, the Lesbian, Gay, Bisexual and Transgender Community Center. In honor of the occasion, Jeffrey H. Klein, Capital & Major Gifts Officer for the Lesbian, Gay, Bisexual and Transgender Community Center, is joined by riders and and Co-chair of board of directors, Greg Passin.

*Braking the Cycle* has delivered over \$1 million to support the HIV/AIDS services of the Lesbian, Gay, Bisexual & Transgender Community Center, while spreading awareness about HIV in communities across 275 miles on a 3-day bicycle ride from Gettysburg to Manhattan.

For the full story visit:

[http://www.nasdaq.com:80/reference/200809/marketclose\\_091008.stm](http://www.nasdaq.com:80/reference/200809/marketclose_091008.stm)



NYCC B Rides Coordinator Skip Ralph, 5<sup>th</sup> from left, with riders for *Braking the Cycle*





## Yahoo Paints the Town Purple (and you can too!)

Web giant Yahoo! is behind a new initiative called the Purple Pedals Project that will follow 20 bikes around the world. The promotion is part of a larger branding campaign Yahoo launched in late September called Start Wearing Purple.

Yahoo equipped 20 bikes – purple of course – with GPS devices and handlebar-mounted cameras on a swivel-enabled housing that take a picture every 60 seconds. Then the GPS data and the picture are automatically uploaded to Flickr so that those journeys are documented and people can follow their progress.

A series of solar panels and a battery pack on the rear rack are its power source. Electra Bicycle Company supplied the custom-painted purple Electra Townie bikes.

One extremely cool part of the story for us locals is that the technology behind the project was built in a quaint little borough known as Brooklyn.

According to Yahoo, Uncommon Projects, a DUMBO-based technology company, created the software and hardware to make it all work. Then Quill Hyde, a designer and metal fabricator in Red Hook, built the housing for the technology, which needed to be effective but also fit the bikes' aesthetics.

"For me, all the components of the yBike needed to be homogenous ensuring a Cadillac ride, not a Frankenstein gallop," said Jason Anello, in Yahoo's Yodel Anecdotal blog. Photo site Flickr will plot the images and data on a Yahoo Map, and the blog -- <http://purplepedals.com/?p=14> -- will document and share the bikes, the riders and their adventures.

Fourteen of the so called yBikes have been given to various photographers and cyclists in U.S. cities, but one of them could be yours if you win the contest.

One bike will be given to the rider who best explains in 200 words or less why they should have one: <http://startwearingpurple.yahoo.com/#/home>. **The contest runs from Oct. 1 to Oct. 21.**

Yahoo says the remaining yBikes will be passed around for guest rides between bloggers, Yahoo! users, and various technology meet-ups, conferences and events. – editor

# NYCC ride listings guide

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

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

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

A number following a letter indicates the target cruising speed on flat roads: e.g. **B15** = B level at a 15 mph cruising speed.

**Cruising speed** indicates the ride's speed on flat terrain. Average riding speed over rolling terrain is generally 3 mph less than cruising speed. This will vary plus or minus 1 mph, according to terrain. Overall speed, including all rest and food stops, is about 3 mph less than average riding speed.

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

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

## Your first NYCC ride

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

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

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

## Lead a ride

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

### A-rides

Betsy Hafkin

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

### B-rides

Skip Ralph

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

### C-rides

Susan Niederman

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

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

**3 rides** = NYCC water bottle

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

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

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

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

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

## Bicycles and trains

**Bike trains** On Saturdays and Sundays, 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](http://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
<b>GCT/125th</b>	<b>Poughkeepsie</b>
7:51/8:02 am	9:46 am
8:51/9:02 am	10:46 am

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

### HARLEM LINE

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

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

### NEW HAVEN LINE

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

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

# October 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/ridelist.ing.aspx>

or the **Message Board**:

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

### Wednesday, October 01, 2008

**A19 30 mi 7:00 am**

#### Wed AM River Road

Leader: Sue Foster,  
[suefoster@nyc.rr.com](mailto: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\*\*\*

**B17 10 mi 7:00 am**

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

Leader: Maggie Nguyen,  
[mnguyen\\_va@yahoo.com](mailto: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>

11 October 2008

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.

### Saturday, October 04, 2008

**A19 75 mi 7:00 am**

#### Port Jervis

Leaders: Kevin Cruickshank,  
[kevinnycc@mac.com](mailto:kevinnycc@mac.com), 917-756-8345;  
Charlie Collins, [cjcollins@sprynet.com](mailto:cjcollins@sprynet.com)

From: George Washington Bridge, NJ side bike path entrance

Let's take advantage of the cooler weather and fall colors on this scenic, hilly ride that goes through the Greenwood Lake area and black dirt farms of Orange County. The ride ends with a really nice decent into Port Jervis, where burgers & beer await. Optional excursion across the bridge into PA for a tri-state ride. Cooperative paceline with a regroup at the top of each of the three major climbs. Train ride back to NYC.

Come prepared. There are no bailouts. RSVPs are always appreciated.

**A21-23 50-60 10:00 am**

#### Hogwisch '08-'09 Series

Leader: Todd Brilliant,  
[toddtheracer@yahoo.com](mailto:toddtheracer@yahoo.com), 646-651-9760

From: George Washington Bridge, NJ side bike path entrance

The hogwisch rides are back for another fall and winter. What's a hogwisch ride? Beats me! But seriously, there's nothing unique or mysterious about these rides. Basically, expect a cooperative and smooth paceline ride with one stop, usually in Nyack. Last year we made our stop at the Toga bike shop on 9W after climbing Little Tor via Strawtown Rd. We may do something different this year.

Things you can expect on this ride: No maps or cuesheets, few turns, short bathroom break and a fast, steady pace.

Rain usually cancels ride. Cold usually doesn't. Check message board for updates.

**B18 65 mi 8:00 am**

#### The Masochist Ride

Leaders: Maggie Nguyen,  
[mnguyen\\_va@yahoo.com](mailto:mnguyen_va@yahoo.com), 212-729-7298; Jim Galante, [jim@jimgalante.com](mailto:jim@jimgalante.com), 212-529-4300

From: Central Park Boathouse

Hills, hills and more hills. Why do we climb them? Because they're there. Self-inflicting pain, indeed.

As Richard puts it, this ride is as slow as a B18 ride gets. As much as I like hills, I won't be the first one to the top, so please wait for me.

This ride is not for the easily intimidated. Bring your granny chain ring. This is not your average ride to Piermont. I put in as many hills as possible (River Road, Clausland, Tweed, Bradley, South Blvd (and a scary Ash downhill) before lunch in Piermont at mile 40. Bring pocket food because we're mostly in quiet neighborhoods so no snack break before lunch. We'll hit the Presidents (and a photo op at the Devil's Tower) before heading home on 9W.

Please come early so we can sign in and have an on-time departure.

**C13 42 mi 9:05 am**

#### Scarsdale

Leader: Scott Wasserman,  
[swrides@earthlink.net](mailto:swrides@earthlink.net), 914-723-6607

From: Central Park Boathouse

If it's warm enough, and I'm guessing it will be, we can buy lunch at the deli and carry it across the street to Chase Park. It's Westchester so there are always options to get trains in case the weather turns bad.

## Sunday, October 05, 2008

**A19 50-55 mi 9:00 am**

### A-19 Ride Nyack

Leaders: Kim Garner,  
[kim.garner@umusic.com](mailto:kim.garner@umusic.com), 917-968-5781;  
Tania Simoncelli,  
[tsimoncelli@earthlink.net](mailto:tsimoncelli@earthlink.net), 917-495-5867

From: Central Park Boathouse

Nyack the hilly way

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

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

Leader: Jay Jacobson,  
[joanandjay@aol.com](mailto:joanandjay@aol.com), 845-359-6260

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

Specific destination will be determined by abilities and wishes of riders but will be in the general direction of quaint rivertowns of Piermont/Nyack. Routes may include Esplanade/Rio Vista, River Road, Clausland & Tallman Mountains, Bradley, Tweed, Christian Herald/Storms and/or the newly paved \$multimillion Orangetown railtrail. Some hills, but we will patiently wait for slower riders. Stunning scenery and riv vus guaranteed. A brief stop at a mini bike/touring museum may be included.

**B17 80 mi 8:50 am**

### STL No. 1

Leaders: Neile Weissman, [soupstone-at-mindspring-dot-com](mailto:soupstone-at-mindspring-dot-com); Michael Notaro

From: to be scheduled

"Share the Load": A new series featuring eclectic routing; plenty hills; and good company. (Well, maybe two out the three.) In short, we want to put together a series of "leader's rides" i.e. a support group for leaders to try out new ideas:

Ten or so series regulars with six riders per ride. Each participant responsible to plan/co-lead some of the rides; Sundays the default ride day, Wednesdays for hooky/scouting; Check message board

mid-week for ride details, updates and status.

RSVP with a cell phone if you're on. Ride will be held if three or more RSVP.

**C13/14 16 mi 9:25 am**

### Solidarity/Advocacy Ride to Cycling Safety

Leader: Laurie Godfrey,  
[Godfrey565@yahoo.com](mailto:Godfrey565@yahoo.com), 212-799-6139

From: Grand Central Terminal, Information Booth

Westchester Cycling Club is running a rally ride, meeting at the juncture of rtes 100 and 118 at 11:30 a.m Sunday to protest the dangers of cycling on rumbles that were placed on a stretch of road close to that site. We will meet at Grand Central and board the 9:48 train to Katonah, riding 6 miles to the rally and then joining the larger group for an 8 mile loop of the rumbled road. At the end of the loop there will be lunch (sandwiches) provided and a few speakers. If there is group consensus, we will ride some distance longer and end back in Katonah for the return train. Please notify me if you want to join in by e-mailing me at: [Godfrey565@yahoo.com](mailto:Godfrey565@yahoo.com) Check message board for rain cancellation. Laurie Godfrey

## Tuesday, October 07, 2008

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

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

Leader: Jay Jacobson,  
[joanandjay@aol.com](mailto:joanandjay@aol.com), 845-359-6260  
From: Eleanor Roosevelt statue, 72nd St and Riverside Drive

Specific destination will be determined by abilities and wishes of riders but will be in the general direction of quaint rivertowns of Piermont/Nyack. Routes may include Esplanade/Rio Vista, River Road, Clausland & Tallman Mountains, Bradley, Tweed, Christian Herald/Storms and/or the newly paved \$multimillion Orangetown railtrail. Some hills, but we

will patiently wait for slower riders. Stunning scenery and riv vus guaranteed. A brief stop at a mini bike/touring museum may be included.

## Wednesday, October 08, 2008

**A19 30 mi 7:00 am**

### Wed AM River Road

Leader: Sue Foster,  
[suefoster@nyc.rr.com](mailto:suefoster@nyc.rr.com)

From: George Washington Bridge, NJ side bike path entrance

Continuing the Wednesday morning routine, at least for a couple more weeks. 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, October 11, 2008

**A21-23 50-60 10:00 am**

### Hogwich '08-'09 Series

Leader: Todd Brilliant,  
[toddtheracer@yahoo.com](mailto:toddtheracer@yahoo.com), 646-651-9760

From: George Washington Bridge, NJ side bike path entrance

The hogwich rides are back for another fall and winter. What's a hogwich ride? Beats me! But seriously, there's nothing unique or mysterious about these rides. Basically, expect a cooperative and smooth paceline ride with one stop, usually in Nyack. Last year we made our stop at the Toga bike shop on 9W after climbing Little Tor via Strawtown Rd. We may do something different this year.

Things you can expect on this ride: No maps or cuesheets, few turns, short bathroom break and a fast, steady pace.



Rain usually cancels ride. Cold usually doesn't. Check message board for updates.

**B15 & 17 50 mi 9:00 am**

---

### Fall Foliage Ride #1: Croton Reservoir /Peekskill

---

Leaders: Wayne Wright, [wwright8@nyc.rr.com](mailto:wwright8@nyc.rr.com), 212-873-7103; Mark Hugel, [hwt@att.net](mailto:hwt@att.net), 718-548-2623; Linda Wintner, [lwintner@metlife.com](mailto:lwintner@metlife.com), 212-876-2798; Beth Bryson, [brysonbeth@gmail.com](mailto:brysonbeth@gmail.com), 917-747-7903  
From: Woodlawn, Bronx (Jerome and Bainbridge)

Meet at the end of the #4 train Woodlawn avenue stop. A rolling ride thru Westchester county via Sleepy Hollow, with plenty of climbing and descending. We'll cross the Croton Dam after lunch in Ossining, then spin by the reservoir on our way up to Peekskill. Train return from Peekskill station. Bring pocket food, 2 water bottles and a smile.

**B16 60 mi 8:30 am**

---

### Match.com Make-up (not out) Ride

---

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

From: Central Park Boathouse

This is a ride for the single folks of the NYCC! No married people, no couples. Sorry! It's time the bachelors and bachelorettes found out who's who in the club.

We'll take a nice route through Rockland County. It's a ride I lead earlier this summer called the Maynard Switzer Memorial Ride. No worries - Maynard Switzer is alive and kicking. And, if he's single, he's welcome on this ride.

This ride is not too hard and not too easy. I wanted something "just right" (a la Goldilocks) so everyone can participate. If you're my usual B17/18/A19 rider, let's take it easy for once and soak in the pretty views.

Ride starts and ends at the Boathouse. Lunch is at mile 25 and a snack at mile

40. Please come early so we can sign in and have an on-time departure.

Please note that Match.com is no way affiliated with this ride; I'm just having fun with the ride title. I am serious about singles only, though.

If nuptials result from this ride, I'd like a wedding invitation please. Should I be the one with the nuptials, everyone on the sign-in sheet gets an invite :-)

---

### Sunday, October 12, 2008

---

**A19 60 mi 8:30 am**

---

### Billy Goat ride

---

Leaders: Kevin Cruickshank, [kevinnyc@mac.com](mailto:kevinnyc@mac.com), 917-756-8345; Ron Gentile, [gentilero@sullcrom.com](mailto:gentilero@sullcrom.com)

From: George Washington Bridge, NJ side bike path entrance

Enjoy the cooler temperatures and clear air of early fall on this ride up to Bear Mountain. Ride includes a stop in Haverstraw for bagels then goes over Dunderberg. The leaders will be conducting an optional individual time trial from the traffic circle at Seven Lakes Drive, just off 9W, to the top of Perkins. (We held this time trial a year ago and it was a lot of fun. Time trial will start at 12:00 noon for anyone wanting to take part but not ride from the city.) Prizes will be awarded to the top three male and female climbers. After admiring the view from the top of Perkins, you can head to Cold Spring for ice cream, sandwiches or beer, then take the train back to the city. Or, if you're feeling extra peppy, you can ride back to NYC to complete a century for the day.

---

### Wednesday, October 15, 2008

---

**A19 30 mi 7:00 am**

---

### Wed AM River Road

---

Leader: Sue Foster, [suefoster@nyc.rr.com](mailto:suefoster@nyc.rr.com)

From: George Washington Bridge, NJ side bike path entrance

Continuing the Wednesday morning routine, at least for a couple more weeks. 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, October 18, 2008

---

**A19 90 mi 8:00 am**

---

### Blast up to Bear

---

Leaders: Adam Eisenberg, [eisenberg\\_adam@yahoo.com](mailto:eisenberg_adam@yahoo.com), 917-544-3371; Tania Simoncelli, [tsimoncelli@earthlink.net](mailto:tsimoncelli@earthlink.net), 917-495-5867

From: George Washington Bridge, NJ side bike path entrance

While it may be the second most generic ride out of nyc, I have still never done it and I'm guessing I'm not alone. This is the straight shot up 9W, espresso in Nyack, and back on 9W all the way to the top of Bear Mtn and back to the GWB. We'll paceline on the flats and pace ourselves on the climbs, but no one will get dropped. No one should get lost either, even me, who simply can not read a cue sheet with more than 10 turns.

**A21-23 50-60 10:00 am**

---

### Hogwich '08-'09 Series

---

Leader: Todd Brilliant, [toddtheracer@yahoo.com](mailto:toddtheracer@yahoo.com), 646-651-9760

From: George Washington Bridge, NJ side bike path entrance

The hogwich rides are back for another fall and winter. What's a hogwich ride? Beats me! But seriously, there's nothing unique or mysterious about these rides. Basically, expect a cooperative and smooth paceline ride with one stop, usually in Nyack. Last year we made our stop at the Toga bike shop on 9W after climbing Little Tor via Strawtown Rd. We may do something different this year.

Things you can expect on this ride: No maps or cuesheets, few turns, short bathroom break and a fast, steady pace.

Rain usually cancels ride. Cold usually doesn't. Check message board for updates.

**A22-23 65 mi 9:10 am**

---

### Chaste Skirt

---

Leaders: Harry Zernike, [hz@harryzernike.com](mailto:hz@harryzernike.com), 917-324-5040; Roland Freund, [Freund.Roland@dpa.com](mailto:Freund.Roland@dpa.com), 718-577-7996

---

From: Grand Central Terminal, Information Booth

---

A real up and down affair. Hilly, that is. And scenic. Meet at Grand Central for the 9:25 train to White Plains. From there we'll head up the Westchester/Fairfield county line to Byram Lake, over some hardpack into Bedford Village, then on through Ward Pound Ridge Reservation. Then we rollercoaster through the east woods of Pound Ridge, and scream down Oanoke Ridge for lunch in New Canaan. On through North Stamford and down to Greenwich to finish. Train it back to NYC; Bring your MNRN pass. Did we mention it's hilly? At ~3700 feet of vertical over 65 miles, this route packs some punch. Check the message board on Friday night for cancellations or revisions.

**B15 & 17 56 mi 7:15 am**

---

### Fall Foliage Ride #2: 4 Reservoirs and a Lake

---

Leaders: Wayne Wright, [wwright8@nyc.rr.com](mailto:wwright8@nyc.rr.com), 212-873-7103; David Hallerman, [cycleman23@earthlink.net](mailto:cycleman23@earthlink.net), 718-499-8171; Cathy Martone, [cmfmartone@verizon.net](mailto:cmfmartone@verizon.net); Beth Bryson, [brysonbeth@gmail.com](mailto:brysonbeth@gmail.com), 917-747-7903

---

From: Grand Central Terminal, Information Booth

---

Meet at the Grand Central info booth to catch the 7:46 train to White Plains. Byram Lake, dirt roads, and a 15 mile spin around Croton Falls Reservoir highlight this ride, with plenty of

14 October 2008

climbing and descending en route. Returns via train from Northeast Station. We wouldn't ask you to take a train on each end of a ride unless it was really worth it, and believe us, this ride is worth it! Bring pocket food, 2 water bottles and a smile.

**B17 50 mi 9:30 am**

---

### Shopping at Campmor

---

Leaders: Hannah Borgeson, [hannahb@att.net](mailto:hannahb@att.net), 212-348-2601; Stephanie Busloff; Sylvia Mueller, [adelphi368@earthlink.net](mailto:adelphi368@earthlink.net)

---

From: Central Park Boathouse

---

You've seen the catalog, now visit the store! We'll take scenic roads through Bergen County, stop for a diner lunch (lock recommended), and then hit the outdoor-goods superstore Campmor in Paramus. Riders will get a 10% discount on bike-related items, and indoor bike parking has been arranged! After shopping for about an hour, we'll ride back with our loot. Panniers recommended, though shipping is possible for most items. Preview the goods at [www.campmor.com](http://www.campmor.com). Route: [www.nycc.org/rl\\_db/ride.aspx?id=151](http://www.nycc.org/rl_db/ride.aspx?id=151)

**Saturday, October 25, 2008**

**A21-23 50-60 10:00 am**

---

### Hogwich '08-'09 Series

---

Leader: Todd Brilliant, [toddtheracer@yahoo.com](mailto:toddtheracer@yahoo.com), 646-651-9760

---

From: George Washington Bridge, NJ side bike path entrance. The hogwich rides are back for another fall and winter. What's a hogwich ride? Beats me! But seriously, there's nothing unique or mysterious about these rides. Basically, expect a cooperative and smooth paceline ride with one stop, usually in Nyack. Last year we made our stop at the Toga bike shop on 9W after climbing Little Tor via Strawtown Rd. We may do something different this year.

Things you can expect on this ride: No maps or cuesheets, few turns, short bathroom break and a fast, steady pace.

Rain usually cancels ride. Cold usually doesn't. Check message board for updates.

**B15 & 17 50 mi 9:00 am**

---

### Fall Foliage Ride #3: Bedford / Greenwich

---

Leaders: Wayne Wright, [wwright8@nyc.rr.com](mailto:wwright8@nyc.rr.com), 212-873-7103; Carol Waaser, [biker-c@rcn.com](mailto:biker-c@rcn.com), 212-581-0509; Fred Leffel, [fleffel@granitenewyork.com](mailto:fleffel@granitenewyork.com), 212-982-0253; Maggie Nguyen, [mnguyen\\_va@yahoo.com](mailto:mnguyen_va@yahoo.com), 212-729-7298

---

From: Woodlawn, Bronx (Jerome and Bainbridge)

---

Meet at the end of the #4 train Woodlawn avenue stop. A hilly ride thru Westchester and Fairfield counties. Spectacular foliage, spectacular real estate. Some hard-packed dirt roads. After rolling hills all day, the ride ends with a long downhill schmooze into Greenwich. Train return from Greenwich train. Late lunch, bring pocket food, 2 water bottles and a smile.

**C12-13 50 mi 9:45 am**

---

### Morgan's Island

---

Leader: Pat Mullen, [slipstream1@verizon.net](mailto:slipstream1@verizon.net) (H) 718-894-3333 (C) 212- 466-9330

---

From: Hillside Avenue & 179th St. Queens . Last stop on the F train.

---

Take the train and skip the junk miles. We will ride to an island that once was J.P. Morgan Jr.'s private estate and stop at Prybil beach on L.I.Sound. Lunch in either Glen Cove or Sea Cliff. Moderately Hilly.

**Sunday, October 26, 2008**

**B17 65 mi 7:30 am**

---

### Trailway Coasting to NYC

---

Leaders: Hannah Borgeson, [hannahb@att.net](mailto:hannahb@att.net), 212-348-2601; Derek Chu, [derek\\_chu@hotmail.com](mailto:derek_chu@hotmail.com)

---

From: Grand Central Terminal, Information Booth

---

Why go up Westchester's trails when you can go down them? After an early train (buy a one-way ticket to Croton Falls), we'll have a few miles on the road before reaching the paved, car-free rail trail along the Old Put line--AKA the North and South County Trails--in Putnam, Westchester, and now the Bronx too. We'll ride ever-so-slightly downhill for miles and miles, stopping for lunch in Briarcliff Manor, before hitting some major hills--and traffic--in Yonkers and the Bronx as we return to Central Park. Altogether, we'll ride three segments of trail that one day soon will all be connected, including a glorious car-free bridge over part of the Croton Reservoir. Pace on the roads will be B17; on the trail we may not go quite so quickly if there are pedestrians or slower cyclists

around. Bring a train pass and money for lunch.

---

**A/B/C 40/50/60mi 7:30am**

---

---

**NYCC'S 17<sup>th</sup> ANNUAL  
CONNECTICUT SHORELINE  
RIDE & PEPE'S PIZZA PARTY**

---

Leaders: TBA

---

From: Grand Central Terminal  
Information Booth

---

Join us on one of our most beautiful club rides! We have routes at all levels that take in the rustic shoreline and rural roads of Connecticut. Bring your Metro North Pass (or come early and buy one), money, water bottle, pocket food,

appropriate apparel for the weather and a bungee or old tube to secure your bike on the train. Purchase an off peak round trip Metro North ticket to New Haven, breakfast if you like and board the bar car of the 8:07 train fifteen minutes early. You will receive maps, cue sheets and ride information on the train. Once we arrive in New Haven, you can join an A, B, or C ride or go at your own pace to our usual picnic spot at Guilford Green. Be back at the New Haven station by 3:30 PM for the 3:51 train. Money will be collected (approx. \$9.00) for Pepe's famous pizza and beverages, which will be delivered to the station for the train ride back to New York. We expect to arrive in GCT around 5:40 PM and will try to arrange group rides home from the terminal. There is No Rain Date. We have always gone riding. **Contact: Gary McGraime: [garynycc@aol.com](mailto:garynycc@aol.com)**

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

### **A Bicycle Shop**

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

### **Bicycle Habitat**

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

### **Bicycle Heaven**

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

### **Bicycle Workshop**

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

### **Bicycle Renaissance**

430 Columbus Avenue, NY, NY

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

### **Conrad's Bike Shop**

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

### **Gotham Bikes**

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

### **Larry's 2nd Ave. Bicycles Plus**

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

### **Master Bike Shop**

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

### **Piermont Bicycle Connection**

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

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

### **SBR**

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

### **Sid's Bikes**

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

### **Toga Bike Shop**

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

### **Turin Bicycle**

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



**2008 MEMBERSHIP CARD**