

November 2008 New York Cycle Club / nycc.org



DON'T FORGET TO VOTE ... 2009 NYCC BOARD OF DIRECTORS AND MEMBER AWARDS! P. 6

NYCC HOLIDAY PARTY, DECEMBER 6! P. 4

President's Letter

Tt's November . . . seems like the last time I looked at a calendar, the SIGs were just getting started. Hard to believe that another year is ending soon. They do seem to go faster as I get older. But before the year ends there are still some very important things remaining for NYCC members, as well as the public at large. We have some social responsibilities to take care of: We need to vote! And all NYCC'ers get to vote *twice*. That's right, we get to vote twice. Of course, the two votes will not be in the same election; first, make sure to hit the polls on Tuesday, November 4th, and then, hit the club website and cast your ballots for the 2009 NYCC Board of Directors.

Once you've got those two things out of the way, take a few minutes to reflect on the year. I'm sure there are many things to be thankful for: a memorable cycling trip, individual achievements (like your first century ride), family, and friends.

Then, enjoy the Thanksgiving Holiday! Eat, drink and be merry! Of course, none of us need to be reminded not to eat too much (like that ever happens!), but if you do, find or list a ride on the weekend following the holiday. I know we won't burn off all the extra calories, but it may relieve the "guilt" of overindulging.

(Continued on next page)

NYCC Board of Directors

President George Arcarola president@nycc.org



Hal Eskenazi events@nycc.org

VP Rides Kay Gunn kaygunn@gmail.com

Secretary Ellen Jaffe ellen@ellenjaffe.com



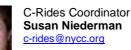
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Special Events Hal Eskenazi events@nycc.org

Membership Neil Botwinoff membership@nycc.org

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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

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Subscriptions: Free to NYCC members. Questions about your membership? Contact Neil Botwinoff at membership@nyce 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@nvcc.ord

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

Thanks! Dana Gordon &

Carol Krol

NYCC Co-Editors

(President's letter continued)

And last, I personally want to thank the entire club for a wonderful year. Thanks for listing rides, thanks for making this year's **Escape New York** the best yet, thanks for being members!

By the way, I wonder what we'd be eating on the last Thursday of the month if Ben Franklin had his way and made the turkey America's national symbol . . .

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

George

NYCC NOVEMBER CLUB MEETING – PLEASE NOTE DIFFERENT DAY/DATE – PROGRAM AND ANNUAL CLUB ELECTION

MONDAY, NOVEMBER 17, 2008

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

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

Dinner: \$23 **Program only:** no charge

Speaker: Hayes Lord, Deputy Bicycle Program Coordinator, DOT

Look around you. Things are changing for cyclists on the roads of New York City and State. If you want to get the inside scoop on these changes and what the future holds for the local biking community, don't miss this program!

Hayes Lord, Deputy Bicycle Program Coordinator for the New York City Department of Transportation, is our speaker. He has more than 12 years of bicycle planning and design experience. Currently he's assisting with NYC's three-year, 200 bicycle lane mile commitment and other initiatives. Prior to joining DOT, he worked for a private consulting firm assisting the State of New Jersey with their 2,000 lane mile campaign and local bicycle planning initiative. He began his professional career with the New York City Department of City Planning, Transportation Division, developing bicycle and greenway trail projects. Hayes is also a League Cycling Instructor with the League of American Bicyclists.

Hayes will **discuss** and **answer your questions** concerning.

- •The master plan the guiding documents that have laid the framework for the bicycle network development
- the changing statistics since 1980 what is the trend and characteristics of cyclists
- the implementation plan how this is all being done and will it last
- the use of innovative design standards what's being regularly incorporated and those that are being tested
- new promotional programs what's being done to promote cycling in the City
- **bicycle parking** the new approach; and
- •the future of cycling where it's going from here.

Join your friends at the NYCC November Program

We'll have some fun. We always do!

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: goto

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http://www.nycc.org/events/2008HolidayPart y.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. Who's In Your Club? Catching Up With . . . Beth Bryson NYCC Member Since 2006



* How many bikes? 2 bikes - Specialized Allez for

the road and a Giant Rincon for around town

* **Pre-ride breakfast?** Cereal and a soy latte, and

sometimes an egg or two

* Favorite ride destination?

Croton Dam is spectacular any time of the year.

***What's the last book you read?** Does it have to be one that I finished?

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

I'm in banking and specialize in lease financings of equipment

*What cycling trips/events/races are on your calendar in the coming year?

I haven't gotten that far - the Bloomin' Metric for sure (my favorite area ride), and perhaps a cycling vacation. I've never done one before and it sounds like a great way to spend a week.

FOR SALE: Magnificent Pinarello Racing Bike or Bike Pro Race Case can be yours!

Description:

64 cm. Pinarello Cadore Cromor frameset (not one scratch); Color: Imron Quick Silver Metal (#5032U) with Chrome trim; Shimano 600 components; Shimano Dura-Ace crank; Mavic MA2 rims; Modolo Master SSC handlebar.

Bike Pro Race Case (II Oversized) travel case. All Bike Pro USA travel cases manufactured at their facilities in Phoenix, Arizona and carry a lifetime warranty.

Both products in mint condition. Look brand new. Original purchase invoices available for review. Each item available individually. Price negotiable, especially with purchase of both items. Click on **Web Site** <u>http://web.me.com/john.bernstein/Site 2/Bernies Bike</u> <u>Sale.html</u> (or copy and paste to your browser) to access photos and important descriptive information about each item.

Contact Info

Phone: 212-861-4189 Email: <u>blong4@nyc.rr.com</u> Web Site: <u>http://web.me.com/john.bernstein/Site_2/Bernies_Bike_</u> <u>Sale.html</u>

Making a difference: NYCC Member Hal Eskenazi's traffic experience

One day during the summer I decided to bike out to the Rockaway's from Manhattan. On the way down Second Avenue in Manhattan to Flatbush Avenue in Brooklyn, I noticed, as usual, a number of cars in the bike lane. I also noticed, from time to time during the course of the ride, that Con Edison trucks were in the lane. It was clear they weren't there for repair because I could see they weren't set up for it. On my return trip I observed the same thing, coming up through Chinatown, Lafayette St., then Third Avenue: more than ten Con Ed trucks in the bike lane. I wondered if I could get them to end the practice and if so what kind of an impact would it have? I decided to take action.

I sent Con Ed's public relations department an e-mail. They responded almost immediately, asking me if I had the license plates. I didn't, but I explained in my e-mail reply I wasn't looking to punish anyone. I said that what I was hoping to accomplish was to have Con Ed train their people regarding the issue in future. I pointed out that if someone is hurt or killed, and a Con Ed truck is nearby, the likelihood is that Con Ed would be named at fault.

After a number of e-mails back and forth, they assured me that it had been escalated upstream and Con Ed would institute such training. One person *can* make a difference.

Board Elections 2009 NYCC <u>Excercise Your Right To Vote!</u> Vote For Club Officers And Member Awards - In Person, Online, <u>Or By Mail</u>

CLUB OFFICERS - 2009	
PRESIDENT: GEORGE ARCAROLA	
VP RIDES:	
VP PROGRAMS:	
SPECIAL EVENTS COORDINATOR: HAL ESKENAZI	
TREASURER: JEFFREY IGNALL	
SECRETARY: CRAIG BREED	
MEMBERSHIP DIRECTOR: JOE HUNT	
PUBLIC RELATIONS:	
CONTENT EDITOR (formerly Bulletin Editor): CAROL KROL	
WEBMASTER: MATTHEW ZIMMERMAN	
A RIDES COORDINATOR: BETSY HAFKIN	
B RIDES COORDINATOR: MARK ISRAEL	
C RIDES COORDINATOR: SUSAN NIEDERMAN	

MEMBER AWARDS

Here's the fun part! No doubt, the announcement of the member award winners is one of the true highlights of the NYCC year. Yes, you can vote for yourself. We won't tell.

Best Man in Lycra	Comeback Rider of the Year	C-Ride Leader of the Year
Best Woman in Lycra	Cycling Couple of the Year	Diner/Food Stop of the Year
Most Improved Man	A-Ride Leader of the Year	Fastest Flat Fixer
Most Improved Woman	B-Ride Leader of the Year	Gear Head of the Year

[*Schwebbers are the marks cyclists get when their legs brush up against the chain or chainring [Also known as a 'chainring tattoo,' or 'rookie mark,' Ed.]

You are encouraged to vote in person at the November club meeting, Monday, November 17, 2008 at Annie Moore's Bar and Restaurant, 50 East 43rd Street, starting at 6pm, or online at http://www.nycc.org/home_ballot.shtml

If you cannot attend the November meeting and are unable to vote online, you may vote by completing and mailing the ballot printed above. Fill in your name, address and signature in the lines provided on the form, detach it, fold it and seal the ballot with tape. DO NOT USE STAPLES. You may copy this form for multi-member households, but remember that all ballots must have the voter's name, address and signature in the return address field or they will not be counted.

At deadline, the positions of **VP Rides, VP Programs,** and **Public Relations** are open as no nominees have come forward to stand for these positions. If you or anyone you know might be be interested, please contact George Arcarola at garcarola@nyc.rr.com

The deadline for paper submission is 6:00 PM, Friday, November 14, 2008.

Signature		
Print Name		
Street Address		
City	State	ZIP

Mail completed ballot to:

New York Cycle Club, Post Office Box 4541, Grand Central Station, New York, NY 10163



ESCAPE NEW YORK: "See ya next year!"

NYCC's **ESCAPE NEW YORK** ride, held in September, was the most successful ENY the club has had, with over 800 riders taking to the roads around New York on a beautiful late summer day. But don't take our word for it, here's what some participants had to say:

"I joined NYCC this year and this was my first ENY Century. Signage was great and pretty much made the cue sheet redundant. I had a blast!. Thanks for all the hard work." Daniel Labovitz

"Two thumbs up! It was one of the best organized rides I've participated in this summer. The routes were well marked and the food at the rest-stops was plentiful, fresh, diversified and yummy. Enough energy drinks to keep us hydrated, and the music in one of the stops was a nice touch. It seems in every big organized ride this year there was something lacking, but Escape New York had everything, and in top quality. Well done!" Adi

"From the Starbucks at the start to the incredibly well marked routes, the superb friendly staff at the rest-stops (and not to mention the food): brilliant. Thanks so much for all your combined efforts that enabled my friends and I to have a great day. See ya next year."

Paul



ESCAPE NEW YORK '08 VOLUNTEERS

The NYCC would like to thank all of the volunteers who made ENY 2008 the success it was. We could not have done it without you!

Sakura Morning Team

Liane Montesa Grace Pineda Susi Pichler Jan Wooten Karl Ditterbrandt Bill Strachan Tony Rentschler Neile Weismann Javier Gundam George Arcarola Ellen Jaffe

Volunteer Check-in

John Kalish Susan Neiderman

Registration Team

Robert Dinklemann Annaline Dinkelmann Herb Dershowitz John Slagle Paul Slagle Chris Hartmann Tom Morelli Jeff Ignall Puneet Chandhok Maureen Berlings Tim Sheppard Robin Yang Mark Trainor Marina Bekkerman Val Martinez Harvey Minsky Gail Winiecki Judy Goldberg

Team Saddle River-Tenafly

Denise Barlow – Co-Captain Saddle River Beth Bryson -– Co-Captain Saddle River

John Kalish – Captain Tenafly Susan Niederman June Robins Jodi Miller Neville Dean Fearon Michael Moise Craig Brown Fred Leffel Ed Kim Lori Bierbrier Deb Cooper David Schlichting Thomas Newberger

Team Piermont

Hal Eskenazi - Captain Joan Jacobson - Co-Captain Charlie Wang Maggie Negron Douglas Moreira Scott Wasserman Nadaleen Tempelman-Kluit April Frederick Michael Steiner Paul Spraos Amy Bailey Peter O'Reilly Anne Halpern Ellen Borowka

Team Rockland

Bob Ross - Captain Betsy Hafkin - Co-Captain Janet Zinberg Neil Botwinoff Charles Collins Javier Fraga Jonathan Hart Carmen Agueros Scott Wells Derek Chu Alan Resnick Kevin Johnson

Donald Bear Sakura Afternoon Crew

Lee Ann Van Wyck Jody Kaufman Carolyn Bartel Henri Sonnenberg Carol Krol Richard Pu Dan Deluna Peiheng Tsai Judy Potter Liane Montesa Grace Pineda Susi Pichler Bill Strachan Ellen Jaffe

Flat-fixing Competition

Gary McGraime Karen Metzger Karin Fantus

<u>Rafflemeister</u>

George Arcarola

<u>Marshals</u>

Linda Wintner -- Captain Tom Denham Paul Hofherr Adrienne Browning Chaim Caron Joe Hunt Seth Ely Michael Casey Alisa Judy Valli McRoberts Morene Bangel Tanya Kamorina Alfredo Garcia Jeff Cooper Cathy Martone Justin Devuyst Michael Tsang Marci Silverman

Mary Beth Mullholland

<u>SAG</u>

Bill Laffey - Captain David Hartman Kevin Gately Kevin Broomell John Viesta Damon Strub

Route Marking

Skip Ralph - Captain Kevin Gately David Hartman Ingrid Wiegand Brad Klein John Humenik Tim Sheppard Neville (Dean) Fearon Joe Hunt Paula Froke Terry Hildebrandt Juan Monroy Kate Mostkoff Dennis Weiner Bill Strachan Rich Mc Cauley Charlie Wagner Susan Rodetis

Route de-Marking

Al Taylor & Amy Mark Hugel Bradley Klein Tim Sheppard

Route Driver Raoul Edwards

ENY Official Videographer

Paula Froke

ENY Official

Photographers Bob Cowin Javier Fraga

ENY Committee

Ellen Jaffe – Chair Grace Pineda Liane Montesa Susi Pitchler Skip Ralph Steve Chabra Betsy Hafkin John Kalish Robert Dinklemann Jan Wooten



Want to see more pictures? Follow these links:

Bob Cowin http://www.flickr.com/photos/bobcowin/sets/72157607398768080/show

Javier Fraga

http://picasaweb.google.com/fraga.photos/NYCCEscapeNewYork#

10 November 2008



11 November 2008

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:

spe	ed. The levels are as follows:
A	Fast, vigorous riding with advanced bike handling and paceline skills required. Stops every 2 hours or so.
В	Moderate to brisk riding with attention to scenery. Stops every hour or so.
С	Leisurely to moderate riding at a gentle pace. Sightseeing and destination oriented (a good introduction to the club). Stops every half-hour or so.

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

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

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

12 November 2008

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 <u>a-rides@nycc.org</u> B-rides Skip Ralph <u>b-rides@nycc.org</u> 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,

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/bicyclep.htm

Schedules Here are some commonly used departure and return times for weekends effective October 7, 2007. Contact Metro North for the most current and complete schedules at:

http://www.mta.info/mnr/html/planning/sched ules/index.html

HUDSON LINE

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

hkeepsie	125th/GCT	
pm	5:10/5:21	pm
pm	6:15/6:26	pm
pm	7:10/7:21	pm
pm	8:15/8:26	pm
	hkeepsie pm pm pm pm	pm 6:15/6:26 pm 7:10/7:21

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

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

aepa	rt	arrive	Э
New	Haven	GCT	
2:55	pm	4:38	pm
3:51	pm	5:38	pm
4:51	pm	6:38	pm

November Ride Listings Club rides

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

Monday, November 03, 2008

----- CANCELLED -----

B17 10-20+ mi

• mi 6:45 am

Central Park Laps with Optional Silliness

Leader: Maggie Nguyen, <u>mnguyen va@yahoo.com</u>, 212-729-7298

From: Central Park Boathouse

It's too cold and dark to get to the GWB for the original Monday River Road rides. Let's try out Central Park laps and see how it goes. We'll do as many laps as we can get in before the cars invade the park. Optional silliness may include, but not limited to, intervals and/or hill repeats.

RSVP (email or call) by Sunday 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 Sunday night around 10pm for cancellations (less than 2 RSVPs). Check the message board on Monday morning for weather related cancellations.

Please note the start time of 6:45am.

Tuesday, November 04, 2008

B16 50-60 mi 9:30 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, November 05, 2008

B17 10 mi 7:00 am

Train like and with a Cross Country Mule - Hill Repeats

Leader: Maggie Nguyen, <u>mnguyen va@yahoo.com</u>, 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.co m/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.

Friday, November 07, 2008

B17/18 65 mi 9:00 am

Long Beach/Point Lookout

Leader: Ron Grossberg, argee401@aol.com, 718-369-2413 From: City Hall Park, Opposite Brooklyn Bridge

Flat ride via Cross Bay Bridge and Atlantic Beach Bridge returning via Marine Parkway Bridge. Picnic lunch on the beach in Point Lookout. Call or email to confirm.

Saturday, November 08, 2008

A19 75 mi 7:00 am

Port Jervis, Take Two

Leaders: Kevin Cruickshank, <u>kevinnyc@mac.com</u>, 917-756-8345; Ron Gentile, <u>gentilero@sullcrom.com</u> ; Charlie Collins, <u>cdcollins@sprynet.com</u>

From: George Washington Bridge, NJ side bike path entrance

This ride was cancelled a couple weeks ago due to flu. With good health back, we'll try again to catch some of the remaining fall color 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. Cooperate 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. RSVP required.

A21-23 60 mi 10:00 am Hogwich Series '08-'09

Leader: Todd Brilliant, 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.

B16 64 mi 8:45 am

Christmas Bazaar at St. Pauls

Leader: Marty Wolf, 212-935-1460

From: Central Park Boathouse

The goal is to reach St. Paul's in New City before the best handmade ornaments and gifts are sold out. Church lunch of soup, sandwiches and home baked desserts - all very inexpensive. Bring a muzette bag or small backpack for your purchases. Note: We LEAVE at 8:45am sharp.

B18 75-80 mi 8:00 am

People's Choice Award Ride

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

From: Central Park Boathouse

After you vote for the President, it's time for you to pick your favorite ride of the summer season (or the one you missed and want to do this time around). It was a great summer riding season. Thanks for coming out to my rides. Hopefully I can keep up the rides in the fall/winter.

Your choices are (search the ride listings page for the dates listed for the original write up of each ride):

Goldilocks and the Three Bears (7/26/2008) 80 miles. Bear Mountain via Sparrowbush and Seven Lakes Drive. We'll end the day in Cold Spring (bring your Metro North bike permit).

JPM Menage-a-trois - South Mountain Road (8/2/2008) 80 miles. Route goes around South Mountain Road because when this ride

originally took place, South Mountain

14 November 2008

Road was closed. Route includes Washington Avenue. If you remember this ride, we got lost and found this 18% hill. I'm keeping the lost route because I love hills.

Whip-poor-will (9/6/2008) 75 miles. Whippoorwill, Roaring Brook's 18% hill, Hardscrabble.

All 3 rides are not for the easily intimidated. Please come early so we can sign in and have an on-time departure. Bring pocket food. Carb up the night before.

Rock the vote. Send me an email with your choice by Thursday noon. I will post the winning ride by Thursday night on the message board.

Sunday, November 09, 2008

B17 80 mi 8:50 am

STL No. 4

Leaders: Neile Weissman, soupstone-atmindspring-dot-com; Michael Notaro

From: to be scheduled

A new series featuring eclectic routing; plenty hills; and good company. [Well, maybe two out the three.]

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.

C/B 14 50 mi 7:45 am

Touring - R/T Darien to Fairfield, CT

Leader: Marilyn & Ken Weissman, mollynina@yahoo.com, 212-222-5527

From: Grand Central Terminal, Information Booth

Buy RT tickets for 8:07 AM to Noroton Heights. A relatively-flat meander through several L.I. Sound-facing towns, this scenic touring ride takes advantage of relatively open terrain to facilitate the sun's warmth--assuming there's sun-- and combines a moderate pace with otherwise-B riding conditions. Ample warm-up options (coffee/hot chocolate) available along the route as well as many bail-out opportunities; we pretty-much parallel MN's New Haven route all the way. 30% chance of rain or expected day's high under 45F postpones ride until Sunday, November 16th.

Monday, November 10, 2008

B17 10-20+mi 6:45 am

Central Park Laps with Optional Silliness

Leader: Maggie Nguyen, <u>mnguyen_va@yahoo.com</u>, 212-729-7298

From: Central Park Boathouse

It's too cold and dark to get to the GWB for the original Monday River Road rides. Let's try out Central Park laps and see how it goes. We'll do as many laps as we can get in before the cars invade the park. Optional silliness may include, but not limited to, intervals and/or hill repeats.

RSVP (email or call) by Sunday 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 Sunday night around 10pm for cancellations (less than 2 RSVPs). Check the message board on Monday morning for weather related cancellations.

Please note the start time of 6:45am.

Friday, November 14, 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, November 15, 2008

A21-23 60 mi 10:00 am

Hogwich Series '08-'09

Leader: Todd Brilliant 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.

B16 50-60 mi 9:30 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, November 21, 2008

15 November 2008

B17/18 45 mi 8:50 am

Staten Island Perimeter

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

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.

Saturday, November 22, 2008

A21-23 60 mi 10:00 am

Hogwich Series '08-'09

Leader: Todd Brilliant, 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.

Sunday, November 23, 2008

C12 40 mi 9:00 am

Orangeburg Greenways to Piermont

Leaders: Alfredo Garcia, cyclistxxiii@yahoo.com; 5BBC Counterpart leader Brian Hoberman From: Jersey side of the George Washington Bridge @ Hudson Terrace

A novel way cycling to & from Piermont, via two eye-opening Rockland County rail trails. Some hilly climbs, of course. Rides begins promptly at 9:23AM. Slight flanking to western Rockland County, but worth the trip. Ride will end reaching Manhattan or at Central Park. Co-listed with 5BBC.

Saturday, November 29, 2008

A19 40 mi 8:00 am

"And now, for something completely different..."

Leader: George Arcarola, garcarola@nyc.rr.com, 917-837-9010

From: From the Southwest corner of Myrtle Avenue and Woodhaven Blvd (in front of the Capital One Bank)

This is a ride with a twist! A cooperative forty (40) mile, non-stop, traverse of the Rockaway Peninsula capped off by a 5K run (or as much [or little] of a 5K run as you like) at the Forest Park/Victory Field track, with pizza and soft drinks at the end of it all. Cost for lunch (to be paid at the start of the ride); \$7. RSVP by Friday, 11/28. Bring your running shoes to the start: there will be someone to hold on to them until we return to the track. Bikes will be watched while we're running. Sorry, we'll be unable to time your run (bring your own watch if you want your time). Requirements, two spare tubes (empty), two water bottles (full) and a smile. B-17/18 riders, if you're intrigued by the idea of this ride, check below for Mark Israel's ride. This is a very flat route, and nearly impossible to get lost (cue sheet provided), contact me if interested. Rain cancels. My sincere apologies to John Cleese, Terry Gilliam, Michael Palin, et al.

A21-23 60 mi 10:00 am

Hogwich Series '08-'09

Leader: Todd Brilliant, 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.

B16 50 mi 9:00 am	B	16	50 mi	9:00 am
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Bike Christmas Shopping in Westbury

Leader: Marty Wolf, 212-935-1460

NYCC Board Meeting Minutes

Tuesday, Sept. 9, 2008 - 6:30pm Neil Botwinoff's Office 900 Third Avenue

In attendance were board members: George Arcarola, Betsy Hafkin, Hal Eskenazi, Skip Ralph, Ingrid Wiegand, James Englert, Jeff Ignall, Susan Niederman, Carol Krol

George Arcarola - President

ENY Status: George reports from Ellen that Escape New York registration has been going extremely well..... we're at a record of 535 registered and still have a week of online registration potential left. Ellen forecasts maybe 600 registered riders and maybe a great deal more "day of" if the forecast looks good. Volunteer total is at 110.

Jerseys: Richard Rosenthal is working directly with Sugoi on some manufacturing issues that are currently being ironed out. George says Richard conveyed his confidence that he can work it out with

16 November 2008

From: Tramway Plaza SW Corner 2nd Ave/59th St.

Annual sale of new bike stuff - books, posters, Christmas cards, postcards, ties, jewelry, mugs etc. - all with a bike motif. Bring train pass if you'd like to return by LIRR. Cue sheets provided should you wish to ride faster/slower than the advertised pace. If it's a rainy day and you have a car and want to drive out or should you wish to take the train to within five blocks of the sale, call leader. NOTE: We'll leave on the dot of 9 AM from 2nd and 59th.

B17 40 mi 8:00 am

"And now, for something completely different..."

Leader: Mark Israel, misrael8@gmail.com, 917-715-1031

From: Queens - SW corner of Myrtle Ave. and Woodhaven Blvd. (in front of Capital One Bank This is a ride with a twist! A cooperative forty (40) mile, non-stop, traverse of the Rockaway Peninsula capped off by a 5K run (or as much [or little] of a 5K run as you like) at the Forest Park/Victory Field track, with pizza and soft drinks at the end of it all. Cost for lunch (to be paid at the start of the ride) is \$7. Please RSVP by Friday, 11/28 to misrael8@gmail.com so we can plan the food, or contact me with any questions. This is the companion ride to the A19/20 ride posted by George Arcarola. Bring your running shoes to the start as there will be someone to hold on to them until we return to the track. Bikes will be watched while we're running. Requirements: two spare tubes (empty), two water bottles (full) and a smile. It's a flat route and nearly impossible to get lost (cue sheet provided). Check message board night before for cancellation/postponement. If no message, we're on.

Sugoi, but the jersey manufacturing has been delayed as a result. The current guesstimate is to have the jerseys in stock by mid to late November. Carol will work with Dana and James to post this update to membership (Web site and/or Eweekly).

Betsy Hafkin - A Rides Coordinator

The number of A-Rides is down.

Skip Ralph – B Rides Coordinator

Number of B-Rides listed is also down.

Susan Niederman – C Rides Coordinator

Number of C-Rides similarly down. Susan says C – SIG had 64 graduates in 2008, and yet only 2 of them have led rides since then. C-SIG leader Paul Hoeffher had put together a "Guide for Leading Rides" which was distributed to the graduates.

Jeff theorized maybe the economy is having some affect on the commitment level for leading rides? Jeff and George discussed some kind of recognition for the "best ride leaders," one from A, one B and one C leader. Jeff said maybe a ride leader leaderboard on the Web site ?

Carol, James and Dana to work on some ideas along these lines.

Ingrid Wiegand – Public Relations

Nothing special to report, except Ingrid noted it seems membership has been off this year.

James Englert - Webmaster

James said nothing special to report, except he'll be working on some web site display issues.

Carol Krol - Content Co-editor

Nothing special to report. Beginning work on October bulletin with Dana. Dana out for three weeks (on her honeymoon!) Also vowed to work with James and Dana to begin to implement some of the web site content and display issues that have been discussed.

Carol apprised the board of the plan to offer 15-month membership (which was also cleared with membership director Neil Botwinoff) to ENY attendees on the day of the ride. Carol will man the membership sign up table at ENY and also sell water bottles. The board decided against any jersey sales. Jerseys are only available for sale to members. A proposal to take preorders for the new club jersey on the day of the event were also nixed. George put in his two cents of retail wisdom: he advises against selling products that we don't have in hand yet.

Jeff Ignall - Treasurer

Jeff took \$500 from the club checking account to make change for "day of" registrations. Checking account total: \$31,476.88

+ 4,616.61 Youth Program

ENY Registrations account for \$12,460. Expenses for ENY so far around \$8,900. So far, about 4K net from ENY.

George took \$4,250 from the account for the new club jersey deposit to Sugoi.

In addition, Jeff says NYCC roughly broke even for Fourth of July/West Point Weekend.

Hal Eskenazi – Events Coordinator and Program Manager Hal said he is behind on accounting, but roughly:

Spent \$1,400 on all-class ride. Yankees tickets sold out. Successful event. Tour de France socials: first one was overbooked. Second one, NYCC took a \$50 deficit to take care of wait staff. August Blockhead's event good despite rain, spent \$40. Mets tickets sold out, with a waiting list. Gary's upcoming Connecticut Shoreline

ride/event being planned for Oct. 26. Holiday party will be December 6. September meeting is Paul Levine's bike fit presentation. Members will have a chance to win a free bike fit. Ellen and George both want the mic that evening for some announcements and updates to attendees. October Meeting: Mark Merchant is scheduled to give "preventing injuries/what to do in the off-season" presentation. November: Program to be determined. December: Holiday party takes place of monthly meeting.

Hal also noted he thinks we are missing a lot of promotional opportunities. He wants more pictures that are submitted to be featured on the web site.

George suggested that Carol/James/Dana mock up something, a few sentences, that can go in the eWeekly and maybe on the site, that gives members clear direction on how to submit photos.

Hal said the ghost bike that NYCC sponsors continues to be vandalized and stripped and suggests we not continue supporting it. People have more than once stolen things including bike parts, the memorial sign with the person's name who died and when they died, as well as flowers placed there.

Hal complained to Con Edison about trucks parked in bike lanes; he received a reply from Con Ed explaining what steps they are taking to correct the situation. George said it might be great to write something up about that for the bulletin. Carol suggested Hal and Ingrid work together on writing a "One Person Can Make a Difference" type of article or essay.

George Arcarola - President

George wrapped the meeting by stating his intention to stand for re-election and asked the board members present to think about their own intentions. He said it would be fair to let the board know if you definitely DON'T want to run again so that the board can begin to recruit others. Board members were asked to let George know by next week's club meeting (Tues., the 16th) either way. That's because the first nominations will occur at the September club meeting.

Submitted By Neil Botwinoff: membership as of August 30 was 1,631

Next BOD meeting: Tuesday, October 7, 2008 6:30PM at Neil Botwinoff's office.

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 <u>http://www.53x11coffee.com</u>

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, NY212 230-19198.25% 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://bicyclerenaissance.com/212

724-2350; 10% off repairs and ccessories (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.cf <u>m</u> 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 <u>www.piermontbike.com</u> ; *10% off*



2008 MEMBERSHIP CARD

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/

<u>email@togabikes.com</u> 10% off parts, accessories and repairs.

Turin Bicycle

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