

December 2008 New York Cycle Club / nycc.org



Holiday Party, Saturday December 6 - p. 4

December Special Event – Ice Skating in Bryant Park - p. 5

January Club Meeting: win a free coaching session! - p. 5

November Club Meeting: Moving Toward a World Class Cycling City - p. 7

### **President's Letter**

**J**ell, another year has (nearly) passed...

By all accounts, it's been pretty successful. We had a triumphant Escape New York ride this past September, something each member of the NYCC should be proud of. Checks from the proceeds of the 2008 ENY will be presented to Transportation Alternatives and Recycle-A-Bicycle at the January club meeting. In addition, we had a terrific SIG/STS season. The graduates of these two very popular ride series have become proficient group cyclists, and some have become fabulous ride leaders in their own right. We had a season that included a wonderful All-Class Ride, a well attended Newcomers Ride, as well as our regular schedule of club rides, though perhaps not as many as we all would have liked-consider this my pitch to all of you to lead a club ride!

I'd like to take the opportunity to publicly thank the entire NYCC Board of Directors: Hal Eskenazi, Kay Gunn, Ellen Jaffe, Jeff Ignall, Ingrid Wiegand, Neil Botwinoff, Betsy Hafkin, Skip Ralph, Susan Niederman, Carol Krol, Dana Gordon, Matt Zimmerman and Jeff Terosky, as well as Liane Montesa and James Englert. Any successes we had were due to their dedication and hard work. Individually, they are terrific people, as a group, they are unbeatable.

(continued on next page)

### NYCC Board of Directors



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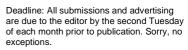
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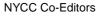


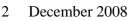
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Address all correspondence to: bulletineditor@nycc.org

Thanks! Dana Gordon

Carol Krol













#### (President's Letter, continued)

While I'm thanking people, there are three others I need to mention, **Wayne Wright, Ivy Pool,** and **Eileen Crowley** who were my SIG leaders when I was new to road cycling. Gracious and encouraging, they shared their passion for the sport in a way that I found most contagious!

With the Holiday Season upon us, I usually take the time to look back and reflect on personal accomplishments (or lack thereof)! Back in January I made a commitment to post rides every month of the year. I was able to schedule at least one club ride a month except February, though a couple were rained out. With four weeks left, I'm closing in on my mileage goal for the year. Hopefully, my body will cooperate, and I'll meet my target! Additionally, there have been many interesting rides and great conversations with many of you throughout the year.

Serving as club president has been both challenging and fun. As with most challenges I have encountered during my life, I've learned more about myself, as a cyclist, and as a person. And as your president again in 2009 I'm committed to doing an even better job. With the New Year just around the corner, I'm looking forward to another exciting year on the bike. It's my firm desire that all of you feel the same.

Happy Holidays, George

### **CALLING ALL EVENT PLANNERS**

DO YOU HAVE AN IDEA FOR A GREAT CLUB SPECIAL EVENT FOR 2009? IF SO, PLEASE CONTACT HAL ESKENAZI, NYCC DIRECTOR OF SPECIAL EVENTS, <u>EVENTS@NYCC.ORG</u>

### 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.

**T** 

### **NYCC December Special Event**

All Class Recession-proof Ice Skating Social FREE!

### Thursday, December 18, 2008; 6:30-8:30pm

BRYANT PARK (42nd Street @ 6th Avenue)

Join the NYCC for a night of ice skating and fun. In these tough times, let's take advantage of all things FREE. Come out and show off your double salchows or triple lutzes. You don't skate? Come out just the same. There's a Christmas tree and a holiday crafts fair. Or, you can just stand rink-side, take pictures and hang out with your NYCC friends. Afterwards, we'll try to find a place to have some hot chocolate and socialize.

No RSVPs necessary. Just show up and start skating.

If you have questions, feel free to contact Maggie Nguyen at <u>mnguyen va@yahoo.com</u>, 212-729-7298 or Peter Morales at <u>pmorales@pipeline.com</u>, 917-626-5583 .

Please check the message board the day of the event to find out what Peter and Maggie will be wearing so you can find them (and subsequently, the others).

### **GENERAL INFORMATION**

http://www.thepondatbryantpark.com/

General Admission: FREE Skate Rentals: \$12 (you can bring your own skates at no charge) Lockers: FREE Locks: \$9 (you can bring your own padlock at no charge) Medium Bag Check: \$7 Large Bag Check: \$10

### NYCC January Program Featuring Winter Training Techniques with Cycling Expert David Jordan Plus ... Win a Free Training Session!\*

Date: Tuesday, January 13, 2009 Time: 6 - 9p.m. Social hour starts at 6 p.m., dinner (optional) at 7 p.m., program at 8 p.m. Place: Annie Moore's Pub and Restaurant, 50 East 43rd Street (near Grand Central)

Dinner buffet: includes grilled chicken, rice, vegetable lasagna, vegetables, and shepherd's pie and green salad, and coffee/tea. Dinner is \$23, including tax/tip (CASH ONLY).

### ESCAPE NEW YORK: HOW'D WE DO?

We had our greatest year ever in '08 for **ENY.** So, how much money did we raise and what are we doing with it? Join us at our January meeting when the **NYCC presents checks** to **Recycle-a-Bicycle** and **Transportation Alternatives**, two deserving organizations that contribute to the New York cycling community.

### WINTER TRAINING: GET IN SHAPE FOR THE UPCOMING CYCLING SEASON: With David Jordan, Indoor Cycling Instructor and Certified Personal Trainer

Do you want to develop better skills, efficiency and power? **January and February are important months to get a head start on training**.

David Jordan, a certified personal trainer and indoor cycling instructor since 1990, has developed a unique approach to training. His approach places emphasis on technique and skill to help cyclists reach their full potential. That includes techniques in the weight room with proper periodization for specific goals, and riding techniques and strategies that will enable cyclists to make the most of limited training time. Jordan has raced as a Category I cyclist in the U.S., France, and Belgium. He is a multi-state champion and Masters national elite medalist, and he has coached Olympic medalists, professional cyclists, and triathlon champions. In addition, Jordan is a bike fitter. He also currently coaches for the CRCA and is a cycling specialist for Tri Life triathlon training. Jordan has achieved results for both men and women, junior and master age-groups, and professional athletes.

\* David is donating **one Individual Training** Session, a \$120 value, to 3 lucky NYCC members who are at Annie Moore's by 8pm for our drawing. Everyone present, members & non members, will also be offered a 10% discount on training sessions through the end of February 2009.

David can be reached at 646-919-2453 or <u>djcoaching@aol.com</u>.

Hal Eskenazi- VP Programs: events@nycc.org

Join your friends at the NYCC Program January 13, 2009 We'll have some fun. We always do!

### Who's In Your Club? Catching up with ... Mark Israel, member since 2006



### \* How many bikes?

Technically, I have two bikes. But, since my brother has "borrowed" my mountain bike so long ago I forgot what it looks like . . .I have 1 bike. A 2005 Cannondale R700 in Saffron Metallic (most people call it "orange" not "saffron"). The bike was treated to a Kyserium SL wheelset about 2000 miles ago.

### \* Pre-ride breakfast?

Oatmeal and bananas. I eat the good stuff in the morning, but junk food during the ride. :)

### \* Favorite ride destination?

Oyster Bay. Basically, any ride that begins and ends at my front door (in Forest Hills, Queens). LOL. I do I also enjoy riding in Connecticut whenever I get a chance.

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

"Lullaby" by Chuck Palahniuk (sick, twisted and highly recommended)

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

Recruiting and Human Resources for Barnes & Noble.com

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

I look forward to doing the Bloomin' Metric for the 3rd year in a row. I will probably do the Ride to Montauk again this year and the ENY 2009. I hope to do a multi-day ride in 2009 as well. Beyond those, I'm very open to suggestions.

### NYCC November Meeting: An Evening with Hayes Lord, Deputy Bicycle Program Coordinator for the New York City Department of Transportation By Dana Gordon

Quick, what's the most challenging and perhaps rewarding job in New York City these days? If you guessed mapmaker for the city's ever expanding network of bike lanes, you may be right. At the club's November meeting, Hayes Lord presented "Moving Toward a World Class Cycling City", a slide show about initiatives to make the City more bike friendly.

### **Recent History and the Bicycle Master Plan**

In 1997 New York City's Bicycle Master Plan framework was laid out

http://www.nyc.gov/html/dcp/html/bike/mp.shtml. What was not anticipated at that time was the swelling population and resulting growth in bike traffic in Williamsburg. The city regularly measures bike traffic, and from 2007 to 2008, for example, there was a whopping 35% increase. (How does the DOT get its figures? Three times a year a count is done over an 18 hour period at the 4 East River bridges, the Hudson River Greenway, and the Staten Island ferry terminal. The Williamsburg Bridge typically has 4,000 riders per day, 4 times the number in 2000. Other stats of interest: there's been a 16% increase in women riders, and 43% all riders are wearing helmets.)

In 2006 a multi-agency study on bike fatalities from 1996 to 2005

http://www.nyc.gov/html/doh/downloads/pdf/episr v/episrv-bike-report.pdf served as a wake up call that more "bike facilities" were needed in the city (key findings: while injuries went down overall, fatalities remained steady at about 225 per year; 92% of fatalities resulted from crashes with motor vehicles), and in 2006 a plan was announced to create an additional 200 miles of bike-friendly facilities in increments of 40, 70, and 90 miles over each of the 3 years. (At this writing, over 80 "lanemiles" have been installed.) The overall goal is to have 1,800 miles installed by 2030. Another goal is to improve connections *between* lanes. In addition, sub-networks are being constructed in Williamsburg and the Brony, though the focus of

Williamsburg and the Bronx, though the focus of

lane development in the boroughs will be on the major North/South, East/West "backbone" routes.

"Bike Facilities" are classified as follows:

- Class I: separated street path such as Ninth Avenue between 16<sup>th</sup> – 23<sup>rd</sup> streets—a dedicated, car-free lane for cyclists, separated by an island from vehicle traffic
- Class II: bike lane
- Class III: a "share the road", signed route

Lord discussed the issue of bike lane enforcement, a perennial hot topic on our club's message board. Lord says the DOT notifies the NYPD when a new cycling facility goes up, but he admitted that the NYPD sees bike issues as low on their list of enforcement priorities. The DOT and NYPD are aware of the most flagrantly violated areas, for example, cabs blocking the bike lane in downtown Brooklyn, and they are working for better enforcement in these areas. Lord, an avid rider himself who commutes from Brooklyn to his Manhattan office, said that when no lane or facility exists, it's helpful for cyclists to take over a lane in a "responsible way" so they will be better seen by vehicles, and in general he would like cyclists to be better riders. [Editor's Note.: This is a great opportunity for the NYCC to promote safe riding, especially through the SIGs and our NYCC ride leaders]. When there is a bike lane available, you should be in the lane, not anywhere else.

**Recently Installed Facilities** 

- 9<sup>th</sup> avenue from 16<sup>th</sup> to 23<sup>rd</sup> Street onstreet path (currently being expanded to 31<sup>st</sup> Street): This is a pilot program. The path has synchronized signals to control the movements between cars and bikes so each have their own right of way
- **Grand Street:** Has green lanes and a parking-separated path (bike path is between parked cars and the curb)
- **Broadway, 34<sup>th</sup> to 42<sup>nd</sup> streets**: "Complete street" with separate lanes for cyclists, pedestrians and cars, ensuring each has ample space
- **Madison Square**: Lane of vehicle traffic removed. Lord said the city administration is not worried about taking away space

7 December 2008

from cars. Experience has shown that cars will simply take other routes, or park on other streets.

• Manhattan Bridge Access & Safety Project: A section of Canal Street was redirected to accommodate cyclists, and parking on Chrystie Street was removed.



The 9<sup>th</sup> Avenue bike lane

### **Bike Lane Design**

Where dedicated paths aren't feasible, lanes are constructed. The typical lane is 5 feet wide, with a 6 inch separating stripe on the outside, following guidelines set forth by AASHTO (American Association of State Highway and Transportation Officials). Lanes are on the left to accommodate bus routes and reduce the chances of getting doored.

Lord discussed several kinds of lanes the city has installed:

- Shared bike/car lanes: Marked by chevron stripes, for when a traffic or parking lane can't be removed
- **Bike boxes:** Boxed area that permits cyclists to ease in front of stopped cars at a red light
- Green lanes and intersections: These are experimental and will be studied to see how effective they are. These are typically adjacent to curbs, or going through intersections. They highlight presence of

cyclists and keeps cars out. According to Lord, "We're in our infancy with this."

### **Bike Parking**

CEMUSA, the Spanish company that has the contract for city bus shelters and newsstand kiosks, will be creating 36 covered bike shelters around the city, typically near subways. One example Lord discussed was the recently installed Bedford Avenue parking facility, where 3 parking spaces were removed to create a curb build out, or "neckdown," which made room for about 40 bikes after racks were installed. The site was chosen because of the large volume of cyclists riding to the L train. Prior to the installation, cyclists were locking their bikes to street signs, or the subway stair railing and sometimes coming home to find their bikes had been confiscated the NYPD.



The new Bedford Avenue bike racks.

A new bike rack design, recently selected after a competition (photo), will take awhile to implement. Not chosen: entries that fell apart as they were being installed (!)



**We have a winner!** These new bike racks will gradually be installed throughout the city, replacing the old "ribbon racks".

The new lanes and parking facilities have not been without their problems. A new shared street path

near the entrance to the Williamsburg Bridge takes cyclists onto a sidewalk, where they've been ticketed by the police. The sidewalk will actually be a shared use pedestrian/cyclist path, but in an instance of poor planning, the street path was opened before the proper markings could be installed on the sidewalk. In addition, there's been some community opposition to the removal of street parking.

### **Other Initiatives discussed:**

**Indoor bike parking:** A proposed Bikes in Buildings Bill would require landlords of commercial buildings to create a space for indoor bike parking. In addition, zoning requirements are being considered for all new residential and commercial construction that would require facilities for indoor parking.

**Summer Streets:** This highly popular program closed off a stretch of Park Avenue to vehicle traffic on three Saturdays last summer. The DOT is planning to expand the program next summer.

**Bike Sharing Programs**: The DOT is studying these programs in other cities and on college campuses to see how it might be implemented in New York.

Lord is proud of the fact that New York City recently received a bronze award from the League of American Bicyclists for being a Bike Friendly City. According to the LAB, "The League awards this four-year designation to communities that have made impressive, measurable efforts to integrate bicyclists into the community."

### **Further Information**

You can stay on top of the latest news from the DOT by going to their website: <u>http://www.nyc.gov/html/dot/html/bicyclists/bikem</u> <u>ain.shtml</u>. You can also sign up for *NYCycles*, their e-newsletter here: <u>http://www.nyc.gov/html/dot/html/bicyclists/nycyc</u> <u>les\_archives.shtml</u>, and view the archive as well.



**Fail!** Cyclists have been ticketed for following the chevrons onto the sidewalk here at South 5<sup>th</sup> Street in Brooklyn. The DOT is in the process of turning the sidewalk into a shared use bike/pedestrian path.

# 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:

10.01	
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	

# Your first NYCC ride

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

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

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

# Lead a ride

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

A-rides Betsy Hafkin a-rides@nycc.org **B-rides** Skip Ralph b-rides@nycc.org C-rides Susan Neiderman c-rides@nycc.org

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

3 rides = NYCC water bottle

6 or more rides = NYCC t-shirt

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

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

PLEASE NOTE Metro-North requires prior notice for large groups (16 or more) on scheduled Bike Trains (Bike Trains are indicated by a bicycle symbol on the printed Metro-North time-tables) and groups of three or more cyclists on a non-bike train. When you submit a ride involving Metro-North to a ride coordinator, at the same time shoot an email off to our trusty Metro-North liaison, Hank Schiffman, at hschiffman1@nyc.rr.com He will manage all the details but he can not do it on a piecemeal, last minute basis.

# Bicycles and trains

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

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

Poug	hkeepsie	125th/GCT	
3:33	pm	5:10/5:21	pm
4:33	pm	6:15/6:26	pm
5:33	pm	7:10/7:21	pm
6:33	pm	8:15/8:26	pm

### HARLEM LINE

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

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

### NEW HAVEN LINE

		_
depart		<del>)</del>
GĆT		Haven
am	9:54	am
am	10:52	am
	t am am	am 9:54

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

10 December 2008

# **December 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:** 

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

### Saturday, December 06, 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 20 mi 9:00 am

# CROSS training with a CROSS country mule

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

11 December 2008

From: Central Park Boathouse Let's do some winter cross training. My cross training choice of sports - tennis!

Let's ride the bike path up to just below the GWB (near the lighthouse) where there are some tennis courts. I have no idea if we need reservations, but I'm guessing in these cold winter months, the courts are pretty open. Let's just hope the gates aren't locked.

B16? I mean, how fast can you possibly ride on a bike path? And, my tennis abilities are probably just B16.

Bring a backpack with your tennis shoes, racket and balls.

RSVP so I know if I have someone to hit with or if I'll just be standing there alone.

### Sunday, December 07, 2008

A18 55 mi 9:30 am

### Saddle River

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

From: George Washington Bridge, NJ side bike path entrance

It's getting cold, so I'm slowing down. Join me for a relaxed, casual spin through the lovely 'burbs of Jersey. Think cruising, not hammering. Flat route with the exception of a couple of climbs. Deli stop in Montvale to warm us back up. Requirements: paceline savvy, selfsufficient (can change a flat and read a cue sheet) in case you drop off the back or fly off the front.

B17 70 mi 8:50 am

### STL No. 8

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.

### Saturday, December 13, 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, December 14, 2008

B17	70 mi	8:50 am
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### STL No. 9

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.

### Saturday, December 20, 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.

### C13 25 - 30 mi 9:00 am

# Fillmore's: a mediocre ride for a mediocre president

Leader: Ed Pino and Liz Baum, edpino@mac.com

From: Statue of Civic Virtue, Queens

Blvd & Union Tpk, Queens Join Ed & Liz on our ride to Fillmore's for lunch. This will be an easy flat ride through the borough of Queens. We will circle the globe and eat in a pub-like atmosphere. Join us on this warm winter journey for a trip and a great lunch at the end of the ride. Bring \$10.00, for a real lunch; restaurant is bike friendly. Bring bike lock and a good attitude.

### Sunday, December 21, 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.

### Thursday, December 25, 2008

C13/14 30 mi 10:00 am

# 3rd Annual CHRISTMAS DAY ride & Chinese buffet lunch

Leader: Trudy Hutter, <u>trudyth@aol.com</u>, 212-838-2141

From: NE Corner of 60th St. & First Ave.

A fun ride to Flushing, Queens for a magnificent Chinese buffet lunch at the East Buffet & Restaurant. The cost for the Christmas Holiday buffet is approx. \$25-\$30.

After lunch we'll take the long route back to Manhattan. Expected time of return is around 4 PM.

NOTE: This ride is limited to 20 participants. Call 212-838-2141, or email trudyth@aol.com, the ride leader, give your full name and telephone number, to put your name on the list.

Please bring with you: Two spare inner tubes and a patch kit A lock for your bicycle (don't count on using someone else's) Money for lunch Water A bicycle frame pump A helmet (wear it—required on all NYCC rides) A smile

### Friday, December 26, 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.

### Saturday, December 27, 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.

12 December 2008

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

Leader: Todd Brilliant, toddtheracer@yahoo.com, 646-651-9760

From: George Washington Bridge, NJ side bike path entrance

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### Saturday, January 03, 2009

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.

### C/B/A 5-12 8:30 am

### All-Class Hiking & Snowshoeing (Cross Training) SIG

Leader: Marilyn & Ken Weissman, <u>nyccsnowshoe@att.net</u>

From: Varies each week

### A21-23 60 mi 10:00 am

### Hogwich Series '08-'09

The Hiking & Snowshoeing SIG meets virtually every week, January through March--conditions permitting (no rain/expected high below 40)-usually on Sundays, but quite often on a weekday too. Both activities are high-energy, fun-filled sports, designed to pull you away from your TVs and computers, while pushing you into great condition for 2009 biking. As most start points are accessed by car, you must sign up in advance. For participation details, info on what gear you'll need, where to get it, and how much it costs, email Ken or Marilyn. Don't wait until last minute for gear. Stores sell out of Stabilicers (ice-walkers) quite early, and snowshoe gear has been known to disappear 15 minutes after the first snow.

# 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** (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\_Sale.html</u> (has pictures of bike and case)

#### NYCC Minutes

### Tuesday, October 7, 2008 - 6:30pm

Neil Botwinoff's Office 900 Third Avenue

In attendance were board members: George Arcarola, Betsy Hafkin, Carol Krol, Dana Gordon, Susan Niederman, Jeff Ignall, Skip Ralph, Hal Eskenazi, Ingrid Wiegand, Neil Botwinoff, Ellen Jaffe.

#### George Arcarola - President

Richard would like to change vendors from Sugoi to a manufacturer who can scale his graphics. James is reaching out to Matt who is back from Ireland to help with the website. There is an ongoing issue with email forwarding. There are several not receiving eweekly.

Board members must decide if they are running again. ENY chair was made an official board position.

PRESIDENT: Nominated: George Arcarola VP RIDES: VP PROGRAMS: DIRECTOR OF SPECIAL EVENTS: Nominated: Hal Eskenazi ESCAPE NEW YORK CHAIR: Nominated: Ellen Jaffe TREASURER: Nominated: Jeff Ignall SECRETARY: Nominated: Craig Breed MEMBERSHIP DIRECTOR: Nominated: Joe Hunt PUBLIC RELATIONS: CONTENT EDITOR (formerly Bulletin Editor): Nominated: Carol Krol WEBMASTER: Nominated: Matt Zimmerman A RIDES COORDINATOR: Nominated: Betsy Hafkin B RIDES COORDINATOR: Nominated: Mark Israel C RIDES COORDINATOR: Nominated:

Susan Niederman

# Neil Botwinoff: membership as of October 5, 2008: 1,731

34 new members signed up at ENY. Neil wants to offer a "package" for the remainder of the year and 2009: \$ 25 for individual, \$ 30 for couple.

Ingrid Wiegand - Public Relations

Ingrid expressed disappointment over lack of viable publications for an article she authored and lack of specific PR tasks and questioned usefulness of the position. Suggestions were made as to what PR could be

#### Carol Krol – Content Co-editor Dana Gordon - Content Co-editor

It was agreed that since Carol and Dana have ultimate control of web content they should determine the homepage photo. Discussed was the possibility of hiring someone to redesign the site. It was agreed that the homepage photo be changed more frequently and be relevant to past and upcoming events and rides.

## Ellen Jaffe – Secretary/ENY Chair Minutes of September approved.

ENY: 732 ENY riders registered online. 105 day of registrations 837 paid registrations 30 new members were signed up by Carol Krol at Sakura finish.

Total revenue: \$ 33,312. Total expenses so far approximately: 24,000. But a few more to come.

Much positive feedback received from riders Infrastructure could have handled more riders. Trek has included ENY in their 2009 budget.

#### Betsy Hafkin - A Rides Coordinator

Discussed was the importance of sign-in sheets for liability and emergency phone number.

**Skip Ralph – B Rides Coordinator** Metro North advance notice only applies to rides with 10 or more riders.

#### Susan Niederman – C Rides Coordinator

### Jeff Ignall - Treasurer

Current Youth Program balance \$ 4,616.61 Checking account total: \$ 47,904.80 Money Market total: \$ 631.14

 Total Cash
 \$ 53,152.55

 NYCC
 48,535.94

 YP
 4,616.61

ENY Registrations \$ 33,312.00 ENY costs not yet finalized

## Hal Eskenazi – Director or Special Events and VP Programs

September program: 37 paid. We guarantee 40. 37 gave us a 3-person deficit for an out-of-pocket of \$69. We had 2 guests. November 17 – meeting featuring a DOT representative. Mets game was oversubscribed. Oct 26 is the shoreline ride. Singles party on October 25. Holiday party: December 6.

### Next BOD meeting:

Wednesday, November 5, 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

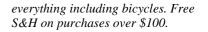
1690 2nd Ave. at 87th Street, NY, NY; 212 722-2201, http://larrysbicyclesplus.com/index.cf m 15% off parts & accessories; 5% off bikes.

### **Master Bike Shop**

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

### **Piermont Bicycle Connection**

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



### 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/

<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.* 



### **2008 MEMBERSHIP CARD**