



April 2009 Bulletin

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Prez Sez Montly Program Challenge

Each month, for the past sixteen months, I've written a letter to the club. This small missive has been used to keep the membership entertained, as well as informed. This month, I would like to try something a bit different. . .

For nearly a year now, we've been working without a Program Director. This is the person who plans, coordinates, and executes the club's monthly meetings. It can be a tricky and demanding task, but it is also rewarding and fun and enables that person to shape the content of the clubs monthly get-together.

I've tried several times, as have the rest of your Board of Directors, to find someone to take on this role. However, we have not been successful. With the current economic situation, the 'extra' time that our members have always (and continue) to volunteer to the club has been, shall we say, squeezed just a bit. The demands and stresses of our jobs are at an all-time high. With this in mind, we will need to be a bit creative in filling our meetings with interesting, informative, and fun agendas.

Here is my proposal and challenge to you as members:

Members will volunteer to run a SINGLE meeting, for which they will create an agenda, submit it to the board, organize, arrange, and run ONE monthly club meeting. The next month. . . it'll be someone else's turn. Who knows, you might actually enjoy it so much that you become a repeat offender!

We need to do something quickly; there are currently no plans past May. Please step up and make a difference.

Thank you,
George Arcarola
President, NYCC

2008 Ride Leader Tallies

The Ride Leader Tallies for 2008 are in. More than 250 club members volunteered their time to lead rides last season, and 138 members led 3 or more rides. [Names are listed in alphabetical order by first name](#). Prizes are awarded as follows:

- 45 or more rides:** NYCC jersey and a BIG HUG (Thank you, Linda Wintner, Maggie Nguyen and Neile Weissman!!!)
- 12 or more rides:** NYCC jersey
- 6 rides:** NYCC socks (while they last) and a NYCC water bottle. If we run out of socks you may have 2 water bottles
- 3 rides:** NYCC water bottle

If you think your total is incorrect, please contact [Betsy Hafkin, VP-Rides](#)

Swag will be available at the April 14th Club meeting for pickup or can be mailed. Please RSVP if you plan on picking it up at the Club meeting along with your size (if applicable) so we know how much to bring.

Submit!

Have you a hankering to express yourself in prose? Do you have a wealth of information to share with the NYCC membership? Have you just returned from some far-flung spot and wish to tell everyone about it? Submit! Submit!

2008 Member Awards

The results are in! Members voted. The winners of the 2008 member awards are:

Best Dressed Man: Ron Gentile

Best Dressed Woman: Kim Jenkins

Most Improved Man: Scott Welles

Most Improved Woman: Sharon Shachar

Comeback Rider of the Year: Melissa (MJ) Durkee

Cycling Couple of the Year: Tie (Tom Denham and Marci) and (Betsy Hafkin and Bob Ross)

A-Ride Leader of the Year: Five-Way Tie (Jeff Vogel, Robert Shay, Todd Brilliant, Sue Foster, Terry Hildebrandt)

B-Ride Leader of the Year: Maggie Nguyen

C-Ride Leader of the Year: Gary McGraime

Diner/Food Stop of the Year: Bunbury's in Piermont

Fastest Flat Fixer: Ed Fishkin

Gear Head of the Year: Richard Rosenthal

Retrogrouch of the Year: Richard Rosenthal

Best Wheel to Follow in a Paceline: Craig Breed

Best Schwebbers: Debbie Rothschild

NYCC's evening at Cadence Cycling: Powerful By Grace Lichtenstein

Imagine a spinning studio where you can ride your own bike or a remarkable advanced spin bike with cadence and power output monitors. . . a studio where bikes are not all jammed together in a smelly, low- ceilinged room but instead in an airy downtown warehouse-style space with huge videos of bike racing displayed on a screen. . . where instructors are knowledgeable cycling coaches rather than aerobics instructors shouting over pounding music. . . where you can actually watch your results and see how youâ€™re doing against the person next to you in a simulated time trial with results posted on the video screen.

That's what it was like for a group of lucky NYCC members who braved a nasty, rainy night in March to visit Cadence, a state-of-the-art workshop, gym and store in Tribeca.

"Amazing. . . well-choreographed. . . fun. . ." were some of the comments as riders finished a 45-minute session with the two-mile time trial. There were a handful of special spin bikes, the CycleOps PT300, for those who signed up in advance. The CycleOps PT300 monitors your cadence and heart-rate on its own built-in monitor, but it also monitors your power output measured in watts.

Afterwards, the group munched from a spread of cheese, crackers, veggies, fruit and nut platters while Ann Marie Miller, a former NYCC SIG leader, champion racer and now Cadence coach, gave an informative talk on how to construct a program that pushes a rider to the next level of cycling. I wasn't the only one scribbling notes as she talked about training, overtraining, nutrition and the rest of a good fitness package. It was a serious talk laced with humor.

On hydration, Ann Marie noted that too many of us do not take in enough liquids: "We call it 'taking your water bottle for a ride,'" she said.

How helpful is the Cadence program? Ann Marie pointed out that Juan Barraza, a New York Cycle Club member who was among the Wednesday night group, improved from 171 watts to 235 watts over a six-week period.

She also emphasized that Cadence is not just for elite cyclists but

also for beginners. In fact, beginners could especially benefit from a better bike fit, she said. The Cadence bike fitting system is something to behold - a setup with a computer and a video that a Cadence exercise physiologist screened which vividly demonstrates the difference in a before-and-after fit. His name, appropriately, was Chad Butts.

Cadence not only offered those attending a return visit, free, for another class, but also raffled off a free Lactate Threshold test and other goodies. No, they did not give away the Cannondale on their sales floor with the new Shimano automatic transmission. But as we left every participant got a swag bag with a water bottle, a bottle of Vitamin water and a note on Anne Marie's free April series of skill clinics, which start April 15 outside Tavern on the Green.

"I wanted to create an atmosphere for people like us," explained Cadence CEO Jay Snider. "The heart of Cadence is the recreational rider who wants to get better." NYCC Speedmeisters and novices alike were mightily impressed by the entire program.

NEW! Toga Bike Shop Van Support

Toga Bike Shop, one of New York's oldest bike shops with more 30 years of serving cyclists, announced it will continue to provide assistance to cyclists in the NJ/Rockland County area on weekends. The service -- which Toga has offered for the past two years -- is provided through their Nyack shop (see location below).

"Most cyclists are able to fix minor issues on the road, but if there's something they can't do, we'll help them out as much as we can," said Toga's David Nazaroff. "We're all bikers here. We work in a bike shop but we're cyclists ourselves."

For assistance, call the Nyack shop directly. The shop managers are Bevan and Tony, but anyone there can dispatch the van with a bike mechanic to come to your aid. There is no additional cost for the service other than what would normally be charged in the shop for parts and labor. Please keep the following in mind before making the call:

- The service typically covers 9W and surrounding roads between Englewood and Bear Mountain. They operate the van on weekends and will send it out as long as they have coverage in the store. This means you may have to wait if they are busy. You can always call them on weekdays if you get stuck, but there are no guarantees they will be able to send the van to service your bike.
- Toga is more than happy to come to you to repair your bike and get you back on the road. But if it is a basic repair, please consider trying to do it yourself first. Especially if you are with a group with others who can help you.
- If you are close enough to another shop, consider walking your bike over to that shop. It may be the faster alternative for getting back on the road.
- If you are injured, you should call an ambulance rather than a bicycle repair specialist.
- If you are tired or fatigued, then a taxi or a friend with a car is your best bet. Toga will transport you to a nearby and safe destination if they come to fix your bike and you can't complete your ride. Please keep in mind that this is NOT a taxi service.

TOGA Bikes Nyack

530 NORTH HIGHLAND AVE (Rt 9W)
UPPER NYACK, NY 10960
Phone: 845-358-3455

April Rides

To see February's rides listed by the week or month, [click here](#).
(password required)

April Events

For a list and description of this month's events, [click here](#).

Bike Shop Discounts

To access your discount card and a list of bike shops offering discounts to NYCC members, [click here](#) (password required)

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