



## July 2009 Bulletin

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### Prez Sez

Hi folks!

Hard to believe that the first half of the year is ending. With luck, we've put all the cold, and especially all the wet, behind us for a while. I want to wish everyone attending July 4th at West Point a weekend filled with great (and safe!) riding. My thanks to Kim and all the "elves" that helped put it together.

As for the rest of us, I hope we all have a very happy 4th of July... seems like yesterday that Tom, John and Ben were signing off on the Declaration of Independence.

As the season heats up (in more ways than one), I would encourage everyone to take a moment to remember that on this holiday weekend, as well as every other day of the year, cyclists need to have an overdeveloped awareness of safety, and how we interact with others sharing our space, whether it's autos on the road, runners and strollers in the park, and other cyclists everywhere. The way we cycle as a club, and as individuals, should reflect this awareness. Staying on the shoulder or the extreme right on 9W, giving pedestrians every courtesy as we hammer down Riverside on the way home, in these and countless other scenarios, we represent the entire cycling community, whether we like it or not. As Sergeant Phil Esterhouse (on Hill Street Blues) would say at the end of roll call each day, "Let's be careful out there".

Newcomers to the club have a ride of their own coming up in mere days. If you've never ridden with us before, if you're a new member, this is an excellent way to meet new friends and to enjoy the club you've made your own. Join us on Saturday, July 11th for some fun!

OK, that's it! Short and sweet... I have to go pack. On my way to Arizona for the week!

Be safe, be well, and Ill see you on the road.

Thank you,

**George Arcarola**  
**President, NYCC**

### Montreal Tour de I'Île engenders maximum smiles

By Grace Lichtenstein

Against a backdrop of Cirque du Soleil acrobats on bikes entertaining on raised platforms near the start line, some 35,000 cyclists filled car-free streets to celebrate Montreal's Tour de L'Île. The June 9 event marked the 25th anniversary of this grand, huge, stylish bike ride. As NYCC member John Kalish put it, "Velo Quebec [the organizing group] sure knows how to throw a great party!" NYCC C-Rides coordinator Susan Niederman (John's wife), several Bike New York representatives, and I were among the thousands who enjoyed the 52 km/31 mile spin in one of the great biking cities of North America. We were lucky to have a perfect day – sunny skies with temperatures in the 70s.

The Tour de L'Île is as massive as New York's Five Boro Bike Tour. It started and ended in the same place: a park called Mont Royal. It also featured a Friday night kickoff ride, the Tour la Nuit (20 km/12 mi), which attracted 10,000 riders. I was not able to participate, but I heard from others that it was magical.

The atmosphere for the Sunday tour was at once joyous and laid-back. The course meandered through some lovely sections of the island that is the core of Montreal, with views of the old city, chic shopping districts, the business center, skyscrapers, ethnic neighborhoods including Chinatown, the St. Lawrence River, and parks that are filled with the unexpected—from outdoor sculpture gardens to larger-than-life-sized chess boards.

### 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!

The pace was moderate, with groups, couples and families riding together on road, mountain, hybrid and tandem bikes, along with folding bikes and several unicycles. There were even a couple of the utilitarian Bixi public bike-share vehicles, which had just been introduced in the city. As far as I could tell, there were a maximum number of smiles and a minimum of Spandex-clad Tour de France wannabes speeding through the spread-out pack.

Many of the city's streets were kept closed by friendly volunteers, and in some of the neighborhoods folks came out to cheer cyclists as we pedaled along. Some children set out free lemonade stands. There were three official relais, or rest stops. At one, riders could pick up an apple. At another, there was milk (a dairy was a major sponsor) with chocolate-flavored straws. In one of the parks, I caught sight of another milk "sponsor" -- a new mother who had ridden with her infant was unobtrusively breast-feeding the baby.

At the end of the ride participants seemed in no mood to disperse. There were sponsor booths to visit, food to buy, and a concert by a well-known local balladeer & cyclist, Daniel Bélanger.

The general mood struck me as much like that of the New York Marathon, where thousands of people, both athletes and observers, join forces to showcase a metropolis as playground. One difference, of course, is that the Tour de L'Île has no elite front runners. And there are no prizes, except the good feeling of touring the very lovely and welcoming capital of French Canada.

Put "Montreal" on your calendar for June 2010, and visit the Velo Quebec website for details on this excellent weekend.

### Road Dirt

- We hear that no one wanted the West Point weekend to end; that Kim did a superb job, that the Thayer was great, the routes were gorgeous, club camaraderie terrific and the weather perfection.
- Word on the street is that Michael Allison has groupies. No surprise, since he's likable, easygoing and an ace cyclist. Allison cultivated a following among his most recent batch of C-STS riders, and the groupies regularly rally for a spin to Nyack or Piermont. Go Groupies!
- Did you know? NYCC's inaugural Summer Skills Series was a bona fide success. The six-ride series was launched in response to members' interest in skills-training rides, as well as rides starting later in the year than the SIG series. Pictured here, B Triple S riders enjoyed a graduation lunch in Cold Spring before the train ride home. Left to right: Mark Heller, Yontcho Valtchev, Kristina Cordero, Elley Strehl, TJ Cordero, Joshua Caesar, Joe Hunt, Chris Hartmann, and Joan DeCollibus



- How about a round of applause? Grace Lichtenstein, NYCC's public relations director, is doing a bang-up job of promoting the club and getting our name out there. Her most recent success -- or, as they say in the PR biz, "placement" -- is a [New York Times piece](#) that links to our home

page. Go Grace!

### July Rides

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

### July Events

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

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