



## May 2010 Bulletin

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### "Prez Sez" May 2010

By **Derek Chu**, NYCC President -

### EMBROCATION: MY FAVORITE WORD FOR NATIONAL BIKE MONTH

Embrocation: **1.** Fomentation, applying or rubbing with a lotion, soothing or healing by rubbing in an ointment or liniment. **2.** The liquid used in embrocation, a liniment, lotion, oil.

### 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!



"What is my favorite word? **Embrocation**

What is my least favorite word? **Bonk**"

– **Loren Mooney, Editor in Chief of *Bicycling* magazine** (at the April 2010 NYCC Meeting)

In 1936, U.S. unemployment was 16.9%, a first-class stamp was 3 cents, "Mutiny on the Bounty" won the Best Picture Oscar, and the New York Cycle Club was founded. NYCC now has over 2,000 members and the Club is a sprightly 74 years old and brimming with energy bounding to 2011 — the Club's "Golden Jubilee Anniversary!"

In 1956, the League of American Bicyclists (LAB) declared the first "Bike-to-Work Day" and now the U.S. celebrates May as "National Bike Month." In 2010, Loren Mooney spoke to NYCC in a packed Club meeting and described how embrocation and Eddy Merckx inspire her, as does her favorite curse word (see "Loren Mooney" article below).

NYCC thanks Loren Mooney for a thoroughly enjoyable chat with the Club and providing deep insight into *Bicycling* magazine, the industry, cyclist psychology, and her thoughts on Floyd Landis ("Did he or didn't he dope?").

### **LOREN MOONEY TAKES THE MIKE**

Loren Mooney, *Bicycling* magazine's Editor in Chief, took the mike at NYCC's April Club Meeting and turned Annie Moore's into a cycling speakeasy, sharing cool cycling stats, personal anecdotes and answering club member questions.

Sid's Bikes NYC was also on hand to demo a sleek Orbea Orca bicycle and generously contributed several great prizes for the raffle.

Read on for an exclusive recap of some of the cycling nuggets that Loren shared with NYCC members.

#### **Loren's Personal Facts -**

- Reformed runner
- Owns four bikes and a frame
- Gets on 30-40 different bikes per year, which she admits "makes you a snob"

- Lives in New York City, commutes 10 miles each workday
- Actually wore the cycling pants she was raving about in her editorial column
- Ghost writer: Floyd Landis' book, "Positively False"
- Board member: Alliance for Biking and Walking formerly Thunderhead Alliance
- Advice: "Go make friends with your local bike shop."
- Cool happening: was invited to Eddy Merckx's 65th birthday party in Malta
- Hazards on NYC streets in order of egregiousness: (1) pedestrians, (2) cyclists, (3) cabs
- Goal for *Bicycling* magazine: "Welcome the beginner without alienating the core."
- No, we do not need more gear testers for *Bicycling* magazine. We have that covered!"
- Has not ridden with NYCC yet but is willing to join us on a ride!

### Cycling Stats - Did You Know...?

- 70% of *Bicycling* readers are men; 1/2 the staff are women, everyone on staff tests bikes
- 4.2 = the number of bikes the average *Bicycling* reader owns
- More people want to ride their bikes in an economic downturn; why? can set personal goals that one can control; kids are so expensive versus the Orbea Orca that will make you feel good every weekend
- Mainstream biking movement happening nationally; cities realize that being more bike-friendly equals greener, less congested and safer communities
- Trend: bike is becoming a style accessory like shoes or handbags

### Loren Answers 10 Important Questions

- 1) What is your favorite word? **Embrocation**
- 2) What is your least favorite word? **Bonk**
- 3) What turns you on? **A Dappio Machiatto after a ride**
- 4) What turns you off? **Squeaking drivetrains**
- 5) What sound or noise do you love? **Hum of the freewheel on a descent**
- 6) What sound or noise do you hate? **A creaking saddle**
- 7) What is your favorite curse word? **Douche bag**
- 8) What profession other than your own would you like to attempt? **Chef**
- 9) What profession would you not like to do? **Soigneur** (assistant responsible for feeding, clothing, massaging and escorting team cyclists)
- 10) If Heaven exists, what would you like to hear God say when you arrive at the Pearly Gates? **Welcome, we have a spot at the table for you next to Eddy Merckx.**

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Questionnaire Source: used by James Lipton on "The Actors Studio"

### NYCC CELEBRATES NATIONAL BIKE MONTH

In honor of National Bike Month, NYCC has partnered with the Museum of Arts and Design (MAD) located at 2 Columbus Circle for a special event on May 13<sup>th</sup> to view the special exhibition "Bespoke: the Handbuilt Bicycle." [Click here](#) for more details. In addition, MAD is pleased to offer every NYCC member a discount of approximately 20% or \$3 off the \$15 General Admission price. Any member who visits the Museum on their own simply shows their NYCC membership card and receives the discount, which is good for visiting all the galleries! Membership cards may be obtained [here](#).

The Club hopes to offer the second annual "Summer Skills Session" (SSS) to "B" and "C" cyclists to begin in late May. The SSS is a condensed version of the spring SIG programs. We need a few more C Ride Leader volunteers in order to pull this off. Please contact Alan West, C Rides Coordinator, if you want to lead a "C" SSS this summer: [c.rides.coordinator@gmail.com](mailto:c.rides.coordinator@gmail.com)

Information about all of NYCC's exciting events in May and June may be found on our website:

- Memorial Day Weekend – NYCC cycles in the Berkshires of Massachusetts
- June 12 – All-Class Ride (NYCC Member's Only)
- July 4th Weekend – NYCC spends Independence Day at the United States Military Academy (U.S.M.A.) at West Point. We respect and honor the Army 'long gray line.' Hooah!
- July 10 – Newcomer's Ride

### **CYCLING SAFETY: UPDATE FROM LOCAL POLICE DEPARTMENTS**

On April 26<sup>th</sup>, on behalf of NYC-area bicycling clubs (including CRCA and 5BBC), I met with several police departments on the western side of the Hudson River to discuss cyclist safety, particularly on Route 9W and Hudson Terrace.

I met with Police Chief O'Shea, NY (who sits on the Rockland County Traffic Safety Commission) in Piermont; Police Chief Beckmann in Alpine, NJ; and Deputy Chief Cioffi in Englewood Cliffs, NJ., and had very positive and productive discussions. The local police departments are encouraged that NYCC and cyclists want to build lines of communication and work together to improve cyclist safety on Route 9W.

There is not any specific campaign to target cyclists but it is expected by law enforcement that all cyclist will **respect and obey ALL TRAFFIC CONTROL DEVICES** (*i.e.*, stop signs and red lights), **particularly on Route 9W**.

I obtained copies of the cycling ordinances in Nyack and Piermont. I also acquired a copy of NJ Vehicle Regulation Section 39 from the New Jersey towns. NYCC will post local cycling regulations for Nyack and Piermont on our website. We will post other relevant information on our site as well.

Obedience of all traffic control devices includes the light in Alpine, NJ, on Route 9W north and south at Exit 4 of the Palisades Parkway (northbound, at the light at the bottom of the little hill before Stateline). Northbound, it is required to come to a full stop at the light — there is a warning flashing light halfway down the hill. The Alpine Police chief suggests that cyclists can time the descent so as not to have to come to a full stop. The light is traffic-engineered to have a short "Red" on north/south 9W. Keep that in mind and you

will be able to legally cycle through.

**Please note:** It is important that NYCC members be respectful when using the Englewood Cliffs Town Hall/Police Station for rest stops. The police station is available to the public as a courtesy.

During our meeting, the Deputy Chief lectured about large groups of cyclists blocking the police station driveway and doors — a real hazard in case of a police emergency. He also spoke about these groups leaving the bathrooms absolutely filthy.

Although he did not specifically mention NYCC, it is imperative that NYCC members use the police station facilities with respect and do their best to leave the bathrooms clean!

Also, do not block the police station doors and driveway with bicycles during your pit stops as police cars may, at a moment's notice, need to zoom out for emergencies.

Englewood Cliffs law enforcement is very concerned about cyclist safety and expect cyclists to do their part by adhering to all traffic laws. If cyclists do not adhere to traffic laws, police will have no choice but to get more aggressive in enforcing the law.

### **NYCC's TRANSFORMATION: A SPARKLING DIAMOND FOR 2011**

Since January, the Executive Board has provided monthly updates in the Club Bulletin on NYCC's transformative preparation for our "Diamond Jubilee." (Archives 'for Members-only' available [here](#).)

Here's a recap of our progress:

- **Website Redesign** – On April 13<sup>th</sup>, a special Executive Board meeting was held so that two finalist vendors could present their proposals. By April 16<sup>th</sup>, the Board had voted and selected a vendor to redesign the NYCC website. We are now finalizing the contract and Statement of Work (SOW) to include a clear project scope for a software solution with an open source Content Management System (CMS) that can be easily maintained and upgraded for future needs. High priorities in this project include an upgraded message board forum, a new membership tool and interface, a modern ecommerce capability, and a clean graphical user interface.
- **Membership** – Membership Board of Director Crystiina Avram has worked many hours to maintain a high level of customer service in response to current and new member queries. She ensured a smooth transition to a Club-wide 2010 password and log-in ID. In addition, Crystiina has been keeping careful track of new members as well as carefully ensuring that SIG leaders and cyclists are 2010 NYCC members.
- **"NYCC Diamond Jubilee Gala Committee"** – The Committee continues to work to finalize a vision and plan for NYCC's 75<sup>th</sup> Anniversary celebration.
- **"Great Leap Forward"** – Since January, through the hard work and dedication of your Board of Directors, NYCC has officially adopted several tools to more efficiently serve the Club and our members (and lessen manual work for Board members and other volunteers): Facebook, Twitter, PayPal,

Quicken for tracking NYCC financial accounts, a new more stable webserver host, and closer coordination with the staff of Annie Moore's for Club meetings. I'm privileged to work with such a hardworking and focused Board of Directors and volunteers. Thank you, team! View your Board members [here](#).

### **VOLUNTEER FOR NYCC AND EMBROGATE THE CLUB!**

This Club currently functions as a well-oiled wheel (too much embrocation!?) because everyone — from the Board of Directors to the ride leaders — volunteers their time to contribute to our shared passion: bicycling. I'm privileged to be Club President and an A19 SIG leader to cycle with people as diverse as a best-selling children's book author, a Cordon Bleu-trained chef, and a medical doctor.

Confucius wrote "Study the past if you would define the future." Help this 74-year-old Club define the future. Step up, embrocate the Club's cogs by helping to lead a ride or give back to NYCC in other ways.

Contact the Board of Directors by email and let us know how you want to volunteer: [president@nycc.org](mailto:president@nycc.org).

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### **STAN OLDK YOUTH PROGRAM COMMITTEE DONATES TO "I Challenge Myself"**

**by Neil Botwinoff**, NYCC Member, and **Derek Chu**, NYCC President

At the April 20th Club meeting, the NYCC Stan Oldak Youth Program (OYP) Committee — comprised of Neil Botwinoff, Lynn Baruh, Rick Braun, Janet Zinberg, and June Robbins — presented a check for \$5,833.28 to Ana Reyes, the Founder and President of "I Challenge Myself" (ICM), a 501(c)3 charity.

#### **History of the Oldak Youth Program (OYP)**

From 2006 to 2008, the New York Cycle Club provided funds for and operated the Stan Oldak Youth Program. The mission of this program was to promote cycling and a healthy lifestyle for New York's youth. While this program is no longer operational, NYCC has maintained the funds earmarked for OYP.

Explaining how ICM was selected, OYP Committee Member Lynn Baruh said, "Our criteria were to find a program with a mission that would continue former NYCC President Stan Oldak's vision and honor his memory. We researched several organizations and decided to investigate "I Challenge Myself" (ICM). On March 1, 2010, we met with Ms. Ana Reyes to get information on the details and implementation of her program. We were all impressed by her presentation and believe that ICM is a program that satisfies all of our criteria."



Illustration by Christopher Cardinale

### Who was Stan the Man?

Stan Oldak was a past NYCC President, past Escape New York (ENY) Chair, initiator of the NYCC Adopt-a-Highway Route 9W Cleanup Program, co-founder of the Youth Program, mentor, ride leader, ride buddy, and friend to many in the NYCC. Tragically, Stan passed away on Sunday, May 6, 2007, as a result of a hit-and-run while riding his bicycle near Columbus, TX. For more details of Stan's life and remembrances from NYCC members, please [click here](#) to view the May 2007 Club Bulletin (it is password-protected for access by members only). Also, please view the following threads from the NYCC Message Board.

**Thread 1** -- <http://www.nycc.org/mb/thread.aspx?b=1&t=9089&tp=1#msg41277>

**Thread 2** -- <http://www.nycc.org/mb/thread.aspx?b=1&t=9082&tp=1#msg41227>

We miss you Stan! NYCC President Derek Chu was a co-leader of the OYP from 2006 to 2007, and spoke at Stan's funeral service: "Stan Oldak was the driving force, the visionary and the mensch behind the NYCC Youth Program. Two years ago, he had a dream — to encourage New York City teenagers to become more active, to learn bike-handling skills, and to experience the joy and thrill of biking.

"It was Stan's passion for introducing youths to biking that motivated and energized the Youth Committee to shepherd 15 teenagers in becoming safe and strong cyclists. Stan always found time to give us his guidance and thoughts for our many Committee planning meetings and conference calls, despite his many social and family commitments and dental patients, whether in Manhattan or Alaska.

### I Challenge Myself

I Challenge Myself (ICM) is a 501(c)3 nonprofit organization serving youth in disadvantaged communities of New York City. The NYCC OYP donation will help strengthen ICM's Cycling Smarts Program.

ICM's Cycling Smarts Program is being offered to 120 students (60

each semester) ages 14 to 21 at three New York City public high schools:

- George Washington Educational Campus (GWEC), located in Washington Heights, Manhattan
- West Side High School, located at 102nd and Amsterdam
- The Bronx Lab School, located in the north Bronx

Cycling Smart students are predominantly Latino (70%-72%) and Black (23%-25%); 25% are girls and 75% are boys. All three schools receive Title 1 funding signifying family income that is at or below the poverty line. Cycling Smarts integrates physical fitness and education to help students break the cycle of obesity and related illnesses that are prevalent in low-income communities and is characterized by the following features:

- One-of-a kind rigorous noncompetitive fitness challenges presented to students at the start of each semester — currently a 3-hour Winter Fitness Challenge in January and a 1-day 100-mile bike ride in June.
- Moderate to vigorous cross-training program consisting of indoor spinning, outdoor cycling, indoor swimming, resistance training, and/or running 225-450 minutes per week (3-5 days a week) to increase fitness levels.
- Connection of academic concepts with physical activities every week for 60-90 minutes (calculating caloric intake/serving size, reading food labels, map reading and research of and tours to historic NYC sites).
- Organized outdoor group rides to teach safe cycling and improved cycling skills; students participate in 10-12 training rides on weekends (Saturday or Sunday) that vary from 4 to 7 hours.
- Work and volunteer opportunities for students who successfully complete the program at partner organizations.

ICM provides Cycling Smarts schools with fully equipped bicycles, helmets, gloves, cycling jerseys and cycling shorts (2nd semester only), and contracts teachers from the schools as independent contractors to lead the Cycling Smarts Program. ICM purchases 20-foot steel storage containers to store the bikes and equipment on school grounds. ICM also provides curricula and technical assistance to Cycling Smarts instructors, and organizes the end-of-semester fitness challenges and celebratory events. ICM also recruits and supports volunteers who help chaperone rides. The schools provide in-kind use of outdoor and indoor space to support the program and cover maintenance fees for special events that take place at the school.

### **Use of New York Cycle Club Donation**

In July 2008, ICM received a three-year Carol M. White Physical Education Program (PEP) grant from the U.S. Department of Education to bring to scale our Cycling Smarts Program to four high schools. At the end of the three-year PEP grant period, the Cycling Smarts Program should be serving 160 to 200 students a year. The PEP grant covers 47% of Cycling Smarts Program costs and ICM must raise the balance.

The \$5,800 New York Cycle Club donation will go toward expenses that are not covered by the PEP grant, including cycling shorts and jerseys, cycling food and snacks, student stipends and recognition awards (e.g., medals awarded to students, cycling instructors and volunteers during the finish line celebrations).

## THE DREAM: ONE CONTINUOUS BIKE PATH LINKING THE OLD PUT/WTC/PUTNAM BIKE PATHS



Dunwoodie undeveloped section

**by Hank Schiffman and Scott Blau, NYCC Members**

Consider our dream — a dream of a dedicated bike path starting within New York City that stretches into Putnam County in Upstate New York interrupted only by a limited number of road crossings. A converted rails-to-trails path does currently exist — the Westchester County Trailways (WCT), which covers the route of the "Old Put," the former Putnam Division rail line of the New York Central Railroad (1881-1958). Although not complete, the bike and pedestrian path is quite workable in its present form. In its completed sections, the trail is well marked and traverses some startlingly beautiful terrain.

Besides the usefulness of the trail itself, the WCT supplies access to many cycling possibilities. For example, Graham Hills Park, an off-road mountain bike park in Mt. Pleasant and the connecting bike path to Tarrytown off Neperan Road, which are both easily accessed from the trail. The latter can be used to connect with the Old Croton Aqueduct Trail for out and back loops.

[Author's Note: Each fall for the past five years, NYCC Ride Leader Hannah Borgeson has led a "Trailways" ride starting near Purdy's, NY, and ending back in the Bronx. [See the NYCC Rides Library for the cue sheet "Westchester South and North County Trailways."]

One advantage to cycling on the eastern side of the Hudson is the bailout option on Metro North Railroad. The WCT threads between the Hudson and Harlem lines, never too far from a station. Situated in a valley, it is generally protected from wind gusts. It is not subject to the vicissitudes of closures on the George Washington Bridge. Finally, until you have cycled on a dedicated bike path, you don't realize how annoying motor traffic is!

The WCT affords commuting opportunities with greater future potentials if action follows vision. Scott Blau regularly commutes between Yonkers and Tarrytown — he envisions feeder paths leading to the WCT. Commuters could take a safe route on a fully rideable

surface to subway/rail stations with bicycle storage at these trail heads. I can see the path extended past the West Kingsbridge Road to a Metro North station and access to the #1 Train at 225th Street. A connector to the new Tappan Zee Bridge bike path opens cycling options to users and destinations on both sides of the Hudson River. The path to dreams into a future cycling reality is by sitting at the table and partnering with other advocacy groups.

Cyclists should most certainly try the one-way bike ride north or south, depending on wind direction. The journey is probably less than 50 miles from the subway to Carmel, add another 5 miles to the Southeast Metro North station in its current state and you have an adventure on the order of Nyack with very little vertical gain and traffic. Make it an out and back for 100 miles and another 10 each way from the Boathouse in Central Park. Because of the gentle grades and few intersections, your effort and time should not be a major burden.

You will certainly have a less stressful return from Westchester than traditional routes due to the motor vehicle abatement factor. Riding on a dedicated bike path means you can appreciate the scenery rather than multitasking vehicular traffic. The WCT might not be a place for riding a double paceline. However, individual cyclists can put the hammer down as long as they respect others. If you have not ridden this right of way, an undiscovered adventure lies just outside your back door.

Contact Hank Schiffman or Scott Blau with any questions about our dream or the route by sending a note to: [ridelibrary@nycc.org](mailto:ridelibrary@nycc.org).

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## NEW JERSEY BICYCLING COALITION, THE STATE'S "NEW" CYCLING ADVOCACY GROUP



**By Ted Semegran**, Legislative Action Officer, Bicycle Touring Club of North New Jersey

The New Jersey Bicycle Coalition (NJBIKE.org), a bicycle advocacy organization, was formed in early 2009 to improve bicycle safety and promote cycling education in New Jersey. Since many NYCC riders cycle in New Jersey, some of the things we are trying to accomplish for cycling might be of interest.

To get things going in 2010, the New Jersey Bike Coalition (NBJC) is having New Jersey's first-ever Bike Summit in Denville, February 27th where we hope to meet with legislators, cyclists and advocates to improve cycling safety and cycling education in New Jersey. The event will have many keynote speakers from the nationwide cycling industry as well as many New Jersey political people and cycling-related organizations.

### A Few of NJBC Goals and Objectives:

- **Three-Foot Passing Law:** Already part of traffic law in 13 states, this legislation has now been introduced in New Jersey. It should go into committee in May and NBJC and other bicycling advocacy organizations will be campaigning for its passage.

- **Palisades Interstate Parkway:** Did you know that the Palisades Interstate Parkway has been designated as a National Scenic Byway? The New Jersey Department of Transportation has extended an invitation to NJBC as an interested party in the area of the Palisades Interstate Parkway to participate in an initial meeting to establish a Corridor Management Committee who will assist NJDOT and the PIP Commission to develop a Corridor Management Plan for the PIP Scenic Byway.
- **Bicycle Planning:** New Jersey actually does have a bicycle plan. Prepared for the NJ DOT by the RBA Group, it was begun in 1995 and phase 2 of the plan completed in 2004. It is an impressive 452-page document but where does it stand now? Help us find out.
- **Bicycles on Transit:** Bicycles can be accommodated on all NJ Transit Southern Division buses. NJ Transit acknowledges on their website that only half of their bus fleet is "bike friendly." We need to expand this program in the northern half of the state.
- **Bicycle Racks/Bicycle Parking:** Would you run more errands by bike if you had a secure place to leave your ride while shopping? We think that many of us would and pressure on local businesses to fill the need for secure bicycle parking will help them as well as bicyclists.
- **"Share the Road" License Plates:** New Jersey is considering scrapping specialty license plates and replacing them with decals affixed to a generic plate. This would make it much cheaper for organizations such as NJBC to offer its members, and others, the opportunity to champion bicycling, even when they absolutely, positively have to drive their cars!

### THREE-FOOT RULE FOR TWO-WHEELED SAFETY



**By Alfredo Garcia, NYCC Member**

New York State Bill A10697, commonly known as the Three-Foot Rule, is awaiting a vote in the NYS Assembly. An important traffic measure intended to protect cyclists, this bill would require motorists to stay at least three feet (nearly one meter) away when passing

cyclists on the road.

The bill proposes: "To improve the safety of bicyclists who ride on the right side of the roadways by providing that when a vehicle passes or overtakes a bicyclist or bicyclists, he or she shall leave a space of not less than three feet between the vehicle and the left side of the bicycle."

The genesis of NYS Bill A10697 was motivated in part by the needless death of Greenburgh, New York, resident and cyclist Merrill Cassell. In November 2009, Cassell was killed when a moving bus got far too close to him. The Three-Foot Rule has been enacted in several other states such as Arizona, Connecticut, Maine and Utah.

Although NYS Bill A10697 is being considered by the Transportation Committee of the NYS Assembly, Committee Head David Gantt has gone on record as stating that the law does not need to specify a three-foot length of separation between motorist and cyclist in moving traffic. Instead, he says motorists should be able to self-determine how far their vehicle should be from cyclists in order to pass them at a "safe distance."

Westchester Cycle Club President David Wilson counters: "We need to let Gantt know that the cycling community wants the three-foot passing law. The main purpose of the law is to educate the public about how far is a safe distance to pass bicyclists. Many motorists believe that just avoiding contact with a cyclist is required. Many motorists are unaware of the danger of passing a cyclist too closely. It can result in hitting or startling the cyclist or, worse-case scenario, result in a crash as the cyclist tries to avoid the car."

Lend your concerned voice to this important cycling cause. Write a letter or call Assemblyman Gantt to let him know that we want Bill A10697 passed into law.

Mailing Address: Assemblyman David Gantt, LOB 830, Albany, NY12248

Email: [GanttD@assembly.state.ny.us](mailto:GanttD@assembly.state.ny.us)

Fax: (518) 455-5419

Phone: (518) 455-5606

#### Sources:

NYS Assembly details on Bill A10697: <http://tinyurl.com/2d5q32d>

Death of Merrill Cassell, Cycling Central via

LoHud.com: <http://tinyurl.com/25d547s>

NYCC Message Board Thread, "Action Alert – Three Foot Passing

Law: <http://tinyurl.com/2bs2jnb>

3 Feet Please Campaign: <http://www.3feetplease.com/>

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