

NYCC BULLETIN

January 2009 New York Cycle Club / nycc.org



Photo by Michael F. Oryl

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PRESIDENT'S LETTER

We've opened up our new calendars to January 2009. Every year, one of my gifts to my wife is a U.S. National Parks wall calendar. As I write this, I'm sneaking a peek at Mesa Verde National Park in Colorado (a park I have not yet visited). With all that is going on in the world: war, economic crises, loss of jobs, it's nice to be able look forward to a new year that -- so far -- holds the promise of being better than the one that preceded it.

So...

Take the opportunity to reset and start fresh. Missed your mileage goal for 2008? Well you haven't missed your goal for 2009, and you have twelve entire months to get there. Didn't lead a ride in 2008? Why not lead one in early 2009?

When I was young, my father told me that life was full of opportunities. As I grew older, I realized that some of these opportunities presented themselves as "second chances." A new year is a "second chance" to do some of the things we may have missed the year before. Get out there and ride! Set a new personal mileage record. Join up with a faster ride than you've ever done before. Make new friends (and keep the old ones!).

This letter is done. It's short, because there's nothing to recap. I've reset to 2009.

Someone said the longest journey starts with a single step. In our case, it is a single pedal stroke.

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

— George Arcarola

NYCC Board of Directors



President and Past President
George Arcarola
president@nycc.org



VP Programs
Hal Eskenazi
events@nycc.org

VP Rides
Vacant Position

Secretary
Craig Breed
craigbreed@bikewithme.com



Escape NY Chair
Ellen Jaffe
ellen@ellenjaffe.com

Treasurer
Marci Silverman
mhsilv@yahoo.com



Public Relations Dir.
Grace Lichtenstein
grace@seniorbicycling.com



Special Events Dir.
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events@nycc.org



Membership Director
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B-Rides Coordinator
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Subscriptions: Free to NYCC members. Questions about your membership? Contact Joe Hunt at membership@nycc.org. 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@nycc.org

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 published 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

Congrats to the new board of directors of the New York Cycle Club for 2009!



New Board Members and Positions

Craig Breed	Secretary
Joe Hunt	Membership Director
Mark Israel	B Rides Coordinator
Ellen Jaffe	Escape New York Chair (formerly Secretary)
Grace Lichtenstein	Public Relations Director
Marci Silverman	Treasurer

Returning Board Members

George Arcarola	President
Hal Eskenazi	Special Events Coordinator
Betsy Hafkin	A Rides Coordinator
Carol Krol	Content Editor
Susan Niederman	C Rides Coordinator
Matt Zimmerman	Webmaster

The club is still in search of a board member for its **VP – Rides** position, as well as **VP – Programs** (in the interim, Hal Eskenazi is handling programs in addition to special events). Please let us know if you are interested in applying for either of these very important board positions.

The Vice President of Rides is responsible for coordinating rides conducted under the aegis of the Club and shall ensure they are communicated to the club membership. He or she shall plan rides that occur in conjunction with special events; shall have the assistance of the Rides Coordinators in generating and coordinating ride leadership among the members; and with the approval of the Board of Directors, shall have the option of establishing rules governing the conduct of Club rides.

The Vice President of Programs is responsible for producing special programs at membership meetings with the optional assistance of a committee. VP-Programs shall assume the regular duties of the President if the President shall be incapacitated or in any way unable to perform those duties himself/herself.

Registration is Now Open for 2009 Membership

Membership is good for all of 2009. In this economy, we're offering the same low rates - \$17 for individuals and \$23 for couples

As a member, you will have access to:

- Unlimited riding on well planned, well-led, magnificent rides throughout the New York Metro area and beyond.
- Our spring training and "SIG" series are well-known, popular programs that sell out quickly. No cost to you except the price of membership.
- Destination weekends of riding in the Berkshires for Memorial Day weekend and West Point over the July 4th weekend.
- Regular monthly club-wide meetings: optional dinner followed by presentations from cycling industry experts.
- Discounts at most local NY/NJ area bike shops, access to our ride library of cue sheets, club picnics, social outings, outdoor events and more.

How to join

Join or renew [online at active.com](http://active.com), or print out an [application](#) and mail it, along with a check to **New York Cycle Club, P.O. Box 4541, Grand Central Station, New York, NY 10163**. To renew you will need your membership number. You can easily find it on our hand-dandy [look up table](#). Mail in applications take 6 to 8 weeks to process. The 2009 membership options are:

- \$17, individual, online registration
- \$23, couple residing at the same address, online registration
- \$19, individual, mail registration
- \$25, couple residing at the same address, mail registration

Please note: all NYCC memberships are on a calendar year basis. This means that all 2008 memberships expire as of January 1, 2009.

January Club Meeting

Tuesday, January 13, 2009

Winter Training: Get in Shape for Cycling Season

Time: 6 - 9p.m. - Social hour starts at 6 p.m., dinner (optional) at 7 p.m., program at 8 p.m.

Place: Annie Moores Pub and Restaurant, 50 East 43rd Street (near Grand Central)

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

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, and he will discuss this at his presentation at our January club meeting. 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 1 cyclist, a multi-state champion and Masters national elite medalist, and he has coached Olympic medalists, professional cyclists, and triathlon champions. He is also a bike fitter and currently coaches for the CRCA.

David is donating one Individual Training Session each, a \$120 value, to three members who arrive at Annie Moore's by 8pm for our drawing. Everyone present, members, non-members, will also be offered a 10% discount on training through February 2009.

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

We had our greatest year ever for ENY in 2008. How much money did we raise and what are we doing with it? Join us at our meeting when the NYCC presents checks to Recycle-a-Bicycle and Transportation Alternatives, two deserving groups that contribute to the NY cycling community.

NYCC January Special Event

NYCC Movie Night and Pot Luck - our first Recession Suppression Event of 2009

Friday, January 16, 2009 - 7:00 p.m. to 11 p.m.

It's cold outside. Let's take the party indoors. Join your NYCC friends for the first special event of the year: Movie Night and pot luck.

The featured presentation is a classic: [Breaking Away](#), the 1979 Oscar winning coming-of-age cycling movie about a small town teen obsessed with the Italian cycling team.

We will make the pot luck assignments easy: appetizers/hors d'oeuvres/pre-movie eats; snacks/chips/dips/nuts/popcorn; dessert; alcoholic drinks; non-alcoholic drinks; paper products (napkins, plates, cups, plastic ware). You will be requested to bring one of these by your NYCC host. We will have a good balance of food, snacks, and refreshments if everyone brings what they are assigned. Please spend about \$20 on your item, and there will be enough for everyone.

Come early and claim your spot on the sofa, or arrive fashionably late and take advantage of ample floor space. Movie starts at 8:30pm. We'll break out the snacks during the movie. Desserts and drinks all night long!

Secret location in Brooklyn Heights, just one subway stop from Manhattan. You will be asked to take off your shoes at the door.

RSVP by sending an email [here](#) and include any questions you have. Since space is limited to 20 people, please RSVP as soon as possible. Obviously, please only RSVP if you're "really" committed to come, given the limited space. We'll disclose the secret location in a confirmation email that will include your pot luck item.

Join your friends at this NYCC January 17, 2009 Special Event. And if you have a recession suppression event idea, or any other event you'd like to propose, contact [Hal Eskenazi](#).

WHO'S IN YOUR CLUB?

Catching up with . . . Basil Ashmore
Member since 1999



* How long have you been an NYCC member?

I joined NYCC in 1999 (or maybe late 1998). I immediately did the A-SIG - there was only one then.

* How many bikes?

6.5: 2 road bikes (Trek 5200 in NYC, Trek 5200 in CT Summer house); 1 triathlon/time-trial bike (Kestrel KM40 - average outings per year: 1); 2 mountain bikes (Santa Cruz Heckler in NYC, Trek 930 in CT Summer house); 1 tandem (Cannondale - average outings per year: 0.5); 1 unicycle (still trying....)

That's not counting the "freebie" I picked up on the side of the road in CT which has become my occasional CT train commuter.

* **Pre-ride breakfast?** Granola (loose from Fairway upstairs), with 1% organic milk (and an organic banana if there's an edible example in the kitchen).

* Favorite ride destination?

Am I really limited to one????!!!

Luang Prabang, Laos - after 2 weeks riding in China/Laos, you can't beat the pastries at Scandinavian Bakery for a "destination"; **West Point** - beautiful memories as participant and co-ordinator over the past 10 years; **Nyack** - effortless chillin' at the Runcible Spoon. Too much chillin' and I'm ready for Scotty to beam me (bike in hand) back to my NYC apartment.

*What's the last book you read?

"I Don't Remember". Regrettably that is not a book title :(

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

While I still hold the formal designation "Chartered Accountant", I now try to earn a living as a Licensed Real Estate Broker and run my own boutique residential brokerage on UWS at www.BasilAshmore.com. I also currently serve on the Board of Trustees of my daughter's school and as President of a small co-op.

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

Depends on work commitments but possibilities include:
- Return to Laos (and Vietnam) in March.
- Return to Ironman Lake Placid triathlon in July.
- Spring Couples Relay in Central Park (will be 7th year in succession).

NYCC BOARD OF DIRECTORS DECEMBER 2008 MEETING MINUTES

Tuesday, December 9, 2008 - 6:30pm

Neil Botwinoff's Office

900 Third Avenue

In attendance were 2008 & 2009 board members: **George Arcarola, Betsy Hafkin, Carol Krol, Susan Niederman, Skip Ralph, Jeff Ignall, Hal Eskenazi, Ingrid Wiegand, Ellen Jaffe, Craig Breed, Mark Israel, Susan Niederman, Grace Lichstenstein, Christy Guzetti.**

George Arcarola – President

Jersey update: 4 manufacturers are under consideration. Water bottles by Specialized will be \$ 1.80 per bottle

Board positions still open:

VP Rides

Treasurer

VP Programs

George suggested that new board members get up to speed with help from their predecessors. The board needs a new meeting space for 2009.

Discussion ensued about the job responsibilities of the VP Rides.

Christy will contact the three ride coordinators.

George suggested that the VP Rides should create enthusiasm for rides, should encourage ride leaders, should promote future ride leads among SIG graduates, and also have a general arbitrate presence over ride issues that arise.

Betsy suggested that the VP Rides encourage SIG graduates to lead rides.

The SIG leaders are mostly in place.

Neil Botwinoff

Membership as of Nov. 10, 2008 is 1,793.

Carol Krol – Content Co-editor

Ride submission deadline for bulletin is second Tuesday of the month. Midnight Thursday is ride submission deadline for eweekly.

YP	\$ 4,616.61
ENY Registrations	\$ 33,312.00
ENY Expenses	\$ 26,172.66
Net ENY	\$ 7,046.56

Discussed was the issue of meeting at Annie Moore's and the monthly drain on club funds due to the required minimum.

Hal suggested everyone research one space as a possible meeting venue.

Carol suggested we survey members to see what they'd like in a meeting.

Carol described her duties of overseeing all web and bulletin content. Carol's goal is to go through the website page by page and update the site. Dana wants to stay involved and become involved with web content management.

Hal Eskenazi – Director of Special Events and VP Programs

Hal wants to look for less expensive venues for 2009 events. If there is no programs person for February, Hal proposed a SIG social. The Holiday party was a success though the DJ didn't show up. Next time the DJ is will be gratis. 61 members attended. The club made money.

Ellen Jaffe – Secretary

Minutes of November approved.

ENY: sponsors so far for 2009: Trek, 53 X 11 Coffee, Hammer. 2009 Date: September 26, 2009 but not 100% yet. ENY place-holder page to go up soon. \$ 3250. will go to Transportation Alternatives and Recycle-A-Bicycle. 2009 Budget to be presented at January meeting

501(C)(4) Peter Morales

Susan Niederman – C Rides Coordinator

Discussed was tabulation of ride leads.

Betsy Hafkin – B Rides Coordinator

Two weekly A rides have been listed for the next month. Betsy attended the Camille Savoy memorial ride. About 100 attended.

Jeff Ignall - Treasurer

We have a new post office box: PO Box 447. The IRS penalty has been forgiven.

Current Youth Program balance	\$ 4,616.61
Checking account total:	\$ 34,483.12
Money Market total:	\$ 631.14
Net Total Cash	\$ 39,730.87

NYCC \$ 35,114.26

Ingrid suggested that we make an effort to personally welcome new members.

Next BOD meeting:

January 6, 6:30PM

November Board Meeting Minutes

Tuesday, November 5, 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, Skip Ralph, Hal Eskenazi, Ingrid Wiegand,
Neil Botwinoff, Ellen Jaffe.

George Arcarola – President

Richard is pricing jerseys from two vendors.
Specialized will do the water bottles at \$ 1.80 each.

Discussed: the issue of rides moved from Saturday to
Sunday that therefore may compete with rides already
listed for Sunday.

Open board positions:
PR has two volunteers:
Eva Wirth
Grace Lichtenstein

VP Rides
VP Programs

At this point, with nominations over, the board will have to
decide who gets what position and will decide based on
skills and relevant experience.

Neil Botwinoff: membership as of November 10, 2008:
1779.

15 new members signed up via the 15 month special
membership promotion.
2009 will be open as of December 1.

Carol Krol – Content Co-editor

Dana Gordon - Content Co-editor

The November bulletin is going out with a big ENY
section. Matt will go to work on changing the ENY page.

**Hal Eskenazi – Director of Special Events and VP
Programs**

November 17 – meeting featuring a DOT representative.
January meeting will be a CRCA trainer
Holiday party: December 6.
October singles dinner was a tremendous success.
December 6 is holiday party.

Ellen Jaffe – Secretary

Minutes of October approved.
ENY Party
ENY money: \$7,900 profit
ENY '09 date: Sept. 26 or October 6

Susan Niederman – C Rides Coordinator

Jeff Ignall - Treasurer

Current YP balance \$
Checking account total: \$
Money Market total: \$

Total Cash \$

NYCC
YP

Next BOD meeting:

December 9, 2008
6:30PM at Neil Botwinoff's office.

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:

A	Fast, vigorous riding with advanced bike handling and paceline skills required. Stops every 2 hours or so.
B	Moderate to brisk riding with attention to scenery. Stops every hour or so.
C	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 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, 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, 2008. Contact Metro North for the most current and complete schedules at: <http://www.mta.info/mnr/html/planning/schedules/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

depart	arrive
Poughkeepsie	125th/GCT
3:33 pm	5:10/5:21 pm
4:30 pm	6:15/6:17 pm
5:33 pm	7:10/7:21 pm
6:30 pm	8:15/8:17 pm

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
5:13 pm	6:41 pm
6:13 pm	7:40 pm
7:13 pm	8:40 pm

NEW HAVEN LINE

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

depart	arrive
New Haven	GCT
2:55 pm	4:38 pm
3:51 pm	5:38 pm
4:51 pm	6:38 pm

January Club Rides

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

Thursday, January 01, 2009

B17 65 mi 8:55 am

Winter Training Series 2.5

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

From: To be announced

A series of practical-fun-stay-in-shape winter rides.

Updates to follow. Check message board during the week for details.

Email with cell if you're on.

Friday, January 02, 2009

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, January 03, 2009

A20 50-60 mi 10:00 am

Winter Saturday fitness rides

Leaders: Gerald Seppey, gseppey@gmail.com, 646-238-0344; Ron Roth, rr7@nyc.rr.com

From: Grant's Tomb (122nd St and Riverside Dr)

Route and distance will depend on temperature and conditions. Expect a couple of hours of riding before a coffee stop and return.

Check message board for updates if weather is uncertain or below freezing.

A21-23 60 mi 10:00 am

Hogwich Series '08-'09

Leader: David Carr, carrdavid@gmail.com, 212-280-1382

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.

B17 40-50 mi 9:30 am

Seven Deadly Sins – Sloth

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

From: Central Park Boathouse

I've been a complete SLOTH. Help me get back into SIG shape.

This ride is for riders, who in their summer prime are B18+, who also have been complete winter sloths and now a bit slower. This ride is not for your average B16/17 summer rider who has not maintained his/her level of fitness. We'll go somewhere between Northvale and Piermont. We'll play it by ear based on the cold temps, wind speed and my level of slothfulness.

In case you're wondering, the seven deadly sins are lust, gluttony, greed, sloth, wrath, envy, pride. I am planning on leading a themed ride for each deadly sin. Stay tuned. Maybe we can celebrate our sinfulness for those who complete all 7 rides.

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

All-Class Hiking & Snowshoeing (Cross Training) SIG

Leader: Marilyn & Ken Weissman, nyccsnowshoe@att.net

From: Varies each week

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, e-mail 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.

Sunday, January 04, 2009

B17 65 mi 8:55 am

Winter Training Series #3

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

From: To be announced

A series of practical-fun-stay-in-shape winter rides.

Updates to follow. Check message board during the week for details.

Email with cell if you're on.

Saturday, January 10, 2009

A20 50-60 mi 10:00 am

Winter Saturday fitness rides

Leaders: Gerald Seppey, gseppey@gmail.com, 646-238-0344
Ron Roth, rr7@nyc.rr.com

From: Grant's Tomb (122nd St and Riverside Dr)

Route and distance will depend on temperature and conditions. Expect a couple of hours of riding before a coffee stop and return.

Check message board for updates if weather is uncertain or below freezing.

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 pacerline 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, January 11, 2009

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

All Class Hiking & Snowshoeing SIG Meets Today

Leader: Marilyn & Ken Weissman, nyccsnowshoe@att.net

From: tba

See Saturday, January 3rd listing for SIG details

Saturday, January 17, 2009

A20 50-60 mi 10:00 am

Winter Saturday fitness rides

Leaders: Gerald Seppey, gseppey@gmail.com, 646-238-0344;
Ron Roth, rr7@nyc.rr.com

From: Grant's Tomb (122nd St and Riverside Dr)

Route and distance will depend on temperature and conditions. Expect a couple of hours of riding before a coffee stop and return.

Check message board for updates if weather is uncertain or below freezing.

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 pacerline 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.

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

All Class Hiking & Snowshoeing SIG Meets Today

Leader: Marilyn & Ken Weissman, nyccsnowshoe@att.net

From: tba

See Saturday, January 3rd listing for SIG details

Saturday, January 24, 2009

A20 50-60 mi 10:00 am

Winter Saturday fitness rides

Leaders: Gerald Seppey, gseppey@gmail.com, 646-238-0344
Ron Roth, rr7@nyc.rr.com

From: Grant's Tomb (122nd St and Riverside Dr)

Route and distance will depend on temperature and conditions. Expect a couple of hours of riding before a coffee stop and return.

Check message board for updates if weather is uncertain or below freezing.

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.

B15 50+/- mi 9:30 am

B-SIG Preview/Group Training Ride

Leaders: Paul Hofherr, bikeman999@aol.com; Linda Wintner, lwintner@metlife.com, 212-876-2798

From: Central Park Boathouse

If you're thinking about joining the B-SIG this spring, or just want to learn about group riding techniques, or want get some group riding practice, join us. (This ride is not mandatory for the B-SIG.)

The leaders will introduce some group riding concepts before the ride starts. As we ride, you can expect some gentle coaching, and over lunch we can talk about the B-SIG's goals, the skills training included, and the rides you'll do, as well as general principles of safe group riding.

There are plenty of bail-outs on the way if the weather turns nasty (bring your Metro North train pass and a MetroCard).

Feel free to call or email the leaders with questions about the ride. We'll stop for a checkpoint/bailout at the last subway stop before we leave the city if anyone appears to be having problems with the pace.

Bring plenty of water and some pocket food as our pit stops out and back have no water or snacks. (Lunch will be at a bagel shop.)

By the end of the day, we'll be an impressive sight, riding together in a straight line, working together to navigate the road and the route.

Cancels: (1) precipitation or serious threat of precipitation, (2) wet or icy roads, or (3) high temperature forecast for the day below 30 degrees. If in doubt, check the Message Board one hour before the start or call one of the leaders. (Note: Linda won't have access to the Message Board after 6pm on Friday.)

Rain date: 1/31/08

Sunday, January 25, 2009

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.

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

All Class Hiking & Snowshoeing SIG Meets Today

Leader: Marilyn & Ken Weissman, nyccsnowshoe@att.net

From: tba

See Saturday, January 3rd listing for SIG details

Saturday, January 31, 2009

A20 50-60 mi 10:00 am

Winter Saturday fitness rides

Leaders: Gerald Seppey, gseppey@gmail.com, 646-238-0344
Ron Roth, rr7@nyc.rr.com

From: Grant's Tomb (122nd St and Riverside Dr)

Route and distance will depend on temperature and conditions. Expect a couple of hours of riding before a coffee stop and return.

Check message board for updates if weather is uncertain or below freezing.

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, February 01, 2009

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

All Class Hiking & Snowshoeing SIG Meets Today

Leader: Marilyn & Ken Weissman, nyccsnowshoe@att.net

From: tba

See Saturday, January 3rd listing for SIG details

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

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, NY
212 230-1919
8.25% 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://bicyclerenaisance.com/212724-2350>; 10% off repairs and accessories (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.cfm>
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

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

Turin Bicycle

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



2009 MEMBERSHIP CARD