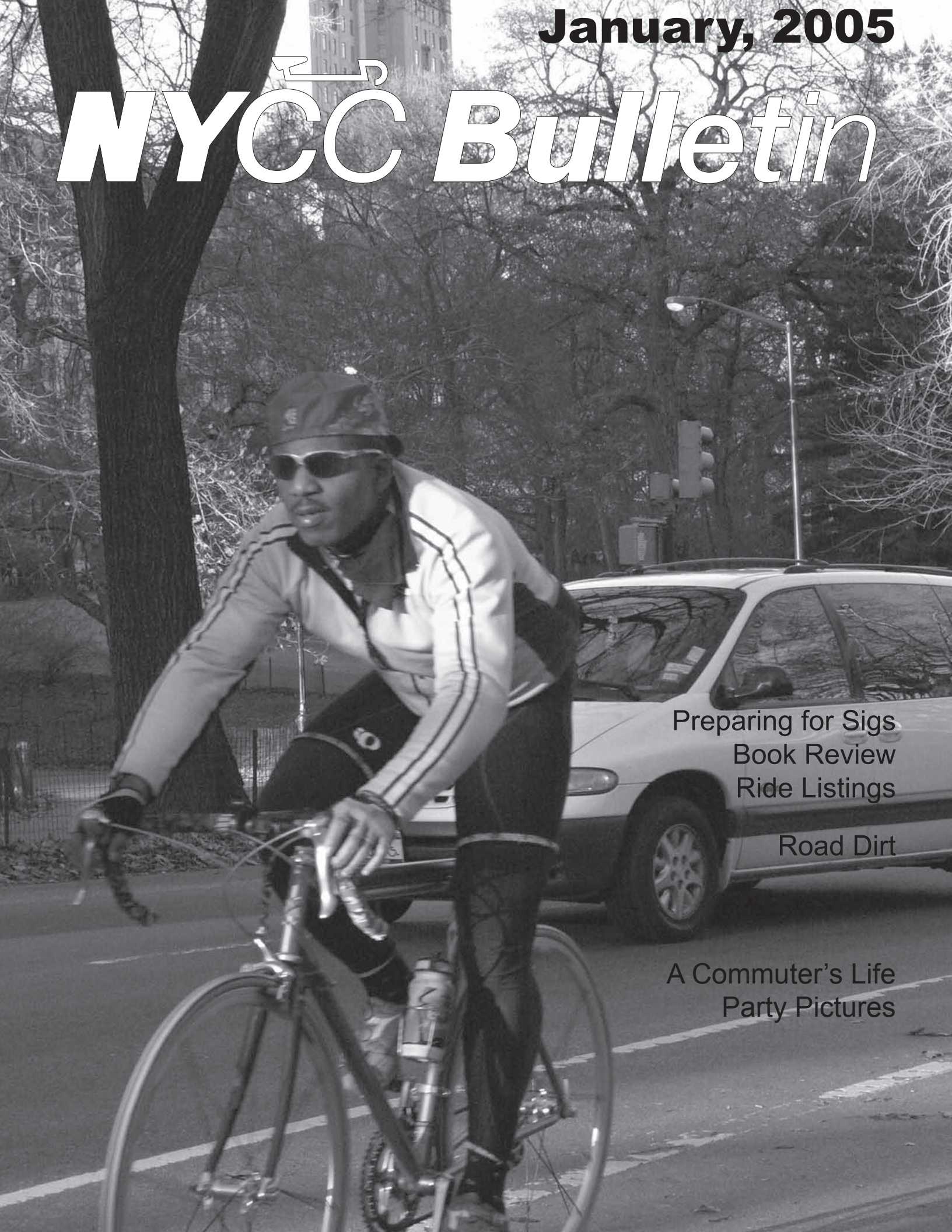


January, 2005

NYCC *Bulletin*



Preparing for Sigs
Book Review
Ride Listings

Road Dirt

A Commuter's Life
Party Pictures

Happy New Year

The Holiday Party is behind us. Once again it was a joyous, fun time at St. Maggie's Café. Thanks go to **David Sabbarese** for another successful special event. But no sooner did we celebrate the holiday season, when here comes a new year. And with the new year we can look forward to several upcoming events. On January 20th we'll make our second annual trip to Wollman Rink to try our bodies at another balance act other than on two wheels.

This time on two thin metal blades. Thinner than those skinny road tires? Absolutely! And on a very slippery surface. Heavy rain might cancel, but cold temps or snow certainly do not. Details Page 4 of this bulletin, on the club website and in the weekly club email.

And then in February we'll be honoring all of our volunteers from 2004 with a large gathering and party. Look for details in the coming weeks in the weekly club email and on the club website.

For those of you who are hardy enough to brave the cold weather, enjoy your winter riding and be sure to layer up.

Wishing everyone a healthy and happy NEW YEAR!

Stan Oldak

Letter from the Editor

Happy New Year to you all. May your miles be plenty and punctures and mechanicals few and may we all be free of injury. One of my wishes for 2005 is that the Fractured Clavicle Club does not welcome any new members.

First, let me say that a 'Letter from the Editor' is not going to be a regular feature, while I am here. And I know it is really bad form to have a longer letter than the President's. Sorry Stan! I believe the bulletin is for the membership and must not be a mouthpiece for one individual. Yes I may have my biases and preferences and a large element of an editor's job is subjective, but I am sure you will be quick to alert me if I am going too far in one direction and not enough in another. Your comments and feedback are welcome.

I will do my utmost to use American spellings (even with 'aluminum'), but hope you will forgive me if I occasionally revert to my native English. You may think the Celsius conversions in temperatures are pretentious and pedantic, and they probably are. It is for the benefit of any new European members who may be struggling with Fahrenheit. If I get bored with the conversions, or am pressed for time, they may well get dropped from a future edition.

I would like to thank Rob Kohn for his sterling work as editor over the last few months and the help he has given me in preparing to produce my first edition. I would also like to thank our copy editor, Beth Renaud. And I must thank my short-suffering wife, Rebecca, for helping me with the tabular matter with this month's issue. It's not perfect and we will improve on it for the next issue.

Thanks also to Herb Dershowitz for reminding me just in the nick of time that we needed to publish a 'Mileage Log' (See P8) in the *Bulletin* for the benefit of those who have limited access to internet tools, as I certainly would have forgotten. Because of formatting difficulties and lack of space we have only run the first five months in this edition – enough to get you started – but we will run a full calendar next month.

Editorial and photographic contributions are very welcome. Please e-mail them to me at bulletineditor@nycc.org and the monthly deadline for such submissions is close of play on the date of the monthly club meeting, prior to publication date. Please ensure that you own the copyright of any submitted material and/or that you have written permission from the copyright holder to submit it for publication.

Come March, look out for me and Rebecca in Central Park on our bikes, towing our son, Joshua, (who will be 1 by then) in his trailer. In the meantime, see you on the road – (upright).

Anthony Poole

Time
to renew your 2005
membership. See p11



NYCC Board of Directors



President
Stan Oldak
212-945-9801
stanonyc@aol.com



VP Programs
Hal Eskenazi
212-683-2933
hal@profilesworldwide.com



VP Rides
Fred Steinberg
212-787-5204
fsheinberg@nycc.rr.com



Secretary
Kathy Jennings
212-595-2323
kjbikes@hotmail.com



Treasurer
Deborah Bennett
212-794-0171
deborahbennett@usa.net



Public Relations
Mark Gelles
212-689-1375
mgelles@okcom.net



Special Events
David Sabarrese
212-529-3230
events@nycc.org



Membership
Gail Williams
718-786-9452
membership@nycc.org



A-Rides Co-ordinator
Robert Gray
212-593-0896
nyarchitect@man.com



B-Rides Co-ordinator
Wayne Wright
212-873-7103
wwright8@nyc.rr.com



C-Rides Co-ordinator
Scott Wasserman
swrides@earthlink.com



Bulletin Editor
Anthony Poole
bulletineditor@nycc.org



Webmaster
Timothy McCarthy
webmaster@nycc.org

NEW YORK CYCLE CLUB
Columbus Circle Station

P.O. Box 20541

New York, NY 10023

Tel: 212-828-5711 www.nycc.org

The *NYCC Bulletin* is published monthly by the New York Cycle Club. Any opinions expressed are those of the authors and do not necessarily reflect the official position of the NYCC.

Copyright © January, 2005, New York Cycle Club. All rights reserved. Reproduction in whole or part without the editor's written permission is prohibited.

Subscriptions: Free to NYCC members. If you don't received your Bulletin on time, want to change your address, or have any other questions about your membership, **E-mail** Gail Williams at member-ship@nycc.org. Please include your name and full address in your message. **Mailing Services:** Thanks to our Mailing Party volunteers. E-mail Eva Wirth at ewirth@yahoo.com to volunteer for the next mailing.

Display Advertising: Only bicycle-related advertising is accepted. Page size is 7.5" by 10". Rates for camera-ready copy: Full page, \$275; Half page, \$150; Quarter page, \$85; Eighth page, \$50; Bottom blurb, \$45. Frequency discounts available.

Submissions by e-mail to: bulletineditor@nycc.org, or by CD. If submitting by CD, please include operating system and software, hard copy, and contact info. Material may be edited for brevity and clarity. A full page of text is 750 to 1,090 words. Publication is determined by available space. We cannot guarantee that all submissions will be published. 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.

Deadline: All submissions and advertising are due the second Tuesday of the month prior to publication.

Copy editing: Beth Renaud

Front cover shot: Too close for comfort? Cyclists and motor traffic endure an all-day weekday co-existence between Thanksgiving and New Year. The motorist concerned had just driven on the section requiring two or more occupants per vehicle, in violation of the rules on the day they came into force, November 29th, 2004. If you are the person on the bike, please identify yourself. *Picture by Anthony Poole.*

Printing: Boro Park Graphics, 3,400 Hamilton Parkway, Brooklyn, NY 11218. Website: www.bparkgraphics.com

Club Rides

IMPORTANT: BEFORE YOU TAKE YOUR FIRST CLUB RIDE, PLEASE READ ABOUT CLUB RIDES ON P10.

RIDE LISTINGS: To lead a NYCC ride next month, contact the Ride Co-ordinator (See p2) for that ride class and list it on the club's web-site, www.nycc.org, and go to 'Rides' and 'Ride Listings'.

ALWAYS WEAR A HELMET AND NO 



Unless otherwise stated, precipitation at starting time cancels the ride



January Recurring Rides Every Wednesday in January

A21 + 50+/- 10:00 AM Wednesday Morning Spin

*Leader: Do you really need a leader to go to Nyack?, Leaders Vary
From: Central Park Boathouse*

The Wednesday ride continues all winter. Join us for a fast paced, occasionally cooperative group ride. If the weather is good, we go to Nyack. If it's cold we'll cut it short with a destination of Piermont or River Vale. If it's really cold, then it's just laps in the park. The pace is usually fast but there is often a slower group too. We have no silly requirements and you should know what cancels for you.

Every Sunday in January

A17+/- 19 60-75 miles 08:30AM Westchester Express

*Leader: Hajo Thiele, info@MajorcaCycling.com, 914-833-1456
From: Larchmont Train Station*

We leave the Larchmont Train Station at 8.30 am. You can take the train from GCT at 7.37 am arriving in Larchmont at 8.12 am; return options are 12.29 pm, and 29 min after every hour thereafter. We will ride nice back-roads, which are especially lightly travelled on Sunday mornings, to the Greenwich/Bedford area with minimal stops. This way you will be back on time in the City. We start together, and return together. Nobody will get dropped. No cue sheets. Requirements: the usual, like helmet, pocket food, drinks, metro north bike pass, bike in good condition. Please contact ride leader via e-mail or phone by 8 pm Saturday evening to confirm your participation; if I don't hear from anybody, I will not show up at the train station. PS: I don't ride in rainy weather.

A18-20 50-75 09:00 AM Hogwich Express

*Leader: Todd Brilliant, toddtheracer@yahoo.com, 212-316-9430
From: Central Park Boathouse*

This is working. Last month I was able to train some very, very strong folks into riding at a constant effort level. This means fast (and steady) on the flats/downhills, and slow (and steady) on the climbs. No stopping except for our Hogwich at the Runcible. The "experts" tell us to keep the heartrate down in the winter because it means better training. We do it because it just feels so damn good and we aren't totally trashed for the rest of the day. As always, be self-sufficient, bring whatever you need so as to not bonk, and please know how to paceline (it's still an A ride). Rain or snow cancels and if it's below 25 degrees, call me in the A.M.

January Recurring Rides Saturday, January 01, 2005

B14-18 25-30 11:00 AM 2nd Annual Polar Bears Ride!

Leaders: Marci Silverman, mhsilv@yahoo.com, 646-408-4565; Peter 'Banana Guy' Kouletsis, pkoule@nyc.rr.com, 917-854-1181

From: City Hall (optional start at Prospect Park, call leader if you plan to join us there)

Happy New Year! Last year's ride was such a success it's become an annual event. Join us on the first ride of the new year We're going to the beach (Coney Island, that is) to see Polar Bears! The polar bears swim club will be meeting on the beach at Stillwell Ave at 1:00 pm for their annual New Years Swim party. We'll watch them make a splash, followed by lunch at Nathan's, Totonno's, or some other place. Bring towel and swimsuit if so inclined. Sunblock probably not necessary. Last year a few members took the plunge -- this year, we're expecting more! Required: helmet, bike, spares, water, food, human warmth. Cancels: wet roads at start, temps below 20°F (-7°C) at 10 am (NY1). Plentiful bail-outs via Metro Card. Check message board if in doubt.

Saturday, January 08, 2005

A19 55 miles 09:00 AM Piermont (River Rd/Bradley/Tweed)

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

From: Central Park Boathouse

If you think this sounds like Richard's Ride, you're right, mostly. We'll ride some hills, make a brief stop in Piermont for hot beverages, then take the flat way (501) home. Temp below 30°F (-1°C) at 8:00, high winds or wet roads cancel. Contact me the morning of before 8:30 if in doubt, preferably by e-mail.

B17ish 40 - 50 09:30 AM Let the Temperature Decide!

Leaders: Marci Silverman, mhsilv@yahoo.com, 646-408-4565; Colleen Birnstiel, cbirnstiel@hotmail.com, 917-566-8837

From: Central Park Boathouse

Surprise destination -- but what does it matter? Depending on the weather we'll head to either New Jersey or Westchester (for plentiful bailouts.) Easy ride out, brunch at the local diner, then home in time to still have some daylight left. If the weather is unseasonably nice, we can always add a few miles. And if temps are low, you'll have the option of an easy post-brunch bail-out. Helmet required, Metro-North/subway pass suggested. Cancels: rain, snow, wet roads, or temperature below 30°F (-1°C) at 8:30 am (1010 WINS or NY1).

Sunday, January 09, 2005

A18 40 miles 09:00 AM Ridgewood Express

Leader: Peter O'Reilly, ptor@prodigy.net

From: George Washington Bridge, NJ side bike path entrance

Have you tired of riding to Nyack yet? If so, then please join me on this ride into the heart of Bergen County. Our lunch destination is the Pancake House in Ridgewood, NJ. If the line is out the door, which it usually is, we'll forego it for the Westwood Diner. Precipitation, wet roads or severe wind chill and the ride is cancelled. Consult the club's message board for updates. Please note the start location. If you are willing, I recommend you send me an email if you will be doing this ride so I know whom to expect. It's winter season and the less time spent waiting for the ride to start will be appreciated by all. Thanks.

Saturday, January 15, 2005

A18 40 miles 09:30 AM Best Route to Prospect Park

Leader: Robert Gray, nyarchitect@msn.com, 212-593-0986

From: Central Park Boathouse

Time to revive the Brooklyn sampler series featuring a quick run over to Prospect Park via the Queensboro Bridge, Long Island City, Greenpoint, Williamsburg, and Fort Green. A few laps of Prospect Park, a brief stop in Carroll Gardens after 25 miles to warm up, then Brooklyn Heights, other Williamsburg and Greenpoint, back across the QbB for whatever else you feel like. Wet streets, temps way below freezing, gusty winds will cancel.

A19 55 miles 09:30 AM**Winter Ride**

Leader: Timothy McCarthy, timothymc@earthlink.net, 718-204-7484
 From: Central Park Boathouse

The weather calls the shots. If we have a beautiful day, we ride farther, take in more hills; killer cold and we make a bee-line for a diner. Most likely we head for Nyack, but who knows? No cue sheets. The usual adverse stuff cancels. Always check the message board early on the morning of the ride for updates.

B16 40+ miles 09:30 AM Scarsdale

Leader: Carol Waaser, biker-c@rcn.com, 212-581-0509
 From: Central Park Boathouse

A quick spin to Scarsdale for brunch at the Metro Diner. Bailouts along the way if the weather gets foul (or the whether gets fowl). Helmets, lunch money, MetroNorth pass, layered clothes appropriate for the weather. Cancels: temps below 32°F (0°C) at 7:30 a.m.; rain, snow or wet roads; winds above 20 mph.

Saturday, January 22, 2005**A18 40 miles 09:30 AM****Best Route to Prospect Park**

Leader: Robert Gray, nyarchitect@msn.com, 212-593-0986
 From: Central Park Boathouse

Time to revive the Brooklyn sampler series featuring a quick run over to Prospect Park via the Queensboro Bridge, Long Island City, Greenpoint, Williamsburg, and Fort Green. A few laps of Prospect Park, a brief stop in Carroll Gardens after 25 miles to warm up, then Brooklyn Heights, other Williamsburg and Greenpoint, back across the QbB for whatever else you feel like. Wet streets, temps way below freezing, gusty winds will cancel. Take a look at the message board or email me to confirm the ride.

A19 55 miles 09:30 AM**Winter Ride**

Leader: Timothy McCarthy, timothymc@earthlink.net, 718-204-7484
 From: Central Park Boathouse

The weather calls the shots. If we have a beautiful day, we ride farther, take in more hills; killer cold and we make a bee-line for a diner. Most likely we head for Nyack, but who knows? No cue sheets. The usual adverse stuff cancels. Always check the message board early on the morning of the ride for updates.

Saturday, January 29, 2005**A18 40 miles 09:30 AM****Best Route to Prospect Park**

Leader: Robert Gray, nyarchitect@msn.com, 212-593-0986
 From: Central Park Boathouse

Time to revive the Brooklyn sampler series featuring a quick run over to Prospect Park via the Queensboro Bridge, Long Island City, Greenpoint, Williamsburg, and Fort Green. A few laps of Prospect Park, a brief stop in Carroll Gardens after 25 miles to warm up, then Brooklyn Heights, other Williamsburg and Greenpoint, back across the QbB for whatever else you feel like. Wet streets, temps way below freezing, gusty winds will cancel.

A19 55 miles 09:30 AM**Winter Ride**

Leader: Timothy McCarthy, timothymc@earthlink.net, 718-204-7484
 From: Central Park Boathouse

The weather calls the shots. If we have a beautiful day, we ride farther, take in more hills; killer cold and we make a bee-line for a diner. Most likely we head for Nyack, but who knows? No cue sheets. The usual adverse stuff cancels. Always check the message board early on the morning of the ride for updates.

**January walks and skiing****Sunday, January 9, 2005****C3 8-12 08:30 AM****11th Annual Great Frozen Foot Expedition**

Leader: Marilyn & Ken Weissman, mollynina@yahoo.com, 212-222-5527
 From: Zaro's Breadbasket, Penn Station, main floor

At 9:00 a.m., after coffee and snacks we're off to explore some of mid-and lower-Manhattan's neighborhoods: Chelsea Market; the east side's Polish/Central-European area; a biali bakery on the lower-east-side; Chinatown; possibly a walk across the Brooklyn Bridge to a late lunch at Junior's on Flatbush Avenue. Subway bail-outs and coffee stops all over the place. Walk takes place in cold, snow, drizzle, wind, etc., only heavy rain or snow-

blizzard cancels. Remember, there's no such thing as bad weather, only inappropriate clothing. As and Bs welcome too.

Sunday, January 16, 2005**C1-2 5-10****08:30 AM****Snowshoe SIG**

Leader: Marilyn & Ken Weissman, mollynina@yahoo.com, 212-222-5527
 From: 710 West End Avenue (94-95th Streets)

Snowshoe SIG will meet virtually every Sunday – conditions permitting – through March. As we plan to reach start points by car, e-mail leaders during week to request/offer transport. You'll need snowshoes, poles, water-proof boots, gaiters, and Stabilicers.

Club Event for January**Place: Wollman Rink in Central Park****Date: Thursday, January 20th, 2005 from 6:30 pm until 9:30 pm**

For a lot of us the thought of jumping on our bikes and doing a quick spin to Nyack is still a few weeks away. But that doesn't mean we have to hang around like a bump on a log, either! So grab your ice skates (of course, there are rentals available for those who do not own their own) and let's meet for a couple of ice-skating sessions in Central Park. Skating in this incomparable New York setting is a relative bargain at \$8.50 (add \$4.75 if you rent). Lockers are available, so don't forget to bring a combination lock to stash your stuff. Afterwards, a warm bourbon in the Plaza's Oak Room is always fun. And for once, cold weather under 30 degrees, or even snowy conditions, does NOT cancel this event. The rink is best accessed by entering the park on the 59th St. and 6th Avenue entrance, then following the path that leads to where the music is playing.

Time to prepare for 'Sigs'

Memories of last January's frigid weather maybe too vivid, but it's not too early to go out and get ready for the spring programs, says **Patricia Janof**

If you are thinking of joining one of our free cycling classes this spring, known as the 'Sigs' (Special Interest Groups), look for enrollment information in the February issue of the *Bulletin*.

In the meantime it's not too soon to begin thinking about getting in shape for the Sigs. I was reminded of this as I reviewed some of last year's questions from people interested in joining the C-Sig. In the middle of winter, the last thing most recreational cyclists want to think about is getting on their bikes. Winter is why God invented gyms! So we can work out indoors, in comfort. But the Sigs are really just around the calendar corner. And if you want to give it a try this year, now is the right time to get your bike muscles in shape.

If you can, try to get out and ride as much as possible. There's nothing better than riding to train for riding! Just dress warmly in layers, with a windbreaker jacket on top. Dress in layers for cold weather – covered knees (tights plus windbreaker pants are good if it's in the 30s), layered tops with a windbreaker as the outer layer, gloves, something to cover your ears that fits under your helmet, two layers of socks and winter cycling boots or booties to cover your shoes.

Many of you won't have cycling boots or booties, so try putting plastic bags over your socks inside your shoes or buy Grabber 'Toe Warmers', found at most sporting goods stores. I also like a balaclava to pull over my mouth and nose to prevent cold air from entering directly into the lungs. Keep in mind that even at, say, 40°F (4.5°C), with a combined 20 mph of wind and bike speed, your body perceives a wind chill temperature of 13°F (-10.5°C).

The five major muscles used in cycling are the quads, hamstrings, calves, hip flexors and gluteus (ok, buttocks). If you have access to a gym, the leg press, leg lift and hamstring curl machines are great for building leg muscles. Aerobic exercise on the treadmill or elliptical fitness cross-trainer will build lung capacity. At home, you don't need special equipment to do squats, lunges, calf raises, pushups and crunches to strengthen your legs, arms and lower back muscles.

After your muscles are warmed up, don't forget to gently stretch. If you are on

your bike or doing another form of aerobic exercise and take a short breather, stretch before resuming. And stretch when you finish exercising, whether it is aerobic or strength training. To me, the most important muscles to stretch are the hamstrings, which

hamstrings are a common source of lower back pain. But each body is different. Try to stretch all the major muscles, but give particular attention to any that seem tight.

I can promise you that any effort you consistently put in now will be well rewarded when the Sigs start.



attach from the knee to the buttocks. These muscles get more of a workout in cycling than in almost any other sport. And tight

Picture: C Sig, Class of 2004 by the Hudson at Piermont, New York

Patricia Janof is a co-ordinator for the C-Sig

Bike Cargo Boxes Available To Rent

NYCC now owns two bike cargo boxes that will allow you to bring your bicycle on to an airplane. The boxes measure 30"x47"x10" and come with wheels. They are available for rent by club members for \$25 per week. There is a non-refundable reservation fee of \$25, which will be deducted from the final cost of the rental. A pedal wrench is included as well as instructions on how to pack your bike. To reserve a box please call Joanne McGarry, 212-505-2755, or e-mail:

Joanne.McGarry@mail.co.nassau.ny.us



NYCC

Cycling highlights of 2004

Judging from the impressive array of photographs that have come my way and the ones that have already been published in the *Bulletin*, as well as the many splendid picture diaries we saw on the website last year, NYCC members enjoyed a good cycling year in 2004, despite Escape New York being a total wash out. Let's hope that 2005 will be every bit as good, if not better. Here is a personal selection from the scores of photographs that you sent in. Please accept my apologies for displaying a bit of nationalistic pride on the way to Montauk this year. Congratulations Marci Silverman for her splendid Halloween outfit, Hank Schiffman for his achievements on Whiteface Mountain, those who rode over the French Alps, the 9W clean-up teams, Anthony Donato for his climbing in Montana and thanks to every bar that served an NYCC member in 2004.

The Ed



We're back for our grand finale! Yes, sad to say this will be our last column. Work requirements will take us to the Arctic Circle to observe the mating rituals of indigenous mammals and unfortunately, it will be tough catching the dirt from such a distance. Actually, it's been tough catching the dirt living right here. But we digress; let's partake of the holiday season dirt.

As co-leader on **Fred Steinberg's** Old Indian Ride in late October, **Ron Roth** had to bail out on his leader responsibilities after he rounded the first stanchion of the GW Bridge, stepped on the pedals, heard a dreadful sound and felt his bicycle skid to a wrenching stop.

Looking down, he discovered that a rear wheel failure with a flying spoke had embedded the rear derailleur of his carbon fiber Trek into the spokes. Ride over?

Ron, not one to waste time, wanted to get his bike directly to the Bicycle Workshop in Tenafly, NJ, to begin the repair process ASAP. He used assorted debris found along the walkway (old tape, a ripped fan belt, etc.) to rig the bike so he could walk it to Tenafly. As he trudged along Hudson Terrace, resigned to walking the distance, yet hoping a sympathetic SUV driver might come to the rescue, providence intervened in the form of Ironman Jay Borok, a 'Sig'-mate of Ron's from the 2000 A-Sig Classic.

With Jay's tools they removed the rear derailleur and rigged the bicycle so Ron could confidently coast on it. Then Jay suggested that Ron take a spare tube, loop one end over Jay's seat post and the other around his wrist while gripping the bar in such a manner as to allow a quick release of the tube if things got dicey.

The first stretch and snapback of the tube almost resulted in Ron's rearing Jay's back wheel, but they quickly got used to the stretch/snapback routine and Jay was able to tow Ron the whole way to the bike shop. This included towing him up the hill on Hudson Terrace, as well as the short hills leading up to the top of East Clinton.

By the time they arrived in Tenafly, the pair felt quite adept at the process and negotiated through traffic like experts. Kudos to Jay, for his skill and willingness to sacrifice a ride to help a friend. By the way, Jay thinks he may have found a new method for building climbing power!

Lifetime member **Jeff "El Jefe" Vogel** and wife **Margaret Cipolla**, being the inveterate travelers that they are, are touring

around the Far East this winter. It seems they hit a spot of trouble in China with four days to go before their 30-day visa expired. The Chinese government prohibits foreigners from extending their visa until they have five or fewer days to go. They had heard getting the first extension was not a problem, so they weren't worried. All they had to do was go to the office that handles this, the 'PSB'.

After visiting a few PSBs in various cities – some separated by overnight train rides – they were told to return to their hotel in that night's city (Xiamen) where someone could fill out a form which they then had

with no place to do it and hotels that don't take foreigners. If anyone hears any more, let us know at roaddirt@nycc.org.

Once again, the NYCC had a rip-roaring holiday bash at St. Maggie's with music by the fabulous George Gilmore and the Giblets. We can always count on our favorite dancin' fools **Jodie Saylor** and **Peter Matu-sowitch** to get things started, and this year they didn't disappoint. They set the tone, and the rest of us followed. The dance floor was full, so full in fact we had a hard time keeping track of who was dancing with whom.

If anyone saw anything interesting going on that we might have missed, please pass along the details. Aside from the dancing, the food was great, the crowd was upbeat, and big thanks are due to special events co-ordinator **Dave Sabbarese** for planning the whole thing.

Also at the party, club president **Stan Oldak** announced the winners of the annual awards. Best wheel to follow in a peline once again went to our esteemed webmaster and fastest flat fixer, **Timothy McCarthy**. No wonder Tim's rides are so popular. Best man and best woman in lycra went to **Rich Ramone** and **Pam Nelson**, respectively. We wonder, Pam and Rich, do you plan your rides and outfits together?

That's it for this month, and that's it for us. It's time for us to mount up **Etoain Shrdlu's** Colnago/Catamoran. Wish us luck in the cold. We'll be thinking of you, and if we hear of any good dirt from our distant shores we may just surprise you with a guest appearance when you least expect it. So, don't feel too safe. There are always eyes and ears watching for dirt. Until then, happy trails and ride safe.

Editor's Note: If you want to see this column continue, we need a new editor/s. It has been a very popular and occasionally controversial column in the past, but it seems to be well-liked within the club, but it can only continue with a new editor.

If you are interested in taking this on and can relay some amusing anecdotes from your rides, or about members and cycling-related events generally, please e-mail me at bulletineditor@nycc.org – anonymously if you prefer – using an e-mail address that does not identify the sender.

If there is more than one person interested that would be great. Thanks.



to return to the PSB. With Jeff and Margaret's understanding of Chinese being what it is, this didn't come through very clearly at the time, so they insisted the clerk at the PSB call the hotel to explain.

That's when all heck broke loose. The clerk at the hotel told the PSB they couldn't sign such a form. Our heroes returned to the hotel where, later, they got a knock on the door. A woman from the hotel was saying something that sounded like a problem but they had no idea what it was. Finally, the woman wrote down what she was trying to say in English: "The hotel can not leave you." That didn't sound good at all. They were doing better in Chinese.

It turns out that some hotels in China are not allowed to accept foreigners and it looks like our duo had checked into just such a hotel. No matter, they managed to stay the night and the next morning headed off to another city.

No friends, it didn't get any better after that. There were more complications in the next city (Chouzhou) and the next PSB. That was the last we heard from Margaret and Jeff – twelve hours to renew their visa

Your 2005 personal mileage log

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Week	Cumulative
Jan						1	2	1	
	3	4	5	6	7	8	9	2	
	10	11	12	13	14	15	16	3	
	17	18	19	20	21	22	23	4	
	24	25	26	27	28	29	30	5	
	31	1	2	3	4	5	6	6	
Feb	7	8	9	10	11	12	13	7	
	14	15	16	17	18	19	20	8	
	21	22	23	24	25	26	27	9	
	28	1	2	3	4	5	6	10	
Mar	7	8	9	10	11	12	13	11	
	14	15	16	17	18	19	20	12	
	21	22	23	24	25	26	27	13	
	28	29	30	31	1	2	3	14	
Apr	4	5	6	7	8	9	10	15	
	11	12	13	14	15	16	17	16	
	18	19	20	21	22	23	24	17	
	25	26	27	28	29	30	1	18	
May	2	3	4	5	6	7	8	19	
	9	10	11	12	13	14	15	20	
	16	17	18	19	20	21	22	21	
	23	24	25	26	27	28	29	22	
	30	31	1	2	3	4	5	23	

A full calendar year will be published in next month's edition. We apologise for not publishing the full year in this issue.

Fun at the Holiday party

Scenes from another successful Holiday Party enjoyed by NYCC members. If you've missed this event thus far, look out for notices about the 2005 party and be sure to make it a date.

Pictures by: Fred Steinberg

Tara Moser and Mark Loftis [That doesn't look like a glass of Gatorade to me - Ed!]



Ed White (left) and Webmaster, Timothy McCarthy, get into serious party mode



Ian Hughes and Membership Director, Gail Williams, soaking up the party atmosphere



Book Review

Bicycle by David V. Herlihy

Reviewed by Anthony Poole

If you have any hard-earned cash left after the annual winter Holiday binge and don't want to spend it on a bike, or bike-related equipment and clothing, you might consider spending a few bucks on a new book on the history of the bicycle.

Bicycle by David Herlihy gives an interesting account of the history of the modern bicycle, from the various forms of velocipede (a derivation of velocity and foot) and the Draisine, the latter of which was named after its inventor, Karl von Drais, to the first bicycle with pedals and cranks, regarded as the first modern bicycle.

The first part of the book, 'The Pre-History', has three chapters devoted to the development of the precursors to the modern bicycle. It also recounts the futile attempts by developers and retailers to win the public over. One such public exhibition of a form of velocipede occurred in May 1919 in a specially constructed velocipede rink, sited somewhere near Bowling Green in downtown Manhattan. The exhibits were shipped in from England.

Part Two: 'The Boneshaker Era' describes the breakthrough in coming up with a mechanical

propulsion system involving pedals and cranks, invented by Pierre Michaux of Paris in 1867. Michaux's machine retained the name velocipede and quickly gained short-lived popularity all over Europe and America. In one of the many illustrations in the book, Michaux's velocipede is seen being used by a bull fighter in Barcelona.

Part Three: The 'High Wheel' Era covers the move towards large front wheels. By 1869, the velocipede was championed by only a handful of enthusiasts, including racers and manufacturers, although the number of makers was in decline. This form of transport was entirely hand built, just like the best bicycles of today.

It was the mid 1870s when the so-called 'high-wheeler' emerged in Britain, attracting those keen on promoting bicycle racing. Herlihy charts its rise and fall, with concerns over safety limiting the popularity of the 'high wheeler'

The next technical breakthrough was the drivechain, linking hub, pedal and crank to the back wheel and the invention of the pneumatic tire, which led to the bicycle boom of the 1890s.

The boom's legacy included the birth of the aviation industry. Before the Wright brothers took to the air, they had established a successful retail bike and repair shop in Dayton, Ohio. The brothers even designed and built their own bicycles. The profits from the dealership, as well as a lot of the technology were sunk into their first plane, the Kitty Hawk.

The last part of the book deals with 20th Century development. This is a good read for those who are historically inclined, but if your passion for cycling is centred on the modern sport of road racing or mountain biking, this book is probably not for you. It is beautifully and generously illustrated, which include several newspaper and satirical cartoons, depicting a positive side of riding velocipedes, as well as the hazards, with many mocking those who insisted on pursuing the activity. It also includes a beautiful impressionist painting, *The Chalet of the Bicycle in the Bois de Boulogne*, by Jean Béraud, painted in the 1890s.

Bicycle is published by Yale University Press, price: \$35 in the US and £20 in the UK



Please read this before your first club ride

NYCC RIDES are led by volunteer leaders who plan the route and maintain the listed speed (e.g. B15=B level at a 15 mph cruising speed — see charts). Our rides are described by pace and style because it's more fun when the group is of similar ability. We ride for fun, fitness, and food.

RIDE LEVEL indicates the type of riding. See chart (right). **CRUISING SPEED** indicates the ride's speed on flat terrain. **AVERAGE RIDING SPEED** over rolling terrain is 3mph less than cruising speed. This will vary plus or minus 1mph, according to terrain. **OVERALL SPEED**, including all rest and food stops, is about 3 mph less than average riding speed.

SELF-TEST: Assess your personal cruising speed by riding four laps (24.08 miles) around Central Park at a comfortable pace and matching your time with the chart. **NOTE:** Riding fewer than four laps will give you a false assessment.

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 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 nutritious breakfast. **BRING** a spare tube, tire levers, patch kit, pump, water, snacks, money, medical ID, emergency phone numbers. We also suggest lock and railroad pass. Leaders may specify other items in their ride listings.

BIKE PASSES are always required on **Metro-North** and the **LIRR**. Bike passes good for both Metro-North and the LIRR are available at Window 27 at Grand Central or any window at Penn Station, or by calling (212) 499-4394 or (718) 558-8228 or by visiting <http://www.mta.nyc.ny.us/lirr/pubs/bicycle.htm> for a printable application form to mail in.

BIKE TRAINS: On Saturdays and Sundays, Metro-North has scheduled specific trains to and from Grand Central Station to accommodate large groups of cyclists. Bike trains are indicated by a bicycle symbol on the printed Metro-North timetables. Schedules change frequently. Visit <http://www.mta.nyc.ny.us/mnr> for the latest schedule. MetroNorth requires prior notice for large groups (16+) on scheduled Bike Trains and groups of three or more cyclists on a regular train. When submitting a ride involving train travel, please e-mail details to our MetroNorth liaison, George Kaplan, at gkaplan4@nycc.rr.com and give him plenty of notice.

RIDE LEVEL	DESCRIPTION
A	Vigorous riding with advanced bike handling ability, including co-operative paceline skills. Stops every 2 hours or so.
B	Moderate to brisk riding with more attention to scenery. Stops every hour or so.
C	Leisurely to moderate riding, sightseeing and destination oriented. Stops every half-hour or so.
CRUISING SPEED	CENTRAL PARK SELF TEST
22+ MPH	1:10 OR LESS
21	1:10 TO 1:13
20	1:13 TO 1:16
19	1:16 TO 1:20
18	1:20 TO 1:25
17	1:25 TO 1:30
16	1:30 TO 1:38
15	1:38 TO 1:48
14	1:48 TO 2:00
13	2:00 TO 2:14
12	2:14 TO 2:30
11	2:30 TO 2:50

FROM GCT	ARRIVES	AT/FROM	DEPARTS	ARRIVES GCT
7:35 AM (Hudson Line)	9:49 AM	Poughkeepsie	03:33 PM	05:27 PM
8:53 AM (Hudson Line)	10:46 AM	Poughkeepsie	04:33 PM	06:27 PM
		Poughkeepsie	05:33 PM	07:19 PM
7:48 AM (Harlem Line)	9:20 AM	Brewster North	03:09 PM	05:38 PM
8:48 AM (Harlem Line)	10:20 AM	Brewster North	04:09 PM	06:37 PM
		Brewster North	05:09 PM	07:37 PM
8:07 AM (New Haven Line)	9:52 AM	New Haven	02:59 PM	04:40 PM
9:07 AM (New Haven Line)	10:20 AM	New Haven	03:55 PM	05:40 PM
		New Haven	04:55 PM	06:40 PM

I'm a "good person!"

Reflections of a New York bicycle commuter

By Carol A. Wood

It had been a hellish week of bike commuting, what with the rain and a higher-than-usual incidence of driver aggression. Wednesday was particularly bad: a short trip to the Upper West Side from Midtown had me nearly sideswiped by two buses in succession on Park Avenue, and I won't go into the trip down Columbus Avenue in the dark. But at least that swinging cab door missed me.

Thursday morning's ride to work wasn't looking much better. On Water Street, a long accordion bus pulled directly in front of me, the driver giving me a dirty look and forcing me to

an abrupt halt. I was pretty spooked by the time I got to Old Slip. Was there nothing but maniacs in the world?

Stopped at the intersection, I saw a heavysset guy using metal hand braces begin his perilous journey in the crosswalk. He was making good time for someone walking with crutches, but it was clear that the light would change before he reached the relative safety of the sidewalk. An orange commuter bus from Queens – that line known for its drivers' impatience – was stopped at the light. I cringed, expecting the driver to blast his horn the second the light turned green. Can you have a Critical Mass with just one

bike? I swung around and blocked the southbound lane crosswise with my bike. The traffic light changed, my guy kept up his stride, and no one honked. What a relief.

Just then, the driver of a northbound van leaned out of his window, pointed at me and yelled. I rolled my eyes, thinking: 'I've really had enough of this.' Finally, my guy reached the sidewalk, I rolled toward the curb, and heartless traffic swallowed up the street once more.

As I reached my parking garage, I realized what the van driver was saying to me.

"You're a good person."

Bike shops offering discounts to NYCC members

Remember to clip the membership card below and present it at the store to receive your discount

A Bicycle Shop

345 West 14th Street, New York, NY
212-691-6149 or
www.a-bicycleshop.com
e-mail: abikshp@aol.com. 10% off nonsale items (not items already discounted)

Bicycle Habitat

244 Lafayette Street, New York, NY
212-431-3315 or cmcbike@aol.com
15% off parts and accessories. 10% off bikes, no discounts on sale items (no double discounts)

Bicycle Heaven

348 East 62nd Street
New York, NY 10021
212-230-1919
www.bikeheaven.us
8.25% off accessories, repairs & bikes

Bicycle Workshop

175 County Road
Tenafly, NJ 07670
201-568-9372 10% off on part and accessories

Bicycle Renaissance

430 Columbus Avenue, New York, NY
212-724-2350. 10% off repairs and accessories (not on sale items and new bikes)



Larry and Jeff's 2nd Avenue Bicycles Plus

1690 2nd Ave. at 87th St, NY, NY
212-722-2201
15% off

New Horizons Sports

55 Franklin St., Westfield, MA 01085
413-562-5237
Don@NewHorizonsBikes.com
Certified Serotta Bike Fit Specialist
www.NewHorizonsBikes.com
www.BerkshireBrevets.com
10% off parts and accessories

Piermont Bicycle Connection

215 Ash Street, Piermont, NY 10968
845-365-0900
4 Washington Street, Tenafly, NJ 07670
201-227-8211 www.piermontbike.com
10% off parts and accessories
Free shipping on purchases over \$100
Sid's Bike Shops
235 East 34th Street, New York, NY
212-213-8360 or www.sidsbikes.com
8% off parts, accessories and clothing

Conrad's Bike Shop

25 Tudor City Place, New York, NY
212-697-6966 or conradbike@aol.com
8.25% off parts, accessories and repairs

Cycle Paths

138 Main Street, New Paltz, NY
845-255-8723
15% off parts and accessories, 10% off bikes

Gotham Bikes

112 West Broadway, New York, NY
212-732-2453 or gotbik@aol.com
10% off parts, accessories and repairs

Toga Bike Shop

110 West End Avenue, New York, NY
212-799-9625 or gotbik@aol.com
10% off parts, accessories and repairs



2005 Membership Application/Renewal/Change of Address

In consideration of being permitted to participate in any way in New York Cycle Club ("Club") sponsored Bicycling Activities ("Activity") I for myself, my personal representatives, assigns, heirs, and next of kin: 1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately cease further participation in the Activity. 2. FULLY UNDERSTAND that (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these risks and dangers may be caused by my own actions, or inactions, the action or inaction of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (C) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time, and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS

AND ALL RESPONSIBILITY FOR LOSSES, COSTS AND DAMAGES I incur as a result of my participation in the Activity. 3. HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE the Club, the LAB, their respective administrators, directors, agents and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS, AND I FURTHER AGREE that if, despite the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as the result of such claim. I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Name: _____ EMail: _____ Riding Style: A B C (Check one)

Partner: _____ EMail: _____ Riding Style: A B C (Check one)

Address: _____
Street Apt. City State Zip

Day Tel: _____ Eve Tel: _____ Partner Tel: _____

Signature (1) _____ Date of Birth _____ Signature (2) _____ Date of Birth _____

Check (if applicable) Do not print my Address Phone EMail in the NYCC Roster
 Do not print partner's Address Phone EMail in the NYCC Roster

Make Check payable to 'New York Cycle Club'. Mail to: New York Cycle Club, PO Box 20541, Columbia Circule Station, New York, NY 10023,USA. You may also renew online through active.com and receive a \$3 discount: visit: http://www.nycc.org/home_join/shtml and clcik onto the active.com link. NOTE: ALL NYCC MEMBERSHIPS ARE ON A CALENDAR YEAR BASIS ONLY. Please renew by 2/25/05 to avoid a break in your weekly e-mail updates.



First Class Mail Dated Material!

New York Cycle Club
PO Box 20541
Columbus Circle Station
New York, NY 10023
United States of America



FIRST CLASS
U.S. POSTAGE
PAID
New York, NY
PERMIT NO. 179

Tuesday, January 11, 2005

Off season fitness, Centered riding, Improved bike handling, Getting & Staying in “bicycle” shape during the off-season

[part 1 of a 2 part series]

If you don't show up for these programs, please don't complain about your lack of fitness at the start of the 2005 season. And if you do show up for these presentations and are still unfit, we don't want to hear it.

Who trains the trainers? Scot Willingham. And he's willing to share his secrets with you on how to stay in shape during the off season if you're not willing to drag yourself out in the cold. He'll also focus on the principles of bike handling. This is what it's all about for the cyclist at any level – riding better, easier, faster and with more confidence.

In December. SIG leaders experienced special training from Scot and now he will share with you what they learned. **Scot Willingham**, CPT, ACSM -- A passionate cyclist with over 20 years experience in cycling & fitness: riding, racing, touring, training, teaching, and coaching. Scot is an American College of Sports Medicine Certified Personal Trainer and a USAC Expert Level Coach. He is author of The Cyclist's Off-Season Workout and other fitness-related articles and handouts. Scot has also produced fitness DVDs and lectures on the subject. He is founder and president of Shank Productions, a company that promotes personal fitness for all individuals, no matter what the physical level or activity interest. Scot offers personalized attention and facilitation, emphasizing conditioning that balances out each client's movement patterns. His approach maximizes inner core strength so individuals achieve lasting fitness goals.

What could be a better time to set your focus on fitness for the season ahead? Whether you're an A, B or C rider, the tips provided can be utilized by everyone for safe and fun riding.

January Club Program Sponsored by **Larry & Jeff's Bicycle Plus**,
1690 2nd Avenue, New York, NY 10128 (212) 722-2201 www.bicyclesnyc.com
Larry & Jeff's will be sponsoring free bike giveaways, displaying cool bike stuff and be in attendance to schmooze and talk bikes and cycling with us during the cocktail & dinner hour. Come join us for the fun. Win a free gift certificate! Will you take home one of them?
SWAP TABLE: Bring bike-related items you want to swap or sell. Price them, affix your name to them and see them on the road with someone else

Annie Moore's Pub and Restaurant
50 E. 43rd St

(West of Grand Central Terminal between Madison & Vanderbilt Avenues)

Subway: take the 4/5/6/7/S to Grand Central/42nd St

Buffet dinner includes Grilled Chicken, rice, meatless lasagna, vegetables, shepherd's pie and green salad. Coffee/tea. Dinner is \$20, incl. tax /tip (cash only).