

## NYCC Archives – September 2011

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### September "President's Message"



By Ellen Jaffe

Friends, Fellow Members,

Here's a fact that bears repeating:

No one gets paid here at NYCC.

It is volunteers alone that make New York Cycle Club hum. Volunteers are the lifeblood of this Club.

And we maintain a wide range of rides, activities, events, socials, and meetings because individual members make it happen.

It is a large undertaking now and depends on all of us.

It is that simple!

Which brings up the month of August and what felt like a perpetual party . . . from three Summer Streets Saturdays to the All-Class to the Ice Cream Social (the latter two rain-cancelled and rescheduled), we were either always planning or doing. 'We' being those who stepped up and made it all happen.

Big thanks are due to:

- Deborah Cox who masterminded the All-Class rides to Oakland Beach with great judgment and thoughtfulness for every level, fielding a full list of leaders and co-leaders, doing it with precision and good cheer, and all of it twice . . . because of the initial washout!



Click for the [All-Class Tres Amigos Movie](#)

- And to Brigitte Padewski, our Director of Special Events, and the can-do crew she organized to keep Oakland Beach flowing. You guys did an awesome job right down to valet bike parking!
- Many thanks also to Grace Lichtenstein, our Publicity Director, and everyone who gave their time to help run NYCC at Summer Streets . . . you made the Club look good!



*2011 Summer Streets*

Honestly folks, you can't have more fun than being part of this street party and pitching the Club. I recommend you try it next year.

\* \* \*

*Escape New York*  
NYCC

All of which points to ENY on September 24!

Beth Bryson, Ride Director and the brilliant ENY Committee have been deep in planning since January and it shows!

Escape New York's bar is set high, from routes to sponsors to raffle to food to exuberant rest stop teams and there will be another year of record ridership to enjoy it.

BUT, we do need a few more hands to help run the show.



So, hang up your cleats on September 24 and be part of ENY!

There are still jobs available at rest stops, registration, Sakura Park, and more.

Plus the Committee throws a hell of an ENY-Only volunteer thank-you party you do not want to miss!

Email: [enyinfo@nycc.org](mailto:enyinfo@nycc.org)

\* \* \*



Make things happen at NYCC!

If you want to be in the mix, make positive change at NYCC – we want your energy, creativity and know-how on the 2012 Board of Directors!

Nominations are open.

You may nominate a member and have it seconded by email: [president@nycc.org](mailto:president@nycc.org).

Or nominate and have it seconded in person at our September 13th Club meeting.

To run, you must be an NYCC member.

Board positions are:

President

Vice President of Programs

Vice President of Rides

Secretary

Treasurer

Content Editor

Public Relations Director

Webmaster

Membership Director

Special Events Director

A-Rides Coordinator

B-Rides Coordinator

C-Rides Coordinator

Escape New York Chair

Nominations close at our October 11 Club meeting with voting between the October and November meetings.

Results are announced at our November 8 Club meeting!

\* \* \*

## **A Ride Leader Training Program**

Thanks to veteran ride leaders Paul Hofherr and Linda Wintner and a committee of seasoned leaders, NYCC is launching a trial Ride Leader Training Program.

The aim of this program is to help our ride leaders raise the bar in leader communication, excellent group riding habits, route planning, first aid and emergency procedure, and all aspects of safety.

Another important goal of this program is to provide the education and encouragement necessary for newer ride leaders to confidently step up at NYCC, thereby enlarging our pool of able leaders.

Training for all leader levels will be offered, though slots will be limited for these initial classes.

Look out for the trial launch in October.

\* \* \*

## **NYCC Diversity**

Lastly, one of my aims as president has been to set a tone of inclusiveness.

I believe it's equally important to make our Club a magnet for a diverse membership.

On September 7, I'll be taking part in an [LAB webinar](#) on the subject of diversity.

The discussion and ideas generated will not stop there.

The benefits are clear and have everything to do with NYCC's growth, health and vitality, and being an open and vibrant reflection of this great city.

If you would like to work on an NYCC Diversity Committee and contribute your energy and ideas to this, please contact me at: [president@nycc.org](mailto:president@nycc.org).

See you soon.

Ellen



## **Social Hour Saturdays at Hudson Beach Café**

We are continuing our social hour Saturdays! Stop by on your way home from your ride and mingle with your fellow NYCC members. The social hours are at P.D. O'Hurley's, Hudson Beach Cafe on the first Saturdays for the months below.

**Date:** Saturday, October 1

**Time:** 2:00pm - 5:00pm

**Where:** P.D. O'Hurley's Hudson Beach Cafe, at West 105th Street and Riverside Park; enter at 103rd and Riverside Drive and walk down a winding leafy path to the concrete patio, where rows of café tables surround a makeshift bar

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Randy Cohen speaks on the ethics of urban transportation policy, and the moral obligation of cyclists to actively engage in the political process that shapes those policies.

Randy Cohen's first professional work was writing humor pieces, essays, and stories for newspapers and magazines (*The New Yorker*, *the Atlantic*, *Young Love Comics*).

His first television work was writing for "Late Night With David Letterman" for which he won three Emmy awards. His fourth Emmy was for his work on Michael Moore's "TV Nation." He received a fifth Emmy as a result of a clerical error, and he kept it.

For 12 years, Randy wrote "The Ethicist," a weekly column for the *New York Times Magazine* syndicated throughout the U.S. and Canada.

His new book, "Be Good: How to Navigate the Ethics of Everything," will be published by the *Chronicle* in June.



Come listen Randy expound on the ethics of cars and bikes in New York City. You'll laugh, you'll learn, and you'll browbeat him mercilessly during the Q&A!

**Date:** Tuesday, September 13

**Time:** 6:00pm - 9:00pm

**Place:** Annie Moore's Bar & Restaurant (downstairs)

**Address:** 50 East 43rd Street (1/2 block east of Madison Ave)

**Buffet Dinner:** 6:45pm - 7:30pm, \$20 per person

**Program:** 7:30pm - 9:00pm

If you are having dinner, kindly RSVP to [programs@nycc.org](mailto:programs@nycc.org)

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**September 24: Volunteer NOW for Escape New York!**



Be part of Escape New York on September 24!

Volunteer for ENY and help us throw a party the cycling community will remember.

This is a fantastic way to contribute to the club and to our community.

Jobs are still available at rest stops, registration, Sakura Park, and more.

**Email:** [enyinfo@nycc.org](mailto:enyinfo@nycc.org)

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## Limited NYCC Gear Available at Fall Club Meetings



The NYCC Online Store is CLOSED. There will be limited inventory available at Club meetings in the fall, including the new water bottle and beautiful anniversary socks.

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## NYCC 2010 ENY Video: Watch and Get Amped for 2011 ENY!

Get amped for 2011 Escape New York by watching the 2010 ENY video at the link below!

NYCC 2010 Escape New York Video:

<http://www.youtube.com/watch?v=oxjmKlo3MkM&feature=youtu.be>

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Three consecutive Saturdays on the most beautiful autumn routes around.

Look soon for ride sign-up under "[Upcoming Rides.](#)"

**October 15th, Saturday**

Croton Dam / Peekskill

**October 22nd, Saturday**

5 Reservoirs and a Lake

**October 29th, Saturday**

Bedford / Stamford



NYCC rides are designed by leaders to be safe and fun. We do all we can to prevent accidents. Nevertheless, accidents still occur.

This program will help riders, leaders and accident victims recognize and respond appropriately to cycling emergencies and accidents and to maximize the chances for full recovery.

Woodhull Medical Director Dr. Edward Fishkin presents.

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Join us for one of NYCC's most social rides of the year.

We take Metro North up to New Haven and then ride the spectacular Sound shoreline of Connecticut.

Groups for every level and on the Metro North return – famous Pepe's Pizza!

Details and sign-up coming soon under "[Upcoming Rides.](#)"



Are you an aspiring ride leader? A seasoned pro?

This is where you'll learn the fundamentals of leading or polish your skills to become a great leader!

We will teach you how to lead NYCC style, with an emphasis on safety, traffic maneuvers, etiquette, maintaining the advertised pace, and having fun.

An indoor training class Monday evening, September 26, kicks off the course, followed by an all-day, on-the-road training ride on October 1 (rain date October 2).

Watch for sign-up online under "Upcoming Rides."

The pilot program is offered for all pace levels.

Space is limited.

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## NYCC Photos of the Week: NYCC Members on the Move

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Every week, we will feature NYCC photos here and on the homepage. Send your photo(s) with caption(s) and photo credit(s) to [bulletineditor@nycc.org](mailto:bulletineditor@nycc.org) for consideration.



The indomitable Dolores McKeough (NYCC member) at the tail end of her recently completed five-month transcontinental epic.

In Dolores' own words:

"I rode 1,000+ miles from Mt. Dora, FL, to Williamsburg, VA. Then 4,500 TransAm miles from Richmond, VA, to Florence, OR. Then 1,100 miles from Florence to Santa Monica, CA.

That's 6,600 miles on my Bike Friday with 85 lbs. from April 3 until August 29."



NYCC member Dan Aaron arriving at the 17th Paris Brest Paris finish after completing 1,200 kilometers in under 87 hours!



Four local riders who finished the 17th Paris Brest Paris. (l. to r.: Stephen Yesko from Forest Hills, NYCC member Patrick Chin-Hong from Forest Hills, NYCC member Dan Aaron, Joe Kratovil from New Jersey)

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## NYCC's Country Pancake House Ride



Bill Laffey's ride to the Country Pancake House in Ridgewood, NJ, was Alicia Rau's first NYCC ride (third from left). Picture was taken after lunch!

(l. to r.) Scott, Mikel, Alicia, Emma, Ed, Jerry, Russ, Gail, Chuck, John and if you look close enough, that's Bill in the window (reflection)

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## NYCC Jersey Gang at the New Jersey Gran Fondo



(l. to r.) Charlie Collins, Victoria Ross, Sarah Tombaugh, Mitch Rubenstein, Nicole Snow, Ellen Borowka



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## NYCC Members Corner



[Climate Ride NYC-DC](#) is a grand cycling adventure that connects two of the nation's most important cities – New York and Washington, DC – by bicycle. From the exciting departure by ferry in Manhattan to the hero's welcome and rally at the steps of the US Capitol, Climate Ride is more than a bike trip – it's an inspiring journey with 150 like-minded people who are united by their passion for sustainability, renewable energy, and bicycles - the ultimate carbon-free form of transportation.

### 2011 Climate Ride NYC-DC The National Bike Ride for Sustainable Solutions



By Sarah Hreha, NYCC Member since 2011

Climate Ride is a 5-day, 300-mile charitable bike ride that supports organizations working toward a sustainable future. With the support of my 40 donors, I raised \$2,550 – more than the \$2,400 minimum required to participate –and designated the NYC-based Transportation Alternatives as my beneficiary.

When I started training in March the weather sucked, so I did back-to-back spin classes at NYSC...where I quickly realized which instructors gave a class that felt like riding outdoors. At that point, I was still riding my trusty Dahon commuter bike: a collapsible 8-speed with 20" wheels that I swore was as good as any road bike and that I planned to use for the ride. For inspiration and training, I joined NYCC in mid-March...just too late for the 2011 SIGs. After a few Club rides and some hill training I was rethinking the "my-Dahon-is-as-good-as-a-road-bike" idea. After all, I'd ridden it to Nyack once and almost given up hope of getting up any of the hills without walking. Unfortunately, I vacillated on this until, three weeks before the May ride, I bought a road bike on my lunch break – without even taking a test ride!

## **Day 1**

### **Manhattan to Princeton 46 miles (plus the wrong-turn mileage)**

We started early in the morning on Friday, May 13, and I wasn't caffeinated enough not to be superstitious about starting a 5-day, multi-state ride like this on a Friday the 13<sup>th</sup>! The start line was a little cheat since we rode less than a mile to South Street Seaport and took a ferry over to Jersey. The miles to Princeton were a little hilly for me, though in comparison with what came later those miles were closer to flat. Two of us didn't have tents, so for us Night 1 was spent under the stars. I was glad for my warm sleeping bag!

## **Day 2**

### **Princeton to Valley Forge 65 miles**

The morning ride was lovely, rural, and largely untrafficked. We rode Goat Hill Road, Stoney Hill Road, Snake Hill Road, Upper Mount Road, and Burnt House Hill Road (thanks to Roger for the road names!) which were, as you may have guessed, hilly. Someone I never saw again taught me the trick of riding the downhills hard in order to fly up the next incline. This is a great trick, though I wore myself out practicing it. After lunch in Doylestown, PA, the route was less picturesque. And it rained some. The highlight of the afternoon was having my friend Dafna meet me at the final rest stop with fresh Italian pastries. Well, and finding my gloves after I lost them by placing them carefully on my saddle and forgetting about them. The last few miles into Valley Forge were beautiful and history-laden but awfully hilly for the end of the day. I was glad to Rachel, with whom I rode maybe the last 30 miles, for her sense of humor and her improv singing.

### Day 3

Valley Forge to Camp Andrews, Holtwood, PA  
68 miles



When studying the route before starting the ride I had deemed Day 3 the 'difficult day,' and it was. It was hilly, long, and followed two days of riding...our hump day. It was a gorgeous route through Amish country though...sprawling farms, horses, cows, goats, horse-drawn carriages, covered bridges, other cyclists, cheering Amish children who wanted to know if we were tired (Yes!), and myriad other things. The morning was misty, with a soft rain falling. It was beautiful and it was slippery. There were also something like 24 flat tires, including on one of the support vans. I was spared a flat, but had to have a pedal looked at after lunch. Who knew that clips could jam? So at mile 68, as I pedaled into Camp Andrews to the sound of (crazy) people using the camp's zip line, I felt a real sense of accomplishment...!

had survived the difficult day. I was tired but impressed with myself...until I overheard people talking about the next day's route. Apparently the difficult day was yet to come.

## **Day 4**

### **Holtwood, PA to the Pearlstone Retreat Center, Reisterstown MD 60 miles**

In the end, as you may have surmised given that I am writing this, I survived Day 4...the difficult day. We rode 59.5 miles with incredible hills that some folks claim were steeper than those of the Tour de France. I openly admit that I walked parts of some of them. We also took a long downhill that had people doing 40+ mph and that brought us across the Susquehanna River in a breathtakingly beautiful crossing of which I was unable to take a photo because I was clinging to my handlebars for dear life and hoping not to hit loose gravel. As I sped down the hill, I passed an Amish family in their carriage and was touched by their encouraging smiles and waves...very different than our rather hostile NYC traffic!

My bike had a challenging day, too. Her drive chain jammed...on a hill with fast-moving traffic to the left and another cyclist to the right...and then the chain dropped! I just managed not to fall over or hit anyone, and there was no permanent damage to the bike, but it was a harrowing experience. When the mechanics tell you to lube your chain after a heavy rain, listen to them and do it. I had listened but promptly forgotten to do it. The other lesson learned was not to pass on a hill. Got it.

## **Day 5**

### **Reisterstown, MD to Capitol Hill, Washington D.C. 70 miles**

I absolutely loved Day 5. Despite having managed to score beer and pizza in Reisterstown the night before, which I felt in the morning, and despite the sometimes heavy rain, it was a great day. We had been warned that anyone not reaching the rendezvous point for the final few miles to the Capitol by early afternoon would have to take the support vehicles so that we would all pass through D.C. in a critical mass, so a lot of us rode hard for the first 60 miles. It rained for much of the morning, torrentially at times. Oddly, I found I liked the challenge of navigating trafficked roads while wet and with limited visibility. Perhaps it comes from the same (questionable) part of me that enjoys riding in midtown Manhattan traffic. I met up with my beer-and-pizza buddies at the lunch stop in Silver Springs, MD...10 miles from the finish line. This was my only sit-down lunch of the ride, since most days I hadn't wanted to stop for more than 10 minutes or so, to avoid cooling and tightening muscles. After lunch we hopped onto the Capitol Crescent Trail and had a glorious, car-free, seven-mile downhill cruise to our gathering point –the Thompson Boat Center. I know I'm not the only one who took advantage of the wait to air out my shoes and socks after the soaking we took that morning. The sun had finally come out, and it was glorious (and I was dry!) by the time we all lined up for the final three miles to the Capitol.

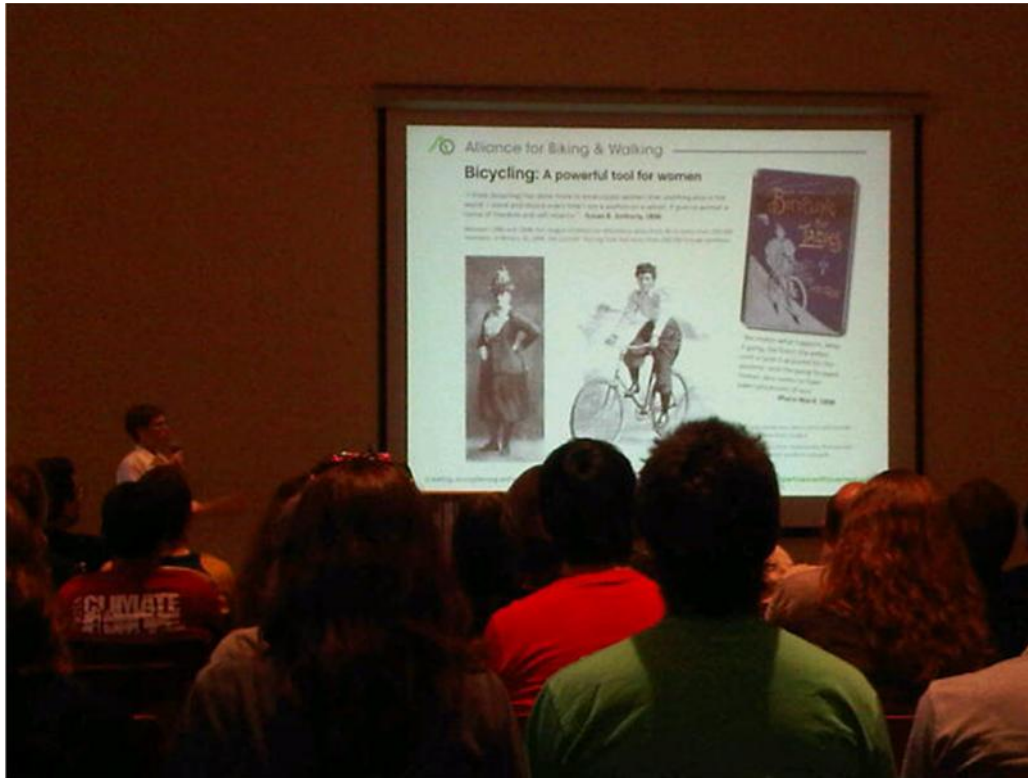


Those last miles, and the victory laps around the fountain on the Upper Senate Lawn, were exhilarating. After Day 1, I had mostly, though not entirely, given in to my introversion and ridden alone. As we finished the ride, all 140 of us together –plus those who joined at the end (past participants, friends, family, and ride staff on D.C. bike-share bikes) –I felt connected to the group in a new way. We were packed together but the jostling was comfortable, almost nurturing. People on the street waved us on, and even some drivers. We finished with some illustrious speakers: Senator Cardin (MD) congratulated us, as did Representative Edwards (MD) but despite being cyclists did NOT offer to do the ride in 2012! We also heard from advocacy groups 350.org and Rails-to-Trails Conservancy.

## **Day 6**

### **0 miles**

As part of the ride, we were encouraged to meet with our elected representatives before leaving D.C., to stress prioritizing sustainability and climate change issues. A group of us from NY met with staffers for Senators Schumer and Gillibrand. They appeared genuinely interested in what we had to say...but then again, they are trained to seem empathetic! They are hopeful that America can play a leadership role in a renewable energy future and in promoting clean(er) mass transit but were clear that the political climate is difficult at present.



"Everyone on the NY Climate Ride delegation was eloquent and passionate when we lobbied Congress for sustainable cycling, and that made all the strain of the Pennsylvania hills worth it for me," said Climate Ride board member Evan O'Neil, who was the first person to sign up for the first Climate Ride in 2008. The meetings were a natural culmination to the Climate Ride, given that our fundraising dollars went to support work on these issues, and each evening the organizers had invited speakers who work in sustainability. I signed up for the ride because I love to ride my bike, but the advocacy aspect also drew me in. I loved that I was able to bike my gear down to the start rather than taking a cab. In D.C., I was able to handle all my getting around on my bike and, to return to NYC, rode to the Bolt Bus at Union Station and placed the bike in the luggage compartment. Then I rode home.

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# NEW Eweekly Rolls Out!

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## New York Cycle Club eWeekly

Issue: # 09.19.11

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### NOMINATIONS ARE OPEN FOR THE 2012 NYCC BOARD OF DIRECTORS!

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Or nominate and have it seconded in person at our October 11th Club meeting.

Board positions are:

- President
- Vice President of Programs
- Vice President of Rides
- Secretary
- Treasurer



eWeekly design:  
Cathline Marshall

Editor in Chief:  
Eunice Martinez

Rides Listing Coordinator:  
Maggie Nguyen

- Content Editor
- Public Relations Director
- Webmaster
- Membership Director
- Special Events Director
- A-Rides Coordinator
- B-Rides Coordinator
- C-Rides Coordinator
- Escape New York Director

For a description of each position:

[NYCC Bylaws](#)

If you have questions, please contact our

[Election Administrator](#)

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#### PRESIDENT'S MESSAGE : SEPTEMBER

Read this month's [President's Message](#) by Ellen Jaffe.

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#### The 17th Annual Escape New York, September 24th!





[2010 ENY Video by Paula Froke: Watch and get amped for ENY 2011](#)

[Online ENY Registration Closes Midnight, September 19th](#)

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## MEMBERS CORNER

This is where NYCC shares cycling experiences as submitted by our members.

Did you just complete an awesome cycling trip? Is there some cycling knowledge you wish to share?

Email your write-up to [bulletineditor@nycc.org](mailto:bulletineditor@nycc.org).

This month's submission is by Carol Waaser and Karin Fantus who write about their six-day inn-to-inn tour post-Hurricane Irene.

Read "[Hurricane, Rail Trails, Hills and Adventures](#)"

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P.D. O'HURLEY'S HUDSON BEACH CAFE**

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**NYCC's Country Pancake House Ride**



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(l. to r.) Scott, Mikel, Alicia, Emma, Ed, Jerry, Russ, Gail, Chuck, John and if you look close enough, that's Bill in the window (reflection)

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### **NYCC Jersey Gang at the New Jersey Gran Fondo**



(l. to r.) Charlie Collins, Victoria Ross, Sarah Tombaugh, Mitch Rubenstein, Nicole Snow, Ellen Borowka

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### **Attention NYCC Members**

#### **Accessing Complete Members-Only Information**

Please be aware that you [must be logged in](#) to NYCC's website in order to access all the available members-only information.

Those not logged in will miss key information on the right side of the homepage about Club weekends, Club merchandise and other key member information.

Log in and you won't miss a thing!

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**NYCC MEMBER ALERT: NYCC President, Ellen Jaffe**

June 8, 2011

Dear Fellow NYCC Member,

You know that the Club has put a great deal of effort into advocacy and public policy work in recent months. The leadership of the cycling community, including NYCC, TA, and CRCA have met with elected leaders and Department of Transportation staff, as well as representatives of the New York Police Department, to hammer out a reasonable cyclist enforcement policy in Central Park.

However, there is immediate cause for alarm that this hard-won policy could be reversed due to the bad behavior of a few.

[Read more...](#)



**TRANSPORTATION  
ALTERNATIVES**

**Transportation Alternatives is Raising \$\$\$  
to Repave Alpine Hill on River Road!**

Right now, Transportation Alternatives is raising \$75,000 towards the cost of repaving Alpine Hill on River Road – an improvement that will last 15 years.

Donations are matched 2-for-1, so it's a great way to invest in a smoother ride and support your local bike advocates. Donate at <http://transalt.org/riverroad>.

Transportation Alternatives is an advocate for biking, walking and public transit that's been working for a more bike-friendly NYC since most of us were riding Big Wheels.

T.A.'s small staff is incredibly effective – here's what they have in store for the year ahead:

- A Paris-style public bike share system launching in 2012
- New ramps and 24-hour bike access on the George Washington Bridge
- A smoother ride and widened shoulders along Route 9W
- An uninterrupted East River greenway

Let's get Alpine Hill repaved! Support T.A.

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## NYCC RIDE LEADER SWAG

So you put in real Ride Leader sweat in 2010 and you've earned NYCC swag.

Find out what you earned, and where and when you can get what's coming to you!

[Ride Leader Swag Info](#)

## NYCC OUT OF BOUNDS CALENDAR

NYCC's [Out of Bounds Calendar](#) lists non-Club organized rides you might be interested in joining in the New York area and beyond.

If you have any comments or addition(s) to suggest, please contact our V.P. of Rides Adrienne Browning at [vp-rides@nycc.org](mailto:vp-rides@nycc.org).

## PROCLAMATION: NYCC Honored by the Council of the City of New York

On NYCC's 75th anniversary, we proudly received a Proclamation from the Council of the City of New York in honor of our outstanding service and contribution to the community.

What an important and fantastic way to be recognized by our community!



## LEAGUE OF AMERICAN BICYCLISTS NAMES NYCC ONE OF THE "BICYCLE CLUBS OF THE YEAR"!

NYCC has been selected as one of the League of American Bicyclists' "Bicycle Clubs of the Year"!

They appreciate all that NYCC does for our members, our community and the League.

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## NYCC IS ON FACEBOOK!

Find us on Facebook 

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## NYCC Membership Card and Member Discounts

NYCC members receive discounts from select New York City bike shops and vendors.

Access the [NYCC Membership Card](#) or the [Member Discounts](#) list.

When purchasing in person, please present your NYCC membership card.

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## NYCC RIDES

**Rides listed as of Sunday.**

**Please see our [Ride Listing](#) on the website for a complete list.**

### **- Tuesday, September 20, 2011**

A/22 18 Miles 06:00 AM

"Dropped by Sam" morning laps

Leader: Allie Corless, [acorless@mba2009.hbs.edu](mailto:acorless@mba2009.hbs.edu), 617-733-9703

From:

Description:

Got dropped by Sam? Don't feel bad – you are not alone! Join us for 3 fast laps in the park – rotating paceline skills are mandatory.

C/14 40 Miles 10:00 AM

All Along the Water

Leader: Bill Laffey, [swlaffey@gmail.com](mailto:swlaffey@gmail.com)

From: Eleanor Roosevelt statue, 72nd St and Riverside Drive

Description:

We'll ride over the GWB then south along the NJ Waterfront. Great views of our city from the west bank of the Hudson. We'll stop in Hoboken to pick up lunch, carry our eats to Liberty State Park in Jersey City. Following our picnic we'll continue on South, over the Bayonne Bridge around Staten Island to the Staten Island Ferry. We'll board the ferry for a return to Manhattan. Bring a camera for some great shots of the Manhattan skyline. Due to stop and go traffic patterns of this ride it will be limited to 15 riders only!

B/17+ 24 ...maybe more! Miles 07:00 AM

Less Early Morning Laps in Central Park

Leader: nathan baer, [cyclesingsleep@gmail.com](mailto:cyclesingsleep@gmail.com), 646

From:



Description:

Simple, fun, fitness rides come rain or shine! If you're looking to put in some miles in a relaxed but slightly up-tempo way...and with some company....then this ride is for you :) If you need to bounce early, no problem. Come for as few or as many laps as you'd like. If we're feelin' sprightly, maybe we'll decide to tag a couple on. \*nb In order to make this a regular Tuesday/Thursday ride, it'd be super nifty to have one or two folks interested in becoming Co-leaders; as I sometimes will need to be away for work.

B/16 24 Miles 05:45 AM

Morning Laps in Central Park

Leader: Linda Wintner, [lwintner@metlife.com](mailto:lwintner@metlife.com), 646-335-3725

From: Engineers's Gate, 90th St and East Drive

Description:

Please join me for training laps in the Park. We'll concentrate on building up endurance, form, safety, and good group riding etiquette. Maybe we'll do hill repeats or interval training occasionally on Tuesdays. I'll teach a rotating paceline for people who don't know how to do it. If you haven't got time for all 4 laps, you can peel off when you need to. Please check the weekly email listing and message board in case I need to cancel or change anything at the last minute. Also, please try to sign up online so that we don't have to spend time dealing with a handwritten sign-up sheet in the morning. (If you can't sign up ahead, join me anyway.) Cancels: precipitation, imminent threat of precipitation, wet pavement, or high winds.

**- Thursday, September 22, 2011**

A/22 18 Miles 06:00 AM

"Dropped by Sam" morning laps

Leader: Allie Corless, [acorless@mba2009.hbs.edu](mailto:acorless@mba2009.hbs.edu), 617-733-9703

From:

Description:

Got dropped by Sam? Don't feel bad - you are not alone! Join us for 3 fast laps in the park - rotating paceline skills are mandatory.

B/17+ 24 ...maybe more! Miles 07:00 AM

Less Early Morning Rides in Central Park

Leader: nathan baer, [cyclesingsleep-at-gmail.com](mailto:cyclesingsleep-at-gmail.com) OR 646 542 2694

From:

Description:

Simple, fun, fitness rides come rain or shine! If you're looking to put in some miles in a relaxed but slightly up-tempo way...and with some company....then this ride is for you :) If you need to bounce early, no problem. Come for as few or as many laps as you'd like. If we're feelin' sprightly, maybe we'll decide to tag a couple on. \*nb In order to make this a regular Tuesday/Thursday ride, it'd be super nifty to have one or two folks interested in becoming Co-leaders; as I sometimes will need to be away for work.

A/20-21 34-38 Miles 06:00 AM

Thursday Morning River Road adventure

Leader: Damon Strub, [damon@nomadarchitecture.com](mailto:damon@nomadarchitecture.com), 718-926-9179

From: Engineers's Gate, 90th St and East Drive

Description:

Our regular Thursday morning river road ride continues. We'll ride at a nice brisk pace up river road to the police station then crank it out in a nice smooth fast paceline (22-23 average) back on 9W. If we are feeling extra frisky, we'll do a few hill repeats on alpine or come back on river road. We are usually back across the GWB by 7:45. Please be comfortable riding a tight paceline at this pace. we meet at Engineers Gate at 6:00 and stop at 120th and riverside to pick up West Siders at 6:15.

B/16 24 Miles 05:

Morning Laps in Central Park

Leader: Linda Wintner, [lwintner@metlife.com](mailto:lwintner@metlife.com), 646-335-3725

From: Engineers's Gate, 90th St and East Drive

Description:

Please join me for training laps in the Park. We'll concentrate on building up endurance, form, safety, and good group riding etiquette. Maybe we'll do hill repeats or interval training occasionally on Tuesdays. I'll teach a rotating paceline for people who don't know how to do it. If you haven't got time for all 4 laps, you can peel off when you need to. Please check the weekly email listing and message board in case I need to cancel or change anything at the last minute. Also, please try to sign up online so that we don't have to spend time dealing with a handwritten sign-up sheet in the morning. (If you can't sign up ahead, join me anyway.) Cancells: precipitation, imminent threat of precipitation, wet pavement, or high winds.

**- Tuesday, September 27, 2011**

A/22 18 Miles 06:00 AM

"Dropped by Sam" morning laps

Leader: Allie Corless, [acorless@mba2009.hbs.edu](mailto:acorless@mba2009.hbs.edu), 617-733-9703

From:

Description:

Got dropped by Sam? Don't feel bad – you are not alone! Join us for 3 fast laps in the park – rotating paceline skills are mandatory.

#### **NYCC Board of Directors**

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**Escape New York**, NYCC's hallmark ride of the year, was a resounding success. Our amazing contingent of dedicated ENY volunteers helped many cyclists enjoy our classic hospitality!





September 24, 2011

*Day-of Registration Opens at 7AM at Sakura*

Ride out of Manhattan into our favorite cycling territory – the beautiful West Hudson Highlands!

Enjoy the hospitality of the New York Cycle Club as we go all out to deliver a food-filled, fun-filled and fabulous day of riding to all our friends in the cycling community.

Choose one of three scenic, well-marked routes of 50, 65 or 100 miles, all beginning and ending at Sakura Park in Manhattan.

All offer picture-postcard views of the Hudson River and Palisades as you cross the George Washington Bridge and ride the serene roads of Bergen and Rockland Counties.

*[ENY 2010 Video By Paula Froke!](#)*



Nic Lawson

With City Bakery muffins and scones at the start, well-stocked refueling stops on all routes and New York's best hero sandwiches at the finish, we'll keep you well nourished, whichever route you choose.

Reward yourself at the Sakura Park finish with a delicious Manganaros hero sandwich and sample tasty products from Popchips, Cabot's Cheese, Siggis Yogurt, Fuze and Farmland Dairies.

NYC Water is the official water of Escape New York! Naturally!



Javier Fraga

And, of course, there's the Escape New York Raffle where the grand prize winner will receive an amazing [VBT Bicycling Vacations "Tour of Tuscany"](#)!

Other great prizes: a bike and gear from REI, from Performance Bicycle a Scattante R-670 Road Bike, extraordinary saddle bags from Arkel.....and more yet to come!

Escape New York profits go to [Transportation Alternatives](#) and [Recycle-A-Bicycle](#).

Here's what you need to know:

**Date:** Saturday, September 24th, 2011

**Routes:** Choose from three clearly marked Escape New York options. Cue sheets will be available at the start.

- **7:00 am:** [Century Challenge](#), **100 miles**. A rolling full century through beautiful Bergen and Rockland counties.
- **8:00 am:** [Rockland Roll](#), **65 miles**. Ramble on lightly trafficked roads to scenic Rockland Lake State Park.
- **9:00 am:** [Piermont Pleasures](#), **50 miles**. A half-century to the charming and historic village of Piermont on the Hudson.



Javier Fraga

Limited SAG support will be available on all routes with an emergency phone number provided on your cue sheet.

[Helmets are required](#). Cyclists must ride single file and respect traffic laws.

All rides start and finish at Sakura Park, located just north of 122nd Street and Riverside Drive, on the east side of Grant's Tomb, near the 125th Street stop on the 1 and 9 subway, Manhattan. [Google Map of Sakura Park area](#).

We ride rain or shine! No refunds.

### **Entry Fee**

- \* \$35 until midnight August 27
- \* \$45 until midnight September 19
- \* \$55 after September 19 – [cash only](#) on the day of the ride

Tandem teams [must](#) register as separate riders.

## Frequently Asked Questions

### What if it rains?

- We ride rain or shine.

### Where can I park my car?

- On Riverside Drive north of Sakura Park.

Proceed north on Riverside Drive past Sakura Park with Grant's Tomb on your left. There will be ample parking as you hit the long overpass that runs above 125th Street.

### What time does the ride start?

- Sign-in for the century opens at 7am. Riders must depart by 8am.
- Sign-in for the 65-miler opens at 8am. Riders depart by 9am.
- Sign-in for the 50-miler opens at 9am. Riders depart by 10am.
- The sign-in/registration area closes at 10am.

### What do I need to bring?

- A helmet, a spare tube, tire irons, a portable pump, sunscreen, 2 water bottles.
- A lightweight windbreaker that stuffs into a pocket is always good to have.

### When will we receive ride material?

- Look for an email with all ride day details on September 22.

### Do we need to bring our own snacks or other food?

- No! On route we will provide peanut butter and jelly on the world's best bagels (H & H), as well as fruit, cookies, salty snacks, water and energy drinks. Delicious sandwiches will be waiting for you at the finish.

### Are there hills?



- The three routes are not flat! Be prepared for some climbing; 2,000' vertical on the 50-mile route; 3,200' on the 65-mile route; and 4,500' on the century. Choose your route accordingly and be sure to leave time on the back end to linger at our festive finish! The routes close at 6pm.

#### I'm a slower rider. Should I attempt the century?

- The century is a challenge with plenty of hills! Ambitious slower riders must check-in at 7 am. You need to keep moving. A rider who averages 11mph rolling speed between rest stops can afford only 10 minutes at check-in and rest stops. That's not much!
- If in doubt, opt for the metric century (65 miles) ... a beautiful route with its own challenges. Doing so will leave you time to enjoy the festivities back at the finish.

#### I'm a newer rider. Should I attempt the 50?

- If you have previously done 35 miles with some uphill, then you should be able to handle the 50 miler if you take your time and take it easy.

#### Will directions be provided and will there be leaders or guides?

- Cue sheets with distances and all turns will be available at the start. All routes will be well marked, but it's advisable to carry a cue sheet in case you miss a turn.
- There are no formally led groups. Grab a cue sheet, some friends and head out together!
- Our competent marshals ride the 50- and 65-mile routes and will gladly answer your questions.

#### Is there a place to stash my belongings at the start?

- No.

#### What if I can't finish?

- It's the responsibility of each rider to be sure he or she is fit enough to finish Escape New York. The best way to prevent problems is to prepare ahead of time by training and also picking the route that is right for you! (50, 65 or 100 miles). The routes are by no means flat! Be prepared for some hills.
- If you have serious mechanical or health problems, a SAG vehicle will be available to help. An emergency phone number will be printed on all cue sheets.

Are there refunds if I change my mind?

- Sorry, there are no refunds once you've signed up.

I'm flying in from out of town for the ride. Can I rent a road bike?

- Yes. Bike and Roll has the largest fleet of rental bikes in the city, including lightweight road bikes. 212-260-0400

Join ENY on [Facebook](#).



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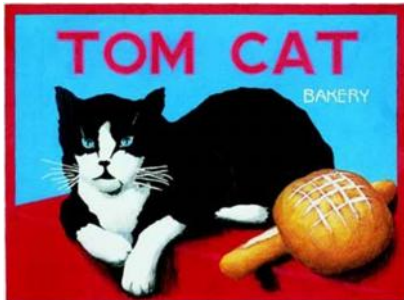
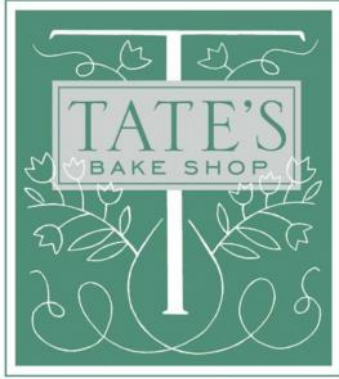


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