

NYCC Archives – January 2012



January “President’s Message”



By Ellen Jaffe

Fellow NYCC Members,

Hope you had a great holiday and got in some good riding in the unseasonably warm temps!

Unfortunately, this couch potato had family obligations that kept me off the bike. However, I swear that will change in the New Year . . . and I am enthused to . . . welcome 2012!

The year is barely launched yet the NYCC calendar is already full with rides, activities, promise . . . and opportunity.

First, some upcoming highlights . . .

Our new Director of Programs, Eden Weiss, is starting the year off with a dynamite January 10 meeting program featuring Transportation Alternative’s Executive Director, **Paul Steely White**, who will tell us what is *really* going on in the world of NYC cycling advocacy. Plus there’s that nice raffle courtesy of Veloshine.

* * * *

Then our **Volunteer Party** in February at Ichi Umi and what may be the city’s . . . longest sushi bar . . . date to be announced.

* * * *

March 13’s Club meeting will be one for the NYCC history books . . . featuring our estimable **Commissioner of Transportation, Janette Sadik Khan**, who has gained the world’s attention for the changes wrought in NYC in a relatively short time, turning a bureaucracy into a juggernaut for change. Charismatic leader, visionary . . . we are fortunate to have her share her time as our guest.

* * * *

On March 26, our Club is producing a spectacular **Benefit Evening for Kids Ride Club** at the Crosby Street Hotel thanks to hotel manager, Jakob Hansen, himself an NYCC member and avid cyclist. Through Jakob's generosity, the Crosby is providing their chic surroundings, including the theater for an evening of food, drink, celebration of the kids, gifts, movie ("The Triplets of Belleville," courtesy of Sony Picture Classics) and a raffle, courtesy of SoHo neighbors Bike Habitat, REI, and Crumpler.

For those who don't know **Kids Ride Club** . . . the program was started 17 years ago by Dr. Ed Fishkin, NYCC member, and is strongly supported by our own Club members who not only volunteer as KRC ride leaders but contribute their own professional resources to opening windows of possibility for the kids.

Kids Ride Club has changed young lives in elemental ways. Here is one place support makes a real difference.



The benefit sold out last year. There will be 120 tickets available. Ticket information coming soon.

* * * *

Then and importantly, our **SIG and STS** . . . whose growing renown make the coveted slots more valuable every year. Our SIG and STS chiefs have been prepping hard for the upcoming season with the **February 14th Club meeting as kick-off** – the annual informational evening at Annie Moore's for prospective siggies of all levels.

It bears repeating . . . that the effort going into SIG and STS organization is herculean . . . accomplished by the dedication of members like Wayne Wright, Lisa Helburn, Sarah Tombaugh, Mitch Rubenstein, George Arcarola, Dave Sabbarese, Victor Baruh, and Gerald Seppey, who pour enormous energy and focus into a program that has become an enormous positive for the Club and the city . . . annually getting hundreds of trained cyclists on the road and involved with the cycling community.

Nothing could be better for the Club from the standpoint of goodwill, Club renewal, citizenship in the community, and support of the sport of cycling.



Then, in cahoots with REI, Bike Habitat and EMS and other local cycling-centric venues, we want to offer **smaller, off-premises classes and seminars** . . . some taught by our own knowledgeable members.

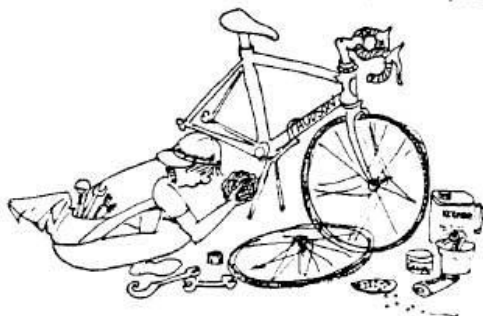
For instance, on **Feb 11** . . . NYCC member and seasoned cyclist Carol Waaser will conduct a seminar in the Community Room at the new REI store in Soho.

Topic: “Buying a New Bike: What You Need to Consider”

The timing should particularly appeal to our new siggies who may be considering a purchase.

Do YOU have a subject you’d like to teach? A presentation of interest to our members? Gearing? Working with GPS? How to develop a cue sheet? Some aspect of bike maintenance?

We know there is teaching talent and expertise amongst our members, so please step up and share it. We’ve got great space available now with projection capabilities. Contact me: president@nycc.org



And the above is only part of NYCC’s opening salvo for the year.

But here’s the thing . . .

The biggest ingredient, the most essential ingredient for a robust and vital New York Cycle Club in 2012 is . . . **YOU**.

It is the participation of all of us that makes the NYCC engine run and we need **YOU** to jump into the mix and contribute time to the Club

Immediate needs:

- Event planning help . . . helping the Board and our Event Director Laurie Chittenden conceive, organize and execute Club events.
- We need the professional insight of an Information Architect to evaluate the website and guide refinements.
- A marketing maven to help the Escape New York Committee.
- A social media maven to help leverage Facebook and Twitter.

Contact me: president@nycc.org if any of the above fits or if you generally have time and energy to contribute. Include a line or two about what you do and how you'd like to contribute.

* * * *

Finally, if we learned anything in the past year, it is that we, as cyclists, find ourselves in the crosshairs of change, making it **an unusually interesting time to be a bike club**.

The hard realities of the times we're in, of rising energy costs, shrinking resources, ever precious public space are inescapable . . . the very reasons bicycling and the bicycle are seen as part of the solution, particularly in our city.

New York Cycle Club's stated mission has always been to have as much fun on the bike as possible.

That will not change.

But we add to that a commitment now, as New York's largest and oldest cycling club, living in these particular times, to be part of the solution, to use our collective voices to work with our partners at DOT and T.A., the Central Park Conservancy, the Prospect Park Alliance, and the Port Authority for improved cycling infrastructure, safety, fairness of enforcement . . . all things that will affect cycling and the very quality of our lives in New York City for years, for generations to come.

The times we're in call for it.

I wish you all a year of peace, promise and many, many wonderful miles on the bike.

Ellen



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C-Rides Coordinator: **Kate Mostkoff** • *Escape New York Director:* **Beth Bryson**



Paul Steely White of Transportation Alternatives at Annie Moore's on Tuesday, January 10

Everyone knows that bicycling is good for our health and the environment. But there are some much lesser known benefits that bicycling is bringing New Yorkers.

Paul Steely White will uncover these unsung biking benefits at our club meeting on January 10 and talk about how Transportation Alternatives is playing a key role in ensuring that New York City's next mayor makes bicycling a priority.

Paul is the Executive Director of Transportation Alternatives, a non-profit advocacy group at the epicenter of New York's bike and public space boom.



We will also be raffling 20 packs of [VeloShine Bike Wipes](#)!

Date: Tuesday, January 10

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



Are you a dedicated NYCC member who volunteered your time and energy to the Club in 2011, our sparkling 75th anniversary year?

If so, then this is your party!

Come join us at IchiUmi for well-deserved thank yous and a delectable feast at what must be the longest sushi and seafood buffet in New York!

[RSVP is mandatory.](#)

* Anyone attending must send an email to events@nycc.org.

* In your email, please list what you did for the Club in 2011.

* * *

Date: Wednesday, February 22nd

Time: 6:30pm – 9:30pm

Place: [IchiUmi](#)

Address: 6 East 32nd Street (between Fifth and Madison Avenues)



2nd ANNUAL BENEFIT EVENING FOR THE KIDS RIDE CLUB AT CROSBY STREET HOTEL

New York Cycle Club, with the generous support of the [Crosby Street Hotel](#), [Bicycle Habitat](#), [REI](#) and [Eastern Mountain Sports](#), invites you to a **Benefit Evening for the Kids Ride Club** on March 26.

A delightful evening of food and drink, raffle, gift cards, *and* a screening of "**The Triplets of Belleville**" in the chic Crosby theater (courtesy of Sony Picture Classics) – all to celebrate and support the kids.

Kids Ride Club was started 17 years ago by Dr. Ed Fishkin, lifetime NYCC member, and continues to be supported by numerous NYCC members who not only volunteer as KRC ride leaders but contribute their own professional resources to open windows of possibility for the kids.

Come out and support the kids, and have a fun evening while you're at it!

The \$75 ticket price includes a tax-deductible contribution of \$35.

Tickets: \$75

Date: Monday, March 26

Time: 6:30pm - 9:30pm

Place: Crosby Street Hotel, 79 Crosby Street in Soho (between Spring and Prince Streets)

All profits go to the Kids Ride Club.

[Purchase Ticket](#)

INDOOR TRAINER CLINIC AT EMS



On January 17, Eastern Mountain Sports and CycleOps are presenting the latest and greatest in trainer and training technology.

You'll be able to try out a wide variety of CycleOps trainers in the store. Bring your own bike or use one at EMS to test out the CycleOps Mag+, Fluid2, Jet Fluid Pro, Magneto Pro, and the PowerBeam Pro.

You'll get tips, tricks, and workout plans to keep you motivated while you build up for a season full of fun on the bike!

Raffle prizes include Bike Fit Services from the EMS Bike Fit Lab, Bike Tune Ups from the EMS Bike Shop, Gear Bucks Cards, and more.

Where: Eastern Mountain Sports Upper West Side (76th and Broadway)

When: Wednesday January 18

Time: 6:30pm - 8:00pm

Transit: 1, 2, 3, B, C

Deserving Ride Leaders: If you led three or more rides in 2011 you qualify for Club gear!

The formula:

Lead 3-5 rides = NYCC water bottle

Lead 6-11 rides = NYCC socks

Lead 12+ rides = NYCC Ride Leader Vest (you can't buy these, you can only earn them)

Check the chart below to see what you get!

Socks and water bottles can be picked up at Club meetings.



This is the spectacular mid-weight custom **Ride Leader Vest**, designed by **Rolando Felix**, for those who qualify with 12 or more leads.



Note: Our incentives coordinator will notify all leaders who qualify for the custom Ride Leader Vest to determine correct size.

We plan to have a vest 'fit kit' at the February 14 meeting.

Women's and men's sizing available.

[Primal Wear sizing chart](#)

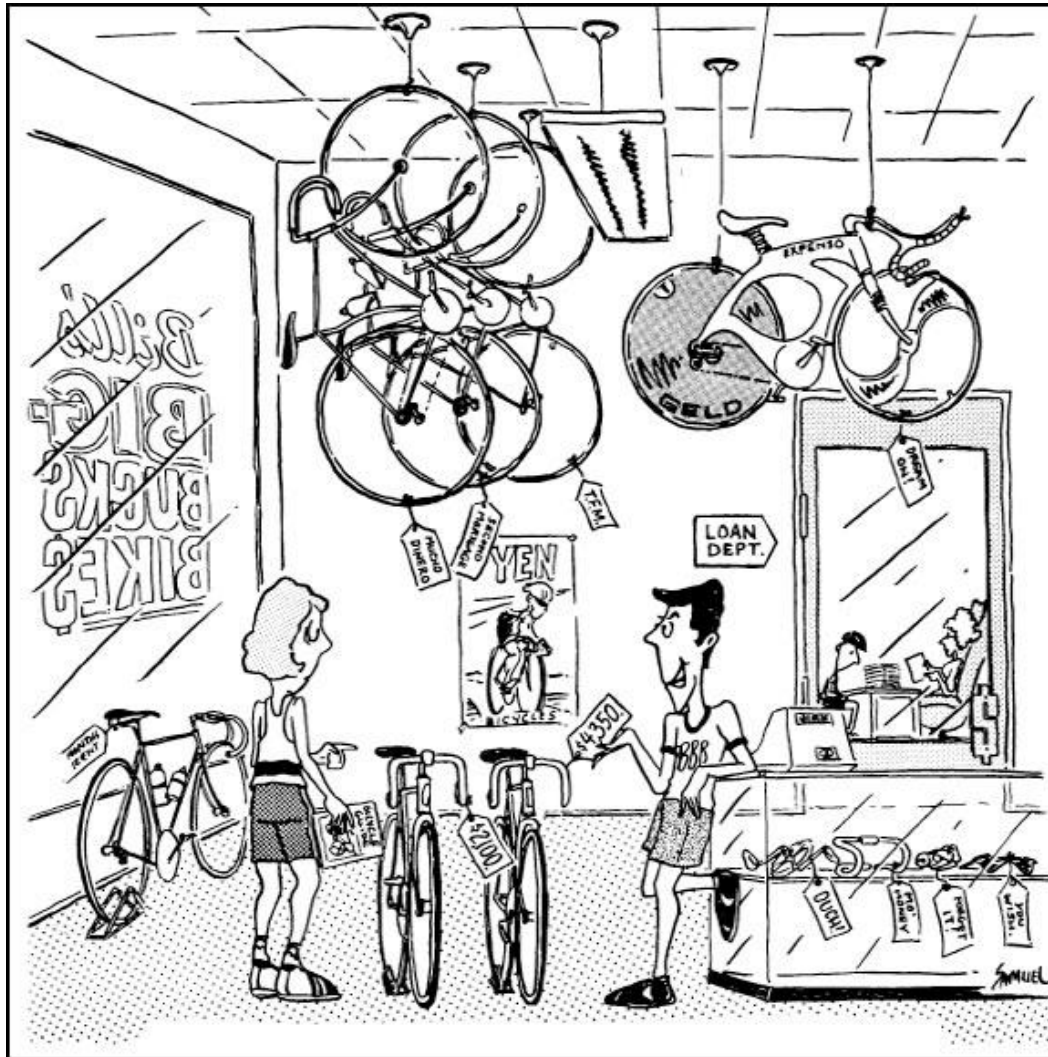
Once all sizes are determined the order will be placed.

Production takes about 8 weeks. We expect receipt of the vests around May 1.

If you have questions, email our [incentives coordinator](#).

Ride Leader Awards 2011

Waterbottle	Socks	Socks	Vest	Vest
Alec Holmes	0 Martin	Julie Waslyn	Adrienne Browning	Marilyn Weissman
Allie Corless	Adam Lichtenstein	Kathy Kendall	Alan Resnick	michael notaro
Andre Hunter	alisa judy	Keith Morton	Alan West	Michael Weitzman
Andrea Cortes-Comerer	Audrey Braahms	Kerith Gardner	Allie Corless	Monica Miller
Angelica Ocasio	Barbara Spandorf	Lesse Castleberry	Andy Moore	Neile Weissman
Arvi Sreenivasan	Bob Cowin	Lisa Helburn	Anna Taruschio	Nicole Snow
Brigitte Padewski	Bob Mirell	Lucia Deng	Basil Ashmore	Pat Mullen
Debbie Rothschild	Bradley Klein	Lynn Baruh	Beth Bryson	Patrick Tomeny
Eliana Glicklich	Brian Sullivan	Mae Pan	Betsy Hafkin	Paul Hofferr
ellen borowka	Cathline Marshall	Marjorie Kim	Bill Laffey	Paula Froke
Elyse Rothenberg	Charles Radcliffe	Mark Hugel	Bob Ross	Richard Rosenthal
Erica Jacobs	Charlie Collins	Mary-Margaret Martin	Boriana Fackler	Sam Kopkind
Felicia Ennis	Chris Hartmann	Matt Townsend	Carol Waaser	sarah tombaugh
Fred Leffel	Claudia Doege	Matthew Hiller	Chris Nolter	Scott Wasserman
Herb Dershowitz	Daniel Loayza	Matthew Townsend	Christy Guzzetta	Tamara Lipshie
Israel Forst	David McCreary	Michele Thompson	Claudia Kulesh	Tim McCarthy
Jeff Levine	Deb Cooper	Mindy Kaufman	Crystiina Avram	Todd Brilliant
Jessica Schpero	Derek Chu	Minerva Tantoco	Damon Strub	Victor Baruh
Jody Saylor	Diane Hauck	Mitchell Rubenstein	Dana Hudes	Wayne Wright
Jorge Negrin	Diane Smykowski	Morene Bangel	David Sabbareese	
Ken Barrows	Doug Von Bushberger	Nic Lawson	Deborah Cox	
Kent Shell	Ed Fishkin	Olive Blessing	Douglas Riccardi	
Lynnaya Main	Elle Fabre	Oriel Mor	Ed Oliver	
Matthew Jiang	Erika Blank	Peter Nordberg	Edwin Kim	
Melanie Friedman	Eva Wirth	Phil Lee	Edwin Roberts	
Michael Gately	Francesca Migliori	Raoul Edwards	Ellen Jaffe	
Michael Gewirtz	Freda Ready	Robert Mahoney	Emily Maynard	
Michael Mandiberg	Gary McGraime	Rod Ciardullo	Eunice Martinez	
Pat Kilroy	Gerry Villanueva	Rolando Felix	Fred Harris	
Patrick Sutton	Gil Yang	Ron Roth	George Arcarola	
Paul Adams	Hannah Borgeson	Rudy Lucas	Gerald Seppey	
Peter Matusewitch	Jacques Floyd	Russ Bogin	Gun Keresteci	
Peter Storey	Janet Basilone	Ryan Rademacher	Jay Jacobson	
Phyllis Lehon-Richman	Jeff Terosky	Sandra Zeuner	Jeff Dufour	
Ronna Levy	Jeffrey Ignall	Sharon Shachar	Jim Galante	
Stephanie Gross	Jen Rudin	Skip Ralph	John Viesta	
Susan sun	Jim Finder	Sody Nelson	Joseph Hunt	
Sylvia Muller	Joe Casalino	Sosi Emarkaryan	Kate Mostkoff	
Trudy Hunter	Joe Irizarry	Steve Britt	Ken Weissman	
Victoria Ross	Joe Pedata	Susan Niederman	Kevin Broomell	
	Joel Anderson	Terry Hildebrandt	Kim Jenkins	
	Johanna Campos	True Sims	Laurie Godfrey	
	John Feinberg	Valli McRoberts	Linda Wintner	
	Jon Shireman	Wendy Cohen	Lisa Mazzola	
	Josh Ragsdale		Maggie Nguyen	



SKINNY TIRE ENVY – BUYING YOUR FIRST ROAD BIKE

Are you relatively new to cycling? Are you riding a hybrid or an old road bike someone gave you years ago? Not sure your current bike will suffice for the SIG you plan to do? You think you want to buy a new bike but you're a little lost when people start talking frame design and materials, gearing, wheel sets and spoke counts? Well, this seminar is for you.

NYCC member and seasoned cyclist, Carol Waaser unlocks the mysteries of buying a new bike that's right for you and within your budget.

Date: February 11, 2011

Time: 1:00PM

Place: REI – Community Room

Address: 295 Lafayette Street (on the corner of Houston)



Preorder Your 2012 NYCC Gear!

Preorder your 2012 NYCC jersey, shorts, bib shorts and arm warmers.

[Order now at the NYCC Online Store.](#)

[Primal Wear sizing chart](#)

The store remains open until March 20.

Approximate delivery date is June 1.

NO RETURNS OR EXCHANGES for this custom gear.

2012 NYCC kit designed by Rolando Felix



Wake Up and Smell the Sig

February is the time to shake off the effects of hibernation, dust off your bike and start getting ready for the SIG.

Harry, George, Michael, Eliana and Betsy will help you:

- 1) Get riding
- 2) Get yourself in the right SIG program
- 3) Get psyched

The rides will be led by A-19 and A-Classic leaders and grads. They will focus on early conditioning and skill fundamentals.

Details for this series are in [Upcoming Rides](#).

Prospect Park Alliance Meeting about Park Cycling, February 28

In response to last fall's cluster of accidents and community alarm in Prospect Park, the Prospect Park Alliance formed a Road-Sharing Task Force composed of groups representing the various stakeholders, including cyclists.

The Task Force was charged with distilling key concerns and issues surrounding the use of the Drive, brainstorming ways to minimize risk, come up with possible solutions.

Their proposed solutions will be shared with the public at an important meeting on **February 28** at the **Prospect Park Picnic House** at **6:00pm**.

If you cycle laps in Prospect Park you should be there.



Do you want to jump-start your cycling season, learn good bike-handling skills, improve your strength, speed and stamina, get to know some great NYCC routes, learn how to ride safely in a group, and make friends?

Then the New York Cycle Club's spring training series – our SIG – is for you!
Come to our February 14th Club meeting to find out more.

You will hear ride leaders describe the series and you will get a chance to ask questions.

NYCC has SIG groups for every level of rider.

Come early, share our buffet dinner before the program (\$20), meet our ride leaders and check out the best investment you may ever make.

You must be an NYCC member to participate in the SIG.

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Win a pair of [Barmitts](#) at the Club meeting!

We are raffling off three pairs!

Throw out those lobster claws. Consign those bulky winter gloves to a bottom drawer!

Barmitts are handlebar mittens that keep your hands warm in the deep freeze. And they come in Shimano, Campy/SRAM and Mountain/Hybrid styles and in sizes.

Check them out at: www.barmitts.com

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Date: Tuesday, February 14

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



Don't Let Snow and Ice Keep you Down – Join the "Quick Studdies"

Under the ride listings it's "Winter Training and Fun."

Join Neile Weissman and Michael Notaro on their weekly Sunday romp through the most gorgeous winter landscapes in the tri-state area.

Requirements: an MTB-hybrid bike with disc brakes, lights (front and rear), fenders, heavily studded tires, and appropriate winter dress.

For more information [contact Neile](#) and check the ride listings.

["Quick Studdies" photo archive with links about winter riding and studded tires.](#)



NYCC Hiking/Snowshoeing SIG

Now in its 10th year, Ken and Marilyn Weissman's Sunday series begins in January, runs through March and ranges from 3 to 8 miles depending on snow cover.

Start is generally 8:30am with return to the city by 4:30 to 5:00pm, after the traditional stop for coffee and donuts at DePiero's Farm in Montvale.

Seats are limited by available cars.

For more info, email: nyccmultisport@gmail.com



NYCC NAMES A LIFETIME MEMBER!

Linda Wintner was inducted as a New York Cycle Club Lifetime Member at the holiday party for her substantial contributions to the Club. What follows is a list of those accomplishments, most of which Linda has contributed on an annual basis to NYCC for over 10 years:

- Led a SIG group for a 13th consecutive year
- Led a SIG preview ride and SIG leader training rides before the SIG itself
- Scouted SIG routes every Sunday in SIG season
- Led rides at the Berkshires, Bike Month, the 75th Anniversary, led a Fall Foliage ride, a Newcomers ride and July 4th rides and an All-Class ride
- Leads training laps in Central Park twice a week all year around
- Co-chaired the development of a pilot Ride Leader Training Program, led initial rides
- For four years has developed and executed a carefully choreographed Escape New York Ride Marshal Squad that has become a pride of ENY

NYCC Lifetime Membership is granted to those whose undeniable contributions to NYCC over time have enhanced the Club. Candidates for New York Cycle Club Lifetime Membership are considered annually by the Board of Directors. Candidate suggestions along with a letter that sets forth the rationale are accepted by the Board in September.

NYCC DONATES \$12,000 OF ENY PROFITS TO R.A.B. AND T.A.



ENY Chair Beth Bryson presents checks to Paul Steely White and Elena Santogade of Transportation Alternatives and to Recycle-A-Bicycle's Director Pasqualina Azzarello.

Members Corner

8,800 in 2011



Jay passes 8,000 miles on an NYCC ride

By Jay Jacobson, NYCC Member since 1992

Although I have been cycling since about 1980, I started keeping track of my miles in 2002. That year I rode from Memphis to Minneapolis (950 miles in 10 days) and cycled an annual total of 8,166 (my previous record). The fewest annual miles since then was 2004 (6,000 miles). We were busy buying and selling homes and moving that year and the average for the 2002 to 2010 period was 7,074.

On a Club ride I led on 11/11/11, I passed my 2010 total of 8,000 near the NJ-NY state line on 9W. We briefly stopped to mark the occasion. Much of this mileage was on about 60 NYCC group rides. In fact, over the 19 years I have been a member, I enjoyed most Saturdays, Sundays and some weekdays riding with the Club (mostly B rides). I met hundreds of other cyclists and saw many nooks and crannies of the NY metro area. For me, these rides were between 30 and 95 miles. I have bailed out by train or cutting the bike route short on some of them if I had scheduled social, family, business or cultural events, etc.

About 900 of the miles were on about B-18 Club rides, which I led. I schedule one weekend and one weekday: "Jay's LoHud Series/West Bank Vistas" ride each month. About 300 members were on these rides in 2011.

My 2011 mileage was done in Rockland, Westchester, Orange, Putnam, Dutchess, Suffolk, NYC's five boroughs, Bergen and Hudson counties in New York and New Jersey. In Connecticut, I cycled in Fairfield and New Haven counties. (BTW, I just discovered that New Haven county has no county seat or government.)

Included in the total were 1,150 miles during 10 weeks in Europe and Asia. I was on three wonderful Backroads group bike tours. On each of these tours I met and rode all the miles with interesting and congenial co-riders. In January, I was with them in Vietnam and Cambodia. The remainder of my 300 Asian cycling miles were in Myanmar and Laos while I was with Joan before I started the Backroads tour. In June, I cycled 650 miles in Europe. That trip started with two short tours in the north of Portugal and in Spain, near Barcelona. After those I joined Joan in France where I cycled 20 to 30 miles each morning on the French Riviera and in Corsica. I also did 200 gorgeous miles in Sicily in seven days with Ciclismo Classico in late September.

Although 2011 will be remembered for its unusual weather – a wintry Jan.-Feb. (which I largely missed by being in sunny Asia); Hurricane Irene (two days without biking!); an earthquake (I didn't experience it on my bike!); and an historic October snowstorm. There was also plenty of magnificent weather the rest of the year, including balmy and sunny weather with gorgeous foliage in October and November. The October snowstorm missed our village of Piermont – I think because we are surrounded on three sides by water the temps were just about freezing and the precip here was all rain. I was able to cycle 20 miles on the day of the storm before it started and another 20 or 30 the day after – there was no snow accumulation

and the roads were plowed in surrounding towns. I can recall riding in light-to-moderate rain for only five or six times the whole year – most of that was in Spain.

I rode between 95 and 105 miles a day five times. I did my favorite (five-county) century twice. Starting in Piermont at dawn (5:30am or so in May), I cycle north along the Upper Nyack riverside path, a spin around Rockland Lake, into Haverstraw (it will be much better now with the new cloverleaf!) through the marina districts of Haverstraw and Stony Point, past Bear Mountain and West Point, the stunning Route 218 corniche into Cornwall, the Newburgh-Beacon bridge, and turning south: Cold Spring, Garrison (lunch), Bear Mountain bridge back on 9W. I am usually home by around 2:30pm.

I did another 95-mile ride round-trip from Piermont and Goshen, N.Y.

On May 8, I rode the exciting 105-mile Gran Fondo. Embedded in the route were four timed (by computer chips mounted on the bikes) steep climbs, including Perkins and Little Tor. I didn't set any records or win any prizes, but as I was driving home I saw hundreds of cyclists still on the road. A few hours later, I was able to see my total climbing time (by age group) on the Gran Fondo website. I met and rode with a couple of friendly cyclists for long stretches, which enhanced the experience. I also ran across a few other NYCC members along the way.

For the past six or seven years, I participated in the NYCC Spring Training Series (B-STS). We have a friendly nucleus of several dozen members who have participated for a number of years. We were fortunate to have Dave Sabarese and Victor Baruh as leaders and we hope they will continue in 2012. (Tory has also been very helpful to me on the rides I led.) On one of the STS rides, I rode back to Piermont (total of 95 miles) from Bear Mountain when the group came home on the train from Cold Spring.

Much of the mileage was done on solo rides or with a friend close to home, north to the Nyacks and Rockland Lake, south on 9W and 501 towards Englewood and West to Tweed, Bradley, and the rail trail to Orangeburg and from there Sickletown, Pearl River, etc.

Some of the most enjoyable miles were cycling with my granddaughters, Jackie and Amanda on the Orangetown and Rockland Lake trails.

Almost all of the domestic miles were on my Cervelo model RS bike with Armadillo flat-resistant tires. The Piermont bike shop frequently checks my bike and I have had only a few mechanicals and flats. At this point in my life, these and a little rain are expected minor inconveniences – the thing I want to avoid is an injury to myself or a fellow cyclist on a ride. I did fall twice in 2011. On a ride I was leading, I fell in Closter as I was giving instructions to the group. In Croton Falls, I crashed into another Club member as the group stopped short. Fortunately, in both cases no one was hurt. I am also thankful that the only sickness I have had was a cold or two, which didn't keep me from cycling.

When it became apparent in the fall that 8,000 or more miles were attainable, my behavior and attitudes changed a bit. Any errands in the Rockland/Bergen area were made by bike. I avoided

short cuts and opted for “long cuts” to squeeze out an extra few miles. When I returned home, falling a bit short of my 20 or 30 daily objective, I might go around in circles in my cul de sac to get another mile or two. The neighbors thought I was crazy. However, I didn’t ride in dark, heavy rainy or icy road conditions.

8,800 miles may sound like a lot. If I was ever told in 1975 I’d be cycling that much, I would have said that’s insane – I was an “un-athlete” in my youth. However, there are folks who are doing twice that a month, including NYCC member Scott Wasserman, a neighbor and a few other metro area residents. Another Club member Lucia has well over 10,000. But for ME, that’s a lot. In fact I think it will be the most for a year in my life, but I’ve said that before!