

NYCC Archives – August 2011



August "President's Message"



By Ellen Jaffe

Friends, Fellow Members,

The Club is proceeding at its usual clip, hosting summer rides and events. I am around as always and will have a robust message in September after my respite this month from the "President's Message."

See you on the road.

Ellen

The NYCC Online Store is OPEN for jersey sales until September 1.

There will also be a limited amount of inventory available at Club meetings in the fall. The kit was designed by Rolando Felix. Each chic piece – the jersey, shorts, wind jacket and socks – proudly says NYCC. The new NYCC water bottle and socks will be available for purchase at Club meetings.

August 16: Bicycle Habitat's New Brooklyn Store Opens Its Doors



Come check out Bicycle Habitat's new Brooklyn digs at a comprehensive bike fit demo on Tuesday, August 16. Habitat's certified technicians will demonstrate key issues in fitting, differences in physiology and how minor tweaks can make a difference. Also, enjoy special NYCC discounts that evening, one-on-one consultations and be entered in a raffle for a free bike fit.

You **must** RSVP for this event. Send email to events@nycc.org. Be sure to include your **full name** in your RSVP email.

Date: Tuesday, August 16

Time: 7:00pm, doors open at 6:30pm

Where: [Bicycle Habitat](#), 476 Fifth Avenue at 11th Street, (Park Slope) Brooklyn, NY

August 10 and 17: CRCA and Kissena Safety Clinics

Crash Course in Crash Prevention

Do you get nervous in fast group rides, pace lines, or in races? Wonder if you have the COMPLETE skill sets for racing and fast rides? Do you want to learn MORE?

CRCA and Kissena Road Racing Clubs, under a USACycling permit, are offering:

- Skills Sessions and On-the-road Practice Sessions for all NYC cyclists
- Come learn how to bump and recover, touch wheels and recover, bunny hop obstacles
- Learn many other tricks and skills

The two clinic dates, times and locations are:

Clinic 1:

Date and Time: **Wednesday, August 10th** for instruction signup at 5:50am, starting at 6:00am - 7:00am and **Saturday, August 13th** for on-the-road practice signup at 8:55am, starting at 9:00am - 11:00am.

Location: Central Park at 110th Street and Adam Clayton Powell Jr. Blvd. (North end of Central Park)

Clinic 2:

Date and Time: **Wednesday, August 17th** for instruction signup at 5:50am, starting at 6:00am - 7:00am and **Saturday, August 20th** for on-the-road practice signup at 8:55am, starting at 9:00am - 11:00am.

Location: Prospect Park at Prospect Park West and Prospect Park Southwest -- the entrance is just past the Bandshell



Join us for what's sure to be a ride of the year!

Destination Oakland Beach in Rye, New York, overlooking Long Island Sound.

Lunch is on us.

Swimming is optional for a \$10 park fee.

If it is a hot August day, consider bringing your suit and a towel!

Date: Sunday, August 21

Start Time: 8:30am

Start Location: Central Park Boathouse Parking Lot
(EXCEPT FOR C-12 WHICH MEETS AT THE END OF THE #4 SUBWAY(WOODLAWN))

Groups will be available for every ride level! Club members only!

Ride Offerings:

C12 – 38 miles
C13 – 48 miles
C14 – 48 miles
B15 – 59 miles
B16 – 59 miles
B17 – 59 miles
B18 – 59 miles
A19 – TBD
A20 – 59 miles
A21 – 59 miles



NYCC is continuing the tradition of replacing our August Club meeting with a very cool ice cream social in Central Park. Join us at Knish Nosh's beautiful pond-side seating area held exclusively for NYCC and have a delicious dish of ice cream - compliments of NYCC!

Knish Nosh Café also sells an assortment of foods in case you want to buy dinner before your dessert.

This is a weather-sensitive event. Please watch the NYCC Message Board the morning of August 9th for any updates.

You **must** RSVP for this event. Send email to events@nycc.org. Be sure to include your **full name** in your RSVP email.

Date: Tuesday, August 9th

Time: 6:30pm - 9:00pm

Where: Knish Nosh Café at the Central Park Sailboat Pond adjacent to the Model Boat House, 73rd Street and Fifth Avenue. Knish Nosh Café is located immediately down the hill upon entering the park at 73rd and Fifth.

August 28: Social Sunday -- Pedal and Paddle



Date: Sunday, August 28th

Leaders: Marilyn & Ken Weissman (nyccmultisport@gmail.com)

A short bike ride from Noroton Heights to Westport, CT, where we'll trade our pedals for paddles with Sea Kayak Connecticut, at the Saugatuck River State Boat Launch. For those with little or no paddling experience, this 2-1/2 hour outing is the perfect opportunity to try sea kayaking, with certified instructors along to provide an overview of sea kayaking, the equipment you'll need as well as proper paddling technique. Afterwards, we'll change, and again exchange paddles for pedals for a short ride back to MN in Westport.

We'll discover the natural beauty of this tidal estuary including shore birds, grasslands, and an occasional striped bass. Depending on the day's conditions, you can follow Ken & Marilyn (and the instructors) out to Kitts or Hall Islands, Grays Creek, Burritt Cove, or even paddle into the downtown area. We're using real sea kayaks, not the plastic inner tubes you've seen along the West Side bike path. All equipment--a stable, single touring kayak, paddle, and a PFD is included, as is locked, guarded bike storage. Tandems may be available with advance booking.

Bring bathing suits, sunscreen, a hat, a water bottle, and a pair of shoes you don't mind getting wet. You can also bring a picnic lunch, eat afterwards at one of Westport's restaurants, or for about \$10 extra, we can have a sandwich, fruit, and a drink delivered to the site. The cost is \$55/pp, including all equipment and instruction. While you may sign up on the NYCC website, no reservation will be honored until your \$50 check (made out to Ken Weissman) is received by Ken & Marilyn. Cut-off date for check receipt is August 19th. For more info, email Ken or Marilyn, including your phone number.

Limit 12 participants.

Class: All

Speed: 12-14 mph

Miles: 15

From: Grand Central Terminal Info Booth at 7:45am

Buy: One-way ticket for 8:07am Bike Train to Noroton Height





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

NYCC Photo of the Week: NYCC Jersey is Everywhere!

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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 new NYCC jersey is all the rage on the road! *Photos: Ellen Jaffe*





Color-coordinated Jesse Brown stops his two-wheeled yellow vehicle beside a four-wheeled yellow vehicle!



Charlie Collins (our excellent wrench) working NYCC's free bike repair on Saturday #1 of Summer Streets. Other NYCC crew on hand: Sarah Hreha, Grace Lichtenstein, Carol Waaser, Ellen Jaffe.



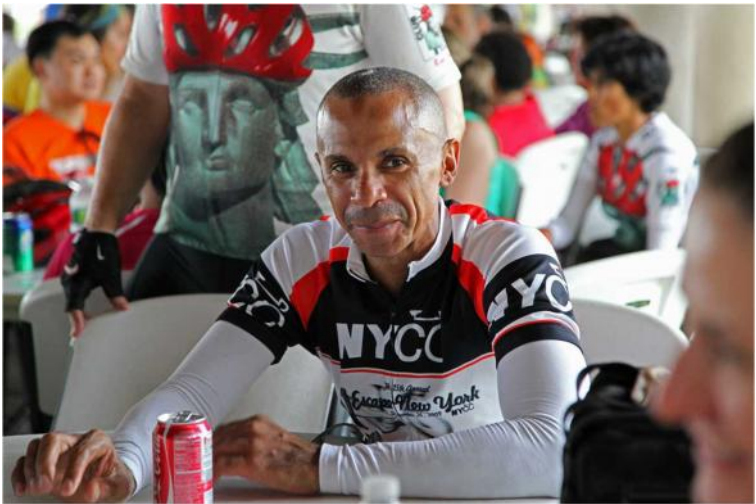
Herb Dershowitz fielding questions at day two of Summer Streets 2011



One reason to stop by the NYCC tent at Summer Streets – it's next to free chocolate chip cookies & lemonade from Escape New York supporter City Bakery!



The All-Class Ride – A Darn Good Time!





What was not to love about this year's All-Class Ride? A great new location – Oakland Beach in Rye, NY, free food, and serenades by the fantastic musical trio Tres Amigos – all that plus a great NYCC turnout combined so that we all had a darn good time!

The Tres Amigos (the musicians pictured above) wrote and sang a song especially for NYCC. Listen to "[Come On Baby, Come On Ride My Bike.](http://www.youtube.com/watch?v=JwCq6vrqhVg)" (<http://www.youtube.com/watch?v=JwCq6vrqhVg>)

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## NYCC Members Corner

### Cycling 650 Miles: Portugal, Spain and Southern France



**By Jay Jacobson**, NYCC member since the mid-1990s

For a number of years, we have been spending the month of June in Europe. We have enjoyed splendid weather, off-peak hotel rates, fewer crowds and less traffic during this period. In addition to our usual weeks in Cannes and Corsica, I was looking for one long or two short cycling tours to proceed those two weeks.



Backroads Co. of Berkeley, CA had scheduled successive and short six-day tours in Portugal and Spain. Since I was entitled to a \$3,000 discount when I completed my 20th tour with them, I applied that discount (and another 10% discount for its being a consecutive tour) to the Spain tour price of about \$4,000.

We met our fellow cyclists and guides in Porto, a large city in Portugal's North region. The outstanding cycling route was in the nearby charming Douro Valley scenic wine-producing area. At its conclusion, I flew from Porto to Barcelona to begin my Spain tour after spending two nights in that amazing city.

The tours each had between 16 and 21 group members. They ranged in age from a recent West Point graduate to a few in their 70s. The interesting and friendly group included doctors, lawyers, successful business people, corporate executives and a high-level appointed member of the Obama Administration. Most were from the East and West Coast states and Texas. There was also a woman from Canada and a couple from Australia.



I was fortunate to spontaneously become a "team member" with a couple from Los Angeles in Portugal. They were strong cyclists and we quickly became a compatible group of cycling friends. By a (very nice) coincidence, a similar "team" of cyclists also quickly developed in Spain. They are San Antonio residents, two doctors and a nurse. We did a loop near Barcelona and Spain's bicycling mecca of Girona and we cycled in the Pyrenees and to the Costa Brava.

On both tours we faced moderately challenging hilly terrain and the task of interpreting and following the intricate route descriptions which Backroads provided. The weather was very good in Portugal for

our last four days there and our last full day in Spain. On the other days, it was cloudy, sometimes a bit chilly, occasionally sunny and there were several periods of light rain. However, the slower cyclists behind us did encounter heavier rain.

The four star hotels were excellent and we were able to spend a few hours at their gorgeous pools for a few hours upon our arrival each of the sunny days in Portugal. The meals at the hotels, restaurants and the Backroads picnic lunches were all outstanding.

The basic routes were about 40 miles and weather-permitting, we also covered another 10 or 15 miles of the extra, optional loops. The well-trained and capable Spanish and American group leaders furnished us with well-maintained hybrid bikes.



At the conclusion of the Spain trip, I flew from Barcelona to Nice to meet my wife Joan who had just arrived in Cannes from New York. I had reserved a road bike from Thierry at Elite rent-a-bike in Cannes and was happy to have a new Scott 50 road bike, which I used for the next six mornings. At that point, I put away my rain and cold weather gear I brought because in our previous 20 June visits we had encountered hardly any rain.



I rode around Cannes, through its flower gardens, world-famous yacht marinas and along its world famous beach the first day. The second day was Sunday and I took advantage of the light traffic by heading for the Massif Estorel—a national forest which overlooks the Mediterranean beaches from Cannes to St. Tropez. The hilly road which runs through it is spectacular!

During the next three mornings, I cycled east through several famous waterfront towns, including Juan Les Pins and Antibes—haunts of Picasso and F. Scott Fitzgerald. I rode past the swanky Hotel du Cap and the Jazz Festival venues, more beaches and large marinas.

The last stop on this sunny European cycle festival was Calvi, Corsica, a short flight from Nice.

I picked up my usual rented road bike from Garage D’Agnelli and, as in Cannes, kept it locked in my hotel. And like Cannes, I spent the mornings on short cycle spins and with Joan at the beach or pool in the afternoons.

The best ride in the Calvi area, and IMHO one of world’s best, is the magnificent road to Galleria “par la mer,” atop corniches and calanques (mineral formations along the coast).

Over the years, I had completed three gorgeous Ciclismo Classico tours of Sardinia and Corsica on this wondrous stretch of road. I could also simply ride in any direction—e.g., beyond the airport inland or towards L’Ile Rousse and Bastia and start climbing a mountain with small ancient and unspoiled villages with roaming wild boar and chestnut trees lining the route.

Hopefully health, peace and money will permit me to take a similar journey in future years!

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## NYCC Members Corner

### Italia 150



*Carol at Teano, site of Italy's unification*

**By Carol Waaser**, NYCC member since 1994

Fabulous journey! Italy, bottom to top in four weeks... great food... mountains... excellent wine... mountains... terrific company...mountains... much (but not totally) good weather. Oh, yeah, did I mention the mountains?





*On the climb to Vicari, Sicily*

A hardy group of 27 participants and 4 leaders cycled from Marsala to Turin following, to a large extent, the route Garibaldi rode (on a horse, of course) to recapture the south and unite all of Italy under King Victor Emmanuel II. This year was the 150th anniversary of the unification and Italy was celebrating large and small.

We began in Marsala on the west coast of Sicily on May 8, which happened to be National Bike Day in Italy, so we took in the celebration in the main square.





*National Bike Day, Marsala*



*Rick Price (beard) and the Mayor of Marsala*

Then we joined the bike parade along the coast road, eventually turning off to make our way inland... to the mountains. The route was just 50 miles... and about 4,000 vertical feet. The next day was more of the same – 55 miles, 5,500 vertical feet. The views were extraordinary and some of the descents were sweet, but no one was particularly well-trained at the start of the tour. It seems the early spring weather was lousy everywhere and no one had been able to ride much.

Ours was a somewhat international group: 5 Canadians, 2 Scots, 1 Mexican, 1 New Zealander and the rest from all over the States. This was my second “Expedition” run by ExperiencePlus! Bicycle Tours. (The first was a six-week tour from St. Petersburg to Istanbul in 2006.) Rick Price, the company’s founder, enjoys challenges so, in addition to the usual one- and two-week tours, he plans longer, tougher expeditions for his more masochistic clients. (Although the company is now owned and operated by Rick & Paola’s daughters Monica and Maria Elena, Rick still likes to involve himself in the Expeditinos.) All of us agreed that, while this wasn’t the longest tour we’d done, it was definitely the most challenging. For those who did every mile (there were two), the totals were 1,400 miles and over 90,000 vertical.

Sicily was rugged and beautiful, with occasional Greek and Roman ruins and the imposing Mt. Etna presiding over the eastern half of the island.



*Mt. Etna over Giardini Naxos, eastern Sicily*

(Etna did have a small eruption the night after we’d cycled around her base, but we were never in any danger.) The dogs here were inclined to give chase and we inevitably encountered one just at the base of a hill – added incentive on the climb! But sheep – and windmills – dotted the hillsides, and mountains dominated the views.





*Sicilian Sheep*



*Sicilian Windmills*

On our fifth day in Sicily, we rode into Messina to catch the ferry to the toe of Italy.

Calabria proved to be much the same... the coast road is not flat! But we had a rest day in Tropea that coincided with the end of a stage of the Giro. We watched as the town prepared, picked up our swag at the publicity area and claimed our spots close to the finish. The atmosphere was exciting, but a breakaway rider stole the stage from the sprinters, making the finish not quite as exciting as it might have been.



*Tropea, lead racer comes around final turn 1,100 metres from finish*

The weather was mixed: warm and sunny one day (too warm and sunny on the climbs), cold and rainy the next. One particularly cold, rainy, foggy day, four people went down on the final heinous descent. Fortunately, no serious injuries, and the next day was “easy” – only 50 vertical feet per mile. By this time we were entering the Campania region where the terrain was not quite as mountainous, though we did still encounter the occasional 15-20% grades for short distances.

Our trip was as much about history, both ancient and modern, as it was about cycling. We had toured ancient Greek and Roman ruins in Sicily and made stops in both Paestum and Pompeii to learn how people lived in the last centuries BC and just before Vesuvius erupted in 79 AD. Fascinating and amazingly well-preserved.





*Temple of Neptune, Paestum*

Modern history unfolded as we tracked Garibaldi's march through southern Italy, reclaiming the provinces for the King. We stopped in Teano at the memorial commemorating the place where Garibaldi, riding north, met up with King Victor Emmanuel II, riding south and handed him the southern provinces. The King said "Thank you very much, I'll take it from here. Your services are no longer required." So much for gratitude! Here, as in several other cities, we were greeted by the Mayor and small gifts were exchanged.

Riding into Mondragone, it suddenly felt just like midtown Manhattan in the old days – hookers and squeezy guys. And on my way through town, I stopped for gelato... bad gelato... who'd have thought you could get bad gelato in Italy! (In compensation, one day at the top of a particularly hot, endless climb, there was a little three-wheel truck from which a vendor was selling fresh lemon granita – oh, so very good!!)

Our non-cycling days in Pompeii and Rome didn't really feel like rest days, what with the walking tours and sights to see. Three weeks into the trip we were feeling the strain. After the first of two consecutive 80-mile days, I made plans to shuttle the first 30 miles of the next day (yes, skipping most of the climbs) and cycle the final 50 miles. But in the middle of the night I awoke with an agonizing cramp in my calf muscle. Listen to your body, I always say. So instead I joined about half the group on the train to Pisa



and from there the bus to Lucca. It was a fun day, and provided the extra rest we all sorely needed. We had a scheduled rest day in Lucca, a beautiful walled city full of art, music, gardens and a craft market.

Then we had the Perfect Day. Perfect weather – clear, dry air, sunny and warm but with cooling breezes and much shade. Smooth roads with gentle climbs and sweet descents. Endlessly beautiful Tuscan scenery with lunch on the shore of a crystal blue lake. And at a total distance of 56 miles, short enough to stop for photos or just look out over the rooftops of a little village from the middle of a climb. Why we ride!!



*Mountain lake in Tuscany*



*Tuscan village*

Of course, the next day was my day from hell. Steep climb 4k into the ride, problem with front end of bike, rear flat near top of first climb, wire-bead tire impossible to get off or on (though one of the guys who stopped finally won the wrestling match), spare tube with too short a valve stem (got a workable spare from someone else), and hot. Took the train from the lunch stop, along with six others from the group.

At last we entered Torino, via bike paths along the river, and made our way to the Fausto Copi memorial where we were met by members of two local cycling clubs.





*Fausto Coppi Memorial*



*Members of the cycle club of retired public employees in Turin*

We bicycle-paraded into downtown with a police escort to a warehouse complex that now houses an exhibit celebrating the 150th Anniversary of the Unification. After a press conference and photos (yes, there was an article in the next day's paper), we were treated to a light lunch. Our tour would end after a celebratory dinner that evening. Everyone had made it in good health and good spirits. (The bikes were in slightly worse shape – at least six broken spokes and a dropped left crank arm, not to mention shifting problems, flats, stubborn tires and miscellaneous other minor inconveniences.)

And I was able to confirm that the Café Reale in Turin still has the best hot chocolate in the world.