



Wilmington Bicycle Club

October 2009

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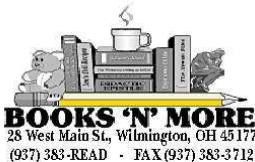
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Our next meeting is November 10th at our meeting place:



Meeting Notes

We had a small turnout for this month's meeting. We discussed the previous rides, club and other, and scheduled the next month's rides. Next meeting we will be discussing the Christmas Party, so bring any suggestions with you.

Ride Recap – As the weather gets chilly and rainy, fewer people are showing up for rides. Jason had his brother and Joyce Gragg for a decent 30 plus mile ride. The Swanks cancelled their ride due to the weather. Hopefully Indian Summer gets here soon!

Kevin Stewart's ride had great weather and great food. A great workout was had by all riders.

GOBACA – It was a cold start but nice weather overall. Quite a few turned out for this ride, so I will not try to name them all for fear of missing someone!

October 3rd, Paula Stewart participated in a Triathlon in Bellbrook with her friend Marnie. They had to start in the water and canoe 5 miles, then run 5.6 miles, and finally bike 16 miles. They were the first all-woman team to cross the finish line. Way to go!!



Club Rides

October 24th – Joyce Gragg – Meet at her house (2672 Dankins Chapel, Sabina) to leave at 10am for a 30 miler with a food stop during. (937-604-9773)

October 31st – John V. – Meet at the Xenia Bike Station to leave at 10am for a 30 miler. (937-545-1717)

November 7th – The Swanks – Meet at their house (89 Haley Rd, Sabina) to leave at 10am for a distance to be determined by a collective vote. Food stop during ride. (Jay – 937-554-3350)

November 14th – Donna Burnett – Meet at her house (5685 Mason Morrow Millgrove Rd, Morrow) to leave at 9a for a 30 miler. (513-899-2361)

November 21st – Teresa Gallinis – Meet at her house (804 Faris Rd, Blanchester) to leave at 10am for a 35 miler with a stop midway for food. (937-685-5454)



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Upcoming Event

October 31st – Get Fit's Screaming 5k Run/Walk (Wilmington) – Starts at Get Fit at 7pm. Entry fees are \$15 if registered by October 24th and \$20 on race day. T-shirts are given to all who pre-register by the 24th. All proceeds will provide a scholarship for at least one Clinton County high school student pursuing a fitness-related career. Prizes will be awarded to age groups and overall male and female runners. Costumes are encouraged and prizes will be awarded. For more information call 937-655-9353.

Special Ride Recap

NYC Century (Sept 13, 2009) – *John Van Velzor*

Wilmington Bicycle Club rides New York!!!

CHAPTER 1



On ...Sunday, Sept 6, 2009 we began this journey; John V., Bonnie, George, Donna, Carole, Howie (Howard Hughes!), Bob and Teresa.....leaving in the AM, intending to overnight in Allentown, Pa., just to make it an easy trip. Bob and Teresa left later in the day so she could fill her forest ranger responsibilities. Bonnie and I stopped at Cabella's for lunch - they have a nice deli-style restaurant serving wild game. I had a deli-sliced, roast elk sandwich - it was great! While there, I had to shoot a polar bear that was standing right behind Bonnie! I got it with my 35mm, compact, Rapidfire Canon. For photos, e-mail me - I will invite you to my Snapfish photo account!

Monday, we continued on to the Wildwood State Park in NY, on Long Island. We camped there for three nights. It is a great state park – and we got there after the Labor Day weekend – so everyone was leaving. We practically had the place to ourselves. Great facilities; tiled, clean shower rooms, with abundant hot water! Unusual fund raiser – they require fire holders – must have a bottom. They rent them - -\$20 deposit, and \$7.50 per night! And sell firewood. The park includes a beautiful pebbly beach, with large boulders that extend into the water. We collected stones worn smooth by the water.



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The afternoon we arrived we set up tents, rented a fire ring, and waited for Bob and Teresa. Good night for sleeping, except for a few long weekenders who stayed up too late.

On Tuesday, we drove to Sag Harbor and biked to the Hamptons, where we biked thru the posh estates where the likes of Martha Stewart live! Beautiful! We tried to see over the boxwood hedges and thru the gates - had brief glimpses of beautiful homes. The hedges were in front of every home - 20 feet high and perfectly manicured.

We lunched in Sag Harbor, a quaint little town, formerly a whaling village, home to the marina where Billy Joel's yacht is berthed. We had a great seafood lunch out of a little place on a pier that might seat eight. We opted for outdoor picnic tables in the sand.

It was surprising to me how rural much of Long Island is. Vast agricultural areas, growing all manner of vegetables, flowers, and grapes! Vineyards every couple miles!

Wednesday, we drove to the north fork of Long Island, Greenport, where we boarded a ferry, crossing to Shelter Island. There, we were lucky to run into a little French breakfast restaurant...Sunset Beach.... just as it was closing - but the cook agreed to let us in! A beautiful open air place on the beach on a beautiful morning! And - again - great food!!! I had eggs benedict with smoked salmon. I have a great photo you can almost smell!

From there we ferried once more, this time to the end of the south fork of Long Island, where we parked in a municipal parking lot, and biked to Montauk. There, we toured the beautiful lighthouse, built during George Washington's time. Montauk is famed - now - for being the summer home of Bernie Madoff, the ponzi scheme billion dollar swindler!

CHAPTER 2

On Thursday we packed up for the move. We journeyed to Fort Lee, NJ where the rooms were reasonable and the route to the city relatively short – bikeable – across the George Washington Bridge. It was 7 miles from the room to the start of Sundays “Century”.

Bonnie had arranged a guided bike tour for that afternoon. Our guide, Marc, and his sweep, Wendy, came from ?? TO OUR HOTELin Fort Lee!!! She met us in the parking lot. Our first city adventure was underway... starting with a heck-of-a-hill! It was supposed to be flat in NY!! So, 50 yards into that hill ...Bob broke a chain! The guide was determined we could “deal with it”.... Our sweep returned to the hotel and walked to the top of the hill with Bob and his busted bike. Marc was sure he could coast to a local bike shop!!! And he did – the most upscale shop I have ever seen! Replaced his chain and we were off! Crossed the George Washington Bridge! The guide showed us the way to our starting location in Central Park for the Sunday ride. They toured us throughout the upper Manhattan area.

A few memorable stops included: lunch! We had Caribbean! The Dakota Apartments – John Lennon's home and where he was killed; Strawberry Fields, just across the street in Central Park. It was there, on a mural in the pavement, with the single word... “Imagine” ... that Marc demonstrated his vocal skills – singing “Imagine” for us. He was very good. The moment was ... beautiful. Strawberry Fields is the memorial Yoko Ono established for John. It is a quiet place – bikes must be walked.

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We rode for a while thru Central Park at night! That was a ride! It was busy with joggers, dog walkers, bikers. And beautiful – fountains, bridges....I regret we didn't have time to see all of it in daylight.

Friday was a lousy weather day...rain and wind all day. We decided to at least go to the meeting place – see what developed. Called a cab to pick us up – we were riding their bikes so we could wander the city after the ride unencumbered by our own bikes. Well, what developed was ... continued rain. But, we had all ridden in rain. The guides were willing to go anytime a “guest” was willing. We spent the day on an Ethnic Tour that was remarkably enjoyable under the circumstances. We were in Harlem, SOHO, Chinatown, Polish, Puerto Rican, Hasidic Jewish...neighborhoods. It was amazing! We ate in a neighborhood Polish restaurant – I had a bowl of Borsch – soup made with beets! It was delicious!

Tours – run stop signs; traffic lights; the “sweep” holds traffic for the tour. Police, cabs, busses – cooperate! Well, mostly. We did have an incident - Teresa was hit by a car. Well, bumped. But - the guy was barreling down on us as we crossed at a crosswalk - with our sweep guarding! And pulled right up into Teresa's rear tire! And then took off with our sweep - Wendy - yelling. And she hopped on her bike and chased him down - he was caught at a red light a block away! She pulled right up to his driver side window and read him the riot act! New Yorkers&^%\$43@#@!@!

In fairness, we were surprised how nice people were, and never did we feel intimidated or unsafe. It was a thoroughly enjoyable week.

Saturday we reserved for walking, bussing, subwaying, theater, and dinner. And we did it all, including a visit to Ground Zero - Very somber. We wandered Times Square and the theater district before going to a matinee. We split up; Bonnie and I, Bob and Teresa, and Donna saw Hair, while George, Carole and Howie went to Momma Mia. This was my first ever "Broadway" experience. Dinner was at famed Sardi's (food photos on Snapfish!!). In the heart of New York's Theater District, Sardi's has been the toast of Broadway for 82 years.

And we traveled via local mass transit! While in the city we managed to take taxis, busses and subways. What a trip!

CHAPTER 3

The NYC Century!

The *reason* for our trip!

We started from our hotel; rode across the George Washington Bridge again - at 6:30 AM!!! The 55 mile loop was to start at 7:00 in Central Park. We made it on time and started with hundreds of others, in a very controlled and orderly fashion. This ride was sponsored by the Transportation Alternatives Bicycle Advocacy.....they have been instrumental in making NY a friendlier city for us. Over 300 miles of bike lanes have been added to city streets in the last few years.





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After two paid tours, we thought we had seen it all! But this day was as fascinating as the others. And the weather was great! After a grueling first mile, we stopped at Starbucks (maybe *this* was the difference between Jason's time and ours). A few notables: we crossed the Brooklyn Bridge (it must have sold - there were no For Sale signs); we passed Coney Island; had lunch at the famous Nathan's Hot Dogs; had several flats (all Bob's!). Most bridges were easily rideable with significant "hills" up and down.... but one had no rideable grade - it had stairs!!!! We carried up.... and down the other side, with a scenic ride between.

Most of our Brooklyn miles were beautiful waterfront on a paved bike trail. There were well supplied and well manned breaks about every 15-20 miles. And we managed to remain "ahead of the curve"! (That is a joke leftover from a Wright Wride ... years ago)

There were 6000 riders in the Century – and I saw only 2 recumbents; riders of every description, including a mother escorting her little girl... there were riding 35.... and mom wore a dress.

Jason Besser was there – somewhere – riding with his brother. A clue why he rode with his brother... they finished the 55 miler at 12:30 we finished at 6:00!!!!

If you have any interest in seeing photos (too many), contact me jvan2026@gmail.com and I will "invite" you to my Snapfish account, where there are hundreds! Or visit my blog. There are a few.

Member Profile

- 1) **Name:** Rich Conti
- 2) **Significant Other's name:** Sara Conti
- 3) **Where do you live?** 2018 St. Rt. 134 N, Wilmington
- 4) **Age:** 57
- 5) **Do you have children:** Yes
 - (1) **If Yes, elaborate:** We have two sons. Greg is 22 and graduated from college this past spring. Currently he is in France just north of Paris teaching English at the equivalent of a High School and also at a Middle School. Next year he plans to attend graduate school in Political Science. He was on the soccer and tennis teams in High School but, as he said, he has a body built for reading. Elliot is 19 and is a sophomore at Denison. He was on the swim, tennis and golf teams in High School. He is on the tennis team at Denison.
- 6) **Where do you work?** Recently retired from Clinton Memorial Hospital
 - (1) **Where was your work:** Wilmington, OH
 - (2) **How long were you there?** 20 years
 - (3) **What did you do there?** I was a Radiologist for 20 years at Clinton Memorial Hospital. Also worked at Highland District Hospital for many years when their Radiologist was on vacation or needed time off. Prior to moving here I worked at Columbus Hospital in Chicago for 5 years and St. Francis Hospital in Evanston for 4 years.



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- 7) **What is your dream job?** Not sure. I've heard being King of Great Britain has a good pension plan and good health care benefits, however you would have to contend with the Queen.
- 8) **What are your hobbies (besides cycling):** Vegetable gardening. Habitat for Humanity as an unskilled builder. Your Father's Kitchen a couple of times a month as a dishwasher. College football and going to a game at my Alma Matre. Cheering on the Chicago Cubs while they fail to make the World Series year after year after year. There is something comforting about the Cubs' consistency. I like watching tennis and soccer.
- 9) **How long have you been cycling?** I've been cycling the past 9 years. I started because I wanted to do the Little Miami Triathlon. Did my first LMT, with Dan Hendershot, on a twenty year old Schwinn hybrid bike. I bought a 20 year old Schwinn road bike for my next two LMTs. Bought a Cannondale road bike from the Stewart's Wilmington Bicycle Company and did eleven more LMTs and 3 years of the Wheelie Fun Duathlon Series. I very much enjoyed the atmosphere, the people and the competition. I also was so inspired watching a marathon, that my wife did, I told her I'd watch another. I've slowly increased my bike mileage each year. Stopped running this year to save the pounding on my knees and ankles, but I do miss the LMT.
- 10) **What do you dislike about cycling?** Riding in the cold and rain. Steep down hills scare me.
- 11) **What goals do you have for the next year? (cycling or non-cycling related)** Increasing bike mileage, doing another LMT, doing Calvin's Challenge again, doing more bike rides and tours, and visiting family in Chicago, New York, and North Carolina.
- 12) **What are you looking for from the Wilmington Bicycle Club?** Camaraderie and fellowship.