

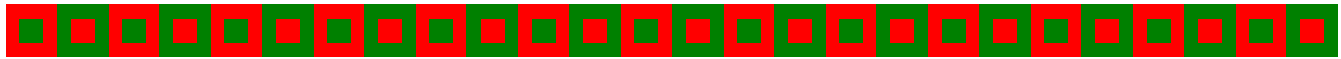


山川會訊

CMCNY Newsletter

Outing Schedule
07/01/2002-10/31/2002

Volume 53
Publication Date: June 15, 2002



While the motto of the first CMC weekend biking trip of the year was clearly "No pain, no gain," the lingering question was "But, where is the gain?" Knowing that for most of us, the first of the two days was going to be sheer pain, we took it in stride with our bikes and bengae in hand. Leaving from Chinatown, ten masochistic bikers set off for Mount Holly, New Jersey. With weather breaking temperatures in the 90's earlier in the week, threatening clouds now hung low and a slight drizzle taunted us on the hour and a half car ride south. For a fleeting moment, we almost detoured to Philadelphia's Art Museum, but decided to risk it in the name of pain and head for our original starting point. It turned out to be a lucky move as the clouds held back.

Not even five minutes on the bike route, we lost Kenny Lip and Nancy Liang, one of our co-leaders. Walkie talkies saved us as Charlie Ong, the front leader maneuvered them to where the rest of us were waiting. Reunited, we forged on. Just two miles later, we stumbled upon a home-made bakery where we devoured an assortment of baked goods sitting at picnic tables outside. The baba rum muffin and the



No Pain No Gain by Liz OuYang

peach puff pastry were big hits. Well fed, we were ready now to concentrate on some serious biking. We pedaled along paved roads lined with pine trees, open farms, blossoming pink and white trees and historical homes. Then, we suddenly hit a stretch of foul smelling cow manure (poop for lack of a better word)! Unprepared and in shock, one by one, we pedaled quickly holding our breath with our noses turned up relieved that it lasted for less than a half mile. We continued pedaling. As we were heading down one long stretch, we hit a barricade in the middle of the street. Two young men with butch haircuts in plainclothes informed us this was a military installation and because of 9/11, the road was closed. Then it dawned on me that we were on Fort Dix Road!! I've heard of the Fort Dix military training site, but didn't realize it was in New Jersey!! We were reluctant to turn back, not because we were unpatri-



otic and wanted to defy a military order, but because we didn't want to have to pass the pasture of cow manure on the way back!!! With no choice, we turned back, but this time prepared that the smell was soon approaching we biked at lightening speed through this section. We learned if you want to bike fast, just put cow manure on the route for miles and you will bike at record speed!!!

The rest of the bike trip was relatively flat and we pedaled slowly on long stretches of major roads. Kenny's, Kelly Ko's, Teang Chea's and my upper thighs were beginning to feel the pain. Patricia Chea's acute pain was in her buttocks, unaccustomed to sitting on the hard bike seat. The pain for us became more and more severe as we biked on seemingly endless roads. While flat roads are a good slow way to get back into biking, it also is exhausting because you have to pedal nonstop

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Outing the four seasons with CMCNY



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To submit your articles or photos please send mail to: CMCNY Newsletter c/o Yet Chang, 102-15 62nd Drive, Forest Hills, NY 11375, or e-mail to newsletter@cmcny.org

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CMCNY 2002 SUMMER/FALL OUTING SCHEDULE

July 2002

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



Saturday, 07/13/2002 / 5 Miles Day Hike / Level B Pine Swamp at Harriman State Park, NY

This is one of the most popular CMC trails. We start with the red trail and hike through Time Square and Lemon Squeezer, then take the white, yellow and blue trails back to the parking lot

Meeting Time/Place : 8:30 A.M at 39th Street & Broadway, Manhattan

Leaders : Yet Chang / Elisa Yan



Saturday, 07/20/2002—07/21/2002 / 2 Days Family Camping / Level A Stargazing Camping Trip in Voorhees State Park, NJ

This is a family camping trip. Bring your kids out and have fun. When we get to the park on Saturday, we will set up our tents, have lunch, relax and have a short hike in the park. At night, we will go to New Jersey Astronomical Association (NJAA) observatory for stargazing through its 26-inch Newtonian reflector telescope. After packing up and checking out on Sunday morning, we will have a very easy 5 mile hike in the beautiful Ken Lockwood Gorge where fly fishing is very popular. Bring your own food and camping gear. Water, shower and modern toilets are available on campsite. Fees: \$10 per person, \$1 for Kid(s) with parent(s), prepare \$14 for car pool. Non-members should pay \$2 for temporary membership. Send \$10/person to Ray Lin, 549 West 123rd Street, Apt.#13A, New York, NY 10027 to register

Meeting Time/Place: 8:30 AM at 39th Street & Broadway, Manhattan

Leaders: Ray Lin



Sunday, 07/21/2002 / 8 Miles Day Hike / Level C Storm King Mountain, NY

Please contact leaders for detail information.

Meeting Time/Place: 8:30 AM at 39th Street & Broadway, Manhattan

Leaders: Lawrence Kwan / Rwei Su



Saturday, 07/27/2002 / 12 Miles Day Hike / Level E Minnewaska, NY

Highlights: sweeping view , high mountain cliffs, glacial lakes, waterfalls, wide carriage ways, narrow cave on LP. Enjoy scenic view of Lake Minnewaska.

Meeting Time/Place: 8:00 AM at 39th Street & Broadway, Manhattan

Leaders: Ben Lee / Shui-Kei Ng



Saturday, 07/27/2002 / 5.3 Miles Day Hike / Level A Island Pond Circle in Harriman State Park, NY

Start from Elk Pen parking, follow Arden-Surebridge Trail (Red) then Appalachian Trail (White) back to Elk Pen parking. Enjoy summer view of the beautiful Island Pond.

Meeting Time/Place: 8:30 AM at 39th Street & Broadway, Manhattan

Leaders: Sarah Ip / Richard Wong

CMCNY 2002 SUMMER/FALL OUTING SCHEDULE



Sunday, 07/28/2002 / 16 Miles Day Hike / Level F

Harriman State Park, NY

Start with the blue trail from Johnson Town circle then follow the red trail to Time Square. Return to the parking lot on the White Bar trail.

Meeting Time/Place: 8:00 AM at Johnstontown Circle

Leaders: Chi Chan / Sui-Kei Ng

August 2002

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



Saturday, 08/03/2002 / 15—100 Miles Day Bike / Level Varies

Princeton Bike Tour in Princeton, NJ

Start from a location near Princeton through scenic Bucolic countryside. Various choices range from 15 miles to 100 miles.

Meeting Time/Place: 8:00 AM at Centre Street & Hester Street, Chinatown

Leaders: Yao Rong / Ben Lee



Sunday, 08/04/2002 / 8 Miles Day Hike / Level C

Lake Sebago in Harriman State Park, NY

Start from Tuxedo Park parking lot walking along Kakiat Trail. Mostly gentle until reaching Lake Sebago. Enjoy pretty lake view and vegetations. Take lunch near the quiet Lake Skenonto. More slopes on the way back.

Meeting Time/Place: 8:30 AM at 39th Street & Broadway, Manhattan

Leaders: Michael Tam / Leo Ngan



Saturday, 08/10/2002 / 10 Miles Day Hike / Level C

Ice Cave exploration in Shawangunks, NY

Park behind Ellenville fire station, through the Flume (canyon), pass Grand Canyon, etc. Moderate hiking and some scrambling (using hands). Not recommended for beginners. Long pants recommended. Bring headlamp or flashlight if you want to enter the cave (optional). Limit 12 people. Priority will be given to leaders.

Meeting Time/Place: 8:30 AM at 39th Street & Broadway, Manhattan

Leaders: Chi Chan / Ray Lin



Saturday, 08/17/2002 / 6 Miles Day Hike / Level B

Hudson River views from Dunderberg Mountain in Harriman State Park, NY

Enjoy the fantastic views of Hudson River from Dunderberg Mountain.

Meeting Time/Place: 8:30 AM at 39th Street & Broadway, Manhattan

Leaders: Josephine Lei / Wood Yan



Saturday, 08/17/2002 / 29 Miles Day Bike / Level D

Westfield and the Watchungs

Moderately difficult with some steep hills along side and light to moderate traffic. Highlights are the Miller Cory house and nature museum

Meeting Time/Place: 8:30 AM at Chinatown Forsyth St. (Between Grand St./ Hester St.)

Leaders: Cam Luc / Nancy Liang



Sunday, 08/18/2002 / 35 Miles Day Bike / Level C

The scenic Hudson/Palisades

Moderately hilly. Bike from our 39th St., & Broadway meeting place through GW Bridge, Fort Lee, Palisades Drive to NJ/NY border and back.

Meeting Time/Place: 8:30 AM at 39th Street & Broadway, Manhattan

Leaders: Yao Rong / Ben Lee



Saturday, 08/24/2002 / Family Camping / Level A

Stokes Forest, NJ

This is a family camping trip. Bring your kids out and have fun. Features and Activities in the park: Forest resources, Tillman Ravine Natural area, swimming, picnicking, hiking and boating. Bring your own food and camping gear. Water, shower and flush toilets are available on campsite. Fees: \$10 per person, \$1 for Kid(s) with parent(s), prepare \$16 for car pool. Non-members should pay \$2 for temporary membership. Please contact leader for registration information.

Meeting Time/Place: 8:30 AM at 39th Street & Broadway, Manhattan

Leaders: Kelly Kwan



Saturday, 08/31/2002—09/02/2002 / 3 days Camping Trip

Hickory Run State Park, Pennsylvania

Limit 25 people. Will visit a 1,800 foot-long boulder field, the largest of its kind in the eastern United States, and Lehigh Gorge Trail. please prepare your own camping gear and car arrangement, Fees: \$15 per person, non-members \$ 18, after 8/5/02, Fees: \$20 p.p., non-member 23. Please send check to Becky Leung, 143-25, 84Dr. Apt 2G, Briarwood , N.Y. 11435

Meeting Time/Place: To be announced

Leaders: Nancy Liang / Joe Jwo / Becky Leung



Saturday, 08/31/2002-09/02/2002 / 3 days Canoeing/Camping Trip / Level C

Adirondacks, NY

Canoe in the Saranac Lakes, camp along lake shore, with option for an 8-mile day hike, swimming possible. Please contact leaders for detail. Register before 8/16/02. Limit 18 people. Priority will be given to leaders.

Meeting Time/Place: Please contact leader

Leaders: Peter Lau / John Jeng

September 2002

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



Saturday, 09/07/2002 / 25 Miles Day Bike / Level A

Leisure biking on North County Trailway in Yorktown Heights, NY

North County Trail way is a smoothly paved biking trail on former rail road tracks. This biking trip is for those who wish to take in the scenery while peddling at an easy pace on relatively flat terrain. This smooth asphalt trail is also ideal for in-line skating so in-line skaters are welcome to join us. Bike rentals are available, for rates and reservations, please call (914) 245-5504

Meeting Time/Place: 9:30 AM at Flushing Municipal Parking @ 39th and Union Street

Leaders: Maria Jen / Lawrence Kwan



Saturday, 09/07/2002 / 5 Miles Day Hike / Level B / Limit 25

Hudson Highland State Park

Short hike with many view points in Hudson Highlands State Park. Expect steep ascending at the beginning and the end of hike.

Meeting Time/Place: 8:30 AM at 39th Street & Broadway, Manhattan

Leaders: Henry Jiang / Jomi Yan



Saturday, 09/14/2002 / 7 Miles Trail Maintenance / Level C

Appalachian Trail, NY

Semi-annual CMCNY trail maintenance in a section of the Appalachian Trail in New York. Pick up trash on the trail, cut and trim protruded branches, spray poison ivy, and re-paint trail blaze (if necessary). Group will do 4 miles hiking on the Allies Trail in the Sterling Forest State Park that connects with the AT corridor.

Meeting Time/Place: 8:30 AM at 39th Street & Broadway, Manhattan

Leaders: George Li / John Jeng



Sunday, 09/15/2002 / 4 Miles Trail Maintenance / Level B

Shore Path, NJ

Semi-annual CMCNY trail maintenance on the Shore Path trail along the Hudson river in New Jersey. Pick up trash on the trail, cut and trim protruded branches and re-paint trail blaze (if necessary). BBQ or snacks afterwards. Bring light lunch and enough water.

Meeting Time/Place: 8:30 AM at 39th Street & Broadway, Manhattan

Leaders: Charlie Ong / John Jeng



Saturday, 09/21/2002—09/22/2002/ Leaders Workshop / Level C

Mid-Autumn Festival Special Event

Each day, during and after the hiking, we will discuss leader functions such as trip planning and management, first aid, outdoor gears and outdoor temperature, diseases and emergencies.

Detail information, when available, will be posted on the CMCNY website. Priority will be given to leaders.

Meeting Time/Place: Please contact leader

Leaders: Chi Chan / Shui-Kei Ng



Sunday, 09/22/2002 / 16 Miles Day Hike / Level F

Harriman State Park, NY

Start with the blue trail from Johnson Town circle then follow the red trail to Time Square. Return to the parking lot on the White Bar trail.

Meeting Time/Place: 8:00 AM at Johnson Town Circle

Leaders: Wade Zhang / Chi Chan



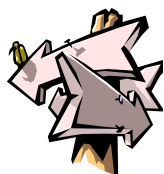
Saturday, 09/28/2002 / 6 Miles Day Hike / Level B

Harriman State Park, NY

From parking at Rt. 106, climb Black Rock Mountain to Ship Rock and Time Square.

Meeting Time/Place: 8:30 AM at 39th Street & Broadway, Manhattan

Leaders: Joe Jwo / Kady Harn



CMCNY
HIKING
RATING
SYSTEM

"A" very easy, flat, 3-5 miles	"B" easy, some hills, 4-7 miles
"C" moderate, some steep hills, 5-8 miles	"D" challenging, steeper hills, 8-10 miles
"E" tough, strenuous hills, 9-15 miles	"F" very tough, 15 miles plus


Sunday, 09/29/2002 / 30 Miles Day Bike / Level C
Catona Westchester, NY

We will bike around Catona region and see a new Corton reservoir and Corton Gorge park. We will pass Muscott farm and Tea lake reservation.

Meeting Time/Place: 8:30 AM at Cunningham Park at Union Turnpike, Queens

Leaders: Liz OuYang / Yao Rong

October 2002

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


Saturday, 10/05/2002 / 5 -6 Miles Day Hike / Level B
Leader's Choice

Please contact leader for detail information.

Meeting Time/Place: 8:30 AM at 39th Street & Broadway, Manhattan

Leaders: Josephine Lei / Lawrence Kwan


Sunday, 10/06/2002 / 5 Miles Day Hike / Level A
Stevens Mountain Circular at Harriman State Park, NY

Park at Tiorati Circle, walked west on Arden Valley Road (R-D, red trail) for 0.35 mile, turn right onto AT (W) for 3.35 miles, turn right (west) onto R-D (red) trail back to Tiorati Circle.

Meeting Time/Place: 8:30 AM at 39th Street & Broadway, Manhattan

Leaders: Yolanda Loo / Terry Lou


Saturday, 10/12/2002 / 50 Miles Hiking Camping / Level F
Batona Trail in Pine Barren Area, NJ

We will finish 50 Miles Batona Trail in 3 days. The trail is flat, almost no elevation. Please contact leader for detail.

Meeting Time/Place: Please contact leader

Leaders: Ray Lin


Saturday, 10/12/2002 / 5 Miles Photo Trip / Level A / Limit 25
Delaware Water Gap National Recreation Area, Dingman's Falls, PA

Dingmans Falls is located in the Delaware Water Gap National Recreation Area. It is the highest waterfall in Pennsylvania. The Falls drop 130 feet down over rock 350 million years old. Easy hike, bring your camera.

Meeting Time/Place: 8:30 AM at 39th Street & Broadway, Manhattan

Leaders: Henry Jiang / Kady Harn


Saturday, 10/19/2002 / 7 Miles Day Hike / Level C
Sterling Forest, NY

Start from Lake to Lake Trail, turn right (north) onto Sterling Ridge Trail to reach the fire tower. Have lunch and enjoy the 360-degree view and view of Sterling Lake. Take Fire tower trail and Cedar Pond trail back to the parking

Meeting Time/Place: 8:30 AM at 39th Street & Broadway, Manhattan

Leaders: Maria Jen / Ben Li



Sunday, 10/20/2002 / 5 Miles Day Hike / Level A
High Point Get-Together at Norvin Green State Forest, NJ

Start from Weis Ecology Center parking, hike to High Point. Meet our friends from Chinese Hike and Camp Club and have lunch together on top of the mountain.

Meeting Time/Place: 8:30 AM at 39th Street & Broadway, Manhattan

Leaders: Ray Lin



Saturday, 10/26/2002 / 16 Miles Day Hike / Level F

Black Ash-Carr Pond-Pine Swamp Mountain Range in Harriman State Park, NY

Hike through different terrain. Part of CMCNY classic 26 mile trail. Start from Tuxedo Park and reach Lake Askoti at 8 miles. Visit Time Square and return along White Bar and Yellow Triangle trails.

Meeting Time/Place: 7:30 AM at Tuxedo Park Police Station Parking

Leaders: Michael Tam



Sunday, 10/27/2002 / 5 Miles Day Hike / Level A

Leader's Choice

Please contact leader for detail information.

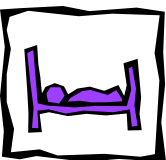
Meeting Time/Place: 8:30 AM at 39th Street & Broadway, Manhattan

Leaders: Henry Jiang / Liz Ouyang

NO PAIN NO GAIN

(Continued from page 1)

to keep propelling you forward. You don't have the momentum to cheat and coast downhill. Of course, Nancy, having broken in her thigh muscles the week before on a bike trip with Francis, happily reminded us repeatedly as we were moaning in pain that she didn't feel any pain at all!! At one point, Michael Tam remarked even he was tired. Nevertheless, we would stop several times, stretch, pound and massage our thighs, share our misery, pedal on and alternate asking, "how much further?!". Patricia took advantage of every opportunity to stand. As painful as it was, we knew we had to bare it and keep trekking on-this was the price to pay for not having biked all winter long. We meandered along passing (but not staying at) the oldest prison in the country. After 30 well earned miles and nearly 6 hours later, we reached our starting point, exhausted. The question remained, "Where was the gain?"



We then headed for our motel. On the way, I propped my legs up on Charlie's dashboard over the heating vent hoping the heat would

serve as a sauna for my sore muscles!! Showers were sheer ecstasy. Afterwards, I applied bengae generously, placed hot towels on my thighs and elevated my legs onto the bed post to relieve the pain. I even ordered hot tea and wine to help soothe the muscles even more. Part of the reward that night was feasting at an acclaimed Italian restaurant with CUSHIONED chairs. With pizza bread on the house, we ordered clam casinos, fried calamari and breaded zucchini sticks for appetizers, followed by salads. Entrees ranged from filet mignon, linguine with crab sauce, veal, asparagus wrapped in shrimp with a garlic lemon sauce over pasta to the catch of the day! Mouth watering, eye popping, decadent desserts followed as we shared chocolate cheesecake, Italian Tartuffe and cappuccino hazelnut ice cream. While content and full, the added pounds were not the "gain" we had envisioned.

For some, the hard day riding was painful, for others it was sheer exhaustion. Sisters Patricia and Taeng crashed immediately after dinner. Michael and Charlie were out in 15 minutes. Francis, Mr. Rong, and Kenny were snoring shortly thereafter. However, the women in room 112 did not turn the lights off until 11:30 p.m.! That's because Kelly was glued to the TV intent on finding a repeat run of "Friends"

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TRAINING DAYS

by Michael Tam

There were 10 participants in the April 20-21 biking trip. We biked 30 miles on Day One and 25 miles on Day Two. We biked almost 8 miles per hour on the second day. This unbelievable fast biking speed showed we all got in shape and became qualified bikers. But, it was not just a biking training trip; it turned out also to be 10 different training programs for each of us.



Charlie—Drivers Training

Charlie received a used stick shift controlled car from a friend a few weeks ago. Before he could really fully control the clutch, he used Liz as part of his training program during this trip. This was the first time that he drove this car for a long trip. After two days practice, the number of times that his car died in the middle of the road was zero. It reflected his skill had improved during this trip. He could claim himself a racer now.



Nancy—Training on Flexibility

On the morning of the second day, Nancy suggested Plan A (a 25 mile loop plus a 10 mile bonus loop) as the target to achieve; at 2:02 PM after we finished the 25 mile loop and discussed it with most of the participants, she changed to Plan B (cut short to 4 miles bonus); at 2:04 PM, the whole group agreed to shift to Plan C (went for a late lunch in a bar and headed home) as the final decision. It showed flexibility was so important in the management of a group of various interests.



Liz—Training on Adding and Dividing

We have no doubt as to Liz's English, but how about her Mathematics? She volunteered to serve as our book keeper after dinner and lunch during the trip. After the lunch at the bar, when I had to wait for her to give me the change, the whole group had already biked a quarter mile away before I could walk out of the bar with her. By looking at how she did addition, division and counted money, I am sure God (if any) is fair to everybody. J



Michael—Food Ordering Training

Michael was always dumb when ordering food in a western restaurant. Since there were so many vocabularies on the menu and he was allergic to many kinds of food, he used to ask for help from friends to clarify the meaning of those foreign words. There was a training section for him during this trip. At the dinner in the Italian restaurant, he tried a new strategy. He ordered sea bass without any idea about how the fish would be cooked and served; he just knew it was the kind of food that he could eat.



Francis—(Theoretical) Training on Chinese gambling

On the way going back to New York, Michael and Francis talked about various gambling games in a casino. Based on what he knew, Michael gave Francis a detailed explanation on different kinds of Chinese gambling. We discussed in depth the rules of Mah-Jong, TinKao, CheDang, ShiWuHu (Fifteen Lakes), Dice, Fish Shrimp Crab, Three Kings, Lying Dice and FanTan. Francis and Michael had an idea of organizing a camping activity and would demonstrate and practice different kinds of gambling

games in the world.



Kelly—Training on Patience

There was a minor mechanical problem on Kelly's bike. At a break point on the second day, Charlie volunteered to fix the problem. After 15 minutes, Kelly's bike was transformed into a bike that she was unable to ride. Kelly was still patient and stood there waiting for the amateur mechanic to learn and solve the problem. Her patience was rewarded because Charlie finally fixed the preexisting problem in another 10 minutes.



Mr. Rong—Training on Invisibility Power

After we left from Chinatown, we had to stop by a gas station outside Holland Tunnel. It took us almost a half-hour to finish filling the gas up, use the restrooms and return to the highway. When we were driving on New Jersey Turnpike, I realized I didn't hear and see Mr. Rong for such a long period of time. I started questioning Francis: Are you sure we didn't forget him in Chinatown?



Kenny—Public Speaking Training

Kenny is an easy going guy. It might have been his first chance at public speaking during the dinner at the Italian restaurant. He was sitting at one end of the long table and telling Charlie, who was at the other end how he fought for his consumer's rights to get a refund. The whole group, may be the whole room, was all getting a free three minute lecture.



Patricia—Training on Princess Manner

Patricia must be in a trai-

(Continued on page 9)

NO PAIN NO GAIN

(Continued from page 7)

so Nancy and I gabbed and gabbed. Finally, after threats of forceful eviction, Kelly turned the T.V. off and we called it a night!!

The following morning, Nancy finally complained of pain. The sore spot was her buttocks not because of biking, but because the mattress she slept on was not even! That same morning, Charlie and Michael also admitted when directly confronted that their buttocks were sore from sitting on their hard bike seats. Even Francis Lo, veteran CMC biker, complained of pain in his wrists, however, he said it was not from biking, but from having played mah-jong for too long the night before our trip!! Only Mr. Rong was in denial insisting, "I do not have pain, I do not have pain." No matter what the source of the pain was, where was the gain?

The gain came on the second day. Our starting point was Lebanon State Forest and it was only 58 degrees outside. This time we came prepared for pain. The guys helped Patricia make a cus-

tom tailored padded seat by fastening her shirt around her bicycle seat with rubber bands. Before mounting her bike, Kelly applied three coats of bengae to her upper thighs. I stretched, stretched and stretched.



Charlie and Nancy mapped out a challenging route. We would go for incremental stretches on roads lined with pine trees without stopping. After the initial couple of miles, the first long stretch was five miles, the second 8 miles (all but Francis, stopped for a break at six miles), followed by another 6 mile stretch. No longer in leg pain, although some of us still had pain in our buttocks, we all managed to bike these long stretches with relative ease. We averaged 8 miles an hour, completing 25 miles in 3 hours!!!! What a marked improvement from the day before!! When we asked Michael, the designated sweeper what our timing was the day before, he flatly stated, "Very slow!!" We were so pleased with ourselves. Having pumped so hard for so long at such a good speed we had worked up quite an appetite. However, on these long stretches, there were no restaurants, just rows and rows of

pine trees. We were starving. We finally came across a very small, but quaint local bar. When we arrived, they only had one burger left!! We ordered chicken wings, French fries and spit pea soup. Since this was mainly a bar, Francis insisted we must indulge and order beer. Why not at 2:00 p.m. in the afternoon after biking three long hours? We made ourselves at home overtaking the place since there were only three other customers there. We played pool and darts and listened to country records on the juke box!! It was fun!!

However, after having warmed up in the bar for an hour, when we went outside it became really cold and we had another mile or two to go. But, we made it!! Words cannot express the satisfaction we felt at our progress in just two days!! All the pain on Saturday was worth it. But there must be a better way so we don't have to go through this agony at the start of each biking season. I know, I know. During the winter, work out on stationary bikes at a gym or take yoga classes. Maybe next winter.

TRAINING DAYS

(Continued from page 8)

ing program of princess manner. She talked very little and always responded with a sweet smile. She didn't complain or question the route, but just tried her best to follow the group, to maintain her pace and to finish the whole trip. Looked like she had to keep herself calm and neat before friends and never expose her feelings. She might have a big party coming up and is getting ready to meet many princes. J



Teang—Training to be a Bike Mechanic

There were lots of troubles with Teang's bike. It wasn't discovered until the second day that she was mistakenly using Patricia's front wheel. There was also a mechanical problem with her gear switching system. During the whole trip, Francis, Charlie and Mr. Rong gave her a helping hand to fix different problems. Definitely she had learned a lot from them and qualified to be a bike mechanic.



2002-2003 Membership Reminder

Dear Friend(s):

Just a friendly reminder that your membership dues may now be due. As you know, the Chinese Mountain Club of New York, Inc. is a not-for-profit organization that depends mainly on membership dues as a source of income. We are happy to report that during the past year, we were able to provide different types of activities for members and supporters like you. Therefore, we are asking for your continual support now. If you have not sent in your dues yet, please do so immediately.

If you have already sent us your membership dues, please accept our apology. We know we can count on you.

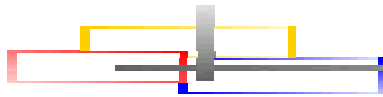
If you have not paid your year 2002-2003 membership fee, please do so by making a check payable to: **“Chinese Mountain Club of New York”**

Mailing Address:

**CMCNY c/o Ray Lin
549 West 123rd Street, Apt. #13A
New York, NY 10027**

Thank you and we look forward to seeing you on the trails soon.

Sincerely,
CMC Board Members



BOARD MEETING HIGHLIGHT

Date: April 6, 2002

Location: Joe's Apartment

Attendee: Nancy Liang, Joe Jwo, Ray Lin, Yet Chang, John Jeng

1. Election of Chairman of the board - Ray

Joe Jwo has been elected as the Chairman of the board for the current year 2002.

2. Membership fee and effective date - Joe

For renewing members: The effective date is on April 1 and expires the following year March 31

For new members:

The effective date is the date he/she joins the club and the expiration date is on March 31. Or If he/she joins the club between October 01 and March 31, the expiration date will be March 31 of next year.

3. Who should respond to emails sent to the board? - Joe

The Chairman will respond or appoint a corresponding officer to respond.

4. Procedures for reimbursements - Ray

No Discussion was made on this issue

5. Support for trip's leaders. -Ray

- (a) Allocate \$200 this year for purchasing of maps and books.
- (b) Supply leaders with First-Aid-Kit refill.
- (c) Purchase 2 pairs of walkie-talkie.
- (d) Purchase one GPS (Garmin GPS III+)
- (e) As for fee-charging trips, e.g. camping, picnicking... etc., the board respects and trusts the leader(s) in using the collected fund fairly. The leaders can use the fund at his/her/their own discretion. This includes but is not limited to the decision on what to purchase and how to handle the surplus fund. The leaders should not feel obligated to collect surplus funds in order to make contributions to CMC.

6. E-mail categories on the CMCNY web site and other related requests - Yet

Members can now submit e-mail requests or suggestions to the CMC Board from the <http://www.cmcny.org> Web site

7. Include the original "Summary of the By-law" into our by-law. -Ray

The board acknowledges the amendments which was passed in the 1988 General Membership Meeting. Attached is a copy of the amendment passed in the 1988 General Membership Meeting (Page 12).

8. Annual Income/ Expense Budget report. - Nancy

Nancy will compute an estimated budget and provide a report to the board.



AMENDMENTS TO BY LAWS

ARTICLE VI. OBJECTIVE (Addition)

The objectives of this organization are:

1. To promote among the Chinese Community in New York outdoor activities, including hiking, camping, mountaineering, biking, canoeing, etc.
2. To provide information on services regarding outdoor activities.

ARTICLE II MEMBERS (Addition)

11.

- (a) Any individual 18 years or older interested in furthering the objectives of the organization shall be eligible for membership.
- (b) Any member shall be entitled to participate in all activities within the organization including membership meeting, one vote in the membership meeting, and be nominated as a candidate for the Board of Directors.
- (c) Any member shall abide by the By-laws of this organization and the decisions passed by the Board of Directors, and pay the annual membership dues.
- (d) Any member who knowingly violates the By-laws of this organization or the decisions passed by the Board of Directors, or engages in action injurious to the organization, may have his or her membership terminated upon majority vote of the Board of Directors.
- (e) Any member who wants to terminate his or her membership should submit a written notice to the secretary of this organization.

12. On dissolution, a meeting of all members must be held. The decision of whether the corporation should be dissolved must be passed by a majority of the votes cast in that meeting, and that the majority of the affirmative votes cast must be at least equal to a quorum. All assets of the corporation should be distributed equally among all members after dissolution after any expenses involved in dissolving the corporation have been paid.

ARTICLE III BOARD OF DIRECTORS (Addition)

9. If a member or an individual has made a substantial contribution to the corporation, a meeting of all members will be held to determine whether an award should be granted to that member or individual.

ARTICLE II MEMBERS

7. The following descriptions is amended to (7):
Except as provided by law, the members entitled to cast one-fifth of the total number of votes entitled to be cast at the meeting, shall constitute a quorum at a meeting of members for the transaction of any business.

