

B I C Y C L E E R[®]

Bi-Monthly Publication Of The Five Borough Bicycle Club---Sans Print Edition

November - December 2009

www.5bbc.org



Triple Play of History 5BBC ride to the Walkway Over the Hudson, between Poughkeepsie & Highlands, NY, above the Hudson River. What a view! Sunday, 11 Oct. 2009. Photo by Bob Castro.

Enjoy More Cycling!



Come On Everybody!

Join us or Renew your 5BBC membership for next year!

Vote in the Club elections by
Mon. Nov. 16, 7PM
Get your ballot in the mail!

Come and enjoy the Holiday party on Sat., Dec. 5!

Get ready for the
Montauk Century
Sun. May 16, 2010!



Peter Engel, left and friends at the Sea Gull Century, Salisbury, Maryland, 10 Oct. 2009, from a 5BBC weekend tie-in trip. Photo by Lee Ilan.

LET'S LOOK FORWARD TO 2010!



2009 Executive Board

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Don't Worry, Be Happy ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺

Looking to get into or return to cycling? It's not too late. Five Borough Bicycle Club offers a variety of rides led by trained 5BBC leaders.

We're eager to share the joys of cycling with newcomers and returnees as well as active trippers. How about you? Some of our rides are suited for beginners. See the Day Trips listings with a happy face symbol (☺). Rides

range from 20 to 30 miles, go at a leisurely pace and attract cyclists like you. Make sure your bike is in good working order—adequate tire pressure and brakes that work well.

Carry at least one spare tube, tire irons, a pump, patch kit and lock. Most important: wear a cycling-specific helmet approved by either CPSC or Snell. Ride smart & have adventurous spirit.

About Day Trips

Day trips are free rides in and around New York City. Rides are open to responsible cyclists, both 5BBC members and non-members. No advance sign-up is required. Rides are led by trained, experienced 5BBC leaders. Unless noted, the Point-Drop-Sweep system is used, in which leaders ride at the front and rear of the group, keeping cyclists together. This system accommodates a wide range of paces within one ride. Riders generally receive a map or cue sheet of the route. Rest and lunch stops are planned. Unless otherwise stated, day trips return to the starting point at the end of the ride.

Riders are required to wear a cycling-specific helmet approved by CPSC or Snell, and are required to have a legally equipped bicycle, including working brakes, a bell or horn, and front and rear lights for night rides. Bicycle gear should include at least one water bottle, a pump, spare tube or patch kit, basic tools, and a lock. Dress for the season, including temperature variations of 15-20 degrees in either direction from the temperature at the starting time. Bring lunch or money for it, plus money for admission fees and railroad tickets as needed; an area map is also suggested. Motorized vehicles and headphones are not permitted.

At the discretion of the leaders, rides may be cancelled due to bad weather.

Participants under age 18

Most leaders welcome responsible cyclists of all ages to join our rides, but we need to know that they understand the risks involved and are assuming responsibility for their own safety. The law of this country limits the ability of those under 18 to take responsibility for themselves. We therefore REQUIRE that the parent or guardian of a minor joining a 5BBC ride come with them to the start of the ride. Only if the parent or guardian signs a special waiver for minors and either rides with the minor or arranges for another adult to accompany the minor during the ride may the minor join the ride.

EXCEPTION: If the parent or guardian of a minor wishes the minor to ride with 5BBC, but cannot appear at the start of each ride, please contact the Club to arrange to sign a waiver of liability that we can keep on file. Minors with waivers on file must also have an adult agree to accompany them on each ride. The participation of a minor in a 5BBC event must always be cleared with the leader of that event.

Bicycle Helmet Standards

“Snell” refers to bike helmet standards set by the Snell Foundation, founded in 1957. The organization was named after race car driver Peter Snell, who died in an auto accident wearing a poorly designed helmet. Snell



has what is considered the toughest standards for helmets, especially for bicycling.

“ANSI” refers to the American National Standards Institute. In 1984, it set standards that adhere to manufacturing bicycle helmets. ANSI standards were replaced by the American Society for Testing and Materials (ASTM), until 1995. There are no ANSI-standard helmets today.

Current helmet standards are set by the Consumer Product Safety Commission (CPSC), an independent Federal regulatory agency. CPSC certification for bike helmets replaced ASTM, March 1999.

Please wear a CPSC or Snell bicycle-specific helmet on 5BBC rides. Bike helmets are to be replaced: a) when damaged in an accident; b) after 3-5 years, when helmets lose impact effectiveness.

For more information, visit the Bicycle Helmet Safety Institute, www.bhsi.org.

Above: Rudy Project “Contact” police bike helmet. From Police Bike Store, www.abikestore.com

Monday Nov. 16, 2009, 6:30 PM

THE ADVENTURE CONTINUES EPISODE V

Hosteling International-American Youth Hostel building
891 Amsterdam Ave, b/w 103rd & 104th Sts., Manhattan.
Subway: 1 to 103rd St.



An annual 5BBC Executive Board Election Treat! Join us for our Annual French Wine and Cheese Party graced by the next installment of Tod Moore (www.todmoore.net) and Friends - Circa 2009. This year join our self-contained folding bike compatriots on a fun gastronomical excursion from Carcassonne to Nice!

The wine and cheese reception is from 6:30 PM to 7:15 PM. Executive Board Election Ballots, if not previously mailed in, can be walked in until 7:00 PM. Tod's Presentation will commence at 7:15 PM. Election Results will be announced that evening after certification is made by the elections and nominating committee.

All photos: Tod Moore & Brian Hoberman.



Saturday Dec 5, 2009 7:30 PM

5BBC HOLIDAY PARTY

Woolworth Tower Kitchen Business District
233 Broadway (@ Barclay St.), Manhattan
Subways: 1 A E R to Chamber St, 4 5 6 to Bklyn Bridge



It is time to celebrate a successful 2009 season and to see what your club has planned for next year - Day Rides, Weekend trips, Monthly Programs, Community Out Reach, Leadership, the Montauk Century 2010 and much more!

Back by popular demand our annual holiday party will again be at the Woolworth Tower Kitchen in the City Hall area of Lower Manhattan. The party will feature: •Full dinner buffet •Soda, Wine, Beer, Coffee, Dessert •Cash bar •Raffle and Door Prizes •Reservations: \$20 per person: \$30 per person at the door

* Reservations may be made via Active.com for a small handling fee or mail form on page 11 with check payable to Five Borough Bicycle Club, 891 Amsterdam Ave, NY, NY 10025. If you have any questions or require special accommodations, please contact the Programs Coordinator at programs@5bbc.org.

Barry Hartglass, Programs Coordinator
(917-673-6223)

PEACE, HAPPINESS
AND GOOD HEALTH!

Bicycletter November- December 2009

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Contributors:

Andrea Casertano, Barry Hartglass, Bob Castro, Brian Hoberman, Carol Wood, Cheryl Daitch, Debbie Friedman, Ed Pino, Ed Ravin, Fred Dieckamp, Jasmine Raeford, Katie Marion, Lee Ilan, Lynette Chiang, Marina Bekkerman, NYBC, Peter Engel, Peter Morales, Phil Goldberg, Richard Sanford, Tod Moore plus countless others. Thanks.



RENEW YOUR 5BBC
MEMBERSHIP FOR
2010!



5BBC Rides Meeting Places

Note: W runs weekdays

City Hall

South of Chambers & Centre Streets, directly across from Brooklyn Bridge entrance, Manhattan, Horace Greeley statue. Subways: 2 3 to Park Place, R W to City Hall, 4 5 6 to Brooklyn Bridge/City Hall, J M to Chambers St.

Columbus Circle

Central Park West at 59th St., Manhattan. at Maine Mounment fountain & Merchants' Gate, Central Park. Subways: 1 A B C D to 59th St.

Cunningham Park

Union Turnpike at 196th Place, Queens. From 179th Street, last stop on F subway; Ride left on Midland Parkway, left @ 188th Street, right on Union Turnpike to parking lot at 196th Place. Parking is available

Doughnut Plant

379 Grand St., SW corner of Norfolk St., Manhattan. Subways: F to Delancey St., J or M to Essex St.

Eleanor Roosevelt Statue

72nd St., Riverside Dr. @ Riverside Park, Manhattan. Subways: 1 2 to 72nd St.

George Washington Bridge (GWB) Bus Terminal

George Washington Bridge Bus Terminal, northeast corner, Ft. Washington Ave., 178th St., Manhattan. Subways: A to 175th St., 1 to 181st St.

Grand Army Plaza (Prospect Park)

Flatbush Ave. @ Eastern Parkway, Bklyn. Near benches at entrance to park. Subways: 2 3 to Grand Army Plaza, F Q to 7th Ave., R to Union St.

Grand Central Terminal (GCT)

Enter @ East 42nd St. & Park Ave., Manhattan. Go inside to information kiosk in center. Subways: 4 5 6 7 S to Grand Central.

Kew Gardens

Northside corner, Queens Blvd. & Union Turnpike @ Statue of Civic Virtue, Queens. Subways: E F to Union Turnpike, Kew Gardens.

Plaza Hotel

Fifth Ave. at 59th St. Subways N R W to 5th Ave. A B C D E F 4 5 6 nearby

5BBC Day Trips November - December 2009

Who cares if it's getting cold out? Don't put those bikes away just yet! Let's ride throughout the months ahead (makes training for the Montauk Century much easier)

Once again, our leaders are offering great rides

for all different levels of cycling. Just remember to dress warmly. (Don't forget those wool socks!) Bring your lip balm, lots of water, snacks, metro card, spare tubes and a smile!

ANDREA CASERTANO

RE: Cycling

5BBC Day Trips

Remember to check the 5BBC website and Bulletin Board for changes and cancellations.

Congratulations to our new leader, Richard Brause! Remember always, be careful out there....don't forget to LOOK.



Richard Brause, center, at 5BBC Leadership Weekend. Photo by Bob Castro

NOTE: DAYLIGHT SAVINGS TIME BEGINS ON NOVEMBER 1. PLEASE SET WATCHES, CLOCKS AND OTHER TIMEPIECES ONE (1) HOUR BACK



Sunday, November 1, 2009
QUEENS "FIGURE 8"
8:00 AM, Kew Gardens, Statue of Civic Virtue, 55 miles Quick Spin +16 mph in uncongested areas

We'll travel north/south on this one. The width of Queens will be covered. From Kew Gardens to Douglaston Manor and Ft. Totten in the north to

a turnback to Rockaway in the south.. On-street bike lanes will be combined with back road "gems" to keep the ride quick and safe. Lunch at the end will be an option. Bring water bottle(s) and \$ for lunch. Riders with a great attitude would be most welcomed! Leaders: Dennis Griffin & TBD

☺ ROCK AROUND THE ROCK
8:45AM, City Hall, 40 miles

What would be if the Revolutionary War never happened? Well, on Staten Island, that almost happened. And, we're going to that spot. We'll enjoy some flats and hills. Bring lunch or money for it. Mostly flat with one !@#\$\$%^&* hill. Moderate pace. Leaders: Ed DeFreitas & TBA.

Saturday November 7, 2009

☺ THE GREATEST TURKEY RIDE:
Charlie's Turkey
10:00 AM, Kew Gardens, Statue of Civic Virtue

Join Ed and Liz as we eat Charlie's turkey, the best turkey in Queens. I can say that I have been eating it for years. This is an easy 25-30 mile mostly flat ride. Usual weather conditions apply Bring \$10 for lunch. Ride will end at Ed and Liz's Apartment. There will be an open house at our place. Please call if you would like to join us for Lunch and are not riding at 718-487-4992. Leaders: Ed Pino and Liz Baum

CAMP MOR CYCLE
9:30 AM, George Washington Bridge Bus Terminal 35+ miles, some hills, some busy traffic Ride to Paramus and shop at Campmor (www.campmor.com) a well-known sporting goods store. Campmore has a wide selection of cycling clothing & gear, new bikes for sale & does repairs. Bring lock & \$ for purchases and lunch, panniers. Ride ends @ Big Apple return, before dark. Co-listed with NYCC as C12 ride. Alfredo Garcia & Jesse Brown

Alfredo Garcia & Jesse Brown

Sunday, November 8, 2009
CROTON RESERVOIR TRIPLE-CROSS
9:00AM, Van Cortlandt Park, 35 miles

You can have your water and drink it too. Get your fill of Westchester's Croton Reservoir with three lake crossings -- the "Old Put" railroad bridge, Gate House Bridge, and New Croton Dam -- plus a splendiferous (although slightly bumpy) ride along the lake shore. Ride ends at Croton-Harmon station. Bring \$ for lunch, \$8.25 train fare, MTA permit. Leaders: Jim Zisfein and Richard Brause.

CARMEL EXPRESS

8:30 AM, Grand Central for Metro North train (8:46 AM) to Brewster or 125th St (8:56 AM) to Brewster (10:08 AM) Meet at Brewster RR station. 55 miles, mostly flat with a few steep hills.

A nearly traffic-free B16 (quick spin) pace from Carmel, NY back to the NYC, via the Putnam Line rail trail (AKA North & South County

Trailways) for a total of 55 miles. You'll need your MTA bike pass and \$10.25 to purchase your tickets at the station, or \$9.74 via www.mta.info, NOTE: 36 traffic-free trail miles

are and in remote areas. Thus, please bring lunch, snacks, 2 tubes, plenty of water, and sunscreen. There will be a brief lunch / rest stop. The ride is canceled if there is a 40% chance of rain or thunderstorms predicted. Check 5BBC bulletin board or call for updates. (212) 828-3732. Leaders: Ken Williams and Wentworth Price.

☺ QUADRUPLE CROSSING

10:00 AM, City Hall, 25 miles

What's better (worse) than a double cross? A triple cross. And, as long as we're on a roll, how about a quadruple cross? Yessiree Bob, we start at City Hall, cross the East River on the Brooklyn Bridge, then back over the Manhattan Bridge. Next, we go for a triple with the Willy B. And finally, you find out if quadruple means bridge or bypass with the Queensboro. After that, we go downtown to Caruso's for bike friendly pizza. Leaders: Ed DeFreitas & TBA

Wednesday, November 11, 2009

Veteran's Day

☺ BROOKLYN RESIDENTIAL TOUR

10:00 AM, Popeye's Restaurant, 25 miles

Explore some of the Quieter sections of Brooklyn. We'll ride Explore some of the Quieter sections of Brooklyn. We'll ride through Ft. Greene, Prospect Heights, Park Slope and others. Ride Cancels in case of rain and temperatures below 32 degrees. Bring locks, lights, snacks or \$ for it. Leaders: Terry Chin, Jesse Brown & Ed DeFreitas

Saturday, November 14, 2009

CROTON AQUEDUCT OFF-ROAD ADVENTURE

9:00 AM, West 242nd St & Broadway, Bronx (Van Cortlandt Park, last stop on #1), 35 miles, mostly off-road, mostly level with a few steep hills.

Water is the source of all life, it is sometimes said - and without clean water NYC would still be a



Grainy photographs and desolated areas didn't deter Richard Sanford (center) & trippers from enjoying his ride to Roosevelt Island. Photo by Richard Sanford.

small harbor town. Follow the trail of NYC's water supply from the Bronx to the stunning waterfall at the Croton Dam. The dirt trail over the former water tunnel is for hybrid and fat-tire bikes only, and leads through forests, parkland, backyards, and scenic views of the Hudson River, especially now that the leaves have fallen. Return via Metro-North - bring \$9 for carfare (and another \$5 for MTA bike permit if you don't have one). Bring or buy lunch. Email leader at eravin@panix.com by day before or check 5BBC BB for last-minute changes. Leaders: Ed Ravin & TBA

Sunday, November 15, 2009

☺ QUEENS TREASURES

10:00 AM, Cunningham Park, 30 miles

More a tour than a ride through Queens, hitting some of the boroughs unusual or forgotten places. Many stops. Bring money for lunch. We plan to visit the botanical gardens, a 2,000 year-old Roman column, a Kung Fu temple, the Lemon Ice King of Corona and more. Back around 4 PM. Leaders: Randy Horowitz and others.

☺ RIDE TO MEET EDDY MERCKX

10:00 AM, City Hall, 15-20 miles

NOTE: Replaces "President's Shadows" ride, in print edition. Cycle over the GWB for an opportunity to meet one of the true legends of cycling, Eddy Merckx, 5-time champion of the Tour de France race. Nowadays, he has line of fine quality bicycles and frames that bears his name. We will ride to the Strictly Bicycles shop, in Ft.

Popeye's Restaurant

125 Canal St., between Canal & Chrystie streets, near Sara Delano Roosevelt Park, Manhattan. Subway: B D to Grand St., J M Z to Bowery, F to East Broadway.

Prospect Park (Grand Army Plaza)

Flatbush Ave. @ Eastern Parkway, Bklyn. Near benches at entrance to park. Subways: 2 3 to Grand Army Plaza, F Q to 7th Ave., R to Union St.

South Ferry

Bike wait area, outside lower level of Whitehall terminal of Staten Island Ferry, Manhattan. Subways: 1 to South Ferry, R to Whitehall St., 4 5 to Bowling Green. 2 3 A C E nearby

Van Cortlandt Park

Broadway at West 242 St., Bronx. Last stop on 1 Subway.

Woodlawn

Jerome Ave. & Bainbridge Ave., Bronx. Last stop on 4 Subway. Car parking available @ nearby golf course for a fee.

World Trade Center PATH

PATH station entrance, West Broadway and Vesey St., Manhattan. Subways: A C E to Chambers St/World Trade Center, R W to Cortlandt St, 1 to Chambers or Rector St, 2 3 to Park Place, 4 5 to Fulton St.

For a comprehensive list of ride locations, visit: www.5bbc.org/meetingplaces.shtml



Did You Know

According to Billboard magazine and The Daily Star (England), the world famous singer **Beyonce** rides her bicycle around cities when she is away on tour and enjoys people *not* recognizing her on a two-wheeler. Life goes on. 5 Oct. 2009



IMPORTANT CYCLING NOTE #1

There may be more rides not listed in the Bicycletter. Please check the club web at www.5bbc.org/rides and/or bulletin board; Members, check weekly emails.

IMPORTANT CYCLING NOTE #2

As the weather gets cold and dark sooner, it's very important to: **Dress in warm, layers, which can be re-moved when needed and wear a cap under helmet.** Apply **Sunscreen** to protect your exposed skin; **Lip Balm** to keep lips from cracking. Drink **Water** to stay hydrated. Thank you.

Want to help with the print Bicycletter? With other involving things?



From bookcover: The Best of Newspaper Design 27

Email newsletter@5bbc.org to help label and fold copies of the NEXT print edition of our humble Bicycletter to 5BBC members. Perhaps you can contribute articles & photos—let us know. Let's have fun getting the club's paper communiqué mailed to our members in the Age of the 21st Century Internet.



To Vote in the 5BBC Board Elections by Nov. 16, 2009, 7PM! Get your ballot in the mail!

Lee, NJ, to see Eddy Merckx in person. Bring lock and \$ for lunch. Join us! Leaders: Jesse Brown, Randy Mallard and Ed Defreitas

Saturday, November 21, 2009 JONES BEACH OFF-SEASON

9:00 AM, Cunningham Park, 45 mostly flat miles

The beach is an inviting destination on a brisk fall day just like it is during the dog days of summer.

Bring \$ for lunch or a bag lunch. We'll eat on the boardwalk and swimming will be optional for extra credit. Note: 15 mph average pace.

Leaders: Dennis Griffin and Ira Najowitz.

☺ FLYING HIGH RIDE

9:15 AM, Grand Army Plaza, approx. 25 miles

So you're near the airport and love to watch those beauties fly right over your head. Ever wonder what's going on in the pilot's mind? Now is your chance to find out! In fact the pilot won't even be in the cockpit. He'll be right on the ground with you as he guides his model plane in for a perfect landing. Join us for a ride to Floyd Bennett Field in Brooklyn where we'll get a chance to talk with the pilots of the Pennsylvania Avenue Radio Control Society (PARCS) and see these hobbyists in action. There will also be time to visit Hanger 8 where you can watch restoration projects of full size vintage aircraft. Bring lock and a picnic lunch or lunch money to buy food along the way. Rain, snow or icy conditions at start cancels. Leaders: Richard Sanford and Bob Castro

Sunday, November 22, 2009

☺ NEAR BROOKLYN 10:00 AM, City Hall, 25 miles

The twin cities of New York & Brooklyn danced with each other for fifty years before the wedding. We'll get some snapshots of that time & others. Then, maybe, end up at a bike friendly pizzeria near Bowling Greene. Leaders: Ed DeFreitas & TBA

Friday, November 27, 2009

POST TURKEY RIDE 9:00 AM, Doughnut Plant, 40 miles

Still full from all the turkey leftovers, sides and pies from the other night? Let's ride around to work off the bird. There aren't many hills but we'll

climb whichever ones we can find before we get to lunch. Lunch just happens to be at one of the best diners in all of Brooklyn. Be sure to bring a lock and lunch lucre. Leaders Danny Lieberman and Richard Brause.

Saturday, November 28, 2009

THE BIKE AS ART Meet 7:40 AM, GCT (for 8:07 train to Darien), 35-40 miles



Brooklyn: Crossing Keyspan Park to Coney Island & Hot Dogs

The Aldrich Contemporary Art Museum in Ridgefield, Ct (<http://www.aldrichart.org>) is hosting "Bike Rides: The Exhibition," and with the advice of musician, artist, and bicycle advocate David Byrne, the exhibition explores the growing relevance of bicycles in contemporary art and culture. Join us for a nice bike ride and visit to see the show. Bring \$26 for train fare and museum admission, MTA bike pass and bike lock. Rain Date Nov. 29. Leaders: Brian Hoberman and TBA.

Sunday, November 29, 2009

☺ HUDSON RIVER MUSEUM 10:00 AM, Plaza Hotel, 30 miles, 12-15 mph

We'll ride through Central Park and up the center spine of Manhattan. We'll cross the Harlem river into The Bronx, follow Broadway through Yonkers and spend a little time on the Old Croton Aqueduct(?) 'til we reach the Hudson River Museum. This is not just a museum. It's also a Mansion and a planetarium, an ecological display of the entire Hudson River and lunch with a view of the Palisades. If you didn't love Our River before....well. So, bring your inquisitiveness, \$ for admission, lunch or money to buy it, lock and MTA Bike Permit in case you have to bag-it. Some hills, road bikes OK. Maybe a bonus additional museum. Visit <http://www.hrm.org/> Leaders: Ed DeFreitas & TBA.

Saturday, December 5, 2009

TIBETAN SOJOURN

10:15 AM South Ferry, Manhattan (board 10:30 ferry), 25 miles

High in the not-quite-mountains of Staten Island lies the Jacques Marchais Museum of Tibetan Art (www.tibetanmuseum.org), containing exhibits on the culture, art, and history of Tibet and its people. On the way there we'll also visit Staten Island's beaches, bikeways, and other points of interest. Bring money for indoor lunch and another \$5 for museum admission. Email leader at eravin@panix.com by day before or check 5BBC BB for last minute changes. Leaders: Ed Ravin & TBA

Sunday, December 6, 2009

☺ FROSTBITE RIDE #1 THE WORLD'S GREATEST PANCAKES
10:00 AM, City Hall, 25 miles

This is the traditional start to our clubs answer to the pending winter blahs. The "Frostbite" series asks the question, if winter is too cold to bike, how come it's not too cold for skiing? We start at City Hall, take the ferry to S.I., follow the west coast, cross the Bayonne Bridge for those delectious pancakes. We'll give our respects to the Lady in the Harbor and end up in Hoboken for the trip across the Hudson and home. NOTE: We have an alternate plan if the weather is bad. Leaders: by Ed DeFreitas & TBA.

Saturday, December 12, 2009

☺ FILLMORE'S, A MEDIOCRE RIDE FOR A MEDIOCRE PRESIDENT
10:00 AM Statue of Virtue Queens Blvd and Union Tpke, 25-30 miles

Join Ed & Liz on our Ride to Fillmore's for lunch. This will be an easy flat ride of through the borough of Queens. We will circle the globe and eat in a pub like atmosphere. Join us on this warm winter journey for a trip and a great lunch at the end of the ride. Bring \$10.00, for a real lunch, bike lock, restaurant is bike friendly & a good attitude. Leaders: Ed Pino, Liz Baum

Sunday, December 13, 2009

☺ FROSTBITE RIDE #2: FLAT ROCK NATURE PRESERVE
10:00AM, City Hall, 30 miles

Aah Nature in Joisey! This privately owned

natural preserve lets us bike to their Nature Center but, only hike their trails. Lunch at a pond. Clothing is not optional. Leaders: Ed DeFreitas & TBA.

Saturday, December 19, 2009

☺ CATCH A WAVE FOR THE HOLIDAYS
10:45 AM, Grand Army Plaza, approx. 15 leisurely miles

It may look like it's time to get out your sled and hot chocolate, but Chris and his surfing dudes have other plans. Williamsburg sees things a little differently. While we see snowmen, they see palm trees, sandy beaches and catching the next wave (yes even in December). Join us for a ride to the Mollusk Surf shop where you'll swear you landed in Waikiki (or at least Rockaway Beach!). Here you'll find out about surfing, both in summer and winter and how surf boards are made. Take a break from hanging holly and simply "hang ten!" Lunch at a local Williamsburg eatery. Rain, snow or icy conditions at start cancels. Leaders: Richard Sanford and Jesse Brown

CHOCOLATE-PANCAKE CYCLE
9:00 AM, South Ferry, 40+ miles
Some hills (e.g. Bayonne Bridge), some busy traffic.

Combine lust for sweets in one ride. We'll head to Staten Island to Superior Confections (www.superiorconfections.com), a chocolate factory with an outlet store. Then head over to Garden State for great non-IHOP pancakes at proverbial Jersey diner. Bring panniers, lock, \$ for buys/lunch/return transport (Ferry or PATH) Get back before dark. Co-listed with NYCC as C12 ride.



Nathan's hot dogs and smiles on Andrea Casertano's (left) early morning ride to Coney Island. Photo by Cheryl Daitch

Leaders: Alfredo Garcia & Phil Goldberg.

Sunday, December 20, 2009

☺ FROSTBITE RIDE #3: XMAS IN

Bikes On Trains



24-hour access, no permit required, \$2 fare each way. Walk bike to station. Enter and exit through service gate. Avoid rush hours. Try to use letter lines (e.g. A, D, E, F) when possible. For weekend email advisories, visit: <http://advisory.mtanyct.info/customerselection.asp>. Read "Bike Safety in the Subways": www.mta.nyc.ny.us/nyct/safety/bike/



Access requires an MTA Bike Permit, as well as fare, good for both trains, available, \$5 fee at:

A) Grand Central Terminal, Metro North window #27 or call 212-532-4900

B) Penn Station, LIRR Information booth or call 718-558-8228

Specific restrictions apply. Note: separate old LIRR and Metro North permits still valid for their respective lines. Web page link for application form:

www.mta.nyc.us/mnr/html/mnrbikepermit.htm

For more information on all MTA trains, visit www.mta.info/bike/



Specific restrictions apply when you take your bicycle on New Jersey Transit. For Bike Program info, please call (973) 762-5100 or visit www.njtransit.com/rg/rg_servlet.srv?hdnPageAction=BikeProgramTo



A permit is no longer required, but there are restrictions. 5BBC trips that use PATH, usually rides on weekends and holidays. For more info, please call (800) 234-PATH or visit www.panynj.gov/CommutingTravel/path/html/rules.html



The Five Borough Bicycle Club wishes everybody--

Happy Holidays

As well as a good season of fun and safe cycling!

Happy Thanksgiving!

Happy Hannakuh!

Happy Kwanza!

Merry Christmas!

Feliz Nativdad!

Happy New Year!

Feliz Año Nuevo!

Manigong Bagong Taon sa Inyong Laha!-(*Happy New Year-Filipino*)

Happy Chinese (Lunar) New Year, the Year of the Tiger (Feb. 14, 2010)
--Xin Nian Kuai Le!



2009: Year of The Rain?

More than a few rides and bike events like the Five Boro Bike Tour, the Montauk Century and the North Fork Century had rains at least in the morning of. One bike event, the Tour de Bronx, was cancelled outright, because of it and scheduling conflicts (e.g. NY Yankees.) Congrats to the riders who rode despite the wet weather, like Dalah del Prado (above) who did our Montauk Century.

THE CLOISTERS 10:00 AM, City Hall, 25 miles

You don't have to be rich as Rockefeller to enjoy medieval art in a monastery setting atop Ft. Tryon Park. Bring lunch for Al Fresco or dine indoors (little pricey but good). Leaders: Ed DeFreitas & TBA.

Friday, December 25, 2009

Christmas Day TEANECK LUNCH

9:30 AM, Eleanor Roosevelt Statue, (W. 72nd Street & RSD), 30 miles, 12 mph, moderate pace

Everyone's got the day off so let's take a ride down tree-lined suburban streets over to Teaneck for lunch at a tasty glatt Kosher restaurant. We'll keep a moderate pace and on the way back we'll break the climb up over the ridge to the bridge into shorter pieces to make it easier. Bring lock, money for lunch and a good appetite. Co-listed with NYCC. RSVP by -mail: dhudes@hudes.org

requested for approximate headcount purposes; showing up at the start unannounced is not a problem unless we get more than 50 people. leaders: Dana Hudes, Jim Zisfein

Sunday, December 27, 2009

© FROSTBITE RIDE #4: XMAS LITES IN DYKER HTS. & DIM SUM

12:30 PM, City Hall, 20 miles

Brooklyn's China Town is no longer a secret. But, it's still a great destination when Dim Sum is desired. We'll check out the Xmas lights atop Dyker Hts. But first, it's Eighth Ave. for lunch. On the way back, we'll take in the Manhattan skyline from Sunset Park. MAKE SURE TO BRING LIGHTS! HOPEFULLY FRONT AND BACK!
Leaders: Ed DeFreitas & TBA

Sunday, January 3, 2009 ANNUAL MEMORIAL RIDE TO FALLEN CYCLISTS

Various meet places, start times TBA

As in previous years, 5BBC will join the New York City Street Memorial Project and other cycling organizations to honor the cyclists who were killed in traffic on New York City Streets. The rides will visit the memorials (white-painted "ghost bikes" with commemorative plaques) created for each of

the cyclists who died on NYC streets in 2009. Check www.5bbc.org the week before this ride. For more information, please see www.ghostbikes.org/new-york-city Leaders TBA

Sunday, January 10, 2009

© FROSTBITE RIDE #5: NEW YORK BOTANICAL GARDENS

10:00 AM, City Hall, 30 miles

Elly Spangenberg's perennial ride. Smell fresh roses at one of the foremost American public gardens. Take a look at the Holiday Train Show. Go to the Enid A. Haupt Conservatory for "A World of Plants" in a warm environment. See www.nybg.org for internet info. Bring a digital camera, lock, \$ for lunch and \$3 admission. Leaders Ed DeFreitas & TBA



Flying high with Rocky Balboa in Philadelphia. Photo by Jasmine Raeford

VOTE IN
THE 5BBC
ELECTIONS!

VOTE IN
THE 5BBC
ELECTIONS!

PLEASE RENEW
YOUR
5BBC
MEMBERSHIP

The print edition of the Bicycletter was taped, labeled and mailed on Wed. 28 Oct. 2009. Thanks to Phil Goldberg, Fred Dieckamp, Eliana Hecht and Mary McNulty, who not only hosted the mailing party in her apartment, she included her husband and two grandsons to help out! Thanks again!

New York Bicycling Coalition News

Reforming the Law— Supporting Safer Streets

By Lindsey Lusher Shute,
Director of Environmental Campaigns,
Transportation Alternatives



Hayley Ng and Diego Martinez were killed on January 22, 2009, when a China Chalet worker left his 9,400-pound delivery van unattended and in reverse on a crowded Chinatown street. The van hopped a curb, crashed into a dozen pre-school-aged children and took the lives of two innocent kids. The investigation into what happened that day brought no charges against the driver. Though the crash itself generated an unusual degree of outrage from ordinary New Yorkers, the lack of prosecution is startlingly common. Every year, thousands of New Yorkers are either seriously injured or killed and the response from our legal system is usually a deafening silence. To fight this and honor the two lives lost on January 22, The New York Bicycling Coalition (NYBC) and Transportation Alternatives are pushing a piece of legislation called the **Hayley Ng and Diego Martinez law** (A.7917/S.5292). Successfully introduced in the State Legislature this spring, it provides both the police and district attorneys with a clear and viable charging option when drivers do not exercise due care. What does “due care” mean? Among other things, it’s not speeding, swerving, crossing a double yellow line making a u-turn, or leaving a vehicle running and unattended. Upon passage, violators of the law will face possible jail time and/or financial penalties for injuring or killing a pedestrian or cyclist. Just as important, advocates will have a new, straightforward law to point to when other innocent pedestrians or cyclists are killed or seriously injured. In addition to existing possible offenses like Criminally Negligent Homicide or

Vehicular Manslaughter, advocates will now be able to call for action when a driver’s behavior does not rise to the level of criminal negligence or recklessness, but clearly has still caused great harm. This law will ultimately provide another tool to help victims’ families and friends obtain justice while creating safer streets.

To learn more about this legislation and other similar laws that will make New York City’s streets safer for all users, visit T.A.’s Legislative Action Center at www.transalt.org/takeaction/legislation

The New York Bicycling Coalition is on the web:
www.nybc.net



NYC Ghost Bikes

www.ghostbikes.org/new-york-city

“The Street Memorial Project honors cyclists and pedestrians that have been killed on New York City’s streets. We seek to cultivate a compassionate and supportive community for survivors and friends of those lost and to initiate a change in culture that fosters mutual respect among all people who share the streets.”

“The project continues the work of various groups and volunteers, who for more than a decade have created memorials for those lost in crashes in New York City, starting with Right of Way’s memorial stenciling project from 1996. The arts collective Visual Resistance began making ghost bikes in June 2005, when a member came across the site of Liz Padilla’s crash minutes after it happened. The project was inspired by similar efforts in Pittsburgh and St. Louis.”

If you’re in New York on Sun. Jan. 3, 2010, brave the elements & attend the Ghost Bike memorial. Visit www.5bbc.org for details on our tie-in rides.



ADVENTURE CYCLING ASSOCIATION

BIKE BITS

ALL BUT FORGOTTEN TODAY, MARGARET GAST WAS AN AMERICAN BICYCLE RACING STAR OF THE 1920'S. BORN IN 1876 IN GERMANY, SHE CAME TO THE UNITED STATES IN 1910 AND BEGAN CYCLING IN 1915. THE HIGH POINT IN HER CAREER CAME IN 1920 WHEN SHE COMPLETED A 2600-MILE RIDE IN 215 HOURS AND 45 MINUTES. LATER SHE TURNED TO MOTORCYCLE RACING AND BECAME KNOWN AS "THE MILE-A-MINUTE GIRL". SHE DIED IN 1968.

Write for free touring information catalog:
Adventure Cycling, Box 8308-NE, Msia., MT 59807

ADVENTURE CYCLING ASSOCIATION

BIKE BITS

IN 1884, THOMAS STEVENS BECAME THE FIRST PERSON TO BICYCLE ACROSS THE UNITED STATES. HIS 103-DAY TRIP ON A HIGH WHEEL COLUMBIA INCLUDED HARDSHIPS NOT IMAGINED BY TODAY'S CYCLISTS, SUCH AS AN ENCOUNTER WITH A MOUNTAIN LION. UNDETERRED, STEVENS WENT ON TO BECOME THE FIRST CYCLIST TO CIRCLE THE GLOBE, COMPLETING THE JOURNEY IN 1886.

Write for free touring information catalog:
Adventure Cycling, Box 8308-NE, Msia., MT 59807

ADVENTURE CYCLING ASSOCIATION

BIKE BITS

BILLED AS AMERICA'S BICYCLE CLASSIC, TOURING OF THE SCIOTO RIVER VALLEY (TOSRV) WAS BEGUN AS A FATHER-AND-SON WEEKEND OUTING IN 1962. OVER THREE DECADES THE OHIO TOUR GREW INTO A 6000-RIDER EVENT THAT HAS BECOME A BLUEPRINT AND INSPIRATION FOR DOZENS OF OTHER BIG TOURS ACROSS THE COUNTRY. THE NATIONAL MEDIA ATTENTION TOSRV RECEIVED IN THE 1960S AND 1970S HELPED MAKE BICYCLING A MAINSTREAM SPORT IN THE U.S.

Write for free touring information catalog:
Adventure Cycling, Box 8308-NE, Msia., MT 59807

5BBC Cycling Miscellany Wonderful & Interesting Tidbits



Cranksgiving is an annual "alleycat" charity race by bike messengers, raising money to benefit the homeless Sat., Nov. 21, 2009, 2PM, Madison Square Park, Manhattan. Visit www.cranksgiving.org for more info.



Photo by Carol Wood

Visit Carol Wood's Baltic Voyage webpage at www.chateaudubois.com/baltic_voyage

Carol toured the Baltic Sea region via a European ship cruise, visiting Denmark, Sweden, Estonia, Russia and Finland. She rode her Brompton bicycle in Copenhagen & Helsinki. You can also see the Esto Velo webpage, created by Estonian cyclists, in the Tallinn, Estonia page.

Baltic Voyage is highly recommended for cyclists wanting to go & ride there.



From Bust Magazine online, Oct. 28, 2009, www.bust.com
Thanks to Marina Bekkerman

This Woman Rocks

In a time where the economy is in the dump and horrendous news stories keep popping up, there is a woman who is perking people up with her never-ending determination.

Lan Yin Tsai, 84, bikes 150 miles (in a straight shot) for multiple sclerosis research every year. Donning a dress and high heels, which is her normal biking outfit, Tsai is a staple at the annual City to Shore ride in New Jersey and is a symbol of hope and perseverance to all that attend.

Tsai's interest in MS began while working at a hospital 26 years ago. While massaging a patient with MS, which, until that point she had only been massaging cancer patients, Tsai learned of the ride and decided to give it a go.

Not only does Tsai participate in the ride, she's a popular member of her local chapter of the National MS Society, continues to practice shiatsu (which she learned in Japan), and runs her own massage business out of her basement.

To be 84 years old and be able to commit yourself to such a challenging feat (hey, I would be seriously hurtin' after that ride), as well as have the drive and energy to continue your own business, hell, this is a fine role model for all.



In the Philippines: the Manila Light Rail system, which is a slight equivalent to our NYC subways, will allow folding bicycles on Line 1 & Line 2 trains. The new access program is The LRTA Bike On Bike Off Project, which was launched Nov. 8, 2009. <http://tinyurl.com/ybpd073> via The Firefly Brigade.



IF you have a contribution for the next 5BBC Cycling Miscellany, email newsletter@5BBC.org



Vintage bike poster on a contemporary bike jersey, for women. \$65 from www.bicyclegifts.com



Colorful 50th State Jersey from the Hawaii Bicycling League, www.hbl.org. \$65-\$75.



Diamond (Diamant) bike alarm clock. \$4 (store)-\$10 (online), from Pearl River Mart, 477 Broadway, in Manhattan or www.pearlriver.com



Limited edition folding MTA Metrobike with 20 inch wheels and subway line stickers. Available from Citizen Bikes. \$299. www.citizenbikes.com. Nice suggestion by Andrea Casertano. Note: this bike will be displayed at the Grand Central Terminal NY Transit Museum Galley Annex & Store.



Want to know how much water you drink from your Camelbak and how much water in the hydration pack you have left? Camelbak offers the Flow Meter, \$30. At bike shops or at the web, www.camelbak.com

Annual 5BBC Bike Gift Guide

Compiled by *Alfredo Garcia, with Marina Bekkerman, Andrea Casertano, Ed Pino plus Susan Rodetis.*



A work of art to ride--the Vanilla "Randonee" custom randonneur-road bike from Vanilla Bicycles from Portland, OR. Details on www.vanillabicycles.com



As seen at the NYC MS bike event, nice & unique t-shirts to be worn off the bike, from Après Vélo via Australia. \$30-\$35. www.apresvelo.com



Photo by Alfredo Garcia.

HOLIDAY WISH LISTS FOR CYCLISTS

By Susan Rodetis

It's wonderful to give, and receive, presents; I love both ends of that process. Here are some additional considerations as we all approach the holiday season:

☺ - Presents can be expensive, and (even more so in these cost-conscious days) I'd always only respond to the "Santa Clauses" of friends / family with things that are in an affordable range (save the latest all-carbon bike model for your own bank account proceeds).

☺ - If giving/receiving a cycling present, it's good to check pretty accurately what the recipient wants /needs /size / model/color, etc. For instance, someone wanting "bike tubes" might need a long valve if they have deep dish rims (ergo a short valve stem wouldn't extend sufficiently to make contact with a pump). Or one desirous of a set of decals for their Colnago bike might really only want a set in white, to match their trim, and not the yellow version of the decals.

☺ - Ordering online can be cheaper /quicker /easier for gift-givers, especially out-of-towners who might not have access to a person's local bike shop (LBS), but do check return policies (shipping costs, length of time, and ease of return). - LBS might be explored if a salesperson knows the customer well.

☺ - If it's a high ticket item I'm really jonesing for - - then I might suggest a gift certificate (for whatever part the gift giver might like to provide) at the vendor of my choice.



Bell "Solar" helmet, \$35 at local bike shops.



Bolle "Parole" multi-lens sunglasses, \$70; RX insert prescription extra. www.nashbar.com



Pro Wind Jacket, \$70 from www.boure.com



LL Bean Comfort jersey for men & women, \$35 from www.llbean.com



Pearl Izumi "Attack" gloves, \$20 for men and women



Pearl Izumi "Attack" shorts (\$75) & "Phase" tights (\$55) at local bike shops or www.pearlizumi.com



DeFeet Ladies' "Herculisa" (\$8) & Men's "Attack" (\$10) socks from www.rei.com



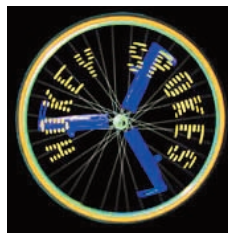
A good cycling shoe for toe clips: the Bontrager "Street" shoe, for men & women. \$99 at local bikes shops or <http://store.trekbikes.com>



Bike Leader & former 5BBC President Ed Pino recommends Bicycle Gifts. He loves the jewelry and tandem (e.g. tandem coat rack, above) selections. Visit www.bicyclegifts.com



The classic Trek 520 steel road touring bike, 2010 model. A bike that more than several 5BBC members own, through the years. \$1250.



Interesting items from Hokey Spokes: Left, GPS cycling computer (yes, GPS) \$125, for a limited time. Maps your bike route via Google Earth. Right, one choice of Hokey Spoke lights on your spokes using different colors, patterns, even text (e.g. 5BBC), for side illumination at night. Prices start at \$29 for a single spoke light. All items available from www.hokeyspokes.com



Catseye HL-EL020 "Hybrid" LED front light uses batteries or recharges from the sun, via solar panel. \$45-\$60. At local bike shops or visit www.catseye.com



Trio of cycle-related gifts from CB2: left, Spoke Mirror recycled bike wheels, \$60; center, recycled bike sculptures by African artisans, \$25; right, Bike Pillow, \$30; CB2 Manhattan store at 451 Broadway, @ Canal & Grand streets, SoHo or visit www.cb2.com.



The misnamed "Mountain Bike 09" toy by Yong Tai is actually a small road bicycle model, with a "Yong Tai-Shimano" plastic frame, matching fenders, low spoke wheelset & training wheels. Cyclist action figure included but looks more like a volleyball player with helmet & other cycling accessories. Rear rack has a battery operated music & light box. For people 3 years and over. Not readily available, but there might be street toy vendors at Penn Station and Chinatown stores selling them. \$10.



Nice & attractive bike jerseys for women, \$98, made by our own Jen Benepe, via her online company, www.hotvelociti.com. Available at some bike shops



Entry level and affordable Trek 1.1 road bike. With quality alum frame, fork and components. \$660. Equivalent woman's specific model available. At local bike shop or www.trekbikes.com.





Road bike with a frame made of bamboo from Ghana, El Salvador, Indonesia or the Philippines, then quality-checked in the US by Bamboosero with components selected by you. \$900-\$2000 est. Frames start at \$430. Mountain and cargo bike frames available. Visit www.bamboosero.com.



From 5BBC Member, Marina Bekkerman: Handcrafted Warmth and Style for You or Your Favorite Bicyclist! Custom-made hand-knit ear warmers hook into your helmet straps. \$25-30 (depending on materials). One-of-a-kind crocheted pant guards with either velcro or button closure, made with bright and sparkly yarns for visibility \$15 each/ 2 for \$25. Tell me your favorite color / colors & whether you're allergic to wool, when you place your order. MarinasKnittery@gmail.com | www.MarinasKnittery.etsy.com.



Transend LX hybrid bicycle, good for commuting, from Giant. With fenders, disc brakes and rear rack. Women's model available. \$600. www2.giant-bicycles.com



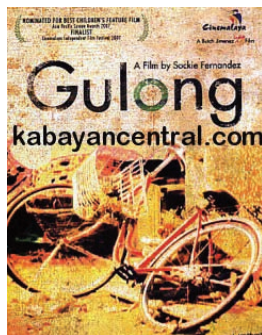
The roomy and retro Carradice Super "C" saddlebag. \$130. From NYC-based Velofred.com webstore, mentioned by Sunice via 5BBC bulletin board



An advocacy yellow jersey, asking drivers to share the road safely with cyclists. \$60 from www.3feetplease.com



Sarah Reinertsen tells her inspirational story of losing a leg at an early age and training as a cyclist, a runner and a swimmer for the Ironman Hawaii triathlon, with an artificial limb. \$25



The Bicycle (Gulong). Two cousins in the Philippines scrape and scheme to buy the used bicycle they dream of riding to spend their summer visiting a fishpond. Nominated for Best Children's Feature of the 2007 Asia Pacific Screen Awards, Australia. In Tagalog with English subtitles. \$20. Available from www.cinefilipino.com or possibly from your local Filipino store somewhere in NYC or NJ.



Unicycling anyone? Start with the Nimbus II 20-inch model, \$215. Other models (e.g. touring), accessories, gear available at www.unicycle.com, from Marietta, GA.



Fixed: Global Fixed Wheel Bike Culture by Andrew Edwards & Max Leonard. \$25. Authors discuss fixed-gear cycling around the world.



Sleek carbon fiber Specialized "Robaix Triple" road bike with Shimano 105 components & 32-spoke wheels. \$1900. A smooth speedy ride for the quick-spin cyclist. Available at local bike shops. www.specialized.com



Ancient cycling comes alive with a replica of the 1890s "Superior" penny farthing bicycle. Prices start at \$900. Available from the Alameda, CA Rideable Bicycle Replicas shop. Visit www.hiwheel.com



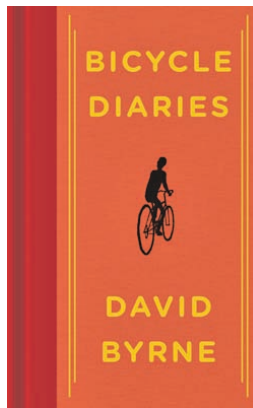
Two great bike pumps from Topeak: The "Sprint" floor pump, \$48, use to inflate tires before you ride and the "Road Morph G" frame pump, \$40, to inflate new tubes after a flat tire. At local bike shops.



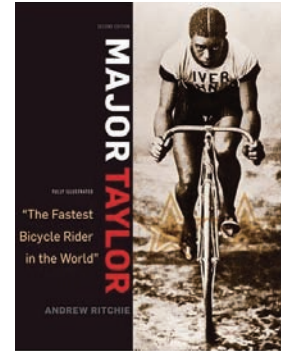
A couple of bike jerseys with bridge motifs: the Staten Island Bicycle Association jersey of the Verrazano bridge. Visit www.sibike.org. Membership required to buy jersey. Below is the Golden Gate jersey in San Francisco, CA. \$85 from www.bikeingthings.com



Croatian edition-- title translated as *Biciklistički Dnevnik*



British edition in the UK.



2nd edition of Andrew Ritchie's bio on Major Taylor is expanded with photos of the first African-American bike racer. \$40.

Former Talking Heads band member David Byrne, is also a lifelong cyclist who rides alot in the Big Apple. He just released "Bicycle Diaries," writing about bike touring and traveling to cities in countries such as the Philippines, Argentina, Turkey, England, as well as New York City. Not your usual book on cycling. \$26. At your local bookshop or at his website at www.davidbyrne.com. Note: this book will be released in Croatian, Russian, Spanish, Portuguese, Polish, Italian, German, etc....



This Camelbak hydration pack, the Shredbak for men, is actually a vest with storage for water and a drinking tube. \$200. www.camelbak.com



Lynette Chiang looks great with her 3-in-1 Traffic Cone bag, on and off the bike. So can you. Bag made locally in NYC. Choice of 13" or 15" width. Reversible in orange or black. \$60. Available from www.galfromdownunder.com



A hydration pack with a US Army camo pattern and other military specs. The 100-oz Camelbak ThermoBak 3L, \$70. Available at Kaufman's Army & Navy store in Manhattan's 319 W. 42nd St. or www.camelbak.com



Lonely Planet, travel book publishers & travel info source, has revised their distinctive guides to cycling in Australia, Britain, France, Italy and New Zealand. All books are great reads in planning your tour in these countries. \$25 each. In bookstores or www.lonelyplanet.com



Vietnam Long Time Coming, a 1998 documentary film about US Vietnam War veterans returning to cycle with Vietcong counterparts. They embark on a 16-day, 1,200 mile journey, from Hanoi to Ho Chi Minh City and deal with the past. It's not that easy. Senator John Kerry and Tour de France champion Greg LeMond join in. \$26. www.amazon.com



If you're a bike cop or work in law enforcement, you can get this Fuji Patrol Police bike with disc brakes, helmet, rear rack & bag plus dual strobe lights. \$700, from www.policebikestore.com

Scenes from 5BBC Weekend Trips

Cape Cod, MA
 Sept. 4-7, 2009
 Leaders: Ted Kushner &
 Fred Dieckamp



After all the lovely cycling, the mouth watering meals, the beaches, the bike paths, this Cape Cod group was still going strong. Photos by Peter Morales.



Sea Gull Century
 Salisbury, MD
 Oct. 9-11, 2009
 Leaders: Steve Sakson
 & Wentworth Price



With nearly all trippers and leaders cycling 100 miles at the Sea Gull Century, the group are all smiles, expressing the joy, the riding, pleasant surroundings and good memories. Seen here are Eliana Hecht, Ken Coughlin, Peter Engel, Lee Ilan, Andrea Mercado, Steve Sakson, Wentworth Price and photographer Peter Morales. The 5BBC has done this tie-in weekend trip for at least ten years, appealing to its members.



Peter Engel & merry band of 2-wheelers. Photo by Lee Ilan.



Strange type of two-headed cyclist. Photo by Peter Morales.

Many thanks to leaders Ted Kushner, Fred Dieckamp, Wentworth Price & Steve Sakson who made these trips possible and to 5BBC Weekend Trips Coordinator Fred Dieckamp, again, for advance planning, hard work and elbow grease. See you next year!



ON THE RECORD

5BBC Executive Board Meetings & General Meeting Highlights

HIGHLIGHTS OF THE JULY 13, 2009 BOARD MEETING

Meeting held at Brian Hoberman's house.

Present:

Barry Hartglass, Brian Hoberman, Leila Rinehart, Fred Dieckamp, Ed Ravin, Bob Castro, Phil Goldberg, Alfredo Garcia. Also "present" via Skype: Andrea Casertano, Katie Marion and Joe Candelaria

Upcoming Summer Streets : 5BBC will be doing outreach at table at each of three dates: Aug 8, 15, 22)

HIGHLIGHTS OF THE AUG. 26, 2009 BOARD MEETING

Meeting held at the Downtown Alliance Business improvement District (BID)

Present: Ed Ravin, Andrea Casertano, Joe Candelaria, Brian Hoberman, Fred Dieckamp, Katie Marion, Steve Jackel, Phil Goldberg, Bob Castro, Leila Rinehart, & Alfredo Garcia

Special Events: Montauk 2009. Volunteer Party scheduled for Tues., Aug. 4, 2009, food, drinks all set. Ride technically a success. All volunteer positions were filled.

Weekend Trips: Hyde Park sold out, Bash Bish Bash 10 sign ups. Cape Cod 4 sign ups. Sea Gull 2 sign ups.

Communications: Summer Streets coming up. 1/2 page flyer done. Volunteers for Aug. 15 light. Team Leader for each day should print own copies of flyers. Jim Zisfein will do 1st Sat. ndrea, Beth, Steve Bauman, Bob & Phil will do Aug. 8. Leila, Ed and Phil G. will do Aug. 15

Bike Course: Aug. 23 RAB, Mark Plaut will do class on derailleurs and brakes. 10 people

signed up with non-refundable donation to RAB. Last minute sign ups will be accepted.

Newsletter: Lincoln Tunnel ride is back on. Alfredo will make announcement.

Montauk 2010: Joe looking into event Manager. Talked to a couple of people. To get permits for S. Hampton and E. Hampton will be looking for more insurance next year.

Motion: BH moves to authorize that the Special Events Coordinator pursue interested potential vendors for a 1-year contract with the club for Montauk 2010 with the option to renew for subsequent year. SJ seconded. Motion passed.

Nominating Committee: Ed Ravin will remind the Board members who volunteered for the Committee in December to start canvassing for 2010 Board nominations.

HIGHLIGHTS OF THE SEPT. 14, 2009 BOARD MEETING

Meeting held at the Downtown Alliance Business Improvement District (BID)

Present:

Ed Ravin, Barry Hartglass, Sharon Behnke, Alfredo Garcia, Catherine Marion, Danny Lieberman, Andrea Casertano, Fred Dieckamp, Bob Castro.

Programs – next General Meeting is Sept 21st at the EMS store in SoHo. EMS has indicated a strong interest in co-marketing with 5BBC; possible sponsorship options for the Montauk Century, using store as start-line for dayrides, etc.

Weekend Trips – Successful Cape Cod trip went out with 9 trippers; next trip will be Seagull Century, still room for sign-ups.

Day Trips – Andrea reported TA training ride series worked out pretty well. Day ride schedule is shaping up.

Leadership – Katie reported Fall leadership class was in progress. Will be calling for leaders to participate in the Sept 19th day ride. Katie proposed a social event be organized for the club's leaders as a way of encouraging participation/renewed commitment to the club.

Montauk 2010: Ed thanked Bob for updating the current contract for the 2010 event manager.

HIGHLIGHTS OF THE 5BBC GENERAL MEETING, OCTOBER 19, 2009, 6:30 PM, WOOLWORTH TOWER KITCHEN

* Sharon Behnke and Barry Hartglass gave a talk on their trip across Nova Scotia.

* Ed Ravin announced official candidates for the 2009 5BBC Executive Board:

President

- Sharon Behnke

Vice-President

- Jim Zisfein

Treasurer

- Bob Castro

Corresponding Secretary

- Brian Hoberman

Recording Secretary

- Robert Eberwein

Day Trips Coordinator

- Ed Ravin

Weekend Trips Coordinator

- Fred Dieckamp

Leadership Coordinator

- Katie Marion

Newsletter

- Alfredo Garcia

Special Events (Contested)

- Phil Goldberg vs. Joe Candelaria

Communications Coordinator

- Andrea Casertano

Programs Coordinator

- Barry Hartglass

Bike Course Coordinator

- Dan Finton

An informal discussion of the Club's future followed.

**Bike Virginia, The Journey Through Hallowed Ground.
June 19-24, 2009. Photos by Debbie Friedman**



Statue of American statesman Thomas Jefferson



The theme for the 22nd annual Bike Virginia will be The Journey Through Hallowed Ground, in concert with the Journey Through Hallowed Ground Partnership. Bike Virginia is Virginia's largest cycling event, a fully-supported, 5-day tour with as many as 2000 riders. It is held in a different part of the state each year, with a different theme to highlight Virginia's heritage and culture.

Take the "Tour", Join Bike Virginia for our 22nd annual tour. This year we will enjoy 5 days of cycling on the beautiful roads in and around Charlottesville, Culpeper and Orange, Virginia.

Bike Virginia's website is:
www.bikevirginia.org



Editor's Note: I have done Bike Virginia in 2002 with a group of nice folks from the Staten Island Bicycling Association (SIBA).

Next year's Bike Virginia will be held from June 25-30, 2010.

Congrats Debbie for riding Bike Virginia and sharing your photographs there.

RAGBRAI -- Register's Annual Great Bicycle Ride Across Iowa, July 19-25, 2009.



How did you get interested in RAGBRAI?
I heard about RAGBRAI from other club members. They had done it previous years and had such a good time they were doing it again this year.

Have you done other out of state bike events?
No, Not other out-of-state rides, but I did do the Erie Canal ride, which crosses New York state (Buffalo to Albany.)

What impressions you have about Iowa?
The terrain was a lot hillier than I thought it was going to be.

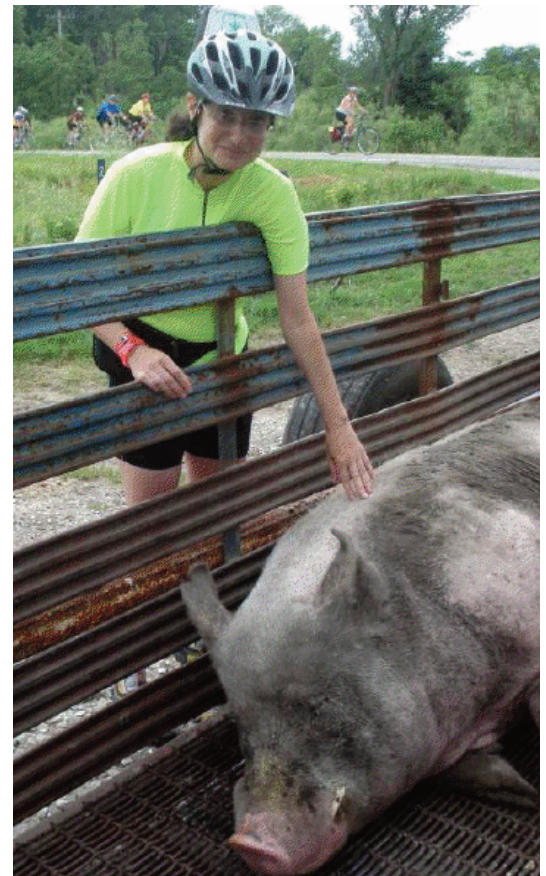
How did you thought about taking pictures of the hogs?
(It's a Boar, a male hog). His name is Harry and he weighs over 900 lbs.

Who were your fellow Big Apple cyclists who accompanied you?
Ron Grossberg & Scott Rodabaugh (NYCC) Michael Neuberger (5BBC) and Peter Morales (NYCC/5BBC).

What was your favorite photo you've taken at RAGBRAI?
Probably the one of me petting the Boar. There was a sign along the road "big boar ahead." I had to stop.

What was the feeling on the last day of dipping your bike wheel into the river?

Yay! I did it!



With Harry.



A 7-Day, 442-mile Bike Ride Words & Photos by Cheryl Daitch



Cheryl dipping her bike, in triumph, into the Mississippi River Gateway Bridge, Iowa-Illinois.

From the RAGBRAI 2009 Website, www.ragbrai.com

RAGBRAI®, The Register's Annual Great Bicycle Ride Across Iowa®, is an annual seven-day bicycle ride across the state. Heading into its 38th year, RAGBRAI is the oldest, largest and longest bicycle touring event in the world.

In the beginning, no one imagined that RAGBRAI® would become the Iowa tradition it is now. We at The Des Moines Register thank all the riders who have joined us over the years. We especially wish to thank the thousands and thousands of volunteers in the towns we've visited along the way for their tireless work to show RAGBRAI riders the hospitality that has made our ride world famous.

RAGBRAI is a bicycle ride, not a race. It started in 1973 as a six-day ride across the state of Iowa by two Des Moines Register columnists who invited a few friends along. It is held the last full week in July. RAGBRAI is planned and coordinated by The Des Moines Register, and riders who participate in RAGBRAI understand that they do so at their own risk.

The RAGBRAI route averages 472 miles and is not necessarily flat. It begins somewhere along Iowa's western border on the Missouri River and ends along the eastern border on the Mississippi River. We change the route each year and announce the overnight towns in late Jan./early Feb. in The Des Moines Register and on our website.

RAGBRAI is limited to 8,500 week-long riders and 1,500 day riders. Entries can exceed the number of riders allowed, so a random lottery takes place after all of the entries are entered.

Past & Present 5BBC Members such as Manny Sanudo, Peter Morales, Phil Goldberg, Jennifer Powell and Glen Goldstein, as well as Cheryl has done RAGBRAI. Maybe you can be one of them.

The next year's RAGBRAI event is set for July 25-31, 2010.

Congrats Cheryl & thanks for sharing your unique cycling experience.

Ads by Members



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Cycling Risk Assessment Study

The New York Cycle Club, is conducting a worldwide bicycle accident survey. The results will be published as part of a cycling risk assessment study that will be made freely available to the public at the conclusion of the survey. It is for educational & advocacy purposes. The survey contains dozens of data points and its design is streamlined to have folks get through the survey as quickly and efficiently as possible. Please visit www.nycc.org/ras/

Thanks,
Peter O'Reilly
New York Cycle Club

Tel: 917.699.7193
Fax: 212.563.9870

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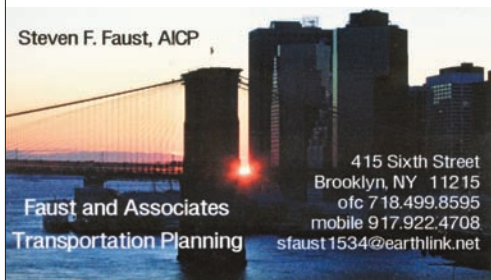


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Friday Night Kripalu Yoga!

Kripalu yoga encourages self-compassion, a flowing breath, and being present in the body as you choose your level of physical intensity. Both beginners & experienced students are invited to an evening of movement and inspiration.

Breathe, Relax, Feel, Watch & Allow

Mats available, but bring a towel to keep them clean. Wear or bring loose, comfortable clothing. \$15 per class, or \$80 for six.

Where: 122 East 25th St. (Essential Therapy, bet. Park & Lex)
When: Friday nights, 6:30-8:00 PM
Info: 212-591-1213 or www.nykripalu.org



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Bike Events on Tap



Maui Century (Hawaii)
Sun. 22 Nov..2009
Maui Bicycle Club
100, 75, 50, 25 miles
www.mauibicycleclub.org



HI-USA Christmas Bike Trip
San Diego, CA
6-day/400 miles
2 6-31 December 2009
www.sandiegohostels.org



Vuelta de los nueve faros
Lighthouse Cycle Tour of Puerto Rico
3-day/375 mile ride 5-7.February. 2010
www.vueltapr.com TOUGH RIDE



Five Boro Bike Tour
Bike New York
Sun. 6 May 2010
www.tourdebrooklyn.org



Montauk Century
Five Borough Bike Club
Sun. 17 May 2010
www.5bbc.org



Bloomin' Metric Sound Cyclists
Sun. 23 May. 2010 www.soundcyclists.com



Tour de Queens
Sun. 11 July. 2010
www.tourdequeens.org



NYC Century Bike Tour Trans. Alternatives
Sun. 13 Sept. 2010 www.transalt.org



Tour de Brooklyn
Sun. 6 June 2010
www.tourdebrooklyn.org

Important Note: Listings of these events that are not sponsored by the 5BBC do not constitute or imply endorsement by the Five Borough Bicycle Club.



Announcing the 2009 Holiday Party

For Members & their guests

Woolworth Tower Kitchen
233 Broadway, New York, NY
Entrance on Barclay Street

*** Bicycles Welcome ***

Saturday, December 5, 2009

7:30 p.m. - 11:30 pm

*Reservations: \$20 per person
\$30 per person at the door

		Buffet		
Soda	Wine	Beer	Coffee	Dessert

*** Raffle *** Door Prizes ***

Cash Bar

Reservations may be made via Active.com (see 5BBC.org for link) for a small handling fee or mail form below with check payable to Five Borough Bicycle Club, 891 Amsterdam Ave, NY, NY 10025. If you have any questions or require special accommodations, please contact the Programs Coordinator at programs@5bbc.org. Barry Hartglass, Programs Coordinator (917-673-6223)

5BBC Holiday Party Reservation

Name _____ # reservations _____ X \$20 = _____

Address _____

Phone # _____

This form & payment must be received by Thursday, Dec. 3, 2009

Membership, Trips, Classes & Store

General Information *(Please print)*

 First Name M.I. Last Name

 Address Apt.

 City State Zip

 Email Address

 Day Phone Evg. Phone

2nd member's name if dual membership (two members at same address) or if 2nd tripper on weekend trip.

 First Name M.I. Last Name

 Email Address

 Day Phone Evg. Phone

Personal Preferences

Required for 5BBC Membership

The 5BBC does lots of things for you, but there are some things you may not want us to do. Please put a check mark next to the things you don't want us to do. (Applies to both members if dual membership)

- Do not list snail mail address in the 5BBC roster.
- Do not list email address in the 5BBC roster.
- Do not list phone numbers in the 5BBC roster.
- Do not share name, address, etc. with other bike clubs or cycling organizations.
- Do not send weekly email on current 5BBC rides and events.
- Do not send newsletter by snail mail. I'll download it faster from the "Member's Only" page on the 5BBC web site (www.5BBC.org) and save a small tree or sapling.

Waiver and Release of Claims

Required for 5BBC Membership

In consideration for your acceptance of my application for membership in the Five Borough Bicycle Club (the Club), I, the undersigned, for myself, my heirs, executors, administrators and assigns, waive and release any and all claims for damages, for death, personal injury or loss of property which I may have or which may accrue to me as a result of my participation in Club activities.

I discharge and release the Club and all other sponsoring organizations, their respective agents, boards, commissions and any involved municipalities, employees and representatives of the foregoing, from all liability arising out of or connected in any way with my participation in Club Activities, whether or not caused by the negligence of any of the above parties. I acknowledge that bicycling and other activities of the Club involve risks, and I voluntarily assume all risks of loss, damage or injury that may be sustained while participating in Club activities.

I attest that I am sufficiently trained for bicycling and I recognize that bicycling can be physically demanding. I acknowledge the Club's recommendation that I consult with a physician regarding the advisability of my participation in Club activities. I understand and agree that medical or other services rendered to me by or at the insistence of any of the above parties are not an admission of liability. I understand that serious accidents may occur during Club activities and participants may sustain mortal or serious injury. Nevertheless, I agree to assume these risks and to release and hold harmless all of the parties mentioned above.

I understand that I may be photographed during Club rides or other Club activities. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by any of the parties mentioned above.

I attest that the equipment I will use in Club activities is in good mechanical condition. I agree to wear a CPSC or Snell approved helmet while participating in Club-sponsored bicycle rides. I have read and understand everything written above and I voluntarily sign this agreement.

 Signature, 1st Member Date
 Check here if under age 18

 Signature, 2nd Member Date
 Check here if under age 18

If a member is under age 18, parent's or guardian's signature is also required.

Agreement by Parent or Guardian of a Minor
 I attest that I am the parent or guardian of the minor child applying for Club membership. I have read and understand the membership application and waiver and release of claims above and agree to its terms on behalf of myself and the child in consideration of his or her being allowed to participate in Club activities. Further, I fully understand that the child will be bicycling on public roads, in traffic. I further attest that I will maintain the equipment the child will use in Club activities in good mechanical condition.

 Parent's or Guardian's Name (Please print)

 Parent's or Guardian's Signature Date

Payment

5BBC Membership

Individual \$20, Dual \$25.....\$ _____

Dual Membership: two persons at same address. All memberships expire on Dec 31 of the year you join or renew, except those who join after Oct 1, in which memberships expire Dec 31 of the following year.

Weekend Trips

Name of Trip _____
 Number of Trippers ____ @ \$ ____ /Tripper\$ _____
 See trip listings for prices. For insurance reasons all trippers must be 5BBC members.

Bike Course - Name of Class _____

Date of class _____ \$No Charge

Five Icon Jersey

Indicate quantity and size.
 ____ Men Out of Stock
 ____ Ladies (Circle One) 8 10 14
 Total qty. ____ @ \$60 each\$ _____

Lady Liberty Jersey - CLOSEOUT SALE

Indicate quantity and size.
 ____ Men (Circle One) XXL
 ____ Ladies (Circle One) M L XL
 Total qty. ____ @ \$40 each\$ _____

5BBC Patches

Total qty. ____ @ \$4 each\$ _____

Total Payment.....\$ _____

Make check or money order payable to **5BBC** and mail to:

Five Borough Bicycle Club
891 Amsterdam Avenue
New York, NY 10025

Rev. 12/18/08

5BBC Membership Card and Participating Bike Shop Discount List

Below you'll find your Five Borough Bicycle Club membership card. Make sure your mailing label is on the other side (with the new expiration date), then just cut it out. Laminate it if you wish, and keep it somewhere safe. Show it at any of the shops listed below for a discount on many items. Thanks to Kent Mark and Leila Rinehart for expanding this list for **5BBC members like you.**

Flash your 5BBC Membership Card at these Bike Shops

BRONX

Westchester Bike Pro Shop
2611 Westchester Ave.
Bx, NY 10461 718-409-1114
www.westchesterpro.com

BROOKLYN

Bay Ridge Bicycle World
8916 3rd Ave. Bklyn, NY 11209
718-238-1118
www.bayridgebikes.com

Bicycle Station

560 Vanderbilt Ave
Bklyn, NY 11238 718-638-0300

Fulton Bikes

1580 Fulton Street
Bklyn, NY 11213 718-778-2887

Kensington Cycle Works

140 Ocean Parkway
Bklyn, NY 11218 347-635-4645
www.kensingtoncyclegroups.com

On The Move

400 7th Ave.
Bklyn, NY 11215 718-768-4998

Roy's Sheephead Cycles

2679 Coney Island Ave.
Bklyn, NY 11235 718-646-9430
www.roysbikes.com

Verrazano Bicycle Shop

7308 5th Ave
Bklyn, NY 11209 718-680-6521

MANHATTAN

A Bicycle Shop

163 W 22 St. NY, NY 10011
212-691-6149 a-
www.bicycleshop.com

B-Fold (Folding bikes)

224 E 13th St. (2nd-3rd Aves)
NY, NY 10003 212-529-7247
www.bfold.com

Bicycle Habitat

244 Lafayette St
NY, NY 10012 212-431-3315
bicyclehabitat.com

Bicycle Renaissance

430 Columbus Ave. (81st St)
NY, NY 10024 212-724-2350
www.bicyclerenaisance.com

Champion Bicycles

896 Amsterdam Ave (103-104 Sts)
NY, NY 10024 212-662-2690
www.championbikes.com

Chelsea Bicycles

156 W 26th St. (6th-7th Aves)
NY, NY 10001 646-230-7715
www.chelseabicycles.net

City Bicycles

315 W 38 St NY, NY 10018
212-563-3373
www.city-bicycle.com

Conrad's Bike Shop

25 Tudor City Place
NY, NY 10017 212-697-6966

Continuum Cycles

199 Ave. B (12th-13th Sts)
NY, NY 10009 212-505-8785
www.continuumcycles.com

Gotham Bikes

112 W Broadway
NY, NY 10013 212-732-2453
www.togabikes.com

Larry & Jeff's Bicycles Plus (1)

1400 3rd Ave. (79-80 Sts)
NY, NY 10021 (212) 794-2929
www.bicyclesnyc.com

Buddy's Schwinn Bicycle

79-30 Parsons Blvd,
Flushing, NY 11366
718-591-9180

Peak Mountain Bike Pro Shop

42-42 235th Street
Douglaston, NY 11363
718-225-5119
www.peakmntbike.com

Valley Stream Bicycle

95 E. Merrick Rd.
Valley Stream, NY 11580
516-825-8181
www.valleystreambicycle.com
Visentin Bike Pro Shop
51 Pine Hollow Rd., Rte. 106
Oyster Bay, NY 11771
516-922-2150
www.visentinbike.com



Larry & Jeff's Bicycles Plus (2)

1690 2nd Ave. (87-88 Sts)
NY, NY 10128 212-722-2201

Midtown Metro Bicycles

360 W 47th St NY, NY 10036
212-581-4500
www.metrobicycles.com

NYC Velo

64 Second Ave. (4th St)
NY, NY 10003 212-253-7771
www.nycvelo.com

Sid's Bike Shop

235 E 34th Street NY, NY 10016
212-213-8360
www.sidsbikes.com

Victor's Bike Repair

4125 Broadway (174 St)
NY, NY 10032 212-740-5137

QUEENS

Arc De Triomphe Bicycles

114-01 Jamaica Ave.
Richmond Hill, NY 11418-2443
718-846-2099

Bellitte Bicycles

169-20 Jamaica Ave.
Jamaica, NY 11432
718-739-3795
www.bellbikes.com

Bicycle Barn

107-34 Springfield Blvd
Queens Village, NY 11429
718-479-3119

Bike Stop

37-19 28th Ave
Long Island City, NY 11103
718-278-2453

Bill's Cyclery (1)

63-24 Roosevelt Ave
Woodside, NY 11377
718-335-1906
www.ubuybikes.com

Bill's Cyclery (2)

108-11 Liberty Ave.
Richmond Hill, NY 718-641-1880

Spin City Cycle

110-50 Queens Blvd
Forest Hills, NY 11375
718-793-8850
www.spincitycycle.com

Spokesman Cycles

49-04 Vernon Blvd.
Long Island City, NY 11101
718-433-0450
www.spokesmancycles.com

LONG ISLAND

The Bicycle Planet

540 Jericho Turnpike
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www.thebicycleplanet.com

Bike Discounters (1)

2503 Middle Country Rd.
Centereach, NY 11720
631-471-3230
www.thebikeoutlet.com

Bike Discounters (2)

287 Portion Rd.
Ronkonkoma, NY 11779
631-737-9282

Brands Cycle Center

1966 Wantagh Ave.
Wantagh, NY 11793
516-781-6100
www.brandscycle.com

Carl Hart Bicycles

620 Middle Country Rd.
Middle Island, NY 11953
631-924-5850
www.carlhart.com

Sayville Bike Works

75 Main St.
West Sayville, NY 11796
631-589-0009

South Shore Bicycle & Fitness

1067 Broadway
Woodmere, NY 11598
516-374-0606
www.southshorebicycle.com

WESTCHESTER

Bicycles Unlimited

141 East Main St.
Elmsford, NY 10523
914-592-7979

Pelham Bicycle Center

109 Wolfs Lane
Pelham, NY 10803
914-758-3338
www.pelhambikes.com

Sierra Cycles

46 Garth Rd.
Scarsdale, NY 10583
914-725-8333

CONNECTICUT

Baybrook Bicycles

243 Captain Thomas Blvd
West Haven, CT 06516
203-933-4576
www.baybrookbicycles.com

College Street Cycles

252 College St.
New Haven, CT 06510
203-865-2724
www.collegestreetcycles.com

Newington Bicycle

1030 Main St.
Newington, CT 06111
860-667-0857
www.newingtonbike.com

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Bicycle Tech

246 Main St. Lincoln Park, NJ
07035 (973) 768-4998

Bicycle Workshop

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www.bicycleworkshop.com

Marty's Reliable Cycle

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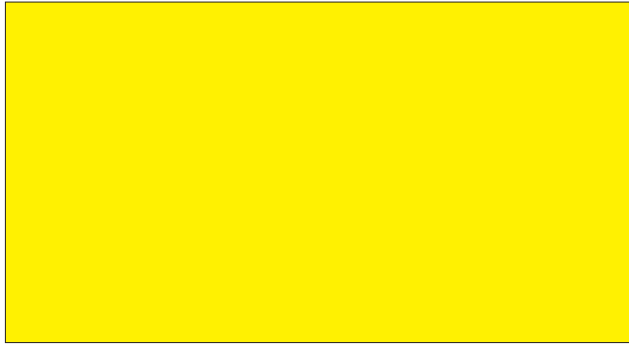


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www.5bbc.org

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Leader Andrea Casertano, MS NYC Bike Tour marshal. 6 Oct. 2009. Photo by Alfredo Garcia.



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About the Five Borough Bicycle Club

The Five Borough Bicycle Club is a nonprofit association, encouraging people to enjoy the sport of non-competitive cycling, through our bike rides, weekend trips and general meetings. The club is located at the New York International HI-AYH Hostel, along with the HI-AYH-affiliated Ski Club of New York. Bicycle club programs include bicycle trips, education, and special events. General Meetings are open to the public and usually held monthly. Please check the Bicycletter and the website www.5bbc.org for exact dates and locations. You can also contact the Five Borough Bicycle Club Programs Coordinator at programs@5bbc.org.

Executive Board Meetings, which are open to club members who have contacted the club President or Vice President prior to the meeting, are usually held on the first Monday of each month.

Five Borough Bicycle Club membership is \$20, or \$25 for 2 members of the same household, is valid through December 31, 2009*

*Membership initiated after October 1, 2009 is valid through December 31, 2010.

Submissions to the Bicycletter are heartily encouraged, on CDs, flash drives or even 3.5" diskettes, accompanied by hard copy; or email newsletter@5bbc.org. Please limit articles to 300 words. Classified ads are free to members.

Views expressed in the Bicycletter do not necessarily reflect those of the 5BBC.

Deadlines for submissions to the Bicycletter are usually the first day of the month prior to the issue. Submissions may be edited for clarity and/or space. The deadline for submissions for the January-February 2010 issue is:

Monday 7 December 2009

Bicycletter
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Bicycletter November-December 2009
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Editor: Alfredo Garcia

The Bicycletter is a bi-monthly publication of the Five Borough Bicycle Club, with offices at 891 Amsterdam Avenue, Room 002, New York, NY 10025-4403.

Contacting Us

The 5BBC has no office hours or phone number at this time.

E-Mail: info@5bbc.org

For Bike New York, call directly:
 (212) 932-BIKE

The 5BBC is affiliated with Adventure Cycling, the League of American Bicyclists (LAB), the New York Cycling Coalition (NYCC) & the New York City Bicycle Safety Coalition.



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