

B I C Y C L E € € R™

A bimonthly publication of the **Five Borough Bicycle Club**

(Photo: Nancy Asquith)



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Message from the President

I can't believe that a whole year has gone by.

As I start my second term as president of this club, I would like to review what we, the Five Borough Bicycle Club, have accomplished during the past year:

- We had over 111 day trips go out. Specifically, over 1,904 day trippers traveled over 76,897 miles.
- We had 10 Weekend Trips, with 125 trippers seeking longer biking adventures.
- We had our best year ever with bicycle repair classes. Over 90 people took one of the 8 repair classes offered; in fact, the demand allowed us to institute Saturday morning classes.
- We had a very successful Montauk Century.
- We designed and produced two new designs for our club jersey and patch.
- We had 11 general meetings with programs that took us to Italy, Cuba, France, China; other programs included bike fitting, movies and picnics.

In short, I would say we had a good year in 2003. I want to thank the entire Board of Directors and all of you who participated in activities.

Now, welcome to 2004.

I hope that what we did last year inspires you to get more involved with the club. There's a lot you can do. Go for a ride. Take a bike repair class. Take the leadership training class. If you're already a leader, please lead more rides, or get back into it – we miss you. Volunteer as a marshal in Bike New York. Volunteer for the Montauk Century ride. Take a weekend trip out of the City. Come to our meetings, and meet more of our members. See the world by bicycle, and tell us about it. Write an article for our newsletter. Join us for our newsletter mailing pizza parties.

As you can see, there is plenty to do and we can sure use your help. If you have any ideas that you would like to see this club do, or get involved with yourself, please feel free to contact me at President@5BBC.org.

So have a great biking year, have fun and I will see you on the road.

Ed Pino

Two-Wheeled Wondering

Hi, I'm Peter Engel, the 5BBC *Bicycletter* newsletter editor for 2004.

I've been a 5BBC member since 1995. I love riding, and that's how I've come to know many of you: day rides, weekend trips, club meetings, holiday parties, the Times Up! Moonlight rides, six Montauk Centuries, and the 12 times I've been in Bike New York as a marshal or rider. I hope to get to know even more of you this coming year.

Longtime 5BBC members know that the *Bicycletter* underwent a redesign a little while back to make it clearer, easier to read and more informative. While Graphic Designer Jane O'Wyatt and I may make some refinements along the way, our basic approach won't change. We're going to tell you everything we can about the great riding, places, people and even some of the issues that make bike culture in New York City so much fun. And please help us out — we're always on the lookout for great biking stories, and pictures!

The best way we can determine how well the 5BBC, and *Bicycletter*, is serving you is to get your feedback. That's why I need to ask you about the paper you are holding in your hands. More specifically, can we send it to you electronically?

A major part of your annual dues go towards printing this newsletter. Each member of the 5BBC Executive Board now receives a copy of this newsletter by email, in the PDF format that's a free download for all MacIntosh and PC computers. So, here is what I'd like you to answer:

- Would you prefer to get this newsletter electronically?
- If so, in what format?
- If not, why should we stick with paper?

Less paper could stretch your member dues further for better rides, more training, more special events, and more club resources, like the carrying case – so you can have even more bicycling adventures. This is a decision the 5BBC Executive Board wants to make gradually. So, let's do this right! Please let me know what you think – write me at newsletter@5BBC.org.

See you on the tarmac!

Peter Engel

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☺ Don't Worry, Be Happy!

Looking to get into or return to cycling? It's not too late. The 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—has adequate tire pressure and brakes that work well. Carry at least one spare tube, tire irons, a pump, a patch kit and a lock. Most important: wear a helmet approved by either ANSI or Snell. Ride smart, and have an 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 helmet approved by either ANSI 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.

Day Trip Meeting Places

City Hall Just south of Chambers and Centre Streets, directly across from Brooklyn Bridge entrance at the statue of Horace Greeley, Manhattan. Subways: 1 2 to Park Place, N R to City Hall, 4 5 6 to Brooklyn Bridge/ City Hall, J M Z to Chambers Street.

Cunningham Park Union Turnpike at 196 Place, Queens. From 179 Street, last stop on F train: left on Midland Parkway, left on 188 Street, right on Union Turnpike to parking lot at 196 Place.

Grand Central Terminal East 42 Street at Park Avenue South, Manhattan. Within view of the information kiosk in the center of the main hall. Subways: S 4 5 6 7 to Grand Central.

HI-AYH Hostelling International-American Youth Hostels, Amsterdam Avenue at 103 Street, Manhattan. Subways: 1 to 103 St., 1 2 3 to 96 St.

S.I. Ferry Subway: 1 to South Ferry.

Plaza Hotel Fifth Avenue at 59 Street, Manhattan. Subways: N R W to 5 Avenue/59 Street, 4 5 6 E F V nearby.

Columbus Circle 59th Street and 8th Avenue entrance to Central Park

World Financial Center, NY Waterway Terminal at North End and Vesey Streets. Take 1, 2, 3, 9, A, C, or E subway to World Financial Center. Exit and look for signs saying "NY Waterway."

Day Tripper

Old and New Programs

By the time you've received this newsletter, the 5BBC Winter 2004 Frostbite Series will already be well underway. For the hearty winter cyclist, this traditional and popular ride series remains the best way to keep going through the cold.

What's new? A series of occasional rides I am offering that will explore some nearby urban areas, offered under the name "Freezer Jam" since the destinations may be improvised.

The emphasis of these rides will be exploring some often-overlooked industrial areas. This winter also marks the return of the Temperature Regulator Series, led by Jesse Brown and friends. Join Jesse for a fast 40-miler up through Westchester.

The 5BBC's regular series of Montauk Century Training Rides will, of course, return this Spring. Other big news: the revival of the Metric Training Series. The standard series starts in March, and the Metric Series runs from mid-April. Final training rides are held the weekend between Bike New York and the 5BBC's annual Montauk Century event. Most Montauk Century Training rides will have a "quick-spin" option for those who want to get there and back without the point-drop-sweep.

How Cold Is Too Cold to Ride?

Naturally, both wind and precipitation are major factors in deciding whether or not to go out. In dry conditions, we advise riders to join 5BBC on the Frostbite Ride Series. I asked Eddie D. about this and he was quite clear: TEMPERATURE ALONE DOES NOT CANCEL HIS RIDES. Please be sure to dress appropriately for all winter rides.

Other 5BBC ride leaders use additional determinants about going out in the winter. They may cancel due to severe cold or windy conditions. Each ride leader has to make the call on a given day, and I encourage leaders to include cancellation conditions in winter ride listings.

Please note that if a ride listing does not specifically say so, the ride is automatically cancelled under the following conditions:

- Wet or icy conditions
- Precipitation, either rain or snow, at the start
- Winds greater than 15 mph at the start
- Temperature less than 32F at the start

Better Tripper—Leader Contact

Many times prior to a given ride, a number of trippers will have questions about the ride. This especially happens in winter, when the weather can be uncertain or threatening. I am asking all ride leaders to include contact info – either telephone or email — in their write-ups. I hope that this encourages better dialogue between leaders and trippers, and helps trippers to better decide which rides they would prefer to do.

Reviving the "Regional Roundup" Listings

There is an incredible variety of rides and organized events in this area, from a number of groups. I believe that 5BBC members should know about them. That's why, starting with this issue (pages 6 and 7), I intend to include both annual events and a small selection of familiar and popular rides – rides that I and others recommend.

Side note: A couple of years ago, Transportation Alternatives removed 5BBC bicycle ride listings from their regular publication. What this did was affect the number of potential new members our club and others could reach through those ride listings. This a great way to get new people involved in club rides and activities.

With the return of the "Regional Roundup" listings, I hope that the 5BBC can achieve more of a crossover of people from other groups, who will attend a variety of the organized rides and events.

One important caveat here: for the most part, these rides are not led by 5BBC leaders. They are worth noting, and I think they are worth checking out. For example, many of you know Trudy Hutter, organizer of the Weekday Cyclists, who is of course an excellent 5BBC leader. Her regular Weekday Cyclist rides are not listed on the 5BBC calendar but will now be in "Regional Roundup."

I'd also like to make this an inclusive listing of events in the region. If you know of an event that our members should know about, please write to me directly so that it can be included.

Please email me (daytrips@5bbc.org) with comments, questions, concerns or additions to any of the rides and series you see listed here.

Danny Lieberman
Day Trips Coordinator, 2004

Bike Access to Trains

Metro-North Railroad and Long Island Railroad (LIRR) Bike Permits

There is one permit for both, available at:

- A) Grand Central Terminal, Metro-North window #27 or call 212-532-4900, and
- B) Penn Station LIRR information booth or call 718-558-8228.

There is a \$5 fee. Specific restrictions apply. Note: old LIRR and Metro-North permits are still valid for their respective lines. The web page for an application is: www.mnr.org/mnr/html/mnr/bikepermit.htm

New Jersey Transit (NJT) Bikes Aboard Program

As of May 21, 2000 bicycle permits are no longer needed!

Specific restrictions apply when you take your bicycle on New Jersey Transit. For more information, please call 973-762-5100 or visit:

http://www.njtransit.com/cs_ride_bike.shtml

Port Authority Trans Hudson (PATH)

A permit is no longer required, but there are restrictions. 5BBC trips that use PATH usually ride on weekends and holidays. For more information, please call 800-234-PATH or visit:

<http://www.panynj.gov/path/pathrules.htm>

Why Ride with the 5BBC?

To explore

Quiet back streets in industrial areas
January 3rd, 24th
February 16th

New York Botanical Gardens (smell the roses)
January 4th

A basement bean sprout farm in Chinatown
January 10th

Unparalleled views of the Narrows
January 11th

More waterfront views
February 7th

A dangling Vespa
January 25th

The art of glassmaking
February 7th

Floyd Bennett Field
February 8th

1964 World's Fair Unisphere
January 31st, February 14th

The homes of Alice Austen and Guiseppe Garibaldi
February 15th

To go fast

15+ mph quick spins
Every Sunday, January 4th through February 22nd

To go at a moderate or relaxed pace

January 3rd, 4th, 10th, 11th, 18th, 24th, 25th, 31st
February 1st, 7th, 8th, 14th, 15th, 16th, 21st, 22nd, 29th



Going Past the '64 World's Fair (photo: Nancy Asquith)

Day Trips: January–February 2004

Saturday, January 3rd

☺ Freezer Jam Ride

10 a.m., Bridgemarket (East 60th St and 1st Ave, Manhattan), 25 miles

The Freezer Jam is a series of informal scouting and exploratory rides through quiet back streets of industrial sections. Each of these rides will be moderately paced and no more than 25 miles. Inaugural ride to Northern Manhattan and the nearby Bronx.

Temp below 30 or precipitation cancels.
Leader: Danny Lieberman.

Sunday, January 4th Temperature Regulators

8 a.m., White Plains Road and Pelham Parkway, 40 miles

The Temperature Regulators will take you either to White Plains, Rye, or Byram, CT at a QUICK SPIN pace that is sure to keep you warm. Co-listed with NYCC.

Pace: 15+ mph. Leader: Jesse Brown

Sunday, January 4th

☺ Frostbite Ride Series 5: New York Botanical Gardens

10 a.m. Plaza Hotel, 25 mostly flat miles.

Elly's Spangelberg's perennial ride. Smell the roses at one of the foremost American public gardens, in the Bronx. See the train show display and the Enid A. Haupt Conservatory for "A World of Plants" in a warm environment.

Check trip-related www.nybg.org website. Bring a camera, lock & money for lunch, plus \$3 admission for the gardens. Co-listed with NYCC.

Leaders: Ed DeFreitas, Phil Goldberg, et al.
Pace: relaxed.

Saturday, January 10th An Overdose of Palisades Park

9:00 a.m., GW Bridge bus terminal (Ft Washington Ave & West 178th St), 30 miles
Terrain: lots of hills

The doctor has prescribed an overdose of New Jersey's majestic Palisades Interstate Park. We start with a visit to the park museum in Ft. Lee. Our destination is the State Line Lookout Inn, the highest point in the park, where we'll have lunch. En route, we ride the hilly Henry Hudson Drive

(a.k.a. River Road), both ways, end-to-end, including a 500 ft. climb in Alpine, and admire the view across the Hudson and the palisade cliffs that give the park its name. Bring lunch or \$ for it, and an appetite for a healthy workout.

Pace: Moderate. Leader: Jim Zisfein.
Cue sheet and ride info located at <http://jzsflein.com/5bbc/palisades> or email Jim at jzsflein@yahoo.com.

Saturday, January 10th

☺ Chinese Farmers Ride

9:30 a.m. Plaza Hotel, 25-30 miles

Green country fields? Happy mooing cows? Red barns in the sunset? Forget that stuff! You're a farmer in Gotham! Just park your tractor and hop on your bike. We're going down under; no, not to Australia but to a basement farm in Chinatown where they grow bean sprouts. We'll even learn some Chinese along the way as we take a leisurely route over the Queensborough Bridge into Queens, then Brooklyn, and over to Chinatown. Bring lock and money for lunch in Chinatown.

Leaders: Richard Sanford, Manny Sanudo.

Sunday, January 11th Temperature Regulators

8 a.m., White Plains Road and Pelham Parkway, 40 miles

The Temperature Regulators will take you either to White Plains, Rye, or Byram, CT at a QUICK SPIN pace that is sure to keep you warm. Co-listed with NYCC.

Pace: 15+ mph. Leader: Jesse Brown

Sunday, January 11th ☺ Frostbite Ride Series 6: Coney Island Dreamin' (on such a winter's day)

10 a.m. City Hall, 25 mostly flat miles

Spend time in Brooklyn complete with that famous bridge, Prospect Park, the Shore Parkway Greenway, and unparalleled views of the Narrows. We'll have lunch at Totonno's Pizza, then visit the boardwalk before returning to Manhattan.

Leaders: Ed DeFreitas and TBA, co-listed with NYCC. Pace: relaxed.

Saturday, January 17th

Sunday, January 18th Temperature Regulators

8 a.m., White Plains Road and Pelham Parkway, 40 miles

The Temperature Regulators will take you either to White Plains, Rye, or Byram, CT at a QUICK SPIN pace that is sure to keep you warm. Co-listed with NYCC.

Pace: 15+ mph. Leader: Jesse Brown

Sunday, January 18th ☺ Frostbite Ride Series 7: Astoria and Uncle George's

10 a.m., City Hall, 25 miles

Rudyard Kipling wrote: East is East, and West is West, and never the twain shall meet. Guess he never visited Astoria, which is teeming with diverse neighborhoods and direct evidence of East meeting West. A stop at Uncle George's for fine Greek cuisine may be in store on this ride. This ride will also include an excursion on the Queensboro Bridge bike path. Pace: relaxed. Leader: Ed DeFreitas

Monday, January 19th (MLK Day) Matzo Ball Soup or Bust

10 a.m., Plaza Hotel, 30 miles

Join us as we ride to a mystery destination somewhere in the metro area for some delicious matzo ball soup (and perhaps some pastrami on rye?). Will we head up to Riverdale, down to the Lower East Side, out to Kew Gardens or beyond? You'll have to show up to find out. Bring a lock & \$8-16 for lunch. Ride will be a bust if temp at start is lower than 35F or if roads are snowy/icy.

Leader: Brian Hoberman. Pace: relaxed.

Saturday, January 24th ☺ Freezer Jam Ride

10 a.m., Bridgemarket (East 60th St and 1st Ave, Manhattan), 25 miles

The Freezer Jam is a series of informal scouting and exploratory rides through quiet back streets of industrial sections. Each of these rides will be moderately paced and no more than 25 miles. Western Queens and nearby Brooklyn.

Temp below 30 or precipitation cancels.
Leader: Danny Lieberman.

Why Ride with the 5BBC? (continued)

To eat

Fine Greek cuisine
January 18th, February 22nd

Matzo ball soup
January 19th

In a pub-like atmosphere
January 31st, February 14th

Chocolate
February 21st

Pancakes
February 29th

To stay or get in shape

15+ mph quick spins
Every Sunday, January 4th through February 22nd

Lots of hills
January 10th

Montauk Century early bird training rides
February 29th
March 7th and 8th

Regional Roundup January-February 2004

To submit rides to add to this listing, please email daytrips@5bbc.org.

Riding Clubs and Organizations

Appalachian Mountain Club (AMC)
www.amc-ny.org

Fast 'n' Fabulous
www.fastnfab.org

Metro Area Recumbent Society (MARS)
www.recumbents.com/mars

New York Bike Messenger Association
www.nybma.com

New York Cycle Club
www.nycc.org

The Weekday Cyclists
<http://members.aol.com/trudyth/>
or email TWCinNYC@aol.com

Time's Up!
www.times-up.org

The Rides

CAVEAT: This is a list of rides offered by groups other than the 5BBC, and in most cases they are not led by trained 5BBC leaders. (Note that the Weekday Cyclists are organized by Trudy Hutter, who is a 5BBC leader.)

The Weekday Cyclists Day Rides

10 a.m. every Tuesday for laps in Central Park

10 a.m. every Thursday (March-October)

25-50 miles to a planned destination

meets at the Central Park Boathouse

Central Park Moonlight Ride (Time's Up)

10 p.m., Columbus Circle entrance

the First Friday of each month (Jan 2, Feb 6)

Sunday, January 25th Temperature Regulators

8 a.m., White Plains Road and Pelham Parkway, 40 miles

The Temperature Regulators will take you either to White Plains, Rye, or Byram, CT at a QUICK SPIN pace that is sure to keep you warm. Co-listed with NYCC.

Pace: 15+ mph. Leader: Jesse Brown

Sunday, January 25th ☺ Frostbite Ride Series 8: Under and Over the Hudson

10 a.m., City Hall, 25 miles
Terrain: some hills.

We'll catch a PATH train, and then ramble through the towns of New Jersey's Gold Coast. Look for a dangling Vespa while en route. We'll make the climb to the George Washington Bridge to return to Manhattan for a warm sit down lunch. Bring a lock and \$ for lunch.

Leader: Ed DeFreitas. Co-listed with NYCC.
Pace: relaxed.

Saturday, January 31st ☺ A Winter Fillmore Ride

9:30 AM, AYH

This will be an easy, flat ride of 30 miles 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 around the world and a great lunch. Bring \$10.00, for a real lunch. Bring bike lock (restaurant is bike friendly) and a good attitude.

Leaders Ed Pino (646-734-7114) and Liz Baum.

Sunday, February 1st Temperature Regulators

8 a.m., White Plains Road and Pelham Parkway, 40 miles

The Temperature Regulators will take you either to White Plains, Rye, or Byram, CT at a QUICK SPIN pace that is sure to keep you warm. Co-listed with NYCC.

Pace: 15+ mph. Leader: Jesse Brown.

Sunday, February 1st ☺ Frostbite Ride Series 9: Flat Rock Nature Preserve

10 a.m., City Hall, 30 miles
Terrain: some hills.

This is a privately owned and volunteer run nature preserve just inside New Jersey. A little known treasure that is worth our support. Hike the paths, eat lunch and enjoy the nature center. Bring a lock and money for lunch.

Leader: Ed DeFreitas. Co-listed with NYCC.
Pace: 10-15mph.

Saturday, February 7th Merchant Marine Convoy

10 a.m., Cunningham Park, 35 moderately hilly miles

Warm up those dormant cycling muscles on a leisurely ride to the United States Merchant Marine Academy in Kings Point, overlooking Long Island Sound (<http://www.usmma.edu>). We'll bike through lovely residential areas, eat lunch indoors, and then proceed to the Academy. On the way back, we'll enjoy waterfront views in Douglaston Manor and along the Joe Michaels Mile Bike Path. Note: Temperature below 32 degrees one hour before the start, or ANY ice or snow on the road, cancels.

Leaders: Ira Najowitz (librarian1@yahoo.com) before 4pm Friday) and Bob Castro. Pace: relaxed.

Saturday, February 7th ☺ All American Glass with Class

10 a.m., Prospect Park – Grand Army Plaza, 25 miles

This ain't no K-Mart bowl for your M&Ms. It's top of the line cut glass where even the slightest flaw would send a New York Corning glassmaker jumping off a glacier. We'll visit the Steuben glass store on 61st Street and Madison Avenue where you can warm up indoors while watching an Eskimo (in glass of course) attempt to harpoon his lunch (also in glass). We'll find out a bit about the art of glassmaking too. After that it's back to the "normal" pace of life for lunch at an uptown deli-cafe. Bring lock, money for lunch, and any credit cards that are not maxed out if you wish to make a purchase at Steuben Glass.

Leaders: Richard Sanford, Manny Sanudo.



Above: Pelham Bay Park, Spring 2003 (photo: Danny Lieberman)
 Right: A needed warmup pep talk (photo: Nancy Asquith)

Sunday, February 8th Temperature Regulators

8 a.m., White Plains Road and Pelham Parkway,
 40 miles

The Temperature Regulators will take you either to White Plains, Rye, or Byram, CT at a QUICK SPIN pace that is sure to keep you warm.
 Co-listed with NYCC.

Pace: 15+ mph. Leader: Jesse Brown.

Sunday, February 8th ☺ Frostbite Ride Series 10: Sheepshead Bay and Beyond

10 a.m., City Hall, 25 flat miles

Ramble through some of the finer neighborhoods of Brooklyn, have lunch in Sheepshead Bay, then pedal along to the old naval station at Floyd Bennett Field.

Leader: Ed DeFreitas. Co-listed with NYCC.
 Pace: relaxed.

Saturday, February 14th ☺ President's Weekend Ride

9:30 AM AYH

This will be an easy, flat ride of 30 miles 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 around the world and a great lunch. Bring \$10.00, for a real lunch. Bring bike lock (restaurant is bike friendly) and a good attitude. Leaders Ed Pino (646-734-7114) and Liz Baum.



Sunday, February 15th Temperature Regulators

8 a.m., White Plains Road and Pelham Parkway,
 40 miles

The Temperature Regulators will take you either to White Plains, Rye, or Byram, CT at a QUICK SPIN pace that is sure to keep you warm.
 Co-listed with NYCC. Pace: 15+ mph.

Leader: Jesse Brown.

Sunday, February 15th ☺ Frostbite Ride Series 11: Giuseppe and Alice

9:30 a.m., City Hall or 10:30 a.m. parking lot near St George Ferry Terminal and ballpark
 25 miles with a few hills

Start off with a cruise. Take a journey to visit the homes of Alice Austen and Guiseppe Garibaldi. We'll go in even if they're not at home. Check out their websites at www.aliceausten.8m.com/museum and www.statenislandusa.com. Bring a camera, lock and money for lunch at the Cargo.

Leader: Ed DeFreitas. Co-listed with NYCC.
 Pace: relaxed.

Regional Roundup (continued)

New York City Critical Mass (unorganized)

7 p.m. Union Square North
 the Last Friday of each month
 (Jan 30, Feb 27)

Saturday, January 31st THE RIVERSIDE RIDE (Time's Up)

10 p.m. Columbus Circle
 Bring Lights, this is a night ride!

Special Events (large organized rides)

Sunday, May 2nd
 BIKE NEW YORK
www.bikewyork.org

Sunday, May 16th
 THE MONTAUK CENTURY
www.5bbc.org/montauk

Flash your 5BBC Membership Card at these Bike Shops

For a discount on many items

Brooklyn

Bay Ridge Bicycle World
8916 3rd Avenue
Brooklyn, NY 11230

Bicycle Station
560 Vanderbilt Avenue
Brooklyn, NY 11238

Roy's Sheepshead Cycles
2879 Coney Island Avenue
Brooklyn, NY 11235

Sizzling Bicycles
3100 Ocean Parkway
Brooklyn, NY 11235

Verrazano Bicycle Shop
7308 5th Avenue
Brooklyn, NY 11209

Manhattan

A Bicycle Shop
349 West 14th Street
New York, NY 10014

Bicycle Habitat
244 Lafayette Street
New York, NY 10012

Bicycle Renaissance
430 Columbus (81st Street)
New York, NY 10024

Champion Bicycle
896 Amsterdam Ave
(bet. 103rd & 104th Streets)
New York NY 10024

Conrad's Bike Shop
25 Tudor City Place
New York, NY 10017

Different Spokes
(Chelsea Bicycles)
156 West 26th St. (7th Ave.)
New York, NY 10011

Gotham Bikes
116 West Broadway
New York, NY 10013

Midtown Metro Bicycles
360 West 47th Street
New York, NY 10036

Sid's Bike Shop
235 East 34th Street
New York, NY 10016

Monday, February 16th (President's Day)

☺ Freezer Jam Ride

10 a.m., Bridgemarket (East 60th St and 1st Ave, Manhattan), 25 miles

The Freezer Jam is a series of informal scouting and exploratory rides through quiet back streets of industrial sections. Each of these rides will be moderately paced and no more than 25 miles. DUMBO and Red Hook, Brooklyn.

Temp below 30 or precipitation cancels.
Leader: Danny Lieberman.

Saturday, February 21st

☺ The Hot Chocolate Ride (reprise)

9 a.m., City Hall

What could possibly be better than the Chocolate Ride (July 2002)? A winter version featuring HOT Chocolate, of course! Bad weather impacted last year's offering, so I'm trying again on what I hope will be a slightly better date. Sample some of the world's finest chocolate drinks, but be warned, this is for the real chocolate lovers.

Please bring locks and \$\$\$ for lunch and hot drinks. Leader: Danny Lieberman.

Sunday, February 22nd Temperature Regulators

8 a.m., White Plains Road and Pelham Parkway, 40 miles

The Temperature Regulators will take you either to White Plains, Rye, or Byram, CT at a QUICK SPIN pace that is sure to keep you warm.

Co-listed with NYCC. Pace: 15+ mph.
Leader: Jesse Brown.

Sunday, February 22nd

☺ Frostbite Ride Series 12: Astoria and Uncle George's

10 a.m., City Hall, 25 flat miles

Rudyard Kipling wrote: East is East, and West is West, and never the twain shall meet. Guess he never visited Astoria, which is teeming with diverse cultures and direct evidence of East meeting West. A stop at Uncle George's for fine Greek cuisine may be in store on this ride. This ride will also include an excursion on the Queensboro Bridge bike path. Bring locks and \$ for lunch.

Leader: Ed DeFreitas. Co-listed with NYCC.
Pace: relaxed.

Saturday, February 28th The Early Bird's Training Ride (Montauk Training Series #o)

9 a.m., Plaza Hotel, 25 miles.

This is the early opener of the series and really just a short and quick warm-up. Exact destination not decided at this time, but look for the email update with the details.

Who needs a quick spin when you're only going 25 miles? Are you ready for the Spring Series?

Leaders: Brian Hoberman and others. Bring a lock and lunch. Don't forget a spare tube.

Sunday, February 29th

☺ The World's Greatest Pancakes: Frostbite Ride Series 13 Blowout!

9:30 a.m., City Hall or 10:30 a.m., parking lot near St George Ferry Terminal and ballpark 30 miles

The Frostbite Finale is all about pancakes and the best are always freshly cooked at the Broadway Diner in Bayonne, New Jersey. These pancakes are as good as the marvelous views from the top of the Bayonne Bridge you take to get to them! Return to Manhattan either by ferry boat or PATH train. Bring locks and \$ for lunch.

Leaders: Ed DeFreitas and others. Pace: relaxed.

Saturday, March 7th Montauk Century Training Ride #1

9 a.m., Plaza Hotel, 30 miles.

We might have a quick spin for these early bird training rides — look for the email updates or 5BBC web listings for the latest information. Complete details will be available in the March-April *Bicycletter*. Are you ready for the spring series? Start the season off right with the 5BBC training series of progressive rides.

Sunday, March 8th Montauk Century Training Ride #2

9 a.m., Cunningham Park, 35 miles

We might have a quick spin for these early training rides — look for the email updates or web listing for the latest information. Complete details will be available in the March-April *Bicycletter*. If you couldn't make it to last week's early bird or yesterday's inaugural ride, get ready with our progressive series.

General Meetings

Location

American Youth Hostel
891 Amsterdam Avenue, NY, NY
Take the 1/9 train to 103rd Street

January 19, 2004 - 7:00 pm New York Bicycling Coalition

The New York Bicycling Coalition, a statewide bicycle advocacy group will hold a presentation on various issues at the January meeting. Jesse Day, Executive Director, will present an overview of the organization, its latest programs: Safe Routes to School, Walk Our Children to School, 2004 Events Calendar, Capital Bike Week, and more. The talk will finish with a discussion on the Federal transportation legislation up for re-authorization this spring.

February 9, 2004 - 7:00 pm Physical Therapy for the Cyclist

Mara Kaplan is a physical therapist in NYC and an avid cyclist. She has been practicing for 11 years and has a subspecialty in Orthopedics. Her work is focused on movement re-training and muscle balancing to try to achieve the most efficient way of moving and working. Ms. Kaplan will be discussing core strengthening for cyclists as well as information related to training, stretching, and injury prevention.

Jesse Brown
Program Coordinator
programs@5BBC.org

Want to Be a Leader?

Leadership is one of the most important aspects of being in the Five Borough Bicycle Club. It's what keeps us riding. 5BBC is always looking for more terrific people like you to become leaders. So, what are you waiting for? Be a hero - sign up now!

A 5BBC Leadership course consists of five evening classes. For 2004, Leadership classes will take place on Wednesdays beginning May 26. You must attend at least four. The riding portion consists of three weekend Day Rides - two are absolutely required - and one mandatory weekend Leadership trip. This year's weekend Leadership trip is scheduled from Friday evening, June 25 through Sunday evening, June 27. A full schedule is listed below.

To Register

Call Manny Sanudo at (718) 217-0045 or Ira Najowitz at (718) 468-7714, or you can send us an email leadership@5BBC.org. For the first class, a

fee of \$15 will be collected. For the weekend trip, an additional fee of \$50 will be collected during the course. Scholarships are available.

Spring 2004 Schedule

Five Evening Classes
(6:30-9:30pm at HI-AYH, 691 Amsterdam Ave., Manhattan): Wednesdays - May 26, June 2, 9, 16 and 23

Any two of these three Day Rides:
Saturday, June 5; Sunday, June 13; Saturday, June 19.

One Weekend Trip
Friday, June 25 to Sunday, June 27.

Questions? Please send us an email to the 5BBC Leadership Coordinator at leadership@5BBC.org. Or, feel free to call Manny Sanudo at (718) 217-0045 or Ira Najowitz at (718) 468-7714.

5BBC Membership Votes for 2004 Officers



By Peter Engel

On Monday, November 17, the second half of the Five Borough Bicycle Club's general meeting was turned over to the counting of ballots for its 2004 election. Executive Board members Ed Ravin and Eileen Kapp oversaw the counting of 84 submitted ballots for the 13 available seats.

(Continued on page 11)

The 2004 5BBC Executive Board. First row, L-R: Manny Sanudo, Brian Hoberman, David Seto. Second Row, L-R: Wentworth Price, Bob Parlan, Sharon Behnke, Danny Lieberman, Andrea Mercado, Ed Pino. Third Row, L-R: Jesse Brown, Barry Hartglass, Peter Engel, Ed DeFreitas.

Flash your 5BBC Membership Card (continued)

Queens

Bellitte Bicycles
109-20 Jamaica Avenue
Jamaica, NY 11432

Bicycles Unlimited
141 East Main Street
Elmsford, NY 10523

Bike Stop
37-19 28th Avenue
Astoria, NY 11103

Bill's Ozone Park
108-11 Liberty Avenue
Ozone Park, NY 11420

Long Island

The Bicycle Planet
540 Jericho Turnpike
Syosset, NY

Bike Discounters
2503 Middle Country Road
Centereach, NY 11720

Bike Discounters 11
287 Fortion Road
Ronkonkoma, NY 11779

Brands Cycle & Fitness
1966 Wantagh Avenue
Wantagh, NY 11793

Carl Hart Bicycles
620 Middle Country Rd.
Middle Island, NY 11953

Sayville Bike Works
55 Main Street
West Sayville, NY 11796

Spoke House Cycle
675 East Jericho Turnpike
Huntington Station, NY 11746

Viesentin Pro Bike
51 Pine Hollow Road
Oyster Bay, NY 11771

Connecticut

Baybrook Bicycle
243 Captain Thomas Road
West Haven, CT 06516

Baybrook Bicycles
252 College Street
New Haven, CT 06511

Newington Bicycles
1030 Main Street
Newington, CT 06111

New Jersey

Marty's Reliable Cycle
173 Speedwell Avenue
Morristown, NJ 07960

Broaden Your Horizons This Winter—Try Skiing!

The 5BBC enjoys a good relationship with The Ski Club of New York. In fact, it was our sister club until our recent disaffiliation from HI-AYH. The Ski Club offers a chance to cross-train during the winter months – or at least to properly enjoy the white stuff. Here's a peek at their schedule:

Ski Club of New York's 2004 Scheduled Trips

Five trips will bring you by coach bus from the AYH hostel in Manhattan to downhill and cross-country ski areas in Vermont, Upstate New York, and New Hampshire. ENJOY!

January 16 – 19
Conway, NH
Mt. Washington Valley Inn

January 30 – February 1
Waitsfield, VT
The White Horse Inn

January 16 – 19
Conway, NH
Mt. Washington Valley Inn

February 13 – 16
Stowe, VT
Mountaineer Inn

February 27 – 29
Londonderry, VT
Dostal's Lodge

March 5 – 7
Lake Placid, NY
Swiss Acres Lodge

This is how you can talk about cycling on the bus ride to the slopes and trails – and about skiing on 5BBC bike trips. For more information, visit the Ski Club of New York's website at www.skiclubofnewyork.org, or call them at (212) 932-2300.

Tips on Keeping Warm

By Nancy Asquith

“You're going cycling? Now?” If you're a four-season cyclist, at this time of year you probably hear comments like this all too often. People have different thresholds for tolerating cold. But staying comfortable in cold temperatures – and avoiding injury (if not discomfort) in REALLY cold temperatures – is mostly a matter of being prepared. Here are my best tips to stay warm and enjoy winter riding:

- **Build up your resistance.** Go easy during the first sudden cold snap. But don't give up and pack up your bike gear with your summer clothes if your first winter cycling venture is uncomfortable. Gardeners harden off greenhouse-raised seedlings by exposing them gradually to outdoor conditions. You're no different – most people need to build up their tolerance for cold each winter. Getting regular aerobic exercise year-round can also build up your circulation and, with it, your tolerance for extreme temperatures.

- **Don't overdress.** Clothes that are damp from sweat can feel very chilly on the downhill. To avoid this, wear and/or bring clothes that you can adjust quickly and easily. That way, you won't overheat on a long uphill or freeze if you're asked to drop and someone gets a flat that takes a while to fix.

- **Wear easily adjustable clothing.** Experienced cold-weather cyclists dress in layered clothing, ideally with zippers, Velcro, and other closures that are easy to adjust while riding.

- **Bring a range of head coverings.** An amazingly high percentage of heat is lost through your head. The number I've heard quoted is around 70 percent. That's why the quickest, most lightweight way to stay just warm enough involves changing your headgear. Starting around mid-fall, I carry a Polartec headband and, for emergencies, a Polartec balaclava with me on my bike. I also bring or wear a Gore-Tex jacket with an attached hood. I can wear the hood under my helmet if it's a little chilly, or – if it gets really cold – flip it over my helmet and headgear.

- **Start with a wicking layer.** Even if you don't overdress, you'll probably sweat some, whether it's from climbing hills or just stepping indoors to get lunch. Sweat cools quickly, so keep it away from your skin. That means AVOID COTTON. Instead choose thermal underwear made from any of such high-tech wicking fabrics as Capilene, Bergelene, or Thermax. Polypropylene is another efficient choice, but has two drawbacks: unwashed polypro gets smellier than other fabrics, and it can't go in the dryer. Folks who favor natural fabrics usually go with silk.

- **Choose middle layers that offer the right amount of insulation.** I personally adore performance fleece – whether manufactured straight from polyester or recycled from discarded plastic soda bottles. It's lightweight, quick drying, and those hollow fibers really trap air. And I find it comfortable. You can get socks, gloves, tights, hats, and jackets from Polartec or another performance fleece. The natural

Snow? Fuggedaboutit – the Montauk Century is just around the corner! (Photo: Nancy Asquith)



fiber choice is wool – possibly supplemented with a down vest. In any case, several thinner layers work better than one heavy layer. I don't own the 300-weight fleece. Instead, in really cold weather, I'll combine a 200-weight zippered "sweater" with a vest of the same material.

- **Lock in the warmth with a windproof outer layer.** Your insulating layers won't do much good if the wind cuts right through them. So make sure that the last layer does a good job of keeping the wind out. There are many fabrics that do this. For the greatest flexibility, choose an unlined outer layer. The windproof fleeces can be good, especially when it comes to gloves, but are bulkier for the same comfort level. One good option is an unlined Gore-Tex jacket with an attached hood. Attached hoods usually fit more snugly than detachable ones, making it easier to look around and check for traffic. And Gore-Tex really keeps the wind out, while venting some of the sweat. For pants, I've used nylon over pants with full side zippers to provide a range of ventilation. If I were doing less skiing and more cycling, I'd get the special winter cycling pants that are windproof on the front only.

- **Protect your feet.** The biggest problem for most winter cyclists is cold feet. Warm socks – made of wool or fleece or a wool/polypro blend, for example – are a great help. Many winter cyclists buy their winter bike shoes a size larger, to leave room for thick socks that trap all that warm air. But, in really cold weather, there is no substitute for Gore-Tex or neoprene booties that you can pull over your cycling shoes.

- **Protect exposed skin in severe weather.** It's always a good idea to wear moisturizing sun block on your face. Some of you are hardy souls who can ride in sub-zero temperatures. Not me, but I have been cross-country skiing when it was well into the minuses. One thing I've learned, though – you need to protect exposed skin from frostbite. When it's that cold on your ride, head to a downhill ski boutique and check out the goggles, facemasks, and moisturizers there. And stop every so often to check your exposed skin for those whitish, waxy patches that spell frostbite.

- **Stop for hot drinks.** Hot drinks help. I know, because bringing a Thermos always makes a huge difference when I'm skiing or hiking in winter and stop to eat outdoors. And consider pulling a wool sock over your water bottle to keep the top from freezing.

- **Add a layer right after lunch.** For perhaps half an hour after a meal, your brain diverts some of your blood supply from your fingers and toes to your digestive tract. It's a survival mechanism from times when food was scarce. So, either plan for it by adding a hat or a sweater right after lunch. Or, skip that sit-down meal and eat small amounts of food throughout the day.



(Photo: Nancy Asquith)

2004 Officers *(continued from page 9)*

Only one office for 2004 was contested – that of Special Events Coordinator. The winner is the team of Sharon Behnke and Wentworth Price, who beat a challenge from Glen Goldstein.

In addition, one flaw in the election results was determined and later resolved. On the ballot, David Seto was incorrectly tallied for Corresponding Secretary, the position he held the previous year, while Andrea Mercado was incorrectly named Recording Secretary.

At a December 1 meeting of the 5BBC Executive Board, both David and Andrea resigned the offices they were incorrectly designated for. Immediately, a new board-only election was held in which each was elected to their intended positions. So, for 2004, David Seto is the 5BBC Recording Secretary and Andrea Mercado is the Corresponding Secretary.

Two 5BBC officers from 2003, President Ed Pino and Bicycle Course Coordinator Barry Hartglass, opted to run for another year's term and ran unopposed. Leadership Coordinator Manny Sanudo, who runs the intensive Leadership Training Course for 5BBC, also ran for another term; this time he ran alongside longtime 5BBC leader Ira Najowitz, who will help shoulder Leadership responsibilities. Several other 2003 board members ran for new offices, and will fulfill those functions for 2004.

Please see Page 2 of this month's 5BBC *Bicycletter* for the complete 2004 roster of the 5BBC Executive Board. It includes names, titles and e-mail contact information, plus the names of Members at Large.

5BBC Holiday Party Raffle Winners

Prize / Sponsor / Winners

Basket of Cheer
5BBC & BikeNY
Susan Weintraub

Four \$25 gift certificates
Bicycle Habitat, Inc.
Steve Chrisnacht, Deborah Lehrer (twice!), Bert Bloom

\$30 gift certificate
V & T Restaurant
Noemi Canseco

\$25 gift certificate
Amsterdam Café
Ira Najowitz

Two Frame & Helmet Personalization
Chelsea Bicycles
K.C. Byrnes, Randy Horowitz

Two Deluxe Tune-Ups
Toga Bike Shop & Gotham Bikes
Joan Altman, Marjorie Shaffer

\$25 Gift Certificate
Super Runner's Shop
Susan Weintraub

\$50 Gift Certificate
Larry & Jeff's Bicycles Plus
Susan McCarthy

One-week Guest Pass
NY Health & Racquet Club
K.C. Byrnes

One-month Guest Pass
New York Sports Club
Brian Hoberman

One Month Guest Pass
Equinox
Elly Spangenburg

\$15 Gift Certificate
Metro Diner
Nathan Faust

\$50 Gift Certificate
Puck Fair
Bert Bloom

\$25 Gift Certificate
Conrad's Bike Shop
Lorida O'Reilly

Holiday Centerpiece
Columbia Florist
Deborah Lehrer

5BBC Executive Board Holds Last 2003 Meeting

The 5BBC Executive Board had its last meeting of 2003 on Monday, December 1. The main function of the meeting was the swearing in of new officers as a result of the November 17 election.

Present at the Dec. 1 meeting: President Ed Pino, incoming Vice President Ed DeFrietas, incoming Treasurer Bob Parlan, Leadership Coordinator Manny Sanudo, incoming Programs Coordinator Jesse Brown, incoming Special Events Coordinators Sharon Behnke and Wentworth Price, outgoing Newsletter Editor Claudia Kaplan, outgoing Webmaster Joao de Souza, incoming Day Trips Coordinator Danny Lieberman, Bicycle Course Coordinator Barry Hartglass, incoming Recording Secretary David Seto, incoming Corresponding Secretary Andrea Mercado, incoming Communications Coordinator Brian Hoberman, incoming Newsletter Editor Peter Engel, incoming Webmaster Jim Zisfein, Members at Large Alfredo Garcia and Ed Ravin, and Henry Chin.

It was determined that a flaw in the November 17 election results led to David Seto being incorrectly tallied for Corresponding Secretary, the position he held the previous year, while Andrea Mercado was incorrectly named Recording Secretary in error. Both resigned their positions, and an immediate board-only election was held in which each was elected to their intended positions. So, for 2004, David Seto is the 5BBC Recording Secretary and Andrea Mercado is the Corresponding Secretary. In addition, Danny Lieberman motioned to promote Andrea Mercado to 5BBC Leader status, which was approved.

On a separate matter, President Ed Pino asked the 5BBC board if the club would consider welcoming disabled riders on Day Trips, in coordination with a newly formed organization. All present members agreed that the tandem club riders would be welcomed at upcoming 2004 rides. Other meeting highlights include:

- **Brochures:** Incoming Communications Coordinator Brian Hoberman said that a new brochure for the 5BBC, "The City's Friendliest Bike Club," has been printed. However, it was agreed that a redesign or updating should be implemented due to concerns from several that the images don't present a diverse enough picture of 5BBC members.

- **5BBC Finances:** Outgoing Treasurer Wentworth Price said that he would send a final 5BBC financial report to the club's accountant after a few final adjustments. He noted that a correction is being made for a wrong form filed with the IRS for the club tax status.

- **Website:** Jim Zisfein took over from Joao de Souza as 5BBC Webmaster. He will finish the redesign of the web site and keep it current, while Ed Ravin and Brian Hoberman will act as additional Webmasters.

- **Bicycle Courses:** It was noted that Bicycle Courses have been very successful, and the next class is scheduled January 10th, Saturday at the AYH. Coordinator Barry Hartglass is investigating offering a possible bike repair class aimed specifically at women riders, to be scheduled in coordination with Terry Bikes. It was reiterated that all current 5BBC leaders may attend the classes with no charge, and it is considered part of continuing education.

- **General Meetings:** The first two General Meetings programs for 2004 have been set, with outgoing Coordinator Sharon Behnke noting that the New York Bicycle Coalition is speaking at the General Meeting January 19th and a physical therapist is speaking at the February 16th General Meeting.

- **Montauk Century:** Incoming Special Events Coordinators Sharon Behnke and Wentworth said that 2004 Montauk Century registration will begin in March. Both discussed other possible 5BBC events for 2004.

- **Day Trips:** For 2004 Day Trips, incoming Coordinator Danny Lieberman prepared a list of nine rides planned for the 5BBC's longtime Frostbite series. In addition, a separate segment called Temperature Regulators will have rides, and 5BBC will again provide a "Regional Roundup" of non-5BBC rides to encourage more cooperation and coordination with other cycling groups in the NYC area. It was noted that during 2003, 5BBC Day Rides statistics included a total of 1,904 riders, 668 female, 1,023 male, that 111 of 163 day trips went out, and 76,897 miles were covered.

- **Membership:** As of November 11, the 5BBC has 1,052 members.

Reminder

Please renew your 5BBC membership!



Clockwise, from left: Alfredo Garcia, Mr. Covert Operations, with loyal tripper Gia Tran; "Jerseys anyone?" asks Liz Baum; Holiday party chairperson Sharon Behnke, who made it happen; Heidi Benzing lends some glamour to the proceedings; Mark Trainor, who never met a sandwich he didn't like.

5BBC Holiday Party 2003

By Peter Engel

This year, the 5BBC moved the annual Holiday Party to a new venue, the West Side YMCA on West 63rd Street. It turned out to be a great place to let loose on December 13, complete with a very cool DJ playing a mix of new dance songs plus our favorite Seventies and Eighties classics. Mix that up with lots of food and glasses of cheer brought in by 5BBCers, and you have a recipe for remembering all the great rides and camaraderie of 2003, and for the good times ahead in 2004!

Ever-reliable Ted Kushner once again served as MC for the night's Raffle Drawing, with his three daughters assisting as Elves. For lucky 5BBCers, the goodies included: gift certificates, frame and helmet personalization, and bike tune-ups from partici-

pating shops Bicycle Habitat, Chelsea Bicycles, Conrad's, Toga and Gotham Bikes, Larry & Jeff's; a basket of cheer from 5BBC and BikeNY; complimentary one-year 5BBC memberships; a holiday centerpiece from Columbia Florist; guest passes for fitness from Equinox, New York Sports Club, and NY Health & Racquet Club; and dining and entertainment goodies from Comic Strip Live, V&T Pizzeria Restaurant, Amsterdam Café, Puck Fair and Metro Dinner. *Please see Page 12 for names of 5BBC Party Raffle Winners.*

Kudos to the 5BBC Holiday Party Committee, led by Sharon Behnke with extra hard work from Phil Goldberg, Barry Hartglass, Brian Hoberman, and Mary Martinez. And the 5BBC gives a heartfelt thanks to our donating sponsors.



Winter Bike Repair Course

Winter, believe it or not, is a great time to learn the basics to keep your bike running in top condition. On Saturday morning, January 10, 2004, 5BBC will be offering our Basic Bicycle Repair Clinic.

Running from 9:30 a.m. to 12 Noon, the "Basic" class includes: Cleaning, Care/Repair, Minor Adjustments & Flat Fix. Our teacher will be Bruce Faulkner from the cross-country touring company America-by-Bicycle.

What: Basic Bicycle Repair Clinic

When: Saturday, January 10, 2004
9:30am to 12 Noon

Location: American Youth Hostel Building
891 Amsterdam Avenue (at 103rd St.)
Room 111
New York, NY 10025

Course Fee: \$25 Members/\$35-Non Members
Includes: a repair manual, patch kit & other goodies

To Register: Submit an application from the newsletter or the 5BBC website www.5bbc.org. Please include payment.

Registration is also available via Active.com. A small service fee will be charged.

ATTENTION Certified 5BBC Leaders. Your fee is waived as part of your continuing education. Please contact the bicycle coordinator directly to register.

Please try to bring your bike, or at the very least your front wheel. For additional information, please contact the Bicycle Course Coordinator. Thank You!

Barry Hartglass
bikecourse@5BBC.org



Five Borough Bicycle Club Registration Form

Name(s) _____
(please print)

Address _____

City _____ State _____ Zip _____

Day Phone _____ Evening Phone _____

E-mail address _____

Do not list my telephone number address in the club roster.

Please do not give my name and address to other cycling organizations.

Yes, I would like to receive weekly e-mail from the club about upcoming rides and events.

(The e-mail will contain no advertising, and we will never give away your e-mail address to others.)

No, I do not want to receive e-mail from the club.

5BBC Membership: \$20 or \$25 for 2 members of the same household \$ _____

(Please check type of membership below)

2 Members at the Same Household New Individual Member Individual Member Renewal

Bicycle Repair Course: \$25 for Members / \$35 for Non-Members. \$ _____

5BBC Jersey (indicate S, M, L, XL, XXL, XXXL) \$55 members, \$70 non-members (add \$5 shipping) \$ _____

Limited Edition Greek Coffee Cup Jersey (indicate S, M, L, XL, XXL, XXXL)
\$53 members, \$68 non-members (add \$5 shipping) \$ _____

5BBC Patch \$3 members, \$5 non-members (add \$1 shipping) \$ _____

Total Enclosed (Make checks payable to Five Borough Bicycle Club) \$ _____

Waiver and Release of Claims: In consideration for your acceptance of my application for membership in the Five Borough Bicycle 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, the undersigned, discharge and release the Five Borough Bicycle Club and all other sponsoring organizations, and their respective agents, boards, commissions and any other involved municipalities, and 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 may involve risks, including risks associated with the conditions of the road, the risk of falling, collision with other bicyclists, motor vehicles, or stationary objects. My participation is voluntary and done at my risk. 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 to provide or continue to provide such services, and are not a waiver by any of the said parties of any right hereunder. I understand that serious accidents may occasionally occur during Club activities and that participants in such activities may sustain mortal or serious injury as a consequence of their participation. Nevertheless, I agree to assume these risks and to release and hold harmless all of the persons mentioned above who might otherwise be liable to me for damages. I attest that the equipment I will use in Club activities is in good mechanical condition. **I understand that bicycle helmets can prevent some serious injuries and I agree to wear one while participating in Club-sponsored bicycle rides.** I agree to abide by the rules of the Club and follow the directions of the leaders and marshals of Club activities. I have read and understand everything written above and I voluntarily sign this agreement. (NOTE: If under age 18, the signature of a parent or guardian is required.) I further affirm that I am over 18 under age 18.

Signature _____ Date: _____

Name of Parent/Guardian _____

Agreement by Parent/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 consider-

ation 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.

Signature of Parent/Guardian _____ Date _____

Return completed application along with check or money order to:

5BBC Membership, 891 Amsterdam Avenue, Room 101, New York, NY 10025-4403

Membership Card

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.

We're sure it will become your most important piece of identification.

Best of all, show it at any of the shops listed on pages 8 and 9 for a discount on many items.



891 Amsterdam Avenue, New York, NY 10025-4403
212-932-2300 x115 • www.5BBC.org

MEMBER*
Five Borough Bicycle Club
2004

*Not valid without printed mailing label on reverse.

Classifieds

How to Ride a Bicycle

Instructor for 21 years. Saturday mornings. Call for discounts or special appointments. Terry Chin (718) 680-5227

Long rides giving you aching muscles?

Want to feel restored and relaxed?

Consider Licensed Massage Therapy by Seth Asher Swedish, deep-tissue, pre-natal and medical massage Brooklyn Heights location

House calls are also an option

Gift Certificates available

Reasonable rates

(718) 802-1972 sethasher@mindspring.com

Valerie Gates, Certified Holistic Health Counselor

AADP Accredited

Do you have cravings and mood swings, energy highs and lows, or nagging health problems? Or do you just feel that your overall level of health is not what it could be?

Find out what's preventing you from achieving the state of balance that is perfect health. Learn how to manage your weight and develop healthy eating habits that will stay with you for a lifetime.

I offer one-on-one coaching to help you achieve your health and fitness goals and to find healthy alternatives to behaviors and situations that undermine your health.

I am also available for health food store tours, cooking classes, and talks to groups about health and nutrition.

For a free consultation, send an e-mail to valeriebwell@aol.com or call (718) 522-3107.

Escapades Bike Tours

Escape the winter doldrums with a February bike ride in southern Arizona amidst the splendor of the Sonora desert.

Capture the joy of spring with an April spin on quiet roads surrounded by colorful wildflowers in the Texas Hill Country.

2004 Escapades Bike Trips for All Seasons

Arizona's Winter Sunshine	Feb 15-21
Texas Hill Country Wildflowers	Apr 18-23
Maine Bike, Hike and Kayak	Jul 4-11, Aug 12-19, Sept 5-12
Hudson River Fall Foliage	Oct 10-16

Escapades specializes in small tours for bikers of all abilities

Ask about the PPTC Member Discount

PPTC Member Mike Gould
at your service: (202) 232-1531

tour@bikeescapades.com
www.bikeescapades.com