

May–June 2004
Volume 14 · Issue 3

B I C Y C L E € € R™

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

(Photo: Nancy Asquith)



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Two-Wheeled Wondering

As you receive this, you're probably getting ready to ride or volunteer in BIKE NEW YORK. Or maybe you're heading over to the great gathering that Glen Goldstein's New York City Bicycle Show has become (we will be there!). The more ambitious of you are well underway in training for the 5BBC's own 2004 Montauk Century. And let's not forget that May is Bicycle Month in New York City. Thanks to Transportation Alternatives and the NYC Department of Transportation, there's an event virtually every day in each borough.

All of which points out what happens when you are a 5BBC member – you're tuned in to the best rides, the best events and the best people in the NYC cycling scene.

With the March-April *Bicycletter*, those of you who didn't renew your membership were given one last reminder. I forgot to do it at the end of 2003 but have now. In writing the check, I thought, "*yes, membership has its privileges.*"

For just \$20 per year, you get a lot, starting with being part of "The City's Friendliest Bike Club." To me, that's priceless, and it means a lot. But in practical terms, 5BBC membership means enjoyable and affordable weekend trips (not available to non-members), the weekly email update with rides

and events, and free use of our bike case for those long trips. A *Bicycletter* membership. And discounts galore – the best rate on the Montauk Century, at many bike shops in the Greater NY area, on merchandise purchased at The 5BBC store like that great "Greek Diner Coffee Cup" jersey, bicycle maintenance courses, and full access to the Adventure Cycling website library archive, including its route maps.

Pretty soon, the 5BBC will be mailing out a membership brochure. When I looked it over, it reminded me both of why I started riding with 5BBC in the first place, and that our rides and offerings only get better!

Finally, we often ride with some interesting people. But with all that huffing and puffing, we don't get a chance to know them better. Next month, the *Bicycletter* will start to profile both newer and longtime 5BBC members. I have talked to some people, but if you want to be profiled – or know someone we should talk to – please let me know. As always, your comments and ideas are welcome.

See you on the tarmac!

Peter Engel
Newsletter Editor, 2004
newsletter@5BBC.org

General Meeting

Location

American Youth Hostel, 891 Amsterdam Ave.,
New York, NY

Take the 1/9 train to 103rd Street

May 24, 2004 - 7:00 pm

Last summer, 5BBC Member and longtime Ride Leader Ed Sobin did a self-contained, 1,500-mile bicycle tour of Central Europe. Starting in Istanbul, Ed went through seven countries –

Turkey, Bulgaria, Serbia, Hungary, Slovakia and Poland, ending in Warsaw. Ed has also traveled the USA twice on self-contained trips. Join him for an illustrated presentation and informal talk, which will feature Ed's insights on what life is like in this ever-changing part of Europe.

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Jesse Brown leads a determined group on the March 21 Temperature Regulators ride (photo: Ken Ketchum).

☺ 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 Tripper

Upcoming Rides

By popular demand, the Borough Perimeter Series will return this year. Tentative dates for these rides are listed below.

The 5BBC will have some off-road rides. Some of these are listed as the “**Off-Road Vistas**” series. Please take advantage of them, and let us know if you want the 5BBC to offer more off-road rides, including the types (challenging, single-track, etc.) that you'd like to see.

That goes for all rides, really. I'm also planning a new occasional series of rides to celebrate the NYC subway centennial. Look for these rides under the banner of “**Subway Series,**” between June and October.

Shout outs to the **Fast & Fabulous** club, the **Major Taylor Cycling Club** and **Time's Up!** for contributing rides to our expanded Regional Roundup. Also, be sure to check the RR for rides and events farther a field, in upstate New York, New Jersey, and New England.

Bike Month

Okay, so May is National Bike Month. How's that again? For nearly 50 years the League of American Bicyclists has been promoting cycling through National Bike Month, with organized events with both advocacy groups and government agencies. Here in New York City this is primarily done through Transportation Alternatives and the City Department of Transportation's Bicycle Program office. You can learn more about the national bike advocacy program through the website www.bikemonth.com.



On Ed Pino's President's Weekend ride to Queens, we learned plenty about illustrious 13th U.S. President Millard Fillmore (photo: Lynne Kantor).

For this club, Bike Month is a time that we showcase some of our best rides and events. This is how we hope to attract and bring in new people, with the hopes that they will become members.

Already (as of mid-March) there are over 170 events listed! Calendars are available at bike shops but also viewable online at www.BikeMonthNYC.org. Aside from the bike rides, I especially enjoy the Bicycle Film Festival. Now in its fourth year, both feature films and shorts are shown at the Anthology Film Archives on East 2nd Street in the East Village.

What is the Bike Forum?

During last July's month-long Bike Summer, one of the highlights was a series of talks and panel discussions held at the Urban Center in midtown Manhattan. Naturally, I was happy to learn that this series is coming back this spring under the heading **Bike Forum**.

What kinds of things will be covered? As I write this, only one public meeting has been held – a discussion of legal issues. Hopefully the series will continue both online and with public meetings. You can find more information at www.bikeforum.org.

Planned Dates for the Borough Perimeter Rides

Sunday, 6/27	Staten Island
Sunday, 7/11	The Bronx
Sunday, 7/25	Brooklyn
To be determined	Queens
Sunday, 9/5	Manhattan



On board the U.S.S. Roosevelt Island (it only looks like a ship). From the February 22 Frostbite Ride to Uncle George's in Astoria (photo: Jim Zisfein).

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/bik permit.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>

Day Trip Meeting Places

AYH: Hostelling International/ American Youth Hostels, Amsterdam Avenue at 103 Street, Manhattan. Subways: 1 9 to 103 Street, 2 3 to 96 Street.

Bridgemarket: Plaza on the Northeast corner of East 60th St and First Avenue, and faces across the Avenue the entrance to the Queensboro bridge in Manhattan. Subways: 4 5 6 to 59 Street, N R W (N weekdays only) to Lexington Avenue.

Brooklyn Borough Hall: Cadman Plaza West at Montague Street, Brooklyn. Subways: A C F to Jay Street/Borough Hall, 2 3 4 5 to Borough Hall, N R W (N weekdays, W weekends) to Court Street.

Central Park Boathouse: East Drive in Central Park, Manhattan, just north of East 72 Street entrance. Subways: N R W (N weekdays only) to 5 Avenue, 6 to 68 Street or 77 Street, F to Lexington Avenue-63 St.

Chelsea Piers: West 22nd Street at West Street, Manhattan, by the Greenway path. Subway: C or E train to 23 Street and Eighth Ave.

City Hall: City Hall just south of Chambers & Center Streets, directly across from the Brooklyn Bridge entrance, Manhattan, at the Statute of Horace Greeley. Subways: 2 3 to Park Place, N R W (N weekdays, W weekends) to City Hall, 4 5 6 to Brooklyn Bridge/ City Hall, J M to Chambers Street.

Cold Spring: Metro-North train station, Depot Square at Main Street (Route 301), Cold Spring, New York (Putnam County). Approximately 1 mile west of Route 9D.

Columbus Circle: Central Park West at 59 Street, Manhattan, fountain at northeast corner. Subways: A B C D 1 to 59 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.

Day Trips: May–June 2004

Thursday, April 29th Preride to NYC Bicycle Show : Chocolate Factory in Staten Island

10 a.m., Central Park Loeb Boathouse, 25 miles

We'll be taking the ferry to Staten Island and visit the Superior Chocolate factory (www.superiorconfections.com). You won't be able to see them make the chocolate but you'll be able to buy it at a very reasonable price. We'll stop off for a picnic lunch in charming Willowbrook Park. We'll get back to Manhattan at approx. 4:30 PM to attend the annual NYC Bicycle Show (NY State Armory, 26th St. at Lexington Ave) which opens at 5:00 PM. Print out a discount entrance coupon from the show's site (nycbicycleshow.com) or cut one out from page 19 of this *Bicycletter*.

Rain at the start cancels the ride. Pace is 12-14 mph. Mostly flat terrain.

Co-listed with The Weekday Cyclists and NYCC.

Note: Bring a good working bicycle, water to drink, spare inner tubes, lunch or money for it, a helmet (and wear it), bicycle lock, bicycle lights (optional) in case you stay at the show and you have to ride home in the dark.

Ride leader: Trudy Hutter.

Saturday, May 1st Montauk Metric Training Ride #3 – CITY ISLAND

10 a.m., Cathedral of St John the Divine (Amsterdam Ave & West 112th St), 40 miles

City Island is one of my all-time favorite destinations, and it just so happens to make a great medium distance urban training ride. This ride will start immediately after the Blessing of the Bikes event held at the Cathedral of St John the Divine. Enjoy lunch right on the sound!

Pace: Brisk!

Please note: New starting location!

Leaders: Danny Lieberman (daytrips@5bbc.org) and Eileen Kapp.

Sunday, May 2nd BIKE NEW YORK – NO CLUB RIDES TODAY!



Let there be Neon – at Steuben glass (photo: Richard Sanford).

Saturday, May 8th Montauk Century Training Ride #13 – EATON'S NECK

8 a.m. Cunningham Park, 90 miles
NOTE NEW START TIME!

This is it – the finale. All that hard work will finally pay off and you'll be able to tackle the hills of the eastern North shore. Warning: cue sheet only ride, so you better be able to read and follow directions closely! No point-drop-sweep today. You must be able to keep up with the leaders in order to complete it on time.

Leaders: Jesse Brown and Ira Najowitz.

Saturday, May 8th Montauk Metric Training Ride #4– PIERMONT

9 a.m. Plaza Hotel, 50 miles

I can't think of a better destination to cap off the metric series than the charming town of Piermont, NY.

Leaders: Brian Hoberman and TBA.

Sunday, May 9th (Mother's Day) Palisades Bike Hike: Women's Federation Monument

9 a.m., GW Bridge bus terminal, 20 miles ride,
4 mile hike

Terrain: ride - lots of hills, hike - mostly level. Yes, it's time for another 5BBC-PIPC bike hike. It's Mother's Day, and for the occasion, Eric Nelsen (enelsen@njpalisades.org), historical interpreter for the Palisades Interstate Park Commission, will lead us on a hike from the Park Headquarters in Alpine to a monument honoring the New Jersey State Federation of Women's Clubs. Without the efforts of these women, we might not have a

Palisades Interstate Park today. The bike portion of the bike-hike will take Henry Hudson Drive ("River Road") which I hope will have reopened after this winter's landslide. Bring a bike lock, comfortable walking shoes, bag lunch, and water.

Pace: ride, moderate; hike, slow.

Ride leader: Jim Zisfein, jzisfein@yahoo.com.

Sunday, May 9th (Mother's Day)

☺ Ride to the Hudson River Museum

9 a.m., Plaza Hotel, 40 miles

We'll cross the Harlem river into The Bronx, follow Broadway through Yonkers and spend a little time on the Old Croton Aqueduct until we reach the Hudson River Museum. This museum is also a Mansion and a planetarium. So, bring your inquisitiveness, \$6.00 for admission, lunch or money to buy it, lock and Metro-North pass in case you have to bag-it. Some hills, road bikes OK. (NOTE there are off-road sections). Maybe a bonus additional museum.

Leaders: Ed DeFreitas & TBA.

Wednesday, May 12th

☺ Manhattan Evening Ride (rain date 5/19)

6:45 p.m. SHARP, Plaza Hotel fountain,
20 flat miles

In celebration of Bike Month, join us for the annual fun leisurely evening ride on Manhattan's Greenways/Pathways. We plan to go through Central Park, down the West side Pathway to Battery Park, through South Street Seaport, and up the East Side and back to the Plaza at approximately 9:30 PM. Bring pocket food, water, spare inner tube, and you must wear a helmet.

Co-listed with The Weekday Cyclists and NYCC.
Leaders: Trudy Hutter, Catherine Marion

Saturday, May 15th

☺ How To Ride Up Any Hill And How To Conquer Any Long-Distance Bike Ride, A Free Class For Beginners

12 p.m. NOON, Central Park Boathouse,
less than 10 miles

Do you walk your bike up some hills? When you ride with friends, are you always at the back of the pack? Do you hurt at the end of a ride? Nervous about doing a long ride?

Bring your friends to this free one-day class. The class is NOT about building up your muscles or working out — it's about going at your own pace, and learning to use the gears on your bike to make riding more fun for you.

We'll be learning at an easy relaxed pace — no long-distance bike racing today! Inexperienced or confused cyclists welcome. Bring your "dumb" questions!

MANDATORY: You must bring a bike helmet, and a bike with at least five speeds that is in good working order. (You don't need to know how to use the gears, but you **must** be sure that they work **before** the class — ask a friend or mechanic to inspect your bike). You must be able to pedal a two-wheeler. Meet at the Boathouse in Central Park at noon.

Class ends at 3 p.m. Rain cancels.

Leader: Glen Goldstein. Questions before the class? email to prez@bicycleshows.us

Sunday, May 16th MONTAUK CENTURY — NO DAY TRIPS TODAY!

Saturday, May 22nd

☺ Rockaway/Gateway Greenway Shuffle

10 a.m., Brooklyn Boro Hall, 45 miles

Take a spin out by Jamaica Bay and see the natural beauty of Gateway park. We'll circle the bay using the greenways on both sides. Easy pace, entirely flat.

Leaders: Danny Lieberman and TBA.

Sunday, May 23rd The Old Put and the O.C.A.

9 a.m., Van Cortlandt Park, 35 miles —
OFF ROAD

Ride up the Old Putnam Railroad trail to Tarrytown and then back along the Old Croton Aqueduct. This is an off-road trip — mountain and hybrids only! The terrain is rough but not terribly hilly. Bring or buy lunch.

Leader: Ed DeFreitas.

Saturday, May 29th Bridges Of New York

8:30 a.m., Chelsea Piers, West 22nd St & 12th Ave,
35 urban miles

Cycle 13 (count 'em, 13) bike accessible bridges in one day. Big Apple survey includes Hudson River Greenway, Gantry Plaza State Park, Wards/Randall's Island, Harlem River Speedway, Little Red Light-house, Cherry Walk, etc. Not for beginners or fussy budgets. Special pin awarded to those who finish the ride. Be prepared to ride smartly. Some hills and busy traffic.

Co-listed with NYCC. Wet weather at start time cancels.

Leader: Alfredo Garcia.

Day Trip Meeting Places (continued)

Eastchester: Dyre Avenue at 233 Street, Bronx. Last stop on 5 subway train (not Nereid Avenue).

East 34th Street Ferry: East 34 Street at FDR Drive, Manhattan. Subway: 6 to 33 Street.

George Washington Bridge Bus Terminal: George Washington Bridge Bus Terminal - Fort Washington Avenue at 178 Street (northwest corner), Manhattan. Subways: A to 175 Street, C 1 to 168 Street.

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.

Katonah: Metro-North train station, Katonah Avenue and Jay Street, Katonah, New York (Westchester County).

Kew Gardens: Queens Boulevard (north side) and Union Turnpike, Queens. Meet at "Statue of Civic Virtue" on corner. Subways: E F to Kew Gardens, Union Turnpike.

North White Plains: Metro-North train station parking lot. Fisher Lane at Harlem Avenue, near North Broadway, White Plains, New York (Westchester County).

Penn Station: 8th Avenue and 31 Street, on the sidewalk, Manhattan. Subways: A C E to 34 Street, 1 2 3 to 34 Street.

Pier 11: Wall Street and South Street Seaport, Manhattan. Subways: 2 3 to Wall Street, J M to Broad Street.

Pier 78: NY Waterways Ferry Terminal at 38 Street and West Side Highway (12 Avenue), Manhattan. Subways: A C E to 34 Street Penn Station, or A C E to 42 Street Port Authority.

Plaza Hotel: Fifth Avenue at 59 Street, Manhattan. Subways: N R W (N weekdays only) to 5 Avenue, 4 5 6 B D E F V nearby.

Day Trip Meeting Places (continued)

Port Imperial Waterway

Terminal: North End Avenue, south of Vesey Street, World Financial Center, Battery Park City, downtown Manhattan. Subways: 1 N R W (N weekdays, W weekends) to Rector Street or Cortlandt Street, C E to World Trade Center.

Prospect Park Grand Army Plaza:

Flatbush Avenue at Eastern Parkway, Brooklyn. Benches at the Grand Army Plaza entrance to the park. Subways: 2 3 to Grand Army Plaza, F to 7 Avenue, Q to 7 Avenue, R to Union Street.

Prospect Park Picnic House:

Prospect Park, Brooklyn, West Drive. Enter at Grand Army Plaza, turn left at third traffic light, or enter at Third Street, turn left at first traffic light. Subways: 2 3 to Grand Army Plaza, F to 7 Avenue, Q to 7 Avenue, R to Union Street.

Roosevelt Island Tramway:

59 Street and 2 Avenue, in Manhattan. Subways: 4 5 6 to 59 Street, N R W (N weekdays only) to Lexington Avenue.

Shea Stadium: Roosevelt Avenue and Corona Park, Picnic Area. Subways: 7 to Willets Point/Shea Stadium.

Soldiers' and Sailors' Monument:

Flatbush Avenue at Eastern Parkway, Brooklyn. Under the arch in the center of the traffic circle (caution!). Subways: 2 3 to Grand Army Plaza, F to 7 Avenue, Q to 7 Avenue, R to Union Street.

South Ferry: Auto ticket booth for the Staten Island Ferry, at ground level. The southernmost point of Broadway, at the foot of Manhattan. Subways: 1 to South Ferry, N R W (N weekdays, W weekends) to Whitehall St, 4 5 to Bowling Green, 2 3 A C E nearby.

Staten Island Borough Hall:

Richmond Terrace and Borough Place, Staten Island (near the Staten Island Ferry Terminal).



Chocololics at Payard, on the Feb. 21 Hot Chocolate Ride (photo: Ed Pino).

Sunday, May 30th Brooklyn Sojourn

9 a.m., City Hall, 40 miles

Electric cars aren't new. Beautiful brownstones not the expected neighborhoods (smell a bargain). Nothing weak about Weeksville. And, oh yeah, a piece of Brooklyn Dodger history. And, maybe more are the points in a Brooklyn sojourn. Bring a lock & \$ for lunch.

Moderate pace.

Leader: Ed DeFreitas

Monday, May 31st (Memorial Day)

☺ **Off-Road Vistas:**

Saddle Up And Ride The Hutch

9 a.m., Eastchester (Dyre Ave), 15 miles
**MOUNTAIN OR HYBRID BIKES
REQUIRED!**

What this ride lacks in distance, it makes up in fun. This is a trail ride. We ride over ruts, rocks and water. Bring lunch or money for it because there's a lake to enjoy it by. Bug spray optional. No Gonzos! This is a fun ride with safety as the requirement.

Leaders: Ed DeFreitas & TBA.

Saturday, June 5th Hills To Bill And Hillary's

8:25 a.m., Grand Central or 9:45AM, Croton-Harmon station, 45 hilly miles

Join us for this beautiful but very hilly ride through northern Westchester. We'll visit a Bill Clinton exhibit in his adopted hometown of Chappaqua and make a stop at the Clinton residence. While spinning on the hills (with cumulative climbing of 3500 feet), we can look forward to homemade ice cream near the end. N.B.: Triples are highly recommended, bring a MTA bike permit and note that there's about a mile of riding on a hard-packed dirt road.

Pace - leisurely. Terrain: very hilly.

Leaders: Brian Hoberman & TBA.

Sunday, June 6th

☺ **Flat Rock Nature Preserve**

9 a.m., City Hall, 25 miles

This is a bike-to-hike ride to a not well known but beautiful nature preserve. It's privately run, includes a nature center and you can lunch beside a pond and take an unsupervised nature hike. Bring lock, lunch or money for it.

Moderate pace. Terrain is flat with one big hill.

Leaders: Ed DeFreitas & Terry Chin

Saturday, June 12th

☺ **Subway Series Ride: Contract One**

10 a.m., City Hall, 25 miles

New ride! Trace the route of the original subway in 1904, approximately.

Leaders: Danny Lieberman & TBA.

Sunday, June 13th

☺ **Sheepshead Bay And Beyond**

9 a.m., City Hall, 35 miles

Yet another excursion into the Borough of Churches. We'll check out the Shore Parkway greenway, a path frequented on Bicycle Bum Beach rides, with a glimpse of the Atlantic Ocean. Bring a lock, \$ for lunch and a camera. You can look but you better not touch (bike) a pedestrian bridge in the area. See www.transalt.org/bridges/sheep.html to learn why. Bring a lock, \$ for lunch and a digital camera.

Pace: Moderate, Mostly flat.

Leaders: Ed DeFreitas & Terry Chin.

Saturday, June 19th

Clearwater Hudson River Revival

7:30 a.m. Sharp, Grand Central Terminal, 25 miles

Celebrate summer, Pop's day, and our 16th annual day-long excursion to this classic folk festival on the banks of the Hudson at Croton Point Park. Last year's fest was marred by inclement elements (never say the "R" word), and due to a financial bath, this year Clearwater has plans for a scaled back gala. Nevertheless, expect folk music, non-stop dancing, crafts, activists, stories, and of course food. We will jump on Metro-North for a quick ride to White Plains and then cycle to the festival (with recommended but optional return to NYC by train). Scheduled performers include Dar Williams, Guy Davis, the Nields, Patty Larkin, and Toshi Reagon with more to be announced! Festival is "R" or Shine! Limited number of discount admission tickets (\$20) will be available for early arrivals. Bring Metro-North permit, \$13 train fare, sunscreen, and bike locks.

Moderate pace, some steep hills.

Leaders: Ted M. Kushner and Brian Hoberman.



Riders find the 5BBC's unofficial motto (photo: Danny Lieberman).

Sunday, June 20th
 ☺ **Father's Day Annual
 Coney Island And Bust**

10 a.m., City Hall, 30 miles

Join us for a fun ride through Brooklyn to the world famous Cyclone for the ride of your life. Come to the Fun House, Walk on the Boardwalk. Return to your childhood or your new adulthood for a fun time. Lunch will be at Nathan's, the original hot dog stand. Bring bike lock and approximately \$15 for lunch and admission.

Leaders: Ed Pino and Liz Baum.

Sunday, June 20th
 ☺ **Off-Road Vistas: Kensico Dam**

9 a.m., East 233rd St & White Plains Road, 35 miles

Follow the Bronx River Parkway bike path up to the dam and back. This is a paved path with some riding in traffic as well. Hilly in places. Bring your Metro North bike pass, just in case.

Moderate pace. Varied terrain.

Leaders: Ed DeFreitas & TBA.

Saturday, June 26th
 ☺ **Ride To The Mermaid Day Parade
 (Coney Island)**

10 a.m., City Hall, 30 miles

The annual Mermaid Parade in Coney Island is a wonderful celebration of summer fun. Expect

crowds, surf, exotic costumes, funny cars, great food, and a trip to the beach. Bring a lock, lunch (or \$ for it), and your camera.

Leaders: Brian Hoberman & TBA.

Sunday, June 27th
Staten Island Expresso

7 a.m., South Ferry Terminal (7:30 boat), 40+ miles

Brief & thrilling affair, of mind & body, short of devastating anarchy in the 5BBC. Escape torrid heat, 40-hour workweeks and annoying organisms in a wink of an eye. No point-drop-sweep, no cue sheets – bring map if needed, eat no lunch – well maybe. Just keep riding, in guided yet safe madness – till the climatic end. You won't remember anything except feelings of pain & delight in your taut sexy body – for the next 23 hours. Bring pocket food & water. Not for beginners or fuss-budgets. Wet weather at the start cancels.

Pace: 15+ mph, emphasis on riding single file.

Terrain: mostly flat but oh so lovely hills (e.g. Ft. Wadsworth)

Leaders: Alfredo Garcia (cyclistxxiii@yahoo.com) & Jesse "The Body" Brown.

**Day Trip
 Meeting Places
 (concluded)**

Van Cortlandt Park: Broadway at West 242 Street, Bronx. Last stop on 1 subway train.

Wakefield: White Plains Road at 241 Street, Bronx. Last stop on 2 subway train.

Westchester Square: East Tremont Avenue, Westchester Avenue and Williamsbridge Road, Bronx. Subway: 6 to Westchester Square.

White Plains: Metro-North train station, Hamilton and Ferris Avenues, White Plains, New York (Westchester County).

White Plains Road: White Plains Road at Pelham Parkway, Bronx, 2 subway station.

Woodlawn: Jerome Avenue and Bainbridge Avenue, Bronx. Last stop on 4 subway train. (Golf course about 100 yards north provides car parking for a modest fee.)

Flash your 5BBC Membership Card at these Bike Shops

For a discount on many items

Bronx

Westchester Bike Pro Shop
2611 Westchester Avenue
Bronx, NY 10461
(718) 409-1114

Brooklyn

Bay Ridge Bicycle World
8916 3rd Avenue
Brooklyn NY 11209
718-238-1118

Bicycle Station
560 Vanderbilt Avenue
Brooklyn NY 11238
718-638-0300

Roy's Sheepshead Cycles
2679 Coney Island Avenue
Brooklyn NY 11235
718-646-9430

Sizzling Bicycle
3100 Ocean Parkway
Brooklyn NY 11235
718-372-8985

Verrazano Bicycle Shop
8717 3rd Ave
Brooklyn NY 11209
718-680-6521

Manhattan

A Bicycle Shop
349 West 14th Street
New York NY 10014
212-691-6149

Bicycle Habitat
244 Lafayette Street
New York NY 10012
212-431-3315

Bicycle Renaissance
430 Columbus Avenue (81st Street)
New York NY 10024
212-724-2350

Champion Bicycles
896 Amsterdam Avenue
(103/104 St)
New York NY 10024
212-662-2690

Chelsea Bikes
156 West 26th Street (7th Av)
New York NY 10001
646-230-7715

Sunday, June 27th Staten Island Perimeter

9 a.m., South Ferry Terminal (9:30 boat),
40+ miles

This is the same route with a more moderate pace. This ride WILL use point-drop-sweep and will take lunch at the half-way mark (Conference House Park).

Leaders: Ed DeFreitas and TBA.

Saturday, July 3rd ☺ Brooklyn's Working Waterfront

9 a.m., Bridgemarket, 35 miles

This is a reprise of my old, urban classic - the "other side of the tracks" ride. Explore and enjoy the waterfronts of nearby Queens and Brooklyn between Long Island City and Owl's Head Park. Flat but bumpy terrain - all bikes welcome but knobby tires are best on those old cobblestone streets.

Leaders: Danny Lieberman and others.

Sunday, July 4th Around And Over The Hudson

8:30 a.m., City Hall, 40 flat miles (one large hill)

See NYC from a ferry, the Liberty State Park & Hoboken. Then stretch your legs along a long



5BBC riders and their host farmer emerge from "down-under" after checking out the beansprout crop in Chinatown that flourishes even in mid-March (photo: Richard Sanford).

shoreline stretch from Hoboken to the G.W. Bridge (with the one big hill). Bridge the Hudson back to N.Y.C. Pass Seinfeld's (who?) old haunt and choose your lunch cuisine from Italian, Asian and Eastern Europe. It's all on one Amsterdam Ave. block between 110th & 11th Streets. Then, we'll follow the Hudson River line (really, ask Ed why) back down to City Hall. Bring a lock & \$ for lunch.

Moderate pace. Flat terrain with one big hill.

Leaders: Ed DeFreitas & TBA.



Big Hole: During the April 3 "Ride the Rail Trail," mountain bikers discovered that "close the gap" has other meanings (photo: Danny Lieberman).

About Weekend Trips

Looking for an affordable vacation getaway?

Beat the heat this summer (or chill out this autumn) with a 5BBC weekend trip!

If you've never taken a weekend trip with us before, we encourage you to join us. Not only is the cycling fun, but you can also meet some great people! And, if you've been on our trips before, perhaps this year you'll visit an exciting new destination.

We have listed many 2004 Weekend Trips here and at the 5BBC website www.5bbc.org/weekend.shtml and it may still expand. Up-to-date trip information is also available on our Weekend Trips Info-line, at (212) 932-2300 x138.

Here are a few things you need to know:

Members Only. You must be a member of the 5BBC to take a weekend trip. This is because insurance would add significantly to the cost of running the trips if non-members participated. Membership in the 5BBC is only \$20, and you get lots of benefits (like a subscription to our bi-monthly newsletter, discounts in area bike shops, on our Montauk Century ride and our Leadership and bicycle courses, and the camaraderie of The City's Friendliest Bike Club) so there's no reason not to become a member!

What's Included. The price of each trip includes round-trip transportation, accommodations, leader support, applicable event fees, and all breakfasts and dinners. Meals traveling to and from our destination, as well as all lunches (unless otherwise noted), are not included in the price. You must also bring your own well-tuned bicycle and bike helmet, which must be worn on all rides.

How We Ride. Weekend trips are lead by trained and experienced but unpaid volunteer club leaders. Except on days when the group joins an organized bike ride like a Century, 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. Trips have been categorized by distance, pace and terrain, as follows:

A Rides - challenging, 40 to 60 miles per day, moderate to fast pace, hilly terrain

B Rides - intermediate, 30 to 50 miles per day, moderate pace, varied terrain, some hills

C Rides - easy, 20 to 35 miles per day, easy pace, and flat terrain

How to sign up. Please print out and complete the sign-up/waiver form on our website www.5BBC.org

or in the *Bicycletter*, and send it in to 5BBC with your deposit. It is suggested you sign-up as early as possible, since registration is limited to between 6 and 13 trippers (30 for the Montreal Bike Fest trip). A deposit of \$125 (*plus \$20 for membership, if not a 5BBC member*) is required for each trip when you register. We cannot "hold" a space for you if you sign-up without paying the correct deposit for each trip. You can pay the balance of the trip price in person at the time of departure. *Sorry, we don't take credit cards, nor offer on-line registration, for weekend trips. Currently, we only take checks, money orders or cash. But, don't put cash in the mail, please!*

Questions? To get more details about transportation, accommodations, rain, refunds, and the sellout policy for 5BBC Weekend Trips, we have a complete list of Frequently Asked Questions (FAQs) at our website, www.5bbc.org/aboutweekend.shtml. Also, please call our office during club hours on Wednesday nights from 7-9pm at 212-932-2300 x115. If you get a recording during that time, that means we're taking a call from another member, so please try calling again in a few minutes.

Thanks for your interest in our weekend trips!

We hope to see you on one of them soon.

Phil Goldberg
Weekend Trips Coordinator, 2004
weekends@5bbc.org

The 5BBC 2004 Weekend Trips Schedule

Trek To Tiorati

BEAR MOUNTAIN-HARRIMAN STATE PARKS

Memorial Day Weekend: May 29-31 (Saturday morning-Monday evening)

Trip BM

Price: \$ 125

Trip Rating: A/B

Transportation: Self-contained

Leaders: Ira Najowitz & Manny Sanudo

This self-contained trip (you must carry all your gear in panniers) to Bear Mt./Harriman State Parks leaves from Manhattan and travels 50+ hilly miles to the Thendara Lodge on Lake Tiorati. We will bicycle up on Saturday and return on Monday. Sunday is an off day on which you could swim, hike, relax or do some more bicycling in the parks. Included are two breakfasts, two trail lunches and two dinners. For more information, call or e-mail the leaders. Leaders: Ira Najowitz, 718-468-7714, librarian1@yahoo.com and Manuel Sanudo, 718-217-0045, msanudo@qc1.qc.edu.

Flash your 5BBC Membership Card (continued)

Manhattan (continued)

Conrad's Bike Shop
25 Tudor City Place
New York NY 10017
212-697-6966

Gotham Bikes
112 West Broadway
New York NY 10013
212-732-2453

Midtown Metro Bicycles
360 West 47th Street
New York NY 10036
212-581-4500

Sid's Bike Shop
235 East 34th Street
New York NY 10016
212-213-8360

Queens

Bellite Bicycles
169-20 Jamaica Avenue
Jamaica NY 11432
718-739-3795

Bike Stop
37-19 28th Avenue
Long Island City NY 11103
718-278-2453

Bill's Ozone Park Bicycles
108-11 Liberty Avenue
South Richmond Hill NY 11419
718-641-1880

Long Island

The Bicycle Planet
540 Jericho Turnpike
Syosset NY 11791
516-364-4434

Bike Discounters
2503 Middle Country Road
Centereach NY 11720
631-471-3230

Bike Discounters
287 Portion Road
Ronkonkoma NY 11779
631-737-9282

Brands Cycle Center
1966 Wantagh Avenue
Wantagh NY 11793
516-781-6100

Carl Hart Bicycles
620 Middle Country Road
Middle Island NY 11953
631-924-5850

Sayville Bike Works
75 Main Street
West Sayville NY 11796
631-589-0009

Flash your 5BBC Membership Card (concluded)

Long Island (continued)

Visentin Bike Pro Shop
51 Pine Hollow Road, Rte. 106
Oyster Bay NY 11771
516-922-2150

Westchester

Bicycles Unlimited
141 East Main Street
Elmsford NY 10523
914-592-7979

Pelham Bicycle Center
109 Wolfs Lane
Pelham, NY 10803
(914) 758-3338

Sierra Cycles
46 Garth Road
Scarsdale, NY 10583
(914) 725-8333

Connecticut

Baybrook Bicycles
243 Captain Thomas Blvd
West Haven CT 06516
203-933-4576

Baybrook Bicycles
252 College Street
New Haven CT 06510
203-865-2724

Newington Bicycle
1030 Main Street
Newington CT 06111
860-667-0857

New Jersey

Bicycle Workshop
175 Country Road
Tenafly, NJ 07670
201-568-937

Marty's Reliable Cycle
173 Speedwell Avenue
Morristown, NJ 07960
973-538-7773

Montreal Madness...

Back by popular demand!

TOUR DE L'ÎLE

June 3 - 7 (Thursday evening - Monday evening)

Trip TOUR

Price: \$350

Trip rating: A/B

Transportation: Coach Bus

Leaders: Wentworth P. & Wallace S.

Join us for a truly fun filled weekend of cycling at the world's largest mass cycling event. Late Thursday evening we depart in a comfortable coach to arrive for a full day in Montreal, then to participate in the spectacular nighttime Tour la Nuit. We'll lodge in a hotel near Old Montreal. Saturday presents the opportunity for an "option or adventure;" you may choose to do your own thing or a brisk ride on a route option from the Metropolitan Challenge in the nearby countryside. Then on Sunday is the capstone: Tour de L'ile, which is a giant festival on wheels. So if you enjoy the excitement of sharing the road with 40,000 cyclists from all over the world, this is the trip for you.

Vineyards and Islands!

BIKE-BOAT-WINE-DINE

June 5-6 (Saturday morning-Sunday evening)

Trip BBWD

Price: \$200

Trip Rating: A/B/C

Transportation: Van

Leaders: TBD

Join us for this weekend trip that takes advantage of all Long Island's East End has to offer: beautiful biking, vineyards and coastlines. On Saturday, we'll tour and sample the vintages of a few of the excellent wineries dotting the North Fork, then enjoy a wonderful dinner (and more vino?). After overnighing at an area hotel, we'll join the Suffolk Bike Riders Association for their annual Bike-Boat-Bike Century, offering various distances, taking us all over the east end, including lovely Shelter Island (hence the boat part). Mileage choices for the Century are between 25-125 miles on flat terrain.

A 5BBC favorite

BIKE THE BERKSHIRES

June 19-21 (Saturday Morning to Monday)

Trip BERK

Price: \$325 - deposit must be received by Wed, June 2nd!

Trip Rating: A/B

Transportation: Train/Self-Contained

Leaders: Stephen Jackel & Eileen Kapp

Everyone knows fall is perhaps the best season for cycling in New England. To take full advantage of it, come join us! We depart Friday morning on

Metro-North to a spot not far from the Massachusetts-Connecticut border, and then we pedal 50 miles to the Barrington Court Motel in Great Barrington, MA. Most of the route is gently rolling, but there will be hills too. You'll need a Metro-North bicycle pass and a rear rack on your bike; the panniers you can borrow from 5BBC. The leaders ask that you go on at least one 60-mile ride in preparation for the trip.

Spend July 4th Weekend in Amish Country!

PENN DUTCH TREAT

Independence Day Weekend: July 2-5 (Friday morning-Monday night)

Trip PD

Price: \$325

Trip Rating: B

Transportation: Van

Leaders: Eileen Kapp & Steve Sakson

Join us for an enchanting Independence Day weekend in the serene Pennsylvania Dutch countryside of Paradise. The clip-clop of horse-drawn carriages and the neighborly smiles of friendly Amish farmers accompany us as we ride past lush pastures and over historic covered bridges. We will stay at the guesthouses at Verdant View, and, if you are an early riser, you can even help milk the cows! Visits to farmer's markets, crafts fairs, or the local vineyard for a late afternoon of wine and cheese are all part of this biking treat. Other highlights include our traditional dinner at Miller's Smorgasbord, and dinner and entertainment at an Amish family home. This is a rare opportunity to learn first-hand about these charming people whose simple ways have survived through hundreds of years despite the changing society around them. Moderate mileage, 30-40 per day. Rolling terrain.

New Trip!

COVERED BRIDGES RIDE

August 14-15 (Saturday morning-Sunday night)

Trip CB

Price: \$150

Trip Rating: A/B/C

Leader: TBA

Discover some of Pennsylvania's most famous rural scenery as we participate in the 26th annual Covered Bridge Metric Century. Produced by the Lancaster Bicycle Club, you can bike 62-, 31- and 15-mile routes. Final trip price will include event fee, t-shirt, and traditional smorgasbord dinner on Saturday night!

New Trip!

VERMONT CENTURY + SCENIC TOURING

August 26-29 (Thursday evening-Sunday evening)

Trip VC

Price: \$425 (est.)*

Trip Rating: A/B/C

Transportation: Van

Leader: TBA, w/ tons of support from 5BBCer & VT local Susan Rodetis

Delight in this gem of a wonderfully supported century (or alternative 50 mile option) through VT river valleys (and no mountain passes) via a gorgeous circular route alongside rivers, Montpelier state capital, the Granville Gorge (forever wild), state forests, farms (more cows than residents in VT), multiple scenic byways. Bike touring and touring on Fri. & Sun. in the lovely Lake Champlain locale (perhaps Ben & Jerry's factory tour/sampling, Shelburne Museum, Shelburne Farms, Lake Champlain bikeway &/or Burlington). Depart AYH Thurs. evening (arriving late) to treat us with a full Friday in VT. Accommodations in Mad River Valley/Sugarbush will be a private house or a local group ski house. Van size limits group, as does event size (closed out the last 2 years), so sign on early. Three full touring days in VT—includes event fee, t-shirt, accommodations, 3 breakfasts, 4 dinners [in-van northbound meal (reduces travel time) + local pub dinner + post-event barbecue + brewpub dinner on the way back].

Escape to the Cape

CAPE ESCAPE

Labor Day Weekend: September 3-6 (Friday morning-Monday night)

Trip CE

Price: \$285

Trip Rating: C

Transportation: Van

Leader: TBA

Maybe you've been to Cape Cod before, but seeing it by bike can't be beat. The Cape is crisscrossed by gentle, immaculate rail trails, with occasional rolling hills, and we stay at the tranquil hostel next to the ocean in Truro. Out of Provincetown, the dune trails are breathtaking. Whale watching, lighthouse climbing or maritime museum hopping are good bets, or enjoy sunbathing at the national seashore beaches. Don't miss the mouth-watering seafood dinner! It'll be a perfect es"cape" for first timers and old-timers alike. Flat terrain, 25-35 miles a day.

'It's The Great Pumpkin...'

PUMPKIN PATCH PEDAL

September 25-26 (Saturday morning-Sunday evening)

Trip PP

Price: \$150

Trip Rating: A/B/C

Transportation: Van

Leaders: Alfredo Garcia and Mark Trainor

Come join us for this fantastic "pumpkin-friendly and pancake-flat" annual tour with rides choices between 25-100 miles. Each of the rides winds through the scenic, rolling farmlands of central New Jersey during the peak of the harvest season. Along the way, you'll be able to rest and munch at the fabulous rest stops, featuring entertainment and well stocked with fresh fruit and baked goodies, including pumpkin and apple pie! The tour takes you through farmland you may never have known still existed in New Jersey. We'll also do some cycling on Saturday, enjoy a great Italian dinner out that evening, and then spend the night at a nearby comfortable hotel. Also included in price is a nice long-sleeve Pumpkin Patch shirt. Don't miss this great nearby retreat!

Join 'the Flock' in Maryland

SEA GULL CENTURY

Columbus Day Weekend: October 8-10 (Friday morning-Sunday evening)

Trip SG

Price: \$410

Trip Rating: A/B/C

Transportation: Van

Leaders: Steve Sakson & Wentworth Price

Who wants a flat century, beautiful scenery, pie a la mode, an all-you-can-eat crab fest, plus transport, lodging and registration to this annual sell-out in Salisbury, Maryland? Raise your hands fast because Sea Gull is rated one of the top three century events by League of American Bicyclists and all 7,000 spots sell out quickly. With cue sheets, marshals, SAG, first aid, and rest stop locations at the Pocomoke River, Assateague Island, and Adkins Mill Pond Park, plus an indoor pool and outdoor "beach" bar, this gala is surely a classic. Departs early Friday for added cycling.

Regional Roundup May—June 2004

To submit rides to add to the listing, please email daytrips@5BBC.org

Riding Clubs and Organizations

Appalachian Mountain Club (AMC)

Contact: www.amc-ny.org

Fast & Fabulous

Contact: www.fastnfab.org

Major Taylor Cycling Club

Contact: home.nyc.rr.com/majortaylorncnj
Larry Wilcox,
larryw_07111@yahoo.com

Metro Area Recumbent Society (MARS)

Contact: www.recumbents.com/mars

New York Bike Messenger Association

Contact: www.nybma.com

New York Cycle Club

Contact: www.nycc.org

The Weekday Cyclists

Contact: <http://members.aol.com/trudyh>
or email TWCinNYC@aol.com

Time's Up!

Contact: 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 AM every Tuesday for laps in Central Park

10 AM every Thursday (March-October)

25-50 miles to a planned destination meets at the Central Park Boathouse

Saturday, May 1st

Farmlands Bicycle Tour

Organizer: Central Jersey Bicycle Club

Contact: tandem2@erols.com

Regional Roundup (continued)

The Blessing Of The Bikes

9:30 AM, Cathedral of St John the Divine

Amsterdam Ave & West 112th St
Organizer: Glen Goldstein
Contact: prez@bicycleshows.us

Sunday, May 2nd

BIKE NEW YORK – the Great Five Boro Bike Tour

Organizer: Bike New York
Contact: www.bikenyork.org
Phone: (212) 932-BIKE

11TH Annual Bike Bergen

Charity Event to help the homeless of Bergen County, NJ
Rides from Park Ridge, NJ
Organizer: IRF of Bergen County
Information:
<http://www.irfhomeless.org/bb3.html>

Friday, May 7th

Central Park Moonlight Ride

Organizer/Contact: www.times-up.org
10 PM, Columbus Circle
This is a night ride: Bring lights!

Sunday, May 9th

Needle to Needle Ride, B15 pace, 45 miles

Organizer/Contact: Fast & Fabulous (www.fastnfab.org)
Or email fastnfab@yahoo.com
8:45 AM, Cleopatra's Needle, Central Park (behind the Met Museum)
Ride to Piermont to see the other Egyptian Needle
Led by Steven Crowe and Bob Nelson

Wednesday, May 12th

Bike Forum meeting

7PM, The Urban Center (Madison Ave & E 50th St)
Information: www.bikeforum.org

Friday, May 14th

Bridges By Night (Time's Up)

7:30 PM, Tramway Plaza (2nd Ave & East 60th St)
Information: <http://www.times-up.org/bridges.php>
This is a night ride: Bring lights!

Wednesday, May 19th

The Waterfront Conference

The Urban Center (Madison Ave & East 50th St)
Organizer: Metropolitan Waterfront Alliance
Contact: info@waterwire.net or call 800-364-9943

The 5BBC 2004 Montauk Century

Spin your way out of Manhattan – And into Montauk!

Sunday May 16, 2004 Rain or Shine

Choose from three distances: 65/100/140 mile routes. All routes end in Montauk. Choose from two check-in locations: NYC Penn Station or Babylon, LI.

For almost 30 years, mid-May has meant the 5BBC Montauk Century. This springtime classic brings together over 1,000 cyclists to ride one of the flattest century rides in the Northeast! The fun starts in Manhattan, goes east through the Hamptons and doesn't stop until Montauk.

This ride is ideal to start off your cycling season. It truly is a great route that keeps getting better. We've added quieter, more scenic roads with less traffic. We've even added another rest stop to keep you fresh!

As always the ride comes with our legendary SAG support, food galore, hot showers, a hot meal, massage and transportation back home all included. We'll even kick in a free souvenir. Be sure to pick up a 2004 Montauk racing jersey and/or polo shirt to remember the day. Also, this year Clif Bar, Inc. has graciously provided us with 500 Clif Shot and 2,300 Mini Clif Bars, and Krispy Kreme Doughnuts – to everyone's delight – will supply us with 40 dozen of their finest.

This year we will offer two check-in locations: Penn Station, Manhattan and the LIRR station in Babylon, Long Island. You may choose from three distances: a peaceful and refreshing 65 miles, a very scenic and invigorating 100 miles, or the challenging but very rewarding expert-only 140 mile route. Whether this will be your first century or your annual hammer session we will help get you ready with a complete series of training rides.

On Montauk day, please be sure that your bicycle is in good working order and you have basic tools and supplies just in case. Also be sure to pack a small bag with a change of clothes, toiletries and a towel for the hot showers at the finish. We'll transport the bag to the finish so it will be waiting for you when you arrive in Montauk.

The first 1,000 people to register will get free 5BBC 2004 Montauk Century bandanas (after they're gone, they're gone!) Those will be distributed the morning of the ride at start locations. We will have all of the 5BBC 2004 Montauk Century polo shirts and racing jerseys at the finish. However, if you would like to have your souvenir, polo shirt, or racing jersey mailed to you before the ride, you



Spin your way out of Manhattan and into Montauk!

Sunday May 16, 2004
Rain or Shine

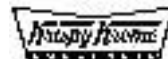
Choose from three distances:
65/100/140 mile routes.
All routes end in Montauk.

Choose from two check-in locations:
NYC Penn Station opens at 5:00 AM
LIRR station in Babylon, LI opens at 6:00 AM

Legendary SAG support, food galore, hot showers, massage, return transportation and a few freebies.

Helmets required. Must be worn while riding.

Check back for more information soon!



New Event! Beach Bum Century
Bike your way from Broadway through the 'burbs to the Beach along the Jersey Shore!
August 15, 2004 - Save the Date!

can order that service for an additional fee at our registration site. Please pre-order these cool souvenir items – we can't guarantee that there will be any available for sale on tour day unless you pre-pay. If you pre-pay for jerseys or polo shirts and don't make it to the finish line, we WILL hold them for you, so you can pick them up at the 5BBC club office.

For more information and to register, go to www.5BBC.org/Montauk.shtml.

We will also offer walk-in registration during club hours at the club office. We need volunteers – especially drivers – so we urge you to contact us at montauk@5bbc.org or special-events@5BBC.org. Hope to see you all there!

Sharon Behnke and Wentworth Price
Special Events Coordinators
special-events@5BBC.org

Take the Century Challenge

by John Lee Ellis

With Montauk and other challenging century rides just around the corner, here's an article from the Ultra-Marathon Cycling Association (UMCA) adds extra motivation to focus on training, and making that metric a full century!

Now that spring and longer days have arrived, you're probably considering your cycling goals for 2004. Maybe those goals include centuries: riding your first century this summer...improving your performance on your club century...or even setting a PR for total century miles in a year!

And, if you've already ridden a few centuries, why not take the Century Challenge? How many centuries can you ride in 2004? The Ultra-Marathon Cycling Association (UMCA) runs an annual Mileage Challenge, where you can register your centuries and other long rides.

Crista Borrás and Chuck Wood rode 84 centuries in 2004, to take first place in the UMCA Mileage Challenge. They aren't professional athletes - she's 56 and he's 60, both have full-time jobs, and they live in Washington, D.C., not sunny California!

Kevin Kaiser, a first-time rider in the Mileage Challenge said: "There were many days when it would have been easy to quit at 40-60 miles, but the Mileage Challenge motivated me to push for at least 100 miles. Nothing else would count on this list."

Where I live in Colorado, there are only four "big event" organized centuries with entry fees, rest stops and t-shirts. Yet, by going on local club rides, I can log 34 rides of at least Century Division length. All I need to do is remember to stop at mini-marts for burritos!

Yes, a century ride doesn't have to be a big event with a lot of fanfare to count in the Challenge. A club ride of that distance is just as good. If there aren't enough of those in your area, you can organize your own, as Crista and Chuck do. And finally, if you're more inclined just to go out and do a hundred miles without an organized ride, you can do that, too, in the Mileage Challenge. For more information on the Mileage Challenge, go to www.ultracycling.com/standings/umc.html.

Whatever your goal, there are great resources on training, equipment and nutrition for century riders at website www.ultracycling.com/training/preparing_for_centuries.html.

5th Annual NYC Bicycle Show April 29–May 1

Details, 2004 New York City Bicycle Show

Show dates & times: **Thurs. April 29**, 5 p.m. - 9:30 p.m. (Sneak preview night); **Fri. April 30**, 5 p.m. - 10:30 p.m.; **Sat. May 1**, 11 a.m. - 6 p.m.

Location: New York State Armory, 26th Street and Lexington Avenue

How to get there: **Bicycle:** The best way to get to the show! Free indoor valet bicycle parking!

Subway: 6 train to 28th St or 23rd St.; N train to 28th St or 23rd St. **Metro North:** Grand Central Station. **Long Island Rail Road:** Penn Station. **Bus:** M101, M102, M103, M23.

PATH train: 23rd St stop.

Discounts Available to 5BBC Members

The 2004 New York City Bicycle Show (www.bicycleshows.us) will take place on April 29 – May 1 at the New York State Armory at 26th Street and Lexington Avenue. The show, now in its

fifth year, draws about 15,000 visitors during the weekend surrounding BIKE NEW YORK. It's a great chance to get lots of swag, see the latest in equipment and clothes, and see all kinds of biking-related entertainment.

5BBC members get a \$2 discount off the \$10 admission fee (see page 19). And the 5BBC will be there, with our t-shirts, jerseys, *Bicycletter* copies, and to sign people up for the Montauk Century.

Here are some things to look out for at this year's New York City Bicycle Show:

The show is open late on Friday April 30 for a party with the folks from Brooklyn Brewery.

The C.H.U.N.K. chopper bike club will be hosting a CHUNKATHALON during the show, featuring events including bicycle jousting, and even worse!

Last-minute registration for BIKE NEW YORK for those who didn't sign up in advance.

The folks from the Muscle Bike Museum will be on hand — time to cry over how much that Stingray bicycle you threw away is worth now!

Regional Roundup (continued)

Saturday, May 22nd

New York City 300K Brevet

Organizer:

www.njrandonneurs.com

Contact: Diane Goodwin

(dgoody@mindspring.com)

Sunday, May 23rd

The Bloomin' Metric

Organizer: Sound Cyclists

Bicycle Club

Contact: www.soundcyclists.com

/Bloomin.htm

Tel: (203) 840-1757 or Email:

mailbox@soundcyclists.com

Friday, May 28th

NYC Critical Mass

7 PM, Union Square North

Saturday, May 29th

Riverside Ride

10 PM, Columbus Circle

Organizer: Time's Up

Contact: www.times-up.org

This is a night ride: Bring lights!

Sunday, May 30th

Roosevelt Park (50 miles)

7 AM, Newark Penn Station

Organizer:

Major Taylor Cycling Club

Contact: Larry Wilcox, Email:

larryw_07111@yahoo.com

Information:

home.nyc.rr.com/majortaylornycnj/

Friday, June 4th

Central Park Moonlight Ride

10 PM, Columbus Circle

Organizer: Time's Up

Contact: www.times-up.org

This is a night ride: Bring lights!

Friday, June 4th –

Sunday, June 6th

Small Wheeled and Folding

Bicycle Festival, Philadelphia, PA

Organizer/Contact: Trophy

Bikes, www.trophybikes.com

Sunday, June 6th

Bike-Boat-Bike

Organizer: Suffolk Bicycle

Riders Association

Contact: www.sbraweb.org

(See our Weekend Trips section

for a special group trip to this ride)

NYC Tour de Cure

Organizer: American Diabetes

Assoc (www.diabetes.org/tour)

Contact: Shaun Morris,

Phone: 212-725-4925 ext. 3409

Email: smorris@diabetes.org

Regional Roundup (continued)

**Friday, June 11th -
Sunday, June 13th**
**Great Finger Lakes Bicycle
Tour, Watkins Glen, NY**
Contact: Augie Mueller
Email: stbcgflbt@yahoo.com
www.southern-tier-bicycle-club.org

Saturday, June 12th
**24th Annual Longest Day
Double Century**
Organizer: Central Jersey
Bicycle Club
Contact: Brian and Fran Sanchez
Web: www.cjbc.org/jf-events.html
Email: longestday@att.net

**Ride For Autism -
Lincroft, New Jersey**
Organizer: NJ Center for
Autism Community
www.Ride4Autism.org
Contact: Randy Abere
Email: Ride4Autism@aol.com

Sunday, June 13th
Country Roads Bicycle Tour
Organizer: Orange County
Bicycle Club
Contact: Chris Joyce, 845-457-5758
Web: www.ocbicycleclub.org
Email: bigzip@frontiernet.net

Riverhead Tour de Cure
Organizer: American Diabetes
Association
www.diabetes.org/tour
Contact: Amy Monahan
Phone: 631-348-0422 ext. 3568
or Email: amonahan@diabetes.org

**17th Annual George
Washington Bridge Challenge**
Organizer: American Cancer
Society, www.gwbchallenge.com
Contact: Kristi Baugh, Phone:
800-GWB-BIKE or 201-343-2222
E-mail: kristi.baugh@cancer.org

Westchester Tour de Cure
Organizer: American Diabetes
Association
(www.diabetes.org/tour)
Contact: Shaun Morris, Phone:
212-725-4925 ext. 3409
Email: smorris@diabetes.org

Friday, June 18th
Cyclone Ride
7 PM, City Hall
Organizer: Time's Up
Contact: www.times-up.org
This is a night ride: Bring lights!

BIKE NEW YORK: The Great Five Borough Bicycle Tour

Roll Out the Olympic Spirit!

The 2004 Event

On May 2, at the 27th annual BIKE NEW YORK Tour, families and friends roll out their bikes to open the cycling season in New York City and to generate excitement for New York's Olympic Bid. BIKE NEW YORK is excited to give riders in the 2004 Tour the opportunity to support New York's Olympic dreams and ride with Olympians.

30,000 cyclists start the Tour in lower Manhattan and ride 42-miles on traffic-free streets. The Tour travels through Manhattan's skyscraper canyons, into Central Park and over the Harlem River into the Bronx. The ride continues through neighborhoods in Queens, along Brooklyn's waterfront and over the majestic Verrazano Narrows Bridge into Staten Island.

Along the way, the ride passes future Olympic sites in all five boroughs where parks and sports facilities will be restored as part of the lasting legacy the

Olympics will provide. Olympians are present to cheer you on at rest areas where you can refill water bottles, and replenish energy with Bonita Bananas, oranges and snacks. Five rest areas also provide bike repair, first aid and Rider Reunion Centers.

The Tour ends with Festival 2004 at Fort Wadsworth in Gateway National Recreation Area on Staten Island. Enjoy live music, purchase a delicious lunch, treat yourself to BIKE NEW YORK merchandise and receive a special gift from NYC2012 for supporting New York City's dream.

End the day on your Staten Island Ferry cruise back to Manhattan. Admire the Statue of Liberty – New York's own glowing torch. Celebrate what you have achieved today.

For More Information
Phone: 212-932-BIKE (2453)
Website: www.bikenewyork.org
E-mail: info@bikenewyork.org

Bike Month NYC: May 2004

TA and the NYC DOT's 13th Annual Celebration of Bicycling in NYC



May is National Bike Month, and Bike Month NYC does its part.

In its twelfth year, Bike Month NYC is a fun and educational event that has earned positive local media coverage and inspired

similar events in urban areas across the United States.

Organized by Transportation Alternatives with the New York City Department of Transportation, Bike Month NYC is designed to celebrate and advance bicycling as a means of travel in New York City.

Bike Month NYC includes a variety of events to project the message that using a bicycle to get to work or school, and for business and errands can be practical, healthy and enjoyable. Events include free breakfasts and snacks with Borough Presidents; group rides; bike rodeos that teach children how to ride safely; bridge, bike lane and greenway openings;

adult safe cycling/bike repair classes and a bicycle film festival. All Bike Month NYC events involve City officials and diverse local community organizations. A complete list of events can be found at TA's website link

<http://www.transportationalternatives.org/calendar/bikemonthevents.html>

For New Yorkers, bicycling is an effective response to the City's long-standing mobility, congestion and air pollution problems. Bike Month NYC seeks to:

- Promote cycling in NYC by showing that bicycling is safe, fun and easy.
- Raise awareness among New Yorkers that NYC is a wonderful place for everyone to cycle – bicycles belong!
- Advertise steps that will make bicycle travel more manageable for all New Yorkers.
- Promote actions that directly benefit the 105,000 New Yorkers who bicycle daily, while indirectly benefiting all New Yorkers who bicycle, walk or skate on city streets and greenways.

The Sixth Annual Blessing of the Bikes

Save the date.

(Or at least start repenting now...)

When: Saturday, May 1, 2004 9:30 a.m - 10 a.m.
Where: The Cathedral of St. John the Divine, West 110th Street and Amsterdam Avenue, Manhattan

For 2004, the Annual Blessing of the Bikes will be held the first weekend in May, at the same time as BIKE NEW YORK, the NYC Bicycle Show, and the kickoff of Bike Month NYC 2004.

This year, bicyclists will meet on Saturday May 1, 2004 (INSIDE the Cathedral of St. John the Divine WITH BIKES. Remember that this event is wonderful but BRIEF – if you are even a little late, you'll miss it! Please be on time!

Regardless of your religious beliefs (I happen to be Jewish), it never hurts to have some extra help in your corner when riding down Fifth Avenue in the rain during rush hour.

If you've never been there, the inside of Cathedral of St. John the Divine is amazing (Please, no cathedral-ranking e-mail from you architecture experts out there!)

Wear what you like your usual cycling gear is fine. But we can't scratch up the floors. If you have cycle shoes with exposed cleats, (and you don't have rubber cleat covers) you will be asked to take your shoes off and leave them at the door.

5BBC Bicycle Repair Clinic

By popular demand, the 5BBC will be holding its first female-friendly Basic Bicycle Repair Clinic. It's scheduled for **Tuesday Evening, May 18** at 7:00 PM at the 5BBC offices at 891 Amsterdam Avenue @ 103rd Street, Manhattan. The closest subway stop to the Club is the #1 train at 103rd Street & Broadway.

Our Instructor will be Helen Cross. She is service manager at Harlan Matusow's High Caliber Bike Shop of White Plains, NY (www.HighCaliber.Com). Helen will cover: Care, Maintenance, Flat Fix and Field Adjustments. High Caliber carries an extensive selection of Women's Specific Design (WSD) bikes and gear, and Helen will also be available to discuss bike geometry & fit.

All participants will receive a Repair Manual & Patch Kit. We suggest that you bring your bike – our programs our hands-on. At the very least, you will learn how to fix a flat!

The fee for our clients is \$25 for 5BBC member,

During the ceremony, the cathedral's Dean will say a few words to us, and then walk among the crowd, sprinkling Holy Water on the cycles while we ring our bike bells. We will also have a moment of silence for our fellow cyclists who have died over the past year.

Before you leave we will pass the hat (pass the helmet?) to raise some money for the church. They are not charging us for this event, and they do great work in the neighborhood for the homeless. (Besides, they have electricity and heating bills to pay too, just like everyone else.) No matter what your religion, these folks deserve our support. The contribution is entirely voluntary, although I would suggest that you kick in as much as you spent during your last snack break while out riding. 100 percent of the money raised will go to the Cathedral.

This schedule is still a little loose, so your suggestions for music or other features are welcome. But we will be keeping it short, so no lengthy speeches, please!

This free event presented by Bicycle Shows U.S. (Hey, that's me!) and our good friends at the Cathedral Church of St. John the Divine. Drop me a note with your questions or suggestions. See you May 1st.

Glen Goldstein
prez@bicycleshows.us

\$35 for non-members, and it covers materials and the instructor's fee. Attention, 5BBC certified leaders and co-leaders: your fee is waived as part of your continuing education. Please contact the Bicycle Course Coordinator directly to register.

To register, you can:

Fill out the membership/registration form contained in the newsletter and mail it to the 5BBC office with your payment. *Or*, print a copy of the membership/registration form from www.5BBC.org, fill it out and mail it.

Or, for a small surcharge, you can register online with *Active.com* at http://www.active.com/event_detail.cfm?event_id=112535.

Advanced Registration is appreciated. Thank you!

Barry Hartglass, Bicycle Course Coordinator
bikecourse@5bbc.org

Regional Roundup (continued)

Saturday, June 19th
Boston to Provincetown
Outriders Event

Organizers: Outriders (www.outriders.org)
Fast & Fabulous (www.fastnfnab.org)
is organizing a group (via either van or car pool) to Boston to take part in this 128-mile ride queer bike event. Five rest stops and NO SAG. Ride registration is \$55 and closes June 1st. If interested contact Bob Nelson at fastnfnab@yahoo.com

Saturday, June 26th
New York City 400K Brevet

Organizer:
www.njrandonneurs.com
Contact: Diane Goodwin (dgoody@mindspring.com)

Riverside Ride

10 PM, Columbus Circle
Organizer: Time's Up
Contact: www.times-up.org
This is a night ride: Bring lights!

Sunday, June 27th
Sowell's Domain, 50/75 miles

7 AM, Newark Penn Station, lots of rolling hills
Organizer:
Major Taylor Cycling Club
Contact: Larry Wilcox, Email: larryw_07111@yahoo.com
Information:
home.nyc.rr.com/majortaylornycnj

Sunday, July 11th –

Sunday, July 18th
Cycling The Erie Canal
(Buffalo to Albany)

Organizer: New York Parks and Conservation Assoc.
Contact: www.nypca.org/cancaltour

Sunday, July 11th

The Gold Coast Century

Organizer: Huntington Bicycle Club (Long Island)
Information:
www.huntingtonbicycleclub.org

Larry's Loop, 60 miles

7:15 AM, Newark Penn Station, lots of rolling hills
Organizer:
Major Taylor Cycling Club
Contact: Larry Wilcox, Email: larryw_07111@yahoo.com
Information:
home.nyc.rr.com/majortaylornycnj

Regional Roundup (continued)

Sunday, July 18th
HARLEM VALLEY RAIL RIDE
 Organizer: Bike New York
 Information:
www.bikenyork.org/railride

Tour de Lance Bike-a-Thon & Texas BBQ
 Benefiting the Lance Armstrong Foundation
www.tourdelance.com
 Organizer & Contact: Noreend Driscoll Breslauer
 Phone: (860) 435-6064 or
 Email: noreend@lafmentor.org

Sunday, July 25th
Good Samaritan Hospital Ice Cream Ride (Rockland County)
 Organizer: Bicycle Shows U.S.
www.bicycleshows.us
 Contact: Email:
goodsam@bicycleshows.us

Saturday, July 31st
Riverside Ride
 10 PM, Columbus Circle
 Organizer: Time's Up
 Contact: www.times-up.org
 This is a night ride: Bring lights!

Saturday, July 31st – Sunday, August 1st
Adirondack Experience Paddlefest and Triathlon, Port Leyden, NY
 Organizer: St Peter's Catholic School, Lowville, NY
 Information:
www.stpetersschool.org/Paddle%20fest.htm

Saturday, August 7th – Sunday, August 8th
Pan Massachusetts Challenge Charity Ride across Massachusetts
 Organizer: The Boston Red Sox
 Information: www.pmc.org

Sunday, August 15th
Empire State AIDS Ride (August 15th – 21st)
Niagara Falls to New York City, 560 miles
 Organizer:
 Empire State AIDS Ride
 Information:
www.empirestateaidsride.org
 Contact:
info@empirestateaidsride.org

The 5BBC Ride Leader Program They Make the Club Run

They're part pathfinder, mapmaker, tour guide, social secretary and cheerleader. They scout our rides, prepare our cue sheets, and comment on the sights we see.

They arrange our lunch breaks and pit stops. When they ride as the sweep, they encourage us over that last hill on the way back.

That's just a few of the hats that 5BBC ride leaders wear under their helmet on a typical ride.

Last year, 50 ride leaders led and co-led rides for us. 30 of them led enough rides to earn paid membership in the club for 2004 and to earn other awards. See <http://5bbc.org/membersonly.shtml> for details on the 5BBC's ride leader incentive award program.

All 5BBC ride leaders are graduates of the club's ride leadership training program. If you'd like to try your hand at becoming a ride leader, see <http://www.5bbc.org/leader.shtml> for details. You can also get directly in touch with the club's leadership coordinators, Manny Sanudo and Ira Najowitz at leadership@5bbc.org.

Even if you can't imagine ever actually leading a ride, taking the course will give you some new insights on how teamwork is developed in the 5BBC.

If you're already a leader and want to help out this coming season by leading or co-leading either day trips or weekend trips, contact Danny Lieberman at daytrips@5bbc.org or Phil Goldberg at weekends@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. The course is taught by a group of active and experienced 5BBC leaders. It combines classroom instruction with practical riding experience. You don't have to be an especially strong or fast rider or bicycle repair expert to take the course, but you must be a member in order to lead rides with the club. You must attend at least four classes. 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 here.

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

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.

Manny Sanudo
 Leadership Coordinator
leadership@5BBC.org

2003 Ride Leaders

In alphabetical order, these 5BBC ride leaders earned awards in 2003 by leading three or more rides:

Nancy Asquith
 Liz Baum
 Jesse Brown
 Bob Brown
 Terry Chin
 Ed DeFreitas
 Nathan Faust

Alfredo Garcia
 Phil Goldberg
 Brian Hoberman
 R.J. Horowitz
 Steve Jackel
 Ted Kushner
 Danny Lieberman
 Andrea Mercado
 Rodney Millard
 Juliet Moore
 Ira Najowitz
 Phil O' Reilly
 Ed Pino
 Wentworth Price

Ed Ravin
 Steve Sakson
 Richard Sanford
 Manny Sanudo
 Wally Stuck
 Mark Trainor
 Lee Ann van Wyck
 Neile Weissman
 Jim Zisfein

Ride leaders who didn't quite make it to the awards level but who deserve our thanks just as much are:

Louis Arias
 Seth Asher
 Sharon Behnke
 Heidi Benzinger
 Bob Castro
 Christian Cervengnano
 Clyde Eisman

Steve Faust
 Dan Finton
 Glen Goldstein
 Trudy Hutter
 Eileen Kapp
 Ruth Kassanga
 Catherine Marion
 Dolores McKeough
 Harvey Minsky
 Kristi Ohlsten
 Dave Seto
 Ed Sobin
 Ken Williams

National Bike Summit March 3rd-5th

During the first week of March, Bicycle advocates, industry representatives, shop owners and passionate bicyclists convened on Washington, DC for the National Bike Summit.

The Summit serves multiple functions: to share ideas and best practices, exchange battle stories and cultivating an environment for visiting our representatives. Armed with the knowledge and skill about the issues facing bicyclists, advocates visited Capitol Hill to discuss concerns with their representatives. The final day of the summit incorporates a bicycle ride around DC where the legislators are invited to participate.

The event was well attended by nearly 400 people. Eight people from New York attended the 4th Annual Bicycle Summit and nearly 20 of the 29 congress people who represent New York State were visited in their offices "On the Hill."

Next year, the New York Bicycling Coalition's goal is for at least twenty New Yorkers to attend the 5th Annual Bike Summit.

Jesse Day

Executive Director, New York Bicycling Coalition
jesse@nybc.net

Escapades Bike Tours

Bike through Maine's gorgeous coastal scenery, sea kayak among many tiny islands, and hike on craggy bluffs with waves crashing on the rocks below.

Maine Four Island Bike, Hike and Kayak

Jul 4-11, Aug 12-19, Sept 5-12

Hudson River Valley Fall Foliage, Historic House and Farms

Oct 10-16

Escapades specializes in small tours
for bikers of all abilities

Ask about the 5BBC Member Discount

5BBC Member Mike Gould
is at your service

(800) 280-7560 code 06
tours@bikeescapades.com
www.bikeescapades.com

U.S. Congress Committee Approves TEA-21 Reauthorization Bill

On March 24, The U.S. House of Representatives Committee on Transportation & Infrastructure approved a \$275 billion six-year TEA-21 reauthorization bill. This follows a U.S. Senate action in February that passed a \$318 billion version.

Both bills are important to the bicycling community. They currently protect such core programs such as Enhancements, Recreational Trails, Congestion Mitigation and Air Quality, though at varying levels. In addition, both bills contain a national Safe Routes to Schools program, also at different spending levels. The Senate bill contains language that increases bike/pedestrian safety funding. On the other hand, neither bill currently contains Bicycle Commuter Act language or Complete Streets language.

Cyclists should contact the League of American Bicyclists (www.bikeleague.org) for updates on their work with members, partners, and Congress to insure that bicycling interests are maximized in the final legislation.

Peter Engel, Newsletter Editor
newsletter@5BBC.org

Licensed Massage Therapy by Seth Asher

Bicycling muscles sore? Want to feel more restored and relaxed?

Swedish, sports, pre-natal, medical and deep-tissue massage

Brooklyn Heights location
House calls also an option
Gift Certificates available

Reasonable rates

718.802.1972 sethasher@mindspring.com

Increase Your Cycling Performance with Massage Therapy!

Schedule a massage for pain relief, increased circulation, and greater flexibility.

Contact Juliana Luecking, LMT
(and 5BBC member).

Experienced. Highly skilled. Reasonable rates.

Union Square and Park Slope Offices.
718-622-7342

Regional Roundup (continued)

Sunday, August 22nd Tour of the Hamptons

Organizer: Massapequa Park
Bike Club

Information:

www.massparkbikeclub.org/hamptons

Raoul Alphonso Memorial Ride to New Hope, PA, 130 miles

5:45 AM, Newark Penn Station

Organizer:

Major Taylor Cycling Club

Full ride to New Hope (130
miles) or, take a shorter loop to
New Brunswick (55 miles) or
Princeton (90 miles).

Contact: Larry Wilcox, Email:

larryw_07111@yahoo.com

Information:

home.nyc.rr.com/majortaylorncnj

Ramapo Rally

Organizer: Bicycle Touring Club
of North Jersey

Information:

www.btcnj.com/ramapo_rally.asp

Contact: btcnj@yahoo.com

Saturday, August 28th Riverside Ride

10 PM, Columbus Circle

Organizer: Time's Up

Contact: www.times-up.org

This is a night ride: Bring lights!

Sunday, August 29th

Tour de Putnam

Century Ride, with shorter loop routes available

Organizer: Putnam County

Visitors Bureau

Information:

www.visitputnam.org/activities/ourdeputnam.html

North Fork Century

Full and Metric Century rides on Long Island

Organizer: Glen Goldstein

Information:

www.northforkcentury.com

Friday, September 3rd

4th Annual New York Jewish Environmental Bike Ride

(Sept 3rd - 6th)

Organizer: HAZON

Information: www.hazon.org

Friday, September 10th

Braking The Cycle: Maryland to New York City (Sept 10th -12th)

Organizer: Global Impact

Tours, www.brakingthecycle.org

Contact Blake Strasser at

bstrasser@globalimpacttours.com

Phone: (212) 989-1111

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

Weekend Trip Registration: Trip name _____ # of trippers _____ Deposit enclosed \$ _____

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

5BBC "Lady Liberty" 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, 9 and 10 for a discount on many items.



**Member
2004***



FIVE BOROUGHS BICYCLE CLUB

891 Amsterdam Avenue, Room 101
New York, New York 10025-4403
212-932-2300 x115 • www.5bbc.org

*Not valid without printed mailing label on reverse.

Cut this out too 

Special Discount for 5BBC MEMBERS

ADMIT ONE




ADMIT ONE

Regular admission price without pass: **\$10**

DISCOUNT ADMISSION
with this pass: **\$8**

Friday, April 30
5pm - 10:30pm
Saturday, May 1
11am - 6pm

Take the N, R, 6 subways, PATH train, or M101, M102, or M103 bus to the New York State Armory at 26th & Lexington
Easy Walk from LIRR at Penn Station
Free Indoor Valet Bicycle Parking • www.bicycleshows.us

Regional Roundup (concluded)

Sunday, September 12th 15th Annual New York City Century Ride

Organizer: Transportation Alternatives
www.NYCentury.org
Contact: Kit Hodge,
Phone: 212.629.8080
Email: events@transalt.org

Saturday, September 18th Escape New York Century Club (NYCC)

Organizer: New York Cycle Club (NYCC)
Contact: www.nycc.org

MS 100 Bicycle Tour (September 18th & 19th)

Organizer: The Greater North Jersey MS Society
Contact: Stephanie Carlo
Email: stephanie@njb.nmss.org

Sunday, September 19th Twin Lights Ride

Organizer: Bike New York
Contact:
www.bikenewyork.org/twinlights

The Harvest Ride

Organizer: Sound Cyclists Bicycle Club
Contact:
www.soundcyclists.com/Harvest.htm
Phone: (203) 840-1757 or
Email: mailbox@soundcyclists.com

Sunday, September 26th The Golden Apple Century

Organizer: Westchester Bicycle Club
Contact:
www.westchestercycleclub.org

MS Ride – Western CT

Organizer: Multiple Sclerosis Society of Western Connecticut
Contact: www.msswct.org or
Phone: (203) 838-1033

Pumpkin Patch Pedal Century

Organizer: Staten Island Bicycle Association (SIBA)
Contact: www.sibike.org
Phone: (718) 948 2025
(See our Weekend Trips section for a special group trip to this ride)

Saturday, October 2nd New York to the Hamptons Challenge

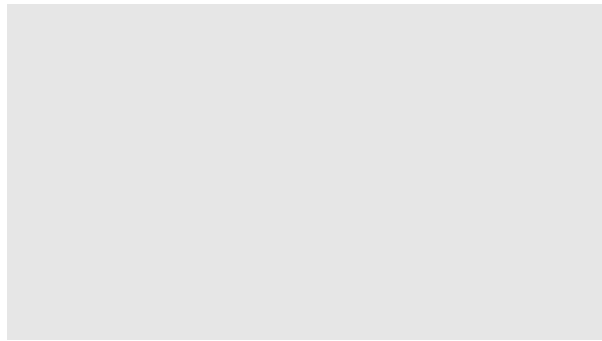
Organizer: www.bikechallenge.com
Contact: (877) 612-2453



c/o Bike New York
891 Amsterdam Avenue, Room 101
New York, NY 10025-4403

Address Service Requested

First Class Mail
US Postage
PAID
New York, NY
Permit # 4836



About the Five Borough Bicycle Club

The Five Borough Bicycle Club is a nonprofit association encouraging people to enjoy the outdoors via bicycling. 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. Club meetings are usually held at the hostel unless noted. General Meetings are open to the public and usually held on the third Monday of each month. Executive Board Meetings, which are open to club members who have contacted the club president prior to the meeting, are usually held on the first Monday of each month.

Bicycle club membership requires \$20, or \$25 for 2 members of the same household, and is valid through December 31; membership initiated after October 1 is valid through December 31 of the next year.

Submissions to the *Bicycletter* are encouraged: on CDs or 3.5" disks accompanied by hard copy; or by e-mail to newsletter@5BBC.org. Please limit articles to 800 words. Classified ads are free to members.

The views expressed herein do not necessarily reflect those of the 5BBC.

The deadlines for submissions to the *Bicycletter* are the first day of the month prior to the issue. The deadline for submissions for the July-August 2004 issue is June 3, 2004.

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Bicycletter May-June 2004
Volume 14 • Issue 3

Newsletter Editor: Peter Engel
Graphic Designer: Jane O'Wyatt

Bicycletter is a bimonthly publication of the Five Borough Bicycle Club, with offices at 891 Amsterdam Avenue, Room 101, New York, NY 10025-4403.

Reminder

**Please renew your 5BBC
Membership!**

Contacting Us

The 5BBC has office hours on Wednesday evenings between 7 and 9 in Room 101 at the New York International HI-AYH Hostel, 891 Amsterdam Avenue, New York, NY 10025-4403. To phone the Bike Club during those office hours, you may call (212) 932-2300 x115. At other times, you may hear information or leave a message using the following voicemail system:

New York HI-AYH Hostel
(212) 932-2300
Press 7 "Sports Clubs"
Then: Press 1 - Bike Club (5BBC)

After you press 1,
for information you may:
Press 1 - Membership
Press 2 - Day Trips
Press 3 - Weekend Trips
Press 4 - Special Events
Press 5 - Bicycle Courses

(Note: Please listen to the prompts. You do not need to listen to the entire message to enter the next number.)

E-Mail: Info@5BBC.org
<http://www.5BBC.org>

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