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Member Profile**

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Two-Wheeled Wondering

As I'm writing this, Birdstone has edged Smarty Jones out of his Triple Crown quest. The rest of us, though, really won out during May, the thoroughbred month for bicycling. Think about it – BIKE NEW YORK, BikeMonthNYC, Blessing of the Bikes, the NYC Bicycle Show, the Bloomin' Metric and of course our own Montauk Century. There's never been a better time to be a cyclist.

While cycling conditions get better, Andrew Vesselinovitch, Bicycle Program Director of the NYC Department of Transportation can teach us a lot about what can be done to make things even better for bike-riding New Yorkers. He will be at our July 19 General Meeting.

The 5BBC is not an "advocacy" organization – we promote bicycling as a health, recreation and social activity. But we have the same concerns (and some of the same members) as organizations like Transportation Alternatives or Times Up! Our Programs Coordinator, Jesse Brown, recently held an Open Forum meeting to determine what would make your cycling life better. In addition to our great rides, the 5BBC will do a little more to raise issues awareness.

Personally, my "cycling environment" is a lot better when I'm not fighting NYC traffic. If you're serious about getting out in the open air, the 5BBC has four great Weekend Trips planned between now and Labor Day to Pennsylvania countryside, Vermont

and Cape Cod, plus two more in the early fall. They're fun, led by experts and "cost-effective" getaways.

Burt Bloom, the "victim" of our very first 5BBC Member Profile, prefers Day Trip rides that get him home at a reasonable hour. Like Burt, many of you will be happy to see that the perennial Beach Bums and Perimeter Rides series will be getting underway. Day Trips Coordinator Danny Lieberman goes into more detail, starting on page 3. Longtime 5BBC leader Alfredo Garcia has collected his thoughts on a great recent Day Trip experience.

Finally, The 5BBC Montauk Century. What A Day! Nearly 1,200 of us had a great combination of sunny weather, terrific new route additions and camaraderie. Maurice Osorio gets everyone's congratulations as the first rider to arrive at the Ruschmeyer's finish line, but the rest of you deserve a round of applause too. We're tight on space in the print *Bicycletter*, but a Montauk photo compilation is available at the club website <http://www.5bbc.org/wehavemontaukpictures.shtml>

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

July 19, 2004 - 7:00 pm

Andrew Vesselinovitch, Bicycle Program Director of the NYC Department of Transportation will discuss what's currently underway at the DOT. For instance, the new path on the Manhattan

Bridge should be ready. So should the addition of a number of recently striped bike lanes. Andrew will discuss how you can participate in creating and building new bicycle facilities in New York City: by attending community board meetings, and contacting your local elected officials.

Jesse Brown
Program Coordinator
programs@5BBC.org

5BBC Executive Board

Ed Pino, *President:*
president@5BBC.org

Ed DeFreitas, *Vice President:*
vicepresident@5BBC.org

David Seto, *Recording Secretary:*
recordingsecy@5BBC.org

Andrea Mercado,
Corresponding Secretary:
corresponding@5BBC.org

Bob Castro, *Treasurer:*
treasurer@5BBC.org

Danny Lieberman, *Day Trips Coordinator:* daytrips@5BBC.org

Phil Goldberg,
Weekend Trips Coordinator:
weekends@5BBC.org

Peter Engel, *Newsletter Editor:*
newsletter@5BBC.org

Manuel Sanudo and
Ira Najowitz,
Leadership Coordinators:
leadership@5BBC.org

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

Barry Hartglass,
Bicycle Course Coordinator:
bikecourse@5BBC.org

Jesse Brown,
Program Coordinator:
programs@5BBC.org

Brian Hoberman,
Communications Coordinator:
communications@5BBC.org

Members at Large: Alfredo Garcia, Eileen Kapp, Jennifer Powell, Ed Ravin, Susan Rodetis, James Zisfein.

Jim Zisfein, *Webmaster:*
webmaster@5BBC.org

☺ 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.

General Meeting/5BBC Picnic

Location

Castle Clinton at Battery Park, New York, NY
Take the 4/5 train to Bowling Green, 1/9 train to South Ferry, or R/W to Whitehall St.

Thursday, August 19, 2004 - 6:00 pm

That's right, we're doing something different—the 5BBC is having an early evening picnic in Battery Park. We're bringing food.

Weather-dependent, of course. More details to be posted on www.5BBC.org as the date gets closer, or you can call me at (917) 578-2244.

Jesse Brown
Program Coordinator
programs@5BBC.org

Day Tripper

Summer is Here!

It's the hottest time of the year. So now the Five Borough Bicycle Club offers our hottest rides of the year. This summer's offerings include the return of a number of classic summer trips, some brand new offerings, and a number of series, both old and new.

For those who want more fast-paced rides look for the "Lottery" rides offered by Jesse Brown, which promise to visit Connecticut and New Jersey using different routes in each outing.

For more casual fare we have trips to different beaches, including Sandy Hook, Long Beach, and our regular series of Beach Bum rides (see below). The club's popular night ride through the Lincoln Tunnel happens right at mid-summer (see July 31st).

The Perimeter Rides Again (and again!)

You say you don't want to ride to the beach, but you do want that cool ocean or waterfront breeze? This summer the 5BBC will once again offer the Borough Perimeter Ride series, which celebrates each of our five boroughs by circumnavigating each one in turn. If you've never ridden the series before, you'll see these boroughs from a different angle.

The Return of the Beach Bum

Many New Yorkers don't know that one of the region's nicest beaches is a short ride from Brooklyn's Prospect Park. Each year, on every Sunday in July and August, the 5BBC tries to spread the good news by running the Bicycle Beach Bums Series.

Each ride is around 30 miles, at a leisurely pace, and includes a couple of hours at Neponsit Beach, a quiet, rarely crowded beach in the Rockaways that's ideally suited for bike trips because there is no automobile parking nearby.

Bring your beach umbrella, flip-flops, Frisbees, kites, and all your other beach toys! Leave a little room in your bag for lunch (bring or buy), bathing suit, sunscreen, and a lightweight lock. The ride usually returns to Prospect Park between 4 and 5 p.m. If you want to stay late at the beach, subway return is also available. Or, maybe you're such a lazy bum that you don't want to ride home. Going to the beach with the 5BBC is simple:

Dates for the Borough Perimeter Rides

Staten Island	June 27th
The Bronx	July 11th
Brooklyn	July 25th
Queens	August 22nd
Manhattan	September 5th

Due to the popularity of these rides we expect many returning "perimeterers." This year's closing ride will also end in a closing blowout pizza party. After a slice of the Big Apple, have a slice on the 5BBC!

The Manhattan Waterfront Greenway

Speaking of perimeters, one of the easiest rides to do on your own these days is the complete Manhattan Loop ride as described here:
<http://www.nyc.gov/html/dcp/html/mwg/mwghome.html>

When we first offered a Manhattan Perimeter back in 1998, it included a lot of rough, on-street riding. Now that so much of the outer edge of Manhattan has been transformed into bicycle-friendly greenways, it's easier than ever to enjoy safe, fun riding. You can learn more about these and other City Bicycle Programs at the club's general meeting on Monday, July 19th.

The Beach Bums rides start at 10 a.m., at the Grand Army Plaza entrance to Prospect Park.

Riders on August 22 will also be treated to a glimpse of the fabulous Stunt Kite Championships at Jacob Riis Park, where giant kites and "dancing" tournament kites will be displayed. If you've never seen competitive kiting before, you're in for a real treat!

The last Beach Bums ride, on August 29, will be the "Beach Bums Blowout." As always, it will be followed by a delicious picnic in Prospect Park.

So if you're new to cycling, or you're an old hand but don't feel like working too hard during the hot summer months, come along as we bum around on our way to the beach!

Ed Ravin

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>

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: July–August 2004



Doug and Laura Mole in front of the Wyckoff House in Flatlands, Brooklyn, on the May 22 "Rockaway Greenway Shuffle" (photo: Danny Lieberman).

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.

Saturday, July 3rd

☺ Liz's Happy Face Carousel Ride

9:30 a.m., AYH (Amsterdam & West 103rd), 30 miles

Come join us as our ride begins and we play all day on our steeds. Let's try some new ponies along the way as we cantor along to a number of destinations. Have no fear if your mount gets tired along the way, you will have ample opportunities to drop off at various subways. Possible destinations: Flushing Meadows, Forest Park and over the Randall's Island bridge. Each has places where you may ride off to home. Bring locks, snacks, lunch money and an additional \$10, just in case you want to ride all the Carousels.

Leaders: Liz Baum and Ed Pino.

Sunday, July 4th

☺ Bicycle Beach Bums Ride #1

10 a.m., Grand Army Plaza entrance to Prospect Park, 30 miles

Combine your two favorite activities - bicycling and visiting the beach! This leisurely-paced ride will mosey from Brooklyn to a quiet beach in the Rockaways, mostly along quiet streets or bike paths. Subway returns available. Bring or buy lunch, bring beach stuff (sunscreen, swimsuit, towel, sheet, pail, shovel, Frisbee, flip-flops, etc), and a lightweight lock. You'll have a spot to change into the swimsuit, so you don't need to wear it

while riding. If the weather isn't beach friendly, the ride may go to the nearby Jamaica Bay Wildlife Refuge for bird watching and a nature walk.

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, Liberty State Park and Hoboken. Then stretch your legs along a long 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 - Italian, Asian, and Eastern Europe. It's all on one Amsterdam Ave. block, between 110th & 111th Streets. Then, we'll follow the Hudson River line (really, ask Ed why) back down to City Hall. Bring a lock and \$ for lunch. Moderate pace. Flat terrain with one big hill.

Leaders: Ed DeFreitas & TBA.

Monday, July 5th

Piermont The Fun Way

9:30 a.m., Plaza Hotel, 50 fun and hilly miles

You know, we weren't going to have a Piermont ride this issue, but when I realized that we had a big hole in the calendar on the day that many people observe Independence Day, I thought it was just the right time to head up there. So join Eddie and Danny for a fun ride to the beautiful town with the pier. Sure, it's a hilly ride, but you're ready for it now. Remember to bring sunscreen! Moderate pace, bring or buy lunch.

Leaders: Ed DeFreitas and Danny Lieberman.

Saturday, July 10th

Longing For Long Beach

9 a.m., Kew Gardens (Statue of Civic Virtue), 50 miles

If it's hot, we go to the beach. If it ain't hot, we go to the beach. Sand, surf, and boardwalks beckon. Bring sun tan lotion, swimsuits, towels, bike locks, lunch money, \$5 for beach fee, with maybe an ice cream stop on the way back. Heavy rain cancels.

Terrain: mostly flat. Moderate pace.

Leader: Ted M. Kushner.

Sunday, July 11th

Bronx Perimeter Ride

8:30 a.m., (Quick Spin, approx. 15-18mph)

9 a.m. (Regular Group), Yankee Stadium (East 161st St & River Ave), 35 miles

Our tour of Da Bronx starts and ends at Yankee Stadium. Sorry, rest of the world, but the national pastime lives in NYC's only claim to the U.S. mainland. The rest are all islands. We'll conquer the wilds of Riverdale, touch on Westchester, pass Coop City, a fort tucked under a bridge, the isle of

the unclaimed dead and more. Come circumcycle Da Bronx and earn another peg towards your patch. Mostly flat with some hills.

Leaders: Jesse Brown and Rodney “Dave” Millard (Quick Spin); Ed DeFreitas & TBA (regular group).

Sunday, July 11th

☺ Bicycle Beach Bums Ride #2

10 a.m., Grand Army Plaza entrance to Prospect Park, 30 miles

See Sunday, July 4th for description.

Sunday, July 11th

☺ 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, 10 miles

This free class was a big hit, so we’re offering it again! 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 prez@bicycleshows.us.

Saturday, July 17th

Beach Blanket Bayville

10 a.m., Cunningham Park, 55 moderately hilly miles

Join us for this ride to Centre Island Beach in Bayville on the North Shore of Long Island. We’ll stay at the beach for a couple of hours, which will leave enough time for those of you who want to do an optional 6 mile loop around scenic Centre Island. We will ride at an easy pace on somewhat hilly terrain. Don’t forget your bathing suit and towel. Approx Finish: 6 pm back at Cunningham Park.

Leaders: Brian Hoberman & others.

Sunday, July 18th

☺ Bicycle Beach Bums Ride #3

10 a.m., Grand Army Plaza entrance to Prospect Park, 30 miles

See Sunday, July 4th for description.

Saturday, July 24th

Halo Halo

9 a.m., South Ferry, 25-30 miles (take 9:30 boat)

10 a.m., (Staten Island) St. George Terminal near North Shore Greenway, 25-30 miles

A Filipino sweet food ride. The fun starts at Staten Island’s North Shore Greenway. Then over the Bayonne Bridge. Check out Brady’s Dock along the Kill Van Kull. Possible Schwinn bike shop. Then Jersey City for a merienda call on a turo-turo shop. Try a tall glass of Halo Halo. Other delicacies to munch: Bibingka, Ensaymadas, Hopia and Ube cake. Bagoong isn’t encouraged unless you want to. Sing a Nora Aunor love song on the karaoke. Bring American pocket food, lock, \$ for foodstuffs and return fare back to Manhattan (PATH train—\$1.50 or NY Waterway ferry—\$6.00), as well as an appreciation for the Philippines. Salamat po. Wet weather at the start cancels. Mostly flat, some climbs, some busy traffic. o-listed with NYCC. Terrain: Mostly flat, some climbs, some busy traffic. Leaders: Alfredo Garcia, (646) 312-1677, and Brian Hoberman.

Saturday, July 24th

Lottery Ride #1

8 a.m., AYH, 75 miles, quick spin pace

We journey to three states. Our quest? Lottery tickets, of course. The pace will be 15+mph for this 75-mile odyssey of pure cycling pleasure. No point, No sweep, just turn sheets, ambition and courage. We’ll all be winners one way or another. The route will vary from week to week.

Leaders: Jesse Brown and TBD.

Sunday, July 25th

2nd Annual Stephanie C. Davis Memorial Ride

7:45 a.m., Grand Central Terminal, 40 hilly miles

Stephanie created this beautiful ride from Milford, Connecticut out to Bethany and back some years ago. Join us to celebrate her life and her love of cycling. Even if you didn’t know her, you will still enjoy this ride, so come along and be uplifted! Note: 8:07 a.m. train to Milford arrives at 9:37 a.m. Pace: moderate. Terrain: hilly.

Leaders: Ed Sobin, Stephen Jackel, Nancy Asquith. Rain or iffy weather, call Steve’s cell phone at (917) 301-0707.

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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 southern-most 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).

Sunday, July 25th Brooklyn Perimeter Ride Classic

9 a.m., City Hall, 40 miles

Ride around the edge of the Borough of Churches. We're heading counter-clockwise, this time round, just to be different. Brooklyn sports some of the finest waterfront riding anywhere in this city, most of it traffic-free.

Leaders: Danny Lieberman and Ed DeFreitas.

Sunday, July 25th

☺ Bicycle Beach Bums Ride #4

10 a.m., Grand Army Plaza entrance to Prospect Park, 30 miles

See *Sunday, July 4th* for description.

Saturday, July 31st

Heading North A/K/A Bear Mountain Metric Century

8:00 a.m., Plaza Hotel, 65 miles

Is it cooler up north? Let's follow the west shore of the Hudson, uphill and down, to Bear Mountain and find out. Challenge yourself by biking to the summit (about 1,300 feet above sea level). The view at the top is worth the climb! The route is one-way, so bring a Metro North bike permit and \$9.50 train fare for the trip home. Moderate pace. Hilly terrain, with some very steep climbs.

Leaders: Ira Najowitz and Brian Hoberman.

Saturday, July 31st

Lottery Ride #2

8 a.m., AYH, 75 miles, quick spin pace

We journey to three states. Our quest? Lottery tickets, of course. The pace will be 15+mph for this 75-mile odyssey of pure cycling pleasure. No point, No sweep, just turn sheets ambition and courage. We'll all be winners one way or another. The route will vary from week to week.

Leaders: Jesse Brown & TBD.

Saturday, July 31st

☺ Lincoln Tunnel Ghost 23

11:23 p.m.(23:23 military time), Chelsea Piers, 23 toll-free miles

If you're not doing anything tonight, join us as we cycle to Othmar Amman's traffic crossing under the Hudson River. Two guaranteed 23-hour rest stops, which includes a supermarket. Important: in order to facilitate this safe, law-abiding and fun ride, bring bright white front lights to see ahead in the dark and red rear lights to be seen from behind. Reflective clothing like a bike vest recommended. No stealth pitch black bikes. Do not bring panniers or backpacks. In addition, carry valid ID for the proper authorities. 23 cue sheets for the first 23 people. Optional post-ride breakfast at a 23rd St. Manhattan diner. Wet weather or circumstances

beyond our control will cancel. 23 toll-free miles, mostly flat, dark, some climbs, and some busy traffic. Co-listed with the NYCC.

Leaders: Alfredo "xxiii" Garcia (646) 312-1677, Mark "Bike" Trainor, Ed "El Presidente" Pino, with NYCC's Isaac "Braveheart" Brumer.

Sunday, August 1st

Ride To The Hudson River Museum

9 a.m., Plaza Hotel, 50 miles

We'll ride through Central Park and up the center spine of Manhattan. We'll cross the Harlem River into the Bronx, follow Broadway through Yonkers and spend a little time on the Old Croton Aqueduct, until we reach the Hudson River Museum. This is not just a museum. It's 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. Maybe a bonus additional museum. Varied terrain. Moderate pace.

Leaders: Ed DeFreitas & Jesse Brown.

Sunday, August 1st

☺ Bicycle Beach Bums Ride #5

10 a.m., Grand Army Plaza entrance to Prospect Park, 30 miles

See *Sunday, July 4th* for description.

Saturday August 7th Lottery Ride #3

8 a.m., AYH, 75 miles, Quick Spin pace

We journey to three states. Our quest? Lottery tickets, of course. The pace will be 15+ mph for this 75-mile odyssey of pure cycling pleasure. No point, No sweep, just turn sheets, ambition and courage. We'll all be winners one way or another. The route will vary from week to week.

Leaders: Jesse Brown & TBD.

Sunday, August 8th

The Bill Schwarz Patch Ride Without Bill Schwarz

8:30 a.m., Plaza Hotel, 50 hilly miles

Our legendary leader still lives in the wilds of Upstate NY, and his legendary patch ride series to a now-defunct town water park in Peekskill still lives in our hearts. The 5BBC's current version goes to Croton Point Park, where swimming in the Hudson is possible. Finish the ride in 5 hours or less and earn one of our famous patches! Anyone who rides up the entire length of our guaranteed killer hill without stopping earns a free ice cream (but don't kill yourself trying). Note: No point, no drops on this ride, just a sweep, a cue sheet, maybe a map and thou. Return trip via Metro North; bring bike permit and \$7 fare plus lunch money. Terrain: Flat to rolling to very hilly.

Leader: Ted M. Kushner.

Sunday, August 8th Four Borough Bike Ride

9 a.m., City Hall, 35 miles

Sorry S.I. We promise to dedicate an entire ride to you. We want have enough time give justice to Arthur Avenue, deep in the heart of the Bronx. On our way, we'll pass through Brooklyn and Queens and cross the Triborough Bridge into the Bronx.

Lunch along Arthur Ave., an Italian enclave. Belmont Ave. is the origin of "Dion & The Belmonts" name. Look around for others. Then, back to Manhattan along the East River to City Hall. Bring a lock and \$ for lunch. Mostly flat. Moderate pace.

Leaders: Ed DeFreitas & Jesse Brown.

Sunday, August 8th ☺ Bicycle Beach Bums Ride #6

10 a.m., Grand Army Plaza entrance to Prospect Park, 30 miles

See Sunday, July 4th for description.

Saturday, August 14th Bathe In Bayville XVII

9:30 a.m., Cunningham Park, 55 miles

Join us on this perennial 5BBC beach ride to Long Island's North Shore. Our destination is Centre Island Beach, where we'll take time out for a swim in Oyster Bay Harbor and some sunbathing. Bring a bathing suit, towel, lock, and lunch or \$ for it. Moderate pace. Rolling terrain with a few steep climbs.

Leaders: Ira Najowitz and Bob Castro.

Saturday, August 14th Lottery Ride #4

8 a.m., AYH, 75 miles, quick spin pace

We journey to three states. Our quest? Lottery tickets, of course. The pace will be 15+mph for this 75-mile odyssey of pure cycling pleasure. No point, No sweep, just turn sheets ambition and courage. We'll all be winners one way or another. The route will vary from week to week.

Leaders: Jesse Brown & TBD.

Saturday, August 14th Sandy Hook By Sea & Bike

8:30 a.m., NY Waterway Terminal, Pier 78, West 38th St & 12th Ave, 23 miles

Nice boat-bike-boat adventure with beach time. The ferry cruise is great, especially under the Verrazano Bridge and the Narrows. This ride includes a run into Monmouth County, which includes four bridges and quiet locales. Lunch at the Navesink Twin Lighthouse, then back to the Hook to check out the new bike path, and then saunter at North Beach. Bring lock, swim gear, sunscreen and water. Note: you are responsible to get your NY Waterway round trip cruise ticket (\$29). Get to the terminal early or call (800) 53 FERRY for a reservation,

several days in advance. Wet weather at the start cancels. Mostly flat, some climbs, some busy traffic.

Co-listed with NYCC.

Leaders: Alfredo Garcia (646) 312-1677 & Brian Hoberman.

Sunday, August 15th Kensico Dam Ride

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

An "Off Road Vista" bike journey. Follow the Bronx River Parkway bike path up to the dam and back. 35 miles, paved path with some riding in traffic as well, hilly in places. Bring your Metro North bike pass, just in case. Varied Terrain. Moderate pace.

Leaders: Ed DeFreitas & Jesse Brown.

Sunday, August 15th ☺ Bicycle Beach Bums Ride #7

10 a.m., Grand Army Plaza entrance to Prospect Park, 30 miles

See Sunday, July 4th for description.

Saturday, August 21st Bike To Art (Part of the "We Laugh at Hills" series)

7:30 a.m., Grand Central Terminal, 40 very hilly miles

Enjoy a 40-mile ride through the *hills* of the Hudson Valley and then tour the Dia: Beacon Museum. The 300,000 square-foot former factory, which opened last year, displays art from the 1960s to the present, including works by Richard Serra, Andy Warhol and Don Flavin. Bring a lock, bike pass and about \$20 for MetroNorth, and money for museum (\$10) and lunch.

If rain is forecast, call Stephen at (917) 301-0707 to find out if ride is on.

Leaders: Stephen Jackel, Brian Hoberman.

Sunday, August 22nd Queens Perimeter Ride Standard

9 a.m., Bridgemarket (1st Ave & East 60th St), 60 miles

Ride around the borough the Mets made famous! It's also the home of the two Phils, two racetracks and two airports. This time we're going at a moderate pace with just one group. No need for a super-fast quick spin. We will stop for lunch in sunny Floral Park (the Queens side, natch).

Leaders: Ed DeFreitas and Danny Lieberman.

>>>>

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
7308 5th 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, August 22nd

☺ Bicycle Beach Bums Ride #8

10 a.m., Grand Army Plaza entrance to Prospect Park, 30 miles

Just like all the other Beach Bums rides (see July 4), except that the magnificent Stunt Kite Championships are being held at Jacob Riis Park in the Rockaways, and we'll spend a few minutes lingering there to ogle the amazing flying creations and dancing kites.

Saturday, August 28th

The Chocolate Ride (and other delicious objects)

9 a.m., City Hall, 45+ miles

For serious chocolate lovers only! Good chocolate comes in many forms - drinks, baked goods, egg creams, ice cream, truffles and more. If you remember my chocolate ride from last summer, we covered a lot of territory and made a lot of stops. This year's edition will feature more fine chocolate but fewer stops. It's probably best to pack a sandwich for lunch since we'll be making so many sweet stops. Please bring some dough for the various treats we will encounter. Terrain: bitter. Pace: sweet.

Leaders: Danny Lieberman & TBD.

Sunday, August 29th

Rock Around The Rock

8:45 a.m., City Hall, 40 miles

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

Leaders: Ed DeFreitas & Jesse Brown.

Sunday, August 29th

☺ Bicycle Beach Bums Ride #9 And Beach Bums Blowout

10 a.m., Grand Army Plaza entrance to Prospect Park, 30 miles

See Sunday, July 4th for description. Remember, this time we end with a picnic in the park.

Saturday, September 4th

White Plains On Rye

9 a.m., White Plains Road & Pelham Parkway, 50 rolling miles

You don't have to be a hero to do this ride, but it helps if you like rolling hills. You'll relish the trip to White Plains - and if you're not too fast you'll play ketchup with the pack by the time you get to Rye. Ride may stop at a Brazilian lunch place and an Austrian pastry shop just to keep you rolling.

Moderate pace. Rolling hills. Bring or buy lunch.

Leaders: Jesse Brown and TBD.



The Easter "Jam In A Ride." On Easter Sunday, 5BBCers pose by the gate to the Peter Jay Sharp Boathouse, along the Greenway by the Harlem River Drive (photo: Danny Lieberman).

Sunday, September 5th Manhattan Perimeter Ride And Perimeter Series Blowout

9 a.m., City Hall, 35 flat miles

Free Pizza. Do we have your attention? Yes, this is the final of the "Perimeter Series" rides and we will circle the island where it all started with \$24 of baubles and beads paid to the natives. Today, it wouldn't even pay the brokers fee for your condo parking space. We'll zoom up the biker's version of a West Side I-95. Lunch at a Harlem River backwater spot, shared with the Columbia sculling team. Then we'll trace the uneven shore of the Harlem and East Rivers all the way down to South Ferry, and the aforementioned FREE PIZZA at the "Perimeter Series" Blowout. Flat terrain. Moderate pace.

Leaders: Ed DeFreitas, Jesse Brown & Rodney Millard.

Monday, September 6th (Labor Day) Sandy Hook Okey Dokey

8:30 a.m., NY Waterway Terminal, Pier 78, West 38th St & 12th Ave, 23 miles

Boat-bike-boat trip excursion with beach time, under the summer sun. Trip includes Monmouth County run with four bridges, quiet places and a climb to a breathtaking overlook. Lunch at Navesink Twin Lighthouse. Then back to the Hook for swim time and other fun options. Bring lock, swim gear, sunscreen and water. Note: you are responsible to get your NY Waterway round trip cruise ticket (\$29). Get to the terminal pronto or call (800) 53-FERRY for a reservation, several days in advance. Wet weather at the start cancels. Mostly flat, some climbs, some busy traffic.

Leader: Alfredo Garcia (646) 312-1677.

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

5BBC 2004 Weekend Trips Schedule

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 Saturday night smorgasbord dinner!

New Trip!

VERMONT CENTURY + SCENIC TOURING

August 26-29 (Thursday evening-Sunday evening)
Trip CB
Price: \$395
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 the lush green of 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/touristing/play on Fri. & Sun. in the lovely Lake Champlain locale (perhaps

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

Bellitte 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



Yes, We Have Peaches! Not to be too risqué, but a 5BBC Weekend Trip is the best way to get 'em ripe, fresh and juicy (photo: Nancy Asquith).

Ben & Jerry's factory tour/sampling, Shelburne Museum, Shelburne Farms, Lake Champlain bikeway &/or Burlington). Depart AYH Thurs. evening (arriving late, so let us know if you can leave pre-rush hour) to treat ourselves with a full Friday in VT. Accommodations are in a private ski club, linens/towels furnished, 2 persons/BR/private bath. Van size limits group, as does event size (closed out the last 2 years), so sign on early. 3 full touring days in VT—includes event fee, event t-shirt, accommodations, 3 cooked breakfasts, 4 dinners [in-van northbound meal (reduces travel time) + pre-event dinner on Friday night + post-event barbecue + dinner at Albany Pump Station, a brewpub within the historic Albany water pump station, along the Hudson River, on the way back]. NOTE: Trip price includes the 2 dinners to/from, which w/end trips typically do not.

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 you can't beat seeing it by bike. 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 à 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.

July 31: The Next 5BBC Bicycle Repair Clinic

Many of you want to take 5BBC repair clinics, but say you can't find time during a busy work week.

That's why we are very pleased that Bruce Faulkner will once again be presenting his care, maintenance and basic repair clinic on **Saturday Morning, July 31** from 9:00 a.m. to 12:00 p.m. Noon. The program will focus on Cleaning & Flat Repair. It will be held 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.

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

The fee for our clients is \$25 for 5BBC member, \$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. (Note: page opens in new window.)

Or, for a small surcharge, you can register online with *Active.com* at

http://www.active.com/event_detail.cfm?event_id=112535. (Note: page opens in new window.)

Advanced Registration is appreciated. Thank you!

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

In Memoriam: Ernie Graf

The 5BBC is sorry to report that beloved longtime member Ernie Graf passed away this past winter at age 83 after battling prostate cancer. We all got to know Ernie as a committed cyclist who frequently went on my rides. He also led quite an exciting and inspirational life. A cousin of Albert Einstein, Ernie escaped Nazi Germany by bicycle and swam across Lake Constance into Switzerland. Relocated to NYC, Ernie served in the U.S. Air Force in World War II. He joined Ben Kahn Furs, the family business of his late wife Rhoda Kahn, and built it into a prestigious enterprise that has worked with such designers as Halston and Valentino, and dressed celebrities like Elizabeth Taylor, Jackie Kennedy Onassis, Barbra Streisand and Muhammad Ali.

Ernie described himself as an active person, and his accomplishments prove it: he belonged to four

book clubs and the James Joyce Society, read to the blind weekly, went dog sledding in Alaska and Greenland, completed his first triathlon at the age



This picture, taken just last year at his reconfirmation Bar Mitzvah, captures Ernie Graf at his life-affirming best.

of 81, heli-skied in the Canadian Rockies, and, at 75, tackled New Hampshire's Tuckerman's Ravine, a treacherous rite of passage for skiers. Ernie was a member of the 80-Plus Ski Club, and rode 40 to 70 miles on Sunday with the 5BBC.

Ed DeFritas,
5BBC Vice President

5BBC Member Profile: Burt Bloom



Burt Bloom holds up his parade crossing sign in the 2002 BIKE NEW YORK (photo: Nancy Asquith).

The Five Borough Bicycle Club has some 1,000 members. We often ride with interesting people, but don't get a chance to know them better. Starting with this issue, we'll highlight both longtime and newer 5BBC members.

If you're a regular on 5BBC day rides, you probably know Burt Bloom. A Brooklyn native who now lives in Bayside,

Queens, Burt has been a bike rider most of his life. Burt did stop riding for awhile until about 15 years ago, when a colleague and friend encouraged him to start again.

Burt, 46, has just completed his 21st year as an English and Speech teacher at John Dewey High School in Brooklyn, which he calls "a great school!"

For Burt, an ideal day ride means waking up early, getting ready to ride, getting out of the house, meeting the 5BBC somewhere and going for a ride.

"I love being out there on a nice day on the open road pedaling away! I like being able to get to where the ride is starting and to get home under my own power," he says. "I use my car enough.

"After the ride, I like getting home late in the afternoon, taking a long hot shower, and then putting something up on the grill for dinner. Aah! That is great!"

Over the years, he has made many friends in the atmosphere of "The City's Friendliest Bike Club."

"I like the standards that are maintained on rides," says Burt. "The club rides for fun and safety. No one is left behind. The point-drop-sweep system is great. You have a problem on a ride? Someone will be there to help."

Regional Roundup July–August 2004

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

Friday, July 2nd Central Park Moonlight Ride 10PM, Columbus Circle

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

Saturday, July 10th 23rd Annual Audrey Prouty Century Bike Ride Fundraiser for Cancer Research, Dartmouth New Hampshire

Organizer: GW Hoffman
Marketing
Contact: theprouty.kintera.org

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)
Starts BAE Systems, Greenlawn
\$20 before 7/7, \$25 onsite
25-, 55-, 75- and 100-mile options
Information:

www.huntingtonbicycleclub.org

Larry's Loop, 60 miles

7:15AM, 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/majortaylorlornycnj

Friday, July 16th Cyclone Ride 7PM, City Hall

Organizer: Time's Up
Contact: www.times-up.org

Regional Roundup (continued)

Sunday, July 18th

HARLEM VALLEY RAIL RIDE

Organizer: Bike New York
Information:

www.bikenyork.org/HVRR.htm

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

4th Annual Tour de Tincum

Tincum Township, Bucks
County PA

Organizer: The Delaware Valley
Volunteer Fire Company.

Contact: (610) 294-9385 or

E-mail:

TourdeTincum@yahoo.com

Information: www.dvffc.org

Friday, July 30th

Critical Mass

7PM, Union Square North

Saturday, July 31st

Riverside Ride

10PM, 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

Sunday, August 1st

Ride to Greenwich, 50 miles,

B15 pace

9AM, Central Park Boathouse

Organizer: Fast And Fabulous

Contact: www.fastnfab.org

Bridges of New York—A Ride with 13 Acts

By Alfredo Garcia

Our lovely city, with its never-ending vitality, is truly a famed metropolis of the world. It has tall buildings, green parks, cultural & business centers, charming people from all around the world, and the subway.

Linking the Big Apple, from within and without, are various urban bridges that connect the city. We live in an interesting time for cycling. Aside from club rides, bike maps, bike lanes and the Manhattan Waterfront & Brooklyn's Bay Shore Greenways, we have access to most of our bridges by bicycle.

During Bike Month, on Saturday, May 29, the redoubtable Jesse Brown and your humble narrator led a trip from Chelsea Piers to ride 13 distinguished bridges in a day. Nearly 50 people showed up, hailing from all the boroughs plus Long Island and New Jersey.

Four of the first five bridges along the East River were spanned and mighty, but each have their distinct features: The Brooklyn, with granite towers, steel cables, a mostly wooden boardwalk and the legacy of the Roeblings; the Manhattan's lean lines and antiquated 20th Century motifs, which makes you want to hear Igor Stravinsky's explosive music piece, the Rite of Spring; the Williamsburg, once an ugly duckling of infrastructure, now reappraised and somewhat beautified in red, gray and some yellow, with nearly two dozen metal bumps to ride over; the Pulaski, invigorating over an industrial scented body of water; and, after a rest stop at Gantry Plaza State Park, we added the Queensborough bridge to our list, reminiscing of Simon & Garfunkel's "Feelin' Groovy," the New York City Marathon and classic Woody Allen films, transiting over Roosevelt Island. Each bridge had peaks and ascents to complement its majestic views.

Via an East Side Manhattan greenway, we made our way to the Randall's Island pedestrian bridge. Along the way, we rode alongside the Hell's Gate Bridge. We went under and on the Triborough Bridge to the Bronx.

Amidst busy traffic, we started with the Madison Ave. & 145th St. bridges and headed for the narrow bucolic Harlem River crossings. After passing Yankee Stadium (good thing the Bronx Bombers were playing elsewhere—otherwise we'd see too many cars in search of parking space) and the Macomb's Dam Bridge back to Manhattan, we went along the Harlem River Drive, taking another greenway.

This area was once the Harlem River Speedway, haven for amusement parks and horse races during the late 19th Century, called "the Gilded Age" by Mark Twain. Nowadays, it's a fast traffic roadway with a newly opened segment of the Manhattan Waterfront Greenway.

The 5BBC ride next went under three bridges: the High Bridge, Hamilton Bridge and the Washington Bridge (not to be confused with the George

Washington). Riding here, you can feel the span of history that included handlebar mustaches, flowing women's dresses, riding crops for horses and maybe high wheeler bikes.

To this point, almost everyone who started at Chelsea Piers was going strong and in good spirits. We had only one flat. Our ride continued as we reached the University Ave. Bridge and back to the Bronx. Many mentioned it was their first time riding here. After taking another rest stop at Cedar Park, we were joined by a middle-aged cyclist for the duration.

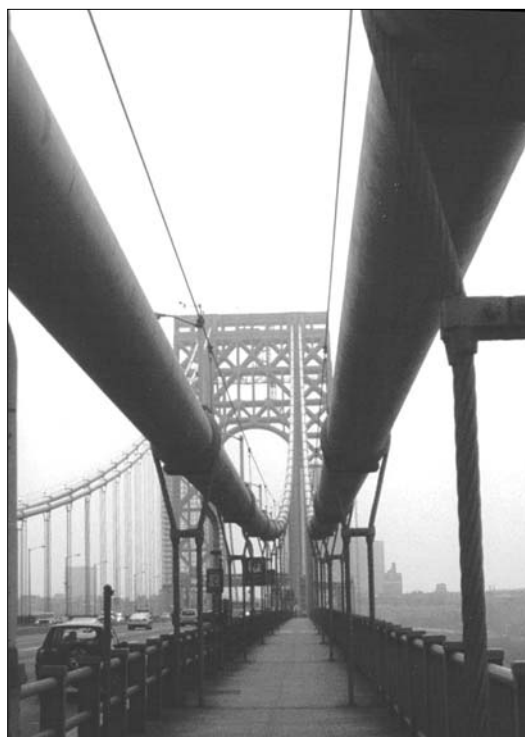
Two bridges to go! Along the University Ave. bike path, we returned to Manhattan via the Washington Bridge. Passing Washington Heights, we got to the George Washington Bridge on the Hudson River, over to Fort Lee, New Jersey.

The trip was clinched. Thirteen bridges, count 'em, 13. People cheered and celebrated as if they won a World Series game. A limited number of detailed cuesheets and award medals were handed out.

Returning to the George Washington Bridge bus station, most of the trippers left. A few stayed to buy lunch and eat down at the Little Red Lighthouse. An aggressive breeze greeted us at the picnic tables, and we had to hold sandwiches and beverages to keep them from blowing away. Afterwards, we were rewarded with a brisk tailwind as we headed south on the greenway.

So there you have me, until next time...

Special thanks to Jesse Brown and the trippers for a successful ride.



Yes, we did it! Crossing 13 of NYC's bridges in one day is not for the feint of heart. Here we make it over the George Washington Bridge (photo: Alfredo Garcia).

April 5BBC General Meeting Looks At Better Rides, A Better Biking Environment

On April 19th, I held an “open forum” with one goal in mind: to learn what 5BBC members want more of.

At the meeting, bike riding, and the things that make bike riding better were discussed. For instance, the 5BBC will start to look at replacing the Plaza Hotel as a start site, particularly near Columbus Circle and the new Time Warner building. As a day trip destination, Long Island is popular, and more rides there can be planned. One innovative idea that was brought up: a ride that would go from Long Beach to the Verrazano Narrows Bridge in Brooklyn.

Shifting away from riding, the meeting was an eye-opener in several respects. Those that attended expressed a lot of interest and passion about the politics of bicycling in New York City. In general, our membership is more dedicated to riding than advocacy, but very aware and concerned about things that cover both.

For instance, not everyone knew that the original plans for the 40-year-old Verrazano Narrows Bridge includes pedestrian and bicycle accessibility. And it can be part of the Federal Government’s TEA-21 transportation reauthorization.

On the local front, many active 5BBCers are also commuters and members of organizations like Transportation Alternatives. As a result, such issues

as elevator access and other American Disability Act compliance, and improved capitalization of cycling-related facilities throughout the city and state may be of greater interest to 5BBC members.

A good example of the 5BBC’s burgeoning interest in the impact and role of governmental agencies on NYC cycling comes in July, when a representative of the NYC Department of Transportation will be the guest speaker at the 5BBC General Meeting.

My personal view is that we can all benefit our sport, the community, and the environment by doing more with our friends in the cycling advocacy community. Since the interest is there, it would be terrific if more of us learned more about hazard marking, direct communications with the NYC Parks Commissioner’s offices, and how to better connect with our local politicians at the city, state and Federal Levels.

Simply by getting to know those who share our common bond – cycling – I’ve come to know some extraordinary, interesting and positive people. Remember, you are not just a cyclist. You are cycling increase the peace, share the pleasure, and the road.

Jesse Brown, 5BBC Programs Coordinator
programs@5BBC.org

Summary Notes: The May 10 5BBC Executive Board Meeting

Present: Ed Pino, Phil Goldberg, Peter Engel, Susan Rodetis, Ira Najowitz, Sharon Behnke, Danny Lieberman, Jim Zisfein, David Seto, Barry Hartglass, Jesse Brown, Andrea Mercado, Bob Castro, Alfredo Garcia.

As of May 1, the 5BBC had 720 members but more were expected following the NYC Bicycle Show, BIKE NY, the Montauk Century and a direct mail piece. According to Treasurer Bob Castro, the 5BBC is on par financially compared to 2003, although a more complete picture will be available after the Montauk Century’s finances are totaled.

The meeting took place 6 days before the 2004 Montauk Century, and Special Events Co-Coordinator Sharon Behnke updated the Board on the high rate of event registration through Active.com. She also handed out a list of volunteers and their respective jobs.

Special Events Co-Coordinator Wentworth Price sent the 5BBC Board a proposed August 15 Beach Bums Century ride and proposed route. The motion to approve the ride did not pass 0-7-3.

Weekend Trips Coordinator Phil Goldberg reviewed the current signups for the summer weekend trips, and noted that a lack of enough signups caused cancellation of the June 3-7 Tour De L’île trip to Montreal.

Programs Coordinator Jesse Brown is going to begin making inquiries about the upcoming 5BBC holiday party, held last year at the YMCA on West 63rd Street. Jesse also discussed whether the 5BBC could be more active in promoting bicycling, and suggested inviting a representative from Transportation Alternatives to speak at a General Meeting. As a starter, Jesse will work with Newsletter Editor Peter Engel to develop an update about cycling road hazards and bike paths in the metropolitan NYC region, and he will think about polling 5BBC members for their feelings about advocacy.

Board member at large Susan Rodetis also wants to learn more about the needs and concerns of 5BBC members. She has drafted a survey for club members, which the Board is reviewing. Susan is also working with Ed Ravin and James Zisfein to add an online polling function to club website www.5BBC.org.

Day Trips Coordinator Danny Lieberman proposed that new cue sheets be added to complement existing ones on the 5BBC website. His proposed method is a voluntary system, to include the author’s name, date, and other information about the ride. Danny urged that the club ask permission before putting cue sheets up.

Regional Roundup (continued)

Friday, August 6th
Central Park Moonlight Ride
10PM, Columbus Circle
Organizer: Time’s Up
Contact: www.times-up.org
This is a night ride: Bring lights!

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

Friday, August 20th
Cyclone Ride
7PM, City Hall
Organizer: Time’s Up
Contact: www.times-up.org

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
5:45AM, 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/majortaylorlornycnj

Ramapo Rally
Organizer: Bicycle Touring Club
of North Jersey
Information:
www.btcnj.com/ramapo_rally.asp
Contact: btcnj@yahoo.com

Friday, August 27th
Critical Mass
7PM, Union Square North

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 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.



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718-622-7342

Regional Roundup (concluded)

**Saturday, August 28th
Riverside Ride**

10PM, 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/tourdeputnam.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

Central Park Moonlight Ride

10PM, Columbus Circle

Organizer: Time's Up

Contact: www.times-up.org

This is a night ride: Bring lights!

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

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

Country Roads Bicycle Tour

(rescheduled from June 13th)

www.ocbicycleclub.org

Organizer: Orange County

Bicycle Club

Contact: Chris Joyce, (845) 457-5758

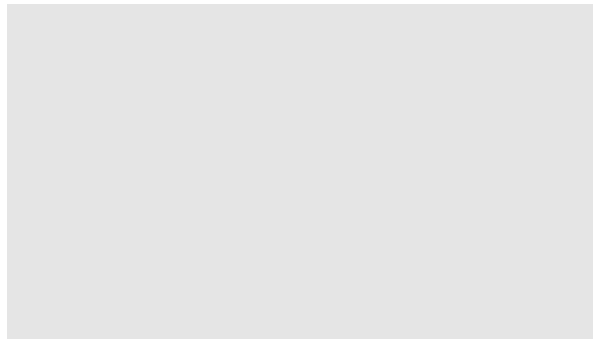
Email: bigzip@frontiernet.net



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 September–October 2004 issue is July 23, 2004.

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Bicycletter July–August 2004
Volume 14 • Issue 4

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.

**See 2004 Montauk
Century Photos**

<http://www.5bbc.org/wehavemontauk/pictures.shtml>

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.