

September–October
2004

Volume 14 · Issue 5

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

You've elected this Executive Board to make decisions about having the Five Borough Bicycle Club work in *your* interests – but what *are* they? *Why* do you ride? What do you *like/dislike*? *What* do you want the 5BBC to be? Well, we are renewing (with vigor!) a much more comprehensive membership survey, and I do urge everyone to take it. The survey comes from hard work and coordination, led by member-at-large and new leader Susan Roderis. One thing I can tell you for certain – the greater the response, the better the 5BBC will be *for you*. Compliments of member-at-large Ed Ravin, it's painless and particularly speedy to respond online at www.5BBC.org (which we urge you to do – it reduces our volunteers' labor in collating results). But yes, if you absolutely can't reach our website, then fill in and mail back this issue's insert.

And on the human front – we can all relate to lazy weekend mornings where the head says “get out and ride,” but the body cries for more shut-eye and breakfast in bed. New 5BBC leader John Chiarella admits to such bouts in “Out Of Hibernation,” and reveals the joys of triumphing over them.

Oh yeah, did you know there's ANOTHER election this fall? Yes, 2004 terms are coming to an end at the 5BBC and we will be mailing out the 2005 ballots. Since the 5BBC's “friendly dissolution” from HI-AYH three years ago, all of you now have a voting voice – and many of you are eligible to serve. Plus several longtime 5BBC board members are thinking of taking a break and focusing on riding. So, if you want to add your voice to the 5BBC, now is the time to step up – or nominate someone!

Finally, last year we held the 5BBC Holiday party at a new venue, the YMCA on West 63rd Street. The feedback was so positive that we decided to do it again. So enter this time and date in your PDAs – Saturday, December 11, 2004, 6pm. Be there – ALOHA!

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

General Meeting Monday, September 27 6:00 p.m. - 7:30 p.m.

Sgt. Eskenazi of NYPD 19th Precinct's bicycle patrol will discuss his work as a bike cop, and will give advice on bicycling in New York and bicycle safety. Place: Lenox Hill Community Medical Group, 215 East 95th Street, Manhattan. Open to the public. co-sponsored by Lennox Hill Hospital.

Jesse Brown, Program Coordinator
programs@5BBC.org

Save The Date: The 5BBC Holiday Party



Saturday December 11, 2004

6:00-10:00pm

**YMCA, 5 West 63rd Street
Manhattan**

It's too soon to be
thinking about our annual
holiday party... NOT!

You can mark your calendar now. We have the date, the time, and the place. Actually, last year was such a success that we've returned to the YMCA, located at 5 West 63rd Street, near Central Park West. Last year turned out to be a disco dancing fest. This year we will have live music with jazz pianist Warren Fields. Keep checking www.5bbc.org for updates, along with the November/December issue of *Bicycletter*.

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:*
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Andrea Mercado,
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Bob Castro, *Treasurer:*
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Danny Lieberman, *Day Trips Coordinator:* daytrips@5BBC.org

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Weekend Trips Coordinator:
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Ira Najowitz,
Leadership Coordinators:
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Bicycle Course Coordinator:
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Jesse Brown,
Program Coordinator:
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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

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

Get To Know the Five Borough Bicycle Club!

In the last few years our club has held what we call the GET TO KNOW US (GTKU) event. Sometimes it's in the springtime, and last year it was in the fall. But whenever the 5BBC holds it, we arrange for multiple rides, meeting up at one spot to bring together new club riders and our veterans for a picnic party.

This year's GTKU is scheduled for Sunday, October 10th, and what we are planning is ambitious. We plan to have five distinctly different day rides. Each is headed to a different borough or New Jersey, but all have one thing in common - they will end by meeting up at a wonderful new park location near the West Side Greenway.

On GTKU day, the 5BBC will have something fun for everyone: two Quick Spin rides, one to North Jersey and one to Staten Island; a moderately paced hilly ride to the Bronx; and Happy Face ☺ rides to nearby Queens and Red Hook, Brooklyn. Additional ride details are included in the listings.

Starting at 2 p.m. on October 10th, the GTKU Picnic Party will converge at the new 14th Street Park, part of Hudson River Park. It's located on 10th Avenue between West 14th and 15th Streets, and across the highway from the West Side Greenway. You don't have to be on a ride to come to the party. (Hint, if you want to help with setup or cleanup just let us know in advance by emailing daytrips@5bbc.org)

Whether you're a longtime club member or a recent arrival - and if you want to turn your friends onto the 5BBC experience - please bring them on one of the GTKU rides. Or, just bring them to the picnic. We'd love to meet them.

And now the fine print: rain cancels.

We're Having an Election!

Dear Member,

Each fall the 5BBC holds an annual election for its Executive Board. All 5BBC members are eligible to run for positions on the board and vote.

So, we are encouraging you to do both! In serving on the board, you support the club's mission: maximizing the benefits, and fun, of bicycling in New York City. Our board has 13 positions, each with a specific task, which we have outlined below. We meet once a month to make the weighty decisions that keep the club running.

To nominate yourself or someone else for a position, simply write to us at president@5BBC.org or mail to:

Five Borough Bicycle Club
Attn: Nominations
891 Amsterdam Ave.
New York, N.Y. 10025-4403.

Each nomination needs to be seconded by another club member, so make sure your letter includes the name of this person.

The deadline for submitting a nomination is Monday, October 18. The club's general meeting takes place at the above address at 7 p.m. that night, and you may also make a nomination in person at that time. Ballots will be mailed out in November, and must be returned no later than Monday, November 15.

The new 2005 board takes office on Monday, December 6 for one year.



Step right up -- and get your stomach turned inside out! The 5BBC visits the Coney Island Cyclone (photo: Danny Lieberman).

Officers

President: Presides at meetings; exerts overall responsibility for club matters.

Vice President: Assists the President; may lead specific projects.

Recording Secretary: Takes minutes of Executive Board meetings.

Corresponding Secretary: Handles written and email correspondence for general club matters.

Treasurer: Coordinates preparation of the budget and monitors spending.

Coordinators

Day Trips Coordinator: Plans and schedules day trips.

Weekend Trips Coordinator: Plans, schedules and budgets weekend trips.

Newsletter Editor: Edits and publishes the bi-monthly newsletter, and provides Webmaster with updated online content.

Leadership Coordinator: Organizes and leads the annual Leadership Training Course.

Special Events Coordinator: Coordinates the Montauk Century and other major events.

Bicycle Course Coordinator: Plans and schedules repair courses and seminars.

Program Coordinator: Plans entertainment and educational programs for club general meetings.

Communications Coordinator: Publicizes and promotes club activities to the public. Compiles and disseminates the 5BBC Weekly Update email to members about club rides and related activities of interest to members.

Other rules: The five officers and the day trips, weekend trips and leadership coordinators must have graduated from the 5BBC leadership training course as full leaders or been promoted from co-leader to full leader based on their post-leadership training course club activity.

Before taking office, the president must have been a club member for two years or an Executive Board member for at least six months.

Ed Pino, President · president@5BBC.org

Ed DeFreitas, Vice President · vicepresident@5BBC.org

Is my ride cancelled?

For late-breaking news, including weather-related cancellations, visit and bookmark the Ride Update Center online at:

<http://5bbc.org/messageboard.htm>

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>

New to Cycling?

Then look for the our rides suited for beginners, marked with a happy face ☺! 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.

Day Trip Meeting Places

AH: 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: September–October 2004

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 - just to keep you rolling - an Austrian pastry shop. Moderate pace. Rolling hills. Bring or buy lunch. Leaders: Jesse Brown and TBD.

Halo Halo

8 a.m., South Ferry, 25 miles

Come ride for Filipino pastries and Halo Halo, via restaurants and shops on Jersey City's West Side Ave. We'll get there via Staten Island & Bayonne. Three parks included. Bring a pannier for ube cake, Bibingka, Ensaymadas, Hopia and other sweet stuffs. Please make sure your bike is in good working order (e.g. pump your tires before ride). Bring \$ for dessert & snacks, \$2 for PATH train or \$6 for New York Waterway ferry return. Wet weather at the start cancels. Co-listed with the NYCC. Emphasis on single file riding. Terrain: mostly flat with bumpy & busy roads and hills. Leader: Alfredo Garcia (646) 212-1677 & Mark Trainor.

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 back water spot shared with the Columbia sculling team, trace the uneven shore of the Harlem and East Rivers all the way down to South Ferry and the afore mentioned FREE PIZZA at the "Perimeter Series" Blow Out. 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 we head back to the Hook for swim time & 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. Leaders: Alfredo Garcia (646) 312-1677 and Sharon Behnke.

Saturday, September 11th

☺ Bella Piccola Italia

10 a.m., Grand Army Plaza, Prospect Park, 35 miles

Upset because you got bounced from an overbooked Alitalia flight? Non si proccu pare mio caro amico! We'll have you wondering how you got to Italy without ever leaving the ground. Simply join us for a ride to the little Italian town of Belmont, better known as Arthur Avenue in the Bronx. We'll pay a visit to Borgatti's Pasta Factory and have lunch at a local restaurant. You'll find it hard to say "Arrivederci Belmont," as this place will grab your heart. We'll even speak some Italian along the way. Bring lock and \$15-20 lunch money. Pace - Easy with language fun along the way. Leader: Richard Sanford.

Sunday, September 12th

Phantom Ride

Check the club web page or voice mail after Wed, Sept. 8th to see if a ride has been scheduled for this date.

Saturday, September 18th

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 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.

Sunday, September 19th

Rockaway Gateway Greenway Shuffle

9 a.m., Boro Hall, Brooklyn, 40+ flat and fast miles

Back by popular demand! This is a spin around Jamaica Bay using lots of bike lanes and Greenway

sections, with a lunch stop right in the middle of the bay, on Broad Channel Island. We might also make a pizza or ice cream stop later on. Flat, sure to be windy, and fast paced. Leaders: Danny Lieberman & TBA.

Saturday, September 25th

Long Beach Traffic Haters' Ride

9:30 a.m., Cunningham Park, 45+ flat miles

Travel every back street of Queens and Nassau Counties as we avoid all of the major roads and have lunch on the boardwalk. Rain cancels. Leaders: Bob Castro and Manny Sanudo.

Sunday, September 26th

Westchester Bike/Hike:

Bronx River Parkway and Cranberry Lake

9 a.m., Woodlawn (Jerome and Bainbridge Aves, Bronx), 40 rolling miles

This ride is 40 miles of scenic Westchester County roads, bike paths, and a stop at a nature preserve, where we'll take a walk around a swampy lake in a quiet, forested area. Optional return is via Metro North after 25 miles (permit required). Since we'll be using the Bronx River Parkway during the Bicycle Sunday closings, as well as the neighboring bike paths, the ride is 44% car free. All paths are paved paths, suitable for road bikes. Bring appropriate walking footwear. Terrain: rolling hills with a few steep climbs. Leaders: Ed Ravin (eravin@panix.com) and Jim Zisfein.

A Longer Ride To a Shorter Pier

9 a.m., Plaza Hotel, 50 hilly miles

This replaces the ride we listed in early July - you know, the one that was rained out. OK, so it's not Independence Day, but riding to Piermont is still fun. So what are you waiting for? You can still bring or buy lunch in town. Moderate pace. Leaders: Ed DeFreitas and Danny Lieberman.

Saturday, October 2nd

☺ Palisades Bike Hike: Millionaire's Row Pt. 1 - Closter Landing Loop

8:30 a.m., GW Bridge Bus Terminal, 20-mile ride (5 mile hike)

We ride to Kearney House at Alpine Marina, and then hike with a Palisades Interstate Park historian. This "history hike" explores the ruins of estates that dotted the Palisades cliff before they were demolished to make way for the park and parkway. Bring a bike lock, comfortable walking shoes, bag lunch, and water. See <http://zisfein.com/palisades> for additional information and ride updates. Pace: moderate. Terrain: rolling hills. Ride leaders: Jim Zisfein.

Strange Science

9 a.m., Plaza Hotel, 50 hilly miles

Check out Columbia U's world-renowned Lamont Doherty Earth Observatory during their annual open house. Scientists present exhibits and lectures about their ongoing research on such topics as earthquakes and oceanography. Comfortable pace. Bring lock, lunch or money for lunch. Leaders: Eileen Kapp, Stephen Jackel. (If rain threatens, call Stephen's cell phone AFTER 10 p.m. Friday evening to see whether ride will go out: 917 301-0707.)

☺ Down Under Ride

10:30 a.m., Plaza Hotel, 20 miles

We knew you'd rather do this than go to Australia, so this ride is for the "on the go with little time to spare," side of you. We'll pay a visit to the New York Transit Museum in Downtown Brooklyn, where you can sit on shiny straw seats of subway cars that Mom and Dad used to ride (or was that you?). You'll be able to compare the comfort (or lack of it) as you test the seats of one old-fashioned train car from another, or salivate behind the wheel of a big city bus. If tunnel building is your thing, you'll have no trouble finding out how to get down and dirty, should you ever need to start your own subway line. We've made this ride short, so you'll have no excuse to say you had no time to stop and smell the electricity. Bring lock, \$5.00 museum fee and lunch money. Leader: Richard Sanford & Manny Sanudo.

Sunday, October 3rd

The Great Swamp

8:30 a.m. Sharp, World Trade Center, 50 hilly miles

Bucolic New Jersey? It may sound strange, but the Garden State is aptly named. The Swamp, a National Wildlife refuge, is evidence of pristine beauty. Hikers, bird watchers, and cyclists flock to this huge plot of land that almost fell victim to plans to build an airport, only to be rescued in the 1950's by one of the early environmental victories. We will visit the Somerset County Environmental Center via a 4-county route. If time permits, we'll go to the Raptor Trust, a sanctuary for injured birds of prey, and the leader's mansion for apple cider and football previews. Bring \$3 for PATH fare and lunch money. No slowpokes please. Very hilly, with one short stretch of hard packed gravel. Heavy rain cancels. Leader: Ted M. Kushner.

East Island

9:30 a.m., Cunningham Park, 50 miles

Come on a scenic fall ride to East Island in Glen Cove, located on Long Island's North Shore and the former estate of J.P. Morgan, Jr. If the weather is warm, we'll eat lunch at Prybil Beach and return via Sea Cliff. Great views of Long Island Sound are guaranteed. Moderate pace. Rolling terrain with some steep climbs. Leader: Ira Najowitz.

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. Also known as the Whitehall Ferry Terminal, located on Whitehall St. & South St. Enter at ground level bike/pedestrian entrance. Please follow ferry crews instructions. Visit www.siferry.com and www.transalt.org/info/abroad.html for more information. Subways: 1 to South Ferry, N R W (N weekdays, W weekends) to

Sunday, October 10th THE GET TO KNOW US RIDES:

Choose one of the following day rides, have a great time on the ride, and then all of the rides will meet up at Hudson River Park at West 14th St and 10th Ave, after 2 p.m. See the "Day Tripper" article on page 2 for further information. Rain at the start of all GTKU rides cancels. The picnic is also weather sensitive. But it's not going to rain!

Staten Island Expresso - Quick Spin Only

8 a.m., South Ferry Terminal (8:30 boat), 45 miles

Come with us to survey this understated borough, from the Kill Van Kull to the Atlantic.

No point-drop-sweep, no cue sheets, no locks. Just bring bike in good working order be able to ride single file behind leader. 40-45 miles with flat terrain, some busy traffic, scenic views and hills, of course. Leaders: Alfredo Garcia (cyclistxxxiii@yahoo.com or 646-212-1677) and TBA.

Hackensack Submarine Express - Quick Spin Only

8:30 a.m., GW Bridge Bus Terminal, 40 miles

Visit a real World War II naval submarine with Jesse and friends in this Quick Spin ride to Hackensack, New Jersey. The USS Ling, SS-297, is one of the few remaining WWII-era submarines, and it's parked at the New Jersey Naval Museum (www.njnm.com). Optional guided tour of the Ling costs \$5. We'll make a diner stop before zooming back for the club party in downtown Manhattan. Please bring a lock. Bring or buy lunch. Must maintain at least a 15 mph pace. Leaders: Jesse Brown, Rodney Millard, and Neile Weissman.

Saturday, October 9th

Phantom Ride

Check the club web page or voice mail after Wednesday, October 5th to see if a ride has been scheduled for this date.

Monday, October 11th (Columbus Day)

Phantom Ride

Check the club web page or voice mail after Wednesday, October 5th to see if a ride has been scheduled for this date.

Saturday, October 16th

☺ Palisades Bike Hike: Millionaire's Row Pt. II Bombay Hook

8:30 a.m., GW Bridge Bus Terminal, 20-mile ride (8-mile hike)

Wave Hill

9 a.m., Columbus Circle, 30 rolling miles

Wave Hill Park is one of those magical places - far too beautiful to be inside New York City, and yet it is, tucked into one of the more quiet sections of Riverdale. We'll follow some of the newer Manhattan Waterfront Greenway routes getting there and coming back. Moderate pace, but hilly terrain. Bring a lock and lunch. Leaders: Victor Sanchez-Valado and Mark Trainor.

☺ Red Hook Ramble

9 a.m., City Hall, 25 miles

Red Hook is one of those quiet industrial neighborhoods that has what mountain bike riders love most - deserted cobblestone streets! We'll tour the waterfronts of several older Brooklyn neighborhoods. Mountain or hybrid bikes recommended but not mandatory. Easy pace. Bring or buy lunch. Leaders: Danny Lieberman and Ed DeFreitas.

☺ Around The World

9:30 a.m., AYH, 30 miles

Join Ed and Liz as they go around the world of Queens. This ride might include a merry go round or an ice cream stop or both. We will have a great day and then join up with the other rides at the GTKU party. Bring or buy lunch. Easy pace. Leaders: Ed Pino and Liz Baum.

We ride to Kearney House at Alpine Marina, and then hike with a Palisades Interstate Park historian. On this "history hike," we continue our exploration of the ruins of estates that preceded the creation of the park. Our hike includes some of the most impressive scenery in the area. Bring a bike lock, comfortable walking shoes, bag lunch, and water. See <http://zissein.com/palisades> for additional information and ride updates. Pace: moderate. Terrain: rolling hills. Ride leaders: Jim Zissein & TBA.

Sunday, October 17th

Oy Oy Oysters!

8:30 a.m., Cunningham Park, 50 miles

Not only do they look slimy, but also they sure taste good. So do their cousins, shrimps, clammys, steamers, and other nautical delicacies. Oyster Bay's yearly classic Oyster Festival draws hordes of food lovers, and what's a better way to work up a hearty



Riders on the June 20 Sandy Hook Venture ride were offered a cup of Brian Hoberman with milk and sugar (photo: Ermilo Novelo).

appetite than by cycling to this North Shore enclave. Food, music, crafts, souvenirs, maybe a turkey leg or two - hopefully in perfect foliage season. Free admission, but bring money for goodies, bike locks, and World Series predictions. Moderate pace, some hills. LIRR return available, bring bike permit. Heavy rain cancels. Leaders: Ted M. Kushner, Ed Pino and Liz Baum.

Saturday, October 23rd

Spinning Up The Hills

8:30 a.m., Grand Central Terminal (or 9:45 a.m., Croton-Harmon station), 45 hilly miles

Join us for this beautiful, but very hilly ride through northern Westchester. While spinning on the hills (with cumulative climbing of 3500 feet), we can enjoy the fall foliage, and look forward to homemade ice cream near the end. N.B.: Triples are highly recommended, bring a MTA bike permit & about \$14 for train fare, and be aware that there's about a mile of riding on a hard-packed dirt road. If the weather makes the ride questionable, call Brian in the morning at (917) 868-0013. Terrain: hills, hills, and more hills. End Time: Approx. 6 p.m. (Croton)/7 pm (GCT) Leaders: Brian Hoberman & TBA.

☺ Architectural Tour: The Wright Ride

10 a.m., Plaza Hotel, 20 miles (in traffic)

How better to showcase the greatest city in the world than to celebrate the works of the self-proclaimed - not just American, but greatest - architect, Frank Lloyd Wright. We will view his most acclaimed and controversial building the Solomon R. Guggenheim Museum. We will also visit some other less well-known sites of Wright's. There is more Wright in NYC than you may have thought. There will be a long lunch break to allow for optional Museum visits, so make sure to bring a lock, money for lunch and museum admission (\$15 Gug; \$12 Met; suggested). Rain cancels. Flat terrain. Leaders: Victor Sanchez-Valado & TBA.

Sunday, October 24th

☺ Hudson River Museum

9 a.m., Plaza Hotel, 35 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 till we reach the Hudson River Museum. This is not just a museum - it's also a mansion and planetarium. So, bring your inquisitiveness, \$6 for admission, lunch or money to buy it, a lock, and Metro North pass in case you have to bag it. As a bonus, maybe we'll hit an additional museum. Some hills, road bikes OK. Varied terrain. Moderate pace. Leaders: Ed DeFreitas & TBA.

Saturday, October 30th

When You See A Fork In The Road, Pick It Up

8:45 a.m., AYH, 35 miles... or is it 50?

Was it 35 miles or was it 50? We never could quite figure out the mileage on this trip to the Yogi Berra Museum, so by popular demand - at least of our esteemed club president - we're gonna reset the odometers, and head to nearby Montclair to peruse some nifty baseball history, courtesy of the N.Y. Yankees' retired Number 8. Well, it sure looks nearby on the map, doesn't it? Just remember: this ride ain't over 'til it's over. Bring \$6 for museum admission, lunch money, bike locks. See <http://www.yogiberramuseum.org> for updates on programs. Moderate pace, fairly hilly. Heavy rain cancels. Leaders: Ted M. Kushner, Ed Pino and Liz Baum.

Westchester County Trailways

9 a.m., Van Cortlandt Park, W. 242nd & Broadway, 50 miles

Paved. Level. Car-free. What's not to like? We ride Westchester's North and South County Trailways, a.k.a. the "Old Put", from Yonkers to Yorktown Heights, then back to Eastview and west to Tarrytown for a Metro North ride home (or easy return to the start point). Bring water, snacks, Metro North pass, \$ for train fare and lunch, and an appetite for a good workout. See <http://lzisfein.com/yorktown> for additional information and ride updates. This ride will be led at a 14 mph pace. Leaders: Jim Zisfein and Ed Ravin.

Day Trip Meeting Places (concluded)

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).

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.

World Trade Center: PATH station entrance (top of stairs), Church St at Fulton St, Manhattan. Subways: A C E to World Trade Center, R W to Cortlandt St, 1 to Rector St, 4 5 6 nearby.

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, October 31st
(Remember: Standard Time Begins at 2:00 a.m., so switch your clocks back one hour.)

Cemetery Ride

9 a.m., Bridgemarket, 40 miles

By request, this quiet and relaxed ride around southern Queens neighborhoods returns for Halloween. Come and enjoy the fall weather. We'll pass through the "cemetery belt" and see the turning colors of Forest Park. If it's warm enough we'll eat lunch in the park. Bring or buy lunch. Take a lock just in case. Costumes optional. Leaders: Danny Lieberman and Brian Hoberman.

☺ Four Borough Bike Ride

9 a.m., City Hall, 35 miles

Sorry S.I. We promise to dedicate an entire ride to you. We'll pass through Brooklyn and Queens and cross the Triboro Bridge into The Bronx. We want to have enough time give justice to Arthur Avenue, an Italian enclave where we'll have lunch. Nearby Belmont Avenue is where the "Dion & The Belmonts" singing group's name originated. Look around for others. Then, back to Manhattan along the East River to City Hall. Bring a lock & \$ for lunch. Mostly flat. Moderate pace. Leader: Ed DeFreitas.

Saturday, November 6

☺ Palisades Bike Hike: Greenbrook Sanctuary

9 a.m., GW Bridge Bus Terminal, 15 miles (4 mile hike)

From the Greenbrook website
(<http://njpalisades.org/greenbrook.htm>):

"Greenbrook Sanctuary is 165 acres of woodland on top of New Jersey's magnificent Palisades. 4.7 miles north of the George Washington Bridge, off U.S. Route 9W, the sanctuary is an oasis of solitude and natural beauty, minutes away from one of the noisiest, most densely populated areas in the world." Escape the city to this nearby and truly natural wonder, and learn about its history on a professionally guided hike by a park historian. Bring a bike lock, comfortable walking shoes, water, and \$ for lunch at the nearby Royal Cliffs Diner. See <http://zsflein.com/palisades> for additional information and ride updates. Ride leaders: Jim Zisfein & TBA.

Sunday, November 7th

Rock Around The Rock

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

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

5BBC Executive Board Minutes

Monday, July 12, 2004 Meeting

Members in Attendance. Jesse Brown, Sharon Behnke, Robert Castro, Ed Defreitas, Peter Engel, Alfredo Garcia, Phil Goldberg, Barry Hartglass, Brian Hoberman, Danny Lieberman, Andrea Mercado, Susan Rodetis, Ed Pino, Jim Zisfein.

Membership and Weekend Trips. The 5BBC has approximately 950 active memberships, with a total number of members higher due to family memberships. Since February 2003, 350 members registered through the online Active.com. Phil Goldberg reported that the Penn Dutch trip was a success, and that there was high demand for the August Vermont trip, but lower demand for the Covered Bridges trip. Discussion about using Active.com for Weekend Trip registration will be held off until 2005.

Treasury. Bob Castro reported that the Club had positive cash flow by approximately \$13,000, versus \$19,000 for 2003. The difference is mostly attributed to lower 2004 demand for Weekend Trips. Preliminary figures on the 2004 Montauk Century indicate revenues of \$10,000, versus \$7,000 for 2003.

Day Trips Coordinator. Danny Lieberman is putting together a 5BBC "Get to Know Us" event on October 10th to target new member prospects.

Programs Coordinator. Jesse Brown reported that the 63rd Street YMCA wants \$620 for the planned December 11th 5BBC Holiday Party, versus some \$1,400 that AYH had asked for last year. He will also hire a live jazz pianist.

Bicycle Repair. Barry Hartglass reported that a 5-hour comprehensive class was being planned for October.

Communications. Brian Hoberman reported that 2,500 5BBC "Join Us" brochures were mailed to BIKE NEW YORK participants.

Membership Survey. Susan Rodetis finalized a survey of 5BBC members to be available online, and mailed out with the September/October Bicycletter with a September deadline.

Bylaws. Committee of Ed DeFreitas, Bob Castro and Barry Hartglass to evaluate Bob's proposal recommending new requirements for certain 5BBC Executive Board positions, with final review in early 2005.

Lawsuit. 5BBC President Ed Pino reported that a Recycle-A-Bicycle student is suing multiple defendants, including 5BBC, relating to an accident in an RAB-operated event the day before the 2001 Montauk Century. Plaintiff has sued multiple defendants. The Club has insurance.

2004 Membership Survey

(Check or fill-in as appropriate – respond by September 15, 2004, and PLEASE use www.5BBC.org/ if humanly possible)

Greetings,
5BBC Members/
Friends,



This is *our* club, collectively, and we need feedback about *your* bicycling particulars and interests.

Please help us move forward by responding to this survey (*and pretty please, answer via our "turbo survey form" at www.5bbc.org/survey/shtml, which will minimize laborious manual tallying*). We will post the results, which will help guide club direction/rides/programs plus how we represent members' interests to the rest of the bicycling world and the public. If you run out of room on any answer(s), do feel free to "write-on" via a separate note, and e- or snail-mail it to me.

You also have our assurance that private info or member names will *not* be released.

No time like the present for getting this done, but please do so by our deadline of **September 15, 2004**.

We appreciate your time/thoughts, and by all means, you're quite welcome to volunteer for tallying! 😊

Any ?s – fire away to srodetis@earthlink.net.

Thank you in advance!

Susan Rodetis
Member-at-Large, Board of Directors

ABOUT YOU

- Name (print) _____
Membership # _____ (*also on your newsletter mailing label*)
- Male Female
Age <20 20-29 30-39 40-49 50-59 >=60
- Reside (=R) and work (=W) in Manh _____ Bklyn _____ Qns _____ Bx _____
S. Island _____ NJ _____ CT _____ Other (*where?*) _____
- Bicycle/sports clubs or related advocacy groups you belong to?
(*please ✓ or list all that apply*)
 New York Cycle Club (NYCC) American Youth Hostel (AYH)
 Staten Island Bicycling Ass'n (SIBA) other clubs/groups?
 Century Road Club Ass'n (CRCA) _____
 Transportation Alternatives (TA) _____
 Time's Up! _____
 Appalachian Mountain Club (AMC) _____

YOUR BIKE(S)

- Bikes I own/use (*list yours in declining frequency of use, excluding those owned by others in your household*)

Brand	Type (✓ which)							
	touring	hybrid	mountain	tandem	recumbent	racing	clunker	??
1								
2								
3								
4								
5								

- How old is the frame on your favorite bike? (# of years) _____
Average age of most of that bike's components? _____
- \$\$ spent on biking [*ALL repairs/service+bikes+parts+clothes+accessories*]
last year \$ _____ average/yr past 3 years \$ _____?
- Where/how spend \$\$ on bicycling items (*ranked with #1 = the most*)
___ local shop (and my favorite is _____)
___ mail, phone or e-order (online or catalog)
___ sporting goods store
___ other

YOUR CYCLING

- Reasons for riding (*declining order of import*)
1 _____
2 _____
3 _____

10. How many times/year do you bicycle, or do a ride/event, that is:
- cruising (15-25 miles)
 - medium (30-55 miles)
 - metric (62 miles)
 - century (100 miles)
 - Amazon >100 miles

11. Annual bicycling mileage, on average, last 2 full years _____
Will you be cycling more this year?
 Yes No

12. Pace of ride you prefer?
(all that apply)
- Happy Face (10-13 mph)
 - moderate (13-15 mph)
 - Quick Spin (love the burn!)

13. Preferred terrain? (all that apply)
- generally flat
 - moderate-rolling hills
 - can't get enough hills

14. Preferred surface and/or trail type?
(all that apply)
- paved streets/roads
 - never city streets
 - off-road paths/trails
 - single track
 - rail trails

CLUB DAY RIDES

15. How many times/year did you participate with the 5BBC in a ride?

Ride with other Clubs/events?

Compared to 2003, is this year
 more or less?
If less, what might 5BBC do differently to attract more of your participation?

16. What do you look for on a 5BBC day trip? (all that apply)
- exercise
 - training/fitness goals
 - skill development
 - touring an area
 - socializing
 - other _____

17. Preferred start time for rides?
(pls. rank, with #1=favorite)
- ____ eye-opener (7-8:30AM)
 - ____ regular (9-10:30AM)
 - ____ midday (11AM-1PM)
 - ____ afternoon (1:30- 4PM)
 - ____ evening (6PM+)

18. Happy with 5BBC's existing trip descriptions?
 Yes No
How should they be changed?

19. Would you like 5BBC club rides to be formally rated as to terrain and pace?
 Yes No

20. Would you like to participate in more dual-purpose rides? (e.g., hike+bike, bike+swim, bike+culture/history)
 Yes No
Which types would interest you?
(pls. specify) _____

21. 3 favorite START locations
(pls. rank; if needed, refer to <http://5bbc.org/meetingplaces.shtml>)
- #1 _____
#2 _____
#3 _____
Any new ones?

22. Care to suggest new destinations, or reviving prior favorites?

23. Would you like more rides to be cross-listed with other clubs/organizations?
 Yes No
What do you like/dislike about cross-listed rides? _____

CLUB MULTI-DAY OR WEEKEND TRIPS

24. Have you taken a weekend trip with the 5BBC?
 Yes No
With other clubs/groups?
 Yes No
If not (or even if you have), what would entice you to join us anew, or again? _____

25. Would you sign up for an overseas or out-of-our-main-area club trip?
 Yes No
How many days would you like it to last? # _____
What would be your preferred budget for all-in costs? \$ _____

26. Would you join a self-contained (panniers/packs/racks, etc.) trip?
 Yes No

27. Would you travel to/from a start/finish point on your own means rather than in club van?
 Yes No

28. Would you car pool as a way of reaching destinations and keeping costs down?
 Yes No
Do you have a car and can share rides?
 Yes No
Would like to, but need a ride?
 Yes No

29. New ideas for destinations for 5BBC weekend trips?

30. Within trips & accommodations, there are trade-offs between \$\$ and convenience/luxury.
(pls. rank, w/#1 = most preferred)
- ____ hostel (4-6/room)
 - ____ budget (2/room)
 - ____ chain hotel (2/room)
 - ____ B&B
 - ____ deluxe

MONTAUK CENTURY

31. Would you prefer that our Montauk event have a lower fee with fewer services? Yes No
32. What should the price for Montauk be? (2004= \$53)
 \$30-\$40 \$40-\$50 \$50+
33. What Montauk services could you do WITHOUT? (rank 1-4, #1=least critical)
- ____ Full-service rest stops
 - ____ Showers & massage
 - ____ Post-ride meal
 - ____ Multi check-in locations
34. Is Montauk too early in the year? (but 5BBC may not receive local town's permissions for busy season months)
 Yes No
If yes, when is better?
(rank 1-5; #1= 1st choice)
- ____ June
 - ____ July
 - ____ Aug.
 - ____ Sept.
 - ____ Oct.

SPECIAL EVENTS

- 35. Should 5BBC produce other special event rides?
 Yes No
 Should they be?
 basic full-service
- 36. When should other special events be? (*✓ all you like*)
 May Aug.
 June Sept.
 July Oct.
- 37. How should additional special events be priced & sized? (*rank 1- 3 with #1= first choice*)
 Cheaper/smaller than Montauk
 more lux/larger than Montauk
 similar to Montauk
- 38. What distances should other special events offer? (*choose a configuration and ✓ desired distance*)
 Single or
 multiple distances.
 And then bike
 <=50 miles 62 miles
 75 miles 100 miles
 100+ miles
- 39. Would you participate in or support a Spring-time special event to other than Montauk?
 Yes No
- 40. Where to? (*number your 1st 2 preferences*)
 Hamptons
 Sag Harbor
 Westchester (where?) _____
 CT
 NJ
 If NJ, then? Shore
 Northern Western Central)
- 41. Do you prefer
 1-way routes or loops?
 Recognized destinations only?
 Yes No
 New turf?
 Yes No
- 42. Willing to face bicycling in NYC traffic at the end of an event?
 Yes No
 Would you start/finish a route in an outer borough or beyond?
 Yes No
- 43. How important is mass transit in getting to/from an event?
 essential convenient not

PROGRAMS

- 44. What activities/programs would you like more of, and would attend?
(✓ all that apply)
 social
 sport
 health/fitness
 medical/nutrition
 touring
 advocacy
 Suggestions for new programs?

CLASSES

- 45. Have you taken a 5BBC class in the last 3 years?
 Yes No
 Which? bike repair leadership
 other (pls. name) _____

- 46. What classes do you think we should give, or give more of?

 But would you really take them?
 Yes No

OUR NEWS & NEWSLETTER

- 47. Have you read either of the last 2 newsletters?
 Yes No
 If yes, where? online email
 snail mail
- 48. Do you subscribe to our weekly email news updates?
 Yes No
- 49. What topics would you like to see covered in either?

WEBSITE

- 50. Has the website been useful to you?
 Yes No
 Is it easy/quick to "surf"?
 Yes No
- 51. What do you primarily use it for?

 What could/should we do differently?

CLUB STUFF

- 52. # of years' membership w/5BBC? ____
 The main reasons you joined, and/or renew? _____


- 53. Would you select a lower membership fee in exchange for saving the club \$\$ by receiving notices, newsletters and such via email rather than print/snail mail? Yes No
- 54. A club develops around members' common interests; would you like to see the 5BBC more involved with
(✓ all that apply)
 advocacy
 sport/biking
 health/fitness
 medical/nutrition
 touring
 social
 related sports
 other (explain) _____

- 55. 5BBC is a 100% volunteer organization, depending on the time/energy/expertise of members. What would interest you in participating?

- 56. Could you help us a few hours at a time, either at our office or elsewhere, with *(✓ all that apply)*
 office/clerical (ex. data entry)
 mailing/folding parties for newsletter
 special programs
 social/fun stuff
 marshalling/staffing events
 trip leader/helping on trips
- 57. Other skills or areas you might volunteer? (*examples include web, newsletter, writing, computer, art/design, tax, legal, accounting*)

- 58. Comments, suggestions, absolute brainstorms? _____

THANK YOU!

ONLY if you REALLY can't access the web and use our "turbo survey form" (which, frankly, greatly speeds YOUR answering and helps OUR laborious manual tallying  . . .

. . . then please fill out this printed version, fold along the dashed line below, secure 3 edges with clear tape, add \$.37 postage, and snail-mail back to us.

Thank you,
Susan Rodetis

-----(fold)-----

FIVE BOROUGH BIKE CLUB
891 Amsterdam Avenue, Room 101
New York, NY 10025-4403

Affix \$.37 stamp

SUSAN RODETIS
8 East 74 Street
New York, NY 10021-2627

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

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.

(Continued on page 10)

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

'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.

Many Thanks to Our 2004 Montauk Century Volunteers

FrankBockowskiAshlyneCalebKarenOverton
DerekMartinMarjorieShaffer**MaryO'Neill**
MariePierreSt. Onge**PatCarter**JohnSutter
NicholasChristainWinolaChestney
SiroccoWilsonMikeCoven**TamaraSmith**
CherryHazel**EricDobkin**BobCastro**HarlanGeller**
JenniferPowell**TristanGordon**Rosemarie
Anderson**VictorNee**SteveCrum**EdwinBell**
MichealNorton**MatthewBass**RhondaAnderson
CarlosSueroHeidiBenzinger**NancyBrotsky**
JavasiaRoberts**TerryMoore**ChristianCervegnano
ClaudiaKaplanReginaMiskewitz**ElianaHecht**
PeterMorales**EricRayvid**AlfredoGarcia
AllanWeissJohnChiarella**TyroneSmith**
SamuelAbinader**AdjoviRussell**IsaacConcepcion
YoylenSantanaEdDeFreitas**EdSpinosa**
RandyHorowitz**RavinStamper**PhilGoldberg
CarolJellettWarrenKegler**MarkTrainor**Juan
Guzman**MaryMartinez**HarrisonWilliams
CarlosMonteroKenWilliams**KelvinMorel**
DavidSeto**MijaresPrensa**JulieHyman**Nicole**
ZernoneLincolnEsbrand**DebbieFriedman**
DarioRock**JonathanMejia**EstherMoore**James**
DurrahArielPaches**TimothyRichards**Steve
Bauman**LeoAquino**RichConroy**EdPino**Kevin
Ulloa**BrianHoberman**FredJones**BarbaraBishop**
DebbieLehrer**LouisArtis**SusanMcCarthy
SusanRodetisJoeAguiar**AnnLongmore**
EvaFrank**LizBaum**PeterEngel**EulenaMoses**
AndreaMercado**DannyLieberman**JesseBrown
BarryHartglassRobertEberwein**CarynGreenberg**
GeorgeJeremiah**JewelBell**NickAsadourian
JesseNormanMatthewChristain**JeffBerstein**
NigelMayers**TedKushner**IraNajowitz**TodMoore**
DerrickSmith**JaneO'Wyatt**CesarVasquez
SteveSaksonJasminaGeorge**Rommel**
Bishopandothers

You helped to produce the
biggest and most profitable
Montauk Century ever!



During the June 25-27 Leadership Training Weekend, 4 dedicated 5BBCer completed the rigorous 2004 Course: John Chiarella; Andre Marcinkowski; Susan Rodetis; and Victor Sanchez-Valado. In the class photo, standing: Victor Sanchez-Valado, Susan Rodetis, Ed Pino, Lee Ann VanWyck, Steve Taylor, Larry Shoots, John Chiarella, Andre Marcinkowski, Liz Baum. Seated: Ira Najowitz, Mark Trainor, Manny Sanudo (photo: Danny Lieberman).

5BBC Gets 4 New Leaders For '04

Four dedicated 5BBC have completed the rigorous Leadership Training Course for 2004: **John Chiarella**, Dix Hills; **Andre Marcinkowski**, Port Chester; **Susan Rodetis**, Manhattan; and **Victor Sanchez-Valado**, Elmhurst.

During the Leadership Training Weekend of June 25-27, 5BBC leader and host Steve Taylor (BIKE NY's executive director) let the 5BBC use his Columbia County home to complete the course.

It isn't easy. A 5BBC leader needs to be able to ride for the better part of a day, and be comfortable riding with a group. The new leaders learned how to organize and run both day and weekend trips, how to properly read maps, ride planning and design, group dynamics and decision-making. Leadership style and bicycle equipment were also covered, as well as many other aspects that go into making a bicycle leader.

5BBC leaders are people just like you – fun-loving, enthusiastic, avid cyclists—who enjoy sharing their love of cycling with others. They're the folks who help other cyclists enjoy the things that you love about cycling, such as beautiful roads and scenery, favorite lunch stops, beaches,

and, of course, the special group experience of a 5BBC ride. Our leaders come from varied backgrounds, with their own styles and personalities. But they all do have one thing in common – they've completed our Leadership Training Course.

You can too – we're already looking for 2005 applicants!

Manny Sanudo and Ira Najowitz
Leadership Coordinators
leadership@5BBC.org



**Twin
Lights
Ride**

**Sunday
September 19
2004**

Join Us for the Third Annual Ride!

Five ride choices in Monmouth County, New Jersey
All rides start and end in Highlands, NJ

Ferry Service Available

To learn more and to register: www.bikenewyork.org
Call Bike New York at 212-932-2453 ext. 120

Regional Roundup September– October 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.)

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

Regional Roundup (continued)

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

Organizer: Transportation
Alternatives
www.NYCcentury.org
Contact: Kit Hodge,
Phone: (212) 629-8080
Email: events@transalt.org

Country Roads Bicycle Tour (rescheduled from June 13th)

Organizer: Orange County
Bicycle Club
Contact: Chris Joyce, (845) 457-5758
Web: www.ocbicycleclub.org
Email: bigzip@frontiernet.net

Saturday, September 18th Escape New York Century

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

South Bronx Bike Tour

12:30 PM, Free
Organizer: Friends of Brook Park
Contact:
www.friendsofbrookpark.org or
(646) 206-5288

Sunday, September 19th Twin Lights Ride

Organizer: Bike New York
Contact:
www.bikenyork.org/TLR.htm

The Harvest Ride

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

Ride to Heckscher State Park

8AM, Hillside & Parsons Blvd
Queens, 90 miles
Organizer: Major Taylor
Cycling Club
Ride out to Strong Island's
Great South Bay
Contact: Larry Wilcox, Email:
larryw_07111@yahoo.com
Information:
home.nyc.rr.com/majortaylorncnj

Cyclist Plea To State DOT: Better Routes

Editor's Note: Jesse Day, Executive Director of the New York Bicycling Coalition, sent the following letter to Joseph Boardman, Commissioner of the New York State Department of Transportation. We are reprinting it here because in the letter Jesse asks NYSDOT to work with local cycling clubs (like ours) to determine the best new routes.

More information on the subject is available at NYBC's website, www.nybc.net.

July 2, 2004

Mr. Joseph Boardman
Commissioner, NYSDOT
1220 Washington Avenue
Albany, NY 12232-0501

Dear Commissioner Boardman:

Thanks very much for working with the New York Bicycling Coalition on celebrating State Bike Route 5's 10th anniversary last month. State Bike Route 5 was the first bike route to be built in New York, serving as an important inspiration to all bike routes built thereafter.

It was a pleasure working with the Passenger Transportation Division, the Public Affairs office and all the Regional Offices as well on the cross state ride. I think the event was a wonderful success

and really gives momentum towards the creation of new and improved safe and useful bicycle touring routes.

I was very excited to hear the announcement of five new bicycle routes to be signed next spring. These routes are: 11, 14, 19, 20 and 25 and will follow the corridors of corresponding New York State highways. The new routes will expand the recognized bicycle touring network and complement existing local routes. It is my hope that the new routes to be signed in Spring 2005 include input from local cycling clubs and the New York Bicycling Coalition, and signed in the most effective and useful way. This may include using alternate routes in the most dangerous sections of state highway.

If you have any questions, please do not hesitate to contact me or the board members of the NYBC. I can be reached at 518.436.0889. Thanks again for working with the NYBC to create more opportunities for safe places to bicycle.

Sincerely,

Jesse Day
Executive Director

Cc: Jen Post, Steve Lewis, Eric Ophardt, New York Touring Clubs



Riders Ed Pino, Richie Stevens, Pat Carter and Ted Kushner prepare for the short ride home from Long Beach on July 10 (photo: Danny Lieberman).

A Great Day On Two Wheels

A 5BBCer Comes Out of Hibernation

It was Sunday in mid-April. I wasn't up for anything like the 8:30 a.m. 85-miler to Stony Point out of the Plaza Hotel. I had planned to "figure something out" or possibly pick up some lesser, closer ride. Besides, it was 7:30 a.m., and the percolator was happily cranking away on the counter.

"Let's look at the Massapequa Bike Club's listings: terrible...too fast...ugly South Shore...Same old boring routes across the boring developments of central Nassau County...more interesting in the living room on the exercycle...."

"Maybe I'll just stay home and do a few things around the house, ending in taking dinner out and a movie?"

Mrs. Fixer: "Why don't you take advantage of this beautiful weather to pressure wash the deck and take out the lawn furniture?"

"Hmmm...Maybe I'd better have another look at those ride schedules after all."

Well, I spotted the only ride that was left at that late hour, and it was a 5BBC ride into Westchester led by Ed Ravin and Jim Zisfein. Starting out at Van Cortlandt Park in the Bronx, it was going to Rockefeller / Tappan Zeeland.

So it's 7:50 a.m., the ride starts at 9:30a.m., and it's only about 50 miles away...and I'm sitting at the desk in sleepwear, with a two-day growth of beard, enjoying the healing heat on my old bones from the hot mug in my hands. The bike isn't prepped. Nothing is laid out. I am feeling less than "peppy".

Then.....a voice from another room:

Mrs. Fixer: "Maybe we can go to COSTCO and pick up a few things (\$500 worth) before we clean the house?..."

Twenty-three minutes later, and dressed like a wet-haired superhero, I am outside, with the surprised road bike still swinging on the car rack, as I roll down the driveway with two warm bottles of seltzer and the big box, filled with all of the bicycle gear, thrown in the trunk.

With breakfast-in-a-ziplock (a half-dozen slices of boiled ham and an equal amount of American cheese consumed somewhere on the westbound Northern State Parkway) I was good to go...in fact, I was GONE.

Fast-forward 58 minutes, and I was parked in the Van Cortlandt Park Golf Course free lot, unlimbering both myself and Frankenbike.

A quick spin across the bottom of the park brought me to the start point, at 242nd Street & Broadway. A group of 11 participants were just beginning the two-minute bike check.

The ride went up through North Tarrytown, then up the "pedal-on-the-pipe" Old Croton Aqueduct, turning more to the north at Sleepy Hollow Road and, breaking northeast on a trail that kept us parallel to, and south of, Rt. 117 and on up to Swan Lake.

Inside of Swan Lake Park, we locked up and then hiked two-plus miles around the park, greeting the cows as we passed them. Then, returning to the bikes where, without a respite, we took off up 117, traveling a counter-intuitive two miles to the northeast before turning southwest for home and an impressive, two-mile climb up the Pocantico Hills, on 448.

Turning due south off of 448 onto Lake Road brought us down Kykuit Hill in two exhilarating plunges. The cyclometer recorded a top speed of 34 mph! Having never allowed my eyes to leave the road during the jaw-dropping descent, it was easy to accept the reading without question.

True to its name, Lake Road ended...at a lake (the Tarrytown Reservoir), in a T- intersection at the bottom of a 30 mph, right-hand, blind curve. I pause at this time to personally thank the good folks at Shimano/Deore, who manufactured my brakes and upon whose performance I bet my spandex-covered, chamois-padded butt.

The group traveled back to Yonkers down the beautiful (and remarkably smooth) Putnam Rail Trail that runs along the Saw Mill River Valley. Finally, we plunged across the heart of Yonkers on Ashburton, heading toward the Hudson "on the big ring", double-dip roller coaster style...BIG fun!

We climbed back to Broadway in Ludlow, with minimal pain, and turned south again across the City Line. Then, enjoying that great "finish line" descent on Broadway, alongside Van Cortlandt Park, we were back to our starting point at 242nd Street.

Thanks to Ed Ravin for some insightful navigation and intuitive pacing, and thanks to Jim Zisfein for outstanding patience and professionalism in the execution of the under-appreciated art of sweeping.

What a great ride, in some great weather, after such a long hibernation. And this cue sheet is one for the archive. I'll be back.

By John Chiarella, 5BBC Member
Fixer3@AOL.com

Also: See John Chiarella's photo gallery of great rides (you'll see many 5BBC friends) at <http://www.pbase.com/jchiarella>.

Regional Roundup (continued)

Friday, September 24th
Critical Mass
7PM, Union Square North

Saturday, September 25th
Riverside Ride
10PM, Columbus Circle
Organizer: Time's Up
Contact: www.times-up.org
This is a night ride: Bring lights!

Sunday, September 26th
Pumpkin Patch Pedal Century
Organizer: Staten Island Bicycle Association (SIBA)
Contact: www.sibike.org or
Tel: (718) 948-2025
(See our Weekend Trips section for a special group trip to this ride)

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
Tel: (203) 838-1033

Friday, October 1st
Central Park Moonlight Ride
10PM, Columbus Circle
Organizer: Time's Up
Contact: www.times-up.org
This is a night ride: Bring lights!

Saturday, October 2nd
Ride to Remember (formerly New York to the Hamptons Challenge)
Organizer:
www.ridetoremember.com
Contact: Jeffrey Reynolds
(631) 385-2451

Sunday, October 3rd
Multiple Sclerosis TZ (Tappan Zee Bridge) Tour
Organizer: National MS Society
Contact:
www.nationalmssociety.org and
(914) 694-1655

Bike The Beach, Fairfield, CT
Organizer: Probus Club of Greater Bridgeport
Contact: www.probusclub.org

Saturday, October 9th
The 16th Annual Seagull Century
Organizer: Salisbury University (Salisbury, MD)
Contact: www.seagullcentury.org
(See our Weekend Trips section for this ride)

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 email 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 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 _____

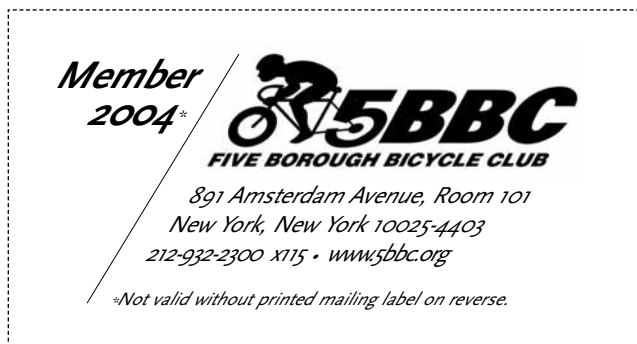
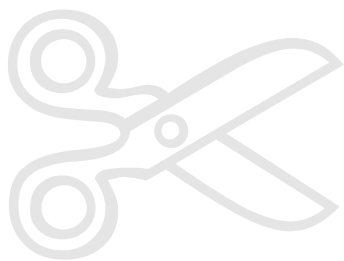
**Return completed application along with check or money order to:
5BBC Membership, 891 Amsterdam Avenue, Room 101, New York, NY 10025-4403**

Membership Card

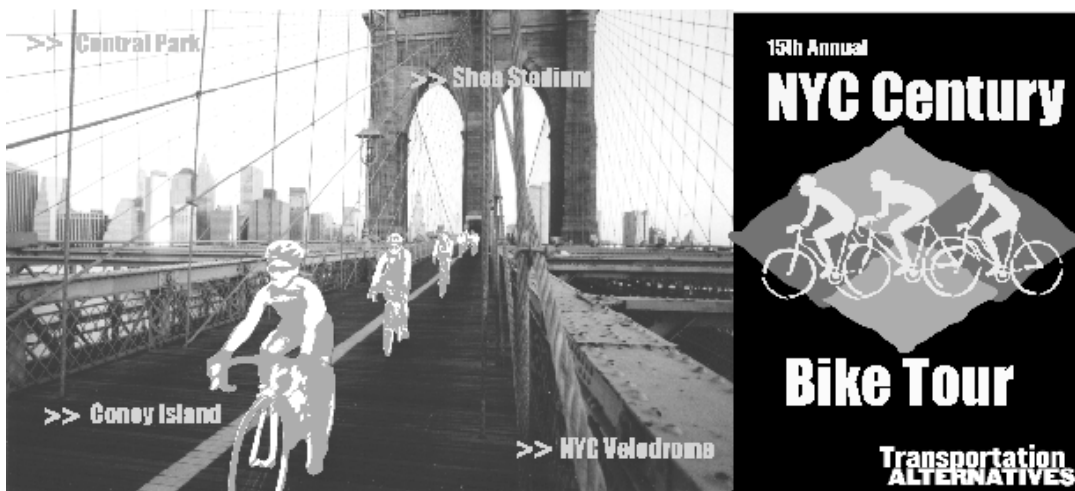
Below you'll find your Five Borough Bicycle Club membership card. Make sure your mailing label is on the other side (with the new expiration date), then just cut it out. Laminate it if you wish, and keep it somewhere safe.

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.



The Ultimate Urban Adventure on Two Wheels



September 12, 2004 >> 15, 35, 55, 75 & 100 miles >> NYCcentury.org

5BBC Bicycle Repair Clinics - Get Ready for the Cold!

On Wednesday evening, October 6, 6:30 p.m., 5BBC will once again have a comprehensive fall/winter repair program, "Off Season Preparation Riding & Training Clinic." If you ride in the cold, you'll want to know how to prepare both your bike and you for fall/winter/early spring riding. This comprehensive course is presented in conjunction with triathlete coach Neil Cook of SLB Coaching & Training Systems (www.SLB-Coaching.com). The fee for the clinic is \$25 for 5BBC members/\$35 for non-members, and covers the instructor fee and various handouts. The class will be held in Manhattan, and the exact location is TBA. Check our website or contact the coordinator for more information. Advance Registration is appreciated. To register, either:

- Fill out the membership/registration form on the opposite page
- Or, register online with Active.com (small surcharge added).

Thank you!

Barry Hartglass, Bicycle Course Coordinator

Email: bikecourse@5BBC.org

Tel: (212) 932-2300 x140

Website: <http://5bbc.org/repair.shtml>

Regional Roundup (concluded)

Saturday, October 9th
Annual "Fold's Up" Folding Bike Ride and Festival
 2PM, location To Be Announced
 Organizer: Time's Up!
 Contact: www.times-up.org/foldsup.php

Sunday, October 10th
First Annual Tour de Foliage
 Pleasantville, NY
 Organizer: Disautonomia Foundation
 Contact: www.fdcycletour.org

Sunday, October 17th
Multiple Sclerosis NYC Tour
 Organizer MS Society NYC Chapter
 Contact: www.msny.org,
 Tel: (212) 463-7787
 Email: msbiketour@msny.org

Ride to Washington Rock
 7:45AM, Newark Penn Station, 50 miles
 Organizer: Major Taylor Cycling Club
 Great views, this is a 2-part ride.
 Contact: Larry Wilcox, Email: larryw_07111@yahoo.com
 Information: home.nyc.rr.com/majortaylorncynj

Sunday, October 24th
The 2004 Tour de Bronx
 Organizer: Bronx Borough President and Transportation Alternatives
 Contact: www.tourdebronx.org

Friday, October 29th
Critical Mass
 7PM, Union Square North

Saturday, October 30th
Riverside Ride
 10PM, Columbus Circle
 Organizer: Time's Up
 Contact: www.times-up.org
 This is a night ride: Bring lights!

Friday, November 5th
Central Park Moonlight Ride
 10PM, Columbus Circle
 Organizer: Time's Up
 Contact: www.times-up.org
 This is a night ride: Bring lights!

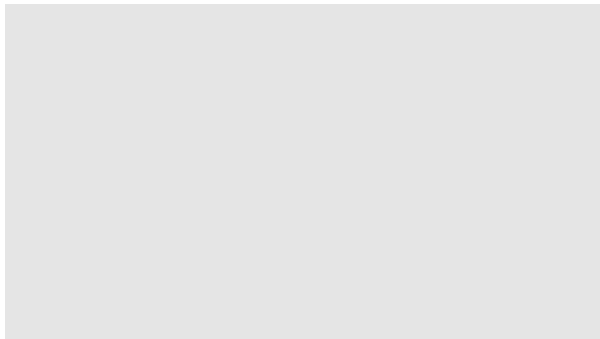
Friday, November 26th
Critical Mass
 7PM, Union Square North



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 November–December 2004 issue is October 1, 2004.

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Bicycletter September-October 2004
Volume 14 • Issue 5

Newsletter Editor: Peter Engel
Graphic Designer: Jane O'Wyatt, with production assistance from Brian Hoberman

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

**Take the 5BBC
Membership Survey
online at:
<http://5BBC.org/survey.shtml>**

Contacting Us

The 5BBC has office hours on Wednesday evenings between 7 pm and 9 pm in Room 101 at the New York International HI-AYH Hostel, 891 Amsterdam Avenue (@ 103 St), New York, NY 10025-4403. To phone the Bike Club during those office hours, you may call (212) 932-2300 x115. At any time, you may hear information or leave a message by calling **(212) 932-2300** and the appropriate extension:

- General Info: x115
- Membership Info: x136
- Day Trips: x137
- Weekend Trips: x138
- Special Events (including the Montauk Century): x139
- Bicycle Courses: x140

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

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