

November–December
2004

Volume 14 · Issue 6

B I C Y C L E € € R™

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



Sharon Behnke speeds along in Lancaster County the day before the August 14th Covered Bridges Metric Century (photo: Danny Lieberman).

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Two-Wheeled Wondering

While the main biking season is coming to a close, I hope your 2-wheeling isn't entirely done in by the cold weather. As our Day Trips Coordinator and all 5BBC leaders love to remind us, Frostbite Rides are great fun, and if you can keep it going year-round, the 2005 Montauk Century challenge won't seem as intimidating.

But, just to remind you that the eternal bike riding pleasures of summer stay eternal, we have two features by members about their cycling experiences in Summer 2004:

- 5BBC Recording Secretary David Seto toured through Canada's British Columbia and Alberta provinces, along with Montana and Oregon. I saw David's photo presentation the other night. His crisp images of blue skies, clear lakes and red mountains reminded me of those *National Geographic* features from the 1940s and 1950s. Just beautiful country.
- Roberta Grapperhaus joined fellow cyclists Hannah Borgeson, Trudy Hutter, Kerith Gardner and Michelle McGilbra-Braun on the ultimate gear head's journey – to watch Lance Armstrong and the world's best cyclists compete in the Tour de France.

You will get the print edition of the newsletter just after the 5BBC 2005 election ballots will be in everyone's mailboxes. Again, you have a voice, and I urge you to use it. Next year is going to be important for all of us – more rides, Montauk, weekend trips, new and improved equipment, more ride options, etc. So, the more we hear from you, the better that 5BBC can be.

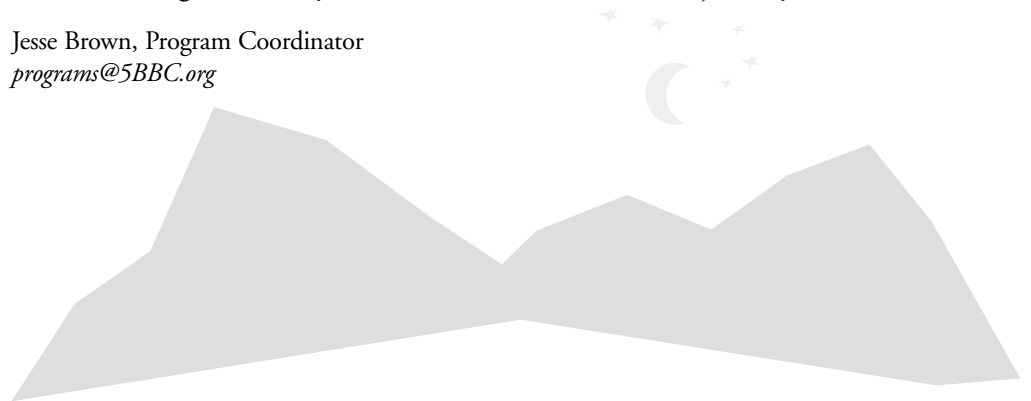
Along those lines, I look forward to seeing you at the December 11th Holiday Party (please come!). I've enjoyed working on *Bicycletter* so much that I'd like to do it another year. Since no one else volunteered to run for the job, I guess I'll continue to sign my name on this column through 2005. So you'll continue to know who to suggest ideas to, send stories to, to complain, etc. I'll offer my best wishes to all of you for a great holiday season and New Year.

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

General Meeting: Monday, November 15th

Richard Sanford is a 5BBC member who is also an accomplished world traveler. During Summer 2004, he took an extensive bike ride through Alaska, and will walk us through that truly incredible, wild and beautiful journey.

Jesse Brown, Program Coordinator
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☺ Don't Worry, Be Happy!

Looking to get into or return to cycling? It's not too late. The Five Borough Bicycle Club offers a variety of rides led by trained 5BBC leaders. We're eager to share the joys of cycling with newcomers and returnees as well as active trippers. How about you?

Some of our rides are suited for beginners. See the Day Trips listings with a happy face symbol

☺). Rides range from 20 to 30 miles, go at a leisurely pace and attract cyclists like you. Make sure your bike is in good working order—has adequate tire pressure and brakes that work well. Carry at least one spare tube, tire irons, a pump, a patch kit and a lock. Most important: wear a helmet approved by either ANSI or Snell. Ride smart, and have an adventurous spirit.

About Day Trips

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

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

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

Participants under age 18

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

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

The participation of a minor in a 5BBC event must always be cleared with the leader of that event.

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.

Jesse Brown, Program Coordinator
programs@5BBC.org



An ice cream stop, along the Rockaway Gateway Greenway ride on Sunday, September 19th (photo: Danny Lieberman).

Day Tripper

It is hard to believe that the season has passed us by so quickly. Seems like it was just a few weeks ago that we were struggling through a rainy spring training series, and riding or working on Bike New York and the Montauk Century. The summer just flew by.

However there's no reason to stop riding now, just because it's a little colder or windier outside. Look at the winter as the pre-training season. Sure, there may be other things you need to do, but wouldn't you rather be riding?

Frostbite Rides

The 5BBC's annual Frostbite series returns at the start of December, and runs through February. Look for rides to some favorite destinations such as the kickoff ride to the Broadway Diner in Bayonne, Dim Sum and Lights in Dyker Heights, Uncle George's in Astoria and the Cloisters Museum in upper Manhattan.

Remember to dress appropriately for the season. Temperatures can drop suddenly, so make sure you go out with enough layers to stay warm. It's time to break out the leg warmers and booties, balaclavas and neck gaitors. Also, please remember to bring a lock, pump, and spare tube for many of our rides, especially if our ride description mentions food.

Danny Lieberman
Day Trips Coordinator, 2004
daytrips@5BBC.org

Has My Ride Been Cancelled?

For late-breaking news, including weather-related cancellations, visit and bookmark the Ride Update Center online at: <http://5BBC.org/messageboard.html>.

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/bikpermit.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: November–December 2004

Saturday, November 6th

☺ 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 from 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://zisfein.com/palisades> for additional information and ride updates.

Leaders: Jim Zisfein & TBA.

Saturday, November 6th

Bike To Art (Part of The “We Laugh At Hills” Series)

7:30 a.m., Grand Central Terminal, 30 hilly miles (Rain date: Sunday, Nov 7th)

Enjoy a 25-to 30-mile ride through the hills of the Hudson Valley. Then, tour the Dia: Beacon Museum. Opened last year, the 300,000 square-foot former factory displays art from the 1960s to the present, including works by Richard Serra, Andy Warhol and Don Flavin. Bring a lock and money for MetroNorth (& pass), museum (\$10) and lunch. If rain is forecast, call Stephen at (917) 301-0707 to find out if ride is rescheduled to Sunday, Nov 7th.

Leaders: Stephen Jackel and Brian Hoberman.

Sunday, November 7th 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 & TBA.

Sunday, November 7th

☺ Un Paseo Por El Parque (Spanish Language Immersion Tour)

9:30 a.m., Prospect Park (Grand Army Plaza), 25 miles

You promised your friends you would “ace” the interpreter’s exam on Monday. Trouble is, you’ve got less than 24 hours to learn 3,000 words and you don’t even know whether you *eat* “sopa” or sponge your face with it. Have no fear, Don Quixote! We’ll get you through this even if it does sound like an “impossible dream.” Simply join us for an intensive Spanish language bike tour of Central Park, geared to all levels of Spanish. We’ll have lunch in el Barrio (Spanish Harlem), where you can celebrate your graduation from INCREIBLE U. Remember, except for road hazards, this ride is in Spanish, so, if you show up expecting to hear the King’s English, you’ve signed up with the wrong King. Bring lock, \$10-15 lunch money. Dictionary optional. Pace – easy with frequent stops for language practice along the way.

Leaders: Richard Sanford and Victor Sanchez-Valado.

Saturday, November 13th

☺ The Greatest Turkey Ride: Charlie’s Turkey

10 a.m., AYH, 30 miles

Join Ed and Liz as we eat Charlie’s turkey, the best turkey in Queens. I can say that I have been eating it for years. This is an easy 30-mile, mostly flat ride. Usual weather conditions apply. Bring lock and \$\$ for lunch.

Leaders: Ed Pino and Liz Baum.

Sunday, November 14th

☺ Quadruple Crossing

10 a.m., City Hall, 25 miles

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

Leaders Ed DeFreitas & TBA.

Saturday, November 20th

☺ Wandering To Wave Hill

9:15 a.m., Columbus Circle, 25 miles

Enjoy a visit to a treasure in the Riverdale section of the Bronx: Wave Hill. Once a private estate, it is an oasis that overlooks the Hudson and the Palisades (See www.wavehill.org). To and fro, we'll enjoy riding through a few picturesque parks in Manhattan and the Bronx. If the weather makes the ride questionable, call Brian at (917) 868-0013. Bring a lock and lunch money.

Leaders: Brian Hoberman & TBA.

Saturday, November 20th

Heading North A/K/A Bear Mountain Metric Century

8 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 TBA.

Sunday, November 21st

Saddle Up And Ride The Hutch

10 a.m., Dyre Avenue (last stop on the 5 train), 25 OFF-ROAD miles

This is an off-road ride, for mountain bikes only. There are ruts, roots and rocks along a narrow, twisting up & down horse path. We eat lunch along a lake. NO GONZOS. Bring a Metro-North pass just in case you need to bail in Westchester.

Leaders: Ed DeFreitas & TBA.

Saturday, November 27th

☺ Turkey Jam

10 a.m., Bridgemarket, 25 miles

Still full from that turkey dinner two nights ago? Well let's work some of it off, with a relaxed ride around town. No fixed destination except less traffic and maybe a hot meal someplace nearby, most likely in Queens. Bring a lock and \$\$ for lunch. Co-listed with New York Cycle Club.

Leaders: Danny Lieberman and Jesse Brown.

Sunday, November 28th

☺ Near Brooklyn

10 a.m., City Hall, 25 miles

For 50 years, the twin cities of New York & Brooklyn danced with each other before the wedding. We'll



It's Marcy, Diane, and Jay, enjoying the delicious treats at Jacques Torres in Brooklyn's DUMBO on late August Chocolate Ride (photo: Danny Lieberman).

get some snapshots of that time & others. Then, maybe, end up at a bike-friendly pizzeria near Bowling Green.

Leaders: Ed DeFreitas & TBA.

Saturday, December 4th Temperature Regulators (Quick Spin)

9:30 a.m., White Plains Road & Pelham Parkway, 40 miles

Get up early and meet Jesse for a fast ride up north. Guaranteed to be quick. Have a bite at that awesome Austrian pastry shop. Destination might be Rye, White Plains or Byram, CT. Minimum pace is 15 mph. Bring a lock and \$ for lunch. Co-listed with New York Cycle Club.

Leaders: Jesse Brown & Company.

Saturday, December 4th

☺ Late Night Chinese BAO ZHI Ride

9:15 p.m., Prospect Park (Grand Army Plaza), 12 miles

Note: Front and Rear Lights required!

The Chinese invented paper, and the process of printing on it too. Unfortunately, nobody ever got word to the folks of the Tang Dynasty that people would end up reading their morning papers... in the morning. The result? Late night hours for the printers! Meet the Williamsburg crew as they scramble to get out the next edition of the *Sino-American Times*, (in Chinese, of course). Then, take your hot off the press "Bao Zhi" to Chinatown and read it as you sip on tea while waiting for dinner to arrive. You'll probably get home between 1:00-2:00 a.m., but have no fear. You can finish your paper in the morning over a hot bowl of congee or Special K if you wish. Bring lock and about \$10 for late night Chinatown dinner. Pace – easy, with some Chinese language fun along the way.

Leaders: Richard Sanford and TBA.

Day Trip Meeting Places (continued)

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

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

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

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

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

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

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

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

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

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

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

Day Trip Meeting Places (continued)

Port Imperial Waterway

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

Prospect Park Grand Army Plaza:

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

Prospect Park Picnic House:

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

Roosevelt Island Tramway:

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

Shea Stadium:

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

Soldiers' and Sailors' Monument:

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

South Ferry:

Auto ticket booth for the Staten Island Ferry, at ground level. The southernmost point of Broadway, at the foot of Manhattan. Also known as the Whitehall Ferry Terminal, located at Whitehall & South Streets. 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 Whitehall St, 4 5 to Bowling Green, 2 3 A C E nearby.

Sunday, December 5th

☺ Frostbite Ride #1: The World's Greatest Pancakes

10 a.m., City Hall, 25 miles

This is it – the traditional start to how our club answers the pending winter blahs.

The “Frost Bites” series asks the question: if winter is too cold to bike, how come it's not too cold for skiing? We start at City Hall, take the ferry to S.I., follow the west coast, cross the Bayonne Bridge for those dee-licious pancakes. We'll give our respects to the Lady in the Harbor and end up in Hoboken for the trip across the Hudson and home. NOTE: We have an alternate plan if the weather is bad!

Leaders: Ed DeFreitas & others.

Saturday, December 11th

☺ Ride To Fillmore's

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

A pre-club Party ride! Join Ed & Liz on our Ride to Fillmore's for lunch. This will be an easy flat ride of 30 miles through the borough of Queens. We will circle the globe and eat in a pub-like atmosphere. Join us on this warm winter journey for a trip around the world and a great lunch. Bring \$10, for a real lunch. Bring a bike lock (restaurant is bike-friendly), and a good attitude.

Leaders: Ed Pino and Liz Baum.

Sunday, December 12th

☺ Frostbite Ride #2: Flat Rock Nature Preserve

10 a.m., City Hall, 30 miles

Aah Nature in Joisey! This privately owned natural preserve lets us bike to their Nature Center but, only hike their trails. Lunch at a pond. Clothing is not optional.

Leaders: Ed DeFreitas & TBA.

Saturday, December 18th Temperature Regulators (Quick Spin)

9:30 a.m., White Plains Road & Pelham Parkway, 40 miles

Get up early and meet Jesse for a fast ride up north. Guaranteed to be quick. Have a bite at that awesome Austrian pastry shop. Destination might be Rye, White Plains or Byram, CT. The minimum pace is 15mph. Bring a lock and \$ for lunch. Collected with New York Cycle Club.

Leaders: Jesse Brown & Company.



Lucky riders experience the joys of handmade pasta outside of Borgatti's in the Bronx's Belmont section, during the Bella Picola Italia (photo: Danny Lieberman).

Sunday, December 19th

☺ Frostbite Ride #3: XMAS In The Cloisters

10 a.m., City Hall, 25 miles

You don't have to be rich as Rockefeller to enjoy medieval art in a monastary setting atop Fort Tryon Park. Bring lunch for Al Fresco or dine indoors (a little pricey, but good).

Leaders: Ed DeFreitas & TBA.

Sunday, December 26th

☺ Frostbite Ride #4: XMAS Lights In Dyker Heights and Dim Sum

10 a.m., City Hall, 25 miles

Brooklyn's Chinatown is no longer a secret. But when Dim Sum is the desire, it's still a great destination. We'll check out the Xmas lights atop Dyker Heights, then swing around back to Sixth Ave. for lunch. On the way back, we'll take in the Manhattan skyline from Sunset Park.

Leaders: Ed DeFreitas & TBA.

Sunday, January 2nd

☺ Frostbite Ride #5: New York Botanical Gardens

10 a.m., City Hall, 30 miles

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

Leaders: Ed DeFreitas & TBA.

5BBC Executive Board Minutes

Monday, September 13, 2004 Meeting

Members in Attendance. Ed DeFreitas, Manny Sanudo, Sharon Behnke, Ira Najowitz, Barry Hartglass, Danny Lieberman, Phil Goldberg, Jim Zisfein, David Seto, Jesse Brown, Bob Castro, Andrea Mercado.

Facilities/New Locations. AYH, which manages the hostel at 891 Amsterdam Avenue, now charges the 5BBC for use of its facilities, such as meeting rooms and loading docks for weekend trips. AYH can also “bump” 5BBC from a room if a full-paying customer wants it. Use of other venues was discussed. While vice president Ed DeFreitas said 5BBC is not in crisis mode, this comes down to money – what is available and how it is spent. According to president Ed Pino, BIKE NEW YORK is expanding to other rooms within AYH and are willing to share space with 5BBC. Other options include use of the MS Society’s rooms for meetings.

5BBC Club Dues for 2005. Barry Hartglass motioned to keep the club dues the same for the year 2005. The motion was passed 10 – 0.

Vermont Weekend Trip: Need for Extra Vans. During the August 15-16 Vermont trip, four extra signups drove there in a private car. The Board discussed whether there was a need to rent extra vans if there is an overflow of signups on future weekend trips. The initial price of \$425 was deemed too high and it was lowered to \$395. A third leader went on the trip.

Liabilities/Van Usage. According to Jim Zisfein, the current van rental company used by 5BBC does not offer supplemental van insurance. Jim’s concern is that some leaders who drive those vans do not own their own cars, and don’t have auto insurance. Barry Hartglass will look into the matter.

Nominations Committee. Andrea Mercado has drafted a list of people who will run for 2005 5BBC Board positions.

Day Trips. Danny Lieberman handed out “Get to Know Us” post cards to distribute for the October 10th event. Danny also handed out the cards at the September 12th Transportation Alternatives NYC Century, where 5BBC had a table.

Weekend Trips/Office. The Pumpkin Patch weekend trip was canceled. Phil Goldberg will give the names of leaders who have van certification to Andrea Mercado. Andrea will send out the fall leader list soon.

Website. The Executive Board discussed how club members can chose to opt out personal information from the club directory. This will be done online. There was discussion about readying the next club directory and putting it on the club web site in a secure area.

Treasury. According to the latest financials from Treasurer Bob Castro, the 5BBC has \$84,000 in 2004 income with a net profit of \$13,300. Bob is working on the 2005 projected budget with the new AYH fees and rentals factored in, and plans to finish it for Board review and vote in November or December.

Special Programs. Final Montauk Century financials have not yet been submitted.

Ski Weekend and Trip to Lake Tahoe. Susan Rodetis will contact the Ski Club, because as a bike club it was agreed that 5BBC should not run ski trips, and club insurance only covers injuries related to bicycle riding.

Day Trip Meeting Places (concluded)

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.

Licensed Massage Therapy by Seth Asher
Swedish, deep tissue, pre-natal, sports and medical massage
“A truly gifted massage therapist”
– Carol Wood, Manhattan.
Experienced, knowledgeable and dedicated.
Charming and tranquil studio in Brooklyn Heights.
(718) 802-1972 sethasher@mindspring.com

Remember, renew your
5BBC membership

Renew now, and it’s good
through December 2005. You
can even do it online:

<http://www.5bbc.org/join5bbc.shtml>

NYPD Blue on Bicycles

By Susan Rodetis

“Half of police should be on bikes,” said NYPD Sgt. Alan Eskenazi, who has been a “bike cop” from Manhattan’s 19th Precinct for the past three years. On his own time, Eskenazi came to the 5BBC’s September 27 General Meeting for a casual conversation about what it’s like to handle law enforcement duties on two wheels.

The Brooklyn native has always biked. He roller blades between home in lower Manhattan and his Upper East Side job and rides year-round, layering ski gear under his uniform as temperatures drop. Previously with the Transit Police, he has also been stationed at “the 102” in Queens.

Sgt. Eskenazi said that bicycle cops aren’t new as a concept. During the 1890s, when U.S. President Theodore Roosevelt was Commissioner of the New York Police Department, bicycle patrols existed. In fact, he has seen photos of T.R. with police on bikes in the background.

Nowadays, some precincts deploy cops/bikes tactically. In Sgt. Eskenazi’s 19th Precinct, bicycles are used for transportation and patrols. In particular, he is convinced that bikes are helpful in patrolling secluded areas of the East Side Drive. They are also, he said, a change of pace from sitting inside a patrol car.

The recent use of bicycles by the NYPD started in Central Park. On average, there are now about 10-15 bikes at each precinct in the city. While there are no female bike cops in the 19th precinct, they are on other patrols. Bicycle patrols mainly attract newer officers who already like to ride. Sgt. Eskenazi said that more experienced police officers are reluctant to join because it requires changing habits.

Sgt. Eskenazi’s initial bike training lasted two days at the NYPD’s bicycle facility in Brooklyn’s Floyd Bennett Field. The training regimen included one day on repairs and one day of riding. The riding included a kindred “We-bike-to-eat” right-of-passage – a stop at local favorite and pizza classic Spumoni Glades.

Although Sgt. Eskenazi does most of his own bike maintenance and repair, officers can get their bicycles serviced at Floyd Bennett Field. Most bicycle patrol officers have good relationships with nearby bike shops. Eskenazi, for example, is allowed to use the tools and work on his bike at Larry & Jeff’s/ 2nd Avenue.

A police uniform doesn’t provide any magic shield from NYC’s rough traffic situation. Twice cars have hit Sgt. Eskenazi. The first time, it was a new driver. The second accident came while in pursuit, and it

took 20 stitches to patch him up. Like every other NYC bicyclist, one of his biggest concerns is “getting doored.” And while wearing a helmet is a department regulation, Sgt. Eskenazi says he wouldn’t even consider dealing with the moms in his neighborhoods if he didn’t wear one.

In another bike patrol incident, Sgt. Eskenazi was chasing a purse-snatcher who had been running on the sidewalk to avoid apprehension. The thief was totally oblivious to the existence of police officers on bicycles. He was easily arrested once Eskenazi figured he was tired out from running so much.

During his conversation, Sgt. Eskenazi shared other specific information about how police officers on bicycles do their jobs:

Are laws about bicycles enforced? Yes. He said that each NYC Community Board differs in the amount of pressure it puts on local precincts for enforcement of particular laws, and that sometimes there are directives to increase focus on bicycles.

What do police officers on bicycles carry? Police officers on bicycles receive a special issue belt made of nylon, which is lighter than the standard uniform belt. It holds a variety of standard-issue police gear, including a service gun.

Sgt. Eskenazi let me try his on (without gun!), and I can say that it’s about the weight of three large water bottles. He then emptied the rear pannier gear bag, emphasizing that it needs regular “cleaning out” and often has “too much paperwork.” The bag’s contents included: duct, masking and surgical tapes; rubber gloves; baby wipes; a map of Central Park; directories from Health & Human Services & NYC government; a memo book; extra handcuffs; brochures; several sets of paperwork; English dictionary/thesaurus; and what he calls “debris.”

Do police bicycles suffer the fate of many other NYC bikes? Not really. While no bikes at Sgt. Eskenazi’s precinct have been stolen, he remembered that two upscale bikes donated to the Central Park Precinct, along with one from a precinct he previously worked at, are Missing In Action. In that case, a police officer returned to the Precinct House holding one-half of his handcuffs – the other half had been used to lock the bike but was cut at midsection with a hardware tool.

At the same time, Sgt. Eskenazi has had five of his own bikes stolen over the years. Phenomenally, all but one was recovered. One of those times, Eskenazi himself ran after and caught up with the thief who took the bike while the police officer was in a Queens spice shop. He attributes his 80% recovery rate to knowing his bike, and all its parts.

(Continued on page 13)

Cycling the Tour de France

By Roberta Grapperhaus

For three weeks this summer it seemed like everyone was talking about the Tour de France. More than 1.3 million Americans – almost 25 times the normal viewing audience for the OLN network – tuned in to see Lance Armstrong make history when he won the Tour for the sixth consecutive year. But what is it like to actually go to the Tour and get up close and personal with the crowds and the riders themselves? This summer, New York City cyclists Hannah Borgeson, Trudy Hutter, Kerith Gardner and I, along with former New Yorker Michelle McGilbra-Braun, journeyed to France to see for ourselves what all the hoopla is about.

Going to a major sporting event – be it the World Series, Super Bowl, World Cup, NBA Championship or the Olympics – is always thrilling. But there is nothing that even comes close the length and grueling demands of the Tour de France. Every summer for the past 101 years (except during the two World Wars), thousands of people flock to France to cheer on the world's top cyclists over three weeks and 2,109 miles. Every day of the Tour is always headline news. Seeing these elite athletes pedaling up another mountain after they've already cycled more than 100 kilometers is awe-inspiring.

Statistics alone tell much of the story. Not only do the cyclists pedal punishing distances of 99 to 147 miles for 18 out of 21 days, but this year they also conquered 21 "Category 1-3 or higher" climbs, which means they climbed *at least* 1,000 vertical feet at minimum altitudes of 2,000 to 5,000 feet. If a racer doesn't finish each of the total 21 stages of the race, he is disqualified. Of the 189 riders on 21 teams who started the tour, 147 finished.

Touring the Tour

Lance Armstrong's #1 fan Hannah Borgeson was determined to witness Lance's historical quest firsthand, and she can be given all of the credit for researching and finding an excellent tour company for our journey. Hannah chose British company Baxter Graham Sporting Tours based on their experience in this arena, the promise of several cycling options each day, and a reasonable cost of approximately \$1,200. She was smart enough to book early – the tour she chose was practically sold out by January!

We were each responsible for bringing our own bicycles. Charlie McCorkell at Bicycle Habitat generously lent me a plastic bike case for the cause. The plan was to see the first mountain stages – 9 through 13 – in the Massif Central hills and the Pyrenees.

When we first arrived, Lance Armstrong was still six minutes behind the leaders and had yet to wear

the Yellow Jersey even once. By Saturday's 13th stage, after we cycled back down Col d'Agnes and we were all huddled around a 19-inch television screen to see the finish in a local tavern, he had raced ahead, gaining his first dramatic win of the Tour and never once losing the lead thereafter.

The First Day

Tuesday, July 13 (Stage 9) - St Leonard de Noblet to Gueret, 160km

"Today the stage starts from St Leonard de Noblet (home town of ex Tour de France champion Raymond Poulidor) and enters the Massif Central hills before returning to Gueret for the stage finish. We will see the stage at one of the mid-points enroute, either the feeding station, small climb or intermediate sprint."

Each day we were given a brief description like the one above; a map that highlighted our cycling options and the Tour route. We rode until we arrived at a small village where we caught up with Kerith and Hannah and waited for the racers to come through. The first clue that they are getting closer is the multitude of cars, vans and motorcycles that whiz by. Next is the helicopter with TV cameras. When it appears, it hovers so low and so loudly that it alone gets your blood racing. Because this particular viewing site was flat, the peloton (main pack of riders) raced by so quickly that had I blinked, I would've missed them. But we were so close, we could practically reach out and touch them.

Bastille Day

Wednesday, July 14 (Stage 10) - Limoges to St Flour, 237km

"Not only is today Bastille Day but it is also the longest day of the Tour de France. It will be a difficult stage with the riders having to face 4 climbs including the super steep Col du Pas de Peyrol which has gradients of over 15% and reaches a height of nearly 1,600 meters (5,249 ft). After that, the riders face another difficult climb on the Plomb du Cantal (8.2 km with an average gradient of 6%), before a long descent to St Flour."

I'll always remember this Bastille Day. It started out quietly, as we rode about 25 miles on gently rolling hills. But once we got to the village of Murat at the base of the Plomb du Cantal, things began to change – hundreds of people were starting to gather along the sides of the road to see the pros climb to the top of this 1855 meter mountain later in the day.

I knew we had a tough hill to climb, but it still hadn't sunk in that today I was going to be cycling on the actual Tour route – just a few hours before

(Continued on page 10)

Regional Roundup November– December 2004

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

Riding Clubs and Organizations

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

Fast & Fabulous
Contact: www.fastnfnfab.org

Major Taylor Cycling Club
Contact: home.nyc.rr.com/majortaylornycnj
Larry Wilcox,
larryw_071111@yahoo.com

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

New York Bike Messenger Association
Contact: www.nybma.com

New York Cycle Club
Contact: www.nycc.org

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

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

The Rides

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

**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!

**Sunday, November 7th
Rutgers Ramble - 50 miles**
8:15AM, Newark Penn Station
Organizer: Major Taylor Cycling Club
Contact: home.nyc.rr.com/majortaylornycnj

**Saturday, November 13th
Prospect Park Moonlight Ride**
9PM, Grand Army Plaza
Organizer: Time's Up
Contact: www.times-up.org
This is a night ride: Bring lights!

Regional Roundup (continued)

Saturday, November 27th

Riverside Ride

10PM, Columbus Circle

Organizer: Time's Up

Contact: www.times-up.org

This is a night ride: Bring lights!

Friday, December 3rd

Central Park Moonlight Ride

10PM, Columbus Circle

Organizer: Time's Up

Contact: www.times-up.org

This is a night ride: Bring lights!

Saturday, December 11th

Prospect Park Moonlight Ride

9PM, Grand Army Plaza

Organizer: Time's Up

Contact: www.times-up.org

This is a night ride: Bring lights!

Saturday, December 25th

Riverside Ride

10PM, Columbus Circle

Organizer: Time's Up

Contact: www.times-up.org

This is a night ride: Bring lights!

Cycling the Tour de France (continued from page 9)

the pros did. As I started up Plomb du Cantal, the last thing I expected was to be riding in front of hundreds of cheering and applauding people, as if we were the Tour cyclists ourselves! We were no longer simply observers, but had become part of this incredible rolling circus. The higher I got and the more I struggled, the more they shouted and hollered encouragement.

La Caravane

Now the fun was really beginning. It was time for "la Caravane Publicitaire," which I had missed the day before. La Caravane is a parade put on by tour sponsors whose trucks, vans and floats precede the racers on the route each day. This is something you have to see to believe. More than 200 vehicles – some shaped like sausages, others decked out with dancing girls and music, one adorned with Spiderman crawling around New York City skyscrapers – pass by, and while they are passing, they are tossing souvenirs at all of us. We were pelted with bags of gummy bears, key chains, caps, magazines, feed bags and everything else you can imagine (including ponchos the next afternoon when it rained). How big is the parade? It's estimated that more than 2 million bags of Haribo gummy bears were thrown to Tour de France fans in 2003, and probably even more were tossed in '04.

The Ultimate

Of course, all of this is just the build-up to the main event, which is to root for the racers themselves. On Thursday, we rode by bus to the beautiful village

of St. Flour, where we saw the start of Stage 11. Racers including Stuart O'Grady, Tom Boonen and Dmitriy Fofonov were thoroughly accessible, and graciously signed autographs to the fans' delight, before taking off for another 164 km (102 miles).

We didn't cycle ourselves that day as it took another eight hours by bus to reach the foot of the Pyrenees, where our itineraries the next two days were similar to our Bastille Day ride – only now the mountains were much bigger. But once again, we were rewarded for our efforts, both on Friday at the beautiful Col du Tourmalet's la Mongie ski station (an ascent of 15 kms at a 5.7% gradient), and on Saturday after riding up the thoroughly daunting Col d'Agnes (ascent of 9.5 kms at an 8.4% gradient).

Every time the cyclists rode by, the greatest thing would happen. It felt like all of us – no matter what our nationality, political differences, or which rider we favored – were united at that moment in our supreme admiration of these superb athletes whose training, skill and endurance surpass the ordinary realm of human potential. I heard all about unruly crowds and anti-Lance messages after returning to the States, but from my experience throughout the week, that was definitely the exception and not the rule.

In the end, while Lance received a deserved lion's share of the glory as the overall winner of the Tour and the coveted Yellow Jersey, other winners were honored as well. France's Richard Virenque remains "King of the Mountain," as he captured the White and Red Polka-Dotted Jersey for best mountain climber for a record seventh time. Robbie McEwen of Australia proudly wears the Green Jersey as the top sprinter, and the White Jersey for best young cyclist was awarded to Vladimir Karpets of Russia.

What's really great about the Tour de France is that even the very last rider is recognized. This year Jimmy Casper from the French team Cofidis, who came in 3 hours 55 minutes and 49 seconds behind Lance, was honored with the "Lanterne Rouge" award. And well he should be — every cyclist participating is a champion.

Bob Roll (who has ridden the Tour) says it best in his excellent book, *the Tour de France Companion*: "In the end, the winner of the Tour de France seems to be his body. He's all legs, muscle, lungs and heart. We understand that the ability to tolerate pain, to revel in being a prisoner of the route, has much to do with oxygen and lactic acid and muscle fibers. But when we watch the Tour, we know there's more to it. The rider's body is the vessel that undertakes the struggle, but the soul is what hungered for that toil in the first place. On those brutal mountaintops and wicked flats, the soul is what we're watching."



Hannah, Michele, Roberta, Trudy and Kerith – ladies in search of the Tour de France (photo: Trudy Hutter).

My Canadian Adventure

By David Seto

It is spring. I find myself in front of the computer surfing the web for my next bicycle trip. I know I want to go out West, but where? I check out a site I have seen before on bike events in Canada. *Tour Pacific* from Vancouver to Calgary catches my eye. But 810 miles over two weeks is a lot of miles. And how about the hills? I call up the company and speak to the owner. He tells me that unlike the Rockies in the United States, the Canadian Rockies' hills are more gradual and shorter; well within the abilities of the average rider. Okay, my choice is made and I drop a check in the mail.

Just outside of Vancouver in Fort Langley, I meet the tour company and my group of 21 fellow riders. With us are two tour guides who will drive the van, and prepare breakfast and dinner each day. We are from all over North America, aged from 30 into the 70s. Quite a spread.

During that first day, we reach the countryside almost immediately. British Columbia is ranch and hay production land. It is surprisingly hot and humid. I am sweating and mention that I didn't think Canada ever got this hot or humid anywhere at any time. I am told that we are riding through the part of Canada that sets records for heat. Oh well, I confess I am an ignorant American. We ride through pretty countryside. We reach the first campsite and I hear railroad sounds. In this part of Canada, I am told, the roads follow the railroads, so we should expect to see trains for the next two weeks.

Our first four days are mostly spent riding along the Tran Canada highway, the main East-West artery, filled with cars, lorries and big logging trucks. While I stay on the shoulder, I never feel really comfortable on that road. There are also seven tunnels we must ride through. Some riders wait for any opening, and blast through as fast as they can. I am cautious and walk my bike along the walkway.

On Day Three, I see smoke ahead and discover that there is a forest fire in the surrounding mountains. I get my camera out and watch in fascination as four helicopters dip into a lake, and then bomb their watery load onto the fire. The weather is very hot and there is a drought on. I can actually see a tree in the distance explode in fire; just like on television.

That night, I ride on to camp and sleep that night to more train sounds. The next few days are pretty much the same. On day four, we share the campsite with another Cycle Canada tour group riding across the entire country. I strike up a conversation with one of the riders, Steve, a bike messenger from Toronto. Steve is in his fifties and sports a ZZ Top long white beard. I really like meeting all kinds of characters on my bike tours. I am impressed by

their physical ability to ride 4500 miles across the continent in about ten weeks.

Several days later, I am told that one of the *Tour de Canada* riders was struck from behind by an automobile and died on the operating table. It was not Steve but a younger man. A real sadness blankets our group. It could have been any of us.

After five days, the weather finally breaks and sweet cool weather arrives. We reach a town called Kamloops, and get our first day off the bicycles. I am a little tired, and more than a little concerned. The next three ride days are all centuries. Until now, the most I have ever done was 81 miles on the Montauk Century. My fellow riders are supportive and offer me encouragement.

The first century ride day starts off fast and early, and I manage to keep up with a small group for a good long time but eventually am passed by everyone. I am the slowest rider on this tour, but my intentions have always been to see the beautiful countryside and finish each day. At 5 p.m., I ride into the next campsite and get a big cheer from my fellow riders. They know it was my first century and congratulate me. I am tired but feel good. The next two days followed the same pattern. I am the last into camp and they all give me a big cheer.

After a week of hard riding we finally reach Jasper and Banff National Parks. These two famous parks make up the beautiful Canadian Rockies. We get a day off in Jasper Township, which is very cute but also very touristy. The next day, we ride the lovely Icefield Parkway. Built in the 1920s, this road runs the length of the two parks. The day is very cool and rainy. Thick fog covers the snow-capped mountains. At this point, I feel I am riding through a surreal landscape. Last week, it was very hot; now I am cold and wet.

The next day, as I reach the Columbia Glacier, I make a detour off the main road. There are very few places on this planet where one can so easily bike or drive to a real glacier and stand on one. In the last 14 years, three tourists have fallen through a crevasse on the glacier and died from hypothermia long before the park rangers could get them out. I stay within the pylons that mark the safe zone.

After getting back on the Icefield Parkway, we reach the hostel at Lake Louise. I detour to the lake, and am rewarded with a stunningly beautiful blue-green mountain lake framed with snow-capped mountains. I tour the lovely Chateau Lake Louise and check out the rates. Hum, \$900 to \$1500 per night Canadian. I retreat back to the hostel.

(Continued on page 12)

My Canadian Adventure *(continued from page 11)*

The next day brings another outrageously beautiful road, the Bow Valley Parkway. Stopping at a turnout, I am confronted by an enormous bull elk. Cars stop and form an “elk jam” as everyone pulls out their camera. I get my camera out and try to get a close picture. I hear a woman in an automobile warn me I am too close. I take my eye from the view finder and see the elk walking no more than a few feet pass me. He doesn't even notice the cars or the people. I guess a 2,000-pound bull elk has little to be afraid of.

I get to the village of Banff. Okay, now anyone who has been to Banff says it is very touristy. I agree, it's very much like Jasper in that respect. But at least it's high-class touristy. We stay at a nearby campsite,

but that evening we shuttle into the very crowded town, where there are lots outdoor sports shops and restaurants. It is very crowded as this is the middle of the summer tourist season.

The next day, our last, is cold and wet again. I pack up and am on my bike again for an 81-mile day to Calgary. Just to warm up, I stop of at a local donut shop and once again see wonderful scenery – ranch and hay farming, green and lush fields, and dairy cows. As I meet up with the rest of the group at the University of Calgary, I feel great – and a little down, too. For two weeks, I have been riding with this nice group of people, and now our adventure is over. Time to go home a dream about my next epic adventure.

If By Sea: Bike-Tugboat-Fireboat Ride

By Alfredo Garcia

The day before Father's Day, I was riding solo to Piermont and making the customary visit to the “Pier.” While there, a red and white vessel that appeared to be a tugboat docked. Upon closer look the vessel was actually a vintage fireboat, the John J. Harvey.

One of the people aboard offered a cruise invitation, which included taking my bike back to Manhattan. But it was scheduled for Father's Day, the day I was leading a Sandy Hook ride.

This was a special event, as it's rare for any vessel to dock at the “Pier.” A National Historic Landmark, The John J. Harvey is a vintage decommissioned fireboat. Stationed in New York Harbor from the 1930s to the 1990s, it was last activated to help during the September 11, 2001 disaster.

Nowadays, the Harvey offers public cruises along the Hudson River and a little beyond. They sail as far to the Hudson Valley towns of Rhinebeck and Poughkeepsie, eventually heading south to its Manhattan homeport at Pier 63, near Chelsea Piers. The cruises draw attention to the John J. Harvey's historical relevance and help to draw public support and volunteers.

Susan Rodetis, a new 5BBC leader, tirelessly checked out the John J. Harvey website. The next cruise was leaving July 25, from Garner's Yard, Tottenville, Staten Island. Through phone calls, emails and snail mails, Susan was able to reserve 20 spots for a 5BBC trip on short notice that she and myself were leading on that same date. Susan made this one-of-a-kind bike ride a reality.

Historic note: Nearly 10 years ago, the 5BBC arranged for a combined bike ride / sailing cruise from the Clearwater, near River Road, New Jersey,

arranged by several leaders like Ted M. Kushner and the late Paul Sullivan.

Scouting a route was elementary. Having created and led the Staten Island Perimeter ride many times since 1997, I knew we needed to just ride a half perimeter run to Garner's Yard. In my mind, it was on the rough and roughed Kill Van Kull side. However, Susan recommended a Tottenville route from the Atlantic side. Indeed, it was looked like a more pleasurable route.

Strapped for time, my sole chance to scout was two days before the actual ride. It rained most of that week. Friday appeared to look good, but when I arrived at South Ferry the showers began.

Getting off at St. George, the rain continued. With caution and reduced speed, I kept going. Thank goodness for bike fenders, no water was brushing up my back. My digital voice recorder, valuable aid for scouting, was able to function a little wet. The showers stopped when reaching Father Cappano Blvd. However, at Miller Field, my bike decided it was time for a flat tire, courtesy of a nasty glass particle. Then my fenders acted up. But things worked out, and I was back on the road. And it started raining again.

After making a few changes to the draft route, I found a detour to avoid a narrow and busy section of Hylan Blvd. After Buffalo St., Hylan Blvd was quite nice. Several streets were flooded from the rains, but there are lots of open spaces, green trees and less buildings. I got to see Armstrong Ave., which harkens of Lance Armstrong and his eventual record sixth straight Tour de France victory.

Along the scouting run, I saw plenty of eateries along Page Ave. Good – a handy food stop for the ride. Finishing lunch at a Burger King, I made two more attempts before locating Garner's Yard at 201 Ellis St.

Riding through another rainstorm, more severe and unrelenting than the first, I felt that this was definitely my *Shankshaw Redemption*. It was the thrill of finding Garner's Yard, which added to my experiences as a veteran leader, nearly a decade of scouting two-wheeled rides, both futile as well as fruitful.

The Fireboat trip went out on ride day, and it went great. It was "sold out" with several on the waiting list, proving that standby 5BBC "Phantom" rides on the club website and not listed in the *Bicycletter* can draw sizable turnouts if the route is attractive.

At South Ferry, 15 people showed up, including some who didn't sign up and hoped to get in anyway. Bob Castro, the ever-lovin' Roger Kantor, Susan Katz, Lee Ann Van Wyck and Andrea Mercado were there. We were also graced by the presence of Mike Samuels, racing cyclist and graphic designer, who drew sketch covers for the New York Cycle Club's *Bulletin*.

Although we had cuesheets, we changed the route a little. For example, with help from the Staten Island Ferry St. George security officials (we tried to get them to ride), we found a stretch away from traffic, near the Lighthouse Museum, providing a nice link to Murray Hulbert Ave.

Unlike Friday and Saturday, there was no rain. In fact, the sun came out to illuminate the ride. Trippers noted how pleasant the route was. Mike also provided advice and helped out with a mechanical problem.

We had several hours to spare when we arrived at Garner's Dock by noon. After 1pm, Gia Tran and Susan McCarthy met us after taking the Staten Island Railway to Tottenville Station. From the yard, I slowly walked to the station to meet them. They were at the far end and further away from Ellis St. Quickly they turned before they riding the wrong way. Also, new 5BBC leader Victor Sanchez and Juniry Luna arrived, biking from a later boat.

Garner's yard offered free lunch, with hot dogs, burgers, soda and Chianti – remember Anthony

Hopkins as Hannibal Lecter in *Silence of the Lambs*? We saw three historic tugboats drydocked, elevated above ground and in the process of being refitted and restored.

Most of us got a tour of the vintage tugboat Pegasus. Like the John J. Harvey, it's a historical working boat from old New York with aspirations to offer public cruises and to seek support. Bonnie Hammer should have come — Andrea and Susan took pictures of a tugboat called the Miss Bonnie. There was also a discarded Jersey Diner restaurant.

Walking our bikes on the plank, 12 of us boarded the John J. Harvey. At 3:30pm, the cruise started along the Kill Van Kull side of Staten Island, bordering New Jersey. It's a side many of us have never seen before—sort of New York City's back yard, with working waterfronts.

We saw sunken ships lying in the water, fleets of tugboats, the enormous Howland Hook facilities, the green side of the now-closed Fresh Kills garbage facility, a paper recycling plant, and Pralls Island and Shooters Island, which are bird sanctuaries. There was a closed rail bridge next to the Outer-bridge Crossing that's not on any map.

Once we got back to Manhattan's Battery Park City waterfront, we got several surprises: the vintage fireboat demonstrated that its water cannons still work – we and several of our bikes got wet in the process at least three times. Roger's bike was covered with a shower curtain!

Before the cruise ended, we applauded the stevedore's prowess as he successful roped and docked the fireboat at Pier 63.

Many, many thanks to Susan Rodetis on her first led ride, and to the trippers who made this unique ride so memorable.

Please visit related article websites:
www.waterwire.net, www.fireboat.org and
www.tugpegasus.org.

NYPD Blue on Bicycles (continued from page 8)

"Thieves will usually change the appearance of a bike to hide its identity," said Sgt. Eskenazi, "so going beyond remembering just the brand/model and frame number can be helpful."

Where are the best/safest NYC streets for bicycle riding? Sgt. Eskenazi said, "bicyclists have the right to take the lane," in the right-most side, and only absent a bike lane. In most cases, this is safer than cutting in/out of a lane from the side. It's also courteous *not* to hog a lane if bicycling far slower than traffic flow! He also tickets vehicles blocking

bike lanes, plus drivers opening doors without first checking if clear/safe to do so.

Reinvigorated by Sgt. Eskenazi's advice, I have "taken" a lane several times recently. *YIKES!* It's amazing how tightly cars still squeezed next to me if I only took 1/4 or even 1/3 of a lane, not 100%. So in addition to wearing VERY bright colors and/or a safety vest – I now take the WHOLE lane, riding right down the middle!

Final Note: Transportation Alternatives has an interesting article about police officers on bicycles available at <http://www.transalt.org/blueprint/chapter16/chapter16c.htm>.

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 f telephone number f address f email address in the club roster.

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

f 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.)

f 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)

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

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 f over 18 f 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 below for a discount on many items.



Flash your 5BBC Membership Card at these Bike Shops

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

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

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

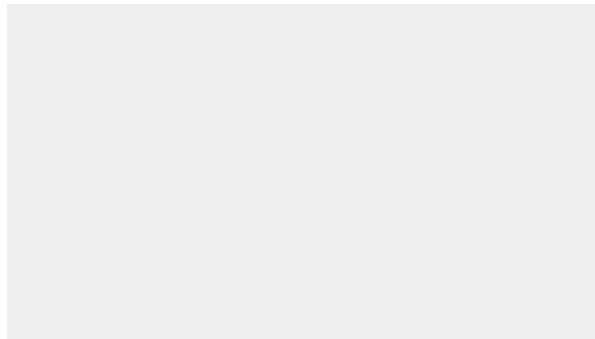
Bicycle Workshop
175 Country Road
Tenafly, NJ 07670 201-568-937



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 January–February 2005 issue is December 1, 2004.

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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.