

May–June 2005
Volume 15 · Issue 3

B I C Y C L E E R™

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



Circumnavigating Manhattan during the Easter Jam ride, Sunday, March 27
(photo: Danny Lieberman)

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General Meetings

May

Monday, May 23, 2005

6:30 – 8 p.m.

Location: Lower Manhattan BID/Police station
104 Washington Street, @Rector Street, Manhattan.
Subways: 1/9/R/W to Rector Street or
4/5 to Wall Street.

Rick Muller is a policy analyst for the office of Manhattan Borough President C. Virginia Fields (www.cvmfieldsmbp.org). He is also a fellow cyclist, and Rick will discuss a number of environmental and transportation initiatives under way that affect Manhattan. Rick will speak for about one hour, followed by 30 minutes of questions and answers. Light refreshments will be served.

June

Monday, June 13, 2005

6:30 – 8 p.m.

Location: Lower Manhattan BID/Police station
104 Washington Street, @Rector Street,
Manhattan.
Subways: 1/9/R/W to Rector Street or
4/5 to Wall Street.

Many of you know Gerry Brooks, who runs Brooks Country Cycling Tours (www.brookscountrycycling.com). Gerry is an accomplished tour guide and cyclist. His latest book, “**Backroad Bicycling Near New York City: 25 One-Day Bike Tours in Connecticut, New York, New Jersey, and Pennsylvania,**” is filled with self-guided 40-mile loop rides. Many of these are adjacent to one another, and can often be accessed by train. He will be on hand to tell you how the beginning of summer is the best time for these rides, and Gerry will have copies of the book for signing. Light refreshments will be served.

A Message To Our Members

Starting with the January General Meeting with Jennifer Hoppa of The NYC Parks Department, we have been getting tremendous feedback.

In future months, I will be looking to also invite representatives from the other Borough Presidents' offices.

Thank you!

Barry Hartglass
2005 Programs Coordinator
Programs@5BBC.org

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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.



See more stories such as the nutritional ideas of InviteHealth's
Jerry Hickey at

www.5bbc.org/bicycletter/200505/hickey.shtml

Two-Wheeled Wondering

As I'm writing this, it's the 3rd straight weekend where bad weather or other commitments have kept me from going on a serious ride. Honestly, I'm kind of down about it. But I should have known I could count on our Communications Coordinator, Brian Hoberman, for some rainy-day cheer. This e-mail to Brian, from 5BBCer Charis Agapetos, is a great reminder about what this club does best:

Hi Brian, my name is Charis Agapetos, & I am a member of 5BBC. I went on the ride to Glen Cove yesterday, & this was my 3rd foray on the N. Shore w/ a 5bbc day ride. I've also been on last year's rides to Centre Island, & Lloyd's Neck. All 3 of them were great rides. Last year at Bayville we had brunch at the only open diner there w/ Ed & Liz, & that was great! At Glen Cove, everything was closed because it was Easter Sunday, so we stopped at a supermarket,

& got sandwiches. On the way back, we stopped at a park in Sea Cliff overlooking the sound, & took pix. It was great! The ride was a lot of fun despite a bit of wind, & the fact that we didn't see the sun at all. We ended up starting w/ the point drop system, but were then able to ride as a pack & thus go faster which in itself made things more fun. Not that I'm knocking the point drop system - far from it: I really like it!

So there, it was a great ride, & I thought you might want to know I love the 5BBC - you guys do a great job! Thank you all.

Thank you too, Charis. See you on the road!

Peter Engel
Newsletter Editor, 2005
newsletter@5BBC.org

The 5BBC Perimeter Series Returns

In 1998, the 5BBC first sponsored what ended up to be one the most successful set of rides in its history. The City of New York liked the Perimeter Series so much that they named it named it one of the Official Centennial Events. During that first year, there were no fewer than 60-odd riders. Three of the rides attracted more than 80 riders, and those that completed all five rides got a commemorative patch.

Well, we're gonna do it again. For five Sundays from June to August, we're going to see the "city on the edge." We are going to circumnavigate each of the five boroughs, one at a time. If you think you know the heart of the city, think about this. New York made it first as a port town. And a port makes its living where it meets the water.

So, get on your bike and circum-cycle the "Big Apple." Give us five Sundays and we'll show you the city from a whole different view. If you complete all five trips, you get a patch. You'll never look at the Big Apple the same way again.

The first ride, Da Bronx, and the fourth ride, Staten Island, will have Quick Spins as well as the regular ride. The last ride, Manhattan, will have a pizza blow-out in a bike friendly pizzeria. Keep this schedule handy.

Tentative Dates for the Perimeter Series

Bronx	Sunday June 26th
Queens	Sunday July 10th
Brooklyn	Sunday July 17th
Staten Island	Sunday, August 7th
Manhattan	Sunday September 4th

Edward DeFreitas, President

Day Tripper

Is it really Spring yet? It's hard to tell because of these continuing cold snaps, and they're still predicting snow every few days. I keep telling myself it really is spring because I see more and more people on their bicycles each day - 'cept for when it snows!

The 5BBC Century Training Rides have taken off like a rocket. The many new faces that turn up are an encouraging sign, both for the Club and this year's Montauk Century. Of course by the time you read this, Bike New York's Five Boro Bike Tour will be imminent, and Montauk will be drafting us into the home stretch.

With the completion of the two training ride series in early May, the rides that you'll see appearing on the calendar will be both more fun and varied. Look for some new rides to new destinations, as well as fresh variations on older ones, and some of the old chestnuts.

Looking ahead to summer, both the Perimeter and Beach Bum™ ride series are returning, First tastes of both are included at the end of this issue's Day Rides listings, and the Beach rides to Neponsit on Rockaway Beach will commence on Sunday, July 3rd.

Questions or comments? Email me at Daytrips@5BBC.org.

Danny Lieberman
2005 Day Trips Coordinator

Regional Roundup May–October 2005

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

The Rides

CAVEAT: This is a list of ride offered by groups other than the 5BBC. In most cases, they are not led by trained 5BBC leaders. However, note that the Weekday Cyclists trips (2005 schedule to come) are organized by Trudy Hutter, who is a 5BBC leader.

Friday, May 6th

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

Sat May 7th

**Queer History Bike Tour
(rain date Sun May 8th)**
10AM, Central Park Boathouse
Organizer: Fast & Fabulous
Contact: fastnfnfab@yahoo.com

Sunday, May 15th

Montauk Century 2005
Organizer: Five Borough
Bicycle Club
Info/Contact:
www.5bbc.org/montauk

Friday, May 20th

Bridges by Night
Meets 7:30PM at Tramway
Plaza (2nd Ave & East 60th St)
Information: Time's Up
(www.times-up.org)

Friday, May 20th thru

**Sunday, May 22nd
New York City Bicycle Show
(new dates!)**
Info/Contact:
www.bicycleshows.us
Location: NYS Armory,
Lexington Ave & E 26th St

Sunday, May 22nd

**The Bloomin' Metric
(Connecticut)**
Organizer: Sound Cyclists
Info/Contact:
www.soundcyclists.com

The Blessing of the Bikes (Long Island)

Note: this is NOT the Blessing event held in Manhattan
Organizer: Ed Karpf
Information: www.bethchai.us

Regional Roundup (Continued)

**Saturday, May 28th -
Sunday, May 29th**
The Angel Ride (Connecticut)
Information:
www.angelcharitabletrust.org/ride
Contact: Lynn McCarthy,
860-227-0658
Email: lynn@angelcharitabletrust.org

Sunday, June 5th
Westchester Tour de Cure
Information:
www.tour.diabetes.org

Riverside Tour de Cure
Information:
www.tour.diabetes.org

Bike Boat Bike
Information:
<http://www.sbraweb.org/>

**Friday, June 10th –
Sunday, June 12th**

Get Your Guts In Gear
Contact: prampolla@ibdride.org
Information: www.ibdride.org

Sunday, June 12th
The Mansion Ride
Information:
www.mansionride.com

Tour de Cure NYC
Information:
www.tour.diabetes.org

Sunday, June 18th
**Jersey Double Century
(200 miles)**
Information: www.wjw.org
Contact: Bruce Thomson,
jerseydouble@wjw.org

Sunday, July 10th
Gold Coast (Long Island)
Information:
www.huntingtonbicycleclub.org

Friday July 15th - Sunday July 17th
Tri-State Trek
ALS Fundraiser ride
Boston to New York
Information: www.tristatetrek.com
Contact: Dori Mendel
(860) 523-8442

Sunday July 17th
**Tour de Lance Bike-a-thon
& Texas BBQ (Connecticut)**
Information:
www.tourdelance.com
Contact: noreend@lafmentor.org

Day Trips: May–June 2005

Saturday, April 30th **MONTAUK METRIC TRAINING RIDE #3 – CITY ISLAND**

9AM, AYH, 40 miles

City Island is one of my all-time favorite destinations, and it just so happens to make a great medium distance urban training ride. Enjoy lunch right on the sound! We want to get back early, because tomorrow we have to get up really early. Brisk pace. Leaders: Danny Lieberman, Manny Sanudo and Brian Hoberman.

Sunday, May 1st
Five Boro Bike Tour: No Rides Scheduled!

Saturday, May 7th **MONTAUK CENTURY TRAINING RIDE #13 – EATON'S NECK**

8:30AM, Cunningham Park, 90 miles

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

☺ **BROOKLYN'S WORKING WATERFRONT**

9AM, Bridgemarket, 35 miles

This is an easy-paced, relaxed tour of the nearby Queens and Brooklyn industrial waterfronts. Some of these neighborhoods are undergoing rapid transformation and rebuilding. Much of the old waterfront remains but it's just a matter of time. Formerly the "other side of the tracks" ride, this is now becoming the "disappearing industrial waterfront" ride. Bring or buy lunch. Terrain: flat. Pace: easy. Ride ends at Owl's Head Park. Leaders: Danny Lieberman and others.

Sunday, May 8th **MONTAUK METRIC TRAINING RIDE #4 – PIERMONT**

9AM, Columbus Circle (new starting location!), 50 miles

I can't think of a better destination to cap off the Metric series than the charming town of Piermont, NY. Leaders: Susan Rodetis, Bob Castro and Brian Hoberman.

☺ **PALISADES BIKE HIKE – WOMEN'S FEDERATION MONUMENT**

9AM, GW Bridge bus terminal, 178 St & Ft. Washington Av, 20 mile ride, 3 mile hike

It's Mother's Day, and for the occasion, we ride to the Park Headquarters in Alpine, then go on a history hike to a monument honoring the New Jersey State Federation of Women's Clubs. Without the efforts of these women, we might not have a Palisades Interstate Park today. The bike portion of the bike-hike will take hilly Henry Hudson Drive ("River Road"). Bring a bike lock, comfortable walking shoes, bag lunch, and water. Pace: ride, moderate; hike, slow. Leaders: Jim Zisfein and others.

OFF-ROAD VISTAS: THE OLD PUT AND THE OLD CROTON AQUEDUCT

9AM, Van Cortlandt Park (Broadway and W 242nd St), 35 off-road miles

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

Wednesday, May 11th ☺ **MANHATTAN EVENING RIDE** (Rain Date Wed, May 18th)

6:45PM, Plaza Hotel, 18 miles

In celebration of Bike Month NYC, join us for the annual fun leisurely evening ride on Manhattan's Greenways/Pathways. We plan to go through Central Park, down the West Side Pathway to Battery Park, through South Street Seaport and up the East side and back to the Plaza. Bring pocket food, water, spare inner tube, and you must wear a helmet. Co-listed with The Weekday Cyclists in NYC and the New York Cycle Club. Leaders: Trudy Hutter and Catherine Marion.

Saturday, May 14th ☺ **WANDERING TO WAVE HILL**

9AM, Columbus Circle, 30 miles

Enjoy an extended spring 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. Terrain is mostly flat with some hills. Bring a lock and lunch money. If the weather makes the ride

questionable, call Brian at (917) 868-0013.
Leaders: Brian Hoberman & others.

Sunday, May 15th

☺ **STOP AND SMELL THE ROSES**

10AM, Columbus Circle,
30 miles with a few steep hills

Take a leisurely-paced jaunt to the Bronx Botanical Gardens and stroll through its verdant grounds. Bring footwear suitable for walking. Bring or buy lunch. Leaders: Ed Ravin and Brian Hoberman.

Friday, May 20th

☺ **WORKSMAN CYCLES FACTORY TOUR**

9:30AM City Hall, 25 miles

Morris Worksmen knew he had a good thing over the horse and wagon back in 1989, when he established Worksmen Cycles in Ozone Park, Queens. Join us for this weekday ride to the plant that builds the All-American working bikes used by Boeing, NASA and food vendors galore. The factory also manufactures bikes for recreation, physical therapy and special needs. Check out the tour on the website www.worksmen.com. Lunch will be at a local restaurant. If it rains, the tour is still on. We'll just hop on the subway – an option not available back then! Bring a lock and lunch money. It's possible we will make an after-ride trip to the New York City Bike Show. Co-listed with Transportation Alternative's BikeMonthNYC and New York Cycle Club. Leaders: Richard Sanford and Alfredo Garcia.

Saturday, May 21st

☺ **PALISADES BIKE HIKE: MILLIONAIRE'S ROW (Closter Landing Loop)**

8:30AM (Sharp), GWB Bus Term
(Ft Washington Ave & W178th St),

20 mile ride, 5 mile hike

We'll ride to Kearney House at Alpine Marina, then hike with a 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. See www.njpalisades.org/alp-hike.htm#Loop for hike details. Bring a bike lock, comfortable walking shoes, bag lunch, and water. Pace: ride, moderate; hike, slow. Ride leaders: Jim Zisfein (jzifsein@yahoo.com) and others. Hike leader: Eric Nelsen (enelsen@njpalisades.org), Historical Interpreter, Palisades Interstate Park Commission.

ROCKAWAY/GATEWAY GREENWAY (Quick Spin)

9AM, Brooklyn Borough Hall, 45 miles

Take a new, faster route to Jamaica Bay and circle the bay, using the newer greenways and bike paths. Lunch stop on Broad Channel Island and a possible ice cream stop later on. This ride is windy and fast because it's so close to the water. Quick Spin pace. Terrain: flat. Bring or buy lunch. Leaders: Danny Lieberman and Mark Trainor.

BRONX TERMINAL MARKET

9:30AM, 69th Regiment Armory (Lexington
Ave & East 25th St), 23 urban miles

Just off the 145th St. Bridge, see faded yet dignified remnants of grocery stores and warehouses under the Major Deegan Expressway, within view of Yankee Stadium. Created in 1935, the Market is the largest seller of international produce and delicacies that are mainly from tropical and equatorial regions, mainly the Americas. Generations of immigrant families have shopped here. Sadly, this place will close and make way for a modern shopping mall – and possibly an Olympic velodrome. Bring food, be polite, watch your bike and pay your last respects. Wet weather at the start cancels. Co-listed with New York Cycle Club. Terrain: mostly flat with some greenways, some busy traffic and some hills. This is a short trip, so we can take in the NYC Bicycle Show afterwards. Leaders: Alfredo Garcia (646-312-1677) and others.

Sunday, May 22nd

CRANBERRY LAKE AND BRONX RIVER PARKWAY (Bike-Hike)

9AM, Woodlawn (Jerome and Bainbridge Aves,
last stop on the #4), 40 rolling miles

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. After 25 miles, there's an optional return via Metro-North (permit required). Since we'll be using the Bronx River Parkway during the usual Bicycle Sunday closings, as well as neighboring bike paths, the ride is 44% car free. All paths are paved and suitable for road bikes. Bring appropriate walking footwear. Terrain: rolling with a few steep hills. Leaders: Ed Ravin and others.

Regional Roundup (Continued)

Sunday, July 31st

Harlem Valley Rail Ride
Organizer: Bike New York
Info/Contact:
www.bikenyork.org

Sunday, August 7th

**Tour of the Litchfield Hills
(Connecticut)**
Info/Contact:
www.tourofthelitchfieldhills.com

Sunday, August 14th

Tour of the Hamptons
(no further information)

Sunday, August 14 – Saturday, August 20th

Empire State AIDS Ride
Info/Contact:
www.empirestateaidsride.org,
212-496-2254

Sunday, August 21st

28th Ramapo Rally, Mahwah, NJ
Organizer: Bicycle Touring Club
of New Jersey
Info/Contact: www.btcnj.com,
201-337-4427

Sunday, August 28th

North Fork Century
Organizer: Bicycle Shows US
Information:
www.northforkcentury.com

Sunday, September 11th

New York City Century Bike Tour
Organizer: Transportation
Alternatives
Info/Contact: www.nyccentury.org

Friday, September 16th –

Sunday, September, 18th
Braking The Cycle
Organizer: Global Impact Tours
Contact: Blake Strasser,
www.brakingthecycle.org

Saturday September 17th

Escape New York Century
Organizer: New York Cycle Club
Info/Contact: www.NYCC.org

Sunday, September 18th

Harvest Ride (Connecticut)
Organizer: Sound Cyclists
Info/Contact:
www.soundcyclists.com

Guide Dog Ride, Smithtown, NY

Information: www.guidedog.org
Contact: Lori Andrews,
631-265-2121

Regional Roundup (Concluded)

Saturday, September 24th

MS/CT Bike Tour...

"Down to the Sound"

Organizer: MS Society of Conn.

Information: www.msswct.org

Sunday, September 25th

The Golden Apple

Organizer: Westchester

Cycle Club

Information:

www.westchestercyclclub.org/goldenapple

Contact: Michael Miller,

914-472-8690

Twin Lights Ride

Organizer: Bike New York

Information:

www.bikenyork.org

Saturday, October 1st

LI Twin Forks –

Miles for Smiles

Organizer: Cooley's Anemia

Info/Contact:

www.cooleysmilesforsmiles.com

Sunday, October 2nd

The Great TZ Bike Tour for MS

Info/Contact:

www.nationalmssociety.org/nyv

Mid-Hudson Bicycle Club

Century

Info/Contact:

www.midhudsonbicycle.org

Pumpkin Patch Pedal

Organizer: Staten Island

Bicycle Assoc.

Contact: www.sibike.org

Saturday, October 8th –

Monday, October 10th

Cycle for Soccer

Contact: Blake Strasser,

bstrasser@globalimpactpro.com

Sunday, October 16th

MS Bike Tour - New York City

Organizer: MS Society of NYC

Info/Contact: www.msny.org

Sunday, October 23rd

Tour de Bronx

Info/Contact:

www.tourdebronx.org

Day Trips, Continued

Sunday, May 22nd

ROCK AROUND THE ROCK

8:45AM, City Hall, 40 miles

What would it be if the Revolutionary War never happened? Well, on Staten Island, that almost happened. And, we're going to that spot and walk the same earth that my personal hero, Benjamin Franklin, trod. We'll enjoy some flats and hills. Bring lunch or money for it. Terrain is mostly flat with one !@#%&* hill. Pace 12-15mph. Leaders Ed DeFreitas and others.

Saturday, May 28th

**RETURN OF THE LOTTERY RIDE
(Quick Spin)**

9AM, AYH, 70 miles

This is the Tri-State ride! Join Jesse and friends for a fast spin that hits New York, New Jersey and Connecticut in search of winning lottery tickets in all 3 states! Action paced and plenty of climbing. Bring or buy lunch along the way. Leaders: Jesse Brown and others.

Sunday, May 29th

**☺ RIDE TO THE HUDSON RIVER
MUSEUM**

9AM, Plaza Hotel, 30 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 (www.hrm.org). This is not just a museum. It's also a mansion and a planetarium. So, bring your inquisitiveness, \$6 for admission, lunch or money to buy it, lock, and Metro-North pass in case you have to bag it. Some hills, road bikes OK. Plus, maybe an additional museum. Varied terrain. Pace 12-15mph. Leaders: Ed DeFreitas and others.

Saturday, June 4th

3500 FEET HIGH AND RISING

7:25AM Grand Central Terminal

8:45AM Croton-Harmon Station, 45 hilly miles

Join us for this beautiful, but very hilly ride through northern Westchester. We'll ride through the Teatown Preserve, Chappaqua, Bedford Hills and other pleasant communities. While spinning on the hills (with cumulative climbing of 3,500 feet), we can look forward to homemade ice cream near the end. We'll also take a break in Mount Kisco, at the abode of long-time 5BBCers the

Fellmans. N.B.: Triples are highly recommended; bring an MTA bike permit and note that there are a couple miles of riding on a hard-packed dirt road. If the weather makes the ride questionable, call Brian at (917) 868-0013. Terrain: hills, hills, and more hills. Expected completion time: 6PM (Croton) or 7PM (Grand Central). Leaders: Brian Hoberman and Eileen Kapp.

SANUDO BEAR MTN. CENTURY

7:30AM, GW Bridge Bus Terminal

(Ft. Washington Ave. & W. 178th Street),

100 hilly miles

Created by our own Manny Sanudo, this is one of the toughest variations of cycling through this beautiful New York State Park. You will be challenged by hills all day – River Rd., Rt. 9W, Seven Lakes Dr., the infamous Arden Valley Dr. and more. You must be self-sufficient, a strong cyclist, make your own rest stops, tend to mechanicals and get back to NYC under your own power. REQUIRED: MTA Bike Permit. No point drop sweep. No safety nets. Cue sheets provided. Ride on your own or with others. Not for the faint of heart. Wet weather at start cancels. You will be riding 100 hilly miles, at your own pace. This ride will START at 8am sharp. GET THERE EARLY. Leaders: Alfredo Garcia (646) 312-1677 and others.

Sunday, June 5th

**☺ FLAT ROCK NATURE PRESERVE
(Bike/Hike)**

9AM, City Hall, 30 miles

This is a bike-to-hike ride to a not well known but beautiful nature preserve. It's privately run, includes a nature center, and you can lunch aside a pond and take an unsupervised nature hike. Commune with nature but, not Au Naturale!! Bring lock, lunch or money for it. Moderate pace. Terrain: mostly flat with one !@#%&* Hill. Leaders: Ed DeFreitas and others.

Saturday, June 11th

**QUEENS BORDER SCOUT
(Quick Spin)**

8:30AM, Bridgemarket, 60 miles

We're scouting out a new route for the Perimeter Series rides to be offered later on, so consider this a preview. This one has a Quick Spin pace, and still has those marvelous climbs to make the ride interesting. Bring or buy lunch in the Far East of Queens (Floral Park). Leaders: Danny Lieberman and John Chiarella.

☺ EVOLUTION OF SOUND RIDE

10AM, City Hall, 25 miles

Music boxes, Gramophones, steel records, old clay cylinders, a nickelodeon, and they all work! Where? At the Enrico Caruso Museum of America, in Brooklyn. Aldo, the founder and curator, does a demonstration of sound devices from the 1850s to the early 1900s that will make you wish you came on your high wheeler. We'll also get a down-home introduction to Enrico Caruso. Then it's off to a local ethnic restaurant. Bring \$8 museum fee, lock, and lunch money. Leaders: Richard Sanford and Sharon Behnke.

SANDY HOOK

8:30AM, NY Waterway Term Pier 78 (W 38th St & Greenway), 23 miles

Since 1998, I've embarked on the boat-bike-boat excursion to this fabulous Jersey destination in Monmouth County. We'll take a Manhattan ferry from the West Side and ride to outlying towns, before having lunch at the Twin Lighthouse of Navesink. Then it's back to the Hook for beach time. Bring \$30 round trip fare (you must purchase ticket beforehand), sunscreen, lock, water, maybe beachwear. Wet weather at start cancels. Co-listed with NYCC. Terrain: mostly flat, with greenways, busy traffic and hills. Leaders: Alfredo Garcia (646) 312-1677 and others.

Sunday, June 12th

☺ SHEEPSHEAD BAY AND BEYOND

9AM, City Hall, 30 miles

This is yet another excursion into the Borough of Churches. We'll check out the Bay Shore Parkway greenway, a path frequented on Bicycle Bum Beach rides, with a glimpse of the Atlantic Ocean. Bring a lock, \$ for lunch and a camera. You can look but you better not touch (in this case, bike) a pedestrian bridge. Moderate pace. Flat terrain. Leaders: Ed DeFreitas and others.

PHIL GOLDBERG'S CRADLE OF AVIATION

9:30AM, Cunningham Park, 30+ miles

Saw "The Aviator?" Ever sang "Leaving on a Jet Plane" and don't know if you'll be back again? Curious about that Airbus A380 and Boeing 7E7? Let's cycle into the wild blue yonder, to an air museum and find out. Ride inspired / created by our own Phil Goldberg. See the astonishing history of flying, from small beginnings to the amazing present. Bring \$9 admission, food & a lock. Related website: cradleofaviation.org. Wet weather cancels at start. Co-listed with NYCC.

Terrain: mostly Nassau County flat, some busy traffic. Leaders: Alfredo Garcia (646-312-1677 and John Chiarella.

Saturday, June 18th

CLEARWATER HUDSON RIVER REVIVAL

7:30 AM Sharp! Grand Central Terminal, 25 miles

Our annual daylong sojourn at the dawn of summer's light to this classic folk festival returns with new vigor! For its role in environmental awareness, The Sloop Clearwater was added to the National Register of Historic Places in May 2004. There's no better way to celebrate this achievement than with five stages of folk music, crafts, activism, juggling, song circles, non-stop dancing, souvenirs, and of course, food. We'll hop on Metro-North for a jumpstart to White Plains, then cycle to Croton Point Park for festivities. Who will be announced as this year's ride dedication recipient(s)? See our web site for performer updates and late breaking info on valet bike parking, courtesy of Times Up! Admission discounts (\$25) for early arrivals will be available. Fest is rain or shine! The return to NYC via train is recommended but optional. Bring sunscreen, \$14 for train fare, bike permit, and your fave river songs. Leaders: Ted M. Kushner and Brian Hoberman.

Sunday, June 19th

☺ ED AND LIZ'S ANNUAL FATHER'S DAY RIDE OR "CONEY ISLAND OR BUST"

10AM, City Hall, 30 miles

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

OFF-ROAD VISTAS: KENSICO DAM

9AM, East 233rd and White Plains Road, 35 miles

An "Off Road Vista" bike journey for regular bikes, we will follow the Bronx River Parkway bike path up to the dam and back. 35 miles, paved path with some riding in traffic as well. Terrain: hilly in places. Please bring your Metro North bike pass, just in case. Varied terrain. Pace will be 10-15mph. Leaders: Ed DeFreitas and others.

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/mnrbikepermit.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, NE corner, entrance to Central Park, facing fountain (Merchant's Gate). 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.



Now, is that very Presidential? 5BBCers play "Hail to the Chief" with helmets while waiting for the sublime pizza at Coney Island's Totonno's during a Frostbite Ride (photo: Danny Lieberman).

Day Trips, Continued

Saturday, June 25th THE LOTTERY RIDE STRIKES BACK (Quick Spin)

9AM, AYH, 70 miles

Jesse and friends are back in search of more lottery tickets. Travel across the Tri-State region, fast and fun at a Quick Spin (15+mph) pace, with plenty of climbing. Leaders: Jesse Brown and others.

Sunday, June 26th PERIMETER SERIES KICKOFF RIDE: THE BRONX

9AM, Yankee Stadium
(East 161st St & River Ave), 35 miles

8:30AM, Quick Spin group (15-18mph)

This year, the Perimeter Series starts out with the one borough on the mainland – The Bronx. It begins and ends at Yankee Stadium as we'll conquer the wilds of Riverdale, touch on Westchester, pass by Coop City and Fort Schuyler and the isle of the unclaimed dead. Come Circum cycle The Bronx and get the first peg towards the series patch. Terrain: some hills. Leaders: Jesse Brown and Rodney Millard (Quick Spin); Ed DeFreitas and others.

Saturday, July 2nd ☺ PIZZA AND OTHER GOODIES RIDE

10AM, City Hall, 40 miles

This *new* quest for the finest pizza will take you through many exotic neighborhoods in Brooklyn and Manhattan. More details will be posted online and in the July-August edition! Bring \$\$ for all the wonderful munchies. Leaders: Lee Ann Van Wyck, Danny Lieberman and others.

Sunday, July 3rd

☺ BICYCLE BEACH BUMS SERIES KICKOFF

10AM, Prospect Park (Main entrance, Grand Army Plaza), 30 miles

Welcome back to the 5BBC's classic summer beach series! We usually ride to Neponsit Beach in the Rockaways, taking mostly deserted streets. Bring a lock and all your usual beach gear. We'll stop to pick up lunch, and then eat it on the beach. Leaders: to be named later.

AROUND AND OVER THE HUDSON

8:30AM, City Hall, 43 miles

See NYC from a ferry, the Liberty State Park and Hoboken. Then stretch your legs along the shoreline stretch from Hoboken to the G.W. Bridge (with the one big hill). Bridge the Hudson back to NYC and pass Seinfeld's (who?) old haunt. Choose your lunch from Italian, Asian and Eastern European cuisine. It's all there on one Amsterdam Ave. block between 110th & 11th Streets. Then, we'll follow the Hudson River line (really, ask Ed why) back down to City Hall. Bring a lock, and \$\$\$ for lunch. Pace: 12-15mph. Terrain: Mostly Flat with one !@#%&* hill. Leaders: Ed DeFreitas and others.

Monday, July 4th INDEPENDENCE JAM!

9:30AM, City Hall, 50+ miles

Let's stretch our legs and visit some historical locations, and maybe stop for some good food too, somewhere in an outer borough. More details will be posted in the July-August *Bicycletter*. Leaders: Danny Lieberman and Jesse Brown.

5BBC Weekend Trips for 2005

Here Comes The Weekend!

As we recently announced on the 5BBC web site and new for this year, Online Weekend trip registrations and credit card payments via *Active.Com* are now available! Please visit the web site at www.5BBC.org/weekend.shtml (which also includes number of spaces currently available per trip) for the link to the Active.Com registration form.

Plus, as an added incentive to encourage car pooling for certain trips, we are offering rebates to drivers for certain trips! See trip descriptions below for prices, Early Sign-Up Discounts, possible rebates, and the "Weekend Trip Answer Box" for further information. Please note that shortly after last

issue's *Bicycletter* went to press, we discovered a couple of shall we say minor boobos. Mark your scorecards as E-WC (error, Weekend Coordinator). However, our 5BBC Web site has been (and will be) revised to reflect any and all trip details and policies, and this Print version (at press time) is the latest in news. If there are any discrepancies, website postings will take precedence. For more up-to-date trip information please also call our Weekend Trips Information Line, at (212) 932-2300 x138!

Ted Kushner
2005 Weekend Trips Coordinator
Weekends@5BBC.org

Weekend Trips Answer Box

1) Membership/Availability.

Weekend trip participants MUST be 5BBC members for insurance reasons (add \$20 to a trip cost to become a member). The number of spaces available for each trip is posted at the web site (at www.5BBC.org). However, because of print deadlines, the policies and trip details posted on the web site will supersede what is printed in the newsletter.

2) Season Long Early Sign Up Discounts

New this year! Pay the FULL trip price by the first of the month preceding the month a trip is scheduled for a discount. For example:

- a) For trip departures in May, discount deadline is **April 1**;
 - b) For trip departures in June, discount deadline is **May 1**;
- and so forth. See trip descriptions for all discount deadlines and prices. (Note: No discount is available for Lake Tahoe trip).

3) Registration/Payment

a) You may register in advance using the coupon in this newsletter, or by downloading a copy of the form at the 5BBC web site. You may also register in person at our office during regular hours which are Wednesday nights, from 7-9:00 pm; payment by mail is via check or money order only (do not send cash in the mail!). New this year: We are now accepting registrations and payments by credit card online via *Active.Com*! See the **Weekend Trips** portion of the 5BBC web site www.5BBC.org for the link and details. Although we cannot accept deposits via the Active.Com site (i.e. you must pay in full), you may take advantage of our early-bird price discounts. Prices will be adjusted after each deadline has expired. Please note that if you register via Active.Com, you are charged a processing fee. However, the registration template has been designed so that the 5BBC will be paying 50% of such costs. Thus, if the processing fee is \$25, 5BBC will pay half and you will pay half.

b) A minimum Deposit per trip – available via mail or in-person only – is required to reserve a space on any trip (i.e. three trips require three deposits), and MUST be received no later than 28 days prior to a trip departure.

If there are less than 28 days prior to departure, payment in full MUST be submitted.

c) You MUST pay any balance due no later than three (3) business days prior to departure. We can no longer accept balances due on day of departure. If you do not pay the balance due, your deposit will be treated as a cancellation subject to the policy below. No exceptions! If your check does not clear our bank, you will be charged a processing fee and/or you will not be permitted to sign up for any future weekends.

4) Cancellation/Transfer Policy

Strictly enforced! Because 5BBC must abide by cancellation policies as established by outside agencies, and because 5BBC loses money on trips with late cancellations, our policy pertaining to cancellations, transfers and refunds will be STRICTLY ENFORCED as follows:

- a) You may cancel or transfer to a new trip up to 28 days prior to original trip departure with refunds of full payment or deposit subject to a \$50 fee. However, you may receive a full refund ONLY if YOU find someone to take your place on the trip; such person must abide by all policies herein.
- b) You may cancel or transfer to a new trip up to 14 days prior to original trip departure with refunds of full payment or deposit subject to withholding of non-cancelable costs such as lodging, van rental costs, and event fees. Such costs are at the discretion of the Club and will be calculated on a trip by trip basis. However, you may receive a full refund ONLY if YOU find someone to take your place on the trip; such person must abide by all policies herein.
- c) If you cancel or request a transfer less than 14 days prior to departure, there are NO refunds. This includes "no-shows" on day of departure. NO EXCEPTIONS!
- d) If you request a transfer, it must be to a trip scheduled in 2005, subject to availability. If the new trip is full, you will be so informed and you may choose to be put on the waiting list. Transfer requests are subject to the schedules and fees described above. Once you transfer to a new trip, you cannot request a further transfer to a third trip.
- e) In the unlikely event that the 5BBC "overbooks" a trip, and we ask you if you wish to transfer or cancel,

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.

Weekend Trips Listing

Shore to Please!

CAPE MAY DE-LIGHTS

May 19-May 22 (depart Thursday evening, return Sunday evening)

Trip No. CMD

Deposit: \$150 Full Price: \$390

Early discount deadline: April 1; Discount Price: \$350

Transportation: People via public bus lines; bikes by van

Lodging: Motels, double or triple occupancy

Trip Rating: A/B

Mileage: Moderate, 40 per day, mostly flat

Leaders: Susan Rodetis & Sharon Behnke.

Crossing waterways may seem a bit daunting, especially since bikes can't swim. Instead, our weekend season kicks off with visits to South Jersey wildlife refuges and forests, a rail trail, ocean resort towns Avalon/Wildwood, and the gorgeous Victorian gem of Cape May. Then we ferry cross the Mercy – oops, the Delaware River – via a scheduled ferry to Lewes, Delaware for scenic country cycling. We'll cycle "inn to inn style", lodging at motels, with the van transporting luggage. Front and rear lights for nighttime riding will be required! Limited Group Size!

Weekend Trips Answer Box (continued)

or if we must cancel a trip, you may choose to receive a full refund or credit toward a future 2005 trip without any fee as described above.

f) Requests for transfers or cancellations will be accepted by telephone, email, snail mail, or in person during regular Club office hours.

5) Transportation

Primary transport to our destinations is listed in each trip description and will be by one or more of the following methods:

a) *Van/Car Pooling - New this year:* For trips that indicate "Van or Possible Car Pooling Option", to encourage car pooling use, the Club will offer rebates to drivers on a "driver plus passengers" rate based on approximate mileage. (See individual trip descriptions for rates). Drivers must pay the trip price in full to qualify. Rebates will only be granted after a trip returns. If we have enough cars and drivers, we will attempt to connect those who need rides with those who have space. This will be done via email and/or telephone. Please contact weekends@5bbc.org if you have a car with space or need a ride. Car owners are expected to be fully self-insured. However, such trips must be organized on an "all or nothing" basis:

if not enough drivers are available, a trip will automatically convert into a van trip. Those who had offered to drive must travel by van. Van trips are via 15-passenger vans; the bicycles are racked and the luggage is stowed.

b) *Bus*, with bicycles stowed in luggage compartment.

c) *"Self-contained"*, via your own "pedal power". You must be able to transport your own luggage via panniers on a front or rear rack.

d) *Metro-North, LIRR or other public transport.*

Spend Memorial Day Weekend in Amish Country!

PENN DUTCH TREAT

May 27-May 30 (depart Friday morning, return Monday evening)

Trip No. PDT

Deposit: \$150 Full Price: \$350

Early discount deadline: April 1; Discount price: \$315

Transportation: Van or Possible Car Pooling

Option with driver rebate of \$50 per person

Lodging: Farmhouse; shared rooms, double or triple accommodations

Trip Rating: B

Mileage: Moderate, 40 per day on rolling hills

Leaders: Eileen Kapp & Steve Sakson

Join us for an enchanting Memorial Day weekend in the serene Pennsylvania Dutch countryside of Paradise. The clip-clop of horse-drawn carriages and the neighborly smiles of friendly Amish farmers accompany us as we ride past lush pastures and through historic covered bridges. We will stay at the guesthouses at Verdant View (<http://www.verdantview.com>) and, if you are an early riser, you can even help milk the cows! Visits to farmer's markets, crafts fairs, or the local vineyard for a late afternoon of wine and cheese are all part of this biking treat.

6) Lodging and Meals

The cost of each trip includes round trip transportation, accommodations, leaders, event fees where applicable, and generally breakfast and dinners. Except where noted, lunches or in-transit meals, souvenirs, museum admissions and the like are not included in the trip price. Lodgings are at motels, hostels, farmhouses or cabins. Four to eight people typically will share dormitory-style rooms at hostels or cabins; linens may be required for certain trips. Please note that hostels often have a curfew and usually require hostellers to perform light chores. Meals may be prepared by the group, taken at area restaurants, or prepared by lodging staff members.

7) Trip Ratings

Each trip will have two trained, experienced *volunteer* leaders. Trips are categorized by distance or terrain: "A" rides are challenging, covering 40 or more miles per day at a moderate to fast pace on hilly terrain; "B" rides cover 30-50 miles per day at a moderate pace on varied terrain, i.e. rolling hills. "C" rides are easy, covering 20-40 miles per day on mostly flat terrain at a slower pace. Except where there is participation in non-5BBC sponsored events (such as the Sea Gull Century), rides will generally be done via the Club's "point-drop-sweep" system.

8) Meeting locations

Participants will be notified by phone or email approximately 1-3 weeks prior to departure as to the exact meeting place for each specific trip. Itineraries may be sent to participants for specific trips. Further updates will be posted on the 5BBC web site, www.5BBC.org.

9) **Thanks for your participation and we look forward to a great weekend trip season!**

Other highlights may include dinner and entertainment at an Amish family home, plus a guided tour by bike of the area! This is a rare opportunity to learn first-hand about these charming people whose simple ways have survived through hundreds of years despite the changing society around them.

Trek to Tiorati!

BEAR MOUNTAIN-HARRIMAN STATE PARK

May 28-May 30 (depart Saturday morning; return Monday evening)

Trip No. BM

Deposit: \$100 Full Price: \$135

Early discount deadline: April 1;

Discount price: \$120

Transportation: Self-contained

Lodging: Cabins/Dorm rooms

Trip Rating: A

Mileage: Hard, 50 each way with some very steep hills

Leaders: Ira Najowitz and Manny Sanudo

Our “host” for this self-contained trip (meaning you must carry all your gear in panniers on your bike) is the idyllic Camp Thendara Lodge (<http://www.thendara-mountainclub.org>) on Lake Tiorati in Bear Mountain/Harriman State Parks. We will cycle 50 hilly miles from midtown Manhattan on Saturday and return on Monday along well-scouted routes with many lovely and quiet roads. Sunday is an off day where you can swim, hike, take a boat out, relax, or even do some more biking in the park. Trip includes two each of “home cooked” breakfasts, trail lunches, and dinners. Guests at Camp Thendara prepare their meals and perform light clean-up chores. It’s a great way to start off the Summer biking season!

Cycle S’Il Vous Plait!

MONTREAL QUICK SPIN

May 28-May 30 (depart Saturday morning; return Monday evening)

Trip No. MQS

Deposit: \$150 Full Price: \$370

Early discount deadline: April 1; Discount price: \$335

Transportation: Bus

Lodging: Motel, double accommodations

Trip Rating: A

Mileage: Various but for Quick Spin/”A” riders only!

Leader: Wentworth Price

It may be a long bus ride, but the end result is “Wentworth-while:” the “Bike Fest 2005” Metropolitan Challenge, one of Canada’s best-run mass cycling events, sponsored by the same folks who run the famous Tour de L’ile (<http://www.velo.qc.ca/ferial/bikefest2004.php>). But instead of 45,000 tourists, the “Met” is geared for self-sufficient “A” riders.

A couple of short quick spins will round out the weekend, with comfortable lodgings and Saturday night dinner.

Specific trip details including bike loading specs and cross border requirements will be sent to trippers a week or two prior. May be co-listed with NYCC and Major Taylor. Space is limited so sign up early!

Vineyards of the North Fork!

BIKE-BOAT-WINE-DINE

June 4-June 5 (depart Saturday morning; return Sunday evening)

Trip No. BBWD

Deposit: \$150 Full Price: \$200

Early discount deadline: May 1;

Discount Price: \$180

Transportation: LIRR with Bikes by Truck; Car

Pooling Option with driver rebate of \$25 per person

Lodging: Motel; double accommodations

Trip Rating: A/B/C

Mileage: Various, mostly flat but hillier on

Shelter Island

Leaders: Ted Kushner and Sharon Behnke

This weekend takes advantage of Long Island’s beautiful “North Fork”: mostly flat biking, vineyards, coastlines, and Shelter Island. Saturday we’ll ride the rails to Mattituck to meet our bikes, then tour and sample the vintages of some of the excellent wineries dotting the landscape. Dinner is planned at a wonderful local town restaurant within walking distance of our lodging at the Mattituck Motel. On Sunday we just know there ain’t gonna be no rain for our friends at the Suffolk Bike Riders Association and their annual Bike-Boat-Bike Century (<http://www.sbraweb.org>), offering varying distances between 25-125 miles, SAG support, rest stops and ferry boosts across the bays for the longer routes.

History in the Making!

CONQUERING CONCORD

July 1-July 4 (depart Friday morning, return Monday evening)

Trip No. CC

Deposit: \$150 Full Price: \$300

Early discount deadline: June 1; Discount price: \$270

Transportation: Van or Possible Car Pooling

Option with driver rebate of \$50 per person

Lodging: Hostel with semi-private rooms, double or triple accommodations

Trip Rating: B

Mileage: Moderate, 35-40 per day on rolling hills

Leaders: Ted Kushner and Brian Hoberman

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.)

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

Weekend Trips Listing (Continued)

An old firecracker friend of a trip returns with new vigor! Travel to New England for the July 4th weekend and bike into early American history (and *herstory*). We'll stay at the Friendly Crossways hostel near Littleton MA (<http://www.friendlycrossways.com>), one of the most charming facilities in the country. The historic towns of Concord, Lexington, and Walden Pond are all in the neighborhood, along with the Fruitlands Museum (home to Emerson, Hawthorne and Alcott), a Shaker village, the Veri-Fine juice factory, and an ice cream shoppe that's become the "in" place for hot and thirsty travelers. And if the weather sours, Boston is only 40 minutes away! Don't miss this wonderful weekend retreat!

Dazzling Dutchess!

HOLMES FOR THE HOLIDAY

July 2-4 (depart Saturday morning; return Monday evening)

Trip No. HFH

Deposit: \$150 Full Price: \$185

Early discount deadline: June 1; Discount price: \$165

Transportation: Metro-North and Self-contained

Lodging: Cabin with Dorm rooms

Trip Rating: B

Mileage: TBA

Leaders: TBA

Returning to our calendar after too many years absence is this lovely, low cost trip to the Holmes Camp & Conference Center near Pawling NY (<http://www.presbyteriancenter.org>). We'll travel by Metro-North to Brewster, then bike a few miles to the Center to drop off our belongings. From there, further exploring of this scenic area. Swimming, boating, and hiking is also available, with possible side trips to the Nutmeg State. The rides cover moderate to hilly terrain. Remember, you must be able to carry your belongings in panniers! Cost includes round-trip train fare; bike permit is required.

Jersey Jaunting!

PEDAL & PADDLE

July 29-31 (depart Friday evening; return Sunday evening)

Trip No. P&P

Deposit: \$150 Full Price: \$225

Early discount deadline: June 1; Discount price: \$200

Transportation: Van or Possible Car Pooling Option with driver rebate of \$25 per person

Lodging: Cabin with Dorm rooms

Trip Rating: B

Mileage: Moderate, 40-45 with some steep hills; canoe/kayaking is mostly gentle

Leaders: TBA

In the middle of summer, what could be more refreshing than cycling in the Delaware Water Gap National Park area one day, amidst stunning back roads (including the fully repaved Old Mine Road), trees, river views, a few hills, followed the next day by a kayak or canoe trip in the Delaware itself? Another long time favorite trip of the Club, with cabins and lodging courtesy of our friends at the Mohican Outdoor Center, an AMC affiliated club (<http://www.mohicanoutdoorcenter.com>). And to top it off, dinner Saturday night is at the fabulous Walpack Inn, whose backyard is where the deer and the antelope literally play. Well, maybe not an antelope, but possibly bears. Oh My!

Lancaster's Crown Jewels!

COVERED BRIDGES RIDE

August 20-21 (depart Saturday morning, return Sunday night)

Trip No. CB

Deposit: \$150 Full Price: \$200

Early discount deadline: July 1; Discount price: \$180

Transportation: Van or Possible Car Pooling Option with driver rebate of \$40 per person

Lodging: Motel; double accommodations

Trip Rating: A/B/C

Mileage: Various, on rolling hills

Leaders: Sharon Behnke

Discover some of Pennsylvania's most famous rural scenery as we participate in the 27th annual Covered Bridge Metric Century. Produced by the Lancaster Bicycle Club (<http://www.lancasterbikeclub.org>), you can bike 62-, 31- and 15-mile routes. Final trip price will include event fee, t-shirt, and traditional smorgasbord dinner on Saturday night!

Green Mountain Gorgeous!

VERMONT CENTURY + SCENIC TOURING

August 25-28 (Depart Thursday afternoon, return Sunday evening)

Trip No. VCST

Deposit: \$150 Price: TBA

Early discount deadline: July 1

Transportation: Van

Lodging: Private Ski Lodge

Trip Rating: A/B

Mileage: Various; Century or half on Saturday; long/short options on other days.

Leaders: Susan Rodetis and TBA

Here we come again, including Saturday's Mad River Century (<http://www.mrvcenturyride.com>). Delight in this wonderfully supported century (some shorter options) through lush green VT river valleys (and no mountain passes), a gorgeous route alongside rivers, springs, Montpelier state capital, forever wild

Granville Gorge, state forests, farms (more cows than residents in VT), covered bridges, and multiple scenic byways. The whole century is done w/o a cue sheet; there are simply 5 right turns. Our trip enjoys 3 full days of bike touring/touristing/play in lovely Lake Champlain, with beautiful vistas, mountains, local rivers, and local gliding/soaring airport. Depart Thurs. afternoon 3PM to allow Friday cycling. Accommodations in a private ski club, linens/towels furnished, mostly semi-private rooms w/semi-private bath. Van & lodge size may limit group, as does century event, so sign on early. Cost includes event fee, t-shirt, accommodations, 3 cooked breakfasts, 4 dinners (in-van northbound meal to reduce travel time + pre-event dinner Friday night + post-event barbecue + dinner at Albany Pump Station, a brew pub along the Hudson River, on the drive back) Stay tuned for details!

Lifé's a Beach!

CAPE ESCAPE

September 2-5 (depart Friday morning, return Monday night)

Trip No. CAPE

Deposit: \$150 Full Price: \$300

Early discount deadline: August 1; Discount price: \$270

Transportation: Van or Possible Car Pooling
Option with driver rebate of \$50 per person

Lodging: Hostel, dorm rooms

Trip Rating: B/C

Mileage: Easy to Moderate, 30-40 per day, flat with some rolling hills

Leaders: Clyde Eisman and Sharon Behnke

Maybe you've been to Cape Cod before, but seeing it by bike can't be beat. The Cape is criss-crossed by gentle, immaculate rail trails, with occasional rolling hills, and our lodging is located right near a brand new section. 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. Special package this year includes all you can eat pancake breakfasts, a four-hour kayaking trip, and a home cooked lobster dinner! It's a perfect escape for first-timers and old-timers alike.

Tempting Tahoe!

LAKE TAHOE & SIERRA FOOTHILLS

September 2 OR 3 thru 12 (Fri. night preferred, but Saturday AM also possible; return travel all day Monday 9/12)

Trip No. TSF

Price: TBA; deposit of \$500 for this trip may be required

Early discount: None (due to trip complexity, no discount for this trip is available)

Transportation: mixed (including bike transport via horse trailer – for real!) Trip participants will arrange their own air transport; we suggest Jet Blue (cheap!) into Sacramento, CA; return via Jet Blue/ Sacramento or diverse airlines/Reno, NV

Lodging: Victorian mansion, hostel, motel/hotel

Trip Rating: A/B+

Mileage: 30-75/day (with "lite" and "high energy" versions for daily rides)

Leader: Susan Rodetis

NOTE: Please indicate interest ASAP, as there are many details to finesse based upon the probable number of participants. Space will be limited, so book early!

This trip will encompass a splendid variety of breath-taking vistas, terrain and experiences. And for sure, sights galore and probably some surprises, as well. This is truly for adventuresome and healthy souls. Susan's lived in Tahoe plus taught skiing there several times this winter; during her trips, she's been setting up a top notch cycling trip (even bringing in family to help with the bike transport). Our work-in-process: the Sierra foothills and historic Gold Rush country; Sacramento Old Town and the American River Trail; awesome crystal Lake Tahoe and Emerald Bay; historic Truckee; South Shore Tahoe (yes, many casinos and yummy all-you-can-eat buffets); certainly soaking in at least 1 of the many hot springs; maybe Carson Valley/ Virginia City. We'll also hook up and ride with a local bike club or two. And the piece de resistance: the wonderful local "Tour de Tahoe" event with bicycling around Lake Tahoe (77 miles), full rest stops and SAG support. Lodging will be varied; we're working on getting into a Victorian mansion in Sacramento, and some motels/hotels. Bike point-to-point and/or public transport for cyclists; bikes in attendant truck/horse van as needed.

There will be only one leader to keep costs down, most days will have cue sheets or maps, and we expect to ride mostly as a group. This is for folks in good shape who are willing to prepare properly. And yes, there will be hills, but we're working on keeping the routes reasonable. After all, the 5BBC is a sea-level dwelling club. Trip price will include lodging, non-travel day breakfasts/dinners, ground transport. Air/bike transport arranged/paid by individual trippers (economy ways to fly and routing will be suggested). Bikes MUST be shipped out West a minimum of 2 weeks in advance to a shop or destination point we will arrange and can be either brought back with you on your flight (be sure to check airline details!) OR shipped back from a place we will arrange. Trippers can also add their own days on either end of this trip.

Flash your 5BBC Membership Card (Continued)

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

Peak Mountain Bike Pro Shop
42-42 235th Street
Douglaston, NY 11363 718-225-5119

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

Flash your 5BBC Membership Card (Concluded)

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

Weekend Trips Listing (Continued)

Bucks County Beauty!

PEDAL TO PENNSYLVANIA (UNDER YOUR OWN STEAM!)

September 3-5 (Depart Saturday morning; return Monday evening)

Trip No. PENN

Deposit: \$100 Full Price: \$170

Early discount deadline: August 1; Discount price: \$150

Transportation: Self-contained

Lodging: Hostel, dorm rooms

Trip rating: A

Mileage: Hard, 75-80 each way

Leaders: Ira Najowitz and Jesse Brown

You, your trusty bike, and the open road. Self-contained bicycle touring is the way to go! We'll depart early Saturday morning on the PATH train to Newark, and then we'll bike through the beautiful countryside of western New Jersey, cross the Delaware River at Washington's Crossing into Bucks County, Pennsylvania, and then on to the Tyler State Park Hostel in Newtown. The terrain varies from rolling to steep. A rear rack and panniers to carry your gear and everything you will need for the weekend is MANDATORY. There is NO VAN SUPPORT! To really enjoy the trip, it's essential that you feel comfortable biking 75-80 miles a day with a loaded bike, which is the distance we'll be covering on both Saturday and Monday, when we'll return to Newark via a different route. Sunday will be for hanging out or doing a scenic ride in the area.

Pie-d Piping !

PUMPKIN PATCH

Dates: October 1-2 (depart Saturday morning; return Sunday evening)

Trip No. PUMP

Price: \$190

Early discount deadline: August 1; Discount Price: \$170

Transportation: Van or Possible Car Pooling

Option with driver rebate of \$25 per person

Lodging: Motel, double accommodations

Trip Rating: A/B/C

Mileage: Various, flat to some rolling hills

Leaders: Alfredo Garcia and Mark Trainor

Come join us for this fantastic "pumpkin-friendly and mostly pancake-flat" annual tour with ride choices between 25-100 miles. Organized by our friends at the Staten Island Bicycling Association (<http://www.sibike.org>), each of the routes 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 7-9 (depart Friday morning, return Sunday evening)

Trip No. SGC

Deposit: \$150 Full Price: \$380

Early discount deadline: September 1;

Discount price: \$345

Transportation: Van or Possible Car Pooling

Option with driver rebate of \$50 per person

Lodging: Motel, double accommodations

Trip Rating: A/B/C

Mileage: Various, mostly flat

Leaders: Steve Sakson

Who wants to sign up to our annual "SRO" trip to this annual sell-out in Salisbury, Maryland, featuring a flat century, beautiful scenery, pie a la mode, an all-you-can-eat crab fest, plus transport, lodging, event registration and buffet meals? Raise your hands fast because Sea Gull (<http://www.seagullcentury.org>) is rated one of the top century events by League of American Bicyclists. Plus, if you're thinking about driving down on your own, forget it: every motel within a 50-mile radius is booked solid. 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.

The 5BBC 2005 Montauk Century

Spin your way out of Manhattan—And into Montauk!
Sunday May 15, 2005 – Rain or Shine

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

Choose from two check-in locations: NYC Penn Station or Babylon, LI.

OK, it's the dead of winter. But try to think about warm weather, sunny skies, flat roads, and the 5BBC's 2005 Montauk Century ride, which will take place on Sunday May 15, 2005. This year is the 41st anniversary of the ride, and it's going to be a gem. We'll still have a beautiful backroads route, great rest stops, full S.A.G. support, and hot showers at the finish line.

There are three big changes for 2005:

Another rest stop. For those doing the longer distances (100 miles or 140 miles) we've added another rest stop. No matter which route you choose, we'll try to have fantastic rest stops no more than 25 miles apart.

Leader escorts. We're offering an optional escorted version of the 65-mile route this year. Ride along with trained Five Borough Bicycle Club leaders who will keep an extra eye out for you. No extra charge for this.

All Ed and Liz, All the Time. Ed Pino and Liz Baum, who have headed up the finish-line team for the past

couple years are now in charge of the finish line AND the entire ride, and we're lucky to have them.

Registration opened on January 1, and it's already filling up! Sign up now and get those early-bird prices. (Mostly we're just proud to have everything up and running so early in the season!) Complete details and on-line registration at <http://www.5bbc.org/montauk>

Whether this will be your first century or your annual hammer session we will help get you ready with a complete series of Montauk Century Training Rides (see Day Trips).

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

Do you have ideas for improvements for the 2005 ride? Drop me a note and let me know what's on your mind. I'll do my best for you.

Finally – Free socks are back. Ice cream is back. I am back.

Glen Goldstein



SUNDAY- - MAY 16TH

On May 16, 1971 the Bike Committee and the New York Cycle Club will co-sponsor the Eighth Annual Montauk Century Ride. This year I have the honor of leading it, and I expect between eighty and one hundred people. The turnout hasn't always been this great. Originally the ride was sponsored solely by the New York Cycle Club. In 1964 Joe Manzi led the first Montauk Century, with one tripper. They cycled from Jamaica Long Island Railroad Station to Montauk Point. There they had a steak dinner before returning via train. Both enjoyed themselves enough to persuade a few more people to join them the following year. The ride grew slowly until 1967, when the Fourth Annual Montauk Century had ten bikers. More important, it had a tailwind which helped everyone finish easily in 6 1/2 hours. Naturally, this had beneficial effects on the participation. My first ride, in 1968, had 17 cyclists. Unfortunately, we were battling a strong headwind the entire time. Only through steady team-work were we able to finish in 10 hours. The same wind which had helped Montauk grow one year almost blew

it apart the next. When the trip report was given at the following club meeting, a few members spoke out vehemently against Montauk and century rides in general. It seems they didn't like headwinds. It's hardly surprising that the Sixth Annual Ride in 1969 had dwindled to 14 people. Though a good ride, that was nearly the last Montauk Century. The Long Island Railroad had begun to enforce a rule barring bicycles on passenger coaches. Thus, we had no way to get our bikes home. Having enjoyed my first two Montauk Century Rides tremendously, I wanted to see them continue. With a little research, I found I could charter a coach and baggage car for a minimum of thirty people. Joe, the original leader and I talked it over. Joe was concerned that an arrangement of pay-in-advance would reduce sign-ups. I suggested that we invite AYH-MNYC to join us, hoping we could get the ten or fifteen riders still needed to reach the minimum. The turnout was stupendous. Cycle Club members were all willing to pay in advance to secure the train and AYH response was overwhelming. At 5:30 on Sunday morning, May 17,

forty-seven bikers showed up for the Seventh Montauk Century. This ride was a first in several ways; the first with advance registration, the first with AYH participation, the first that I co-lead, and the first year it rained. Apparently, it takes more than rain to dampen cyclists' enthusiasm. We separated a bit along the way, but all met for dinner in Montauk. People were in fine spirits, even after 115 miles of cycling in rain. Someone claimed he had seen the sun for a minute, but I think he had water on the brain.

The ride this year will be basically the same as those previous to it. We will meet at Jamaica Long Island Railroad Station at 5:30 AM SHARP, for a 6:00 departure. We'll ride the first fifty miles to Patchogue at a good clip and then stop for breakfast. Then we can continue at a more relaxed pace, eating lunch in the Hamptons and hoping to arrive in Montauk around dinner time. There we'll feast on steak or seafood before boarding the train back to Jamaica. Trip cost is \$5.00, which just covers train fare. Tickets are available at the AYH office, or through the mail. Send \$5.00 to: Montauk Century
AYH-MNYC
535 West End Avenue
New York, N.Y. 10024
Include your name, address and zip code, and telephone number with the money. You must purchase your ticket in advance for this trip. Leader: Francis Bollag.



5BBC Leaders: They Make the Club Run

How About You?

They scout our rides, prepare our cue sheets, provide running commentary on the sights we see, arrange our lunch breaks and pit stops and, when riding sweep, encourage us over that last hill on the way back. They are equal parts pathfinder, mapmaker, tour guide, social secretary and cheerleader.

Those are just a few of the hats that 5BBC ride leaders wear under their helmets on a typical ride.

Last year, 46 ride leaders led and co-led rides for us. 31 of them led enough rides to earn paid membership in the club for 2005 and to earn other awards. The 5BBC has a Ride Leader Incentive Award Program; see <http://5bbc.org/membersonly.shtml> and login for details.

All 5BBC ride leaders are graduates of the 5BBC Ride Leadership Training Program. A 5BBC Leadership course consists of five evening classes. For 2005, Leadership classes will take place on Wednesdays beginning May 25.

The course is taught by a group of active and experienced 5BBC leaders. It combines classroom instruction with practical riding experience. You do not have to be an especially strong or fast rider or bicycle repair expert to take the course, but you must be a member in order to lead rides with the club. You must attend at least four classes. The riding portion consists of three weekend Day Rides – two are absolutely required – and one mandatory weekend Leadership trip. This year's weekend Leadership trip is scheduled from Friday evening,

June 24 through Sunday evening, June 26. A full schedule is listed below.

To Register

Call Manny Sanudo at (718) 217-0045 or you can send us an email to leadership@5BBC.org. For the first class, a fee of \$15 will be collected. For the weekend trip, an additional fee of \$50 will be collected during the course. Scholarships are available.

Spring 2005 Schedule:

Five Evening Classes: Wednesdays, 6:30-9:30pm at HI-AYH, 891 Amsterdam Ave., Manhattan – May 25, June 1, 8, 15 and 24.

Any two of these three Day Rides: Saturday, June 4; Sunday, June 12; Saturday, June 18.

One Weekend Trip: Friday, June 24 to Sunday, June 26.

If you think you have what it takes to be a ride leader, see <http://www.5bbc.org/leader.shtml> for details. You can also get directly in touch with the Club's leadership coordinators, Manny Sanudo and Steve Jackel at leadership@5bbc.org.

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

If you are already a leader and want to help out this coming season by leading or co-leading day trips, contact Danny Lieberman at daytrips@5bbc.org. If it's a Weekend Trip you want to help out on, contact Ted Kushner at weekends@5bbc.org.

5BBC Bicycle Repair Clinics – Now At Recycle-A-Bicycle

Got a flat? Chain fell off? Spoke broke?

With our 5BBC bike repair classes, you can learn how to fix these and other problems and get rolling again.

Learn How to Fix A Flat

Every serious cyclist should be able to handle this most common “on the road” repair. Learn how to fix a flat - or brush up on your skills - in this class taught by a professional bicycle mechanic, with an assist from our Bicycle Repair Course Coordinator Jesse Brown.

Dates. Sunday, May 8, 10 a.m. to 12 p.m. Noon.

Location: Recycle-a-Bicycle, 55 Washington St., Brooklyn, in the DUMBO section.

Course Fee. Just \$20, including patch kit, instructional materials, and individual attention in a hands-on setting.

To Enroll. Call Jesse Brown (up to 9:00 p.m.) direct at 917-578-2244 or 917-697-0665. Note:

you must be 18 years or older to attend, and must sign a waiver of liability at the start of class. Remember also to bring the \$20 course fee (cash or check), and bring your bike!

Drive Train Maintenance

Life sucks, but your chain shouldn't. Get in gear – and stay there – with our class on drive train maintenance. A professional bicycle mechanic will teach the class, and I will assist.

Dates. Sunday, June 5, 10 a.m. to 12 p.m. Noon.

Location. Recycle-a-Bicycle, 55 Washington St., Brooklyn, in the DUMBO section.

Course fee. Just \$20, including patch kit, instructional materials, and individual attention in a hands-on setting.

To Enroll. Call Jesse Brown (up to 9:00 p.m.) direct at 917-578-2244 or 917-697-0665. Note: you must be 18 years or older to attend, and must sign a waiver of liability at the start of class. Remember also to bring the \$20 course fee (cash or check), and bring your bike!

The 7th Annual Blessing Of The Bikes

Mark your calendar for this very special event. We will be meeting on Saturday April 30, 2005 at 9:30AM sharp INSIDE the Cathedral of St. John the Divine WITH OUR BIKES for the seventh-annual Blessing of the Bikes.

Please note that this event is wonderful but BRIEF — if you are even a little late, you'll miss it! Please be on time!

Regardless of your religious beliefs (I happen to be Jewish - go figure!) it never hurts to have some extra help in your corner when you're riding down Fifth Avenue in the rain during rush hour. We'll be holding this event INSIDE the Cathedral of St. John the Divine. If you've never been, this is one of New York's great cathedrals, if not in the world. (Please no cathedral-ranking e-mail from you architecture experts out there!)

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

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

Before you leave we will pass the hat (pass the helmet?) to raise some money for the church. They are not



charging us for this event, and they do great work in the neighborhood for the homeless. (Besides, they have electricity and heating bills to pay too, just like everyone else) No matter what your religion, I personally believe that these folks deserve our support. The contribution is entirely voluntary although I would suggest that you kick in as much as you spent during your last snack break while out riding. 100 percent of the money raised will go to the Cathedral. Questions? Comments? Suggestions?

Glen Goldstein
bikeblessing@bicycleshows.us

Classified Ads

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, Brooklyn Heights location.

(718) 802-1972 sethasher@mindspring.com

"Backroad Bicycling Near New York City: 25 One-Day Bike Tours in Connecticut, New York, New Jersey, and Pennsylvania," by Gerry Brooks. Available at Barnes & Noble (\$16.95) and on Amazon.com (\$11.53), or see www.brookscountrycycling.com.

From the Connecticut shoreline to the banks of Delaware River's Bucks County, all the way to New York's Hudson Valley, these 25 cycling tours in the Tri-state region are rated for their difficulty, from "easy" to "more difficult." Written by Gerry Brooks of Brooks Country Cycling

Tours, the listed tours range from the little known to the well traveled. Each ride description includes mile-by-mile directions, a combined map and mileage cue sheet, and tour options to shorten or extend the route, along with driving directions to each tour and tours that can be reached by train.

Come see Gerry in person and get a signed copy of his book at the June 13 5BBC General Meeting. Click www.5BBC.org/events.shtml for more details.

Discount Locks And FREE Bike Registration

Columbia University Public Safety's Community Crime Prevention Program is available to 5BBC members. We offer discounted prices on the new Kryptonite bike locks:

"Fahgettaboutit" Chain \$75

The New York U-Lock \$50

We also offer FREE bike registration.

**Columbia University Public Safety
Crime Prevention**

212-854-8513

FIVE BOROUGH BICYCLE CLUB (5BBC) Registration and Purchase Form

This form must be printed and mailed to the club with payment. Mail to Five Borough Bicycle Club, 891 Amsterdam Ave., Room 002, New York, NY 10025-4403. To pay with a credit card (small surcharge added), go online to 5bbc.org

5BBC Membership: Waiver below must be signed. Please indicate: [] new [] renewal. All memberships expire 12/31.

Membership \$20. Dual membership \$25 (for 2 people residing at same address – save \$15).....\$ _____

Weekend Trip Registration: Check here [] if you're willing to drive and take passengers, here [] if you will need a ride.

Trip # _____ trip name _____ # of trippers _____ deposit enclosed \$ _____

Trip # _____ trip name _____ # of trippers _____ deposit enclosed \$ _____

Bike Repair Class Registration: Date of class _____ Tuition (from newsletter or website): \$ _____

5BBC Store Purchase: For jersey order, indicate S, M, L, XL, XXL, XXXL: _____ All prices include shipping.

Lady Liberty Jersey \$60 members, \$75 non-members\$ _____

Limited Edition Greek Coffee Cup Jersey \$58 members, \$73 non-members.....\$ _____

5BBC Patch \$4 members, \$6 non-members.....\$ _____

TOTAL ENCLOSED: Make checks or money orders payable to Five Borough Bicycle Club\$ _____

Name(s) (please print) _____

E-mail address(es) _____

Address _____ City _____

State _____ Zip _____ Phone #: day _____ evening _____ cell _____

Your address, phone number, and email address will be made available in the club roster to other club members, unless checked: Do not list my: [] address, [] phone number, [] email address in the club roster.

Your name and address, but not your phone number or email address, may be made available to selected cycling organizations, unless checked: [] Please do not give my name and address to other cycling organizations.

You will receive weekly email about upcoming 5BBC rides and events, unless checked: [] I do not want to receive e-mail from the club. (The e-mail will contain no advertising, and we will never give away your e-mail address to others.)

Bicycletter (the 5BBC bimonthly newsletter) is now online. Check here [] if you no longer require home delivery.

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 Hostelling International, American Youth Hostels, 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 the risk of falling, collision with other bicyclists, motor vehicles, or stationary objects, and the conditions of the road. 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 to 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.

Signature of applicant for membership _____ date _____ if under age 18, check here []

Signature of 2nd applicant for dual membership _____ date _____ if under age 18, check here []

If an applicant is under age 18, parent's or guardian's signature is also required.

Agreement by Parent or 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 consideration 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.

Parent's or guardian's name _____ signature _____ date _____

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.



Member
*2005**



*891 Amsterdam Avenue, Room 002
New York, New York 10025-4403
212-932-2300 x115 • www.5bbc.org*

*Not valid without printed mailing label on reverse.

Special Discount for 5BBC MEMBERS

ADMIT ONE

DISCOUNT ADMISSION with this pass: \$8

ADMIT ONE

**SPECIAL SNEAK PREVIEW NIGHT!!
FRIDAY, MAY 20
5pm - 9:30pm
Pay just \$5 with this pass!**



Regular admission price without pass: \$10

**Saturday, May 21
noon - 9:30pm
Sunday, May 22
11am - 6pm**

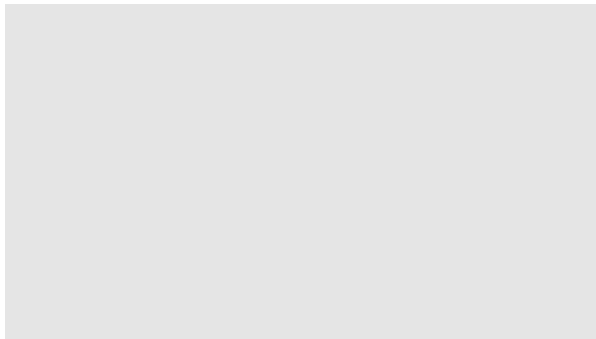
Take the N, R, 6 subways, PATH train, or M101, M102, or M103 bus to the New York State Armory at 26th & Lexington
Easy Walk from LIRR at Penn Station
Free Indoor Valet Bicycle Parking • www.bicycleshows.us



c/o Bike New York
 891 Amsterdam Avenue, Room 002
 New York, NY 10025-4403

Address Service Requested

First Class Mail
 US Postage
 PAID
 New York, NY
 Permit # 1004



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. General Meetings are open to the public and usually held monthly. Please check the *Bicycletter* and the website www.5BBC.org for exact dates and locations. You can also contact the Programs Coordinator at Programs@5BBC.org. Executive Board Meetings, which are open to club members who have contacted the club president prior to the meeting, are usually held on the first Monday of each month.

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

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

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

The deadlines for submissions to the *Bicycletter* are the first day of the month prior to the issue. The deadline for submissions for the July-August 2005 issue is Friday, June 3, 2005.

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Bicycletter May-June 2005
 Volume 15 • Issue 3

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Bicycletter is a bimonthly publication of the Five Borough Bicycle Club, with offices at 891 Amsterdam Avenue, Room 002, New York, NY 10025-4403.

Did you know...

That the entire contents of each *Bicycletter* (plus much more) are now available online weeks before it is printed and mailed? Bookmark www.5bbc.org/bicycletter and check it out.

Contacting Us

The 5BBC has office hours on Wednesday evenings between 7 and 9 in Room 002 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.