



Lee Ilan and Danny Lieberman get an extra-special Brooklyn welcome from Borough President Marty Markowitz during Bike Month events in Red Hook (photo: Danny Lieberman).

Inside:

Day Rides:

Beach Bums Are Back!

Page 3

2005 Weekend Trips Get Away!

Page 9

Montauk 2005: Record-Setting Fun!

Page 13

Two-Wheeled Wondering

According to recent NYPD data, nine cyclists have died in crashes in the first half of 2005, a 50% increase over the same period in 2004. 201 other bicyclists have been killed riding in NYC since 1995.

As I write this, the NYC cycling community is mourning the deaths of bicyclists Jerome Allen, Brandie Bailey and Elizabeth Padilla, all fatally struck by motorists: Jerome, 59, banking administrator and onetime 5BBCer, was hit from behind by an SUV on Hylan Boulevard in Staten Island; Brandie, 21, a waitress, was struck by a private sanitation truck on Avenue A in Manhattan; Elizabeth, 28, an attorney, was crushed by a large delivery truck on 5th Ave. and Warren St. in Park Slope. More luckily, Noah Budnick of Transportation Alternatives (TA) is recovering from injuries he sustained on the Manhattan Bridge in March, as he was – ironically – surveying what needed to be done to make the bridges less hazardous to cyclists.

In response to the recent awfulness, TA's executive director Paul Steely White organized a June 16 vigil ride from the site of Elizabeth Padilla's accident to City Hall that included an alliance of New York

General Meetings

July

Tuesday, July 19

6:30 – 8PM

Location: Battery Gardens Restaurant, Battery Park. For a change of pace, the July 5BBC meeting is at Paul Nica's Battery Gardens restaurant. We have made arrangements for attendees to purchase a beer and light grill, costing \$10 to \$15. The restaurant is inside Battery Park, opposite 17 State Street in Manhattan. Subways: 1 train to South Ferry or 4/5 train to Bowling Green.

5BBC member Michael Wolf is a volunteer Regional Mentor with the Peloton Project of the Lance Armstrong Foundation. The Peloton Project is a grassroots fund raising endeavor aimed at cancer education, public health, research, and advocacy. These four themes tie into the now-famous and ubiquitous yellow wristbands, of which 47.5 million have been sold. Join us for Michael's presentation, which promises to be both informational and motivational. The restaurant setting, which includes outdoor seating, makes for camaraderie with other cyclists in a classic New York setting.

August

Monday, August 15

6:30 – 8PM

Location: Bronx Borough President's Office, Suite 201, 198 East 161 Street, Bronx, across the street from the Criminal Court, 2 blocks east of Grand Concourse. Subway: D/4 to 161 Street.

The Five Borough Bicycle Club is extremely pleased to have **Bronx Borough President** (and fellow cyclist) Adolfo Carrión, Jr. as our August speaker. Mr. Carrión will discuss cycling venues in the Bronx – past, present, and future. Of course, no presentation on Bronx cycling would be complete without mentioning the annual Tour de Bronx, New York's largest free cycling event, held this year on Sunday, October 23. The 5BBC wishes to thank Doris Quinones of Mr. Carrión's staff for helping to arrange this meeting.

Barry Hartglass

2005 Programs Coordinator

Programs@5bbc.org

Continued on page 2

5BBC Executive Board

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

Sharon Behnke, *Vice President:*
vicepresident@5BBC.org

Alex Maurice, *Recording Secretary:*
recordingsecy@5BBC.org

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

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

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

Ted Kushner,
Weekend Trips Coordinator:
weekends@5BBC.org

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

Stephen Jackel and
Manuel Sanudo,
Leadership Coordinators:
leadership@5BBC.org

Ed Pino and Liz Baum,
Special Events Coordinators:
special-events@5BBC.org

Jesse Brown,
Bicycle Course Coordinator:
bikecourse@5BBC.org

Barry Hartglass,
Programs Coordinator:
programs@5BBC.org

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

Members at Large: Phil Goldberg,
Ira Najowitz, Ed Ravin, David
Seto, Ed Sobin, Jim Zisfein.

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

☺ Don't Worry, Be Happy!

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

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

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

About Day Trips

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

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

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

Participants under age 18

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

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

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

Two-Wheeled Wondering *(continued from page 1)*

City bicycle groups, including 5BBC representatives. Following the rally, TA (www.transalt.org) unveiled an action plan to improve conditions. White has said that the sheer volume of vehicles and the heedlessness of some drivers leave no room for error on streets that carry increasing loads of cyclists.

He's right. Every one of us who rides these streets has just seconds to make a constant series of judgment calls. They increasingly skate a fine line between safe riding and the ER room, or worse. Just the other day, riding past the Home Depot on 23rd Street, I managed to get "doored" when I took my eyes away from the road in front of me for 3 seconds and slammed into a just-opened rear door of a Town

Car. I threw myself sideways into a parked car and there was no damage to me, or the bike.

So I'm lucky. And nothing you or I can say offers much consolation to the family of friends of the 204. The only advice worth offering is this – in the absence of others looking out for us, we have to do it ourselves. Remember the warning given by the wise police sergeant on the classic TV series *Hill Street Blues*, "hey, let's be careful out there!"

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

Day Tripper

The enduring cold Spring has finally faded and Summer has finally arrived! Our summer calendar is full of fun rides for you to enjoy that warm weather. We now have those longer rides, along with our signature Bicycle Beach Bum and Borough Perimeter Series rides. Longer rides will take you farther out west, north, and east. Leader extraordinaire Richard Sanford has presented us with two new of his own special brand of urban rides. We have more rides to more beaches with visits to Long Beach and Bayville to complement our traditional series of Sunday rides to the Rockaways. Two classic rides, the Pizza and Ice Cream survey rides make a return this season along with the reprise of the popular Chocolate ride.

The Bicycle Beach Bum series will run as before from the main entrance to Prospect Park at Grand

Army Plaza each Sunday. The last ride, on Sunday, August 28th, will conclude with a special party. Precise details will be posted on 5bbc.org and also sent to members in the weekly email in August.

Once again I want to hear from you, our members and ride trippers. What rides do you like? What do you want more of? What about our rides need improvement? We've tried to provide something for everyone in all of our programs including day rides, and your feedback counts. Email me with your questions, comments, and suggestions. Thanks!

Danny Lieberman
2005 Day Trips Coordinator
Daytrips@5BBC.org

Day Trips: July–August 2005

Saturday, July 2nd

☺ PIZZA AND OTHER GOODIES RIDE

10:30AM, City Hall, 40 miles

WE RIDE TO EAT, as we tour into Brooklyn and Manhattan at selected pizzerias, a spumoni garden and a Village bakery, all in one non-fattening day! Bring \$\$ for all the wonderful munchies, water and a spare tube. Urban terrain, and easy paced. Rain or locusts will cancel. Leaders: Lee Ann Van Wyck and Danny Lieberman.

Sunday, July 3rd

☺ BICYCLE BEACH BUMS SERIES KICKOFF

10AM, Prospect Park (Main entrance at 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. Remember to bring a camera! Leaders: James Zisfein and others.

Sunday, July 3rd

OVER AND UNDER 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). Then, bridge the Hudson back to NYC. Pass Seinfeld's (who?) old haunt and choose

your lunch cuisine from Italian, Asian and Eastern Europe. It's all on one Amsterdam Ave. block between 110th & 11th Streets. Then, we'll follow the Hudson River line (really, ask Ed why) back down to City Hall. Bring a lock & \$ for lunch. Pace 12-15mph. Terrain: Mostly Flat with one !@#%&* Hill. Leaders: Ed DeFreitas and others.

Monday, July 4th INDEPENDENCE JAM!

9:30AM, City Hall, approx 50 miles

Let's stretch our legs and visit an interesting location or three in one of those outer boroughs. We'll keep to a moderate pace, seeking out some pleasant neighborhoods while we enjoy the holiday. Final destination will be determined the morning of the ride. Bring a lock, lunch or \$ for it, and plenty of water. Co-listed with New York Cycle Club. Leaders: Danny Lieberman and Jesse Brown.

Saturday, July 9th LONG FOR LONG BEACH

9AM, Kew Gardens, 40-45 miles

Life's a beach. The lure of sand, sun, ocean water, bikinis, the boardwalk, and a lovely bike route beckons, plus the obligatory but a delicious ice cream stop on the way home. Hopefully, the Crafts Fair will make its appearance as well, for all you tourists and bargain hunters. Bring \$6 for beach access plus the usual lunch money, bike locks and sun tan lotion. Heavy rain cancels. Leaders: Ted Kushner 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/mnr/bik permit.htm

New Jersey Transit (NJT) Bikes Aboard Program

As of May 21, 2000 bicycle permits are no longer needed!

Specific restrictions apply when you take your bicycle on New Jersey Transit. For more information, please call 973-762-5100 or visit:

http://www.njtransit.com/cs_ride_bike.shtml

Port Authority Trans Hudson (PATH)

A permit is no longer required, but there are restrictions. 5BBC trips that use PATH usually ride on weekends and holidays. For more information, please call 800-234-PATH or visit:

<http://www.panynj.gov/path/pathrules.htm>

Day Trip Meeting Places

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

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

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

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

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

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

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

Columbus Circle: Central Park West at 59 Street, Manhattan, 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.

Day Trips Continued

Saturday, July 9th

☺ STAINED GLASS RESTORATION RIDE

10AM, City Hall, 25 miles

That ball is going, going, going CRASH!...right through the stained glass window of the Oh Lord I'm In Trouble Church. Have no fear Bat Boy! Jack and Renata of Ridgewood, Queens will show you how they restore priceless stained glass windows to their original state (for a price, of course). At any rate, our tour of their shop is free! Bring a lock and money for lunch in a local restaurant. Flat terrain and a leisurely pace. Rain cancels. Leaders: Richard Sanford and Ken Williams.

Sunday, July 10th

☺ BICYCLE BEACH BUMS

10AM, Prospect Park, 30 miles

See description under July 3rd. Leaders: Ed Ravin and Brian Hoberman.

Sunday, July 10th

QUEENS PERIMETER REVISED (and expanded)

9AM, Bridgemarket (1st Avenue & E. 60th Street), 60 miles

The new and improved Queens perimeter ride! Streamlined and enlarged, the ride still includes 2 airports, 2 racetracks and more languages than you can count. We've made this one greater by visiting Great Neck, with a lunch stop in Floral Park. The pace will be steady but not too frantic. Terrain: mostly flat but there are some noticeable hills. Leaders: Danny Lieberman and Ed DeFreitas and others.

Saturday July 16th

HEADING NORTH A/K/A BEAR MOUNTAIN METRIC CENTURY

8AM, Plaza Hotel, 65 hilly miles

Is it cooler up North? Let's follow the western shore of the Hudson and find out. Challenge yourself by biking up Perkins Drive to the summit (about 1300 feet above sea level). The view at the top is worth the climb! We'll return to NYC via Metro-North from the Garrison station. Bring MTA rail-pass and \$10 train fare. Terrain: HILLY with some very steep climbs. Moderate pace. Leaders: Ira Najowitz and Mark Trainor.

Saturday July 16th

SANDY HOOK: MARMOTA MONAX

10:30AM, World Financial Center, 23 miles

This is another fun getaway to this former military installation, now a Gateway National Recreation

Area park. We'll ride a little on the outskirts beyond. Encounter a woodchuck (discovered by our own John Chiarella) looking around at the Twin Lighthouse during our lunch break. Then North Beach before returning. Bring \$30 for 11:20AM cruise fare (get there early or visit nywaterway.com), lunch \$, sunscreen, beach gear and a lock. Co-listed with NYCC. Wet weather at the start cancels. Leaders: Alfredo Garcia (646) 312-1677 and others.

Sunday July 17th

BIG ART, BIG HILLS

7:30AM, Grand Central Terminal, 35-40 hilly miles

Join us for a nice but hilly ride to the beautiful Storm King Arts Center (www.stormking.org), an outdoor museum featuring sculptures by Calder and others, on acres of parkland overlooking the Hudson River. Bring your MTA rail pass, money for train (\$20 round trip), museum (\$10) and lunch, and a lock. Hilly terrain; 12-14mph pace. If the weather is threatening, call Brian at (917) 868-0013 the morning of the ride. Leaders: Stephen Jackel and Brian Hoberman.

Sunday July 17th

BROOKLYN PERIMETER

9AM, City Hall, 45 miles

The Brooklyn Perimeter is back and it's still a wonderful ride, with lots of Greenway action and beautiful shore paths, as well as quiet streets here. Lunch at sunny Canarsie Pier. Will we have ice cream at the end? Only one way to find out! Flat terrain (mostly), moderately paced. Please bring water, sunscreen, and \$ for lunch. Leaders: Danny Lieberman, Ed DeFreitas and others.

Sunday July 17th

☺ BICYCLE BEACH BUMS

10AM, Prospect Park, 30 miles

See description under July 3rd. Leaders: Jim Zisfein and Marina Bekkerman.

Saturday July 23rd

CAVORTING ON CENTRE ISLAND

8AM, Bridgemarket, 70 miles; 9:30AM, Cunningham Park, 55 miles

Join us for this ride to Centre Island Beach in Bayville on Long Island's North Shore. We'll stay at the beach for a couple of hours, leaving enough time for those who want to do the optional 6-mile loop around scenic Centre Island. We will ride at an easy pace on somewhat hilly terrain. Don't forget your bathing suit and towel. If the weather is threatening, call Brian at (917) 868-0013 on the morning of the ride. Terrain: rolling hills; Pace: approx 12-14mph. Leaders: Brian Hoberman and others.

Saturday July 23rd

☺ REVENGE OF THE CHOCOLATE RIDE

10AM, City Hall, 30 miles

This is the shortened, Manhattan-centric version of our cycling quest for the finest chocolates in the 5 boroughs. The mileage is shorter, but the chocolate will still be plentiful. Why the shorter distance? We will have a separate (and much longer) Ice Cream ride in a couple of weeks. Bring your palate and some \$\$ for exquisite chocolates to share. Terrain, sweet (flat) and pace bitter (easy). Leaders: Danny Lieberman, Lee Ann VanWyck and others.

Sunday July 24th

CONNECTICUT RAMBLINGS (Quick Spin)

6:40AM, Grand Central Terminal (7:07AM train), 60 miles (some hilly) (or meet at Greens Farms railroad station, 8:19AM)

Enjoy back roads and shorelines of very pretty, verdant, and certainly “tony,” parts of the Nutmeg State (Fairfield County). We’ll ramble along picturesque beaches – then split north from Southport to scenic back roads and hamlets, reservoirs/streams/waterfalls. Picnic along the way. Optional beach dip at the end. All in all, a wonderful day in the country. No point-drop-sweep, but yes cue sheet, and mostly riding as a group. Pace will be brisk; 16 mph/flats & rollers, target 13 mph/average including hills (definitely some, but none unreasonable). Distance may vary according to temperature/weather, but expect 45-65 miles. Turnaround/shorter options once trip starts. Bring Metro North rail pass, plenty of water, lunch & snacks (& bathing suit, or be wettable in bike clothes for swim option). Rain, or strong probability of, at start cancels (check ride board that morning). Co-listed with NYCC. Leaders Susan Rodetis & Dan Finton. Pre-register srodetis@earthlink.net for day-of cell phone contact & if MTA changes schedule.

Sunday July 24th

OFF-ROAD VISTAS: THE OLD PUT AND THE O.C.A.

9AM, Van Cortlandt Park, 40 miles – OFF ROAD

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

Sunday July 24th

☺ BICYCLE BEACH BUMS

10AM, Prospect Park, 30 miles

See description under July 3rd. Leaders: Danny Lieberman and others

Saturday July 30th

DAM AND DOUBLE DAM

9AM, Van Cortlandt Park, 60 hilly miles

The Kensico and Croton Dams are not just critical parts of NYC’s water supply infrastructure. They’re also great bicycling destinations, with spectacular views from the car-free roadways that traverse them. Additional car-free mileage on the Bronx River and Putnam Line trails. Since this is Westchester County, we’ll also have some nice steep hills to contend with. Bring or buy lunch. Bring a Metro North railroad permit for emergencies or early return. Pace - somewhat fast. Terrain: many steep hills. Leaders: Ed Ravin and Jim Zisfein.

Sunday July 31st

☺ BICYCLE BEACH BUMS

10AM, Prospect Park, 30 miles

See description under July 3rd. Leaders: Andrea Mercado and others.

Saturday August 6th

WESTCHESTER COUNTY TRAILWAYS

9AM, Van Cortlandt Park, 55 miles

Paved. Level. Car-free. What’s not to like? We’ll ride Westchester’s North and South County trail ways and the Putnam Trail a/k/a “the Old Put” from Yonkers to Carmel. On-road sections are short: Bronx to Yonkers and Carmel to Brewster for the train home. Bring water, snacks, Metro-North rail pass, \$ for train fare and lunch, and an appetite for a good workout. Pace: 15mph. Terrain: mostly level. Leaders: Jim Zisfein and Ed Ravin.

Saturday August 6th

ATTACK OF THE ICE CREAM RIDE

9AM, Columbus Circle, 50+ miles

In this reincarnation of the legendary 5BBC Ice Cream ride, we have researched some of the finest frozen confections in the area. Of course this includes the heavenly Lemon Ice King of Corona, historic Hinsch’s in Brooklyn, as well as a few others. Yes, we will also have a real lunch stop along the way. We’ll do our best to burn off those calories. Bring water, sunscreen, and some \$ for the edibles, both frozen and otherwise. Co-listed with New York Cycle Club. Leaders: Danny Lieberman, Mark Trainor and others.

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: Enter terminal building at East 42nd and Park Avenue, Manhattan. Meeting place is at the information kiosk in the center of the main hall. Subways: S 4 5 6 7 to Grand Central.

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

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

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

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

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

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

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

Day Trip Meeting Places (continued)

Port Imperial Waterway

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

Prospect Park Grand Army Plaza:

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

Prospect Park Picnic House:

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

Roosevelt Island Tramway:

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

Shea Stadium:

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

Soldiers' and Sailors' Monument:

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

South Ferry:

Auto ticket booth for the Staten Island Ferry, at ground level. The southern-most point of Broadway, at the foot of Manhattan. Also known as the Whitehall Ferry Terminal, located 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.

Day Trips Continued

Sunday August 7th

STATEN ISLAND PERIMETER

9AM, South Ferry, 40 flat miles
7:15AM, South Ferry, 40 flat miles
(Quick Spin, or "Let's Get It Over With")

Quick Spin information: We're taking the 7:30AM boat for 40+ mostly flat miles with conditions mentioned below. Emphasis: C-Y-C-L-I-N-G, not scenery. We'll go not too fast, and definitely not slow. If you can do the first 35 miles behind the leader at a nonstop 13-15mph pace (on flat terrain), sans cue sheets, sans point-drop-sweep, while handling some busy traffic and potholes, this is for you. Lunch at Carriage House, Fort Wadsworth, with views of New York Harbor. Then it's 5 miles to the ferry. Bring your own map(s) if needed. Wet weather @start cancels. Leaders: Alfredo Garcia (646) 312-1677 and others. Note: The Staten Island Perimeter regular, point-drop-sweep ride will follow Alfredo Garcia's classic route, but at 12-15 MPH. We meet 9:00 AM. @Staten Island Ferry Terminal, Manhattan side. Staten Islanders can meet the ferry at 10AM. This component of the ride will go – unless the weather gives us no hope, and hope springs eternal. Leaders: Ed DeFreitas and others.

Sunday August 7th

☺ BICYCLE BEACH BUMS

10AM, Prospect Park, 30 miles

See description under July 3rd. Leaders: Andrea Mercado and others.

Saturday August 13th

☺ JEWS OF EARLY NEW YORK (1654-1825)

10AM, Prospect Park, 25 miles

Guess who was coming for a kosher dinner! That didn't make Peter Stuyvesant too happy until the Dutch West India Company told him "Let 'em in or you're out on your tuchus!" See the original documents (a bit more politically correct) in the Museum of the City of New York and trace the routes of the first groups of Jews to the "Grosser Apple." Other exhibits include Life in El Barrio, Rooms From John D. Rockefeller's Mansion, and New York Glamour. Bring lock, \$5—\$7 suggested museum fee, and money for lunch in the neighborhood. Leisurely pace. Leaders: Richard Sanford and Sharon Behnke.

Saturday August 13th SANDY HOOK

10:30AM, World Financial Center. 10-12 miles
(99.9% flat, some busy traffic)

We will spend our time exclusively WITHIN. Emphasis on various attractions, with lunch at Sea Gull's Nest and frolicking on North Beach. Optional relaxed beach hike. Riding will be secondary, as we'll sparsely go on roads & greenways. Bring \$30 for 11:20am cruise fare (get there early or visit nywaterway.com), lunch money, sunscreen, beach gear and a lock. Co-listed with New York Cycle Club. Wet weather @start cancels. Leaders: Alfredo Garcia, (646) 312-1677 and others.

Saturday August 13th LINCOLN TUNNEL— A DAY INTO THE NIGHT

9:23PM (yes, 9:23pm), Chelsea Piers, West 22nd St. & 12th Avenue

Join this annual ride to get some timely yelling and screaming out of your system. This is 23 nighttime miles with conditions mentioned below. Guidelines: riders must have appropriate lights front and back. All lights, which will be inspected, should be steady and non-flashing. Bikes should be in good working order, so we can get to the George Washington Bridge before 12AM midnight. Wearing reflective clothing or vests recommended. No backpacks or panniers. Remember: Lack of adequate lights + faulty bike = zero ride. You must be able to deal with occasional blinding headlights, as well as a steep DARK downhill & climbs. Bring valid ID, just in case. Then we can feel good and really enjoy life. Post-ride brunch at the Moonstruck Diner. Co-listed with NYCC. Wet weather @start cancels. Leaders: Alfredo Garcia (646) 312-1677; Ed Pino & Liz Baum.

Sunday August 14th THE ANNUAL BILL SCHWARZ PATCH RIDE WITHOUT BILL SCHWARZ

9AM, Columbus Circle, 50 very hilly miles or more

Baby it may be hot out there, but what's a better way to cool off than to dunk after a long bike ride? This ride honors the now legendary summer trips to that long-departed water park in Peekskill, as created by Mr. S., who now resides in the wilds of Upstate NY. More recent editions have visited Croton Point Park. This year, though, we may seek out a new locale, including a possible visit up the aptly named Payne Road. Guarantee: whoever makes it up the steepest hill of the day without stopping earns a free ice cream, but don't injure yourself trying! NOTE: no points or drops on this ride, only a sweep, a cue sheet, maybe a map, and thou. Finish the ride in 5 hours or less and earn a club patch. Return trip to NYC is via Metro North, so bring your permit plus \$20-25 to cover train fare and possible watering hole. Heavy rain cancels. Leader: Ted M. Kushner.

Sunday August 14th

A LONGER RIDE TO A SHORTER PIER

9AM, Plaza Hotel, 50 hilly miles

Yeah! Yeah! Everybody goes to Piermont! Big deal! But, do you know why the place exists? Who cares! Just as long as it's there for cyclists knock themselves out getting there. So come, enjoy. Have a doughnut on the way back, maybe. You worked hard. You deserve it. Leaders: Ed DeFreitas and others.

Sunday August 14th

☺ BICYCLE BEACH BUMS

10AM, Prospect Park, 30 miles

See description under July 3rd. Leaders: Jim Zisfein and others.

Saturday August 20th

BRIDGES OF NEW YORK, 3RD EDITION

7AM, Chelsea Piers, West 22nd St. & 12th Ave, 60-80 miles

Not for beginners or casual riders: Survey 14 bridges suitable for bicycles, from the Brooklyn to the Bayonne. We'll hit all 5 boroughs, plus New Jersey's Bergen and Hudson Counties. Ride will leave at 7:23AM, ready or not (get there early). Riders must be able to ride at least 40 miles before lunch and hold a 12-15mph pace on flat roads. Possible extended Ft. Wadsworth stretch to see the Verrazano Bridge. You must be savvy in dealing with some busy traffic, chaos and pedestrians. Bring adequate drinking water. BE SURE TO RIDE PREPARED & FOCUSED. Lunch @ Hoboken and a possible ice cream stop @Bayonne. Those who finish get an award. Varied terrain, traffic and greenways. Co-listed with NYCC. Wet weather @ start cancels. Leaders: Alfredo Garcia, (646) 312-1677 and others.

Saturday August 20th

☺ PALISADES BIKE HIKE: PEANUT LEAP CASCADE

9AM, GW Bridge Bus Terminal, 25 mile ride, 4 mile hike

There's no history spiel today, just a pleasant ride to State Line Lookout Inn (<http://njpalisades.org/overlooks.htm#state>) on the Palisades cliffs, 532 feet above the water. Then we hike down to water level. The ride takes River Road and the infamous "Alpine d'Huez" hill at the north end. The hike (<http://njpalisades.org/slo-hike#peanut>) involves climbing the equivalent of a 50-story building down, then up, but is not technically difficult. Bring bike lock, water, snacks, comfortable walking shoes, and lunch or money for it. Moderate pace. Hilly terrain. Leaders: Jim Zisfein and others.

Sunday August 21st

☺ BROOKLYN SOJOURN

9AM, City Hall, 40 miles

Electric cars aren't new. Beautiful brownstones, and not in the expected neighborhoods – smell a bargain? Nothing weak about Weeksville. And, oh yeah, a piece of Brooklyn Dodger history. All this and maybe more are the points of a Brooklyn sojourn. Bring a lock & \$ for lunch. Leaders: Ed DeFreitas and others.

Sunday August 21st

☺ BICYCLE BEACH BUMS

10AM, Prospect Park, 30 miles

See description under July 3rd. Leaders: Jesse Brown and others.

Saturday August 27th

BATHE IN BAYVILLE XVIII

9:30AM Cunningham Park, 55 miles

Join us on this perennial 5BBC beach ride to Long Island's North Shore. Our destination is Centre Island Beach, where we'll take time out for a swim in Oyster Bay Harbor and some sunbathing. Bring money for lunch or a bag lunch, bathing suit, towel, lock, and an MTA rail pass. Rolling terrain rolling with some steep climbs. Moderate pace. Leaders: Ira Najowitz and others.

Saturday August 27th

TEMPERATURE REGULATORS (Quick Spin)

9:30AM, White Plains Road & Pelham Parkway, 45 miles

This is the summer edition of the great all-seasonal Quick Spin to Rye, NY and Byram, CT. Meet Jesse up in the Bronx and take a fast-paced spin. There might even be a stop for a bite at the Austrian pastry place. Minimum pace is 15mph. Bring a lock and \$ for lunch. To get to the start by subway, take the #2 to Pelham Parkway. Co-listed with New York Cycle Club. Leaders: Jesse Brown and others.

Sunday August 28th

ROCK AROUND THE ROCK

8:45AM, City Hall, 40 miles

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

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.)

Regional Roundup July–August 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.

Saturday, July 9th

The Prouty Century Ride And Walk

(Upper Conn. River Valley)

Information: www.theprouty.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 (Conn.)

Information:

www.tourdelance.com

Contact: noreend@lafmentor.org

Sunday, July 31st

Harlem Valley Rail Ride

Organizer: Bike New York

Information/Contact:

www.bikenyork.org

Saturday, August 6th

Magical History Tour

(Cherry Valley, NY)

Contact: Merrilyn O'Connell,

607-547-9515

Information:

www.magicalhistorytour.org

Sunday, August 7th

Tour of the Litchfield Hills

Information/Contact:

www.tourofthelitchfieldhills.com

Sunday, August 14th

Tour of the Hamptons

(no further information)

Sunday, August 14 -

Saturday, August 20th

Empire State AIDS Ride

Information/Contact:

www.empirestateaidsride.org,

212-496-2254



Who could resist such a friendly face at the NYC Bike Show (photo: Danny Lieberman)?

Day Trips Concluded

Sunday August 28th

☺ BICYCLE BEACH BUMS - FINAL RIDE AND BLOWOUT

10AM, Prospect Park, 30 miles

See description under July 3rd. This final ride will conclude with a special party. Details will be posted on 5BBC.org and in August weekly emails. Leaders: Brian Hoberman and others.

Saturday September 3rd

TEMPERATURE REGULATORS (Quick Spin)

9:30AM, White Plains Road & Pelham Parkway,
45 miles

This is the summer edition of the great all-seasonal Quick Spin to Rye, NY and Byram, CT. Meet Jesse up in the Bronx and take a fast-paced spin. There might even be a stop for a bite at the Austrian pastry place. Minimum pace is 15mph. Bring a lock and \$ for lunch. To get to the start by subway, take the #2 to Pelham Parkway. Co-listed with New York Cycle Club. Leaders: Jesse Brown and others.

Sunday September 4th

☺ MANHATTAN PERIMETER RIDE AND PERIMETER SERIES BLOWOUT

9AM, City Hall, 30 flat miles

Free Pizza. So, do we have your attention? Yes, this is the final of the "Perimeter Series" rides. We will circle the island where it all started, with \$24 of baubles and beads paid to the natives. Today, it wouldn't even pay the brokers fee for your condo

parking space. We'll zoom up the biker's version of a West Side I-95. Then it's lunch at a Harlem River backwater spot shared with the Columbia sculling team. After that, we trace the uneven shore of the Harlem and East Rivers all the way down to South Ferry for the aforementioned FREE PIZZA at the "Perimeter Series" Blow Out. Flat terrain.

Moderate pace. Leaders: Ed DeFreitas and others.

Sunday September 4th SANDY HOOK

10:30AM, World Financial Center, 23 miles

If you're planning to do the late September BIKE NY Twin Lights bike event, this is a small preview. We'll roam through the Monmouth County towns of Sea Bright, Rumson, Middletown, Atlantic Highlands and Highlands. We'll climb Mt. Mitchell Overlook to see a September 11th monument. After that, it's lunch at the Twin Lights of Navesink. Upon descent, we'll grab some beach time before returning. Bring \$30 for the 11:20am cruise (get there early or visit nywaterway.com), \$ for food, a lock, sunscreen, beach gear. Co-listed with NYCC. Wet weather @start cancels. Mostly flat with some busy traffic and hills. Leaders: Alfredo Garcia, (646) 312-1677, and others.

Monday September 5th (Labor Day) ☺ NEAR BROOKLYN

9:30AM, City Hall, 25 miles

The twin cities of New York and Brooklyn danced with each other for 50 years before the wedding. We'll get some snapshots of that time and others. Then, maybe we'll end up at a bike-friendly pizzeria near Bowling Green. Leaders: Ed DeFreitas and others.

5BBC Weekend Trips for 2005

Here Comes The Weekend!

The eyewitness birth of a baby cow, the landing of a hot air balloon, and the charms of the farm. An invigorating run to the woods, capped off by home cooked meals amidst the essence of community. Samplings of the latest wine vintages plus an incredible culinary extravaganza.

All three Weekend Trips that have so far come and gone (Penn Dutch, Bear Mountain, and Bike Boat Wine Dine) were emblazoned with near perfect weather and the hearty cries of "Sold Out!" With such a great 2005 kickoff, the 5BBC thanks you, and I thank you. For more of the same, please visit our web site at www.5BBC.org/weekend.shtml for updates on number of spaces currently available

Weekend Trips Listing

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

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

CANCELLED;
Sorry, maybe next year.

per trip, plus the link to *Active.Com* for our online Weekend trip registrations (via credit card payments).

See our descriptions below for prices, "Early Bird" Discounts, and rebate information for car-pooling trips. Also, the "Weekend Trip Answer Box" has further information. Please note that our 5BBC website will be updated often to reflect any and all trip details and policies. At press time, the print version has the most up-to-date news, but there will be website updates to note any changes or discrepancies. For more up-to-date trip information please also call our Weekend Trips Information Line, at (212) 932-2300 x138!

Ted Kushner

Weekend Trips Coordinator

Weekends@5BBC.org

Jersey Jaunting!

PEDAL & PADDLE

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

Trip No. P&CP

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!

(Continued on page 10)

Regional Roundup July–August 2005 (continued)

Sunday, August 21st

28th Ramapo Rally, Mahwah, NJ

Organizer: Bicycle Touring Club

of New Jersey

Information/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

Information/Contact:

www.nyccentury.org

Friday, September 16th -

Sunday, September 18th

Breaking The Cycle

Organizer: Global Impact Tours

Contact: Blake Strasser

www.brakingthecycle.org

Connecticut AIDS Bike Tour

Information

www.ctaidsbiketour.org

Friends Of Karen Ride (Purdy's, NY to Sharon, CT)

(limited to 50 riders; \$2,500 minimum donation)

Information:

www.friendsofkaren.org/default.htm

Contact: Harold Wagner, (914)

232-0904;

wagnergroup@verizon.net

Saturday September 17th

Escape from NY

Organizer: New York Cycle Club

Information/Contact:

www.NYCC.org

Sunday, September 18th

Harvest Ride (Conn.)

Organizer: Sound Cyclists

Information/Contact:

www.soundcyclists.com

Guide Dog Ride, Smithtown, NY

Information: www.guidedog.org

Contact: Lori Andrews, 631-265-2121

MS Bike Tour Long Island

(Oakdale, LI)

Information:

www.nationalmssociety.org/nyh/event/default.asp

Contact: Bill McDonough,

516-827-5007

Regional Roundup July–August 2005 (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.westchestercycleclub.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
Information/Contact:
www.cooleymilesforsmiles.com

Sunday, October 2nd The Great TZ Bike Tour for MS (Tappan Zee Bridge)

Information/Contact:
www.nationalmssociety.org/nyv

Mid-Hudson Bicycle Club Century

Information/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
Information/Contact:
www.msny.org

Sunday, October 23rd Tour de Bronx

Information/Contact:
www.tourdebronx.org

Weekend Trips Listing *(continued)*

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: \$410

Early discount deadline: July 1 (may be extended)

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

Vermont, here we come again, including Saturday's Mad River Century (<http://www.mrvcenturyride.com>). Delight in this wonderfully supported century (some shorter options) through the lush green of VT river valleys (and no mountain passes) via 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. And the whole century is done w/o a cue sheet; there are simply 5 right turns. In total, our trip enjoys 3 full days of bike touring/touristing/play in the lovely Lake Champlain locale with beautiful vistas, mountains, local rivers, and local gliding/soaring airport. Depart Thurs. afternoon 3PM (yes, wheels up at 3PM) to allow a full Friday cycling in VT. 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 (closed out the past few years), 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).

Life'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 breathtaking 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.

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!

(Continued on page 12)

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

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

Weekend Trips Listing *(continued)*

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.

Calling All History Buffs!!!

The Five Borough Bicycle Club History Project

We are looking for contributions to compile the history of the Five Borough Bicycle Club going back to its roots as the Metropolitan Bike Council and AYH. We're already underway researching the archives of material in the club's files. We especially want to get comments from long-time members of the club, and have talked to several. So, if you have old newsletters, photos or memorabilia from the early days, we'd like to talk to you.

Here's an example of the kind of history we are seeking:

The Judah Apsell Story, submitted by Larry Shoots

Judah was a bicycle messenger/poet. His poetry appeared in the AYH newsletter. I was teaching at an Intermediate School in Brooklyn and used one of his poems in my class. I have since lost the

Shore to Please!

CAPE MAY DE-LIGHTS

October 21-October 23 (depart Thursday evening, return Sunday evening)
Trip No. CMD
Deposit: \$150 Full Price: \$300
Early discount deadline: October 1;
Discount Price: \$270
Transportation: Van or Possible Car Pooling
Option with driver rebates
Lodging: Motels, double or triple occupancy
Trip Rating: B/C
Mileage: Moderate, 40 per day, ultra flat (longer/faster options for anyone pursuing ghosts, or chased by goblins)
Leaders: Susan Rodetis & Sharon Behnke

This trip is rescheduled from May. Spirit yourself away to a very special Halloween weekend! Victorian/Gothic Cape May is a unique East Coast gem, with gorgeous restored mansions, seafaring background, and beach/shore pleasures. Mix in special Halloween festivities, including a Ghoul Fest, a haunted house tour ... and who knows what other unworldly delights we will scare up. We'll also have seashore riding (lovely beach side stretches, lagoons/backwaters, island crossings, and maybe a ferry ride to Lewes, Delaware for scenic country cycling). This holiday is a renowned regional treat, and available lodging is scarce, so we need to book soon. It's gonna be a "boooooo-tiful" time—so don't miss out. Note: Front/rear lights will be required for a teensy bit of (potential) nighttime riding back to our lodging!

poem. It was about bicycle wheels and the color of the street lights. It was a visually stunning poem. He could take apart a bike and put it together. He knew everything there was to know about bicycles. He was a very strong rider and always carried a red bandana. He used it to shoo off cars that got too close. He was well liked by everyone and was a sort of institution at AYH. I will always think fondly of Judah who left us so many years ago. If anyone has access to the early AYH Newsletters, I would love to find Judah Apsell's lost poem.

If you have an interesting story or anecdote that you would like to share, please submit it to Sharon Behnke via email to vicepresident@5bbc.org or call 718-823-7303.

Sharon Behnke, Vice President
Barry Hartglass, Programs Coordinator
Ira Najowitz, Member-at-Large

Montauk 2005: A Great Time Was Had By All!

Here's how I knew the gods were with us on the 2005 Montauk Century: at 5:30pm, laying down on the grass at Ruschmeyer's to take a quick snooze, I felt about 10 raindrops. After a weekend of threatening weather, we actually had perfectly cool cycling weather that held all day.

We got just about everything right right this year. Fully-staffed rest stops, good food, free ice cream, smooth send-offs at Penn Station, Babylon and Mastic/Shirley. Efficient sweeping at 6pm, giving the last riders time to eat, shower and get on the last train.

As club members, you can be happy that the Montauk Century, the 5BBC's largest source of income, appears to be a financial success. Final financial figures aren't in yet, but with a record of over 1,700 registered riders, it looks like revenues for 2005 are up more than 30% over 2004.

There are always lots of stories coming out of Montauk, and you can see many for yourself at The most innovative technique for Montauk rider recruitment belongs to our Programs Coordinator, Barry Hartglass. Three weeks before Montauk, at the pre-ride for the Five Boro Bike Tour, Barry fell off his bike on slippery pavement at Battery Park and suffered injuries to his face and dental work. While in the Emergency Room at NYU Downtown Hospital, Barry still kept his cycling spirit and convinced the staff plastic surgeon to ride in Montauk. The good doctor writes:

"Hey Barry, I did the Montauk Century and I thought it was great. I did get a little winded around Southampton however as I had not trained for the ride. I'm glad I went and you were a good source of persuasion. I hope you are mending well. —Dr. K. R. PS, If there's any leftover T-Shirts etc, let me know."

With all the people and logistics involved in the Century, problems will crop up. The LIRR's last-minute decision to limit train riders at Montauk was a heart-stopper, forcing us to put the SAG buses to work. Fortunately, we found ways to accommodate everyone and get them home.

Most handled the challenges with good humor. I drove one of the trucks to Penn Station, and was happy to see that even the ones who had the toughest day (lost wallet, mechanical problems, separated from friends) gave in to the spirit of the thing and helped their fellow cyclists.

A lesser problem was not enough T-shirts! The truth is that demand was so heavy this year we actually ran out of all merchandise two times before the



BikeTV's Clarence Eckerson shows us what he's got (photo: Danny Lieberman).

event. Planning to have more merchandise is now definitely on the 2006 checklist.

If the stars were in alignment on May 15th, we can thank Special Events Coordinators Ed Pino and Liz Baum, the tireless energy and expertise of Tour Director Glen Goldstein, and the many volunteers who deal with long hours, tough logistics and unforeseen complications to make it all happen. But I'm sure you'll appreciate it if I skip the rah-rah — I'll let the comments of the riders speak for themselves.

—Peter Engel

"Anyway, This was my first century and now I have to buy the road bike I always promised myself. "Now I understand the term of "it's not the bike its the engine. Doing a century on my Trek 7100 hybrid was not a problem, I unfortunately embarrassed many of those on the so called Your team did a great job and should be commended. Courtesy and patience were the rule of the day by each and every one of them. All in all, I had a blast. Now I got to get that road bike."

—Robert Marcus

I really want to thank you and 5BBC for making my first Century such an enjoyable experience. The entire day was a pleasure, and your volunteers and staff are to be congratulated. I know there were some challenges late in the day getting everyone back to Babylon. But, all ended well. Your team kept their sense of humor, and provided a great deal of service and support.

—Tom Cohen

I just want to take the opportunity to thank all of the organizers and volunteers for a well organized ride and for the usual great support provided to the riders. I had a wonderful Century thanks to your efforts. And whoever ordered the weather did OK as well.

—Barry R. Gogel

(Continued on page 15)

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

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 on pages 11-13 for a discount on many items.



Member 2005*



5BBC
FIVE BOROUGH BICYCLE CLUB

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.

Montauk 2005 (Continued)

Next year, will remember, take the dinner, skip shower, and remember to pick up my socks at end of ride. Thanks for all volunteers, and organizers! —Sandra

Just wanted to drop a line to tell you how much fun my brother and I had on the Montauk Century. Everything was incredibly organized and planned out. This was our first time on the century and the route itself was really well thought out and easy to follow. The rest stops were so great it was hard to leave. Good food great people and we did not have to pedal while there. The fact that it was actually 104 miles made it that much more fun. At 103 miles I thought (while pedaling in pain) how much fun should two people have in one day. Even your promise of no rain came true even as every weatherman said it would. I know some people will complain about something, they always do, I just wanted you to know how great a day it was. If anybody complains to you show them this e-mail and tell them where they can put it. Looking forward to next year.

—Erik Maschler

Bravo! A superb job on the Montauk Century. I just wanted to thank you again for making it possible for my husband (also Glenn, but with 2 n's, my daughter, Dana, and our friend Tom), to participate in the Montauk event. My husband is a seasoned rider and commented on how organized and well planned the ride was. He relished the fact that there were no huge masses of riders in one location at any time during the ride. My 18-year-old daughter who doesn't usually ride with my husband commented at the finish line how great it felt to make it and what a rush of accomplishment she felt at the end. THANK YOU one more time for letting us make these special arrangements. My

daughter will be going off to college in August and I am glad she got to share this experience with her dad.

—Joan Nystrand

I met a couple along the side of the road - maybe 10 miles from Montauk. They asked what kind of cycling event was going on and, when I told them we were riding to Montauk, they asked "In how many days?" As a newbie, it's hard to believe I did 65. Those who did 100? Awesome! 140? Insane!!!! —Stacy

I just wanted to add my thanks to all of you who organized and volunteered to make this ride as great as it was. Everything — the rest stops, the road markings, the enthusiasm, the support, even the weather! — was perfect. I never thought I'd be able to do 65 miles (and I must admit, a part of me was hoping for torrential rains so I could wimp out of it) but, as someone said long before me — I came, I saw, I conquered!! (LOL) And it would never, ever have happened without the hard work and dedication of all the 5BBC volunteers. My hat is off to all of you. —Chana

Last year I was driven home with a stop at the Southampton Hospital for a pair of broken ribs and fractured elbow. This year was a safer ride and got to experience the train. A total nightmare loading the bikes, but hey that's what happens when everyone wants to get home at the same time. Showers were great despite the water pressure. Only wish everyone on the train took a shower. All in all it was another "AMAZING" tour and congratulations to all involved. Can't wait until next year!! Don't limit the amount of riders... please find a way to increase the amount and open up the world of cycling to more people. —Artie Cabasso

5,000 BIKERS ONE NYC

Sunday, September 11, 2005



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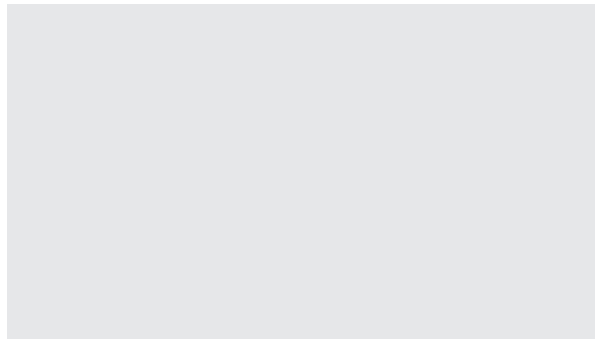
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About the Five Borough Bicycle Club

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 September-October 2005 issue is Friday, August 5, 2005.

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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.