

September–October
2005

Volume 15 · Issue 5

B I C Y C L E € € R™

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



The Beach Bums relax with ice cream at Spumoni Gardens in Brooklyn's Bensonhurst, on the July 24th ride (photo: Danny Lieberman).

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Two-Wheeled Wondering

Following four recent tragic bicycling deaths, I told everyone “let’s be careful out there” in the last *Bicycletter*. Since then, the 5BBC has joined a coalition of NYC cycling groups that is lobbying the City of New York to make bicycling safer on our streets. Please read the story about the six-point Bike Safety Action Plan, and then take action yourself. It’s an election year. Every one of us has a responsibility to make our concerns about rising dangers to cyclists count for something.

Paul Law, a frequent 5BBC rider and a big help on day trips, was “doored” in late June. In his case, it was a car passenger exiting into the street:

“Made the mistake of going back to Bklyn after the Bronx Perimeter Ride via the West Side bike-way. Diverted due to the Gay Pride Parade. Traffic was at a standstill everywhere. Riding up Perry Street on the right side, in the 68th mile since leaving home, when a passenger of a stopped car opened her rear right door into my left upper arm. Went over to the right, bouncing my helmet off a parked car caught a bit of my right elbow going into a reflexive aikido roll, taking most of the fall on the back of my right shoulder and upper right buttock (just below belt height). The helmet gave its life doing its job when it bounced off the asphalt. Shattered my right mirror and the red window on my rear light vanished under a parked police car (no damage to the cop car). Had to pick a sliver of glass out of a sesame seed-sized wound in my right wrist. Used the Wound Wash in my road rash kit to wash the blood off. Could of been worse - my osteoporosis could have left me like a smashed beer bottle.”

I’m glad you’re OK, Paul. Ed DeFrietas and other 5BBC leaders have been pointing out that ANYONE NEAR A DOOR, FRONT OR BACK, NOT JUST THE DRIVER’S, is in equal danger. As a former limousine driver, I can tell you that rear door passengers frequently exit in a hurry, and don’t pay attention to what’s behind them. This is particularly true when they are carrying on a cell phone conversation. On your next ride, stay at least four feet away from any car and shout and point “DOOR” for ANYONE IN ANY PART OF THE CAR.

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General Meetings

September

Monday, September 19, 6:30PM

Location: Lower Manhattan Business Improvement District, 104 Washington Street (near Rector Street), Manhattan. Subways: 1/R/W to Rector, or 4/5 to Wall Street.

NYC firefighter Josh Gallo spoke with us at our snowy February meeting about his participation in the 2004 FDNY Cross Country Bike Tour, a fund raiser for the Widow’s and Children’s Fund of the Uniformed Firefighters Association. We’ve invited him back to display his photos, to raffle one of his team’s Giant bicycles (proceeds to the Widow’s and Children’s Fund), and to discuss future events.

The meeting will be covered by *bikeTV*, a cable-access show on bicycling in the NYC metro area and beyond. BikeTV CEO and 5BBC member Clarence Eckerson will be at the meeting to discuss his unique program.

October

Monday, October 17, 6:30PM

Location: Lower Manhattan Business Improvement District, 104 Washington Street (near Rector Street), Manhattan. Subways: 1/R/W to Rector, or 4/5 to Wall Street.

5BBC Executive Board

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president@5BBC.org

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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)

While safety is an overwhelming theme of this issue of *Bicycletter*, there is plenty of fun to be had. Check out Alfredo Garcia's story on Greenway resources – there's a lot more to NYC paths than you think. The memories of one of our longest-serving members, John Sutter, are worth checking out as part of the 5BBC History Project. And don't forget the wide variety of Day and Weekend Trips, especially as the great fall riding weather arrives.

See you on the road!

Peter Engel
2005 Newsletter Editor
Newsletter@5BBC.org

December Holiday Party

Saturday, December 10, 7-10PM

Location: 17 Murray Bar & Restaurant,
17 Murray Street (Between Broadway & Church),
New York, NY 10007

In celebration of the success of the 2005 Montauk Century and record number of new club members, this year we are having a catered event. The 5BBC will pick up a portion of the cost. The low admission price includes sumptuous dinner buffet and dessert, wine or beer on the house (discounted price for mixed drinks) and live D.J. for your dancing pleasure. Reservations will be required, and we've made it easy. Just go to this link at Active.com, http://www.active.com/event_detail.cfm?event_id=1250955. Let's party!

Barry Lee Hartglass, 2005 Program Coordinator
programs@5bbc.org

Call for 2006 5BBC Board Nominations

Each fall, the 5BBC holds an annual election for its Executive Board. All 5BBC members are eligible to run for positions on the board and vote. So, we are encouraging you to do both! In serving on the board, you support the club's mission: to maximize the benefits, and fun, of bicycling in the New York City area. Our board has 13 positions, each with specific duties outlined below. We meet once a month to make the weighty decisions that keep the club running.

You can nominate yourself or someone else for a position, by writing to us at corresponding@5BBC.org (strongly preferred) or mail to:

Five Borough Bicycle Club / Attn: Nominations
891 Amsterdam Avenue, Room 002
New York, N.Y. 10025-4403.

Each nomination needs to be seconded by another club member, so make sure your letter includes the name of this person. The deadline for submitting a nomination is club's general meeting, **Monday, October 17th**, which takes place that evening at 6:30 p.m., at the Lower Manhattan Business Improvement District, 104 Washington Street (near Rector Street), Manhattan. You may also make a nomination in person at the beginning of that meeting. Ballots will be mailed out thereafter and must be returned prior to the General Meeting on November 21st when they will be counted and the results immediately announced.

The new 5BBC Board takes office on **Monday, December 5** for a one-year term.

Officers

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

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

General Meetings *(continued from page 1)*

Our speaker is Loren Mooney, Associate Executive Editor of *Bicycling* Magazine and a dedicated cyclist herself. Ms. Mooney will talk about editing the premier magazine for bicycle enthusiasts. She will also discuss the innovative BikeTown program, and how they test bikes and accessories. Loren will also go into Rodale Press's fascinating history, starting with *Prevention* Magazine, and the future directions of *Bicycling*, which might include more aggressive bicycle advocacy. Immediately prior to Ms. Mooney's presentation, nominations for the 2006 5BBC Executive Board will be taken.

You don't want to miss this meeting! I expect it will be among the most interesting of the year, and it might even lead to a *Bicycling* article about our club.

Recording Secretary: Takes minutes of Executive Board meetings.

Corresponding Secretary: Handles correspondence for general club matters.

Treasurer: Coordinates preparation of the budget and monitors spending.

Coordinators

Day Trips Coordinator: Coordinates planning of, identifies leaders for and schedules day trips.

Weekend Trips Coordinator: Coordinates planning of, identifies leaders for, schedules and budgets weekend trips.

Newsletter Editor: Edits and publishes the bi-monthly newsletter.

Leadership Coordinator: Organizes and conducts the semi-annual leadership training course.

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

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

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

Communications Coordinator: Publicizes and promotes club activities to the public.

Other Rules

The five officers and the day trips, weekend trips and leadership coordinators must be trained 5BBC leaders. Before taking office, the president must have been a club member for two years or an Executive Board member for at least six months.

Current elected Executive Board members are listed on page 2 of this *Bicycletter*.

November

Monday, November 21, 6:30PM

Location: Hostelling International, 891 Amsterdam Avenue (at 103 St), Manhattan, Room 111 (Board Room). Subway: #1 to 103 & Broadway.

This is Election Night for your 2006 Executive Board!

As a special treat, cyclist extraordinaire Tod Moore will return to tell us about his 6-week 2005 summer vacation to the Lorraine Valley and Provence regions of France (for our wine and food connoisseurs!) as well to the Alps. Tod (www.todmoore.net) does self-contained rides with a high-performance folding road bike from Bike Friday. If you dread disassembling and assembling bikes for travel, this should be of particular interest.

Bike Access to Trains

Metro-North Railroad and Long Island Railroad (LIRR) Bike Permits

There is one permit for both, available at:

A) Grand Central Terminal, Metro-North window #27 or call 212-532-4900, and

B) Penn Station LIRR information booth or call 718-558-8228.

There is a \$5 fee. Specific restrictions apply. Note: old LIRR and Metro-North permits are still valid for their respective lines. The web page for an application is: www.mnr.org/mnr/html/mnr/bikepermit.htm

New Jersey Transit (NJT) Bikes Aboard Program

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

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

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

Port Authority Trans Hudson (PATH)

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

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

Day Trip Meeting Places

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

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

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

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

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

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

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

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

Fall is nearly here, and we have a fine selection of day rides to enjoy the cooler weather and foliage. Our calendar includes a number of brand new rides, updated ones, and a few older favorites. You will also see a few new names on our offerings, because some of our recent 5BBC Leadership Course graduates will be in charge. Please try them out and see what they have to offer. I'm sure you will be pleased.

Day Trips: September–October 2005

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. Meet Jesse Brown up in the Bronx, and then take a fast-paced spin (minimum pace: 15 mph) out to Rye, NY and Byram, CT. There might even be a stop for a bite at the Austrian pastry place. Please bring a lock and \$ for lunch. For a subway start, get the #2 train to Pelham Parkway. Leaders: Jim Zisfein and Mark Trainor. Co-listed with NYCC.

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 and we will circle the island where it all started with \$24 of baubles and beads paid to the natives. Today, it wouldn't even pay the brokers fee for your condo parking space. We'll zoom up the biker's version of a west side I-95. Lunch at a Harlem River back water spot shared with the Columbia sculling team, trace the uneven shore of the Harlem and East Rivers all the way down to South Ferry and the afore mentioned FREE PIZZA at the "Perimeter Series" Blow Out. Terrain: Flat as a pizza. 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 Twin Lights bike event, this is a small preview. We'll roam through Monmouth County towns of Sea Bright, Rumson, Middletown, Atlantic Highlands and Highlands. We'll climb the Mt. Mitchell Overlook to see a

If you are a new member who joined this past spring or summer, we do hope you will continue to ride with the 5BBC through the cooler weather of fall and winter. Comments, questions, or suggestions? Please send them to daytrips@5bbc.org.

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

9/11 monument. Climb and enjoy lunch at the Twin Lights of Navesink. Upon descent, grab some beach time before returning. Bring \$30 for the 11:20 am 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 & Brooklyn danced with each other for 50 years before the wedding. We'll get some snapshots of that time, and others. Then, maybe, end up at a bike-friendly pizzeria near Bowling Green. Leaders: Ed DeFreitas and others.

Saturday, September 10th EASTERN CONNECTICUT METRIC CENTURY (QUICK SPIN)

6:40AM, Grand Central Terminal (7AM train), 67 miles

9AM meet at New Haven Metro North Station
This is a scenic and hilly ride through rustic and rural Connecticut. A metric century plus that will start and return to the New Haven railroad station. We'll pass through Middletown, Chatfield Hollow and other scenic areas. These inland roads might remind you of I. W. Willets on Long Island. We may stop for a local pizza or something along the way. Please be sure to bring pocket food, plenty of water, and your MTA rail pass (roundtrip ticket is \$28). Fast pace (17-20mph); nasty weather cancels. Co-listed with NYCC. Leaders: Jonathan Friedman and others.

Sunday, September 11th THE GREAT SWAMP

8:30AM, World Trade Center PATH station, 45-50 miles

If you ain't doing the TA Century, here's a nifty excuse to escape the crowds. The Swamp, long a Mecca for cyclists, was an early environmental victory when it escaped a developer's plans to build an airport on it in the 1950s. We'll take the PATH train to Newark, then take a 4-county route to visit either the Somerset Environmental Center or the Raptor Trust, a hospital for injured birds of prey, and home to our feathered friend, the Harris Hawk. Bring \$3 for train fare, plus lunch money and bike lock. Heavy rain cancels. Moderate pace, very hilly. Leaders: Ted M. Kushner and others.

Friday, September 16th

☺ ROSENWACH WOODEN TANK FACTORY TOUR

10:30AM, Prospect Park, Grand Army Plaza, 15 miles

Ellis Island? Closed! Nickel Hot Dogs? Bit the dust! Block ice? Now frost free! Is there any hope for humanity? Yes there is, and the proof is towering right above you. Look Up! What comes to your eyes? (No, not the pigeon \$#?X0) It's a Rosenwach Water Tank! And (knock on wood) these icons will be around even longer than the dust on the walls of McSorley's Old Ale House. Join us on this Friday tour as Ken, Rosenwach's foreman, reveals the secrets of building a quality "Made In Brooklyn" water tank. Bring a lock and money for lunch at a local ethnic restaurant. Pace: Leisurely. Leaders: Richard Sanford and Dennis Griffin. If it rains, the ride is still on; we will just hop on a train.

Saturday, September 17th

TEMPERATURE REGULATORS (Quick Spin)

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

The Temperature Regulators are back! Meet Jesse up in the Bronx and take a fast paced spin out to Rye, NY and Byram, CT. 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. Leaders: Jesse Brown and others.

Saturday, September 17th

☺ THE LITTLE RED LIGHTHOUSE

10AM, South Ferry, 24 miles

The Little Red Light House stopped being used as a functioning lighthouse long ago. Located along a treacherous section of the Hudson River under the George Washington Bridge, it was once known as Jeffries Hook. In 1951, it was saved from possible demolition by letters from young New Yorkers and children all around the world who loved the bedtime story "The Little Red Lighthouse and The Great



The July 24th Bicycle Beach Bums Ride turned out to be an absolutely perfect day at the beach (photo: Danny Lieberman)!

Gray Bridge." We will stop at Dinosaur Bar-B-Q for lunch on the way back. Mostly flat with a few short hills. Bring a lock and \$ for lunch. Leaders: Jim Mallard and others.

Sunday, September 18th

BROOKLYN PERIMETER, RECONSIDERED

8:30AM, City Hall, 45 miles

When we last rode the Brooklyn Perimeter (July), it was raining in Manhattan, Brooklyn was damp, and many riders stayed away. They missed a new route, which was prompted by the rain. Hey, variety makes a trip more enjoyable. In this encore presentation, we will expand upon the new route. The trip includes lunch at a great diner in the Marine Park section. Brisk pace (15+mph). Terrain is almost but not entirely flat. Bring a lock, \$ for lunch, and a spare tube. Leaders: Danny Lieberman and Ed DeFreitas.

Saturday, September 24th

CROTON AQUEDUCT OFF-ROAD ADVENTURE

9AM, Van Cortlandt Park (West 242nd & Broadway), 35 off-road miles

The year: 1835. New York City was dealing with a few nasty quality-of-life problems, like cholera and a disastrous fire that had just burned down 17 square blocks of the best real estate. In response, the city built a reservoir in Westchester and a 35-mile-long water tunnel to bring it to Manhattan. Above that tunnel, we now have the Old Croton Aqueduct trail – a scenic off-road path that goes through Westchester County parks, towns, and back yards. Extra treat: We'll also visit the inside of the water tunnel, thanks to a special tour in Ossining. Hybrid or mountain bike required. Bring Metro-North permit and \$7 fare. No previous off-road experience needed. The 35-mile route is mostly off-road, and mostly level, with a few steep hills. Leaders: Ed Ravin (eravin@panix.com) and others.

Continued on page 6

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 southernmost point of Broadway, at the foot of Manhattan. Also known as the Whitehall Ferry Terminal, located at Whitehall & South Streets. Enter at ground level bike/pedestrian entrance. Please follow ferry crews' instructions. Visit www.siferry.com and www.transalt.org/info/abroad.html for more information. Subways: 1 to South Ferry, N R W (N weekdays, W weekends) to Whitehall St, 4 5 to Bowling Green, 2 3 A C E nearby.

Sunday, September 25th ROCKAWAY GATEWAY GREENWAY (Extended Edition)

8:30AM, Boro Hall (Brooklyn), 45 miles

The last time we attempted this ride, it was much too short. This time, we'll make the same loop around Jamaica Bay with the lunch stop on Broad Channel Island, but we'll take in Breezy Point before returning to Brooklyn. Fast paced and windy. Flat terrain, except for the bridges. Bring a spare tube and pump. Bring or buy lunch. Leaders: Danny Lieberman and others.

Saturday, October 1st

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 Alexander 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, with a 12-14mph pace. If the weather is threatening, call Stephen at (917) 301-0707 the morning of the ride. Leaders: Stephen Jackel and others.

Saturday, October 1st

☺ PALISADES BIKE HIKE: CLOSTER LANDING LOOP

8:30AM, GW Bridge Bus Term, W178th & Ft Washington Ave. 20 mile ride, 5 mile hike

We ride on "River Road" to the Kearney House at Alpine Marina, then we hike with a park historian. This "history hike" explores the ruins of estates that once dotted the Palisades cliff, before they were demolished to make way for the park and parkway. For hike details, see www.njpalisades.org/alp-hike.htm#Loop. Bring a bike lock, comfortable walking shoes, bag lunch, and water. Moderate pace. Hike, slow. Terrain: Moderately hilly. Leaders: Jim Zisfein and others.

Sunday, October 2nd

CRANBERRY LAKE AND BRONX RIVER PARKWAY (Bike-Hike)

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

Join us for 40 miles of scenic Westchester County roads, bike paths and a stop at a nature preserve. There we will take a walk around a swampy lake in a quiet, forested area. Optional return via Metro-North after 25 miles (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 46% car free. All paths are paved paths, suitable for road bikes. Bring appropriate walking footwear. Terrain: rolling with a few steep hills. Leaders: Ed Ravin and Sharon Behnke.

Saturday, October 8th

EASTERN CONNECTICUT CRITERIUM (QUICK SPIN)

6:40AM, Grand Central Terminal (7AM train), 80 miles. 9AM meet at New Haven Metro North Station

This is an even longer distance scenic and hilly ride through rustic and rural Connecticut. We will start and return to the New Haven railroad station. We'll pass through Middletown, Chatfield Hollow and Old Lyme. These inland roads might remind you of I. W. Willets on Long Island. We may stop for a local pizza or something along the way. Please be sure to bring pocket food, plenty of water, and your MTA rail pass (roundtrip ticket is \$28). Fast pace (17-20mph); nasty weather cancels. Co-listed with NYCC. Leaders: Jonathan Friedman and others.

Sunday, October 9th

OFF-ROAD VISTAS: RIDE TO KENSICO DAM

10AM, E241st St & White Plains Rd (last stop on #2), 35 miles

An "Off-Road Vista" bike journey, but fit for a regular bike. In the depths of the Great Depression, the government did a lot of projects to "make work." This one is a jewel. Flowing water, small dams and bridges, ducks, geese and swans make a most pleasant rolling ride. We'll follow the Bronx River Parkway bike path up to the dam and back. Includes 35-mile paved path with some riding in traffic. Hilly in places. Bring lunch and your Metro North bike pass just in case. Leaders: Ed DeFreitas and others.

Monday, October 10th

☺ COLUMBUS DAY BATAMPTÉ FACTORY VISIT

9:45AM, City Hall, 20 miles

Why didn't Columbus ever touch the U.S. mainland? Why bother? After all, there was no Batampté Pickle Factory. Now, over 500 years later, Columbus' dream has been realized. It just goes to show that making good garlic dill can take centuries. And who knows better than Batampté how to make pickles? We'll visit this family-owned business, and find out what Chris missed. Bring lock, money for lunch at a local restaurant, and something to hold a jar of pickles. Pace: leisurely. Leaders: Richard Sanford and Jim Mallard. Rain at start time cancels.

Saturday, October 15th

OY OY OYSTERS!

9AM, Cunningham Park, 50 miles (Rain Date Sun, Oct 16th)

They may be slimy, but they sure taste good, whether baked, deep-fried, chowdered or lemoned with sauce. So do their cousin shrimpies, scungillis, clams, and other nautical delicacies. Long Island's Oyster Bay Oyster festival celebrates its 22nd anniversary. What's a better way to cook up an appetite than by cycling to this North Shore enclave? See <http://www.theoysterfestival.org> for updates). Free admission, but bring cash for goodies plus bike lock. NOTE: Heavy rain in morning will postpone ride to Rain Date of Sunday, October 16. Moderate pace, with the usual L.I. hills. Leaders: Ted M. Kushner, Ed Pino and Liz Baum.

Saturday, October 15th

☺ PALISADES BIKE HIKE: BOMBAY HOOK

8:30AM, GW Bridge Bus Term (W 178th & Ft Washington Ave). 20-mile ride, 8-mile hike

We ride on "River Road" to Kearney House at Alpine Marina, then we hike with a park historian. This 8-mile "history hike" will bring us to some of the most impressive scenery in the park. See www.njpalisades.org/alp-hike.htm#Bombay for hike details. Bring a bike lock, comfortable walking shoes, bag lunch, and water. Pace: ride, moderate; hike, slow. Leaders: Jim Zisfein and others.

Sunday, October 16th

TEMPERATURE REGULATORS (Quick Spin)

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

The Temperature Regulators continue their all-seasonal fun rides northeast of the city. Meet Jesse up in the Bronx and take a fast paced spin out to Rye, NY and Byram, CT. 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. Leaders: Jesse Brown and others.

Saturday, October 22nd

IF YOU SEE A FORK IN THE ROAD, PICK IT UP!

9:30AM, AYH, 35 miles... or is it 50?

Was it 35 miles? Or was it 50? We STILL haven't figured out the exact mileage to the Yogi Berra Learning Museum, in nearby Montclair NJ, because the last two times we tried, we got rained out. Will this be Strike Three? Well, it sure looks nearby on

the map, so we'll reset the odometers and navigate our way to see some nifty baseball memorabilia, courtesy of retired Number 8 of the NY Yankees. See <http://www.yogiberramuseum.org> for program updates. Just remember: this ride ain't over 'til it's over, right Lawrence Peter? Bring \$6 for museum admission, World Series predictions, bike locks and lunch dough. Moderate pace with lots of hills. Leaders: Ted M. Kushner, Ed Pino and Liz Baum.

Saturday, October 22nd

SPINNING UP THE HILLS

8:25AM, Grand Central Terminal, 45 miles

9:45AM at Croton-Harmon station

Join us for this beautiful, but very hilly ride through northern Westchester. While spinning on the hills (with cumulative climbing of 3,500 feet), we can enjoy the fall foliage and look forward to homemade ice cream near the end. N.B.: Triples are highly recommended, bring an MTA bike permit, and note that there's about a mile 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. Approximate end time 6PM (Croton) or 7PM (GCT). Leaders: Brian Hoberman and Alfredo Garcia.

Sunday, October 23rd

☺ HUDSON RIVER MUSEUM

10AM, 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 until we reach the Hudson River Museum. This is not just a museum. It's also a mansion and planetarium, an ecological display of the entire Hudson River, and a place to have lunch with a view of the Palisades. If you didn't love Our river before....well. 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. Maybe a bonus museum as well. Visit <http://www.hrm.org/>. Leaders: Ed DeFreitas and others.

Continued on page 8



Outside MarieBelle's in SoHo during the July 23rd Revenge of the Chocolate Ride (photo: Danny Lieberman).

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 September– 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.

Thursday, September 2nd -

**Monday, September 5th
HAZON 5th Annual Jewish
Environmental Bike Ride**

Information: www.hazon.org
Contact: Anna Stevenson,
nyride@hazon.org

**Sunday, September 4th
BCP Peter O'Dell Memorial Ride**

Information/Contact:
www.phillybikeclub.org

**Sunday, September 11th
New York City Century Bike Tour**

Organizer: Transportation
Alternatives
Information/Contact:
www.nyccentury.org

**BCP Scenic Schuylkill Century
(Philadelphia)**

Information/Contact:
www.phillybikeclub.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
Email: wagnergroup@verizon.net

**Saturday September 17th
Escape from New York Century**

Organizer: New York Cycle Club
Information/Contact:
www.NYCC.org

**Saturday, October 29th
FALLING FOR PLANTING FIELDS**

8AM, Bridgemarket (1st Ave & E 60th, Manhattan),
58 miles. 9:45AM, Cunningham Park, 45 mile

Join us for a ride to Planting Fields, one of the few remaining Gold Coast estates on Long Island's North Shore. Its original 400+ acreage, as well as historic buildings and landscape have all been preserved. We'll spend some time on its rolling lawns and formal gardens, all the while enjoying what we hope is the peak of the Fall foliage season. And with Halloween in just a couple of days, perhaps there will be some spooky fun to be had! Free entry to the grounds, but bring a lock and \$ for optional visit to its two greenhouses. More info at <http://www.plantingfields.org>. If the weather makes the ride questionable, call Brian at (917) 868-0013. Terrain: rolling hills. Ride will end at Cunningham Park approx 6PM. No group return to Manhattan. Leaders: Brian Hoberman and Stephen Jackel.

**Saturday, October 29th
BEAR MOUNTAIN METRIC CENTURY:
THE SIX COUNTY RIDE**

8AM, Plaza Hotel, 65 miles

The last day of Daylight Savings is a perfect time for a Fall reprise of this popular Summer ride. After biking along the western shore of the Hudson, challenge yourself by riding up Perkins Drive to the summit, about 1,300 feet above sea level. The view is worth it! Return to NYC on Metro North from the Garrison Station. Bring a MTA rail pass and \$10 train fare. Terrain: HILLY with some VERY STEEP climbs. Leaders: Ira Najowitz and Mark Trainor.

**Sunday, October 30th
(Standard Time Begins)
CEMETERY RIDE SPECIAL EDITION**

9AM, Bridgemarket (1st Ave & East 60th St),
40-45 miles

Just thinking about this ride gives me chills. There is a belt of greenery in southern Queens that is populated by quiet parklands and the dead. Let's take a spin around that quiet part of town. A new, longer route will include more cemeteries and quiet neighborhoods. Moderate pace. Bring a lock and \$ for lunch at a diner. Terrain: some rolling hills. Leaders: Danny Lieberman, Ed DeFreitas, and John Chiarella.

**Saturday, November 5th
NORTH SHORE / SOUTH SHORE
RAMBLE**

9AM, Bridgemarket, 60+ miles

This will be another of my exploratory rides. We'll visit scenic areas in eastern Queens and nearby Nassau on both shores. We'll break for lunch at a diner, so please bring a lock, some \$ for lunch, and your MTA rail pass in case of an early bailout. Mostly flat riding but some noticeable hills. Moderate to fast pace. Leaders: Danny Lieberman and others.

**Sunday, November 6th
☺ PALISADES BIKE HIKE:
GREENBROOK SANCTUARY**

9AM, GW Bridge Bus Term, W178th St & Ft
Washington Ave. 15 mile ride, 3 mile hike

From the Greenbrook website (njpalisades.org/greenbrook.htm): "Greenbrook Sanctuary is 165 acres of woodland on top of New Jersey's magnificent Palisades. 4.7 miles north of the George Washington Bridge, off U.S. Route 9W, the sanctuary is an oasis of solitude and natural beauty, minutes away from one of the noisiest, most densely populated areas in the world." Escape from the city to this nearby and truly natural wonder, and learn about its history on a professionally guided hike. Bring a bike lock, comfortable walking shoes, water, and \$ for lunch at the nearby Royal Cliffs Diner. Leaders: Jim Zisfein and others.

**Sunday, November 6th
☺ QUADRUPLE BYPASS**

10AM, City Hall, 20 miles

If you want to do hills but not leave the East River... Ah, of course! First ride over the Brooklyn Bridge. Then, the Manhattan Bridge. Go through the Lower East Side. No Katz's please! Okay, maybe a pickle. Now, the Williamsburg Bridge with those @\$%^&* bumps. There oughta be law! Okay, now north along Bedford. STAY AWAY FROM THE RESTAURANTS!! Later! We'll eat later. Hop over the Newtown Creek. That's Newtown not Newton. Stop thinking cookies. In L.I.C., maybe a museum. Okay, maybe an island hop. Now that you've rested, the QB looms on the horizon. So, up we go. We'll follow the East River south to a bike friendly pizza place. Yeah, yeah, esse kinder. But, I'm not buying! Leaders: Ed DeFreitas and others.

5BBC Weekend Trips for 2005

Here Comes The Weekend!

Please visit our web site at www.5BBC.org/weekend.shtml for updates on number of spaces currently available 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

Weekend Trips Listing

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! **Postponed until 2006!**

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

Sorry, friends - - postponed for 2005 (we couldn't firm up pricing in time for enough folks to commit). We're well set for 2006, though, and as Susan Rodetis won't be planning or doing the VT wle trip in 2006 (variety is good!), the Tahoe trip will probably be moved up into the last weekend in August through Labor Day weekend. Please contact srodetis@earthlink.net for updates and interesting tidbits. Let us know if you're interested; there's flexibility in this trip, plus it helps us manage costs. Best to all, SR

The Tahoe trip will encompass a splendid variety of breathtaking vistas, terrain and experiences (Susan's lived in Tahoe plus taught skiing there). This is truly for adventuresome and healthy souls. Our route includes—the Sierra foothills; wineries and orchards; 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; historic Kirkwood Meadows; Pony Express and stagecoach stops; the Emigrant Trail; and Carson Valley. We'll also ride with a local bike club or two. Diverse lodging - - Victorian mansion, various motels/hotels or B&Bs. Free ride point-to-point and/or public transport for cyclists; support for luggage transfer and some modified sweep or SAG help; bikes in attendant vehicles as needed. Only 1 leader to keep costs down, most days will have cue sheets or maps (simple routes to follow), and we expect to ride mostly as a group. This is for folks in good shape

Continued on page 10

Regional Roundup (Continued)

**Sunday, September 18th
Harvest Ride (Connecticut)**
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?g=6
Contact: Bill McDonough,
516-827-5007

**Saturday, September 24th –
Sunday, September 25th
MS 150 City to Shore Bike Tour**
Information:
www.ms150biketour.org
Contact: Wayne Siefert,
wsiefert@comcast.net

**Saturday, September 24th
MS/CT Bike Tour... "Down to the Sound"**
Organizer: MS Society of Connecticut
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.bikenewyork.org

**Saturday, October 1st
LI Twin Forks - Miles for Smiles**
Organizer: Cooley's Anemia
Information/Contact:
www.cooleysmilesforsmiles.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 Association
Contact: www.sibike.org

Regional Roundup (Concluded)

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)*

who are willing to prepare properly. And yes, there will be hills, but we're working on keeping the routes reasonable (the 5BBC is a sea-level dwelling club). We are also designing "lite" and "high" energy versions for most day rides. Trip price will include lodging, non-travel day breakfasts/dinners, and ground transport. Air/bike transport arranged/paid by individual trippers (economy ways to fly available). 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!

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.

Shore to Please!

CAPE MAY HAUNTS

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

Safe Bicycling Now!

5BBC Joins Bicycle Safety Coalition

So far in 2005, 11 bicyclists have died in crashes. That's a 50% increase in fatalities over the same period in 2004. The four most recent fatalities occurred on streets that are "recommended" bike routes according to the *2005 NYC Cycling Map* published by the City of New York. Yet these are streets that force bicyclists into dangerous competition for street space with cars and trucks.

For those reasons, the Executive Board of the 5BBC agreed that the Club should join a coalition of New York City bicycling groups calling on the City of New York to make city streets safer for cycling. The organizations in this coalition are Transportation Alternatives, the Century Road Club Association, Five Borough Bicycle Club, Free Wheels, New York Bicycle Messenger Association, Recycle-A-Bicycle, Right Of Way, Staten Island Bicycle Association, Times Up!, and the New York Cycling Club.

On July 19, Transportation Alternatives, representing the coalition, met with the Public Advocate, the City Department of Transportation Commissioner and the NYPD Chief of Transportation to urge action to prevent bicycling New Yorkers from being killed on our streets. In the meeting, they presented a six-point Bike Safety Action Plan, urging City Hall to convene a multi-agency taskforce to:

- Study all NYC bicyclist deaths from 1995 to 2005 and recommend measures to reduce cyclist injury and death rates (NYPD, DOT and Department of Health).
- Aggressively crack down on speeding, reckless driving, "dooring," driving and parking in bike lanes and other behaviors that endanger bicyclists (NYPD).
- Implement the official NYC "Bicycle Master Plan" by 2010 and make more use of safer designs like buffered and physically separated bike lanes (DOT).
- Launch a public awareness campaign to curb dangerous driving and educate drivers about bicyclists' rights to the streets (DOT, NYPD, DOH).
- Increase the City's personnel capacity for bike projects, reinstate the NYC Bicycle Advisory Council and hold public meetings (DOT, Department of City Planning, Parks Department).
- Pursue legislation requiring safety-enhancing retrofits to trucks, such as side guards that deflect cyclists and pedestrians and reduce fatal impacts (DOT, NYPD).

A complete copy of the 2005 Bike Safety Action Plan can be viewed at 5bbc.org/bikesafe.shtml. The coalition of NYC bicycle groups awaits a written response to the Bike Safety Action Plan.

In the meantime, we are reaching out to elected officials and candidates for their support. In fact, we urge 5BBC members to do the same. Take Action! Ask your councilmember to support the six-point Action Plan. To make it easier, we have links to a sample letter and a way to locate your local City Council member, 5bbc.org/how2help.shtml.

As bicycling surges in NYC, the coalition is looking for the City to provide safe streets for the millions of New Yorkers who bike each year. Bike lanes, greenway paths, traffic-calmed streets and strong traffic enforcement are not amenities; they are necessary safety improvements. Please contact us with any ideas you may have to make NYC bicycling safer.

Ed DeFrias, President
President@5BBC.org

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

Ed Ravin, 5BBC Member at Large
eravin@panix.com

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

B-Fold (Folding bike specialist)
224 East 13th St.
(between 2nd & 3rd Aves.)
NY, NY 10003
212-529-7247
www.bfold.com

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 *(concluded)*

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!

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

Dr. John Sutter: The 5BBC's Longest-Active Member



Left: Dr. John Sutter, the 5BBC's longest-active member, joined the Metropolitan Bike Council as a teenager back in 1965.

Right: "Patch rides" were very effective in recruiting new members. John Sutter has this 1970 patch for the 25th Anniversary of the LI Bike Train Ride, precursor to the Montauk Century.

In the July/August Bicycletter, we premiered The Five Borough Bicycle Club History Project, which chronicles the life of the 5BBC, along with its most significant events and dedicated people.

Recently, we had the opportunity to sit down and talk with Dr. John Sutter, one of the longest active 5BBC member on the books. John, a pediatrician residing and practicing in New Jersey, joined the 5BBC's predecessor organization, the Bicycle Committee of the Metropolitan New York Council of American Youth Hostels, at the age of 13 in 1965. Back then, the Council's offices were located at the hostel in Greenwich Village, on 51 Sixth Avenue at West 8th Street. John also has fond memories of subsequent club locations on Spring Street in SoHo, and on West End Avenue at 88th Street.

Even at that young age, John was ambitious in his rides. At the age of 15, he rode cross-country with a small group of friends, and also biked across Europe at the age of 17. Over the years, John has been a rider or marshal in over 25 Five Boro Bike Tour/Bike New York events, and has participated in over 10 Montauk Centuries.

The best parts of our talk with John were his recollections of the early rides, such as the New Jersey Cherry Blossom Ride, and the Bike Train Ride across Long Island. Yes, the Bike Train Ride, in existence from 1945 to the early 1970s, is an antecedent to today's Montauk Century. In most of those years, the Metropolitan Bike Council would charter an LIRR train to drop riders off at pre-determined distances from Montauk. John is particularly proud of his 1970 25-year anniversary patch.

In fact, John's patch collection is historical in other ways. In the 1960s and 1970s, patch rides were used to recruit new members. The way it worked was that a patch would only be awarded to participants who completed a ride within a certain time limit. John indicated that younger riders were particularly motivated by the patch rides.

John remains active on several charity-related rides, and currently rides an Aegis. He still owns several of his original bicycles, including an authentic Nottingham-built Raleigh Carlton. John, who attributes his love of the outdoors to his father, is also a cross-country skier, hiker, and indoor rock climber. Married, and with two adult children, John rides on occasion with his son, who works in a New Jersey bicycle shop.

Thank you, John, for your time and memories.

We are very eager for all contributions to help us compile the history of the Five Borough Bicycle Club. We especially want to get comments from long-time members of the club, along with old newsletters, photos or memorabilia. If you wish to recount your own bicycling history, please contact us! Thank You.

Sharon Behnke, Vice President
Barry Hartglass, Programs Coordinator

New Leaders for 2005

In late June, the 5BBC held its annual Leadership Training weekend in the bucolic countryside of upstate New York. One veteran leader, **Susan Levine**, earned her re-certification and is welcome to once again lead rides. During the weekend, 6 additional candidates passed all the tests and became new leaders: **Jonathan Friedman, Dennis Griffin, Beth Katz, Jim Mallard, Kent Mark, and Neal Secher.**

In addition to the 7 who earned Leadership stripes, 5BBC now has 5 candidates who were not able to complete the weekend requirement in June. At its July 11 meeting, the 5BBC Executive Board resolved

to hold a second Leadership Training weekend in mid-October if at least 4 to 5 candidates will attend.

5BBC leaders are people just like you – who enjoy sharing their love of cycling with others. They're the folks who help other cyclists enjoy beautiful roads and scenery, favorite lunch stops, beaches, museums, and the special group experience of a 5BBC ride. Leadership is what keeps us riding. 2006 is not that far away, so sign up now!

Stephen Jackel and Manuel Sanudo
2005 Leadership Coordinators
Leadership@5BBC.org

NYC Greenways: Selected Web Resources and Reading

One of my very first 5BBC rides, in 1992, was a Beach Bum trip. The route then involved going on the Bay Shore Parkway recreation area. Although I didn't realize it at the time, it was also my first ride on a greenway. The blue sky and sunshine views made for great and breathtaking views, particularly of the "Narrows" and Verrazano Bridge, and gave me tranquility. One of the trippers on the ride was aptly named Gail Green.

So, what is a greenway, really? According to a *gardenvisit.com* web page, greenways are defined as a linear open space, which is green in the environmental sense and serves as a route. The latter definition could be expanded to a passage used by pedestrians and cyclists. In Charles E. Little's book, "Greenways for America," there are five different types of greenways: a) urban riverside; b) recreational; c) ecological; d) scenic and historical; and e) comprehensive.

Nowadays, every New York City borough has greenways to bike, run, walk, and roller blade, as well as a place to pause. Although greenways are closed to motor traffic, you still have to be alert while riding them. Greenways are recreational places, which means you're not only exercising to reach a destination, but also taking the time to appreciate your surroundings. Some intersections are connected to roads, so you have to watch out for moving cars. On the path itself, it helps to be patient. Vary your riding pace, because you will encounter pedestrians with young children, rollerbladers and cyclists of different speeds, in every direction. When greenways are busy – usually during weekends and good weather days – you may as well forget about riding fast.

To find out more about greenways, the Internet has several useful resources:

Brooklyn Greenway Initiative. This organization is devoted to planning and creating greenways in the Borough of Churches, especially along its waterfront and the Brooklyn-Queens Greenway. They publish a greenway planning primer and are always looking for people to lead bike rides.
www.brooklyngreenway.org.

East Coast Greenway. Devoted to the bigger picture of greenway planning, the organization looks at everything going on from Maine to the Florida Keys www.greenway.org.

Forgotten New York. Phil Goldberg introduced me to this, and what a discovery it is! Created by Kevin Welsh, this website uses words and photographs to



Photo Caption: Greenways have opened up a whole new world for NYC cyclists (photo: Alfredo Garcia.)

document places you may not be aware of, and some of it are on greenways. www.forgotten-ny.com/.

Friends of Hudson River Park. This is an organization that supports development of the park on the west side of the Manhattan Waterfront Greenway, from 59th St. to Chambers St. www.fohrp.org.

GORP Biking the Big Apple. GORP is an information network of outdoor activities throughout the United States. www.gorp.away.com/gorp/location/nj/bik_gree.htm.

Gantry State Park. The "Gantry" is a serene area in Queens that faces the United Nations on the East River. Hopefully, a greenway will soon reach it. The "Gantry" refers to an inactive rail bridge that once linked freight cars from disembarking ships to the area's railroad track. Besides leisure, the Park hosts jazz music festivals. www.queenswest.com/gantrypark/pictures/.

Great Saunter. This annual walking event happens every May. It challenges hikers to walk the 32-mile Manhattan perimeter, which includes the Manhattan Waterfront Greenway, in one day. www.shorewalkers.org.

Harlem River Speedway. On the site, you'll see past historic postcard photographs that show how it has segued to this now present part of the Manhattan Waterfront Greenway. www.coffeedrome.com/bobspeed.html.

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.



Greenways (continued)

Manhattan Waterfront Greenway. This is the New York City government's official website on for the greenway, covering its past, present and future. www.nyc.gov/html/dcp/html/mwg/mwghome.html.

Manhattan Waterfront Greenway – Reports on Trips and Conditions. Ken Roberts has a great website on cycling the Hudson Valley; some of his travels also cover Manhattan's Greenways. www.roberts-1.com/bikehudson/v/nyc/mwg/reports/index.htm.

NYC.bicycles. This is an online discussion news-group that focuses on cycling in the Big Apple, with very frequent talk about greenways. Go to News.nyc.bicycles.

New York City Department of City Planning (Bicycle Development Network). On this site, City Planning details what it has researched and implemented for cycling. www.nyc.gov/html/dcp/html/bikel/home.html.

New York City Department of City Planning (Bike Maps). This is the online version of the ubiquitous maps. You can get a print copy at just about any local bike shop or cycling event. www.nyc.gov/html/dcp/html/bikel/bm.html.

New York City Department of Parks and Recreation. A good number of our city parks are connected to greenways. See the "Bicycling and Greenways" section. www.nycgovparks.org/sub_things_to_dofacilities/af_bike_paths.html.

Staten Island North Shore Greenway / Kill van Kull Waterfront. Created by the Waterfront Park

Coalition and developed through the League of Conservation Voters, this site covers multi-use, green plans for developing the north side of Staten Island. www.nylcv.org/Programs/WPC/blueprint/boroughs/staten_island/pages/2_kill_van_kull/.

Tour de Bronx. This free annual bike event is scheduled for Sunday, Oct. 23, 2005. The comprehensive borough ride includes miles of Bronx greenways, and is not to be missed. www.tourdebronx.org.

Transportation Alternatives. TA is the leading bike and pedestrian advocacy organization. They have extensively written related articles on greenways (e.g. "NYC's Greenways Fuel Surge in Cycling."). TA's annual NYC Century Tour, scheduled for September 11, 2005, utilizes various greenways (except Staten Island), is recommended for strong and curious riders with guts. www.transalt.org.

In addition to the above websites, my recommended reading includes "Greenways for America," by Charles E. Little (John Hopkins Press: 1990). From Brooklyn to Big Sur, Little covers what greenways are all about: their origins, histories, and many benefits.

If you want to ask me more about greenways or find out more about upcoming rides, feel free to contact me at cyclistxxiii@yahoo.com.

Alfredo Garcia

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<http://www.stoneboatfarm.com/>.

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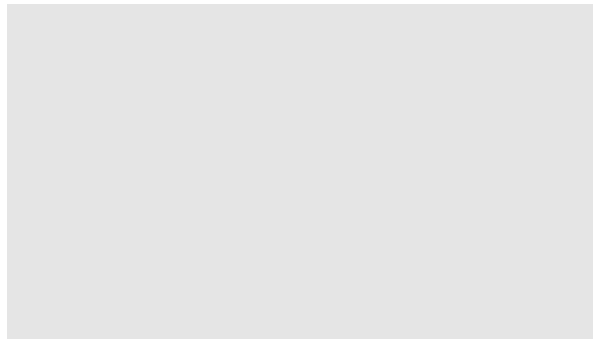
sethasher@mindspring.com



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

Address Service Requested

First Class Mail
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New York, NY
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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 November-December 2005 issue is Friday, October 7, 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.